



Spring is Springing

The cherry trees in D.C. are confused. The iconic blossoms are earlier than expected, possibly due to an unusually warm winter. The first trees were presented as a gift of friendship between two countries in 1912.

Spring is not confused in Gainesville, USA—orange blossoms scent the air, yellow pollen's everywhere, armadillos dig and smile—knowing that lovebugs are coming in a little while. Enjoy another beautiful spring!

- Barbara Dockery, content; Bill Castine, photos



Daylight Saving Time

In 2023, Daylight Saving Time (DST) extends from March 12 to November 5. How did this practice originate and why do we still do it?

DST was originated (satirically) by Benjamin Franklin in 1784, claiming that the scheme would save on usage of candles, resulting in considerable savings. The first significant implementation of his idea came in 1916, when the German Empire and Austria-Hungary enacted it nation-wide. Worldwide, a minority of the population uses DST.

The USA first implemented DST in 1918 to conserve resources during World War I, then again during World War II. Currently, federal law establishes DST

but allows states not to implement it. The law does not permit states to implement DST year-round. Thus, there is controversy over whether to maintain either system year-round or to continue as at present, with implementation for a portion of the year. Some polls find that the majority of Americans prefer making DST permanent, but others find the opposite. Various organizations cite issues of health and wellbeing, safety, convenience, and other considerations that influence their respective positions regarding making one or the other system permanent.

Any change in the system would require a new federal law; previous efforts to do so have not been successful. Therefore, we'll just have to "get used to it" for the foreseeable future.

- Bill Castine

Welcome New Residents

Maryalice Nelson

Maryalice recalls the moment as a child in the late 40s or early 50s when she flew from her home in Atlantic City, NJ, via propeller plane, "before jets," to the Miami airport, "a brown shack no bigger than a gas station," to visit her aunt and uncle. When she felt the warm breeze while standing at the top of the stairs to get off the plane, Maryalice said, "Daddy, I'm going to live here someday. I've found heaven." After high school she went to Barry University in Miami.



Maryalice was married for 44 years until her husband, a Miami native and Florida Gator, passed away in 2011. They worked their way up the state, living in Hollywood, Boca Raton, and Juno Beach. She has a sister in Stuart and a son in Boynton Beach. Her granddaughter is in graduate school. Florida is home just as she predicted when a child!

Her career started at Eglin AFB. Her path to nursing had been paved by her mother who was a nurse in the Coast Guard during World War II. Maryalice has been a nurse practitioner since 1987. She is a member of the Nurse Practitioner's Association and Journal Club. She is a former Children's Home Society volunteer. Maryalice enjoys her work with veterans. In a temporary position, she started at the VA Hospital in Gainesville when her help was needed. She liked the work, and they liked her. VA asked Maryalice to stay. She worked part of the time at the VA Hospital in Lake City then moved to Lake City when her hours there increased.

This nurse practitioner is still working for the Veteran's Administration. She transferred from the Lake City VA back to the Gainesville VA, realizing it was no longer optimum to live by herself with health issues. Maryalice looks forward to getting involved with "everything" that Oak Hammock offers. The sewing room, fitness center, genealogy group, and bonsai group appeal to her. "I'm looking forward to all of it." She is an avid reader of non-fiction following the best seller list. Maryalice also enjoys reading cookbooks and used to cook and bake but doesn't believe that's needed with such a wonderful menu offered by our dining services. Maryalice attended the Valentine Dance with new Oak Hammock friends on the spur of the moment and had a great time. She loves meeting new people and is enjoyable company.

Years ago, when in private practice, Maryalice remembers doing a physical for a lady who was very

excited about moving to Oak Hammock. Maryalice did not research other CCRCs but believes with her doctors at Shands and the proximity to a specialty hospital, Oak Hammock is the place for her. Maryalice is a people person with abundant energy. She loves to stay busy and looks forward to meeting you. Welcome, Maryalice, to our Oak Hammock family!

- Sandy Furches

Steve and Paulette Gird

Steve was born and raised in San Diego and graduated from San Diego State College in 1967

with a degree in chemistry. His first job out of college was as an analytical chemist with NASA at Rocketdyne, the company responsible for building the engines for the Saturn Rocket which took Neil Armstrong and compa-



ny to the moon. One of Steve's tasks was analyzing the fuels and oxidizers for the lunar excursion module. He has twin sons, one who lives in Arizona, the other in California.

Returning to school, he obtained a Master's Degree in chemistry from San Diego State University and went back to work analyzing a different kind of rocket fuel for Southern Comfort. His career in the alcoholic beverage industry lasted for over 40 years living in San Diego, the Virgin Islands, San Francisco Bay Area, Detroit, Cincinnati, and ultimately Louisville as Senior Director of Research and Development at Jim Beam. He ran the New Products Laboratory and the Corporate Analytical Chemistry Laboratory. In Louisville, he met his lovely wife, Paulette.

Paulette was born and raised in Louisville. She had two children, a son who had special needs and unfortunately passed away about a year ago. Her beautiful daughter makes her home around Jacksonville. As an adult, with two children and two step daughters, she realized she needed a good paying career so she went back to school and got a degree from The University of Louisville. She worked as a systems analyst/computer programmer, mostly for The Louisville Water Company. Her hobbies are quilting and bridge.

Steve and Paulette met playing tennis and the rest is history. They married in 1997. Steve and Pau-

(Continued on page 3)

(Continued from page 2)

lette retired in Louisville but discovered life in Florida and spent the next 16 years as snowbirds, dividing their time between The Villages and Louisville, enjoying the Villages with friends and the hundreds of available activities there.

