

## We Remember Mama!

I remember Mama. She took me to the Macy's Thanksgiving Day Parade in the 40's. I was too small to see much, so a kind man hoisted me up on his shoulders and Mama and I had an unforgettable experience.

- Barbara Herbstman

When my mother passed away, all the family lamented the loss of the family comic. She had more jokes than "Carter had liver pills." Everyone gathered around the kitchen table to be with her; they loved her laugh, her jokes, her comedic commentaries on life. In essence, they loved her and so did I. This picture depicts the "Momma I remember" and miss.

- Dian Castle



I remember watching "I Remember Mama" on Friday nights in the living room of the only kid in our building whose family had a TV. Must have been in the late 1940's.

- Mary Kilgour



My mother, Thelma Goodbread Flanagan, created the school lunch program. She was also Edna Hindson's aunt and she hired Bill Castine to Florida to work on a project. Every year The School Nutrition Association awards a Thelma Flanagan Quality Program Award in her honor. When she was 93 and would meet people, she would announce that her still black hair was "not dyed!" And it wasn't!

Lassie Goodbread Black, Edna Hindson's mother and my Aunt Lassie, was Florida's Mother of the Year. She was the first woman to register and attend the University of Florida (in 1925) where she earned a degree in agriculture. She was a major leader of the local, state, and national March of Dimes.

- Patsy Nelms



Here is a family picture with my Mother, Dad, and sister; I think I was in third or fourth grade at the time. It actually came to me from a 2nd cousin I didn't know but discovered through Ancestry.com. My Dad's sister was this cousin's grandmother and we used to spend time with that grandmother (my aunt) in the mountains of Ligonier where they owned a motel and restaurant. This picture came out of the cousin's collection from her grandmother's (my aunt's) collection.

- Joe Gilkey

Photo is of Edith Helms Hoopes on her wedding day, 1919. My mother was 42 and my father 46 when I was born. Needless to say, I was an unexpected surprise. Or, as Lori puts it, an "Oops, Hoopes."

- Ron Hoopes



Regina Hobbs BeVillie - (1921-2012) Joyful, loving, and always talking! That sums up many fond memories of my mama.

- Sandy BeVillie Furches



**More Mamas on the next page...**

### More Mamas...

Corrine Martz, who grew up near here in Volusia County. She was active and creative and as fun as she could be. I strive every day to have her zest for living.

- Rhonda Smith



This is the first Mother's Day without my mother, Lina Eastman. She passed away at 103 years old in October.

- Carole Eastman Zegel



June Girard's mother at 90!

- Jerry Girard



My mother (in the striped dress) with her sisters.

- Tom Smith

### They Grew and Grew

Jim and Joyce Piety moved to Oak Hammock as Founding Members accompanied by an average size pot of amaryllis lilies. Reminiscent of the fish in the children's book "A Fish Out of Water", the Piety lilies kept growing. And growing. Increasing pot size encouraged the bulbs to multiply, growing larger each year. Jim and Joyce's move to Assisted Living wouldn't accommodate the huge pot of lilies, but Magda-with-the-Green-Thumb (a third-floor neighbor) signed adoption papers. No small task. After the lilies have made their springtime show, Magda lugs and wheels the HUGE clay pot back to the greenhouse, where they'll continue to grow and grow. Jim and Joyce must be grinning with pride from their heavenly home. We haven't forgotten you. These Gator-orange amaryllis lilies guarantee that.

- Barbara Dockery



### First Presbyterian Pops Concert

What a fabulous performance! Two groups of ringers—the Joyful Carol Ringers and the Jubilate Ringers—created an exciting musical celebration. Megan Sabella, an assistant conductor and a bell ringer, led some songs, especially my favorite, "It Is Well with My Soul". She has participated in the Oak Hammock Chorus and is one of Brenda Smith's students, so many of us recognized her.

