

Fabulous 4th Fest

Chris Rocks and his team provided wonderful picnic fare for the mid-day event served in Duckworth Gardens and enjoyed throughout the gardens, dining rooms, and upper commons lobby. Dogs, burgers, chicken, and ribs were all present. Watermelon wedges, cookies, and brownies wrapped up great fellowship and feasting with friends and family.

*-Sandy Furches, content;
Bill Castine and Sandy Furches,
photos*



Welcome Lynn and Gloria Nelson

This delightful couple's beautiful apartment is adorned with Gloria's framed watercolors. She taught watercolor for 10 years and looks forward to painting outside at Oak Hammock.

Gloria, from Cleveland, and Lynn, a Buffalo native who moved to Cleveland in 1969, met in 1996 through a Sailing Singles Club. He had a boat. She matched captains with crew. They sailed around Lake Erie and into Canada. In winter they rented Bareboat Charters sailing to warmer climates. Lynn was a "fabulous" docker. Gloria felt safe. She was a good first mate. They were one of 6 couples who met through this sailing club and married 22 years ago; all second marriages and good friends spread geographically but still in touch. Lynn and Gloria's 3-month adventure from Cleveland to Florida 20 years ago was by sailboat via the Erie Canal and the Intra-coastal to Key West and up to Ft. Myers.

Lynn served in the military for 2 years at Ft Sam Houston in San Antonio. He started his career as a bench chemist and became a technical director. After retirement, he worked with local government in two different communities, in the first as Chair of the CDD (Residents Council) and Treasurer of the HOA in the second. After retiring and playing for a few years, Lynn unretired and taught Chemistry for 6 years at Charlotte High School in Punta Gorda. Lynn and Gloria brought joy to all his students' by attending their extracurricular activities.

Gloria was a teacher and worked in marketing with the Sunbeam appliance company. New small appliances came her way for test marketing. This dovetailed with her love of cooking and baking. She worked from home accommodating her two sons' busy schedules. She did wedding and bridal registry research creating deals with retail outlets that were a win-win for bride and retailer. Other companies like Toastmaster and Rival sought her expertise.

Gloria's south Florida tennis team won the state championship three years running. They played in

nationals 2 years, ranking 5th in the nation. Gloria still plays tennis but more frequently pickleball as her knees rebel. Once a year she plays golf with her sons, but the golf ball just doesn't move fast enough for her!



Gloria's two sons are Rob (wife Kelly) in Seattle and Tim in Jupiter. Rob is with the Seattle Division of Fish and Wildlife. Tim is single and owns a golf camp for kids who come from around the world. Their 2 grandchildren, Matthew and Noel, are in their early 20s. Building computers, 3D printing and gaming friends around the world float Matthew's boat. Noel is the family "brainiac", at Arizona State in Astrophysical Engineering, and has built rocket components. Lynn's daughter Meg works in sales in Cleveland and is involved with two acting companies. Meg loves travel. She recently returned from Europe.

In an internet search of CCRCs, Lynn was attracted to Oak Hammock due to the UF affiliation. Their priorities in a CCRC seemed best met here. They were reminded of Emerald Necklace Park, which surrounds Cleveland, as they drove into Oak Hammock along our wooded corridor. They signed a contract on their first three-day visit finding Oak Hammock "accommodating, friendly, cheerful, and welcoming. Oak Hammock could not do enough to help us remove stress and anxiety from the transition." Ask them to share the amazing story of their house sale. Enjoy their humor and camaraderie. Welcome, Lynn and Gloria. - Sandy Furches

Making a Difference

The Oak Hammock Therapy Department is a happening place. A place that collects people who need help. And are given help. The fifteen staff are not employed by the University of Florida nor Oak Hammock, but by Therapy Management Corporation (therapymgmt.com). This independent company (founded in 1995) strives to make a positive difference in the lives of those they serve.

Therapy needn't be confined to dull exercises. Innovative movements combine the simplest items (clay, rubber bands) and the most up-to-date equipment, furnished by UF.

Smiles, hugs, and laughter add to the encouragement shared by everyone. The staff enjoy spending time together too—going to the beach, Universal Studio, doing 5k charity runs, and celebrations. Weddings, new babies. The Oak Hammock Therapy Department has the perfect Rx—sharing goals, values, and purpose—making a difference, one person at a time. - Barbara Dockery

Nadia Covo

Nadia Covo, the new Admissions and Marketing Coordinator for the Health Pavilion, encouraged me to circulate her cell number, 352-225-1080, and email, ncovo@oakhammock.org, in case any of our residents are taken to any of the neighborhood hospitals. She is on call seven days a week should we find that we are in need of skilled nursing services. Even if you do not think you will need skilled nursing, let her know if you find yourself in the hospital so she can check on you.