A couple of years ago, discussions with friends in The Villages led to the eventual need for extended life care in later life. It began to dawn on them that “later life” was no longer in the distant future. Their search for an extended care facility led them to Oak Hammock where they realized that not only could they have protection for extended life care in a first class facility but it wouldn’t require a reduction in life style. There are at least as many activities to take advantage of at Oak Hammock as in The Villages.

Steve enjoys golf, woodworking, and has recently joined the Oak Hammock Singers. He has taken ad-

vantage of the many opportunities to serve the community by joining some of the committees at Oak Hammock. Paulette and Steve are artists in fabric and wood. The sewing room and wood shop are two significant aspects of Oak Hammock that attracted them to our community. In the picture they are in front of Steve’s favorite quilt that Paulette created. She is holding a lap quilt she’s made for the Health Pavilion.

Steve explains they both use small pieces of “something”—fabric and wood—to create. The wooden vessel on the table and the one Steve is holding are only two of many on display in their beautifully decorated apartment. They have two delightful, friendly cats, Chip and Dale, who are settling in comfortably. The second floor of Building Two is thrilled to have such talented new neighbors.

- Bev Cone, content; Sandy Furches, photo

Rebecca Tate, LMT

There’s no need to travel Gainesville’s busy streets for a massage. Rebecca Tate, a Licensed Massage Therapist, is available at Oak Hammock! She shares, “I was born in Gainesville and grew up alongside my three brothers—playing in the woods and creeks, discovering Florida and my love for nature. I love animals and have always had them in my life. Pets from cats and dogs to fish and chickens. I enjoy gardening, as it helps balance my energy! I enjoy working with my hands and massage seemed just right. I trained at the Florida School of Massage in 2014 and the Academy of Ancient Reflexology in 2017, followed by the Vodder School of Manual Lymphatic Drainage in 2018.” Rebecca began as an employee of UF, coming to Oak Hammock in January 2023 as an independent contractor. Contact Rebecca at RebeccaTateLMT@gmail.com to schedule an appointment. Fees are payable on Oak Hammock account. *Why not give your body a treat?* - Barbara Dockery



Prizes and Treats for Our Buddies in the Health Pavilion!

- Catherine Morsink



What is this thing?

Is it a medieval torture device? Submit your answers at the front desk and we’ll pick a random winner of a MAJOR award.



Sing-a-Long

Did you know that every Thursday from 4:00 to 4:40 p.m., Independent residents join Health Pavilion residents for a Sing-a-long? Come gather around the piano and make a joyful noise!

- Sandy Furches

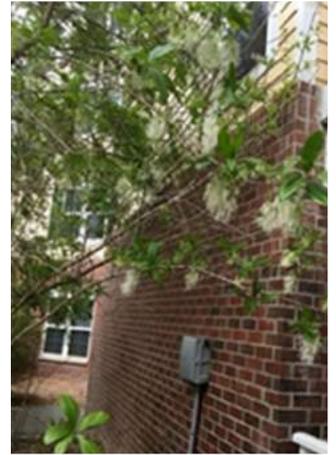


You may occasionally see **Lis Cher**, Personal Services Navigator, at the Concierge Desk. She may also be reached at **352-548-1152** or via email at **echeerr@oakhammock.org**.

In Bloom!

Look for the white fringe-like blossoms on the Grancy Greybeard trees that are in full bloom around Oak Hammock. The trees are native to southeastern states and commonly referred to as "granny graybeard" trees. Another of nature's creations that give us pause to admire.

- Barbara Dockery



Scattered the Bruce

Oak Hammock enjoyed having Scattered the Bruce for a St. Paddy's Day celebration. The green beer flowed, the snacks were tasty, and the music was exciting.

There was lots of hand clapping and singing along to familiar tunes like Black Velvet Band and Red is the Rose. They have a website, www.scattered.com, where you can buy "Bruce Wear," too. All in all, it was a very relaxing and enjoyable time with our favorite Irish band.

- Bev Cone, content;
Patsy Nelms, photo

Mardi Gras

The hallways of Skilled Nursing were rocking and rolling just like:



- Jean Chance, patient in Skilled Nursing (and Patsy's UF roommate who introduced her to Warren, Jean's high school friend; They subsequently married and became Patsy and Warren Nelms.)

Living Together as a Community

Recent discussions at Oak Hammock have highlighted the importance of understanding how we can best live together in a community setting. We have each signed a contract that obligates Oak Hammock to provide residents with the level of continuing care described in their contracts. Residents agree to make payment as described in their contract and to comply with the contract and with the "existing operating procedures and those that may be adopted in the future from time to time by Oak Hammock." These commitments between Oak Hammock and individual residents can be found in all residency contracts as Item #2, regardless of the type of contract and the year in which the contract was signed.

The writers of the original contract included the clause about operating procedures to help make sure that Oak Hammock could adapt to changing conditions within and outside Oak Hammock, priorities of residents, and changing expectations of current and future residents. Early versions of the "operating procedures" were entitled the Community Members Handbook. In more recent years, these procedures are included in the Resident Handbook. The Resident Handbook provides the basis for a community in which all residents can enjoy the same benefits, rights, and responsibilities.