The audience participated, especially in the song, "He's Got the Whole World in His Hands," making us realize how complicated and difficult it is to play the bells, and keep the beat! Both groups played with an intense degree of concentration - they never miss a note. It was a wonderful music evening in the Oak Room at Oak Hammock!

- Bev Cone



## An Escape Room at Oak Hammock?

Yes, there is an Escape Room at Oak Hammock but probably not one most of us would enjoy. The Escape Room is the latest creative brain child of our Director of Nursing, Michelle Parker, and our Assistant Director of Nursing, Maria Capps, in their efforts to make required training of nursing personnel fun and engaging. At least annually, all nurses and nursing assistants must complete a review and competency check-off for those skills required of them in the course of their day-to-day work.

The idea of a Skills Fair was developed over the past few years with a different theme annually. You may recall that a couple of years ago, the theme centered around the Wizard of Oz, complete with a yellow brick road with skills stations along the way. This year the theme was an Escape Room. But how to do it required some creative thinking and assistance from an expert.

Michelle and Maria defined the tasks to be assessed. The Escape Room itself was set up with the assistance of Kevin Godwin from *Just Escaped* who helped design some of the devices and set-ups. Michelle and Maria were able to watch the action from the adjacent room and provide feedback to ensure competency and confidence of individual staff members with the various skills. They also identified areas that needed more attention in the ongoing educational activities of the Health Pavilion.

A team of four nurses at a time worked together to complete approximately 15 hands-on skills in the Escape Room. Following clues provided upon completion of each skill, the team had one hour to finish the course and “escape.” The skills were those re-



quired by the level of care of patients at Oak Hammock—things such as wound care, suctioning, colostomy care, blood sugar assessment, catheter care, and administration of oxygen. In addition, participants needed to demonstrate respect, appropriate communication skills, and documentation.



The first Escape Room set-up was designed for RNs and LPNs, with 30 individuals completing the first day. Next the room will be modified to include those skills needed by Certified Nurse Assistants (CNAs) in delivering the high standard of care expected at Oak Hammock. Some of these skills will include transfers, application of compression stockings, vital signs, fall prevention, and positioning.

Feedback from those participating thus far has been very positive, with participants finding it to be a fun and engaging way to learn and/or refresh their skills. By working in teams, they were exposed to diverse ways of problem solving since each group had a mix of ages, cultures, and levels of experience. The main purpose of the Skills Fair is to ensure the continuing competence of the health care personnel at Oak Hammock. With such creative and energetic leaders working on our behalf, it's no wonder our Health Pavilion has achieved a five-star rating and is ranked as best in Alachua County!

- Martha Rader





## After Dinner Music

A short bus ride to the UF Auditorium recently relaxed and inspired us with “Ye Shall Have a Song: A Modern Look at Old Hebrew Texts” by the University of Florida Concert Choir with Dr. Will Kesling, Conductor. The concert was less than an hour in length, expertly performed, and powerful.

Works from composers Randall Stroope and Daniel Pinkham were accompanied on the piano by Tané DeKrey. The final number by Randall Thompson had eight movements and was performed a cappella. The concert choir’s choral sound in this ground breaking work of 1936, called “The Peaceable Kingdom,” was incredible. Randall Thompson was inspired by one of nearly one hundred paintings by American primitive artist Edward Hicks depicting the Old Testament prophet Isaiah’s description of the lion and lamb lying down together.

Watch the transportation book in the Commons lower lobby for the next opportunity to hear these wonderful voices. – *Sandy Furches*

## Clarinet Concert

The Gainesville Area Clarinet Choir is a multi-generational group, ranging from high school students to senior citizens. They have five different types of clarinets and the group rehearses weekly.

In the Oak Room on April 23, they performed a wide variety of music. Their last piece, “Shepherd’s Hey,” by Percy Grainger, is one of my favorites. The concert provided the audience a chance to feel the excitement of making music. It’s clear that these musicians really enjoy making music together. It was a beautiful afternoon performance.