Nadia and her parents moved to Ocala with her twin sister, who is now a nurse, in time to finish high school and then her bachelor's degree in business administration. She worked for a number of years in health care in various roles including practice management, guest services and human resources, most recently in marketing at Plaza Health and Rehab. Although she was not actively looking for a change, she met Ashley Davis at a networking event and Ashley convinced her to consider joining us.

In addition to her twin sister, her family includes her mother, who is now suffering from Alzheimer's,

three older sisters and an older brother. Her children include a seventeen-year-old son and a twelve-year-old daughter who are in school in Ocala. Her father and her children's father have died so Nadia's time away from work primarily is focused on helping care for her mother and encouraging her children in their love for baseball and horseback riding. She is excited to be at Oak Hammock and looking forward to meeting more of our residents. Be certain to save her phone number!



- Karen Miller, content; Kelly George, photo

Shannon Dubose, Therapy

Shannon Dubose, who has been with Oak Hammock since November as a Speech Therapist and co-manager of the therapy department, will be taking over responsibility for all therapy management services in mid-July, when Karen Van Etten leaves Oak Hammock for her next adventure. We want to wish Karen VanEtten a Bon Voyage and for those of us who have not yet met Shannon, a warm welcome.

Shannon did not set out to be a speech therapist but with the guidance of her mother, who is a teacher, explored the field. She initially thought she would work in the schools with children when she graduated. When it came time for her to do her clinical fellowship, she was able to secure a placement in a nursing home where helping stroke patients to eat again gave her such a feeling of satisfaction that she knew she had found her calling and has been delighted to have practiced primarily with geriatric patients.

Our therapy staff currently consists of two Physical Therapists, three Physical Therapy Assistants, three Occupational Therapists, and two Occupational Therapist Assistants as well as a Speech Therapist. Shannon has been in a combined supervisory/therapist role for the last thirteen years and currently has a reduced treatment load along with her managerial responsibilities. Therapy is provided to patients in Skilled Nursing as

well as to residents in Assisted Living and Independent Living on a seven day a week basis. Shannon advised that the therapy department will also be offering outpatient therapy to non-residents of Oak Hammock who are participants in the Rock City Boxing program or have been patients in skilled nursing.

Shannon is married to an Alachua County Firefighter and has a twenty-year-old son, a graduate of Santa Fe, who hopes to follow in his father's footsteps and plans to start his studies as an EMT and at Florida State Fire College. She enjoys traveling to visit her mother in Michigan and her sister in Pittsburgh as well as traveling to the Grand Canyon and other points of interest. She is hoping to visit Niagara Falls soon.

Shannon is happy to answer any questions residents have about therapy and can be reached most days in the therapy gym.

- Karen Miller



Willie Brannon

When you are out and about at night, welcome Willie Brannon, our newest security officer who will be working nights. Willie grew up in Gainesville and Chiefland and lives very close to Oak Hammock with his two-year old and nine-month-old daughters and their mother. His mother lives in Bronson and he is the youngest of six children, having five older sisters.

Willie is a graduate of Bethune Cookman, class of 2019, where he played football and majored in psychology. He is planning to continue his studies but has not yet decided in which graduate program to enroll. He has worked security in various settings for the last seven years including Butler Plaza and various other retail locations. In his spare time, Willie enjoys reading and spending time with his daughters.

– Karen Miller



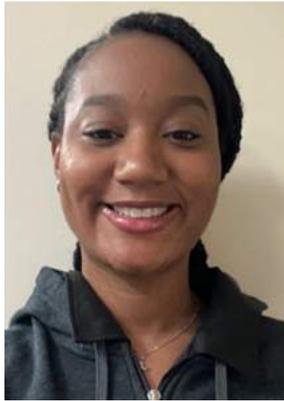
More Than Speech

Elizabeth Dryer MCD, CCC-SLP is our Oak Hammock Speech Therapist. Her recent therapy lecture in the Oak Room revealed that speech therapy is about voice, language, cognition, and swallowing, in addition to speech. Common reasons people have difficulties in these areas include stroke, dementia, Parkinson's Disease, traumatic brain injury, and mild cognitive impairment. Want to know if she can help you? Elizabeth is very approachable and encourages us to seek her out in the therapy department with questions about our personal circumstances. Oak Hammock residents are fortunate to have a hands-on therapy department offering these lectures on a regular basis.