Part of the purpose of the Handbook is to help us live as a community with similar privileges for all even when the contract language on some issues, while not necessarily contradictory, is not explicitly the same. For example, in relation to parking spaces for apartment dwellers, contracts in recent years specifically state that "assignment will terminate at the time that Member no longer has a vehicle at Oak Hammock" while earlier contracts are silent on the termination issue, simply indicating that each apartment is entitled to one covered parking space. This appears to give a privilege to those coming to Oak Hammock under earlier contracts that more recent residents do not enjoy. Conversely, recent contracts include high speed internet among the utilities provided to members, while early contracts are silent on this service. Early contracts state that alcoholic beverages are not included in the monthly fee while later ones allow alcoholic beverages to be included in the monthly fee through the monthly dining allowance. These differences provide potentially desirable services to newer residents to the disadvantage of earlier residents if the contracts are strictly followed. Even though not provided in their contracts, the early residents likely appreciate receiving these services along with the newer residents. Thus, there are pluses and minuses in both directions.

In addition to smoothing differences in contract language, the Resident Handbook allows for updates that reflect more current thought on what creates a pleasant community environment. Some of these changes, such as the policy making Oak Hammock a tobacco-free and smoke-free environment, were initiated by residents. The original Handbook allowed smoking in apartments and homes but asked residents to refrain from "throwing lighted or smoldering tobacco materials and cigarette butts on the grounds or from balconies." We can likely agree that this was a good change—but not without controversy at the time.

A change that has occurred in response to the changing environment is reflected in the increased level of security at the gate. During COVID, we wanted to monitor the comings and goings of others to campus in an effort to safeguard the campus. We have become comfortable with this new level of protection, especially as the outside world seems to be less predictable.

The Resident Handbook is intended to benefit the entire community, to help us live in harmony with equivalent benefits, rights, and responsibilities regardless of when we came to Oak Hammock. As circumstances change and as we change over time, the Handbook will need to be updated. Meanwhile, the policies are designed to help us know that we are all in this together, sharing similar priorities for how we will live together as a community.

- Martha Rader, President, Residents' Council



Ivy House Restaurant

The Oak Hammock Restaurant Ramblers had a wonderful outing to Williston on February 17 with a bus load of 17 residents to enjoy a Valentine Luncheon at the faithful, longtime, famous Ivy House Restaurant. This trip was suggested by Pat Toskes.

- Margarete Ruth

Fitness Center's New Energy

Welcome Arianna Teker, an energetic addition to our fitness staff! Arianna brings with her a bachelor's degree in Exercise Science. "I love seeing these beautiful people exercising and keeping up their wellness." Arianna moved from Italy in 2021. She married her high school sweetheart June 2, 2022, after a 3 ½ year long-distance courtship. Her husband is pursuing a master's degree in Civil Engineering, while working. Arianna is the youngest of five children and has always been involved in sports including gymnastics, crew, and cheerleading. She looks forward to her family visiting from Italy to help celebrate her 23rd birthday, March 14. Arianna will soon also receive her Massage Therapy license. Arianna believes in movement to keep young and looks forward to meeting you and assisting you in the Fitness Center.

New Fitness Center Manager, Ian Vincent, was introduced in the December issue and adds his excitement over Arianna and the anticipated start of one additional staff to complete his team. For our benefit, Ian is working closely with the Oak Hammock therapy department and will assist you in completing a referral form if you have balance issues or injury-related needs. You are encouraged to stop by the Fitness Center Monday through Friday between 9 a.m. and 3 p.m. to receive staff assistance. If healthy, you can have an exercise routine established specific to your needs immediately without therapy department involvement.

We are blessed to have the Fitness Center open 24/7 for use of the equipment and pools. Check the new electronic board just outside the Fitness Center door for current classes offered. No pre-registration required. Come check it out! In the pictures, Ian and Arianna are assisting two residents on two of our several bikes while instructor Whitney Perkins is chatting after aqua therapy class with other residents. You will want to personally experience the new energy in our Fitness Center. Drop by!

– Sandy Furches



Above: Zumba instructor Whitney Perkins also teaches water aerobics.

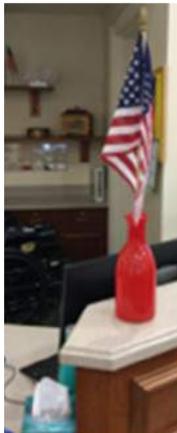
Below: Ian and Arianna with exercisers.



An In-Case You Missed It Public Service Announcement!

Still checking for mail about lunch time? The USPS (that means post office) announced a new schedule for distributing mail. It began Saturday, February 11. **Oak Hammock mail will be delivered after 3 p.m., Monday through Saturday.** Remember: the small flag displayed at the concierge desk signals: "mail's in!" Keep smiling—Daylight Saving Time is here, as of March 12.

– Barbara Dockery



Music Therapy

About a dozen residents recently enjoyed an evening with the UF Symphony Orchestra at the University Auditorium, Tiffany Lu, Conductor. Concerto Competition Winners June Xu (viola) and Madelyn Mercado (alto saxophone) were featured. Madelyn is a fourth-year UF student pursuing a dual degree in Music Theory and Psychology. June started playing violin at age four in Shanghai, China, and is currently a DMA student and graduate assistant at UF. Excellent classical music and a great opportunity to encourage UF student talent. Music school concerts are free of charge and easily available with Oak Hammock bus transportation. Keep an eye out for Walter Wynn's email notices and regularly check the transportation book in the lower lobby for upcoming opportunities. You won't regret it! – Sandy Furches



Landscape Update

Our new landscape company is Yardnique; we have seen some positive changes in our entry as well as by the guardhouse, the atriums, the courtyards, and in front of the Commons. Jan Lowenthal says that there will be more changes coming, but we have to wait until the danger of a freeze is over. In addition, she mentioned that bushes and trees cannot be trimmed until another possible freeze is past and the plants themselves might be damaged. (See the photo showing where overgrown plants have been removed for smaller and more attractive plantings.)

If there is work to be done, fill out a landscape work order or send a maintenance form for ground/garden work to Jonathan Ramsey, Mike Dudley's assistant.