– *Bev Cone, content;*  
*John Furches, photo*



## Genealogy Interest Group (GIG) at Oak Hammock

The Genealogy Interest Group at Oak Hammock met in April in the Multipurpose Room and via Zoom. The talk was given by resident John Furches on Memorabilia and Photo Digitizing. John included examples from work he did with member Edna Hindson, and some of his own heirlooms. The ease with which one can nowadays photograph, save, and populate the digitized object with stories about the owner and history of the item was emphasized. It was a most enjoyable presentation with many interesting follow-up questions

Thank you, John and Sandy! This interest Group (GIG) meets monthly on the 3<sup>rd</sup> Friday of the month in the Multipurpose Room and by Zoom at 11 a.m. For more information and Zoom invitation contact Madeleine Mitchell, Coordinator. Information on the topic is posted in the elevators. Visitors welcome.

– *Madeleine Mitchell, content; Sandy Furches, photos*



*The group in April 2023.*



*Left to Right; John Furches, Jeanne Early, Sybil Farwell, Richard Jones and Anne Borron.*

## Dog Lover “Heaven” Night at Oak Hammock



Two beautiful dogs, Trudie and Cindy, greeted and wowed every person who came to the Oak Room on a Tuesday night! These two dogs are in the process of being trained as guide dogs. There are puppy raisers all over the country to train dogs to serve people with vision loss, veterans, and other people and children needing help. Every dog that is trained at Southeastern Guide Dogs makes a difference. There are 13-15 puppy raisers in Gainesville, and three hundred totally.

Southeastern Guide Dogs offer so much to so many people, all on a volunteer basis. Each story is unique. It takes two years to train a dog, and many patient, trained people to do these jobs. Puppy raisers, walkathon people, and others, are needed to nurture these partnerships between people and dogs—from breeding dogs, raising them, and training them—before the dogs are released to serve the people who need them. This is operated totally on donations, and is a non-profit 501(c)(3) organization. Visit [GuideDogs.org](http://GuideDogs.org) for more information, and ways you can help. It was a very exciting evening for us dog lovers who were there!

- Bev Cone, content and photo;  
Beth Paul, photo



Top left: Marilyn Crosby meets Cindy, a puppy in training.

Above left: Good girl Trudie, trying to be mature. Above: SE Guide Dogs presentation in a full Oak Room.

## A Fresh Look

After the winter hiatus, Oak Hammock's grounds are once again lush with new growth, inspiring thoughts of a similar “facelift” to public areas of the Big House.

One early concept, that can be carried out by Maintenance, is the removal of the current window treatments in the Atrium and Double Elevator lobbies. The attractive millwork on the windows can then be seen while allowing in more sunlight. Residents who were in the areas at the time this suggestion was made were in agreement.

In addition, a preliminary plan to refresh the Acorn Room includes a fresh coat of neutral paint, enhanced by new art work and new lighting. This can be accomplished during the summer ILR break to minimize inconvenience.

Hopefully all residents will enjoy the bright new look these simple projects can achieve in various common areas.

— Jan Havre

## Parkinson Perspectives

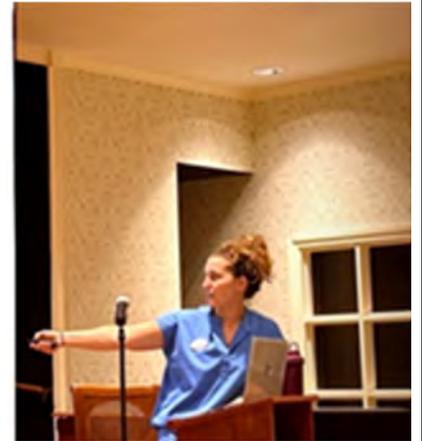
Amanda Morris, OTR/L, LSVT, enlightened an attentive audience in the Oak Room on Parkinson's Disease (PD). Our neighbors with PD who benefit from Amanda's Rock Steady Boxing Class say PD is not a death sentence; each individual with PD is different, and each day is a fight. Early diagnosis increases life expectancy. All muscle groups are affected: cardiac, smooth (digestive) and skeletal (mobility.)