- Sandy Furches

Nehemie Gauthier

Nehemie Gauthier has completed her third year of APK (Applied Physiology and Kinesiology) at the University of Florida with a minor in Food Science (learning how food is processed).



Nehemie was born in Haiti, and has been living in the United States in Southern Florida in the Miami area, since she was three years old. She completed a study abroad in Mexico, for Merida, studying diseases, and has since been working in the gym at Oak Hammock, encouraging and helping residents with our workouts. She will be leaving this job in August, as she has completed her studies, and will be moving forward with her career. She has enjoyed meeting and working with residents here. Those of us who have been fortunate to know her will miss her guidance in the gym.

– Bev Cone

The Oak Leaf

The earliest printed copy of a newsletter for Oak Hammock is September, 2001, and was written by Praxeis (Oak Hammock's development company that managed it for several years) as a communication tool. In August, 2001, Jennifer Heesaker, first Dean of Residents (prior to Sara Lynn), began writing a newsletter, called *The Oak Hammock Times* for Founders Club members to keep them abreast of construction changes and new future residents. Praxeis continued to produce the Marketing Newsletter, apparently on a bimonthly basis.

Katherine Osman says, "I remember working on a copy of *The Oak Hammock Times* when we were still in the Marketing Office on 34th street; around December, 2003. The PCA Newsletter Committee meeting notes from September, 2004, describe the new name and logo [*The Oak Leaf* was the overwhelming choice by the members. Jim Janke has created the new design']. Mistakes abound in that issue (it was the first one we put together in here)." She continues, "I am proud to say that I have been involved in all issues of *The Oak Leaf* save the one in 2004 that I missed in order to be married."



Hard copies of all issues of *The Oak Hammock Times* starting with the first issue of August 2001, followed by *The Oak Leaf*, are located in notebooks in the Fireplace library. There is also an index that will enable you to look up topics of interest. In addition, copies of *The Oak Leaf* since its inception in 2004 and the index are located on infoh.us.

– Katherine Osman and Bill Castine, content;
Patsy Nelms, photo

Bob Graham Honored

In June, the Florida Council of 100, a not-for-profit group of leaders representing more than 140 major Florida companies, named Bob Graham the recipient of the **Outstanding Floridian Award**, presented to Floridians who reflect meritorious service above and beyond the call of duty, resulting in extraordinary achievement. Recipients have given consistent service and contributions to the state, not just for a single achievement. Given infrequently, the award reflects the commendable level of service of those distinguished Floridians being recognized and Bob is only the third recipient.

As a career public servant for nearly four decades at the local, state, and national level, Bob became one of the most accomplished statesmen of his day. He served as the Governor of Florida for two terms beginning in 1978. As first a state legislator, then governor, and finally a three-term U.S. Senator, Graham had a role in shaping the direction of public policy in Florida for four decades.

Profiling Graham in *The Washington Post* in 2003, reporter Michael Grunwald said this about Governor Graham: "He is known as an excellent consensus-builder, an unusually nice man for a politician. He's never lost an election. He's never been embroiled in a scandal."

Congratulations to "our own" Bob Graham on this honor!

- Bill Castine, content; Marcia Brant, photo



The Residents' Council: An Effective Voice for Residents

The Residents' Council (RC) is mandated by Florida Statute 651.081 to represent the residents of a CCRC. It works with management and the Board of Directors, to help shape decisions that affect our day-to-day lives at Oak Hammock. Three (3) Oak Hammock residents, one of whom is the President of the RC, serve as full voting members of the Board of Directors.

The RC at Oak Hammock has a history of being proactive, effective, and collaborative in working with management on behalf of residents. Some initiatives come from RC committees, some from individual residents, and some from resident groups. Management also forwards issues to the RC for recommendations. Recycled Riches has funded, either partially or in full, some of these projects.

A few things that the RC has helped accomplish include:

- Rescinding the proposed pharmacy surcharge
- Participating in policies and procedures related to COVID
- Installing rooftop solar panels
- Designating Oak Hammock as a tobacco-free campus
- Contributing to discussions of renovations and growth
- Implementing automatic door openers to Duckworth Garden and trash rooms
- Revising charges for AL residents eating in the IL dining areas
- Improving the quality of food and dining services in AL
- Updating Vial of Life record keeping
- Prioritizing resident capital budget requests
- Improving directional signage across campus
- Installing a loop system for those with hearing issues in meeting areas
- Providing educational activities for residents (e.g., AEDs, Medicare choices, use of technology devices)
- Planning and facilitating multiple trips and special events
- Advising on landscape needs and priorities (including armadillo control)
- Opening of Fitness Center 24/7
- Monitoring the effectiveness of the emergency response system
- Promoting the concept of One Oak Hammock

Oak Hammock's RC consists of 12 members, each elected to a two-year term. Six members are elected or reelected each year and take office January 1 of the following year. Elections take place in the early fall to allow the transition to occur seamlessly. The RC elects its officers, designates its committees, and negotiates RC member responsibilities for the upcoming year based on member expertise and interests and on the priorities for Oak Hammock.