Jan's committee meets the second Thursday of the month at 10 a.m. in the Acorn room. To join their email list, send a note to her at jan@lowenthal.net

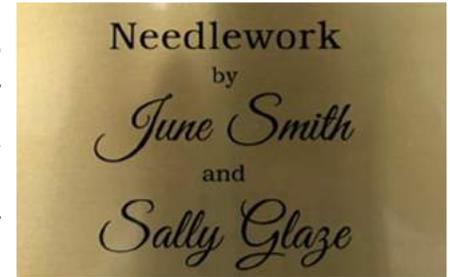
- Beth Paul



Oak Hammock Needlers Needle Point

June Smith, deceased wife of Charlie Smith, started a needle point that said "Oak Hammock Needlers," 3 years before she died. Sally Glaze, funded by money from the Needlers, finished it in 2 years. Charlie spent a LOT of money to have it framed. It is now hanging in the Needlers room with a tribute to the two who spent HOURS/YEARS making it. Stop in the Needlers room and see it!

- Anne
Carlson-
Bonus,
content;
Bill Castine,
photos



The Education Foundation of Alachua County Masquerade Gala

The Education Foundation of Alachua County held their annual fundraiser Gala on February 25 at the Hilton University of Florida Conference Center. This year the Gala was a "Phantom of the Opera Masquerade" theme. Over 240 Foundation supporters from the community attended the event including 17 participants from Oak Hammock.

The event was hosted by Foundation Director Jayne Moraski and WCJB TV20 weather and news anchors Scott Gagliardi and Ruella Fludd. Exceptional entertainment was provided by the Lincoln Middle School String Quartet, Buchholz High School Madrigal Singers, and vocalist Elizabeth Offerle from Eastside High School. A local attorney provided her testimonial about how she extensively benefited from being in the Foundation's Take Stock in Children program and receiving one of their scholarships.

During Gala acknowledgements by the chairman of the Board of Directors, Tim Roark, Oak Hammock was recognized as our "favorite retirement center" while noting that our residents have raised over \$500,000 since 2016, that has provided over 120 scholarships to needy/at risk students in Alachua County. In addition, Oak Hammock has provided numerous volunteer mentors to assist students in graduating from high school and obtaining a college/technical school scholarship. This is one of the many Oak Hammock community outreach activities that our residents have supported. On behalf of the Education Foundation of Alachua County, thank you Oak Hammock!



Some of the Oak Hammock attendees: Donna Wagner, Joe Selleck, Linda Cooney, Nancy Perry, Norm Cooney, Susan Bankston, Doris Morrison, Phil Morrison, Bill Conner, and Mary Conner

- Phil Morrison



Alterations for Scholarships

Congratulations, Pat Liston, on receiving special recognition at the March Residents' Council meeting for helping raise \$2,010 during 2022 for "Oh I Can" Scholarships.

For 18 years in our Oak Hammock Needle Arts Room, Pat has altered residents' clothing. In lieu of payment, Pat asks those she helps to consider donating to the "Oh I Can" Scholarship program for Oak Hammock employees.

Need alterations? Place your item in a bag, label with your name, phone number, unit number, and information on what you need done. Deliver to the Reception Desk or Needle Arts Room in the Commons Lower Level. Pat returns your items altered and conveniently includes



a form to make your scholarship donation as easy as possible. Our scholarship recipients and residents both benefit from Pat's talents and generosity. – *Sandy Furches, content; Sandy Furches, Mary Kilgour, photos*

Chili Cookoff

February 23, a beautiful spring day in the Duckworth Garden, was the ideal setting for the Chili Cookoff to benefit the Alzheimer's Association. Numerous employees and staff members entered their special preparations to enthusiastic chili connoisseurs. In addition to the carefully prepared samples, Oak Hammock provided soft drinks and other necessities.

Winners were the Health Pavilion team, Chef Justin, and Julie Ann Ariet. Approximately \$1,200 in donations were received for the Alzheimer's Association, and all enjoyed the food and fellowship. – *Bill Castine*



Quilt Trip

On February 22, Oak Hammock quilters Doris Greene, Marilyn Crosby, Paulette Gird, Vanda O'Neill, Valerie Griffith, Tamar Hajian, Doris Morrison, Pat Martin, and Sally Glaze climbed aboard the Ken Curry Express for a day trip to Daytona Beach. The occasion was Quilt Week, sponsored by the American Quilters' Society.

Quilt instructors presented lectures with a few "How-to's" while many vendors decorated their booths with patterns and colorful supplies for the quilters to admire and, perhaps, buy. It was like Quilter's Heaven for folks like us who don't have local quilt shops to provide special fabrics, threads, and quilting supplies. Beside a terrific array of quilt patterns, many merchants had used a few patterns to make finished products, decorating their booths. Those items helped sell a number of patterns. Once we forced our way past the vendor booths, the real fun started. There for our viewing were several hundred completed quilts: many by local quilters, some from other locations, and some from other countries. They were made by non-professionals and exhibited a great deal of talent. After several hours, we climbed back on the bus and headed for Oak Hammock as we thought about what we were going to make with the items we had purchased. All agreed, quilting is a terrific hobby.



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– Pat Martin

Dining Service Pick-up Keeps Improving!

It's not exactly room service, but picking up food orders keeps getting easier. Kudos to the staff for organizing orders on two separate tables outside the Grille. The designation of pickup items for Building 1 and Building 2 (including street addresses) seemed like good planning. Adding large, perfectly written numbers to the takeout orders had folks smiling! Credit Shanelle Carter for wielding the Magic Marker on the order sheets to make it all happen. Actually, she gives credit to her favorite aunt's insistence for perfect writing skills. Assisted Living residents using the Grille Room is another challenge for the staff, their planning, and expertise. Let's all help by remaining flexible. Remember those magic words: "please" and "thank you". They're not just for children anymore.