Most in Amanda's audience were surprised that PD, a chronic progressive neurological disease, can begin with symptoms 20 years before diagnosis. There are 5 stages, the first with mild symptoms on one side of the body and the most severe limiting movement to a wheelchair or bed. Individuals with PD and their caregivers at Oak Hammock have the support of others with a PD diagnosis whom they've met through the Rock Steady Boxing Class now open to the community on Mondays and Wednesdays. These classes are offered Mondays, Tuesdays, Wednesdays, and Fridays and provide adapted boxing drills that can favorably impact agility, speech, muscular endurance, accuracy, hand-eye coordination, footwork, and overall strength.

Nutrition is another way to slow and effectively manage PD. A balanced daily diet of whole grains, vegetables, fruits, legumes, soy, nuts, and seeds is recommended. Plenty of water with minerals and vitamins, 10 minutes of sun per day, and daily exercise are needed if you have PD.

The Q&A after Amanda's presentation reflected much interest and a book recommendation for our reading: *No Time Like the Future* by Michael J. Fox.

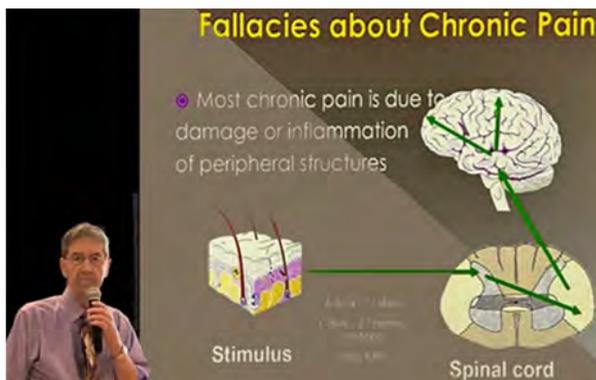
- Sandy Furches



## Perspectives on Chronic Pain

Thanks to Roland Staud, M.D., UF professor of Medicine, rheumatologist, and researcher for his recent presentation in the Oak Room, "Chronic Pain and Why it Doesn't Go Away." Chronic pain is a syndrome and is different from acute pain. Chronic pain often starts from childhood and poor coping strategies. Two-thirds of senior adults may be in chronic pain. When our sensitivity is up, our function decreases. The takeaway from much data shared is that a positive attitude is important; otherwise, chronic pain will cause lost confidence. Dr. Staud welcomes participants for his current research.

- Sandy Furches



## Santa Fe Poster Contest

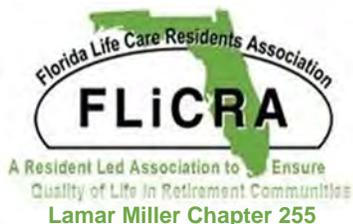
Enthusiasm was running high in the Oak Room on a Friday afternoon. There were ten different project posters, and many Santa Fe students there to explain what they were doing—all different subjects—mental health potential barriers, how to play a ukulele and make music hands free, turtles in the Santa Fe River, one mud turtle right there in the Oak Room, a poster about shoe sole therapy, information and history about a lost community in our area, and a poster about women's roles in life—the "erasure of Greek Women." It was exciting to listen to the detailed explanations and see the sparkle in the students' eyes as they told us about their experiences and their future plans. I could feel their enthusiasm as they told us about this tremendous input and study in so many different areas. Young creative people studying at Santa Fe have great potential in our world!

That, plus delicious hamburgers and fruit and other goodies, and lots of interested Oak Hammock residents, made a rewarding afternoon for us "oldsters."

- Bev Cone, content; Patsy Nelms, photo



The 2023 regular session of the Florida legislature ended on May 5. The CCRC regulatory reform bill jointly sponsored by Leading Age and FLiCRA (HB 1573) passed both houses and now goes to the governor for his signature.