Our Residents' Council is dynamic and responsive to the changing environment, but it can only be as effective as the individuals who commit to being a part of the process. We encourage—indeed depend on—YOUR participation.

- Martha Rader, President, Residents' Council

An Oak Hammock Production

Setting – the Acorn Room (second largest program room in Oak Hammock)

Act 1, Scene 2: present date (follows Scene 1—the Private Dining Room)

Cast: Oak Hammock management, the Oak Hammock Interior Design Committee, and Studio 1.2.1 Interior Design Firm.

Consultants—Oak Hammock residents chose North Florida's color palette, blues and greens of springs and waterways, blending with woodland accent colors.

Program notes: The Acorn Room originally was designed to function as two separate rooms, often receiving "stepchild" status. A goal to coordinate the two areas into one functioning area was accomplished by using neutral-colored walls, new lighting, and a room darkening door blind. Dark cabinets were painted white. A hearing loop is concealed behind new trim work. And the artwork selected is wonderful! It was already owned by Oak Hammock, hung in various locations, and repositioned. *Teamwork in action*. Funding for new tables and chairs is not available currently.

Credits: Oak Hammock for awareness that as facilities age, new challenges in space utilization and modernizing appearances—while maintaining the characteristics—which have made it the unique community it is.

Acknowledgements: The Oak Hammock Interior Design Committee is currently a sub-committee of the Planning and Design Committee of the Residents' Council, and previously was a sub-committee of the Buildings and Grounds Committee. Approximately eight years ago, a partial redecorating of some areas in the Common Areas and Atrium Lobbies was done by a local decorating firm—with no experience in Senior Communities. The Residents' Council recognized the need for resident participation in future endeavors, and the Interior Design Committee was formed.

Appreciation to everyone involved. Now on to Oak Hammock's *Production, Act 2*. - Barbara Dockery



More Recycling Tips

How do the villas and the apartments differ in their recycling efforts? The villas must **NOT** put their glass items (jars, bottles) in the recycling bins as apartment residents can, but should give them to their housekeepers to dispose of. For those who do not use the Oak Hammock cleaners, Rebecca says the glass items can be taken to the roll off area by the trash compactor behind maintenance (or perhaps ask a neighbor to hand them off to their housekeeper). **IMPORTANT TO REMEMBER:** All glass must be removed from the plastic bags before dropping them into any recycling bin.

Clam shell containers can go into the villa recycling bins but only into the specified apartment bins; however, **NO** plastic bags should be dropped into **ANY** recycling bins. These can be disposed of at Publix, along with egg cartons and other Styrofoam containers.

- Beth Paul



A Resident Led Association to Ensure
Quality of Life in Retirement Communities
Lamar Miller Chapter 255
Oak Hammock at the University of Florida

In a report to the Residents' Council in May, Tom Gire reported on comments that he would make to the FLiCRA state board later that week.

"As we talk about our communities, I am proud to tell them that Oak Hammock residents enjoy good access to our CEO and to our community board of directors. Many of the other CCRC residents in Florida do not enjoy such good access. The real control of their communities is off site, in the hands of companies that oversee multiple communities. Even their administrators have little influence over management policies."

We residents of Oak Hammock should be thankful that our voices are heard by our CEO and our board of directors. We need to remember that, even as we might agree or disagree, we are heard. Thanks, Tom.

- Mary Sanford

Worms Work Wonders!

Worms are a lot like people. Really! They come in a variety of shapes, colors, and sizes. And they play a definite role in society—especially at Oak Hammock. Mention making “bookworms” and see what happens. Women (and the first man) headed to the Oak Room. A table filled with colorful yarn awaited crochet hooks.

Julie Ann Ariet, director of worms, provided printed and video instructions. Everyone was eager to share their favorite worm making technique. A tempting assortment of goodies added enjoyment to the event. A future session will be held to glue on googly eyes, prior to preparing these clever “bookworms” for delivery to Idylwild Elementary School (our adopted Oak Hammock public school). These colorful long-tailed worms entice children to learn the joy of reading. This is Oak Hammock’s third year participating in the fun-to-read project, thus far donating over 1200 bookworms to happy children. Let’s set a record: Keep those crochet hooks going!