– Barbara Dockery



After Dinner Music

Five talented young musicians from Stephanie Richeson's Violin Studio delighted an appreciative audience with their spirited music in The Oak Room recently.

We were introduced to a "table duet" written by Mozart. The same line of music is read from two different directions for two musicians sitting across the table from each other. One musician is reading from the bottom of the other musician's page and all notes reflect around the middle staff line. Both parts meet in the middle with astounding harmonious balance.

It is easy to see why Stephanie's students have gone on to Juilliard, Stanford, UF, Lynn Conservatory, and Santa Fe as well as placing and winning state level FFMC and other competitions. Stephanie Richeson has been teaching violin in this area for 18 years and she is the Assistant Concertmaster of The Gainesville Orchestra. Piano accompaniment was provided by Kathy Plympton.

Left to right in the group picture are: Stephanie Richeson and students Sophia Asmus, Isabel Owens, Sasha Richeson, Allie Asmus, and Grace Panna.

Thank you Oak Hammock and Stephanie Richeson for bringing to us another enriching music experience.

– Sandy Furches



Jacksonville Zoo

Our expert driver, Robbin Stubbins, drove 20 happy residents to the Jacksonville Zoo. It is a most wonderful, well-visited zoo. It appeared to be a special day for very young children and their supervisors and, of course, us older generation people. It was an astounding sight to see what type of huge living areas the curators have created for the animals. Also, there are a great number of open spaces for the many different animal species. Of course, the dinosaurs look very much alive but the creators are amazing artists. A very enjoyable day!

– *Margarete Ruth, content and photos; David Boyd, Mary Kilgour, photos*



Street Party, Part 1

BREAKING NEWS! After 2 months of cold, gray, gloomy weekends, Mother Nature is in a good mood. Jolly party goes at the February 19 Driveway Social basked in perfect weather: cheerful blue skies, a gentle breeze, low humidity, and soft sunshine! Hosts Carole and Bill Zegel, Martha and David Rader, and Beth and John Paul were all smiles as they provided the perfect setting to welcome four prospective neighbors who joined us as they wait for their new homes to be ready. It was delightful to become acquainted with Lyn and Bill Rainbow, as well as Leslie Bram and her husband Mark Flannery. Thank you, Mother Nature!

– *Jan Havre, content; Beth Paul and Michael Levy, photos*



Street Party, Part 2

March did go out like a lion! Mother Nature had a bit of a tantrum, pelting much of the United States with storms during the month. For a while she was kind to Florida, but on March 18, turned her wrath on Gainesville, with a nasty day-long deluge. However, she met her match with the Oak Hammock Street People, who had planned their Driveway Social for that less-than-delightful Saturday.

Adaptability saved the day, and on Sunday the 19th, we descended on Patsy Nelms's garden, made all the more beautiful by the "bath" it received the day before. Mother N was still in a chilly mood, but favored us with sunshine, so we bundled ourselves up and thoroughly enjoyed Patsy's warm hospitality and all the goodies which attendees contributed.

Spring can now officially be "Sprung"!

– *Jan Havre, content; Michael Levy, photo*



The Creativity ILR Class Experiences the UF Digital Worlds Institute

The Creativity ILR class, led by Oak Hammock resident Bill Rossi, had its grand finale session at the University of Florida Digital Worlds Institute. It is a multidisciplinary, multipurpose institute focused on developing creative uses of many types of digital technology to explore arts, sciences, educational training, and virtual and video productions. For the trip, the class was brought to the PICT (Polymorphic Immersive Classroom Theater) room for an hourlong talk and presentation about the institute by the originator and director of the institute, Dr. James Oliverio. Not only was the talk fascinating, but the theater itself was equally so. It had an ultra-wide video screen taking up the entire front of the room, allowing for multi-view video possibilities. The theater is used not just for tour groups but for artistic theatrical productions and flexible hybrid and in person and online teaching capability.

The institute has three major foci: *Education*—a four-year bachelor's degree and a one-year master's program; *Research*—using digital video, gaming technology, and artificial intelligence approaches to solving or aiding a wide variety of medical, scientific, and artistic needs; and *Production*—advancing video and virtual production capabilities. And all three of these are well integrated, as was effectively demonstrated by Dr. Oliverio's wonderful presentation.

Their approach to education is especially interesting since it focuses on experiential learning and small interdisciplinary projects that allow students not simply to listen to lectures, but to work together in small groups to use the technology to create unique solutions to problems posed for them.

Although the institute is formally a division of the College of Fine Arts, the Colleges of Engineering and of Journalism are also actively involved with providing both projects and students. Further, one of the most interesting current research projects is being done in conjunction with the UF departments of Neurology and Physical Therapy. This involves using gaming technology and detailed body movement assessment technology to help train children with spinal injuries to learn to walk and move again.

In short, the class received a very clear presentation about use of digital technology and multidisciplinary approaches to create, investigate, and demonstrate this rapidly changing part of our world. *- Keith Berg*



1. The Oak Hammock Group
2. Dr. James Oliverio using the wide-screen presentation system
3. A student using virtual reality
4. Welcome Oak Hammock!