Some of the bills' provisions make compliance with regulatory requirements less costly for providers without diminishing protection for residents. For example, they modify rules concerning reporting requirements and access to expansion-related escrow accounts and debt-service reserves. At the same time, they enhance the role of the residents' council by, among other things, affirming its authority to establish its own governance documents and requiring that its president be interviewed during regulatory examination of a facility and given a copy of the examination report.

With the governor's signature, this law will become effective July 1. Next year's regular legislative session will begin on January 9, 2024.

- Tom Gire

## Let Nature Be Your Guide

Like to enjoy and learn about nature? But dislike the pesky details and arrangements to "make it happen"? Then the Natural History Society needs to be on your speed dial. Better yet, stay informed with their latest offerings, found in the display case area on the Lower Level, near the post office area. Judy Gire updates the suggested offerings, adding plenty of photos from previous outings, to pique your interests. If revisiting past travels is more your style, there is a wall-hung case (directly across from the nature trips) with scheduled dates of travel trip talks. Dave Brumbaugh posts upcoming talks and welcomes those interested to schedule their adventure-trips! Just give him a call to share. Plan your summer now. It's fun to do something new AND fun to remember good times previously enjoyed.



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- Barbara Dockery, content; Bill Castine, photo

## Chess, Anyone?

UF students in collaboration with the Gator Chess Club can be found in Oak Hammock's assisted living area every other Wednesday 6:30 to 7:30 p.m. ready to engage you in a game of chess or to teach you how to play. These friendly UF students promote chess for its neurocognitive and socialization benefits. Pictured are Oak Hammock residents Margo Pettway, Arshag Hajian, and Gene Ziegler enjoying the challenge with students Dilan Gobeia, Puchong Thirawatananond, and Elise Kern. Come join them! Students Collin lahde and Akash Shah are standing by hoping other residents will come. Arshag Hajian is the best player to date; no person has been able to beat him! Can you? For further information: Margo Pettway [mbhpettway@gmail.com](mailto:mbhpettway@gmail.com) or Chrissy Smoak [csmoak@oakhammock.org](mailto:csmoak@oakhammock.org).

- Sandy Furches, content; John Furches, photos



## Art League at Oak Hammock

Art" was alive and well at Oak Hammock, when the opening reception on Sunday, April 16, for the new Portals show was in full swing. There was a very large attendance of both Oak Hammock residents and community artists and friends. The chief curator at the Harn Museum, Dulce Roman, was the juror for this outstanding show. She presented awards to the following artists: Best in Show, Michael Levy (photo below); 2nd place, Alfred Phillips; 3rd place, Karl Schwartz. There were also five merit awards and the selectees were Adrienne Sonia, Jane Polkowski, Joyce Hinkle, Celia Burger, and Larry Lowenthal. Judge Roman gave a brief dissertation on each of her choices, elaborating on what made each art work worthy of this recognition. Portals is a term that can be interpreted in several ways. She clearly had the knowledge and insight to share her thoughts on each of her choices. Many thanks to the judge and congratulations to all.

Looking ahead, we hope all our Oak Hammock artists, both residents and staff members, are hard at work preparing for the upcoming Oak Hammock Residents and Staff Summer show, July 9 to October 7. Deadline for submitting your application is June 12. Applications can

be found in the blue folder on the Receptionist's desk. Let's make this show another great one!

Meanwhile, in the art studio, we are displaying the poured acrylic paintings by our own Susan Bankston. On June 7, a new show will be on display featuring the art from the twice monthly Open Portrait Studio conducted by Jane Polkowski Levy in the Multipurpose room. If you are interested in attending or modeling for it, please let Jane know and come to the art studio to see the results.

Susan Bankston reports that the previously scheduled Anda Chance Colored Pencil workshop has been postponed until September. We recently had another very successful Lynn Ferris watercolor workshop, and plan more in the fall. On June 10, Linda McVay will be here for an acrylic workshop for all skill levels. Look in the black box just outside the art studio door for more info.

Our own Oak Hammock resident, Charlotte Newman, will enlighten us on the subject of Conceptual Art on May 23 at 4 p.m. in the Oak Room. Mark your calendar...see you there!

*"Great art picks up where nature ends."* Marc Chagall  
- Marion Siegel



## The Sounds of Art at Oak Hammock

Art is like people. It comes in all shapes and sizes, appealing to some and not to others. The art at Oak Hammock offers something for everyone. Ron Finch was delighted to discover the two collages of colorful *real leaves*, now hanging on a wall near the pool table (lower level). He and wife Arline had purchased the art while living in North Carolina. After Arline's death and Ron's moving to AL, the art was gifted to Oak Hammock. Stroll by to enjoy these two collages. Might stir up memories of Roger Williams playing "Autumn Leaves." Kudos to the Art in the Corridors committee for logging each piece of art given to Oak Hammock—no small task!

- Barbara Dockery



## What's in a Name?

Some folks get hung up on the association of a name. Mention *Fiona* or *Ian*. That might send a shiver of unpleasant memories to people who experienced destruction of hurricanes bearing those names. Both names have been retired.

Florida's weather history is peppered with record rains, winds, and hurricanes. The lingo used to predict and inform can be confusing – El Nino, rip currents, storm surges, evacuation routes, power outages, storm shelters. The National Hurricane Center tracks weather 24/7 to keep state and local weather stations informed.

Living at Oak Hammock has its perks. Staff members take Florida weather seriously, remaining calm and efficient. They are assigned specific timeline responsibilities, living on campus if necessary.

"Hurricane Preparedness at Oak Hammock" ([tinyurl.com/mwnrpdw3](http://tinyurl.com/mwnrpdw3)) is a You Tube video made last year. It stresses that being prepared is the name of the game! "Florida crackers" (a fun name to Google) keep a jug of water, a jar of PNB, a handheld can opener, and flashlight batteries on hand—every season of the year.

The National Hurricane Center's list of dreaded storm names for this hurricane season are Arlene, Bret, Cindy, Don, Emily, Franklin, Gert, and Harold. Definitely, not names to select for anticipated grandchildren. And should power be lost? Some folks are known to sip one of New Orleans' namesakes, a Hurricane, and party on.

- Barbara Dockery



## League of Women Voters

Members of our League of Women Voters (LWV) leadership team are June Girard, Mary White, Barbara Herbstman, Barbara Francis, Jim Wiltshire, and Joan Langley. Our dining staff served a delicious dinner and a special cake. Chair Mary White introduced guests, then presented June Girard with a floral bouquet and contribution to the LWV education fund in June's name.

The group enjoyed a Dick Martin video showing the League's history at Oak Hammock. Tallulah Brown presented member awards and Lisa Holley, June's daughter, entertained the group with a memory game of matching famous women to their LWV accomplishments.

The group celebrated with good food, laughter, and resolve to maintain the LWV's efforts for the next decade.

- Catherine Morsink, content, photos; Tallulah Brown, photo



## Reminisce with Dan Flok

A regular entertainer at Oak Hammock is Pennsylvania native and Gainesville resident Dan Flok. He draws from an amazing repertoire of 927 songs. Many musical styles and popular songs from the past are shared by Dan with his own twist using guitar and vocals. Dan's most recent performance in the Oak Room included several requests from his audience and the inspiration for some to make their way to the dance floor. Look forward to the next opportunity to join Dan Flok for an enjoyable hour.

— Sandy Furches



Full Moon from the Outback  
(Walter Wynn)



Driveway Denizen  
(George Arola)



Moochie checks the bird feeder  
(Walter Wynn)

## Kentucky Derby Party

The 149<sup>th</sup> running of the Kentucky Derby drew numerous Oak Hammock residents to the Oak Room to view the event, with snacks galore available. Prizes were given for best hats and for lucky draws in the horse race. Emceed by Valerie Griffith, the party was fun for all!  
 - Bill Castine



The Oak Room was full for another Run for the Roses!