Fresh Start

Karen VanEtten, Co-Director of Rehab, presented February's ILF Lecture on "Heart Health & Aging" aimed at keeping us "young at heart." Diet and exercise are very important and it helps to check out which foods are heart-healthy and which ingredients are detrimental. Similarly, with exercise, we've all read that 30 minutes of moderate exercise, 5 times per week is great. What's more practical is finding out that not all 30 minutes need to be done at once. For example, you can break it down to 10 minutes 3 times per day. Keeping active is very important! Fortunately we have the perfect campus to enjoy beautiful walks and plenty of other opportunities to "keep moving," whether by gardening, using the swimming pools, or taking a class at the Fitness Center.

Karen offered other tips to help our hearts, such as managing stress through meditation, yoga, breathing exercises, or a mindful walk in the woods. If you take medications, she emphasized how important it is to call your doctors and follow their recommendations always before you make any change. A lively Q&A period followed the presentation. Residents asked questions and shared ideas ranging from managing high blood pressure to getting a good night's sleep, and much more. We appreciate Karen's efforts and these ILF Therapy Lectures and are looking forward to the next one in April. Then we wished Karen all the best in the world with the birth of her second baby

- Ofelia Schutte

Recycled Riches

Recycled Riches is in need of volunteers who want to keep the apartment sales alive. At this time, we do not have anyone to lead the sales in building one. We have already had to discontinue sales in the Health Pavilion and the homes on the street because of lack of support. At this time, we are only holding apartment sales in building two. These sales are important to all our staff and residents. If you want a great job that will bring you a lot of praise, let me know. We will be very willing to train you or you can devise your own way to do the sales.

Our Flash Sales have been successful but we also need volunteers to take the phone calls and arrange for the buyers to see the items for sale and to collect the money. We have a lot of items to sell, but we cannot hold another sale until we have helpers in place. Please call Doris Greene if you are willing to work on this part of Recycled Riches.

Thank you for all your support. We still have our Special/Vintage Treasure/Jewelry cabinets in the ice cream shop. We also take items for E-bay. We will be having a Vintage Treasures sale in March. Call Judy Plaut if you have special items to donate.

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

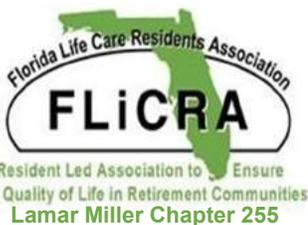
- Valerie Griffith, Chairman, Recycled Riches

League of Women Voters

During Lobby Days in Tallahassee, the Alachua County League of Women Voters delegation met with representatives Charles Brannon (top) and Yvonne Hayes-Hinson (bottom), and with Representative Bannon, our newest legislator (bottom). We discussed League issues like Voting rights, election reform, reproductive health, education, and natural resources.

June Girard joined the delegation as a representative of Oak Hammock.

- June Girard



Our local chapter of FLiCRA's annual meeting was held on February 22 Bennett Napier, Executive Director of FLiCRA, gave us a thorough rundown, via Zoom, of how a bill gets thru the legislature. Bennett and his group do work hard for us.

Chuck McDonald's and Karen Merrey's terms on the FLiCRA board have expired; John Scussel and Barbara Wasserman are our two new members. Tom Gire will serve an additional term as president. Our local board also includes David Boyd, Don McGlothlin, Vicki Mulhearn, Mary Sanford, John Spindler, and Mary Wake.

- Mary Sanford

Art League

It is showtime again at Oak Hammock. The deadline for entering the "Portals" show was March 10 with drop off for those whose artworks were juried into the show on Sunday morning April 2. There will be an art reception on Sunday April 16, 3 to 5 p.m., Upper Commons. The judge for this show is from the Harn Museum. There is still time for Oak Hammock residents to consider donating towards additional awards. If you are interested, please contact Jane Polkowski Levy.

In early March, In the Art Studio, Lower Commons. Susan Bankston is hanging a display of her art, The show is titled "Just Acrylic Pouring". Susan is planning a reception for this show on Saturday, March 25, 3 to 5 p.m. This show promises to be colorful and different so mark your calendars and "come on down"!

Meanwhile, the mysterious Midge Smith, director of our mini gallery, has announced that a very different kind of ever evolving show is planned for the now pristine walls of that special space. Not sure when this is going to start. We are just waiting for the artist to be ready and that promises to be soon. Watch for an announcement. Judging from the popularity and sales from the animal kingdom photography show, many eyes must travel down that hall leading to the Health Pavilion.

Mary Sue Koeppel is a busy person, tending to various art related duties. The art critiques, held each month on the third Tuesday at 7 p.m. in the Multipurpose Room are organized by her. Anyone can attend and participate, with or without their art. We had a good time there this past month and want you to know how welcome you are! Mary Sue also keeps an eye on what goes on in the art studio. Perhaps you saw her notice about the subject, stating what can and cannot be dropped off anonymously in the art studio. Some of the strangest things appear there from time to time, and Mary Sue has to figure out what's what. Please call her if you have something worthwhile to donate to the artists.



The Art league's next program will be 4 p.m., Tuesday, March 28, when Jade Powers, the Curator of the Modern Art at the Harn, will show us the new traveling exhibition, "Posing Beauty in African American Culture".

Our own resident, Ann Meyers, will teach an all day workshop, "Brushless Watercolor" on March 18. The cost is \$50. Lynn Ferris will return by popular demand on April 2 to teach her watercolor workshop, "Embrace the Light". Cost is \$65.

Also back by popular demand is acrylic instructor Linda McVay. This time, she will be here for an all day workshop on June 19. Cost is \$65. Information on these classes can be found by the art studio door.