The gorgeous ladies in their amazing hats.  
 Winners: (1) Anne Goldwire; (2) Rhonda Smith; (3) Jeani Valter



Organizer Valerie Griffith with the men's hat contestants.  
 Winners were: (1) wayne Forehand; (2) Marty Johnson; (3) Don Smith.

## A Musical Challenge

Some challenges in life are difficult to accept, to conquer. The Oak Hammock Singers welcomed the challenge to learn—and sing—unfamiliar music. Two and a half months of weekly rehearsals (with Ron Burrichter as director and Dr. Brenda Smith as co-director and accompanist) found the Oak Hammock Singers eager to present their spring concert, “Our Sounds of Music,” in the Oak Room. A clip from the popular film, *Paradise Road*, was shown on the big screen. It depicted the survivors in a Japanese war camp. The Oak Hammock sopranos and altos sang a song—without words—from the soundtrack.

The men’s lively version of “Ain’t She Sweet” echoed happier times. The varied selections on the program included solos and audience participation. Something for everyone, plus refreshments on the Upper Commons.

To prevent the Singers from having total withdrawal from their Monday at 3:30 rehearsal time in the Oak Room, they gathered (with spouses and friends) to celebrate and to acknowledge their appreciation and devotion to Ron and Brenda by presenting them with a monetary gift of love. It will enable them to expand their menu of concerts and lectures while on their summer break in Germany. No doubt, they’ll return with new challenges for this fall. Maybe even songs *with words*. Hopefully, not all in German!

Here is a link to the program: <https://youtu.be/LJ0Fo0zS9M8>

Thanks to Frank Townsend for filming it.

- Barbara Dockery, content;  
Keith Berg, Bill Castine, photos



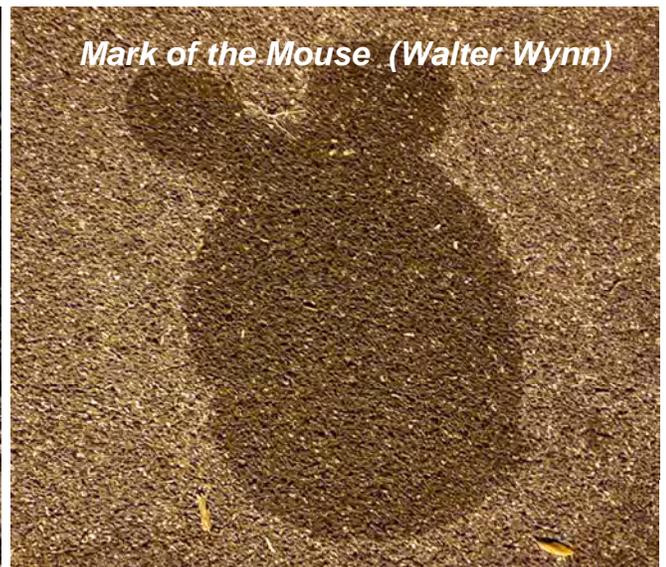
### Board of Directors Reception

Residents enjoyed socializing with Board Members and each other during a reception in the Upper Level Commons. Oak Hammock's dining staff provided an array of delicious hot and cold hors d' oeuvres and desserts located at several stations around the area.

- Sandy Furches, content; Bill Castine photos



Natural Pest Control (????)



Mark of the Mouse (Walter Wynn)

This is the first of a series of interviews – Gathering in the Hammock - with folks who gather regularly around Oak Hammock. If you know a group that should be featured, please contact Nancy Dickson ([nancyjackathens@hotmail.com](mailto:nancyjackathens@hotmail.com))

## The Breakfast Bunch

Every morning about 8:00 a.m. you can hear laughter ring out from the dining room as six friends gather for breakfast. The group started meeting years ago in the Grille Room, were forced to quit briefly at the beginning of COVID, but happily started meeting again when restrictions loosened. One morning recently, Bob and Deanne Taylor, Hikmet Bates, Dick Lucas (the newest member of the group), Charlie Smith, and Chris Waters agreed to let me interview them.

They meet to exchange ideas, ask questions, keep up with what's going on in each other's lives, share movie recommendations, and enjoy a wonderful Oak Hammock breakfast. As one member of the group put it, "It's a time for us to debrief after a particularly contentious town hall meeting, discuss the latest rumor . . . or start a new one!"

The group has changed over the years since some of the original members have died or moved into the Health Pavilion. The group's generally positive attitude is reflected when they talk of friends no longer with them, not with sadness but with a wry smile and a sharing of the good memories evoked. After a loss, however, the group is not allowed to dwindle. Instead, new members are selected and invited to join to bring the group back to the six folks who fit comfortably around the large table at the back of the casual dining room. Even with all the chairs occupied, it's not a completely closed group since their table is right next to the hallway leading back to the fitness center and folks walking by will often stop to chat.

They have one rule. If someone is not going to be there, they must let the others know. For folks living alone it's a security check, but it also lets the group know that there will be an empty chair and they can invite someone else to join them. So, if you're in the mood for breakfast one morning and you notice an empty chair at the boisterous table in the back, ask if you can join them and experience a wonderful start to your day.

– Nancy Dickson



## Bank Drawing

At the February OH I CAN Ice Cream Social sponsored by First Federal Bank, Manager Lara Waters invited Oak Hammock residents to visit the Bank Office to participate in a Drawing for a \$50 Gift Certificate. In keeping with the ice cream event, members were asked when signing up to indicate their favorite ice cream flavor. The winner was Wayne Forehand... and vanilla.

Thank you, First Federal Bank, for supporting OH I CAN, the Oak Hammock Employee Scholarship Program!

– Margi Sidman, content; Bill Castine, photo



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

|            | Total | Sold | Available |
|------------|-------|------|-----------|
| Houses     | 57    | 57   | 0         |
| Apartments | 212   | 208  | 4         |

- Andrew Davey, Nickie Doria

### Health Pavilion

|          | Total | Occupied | Available |
|----------|-------|----------|-----------|
| Assisted | 46    | 40       | 2         |
| Memory   | 12    | 11       | 1         |
| Skilled  | 73    | 59       | 13        |

- Ashely Davis Meacham



*Walking Path Turtle (Karen Arola)*



### Wilmot Gardens Trip

The last day of the ILR class "Gainesville Gardening" included a field trip to Wilmot Botanical Gardens and Greenhouse on the University of Florida campus. The field trip was a follow-up to a class presentation by Director of Therapeutic Horticulture, Leah Diehl. Class members toured the gardens with narrative by Director of the Gardens Dr. C. Craig Tisher, former Dean of the Medical School.

- Diane Haines, content;  
Alice Gridley, photo

### Benevolent Fund Contributions

Since our last report, a total of \$2,700 was received in memory of Frank Bates.

- Jonathon Mann



### Great Guac

Oak Hammock Singers' after-the-after concert party enjoyed bowls of guacamole and corn chips. Make that outstanding guac! Chef Justin referred all compliments to Jerry "Miss Lynn" Bryant, who used her own recipe. Kitchen staff co-workers chimed in, "She is a great cook, and when her mac 'n' cheese is on the menu, it's the best ever." Some Singers took the extra guac home to make avocado toast. Now it's one of their favorite breakfast treats. Thanks, Miss Lynn!

- Barbara Dockery



### Coming Soon to Infoh.us

The Oak Hammock Community Bulletin Board at Infoh.us will give you an opportunity to find restaurants and services recommended by your neighbors, advertise things for sale and freebies, and communicate with the community. Take it for a test drive soon.

- Nancy Dickson



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**Graphics**

Katherine Osman, Layout



Left: Sirius, the dog star  
 Above: Gemini twins, Castor, Pollux  
 Right: Venus  
 - Walter Wynn

## 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.**