"Creativity is contagious...pass it on! Albert Einstein

- Marion Siegel, content; Susan Bankston, photo

Music in the Movies Winds Down

Many residents have been happily spending part of selected Sunday afternoons in the Oak Room, watching a fascinating assortment of films that, in one way or another, are enhanced by music. On March 5, there was a showing of "Hamilton", the film version of the Broadway musical which is the winner of 11 Tony Awards and the Pulitzer Prize for Drama. The film itself has been acclaimed by critics for its visuals, performances, and direction, and was named one of the best films of 2020 by the American Film Institute.

Save The Date: Sunday, April 2, 2023. The next offering in this series is "Mr. Holland's Opus," a 1995 movie starring Richard Dreyfuss as Glen Holland, a high school music teacher attempting to balance his job and life with a wife and profoundly deaf son. This poignant film received a Golden Globe nomination for Best Screenplay, and Dreyfuss was nominated for the Academy Award for Best Actor.

A standing ovation for the dynamic trio of music—Margo Pettway, Tamar Hajian, and Don McGlothlin. They combined their love and knowledge of music and the theater, creating magical Sunday afternoons, lighting up the big screen in the Oak Room. Want another season of special Sunday afternoons in the Oak Room? Spread the word. Choose your favorite seat for more musical enjoyment.

- Jan Havre, Barbara Dockery

Harn Museum

As part of the ILR course called Art Conversations, Laura Berns skillfully coordinated presentations by Harn Museum docents in the Oak Room, as well as a field trip to the Harn Museum. This course, certainly broadened my view of ‘what is art?’ I had not been to the Harn in a number of years, and was very impressed with their collections. We are fortunate to have such a gem right here in Gainesville. I feel certain that a number of us will return again and again.
 - Alice Gridley



Fab Looking Cookies!

Cookie hobbyist Kim Dotlich shared her “Pandora’s box” of magic with fellow cookie bakers/lovers at Oak Hammock. Kim turned a professional cookier, opening her own business “Eat the Darn Cookie!” plus offering classes to share her decorating talents. All ingredients used are 100% pure and edible. Only downer: there are no spoons or bowls to lick. Aw, the price of beauty!



- Barbara Dockery, content, photo; Patsy Nelms, photo



Benevolent Fund

Since we last reported, a total of \$1,170.00 has been received in memory of Katherine and Joe Lowe and in honor of Dick Martin and Pat Liston.

- Jonathon Mann



Hidden Gems

The UF School of Music has shared another hidden gem. The Music of Women Composers was featured recently on two evenings with musicians from faculty, staff, students, alumni and friends.

The women composers featured included Jennifer Jolley, Andrea Venet, Keiko Iwata, Misa Mead, Amy Beach, Natalia Rojcovscaia, Riley Feretti, Gabriela Lena Frank, Traci Mendel, Mel Bonis, and Ida Gotkovsky. These women range from the 19th century to now. Keep an eye on the transportation book in the commons lobby and let yourself enjoy the next opportunity!
 - Sandy Furches



Oak Hammock by the Numbers, March 1 Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	210	2

- Nickie Doria

Health Pavilion

	Total	Occupied	Available
Assisted	46	43	5
Memory*	12	11	1
Skilled**	73	64	9

- Mary Sabatella



Need a Beach Retreat?

Enjoy the Health Pavilion's 3 beautiful fish tanks (2 in Assisted Living and 1 in Skilled Nursing). Sorry: no fishing allowed.

- Barbara Dockery

Faculty/Student Recital Series

The concert on March 10 in the Oak Room was called *Joyful Sounds*. Don McGlothlin introduced Dr. Jose Valentino Ruiz to a full house, and we in the audience were soon treated to many, many **joyful sounds** indeed—beautiful voices, accompanied by flute, guitar, violin, a bass, and piano, in ways that were astounding. The musicians made the instruments “TALK”. The concert was indeed a process of creativity, by gifted musicians, right here at Oak Hammock at the University of Florida in Gainesville. How fortunate we all are to be here, for such a wondrous performance on a Friday night! Wow! – *Bev Cone, content; Sandy Furches, photo*



His was the beginning of what promises to be more performances for us in the Oak Room.

Dr. Hsiang Tu, internationally acclaimed pianist, and his studio will perform. Tuesday, April 4, at 7:30 p.m. Drs. Welson Tremura, guitar/vocalist, and Randy Lee, trumpet/flugelhorn, will perform many of the pieces they have performed in Spain and Latin America.

Stay tuned for more events both in the School of Music and here at Oak Hammock.

If you would like to get emails about upcoming musical events, send an email to topousna@gmail.com

- Walter Wynn





Editor: Patsy Nelms; **Proofreader:** Bill Castine

Oak Leaf Committee

Janet Bostrom, Tallulah Brown, Bill Castine, Bev Cone, Barbara Dockery, Sybil Farwell, Sandy Furches, Jan Havre, Barbara Herbstman, Beth Paul

Additional Contributors (This Issue)

Keith Berg, Anne Carlson-Bonus, Jean Chance, Norm Cooney, Nicki Doria, June Girard, Alice Gridley, Valerie Griffith, Donna Johnson, Janice Malkoff, Jonathon Mann, Pat Martin, Phil Morrison, Martha Rader, Margarete Ruth, Mary Sabatella, Mary Sanford, Ofelia Schutte, Marion Siegel, Walter Wynn

Photographers (This Issue)

Karen Arola, Susan Bankston, Keith Berg, David Boyd, Bill Castine, Jean Chance, Barbara Dockery, Debbie Dean, Sandy Furches, June Girard, Alice Gridley, Mary Kilgour, Michael Levy, Janice Malkoff, Pat Martin, Phil Morrison, Catherine Morsink, Patsy Nelms, Beth Paul, Margarete Ruth

Additional Proofreaders

Beth Paul, Martha Rader

Graphics

Katherine Osman, Layout

**Looking for more pictures?
Check the insert!**

To Bee or Not to Bee

Recently the City of Gainesville was certified as an official **Bee City, USA!** That means the University of Florida—and Oak Hammock, too. All are united to improve landscapes for pollinators at a time when bee populations remain threatened. What is Oak Hammock doing to help?

The members of the Oak Hammock Bee Buddies are residents who have an interest in promoting honeybees on our campus. We welcome visitors to take a look at our apiary; contact Janice Malkoff at cycad49@aol.com. Currently, there are two hives, thriving with happy bees. Our bees visit our community garden for pollen and nectar from the flowers and can fly up to three miles away, bringing that back to our hives. And that holds prospects of honey “to be bought by Oak Hammock honey lovers”. Look for it on sale later this year.

The Residents’ Council Landscape and Grounds Committee has established a Pollinator Meadow sub-committee to make recommendations to Management. Our vision is to establish a meadow-like area filled with native bushes, grasses, and wildflowers mixed with a few of Gainesville's most well adapted, non-invasive plants such as camellias. The purposes for the Pollinator Meadow are to attract butterflies, especially endangered species, provide pollen and nectar for local bees, and shelter for small birds. And of course, to provide a serene place for residents to visit. For additional Pollinator Meadow information, please contact Donna Johnson at johnsodc01@gmail.com. Bee City USA and Oak Hammock are creating a *win-win team!*

- Barbara Dockery, Janice Malkoff, Donna Johnson

2023 Residents’ Council

President: Martha Rader

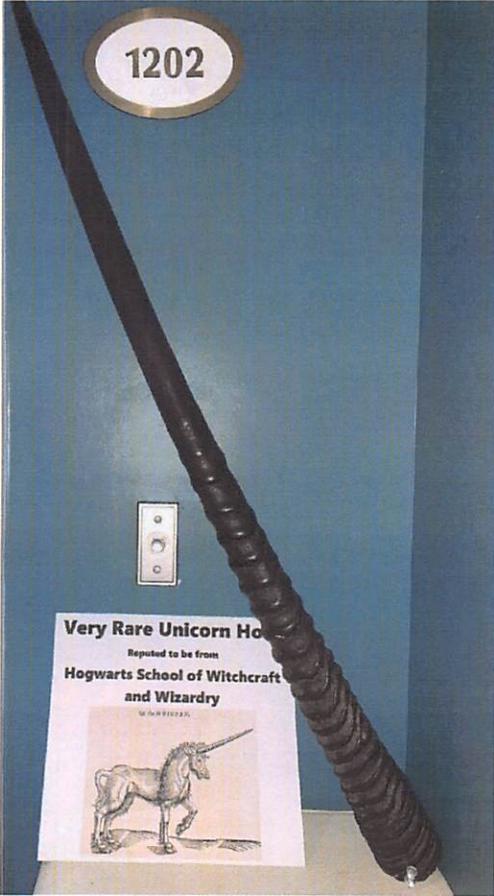
Vice President: Michael Plaut **Secretary:** Doug Merrey

One Oak Hammock Coordinator: Mary Kilgour **Assisted Living Representative:** Roger Curtis

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

March 2023 Oak Leaf Picture Insert



Bruce Blackwell's Unicorn Horn
- Bruce Blackwell



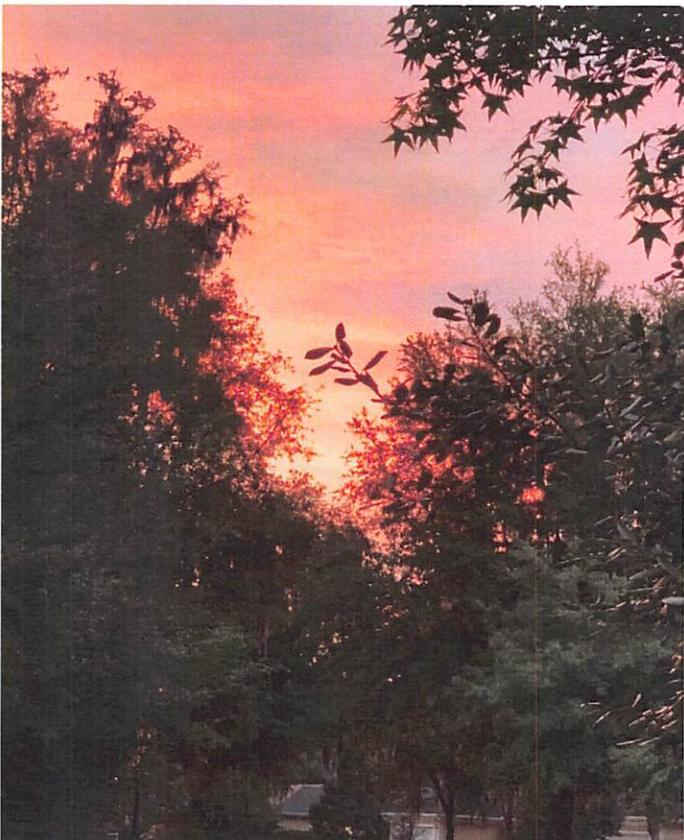
Mardi Gras Frog
- Barbara Dockery



Azaleas around campus
Top right: the newly remodeled fountain in the Duckworth Garden.



Full moon over the Duckworth Garden (Sandy Furches)



Beautiful Sunset (Karen Arola).
Dryer vent cleaning on high (Janice Malkoff)
Bill Rossi and Elliot Simon playing Bocci Ball (Margarete Ruth)