Meanwhile, plants in the Oak Hammock Therapy Department were struggling to survive—*bare roots exposed*—no sunshine, only air conditioning. They craved more than water. A fresh supply of “worm dirt” provided hopeful therapy! A week later, the plants’ healthy green leaves were being admired. Tiny mystery sprouts were appearing. There’s no telling what the worms might have added from their diet of recycled coffee grounds, eggshells, fruit, and veggie peels—contributed by friends to Mary White’s composting bin in the Oak Hammock garden.

Worms and people are wonderful creatures. Their contribution to joy, happiness, and learning is vital to our cycle of life.

- Barbara Dockery



To Shred or Not to Shred, That Is

Oak Hammock has plenty of recycling bins placed in strategic spots around the Commons. There is, however, one bin that is designated for confidential and sensitive material only and is found in the business center. This is the Iron Mountain shredder.

PLEASE DO NOT place magazines, bulk mailings, newspapers, or otherwise unwanted papers into the shredder. If an item displays your name and address, such as a magazine, simply tear off that part of the mailing for shredding and place the rest of the mail in the recycling bin.

Oak Hammock pays for the shredding which, of course, means that we the residents pay. Use the shredder only for private records such as tax material or medical records. Mary Salvamoser (msalvamoser@oakhammock.org) is happy to answer any additional questions you may have.

- Beth Paul



Cruising with Friends

Joe Gilkey has organized his 15th cruise for Oak Hammock for February 2024, and so far, there are 27 residents who have signed up. That's quite a following! Because of the varying price/cabin options, the group may not do a lot of mixing.

The 2500 passenger Celebrity Cruise Line ship will sail into and out of Tampa. A chartered bus will pick up the group at Oak Hammock and drop them off at the port. This is carefree vacationing at its best. Destinations will include New Orleans, Honduras, Belize, and Cozumel, and shore excursions have been left up to the individuals. The trip will last ten days. If you are interested in joining the 27 happy cruisers, contact Joe for more information. This will be his 88th cruise, so you can be assured he can answer all questions with authority.

And Another Cruise

Doris and Phil Morrison and Anne Carlson and Bob Bonus sailed on the Queen Mary 2. Anne said it was a "once-in-a-lifetime" trip for them.... A little like coming of age or the bottom of the bucket list.

Unfortunately, the ship had a mechanical problem, and they were told two days before sailing that they could cancel their trip or fly to Europe and pick the ship up there. Since the coronation of King Charles was taking place in that time period, they did not want to fly through London, so flew a long circuitous route through Atlanta and Amsterdam to the UK.

Anne explains that the Queen Mary 2 is an ocean liner, not a cruise ship, stretching about 2 blocks long, and even though winds howled at 45 – 50 miles per hour near Newfoundland, there was barely any movement. They enjoyed "pubs, high tea, a planetarium, wonderful stage shows, a huge library, and champagne and caviar parties," said Anne. She also mentioned that even though the men would have preferred to leave their tuxedos at home, she and Doris found them quite dashing.

Phil visited Normandy, Doris enjoyed the churches, Bob enjoyed drinking "Churchills" and Anne was happy to find free public bathrooms. They all enjoyed Norway.

Now that they're back, Anne is wondering why the wait staff isn't pulling out her chair to seat her for dinner nor placing her napkin in her lap. Ah, back to reality!

- Beth Paul, content of both articles; file photo



BIG NEWS!

Why is it that a long-ago-medical appointment conflicts with the *most interesting* ILR class you signed up for? Don't hit the anxiety button. ILR is maintaining a YouTube channel where previously recorded class sessions may be viewed—in case you miss a class or want to take another look.

The **NEW** STEP-BY-STEP INSTRUCTIONS

1. Click the link: <https://www.youtube.com/@ohilrlearninghut9203/playlists>
This shows all the courses for which we have recorded lectures.
2. Find the course you are interested in, and then click on "View Full Playlist" at the bottom of the course panel. This will display all the recorded lectures for that course.
3. Click on the lecture you wish to see...and off you go!
4. To return to "View Full Playlist" menu, click on the black arrow pointing left, in the upper margin. You can now repeat the process to view other lectures for that or other courses.

And best of all: it's easy and it works. It's a perfectly cool way to while away some warm summer hours—catching up or reviewing great ILR sessions.

- Barbara Dockery

Contributions to the Oak Hammock Benevolent Fund

(As of July 1)

Since we last reported on the contributions to the Benevolent Fund, a total of \$1,333.00 was received in memory of Harlow Girard and in honor of Pat Listen.

- Jonathon Mann



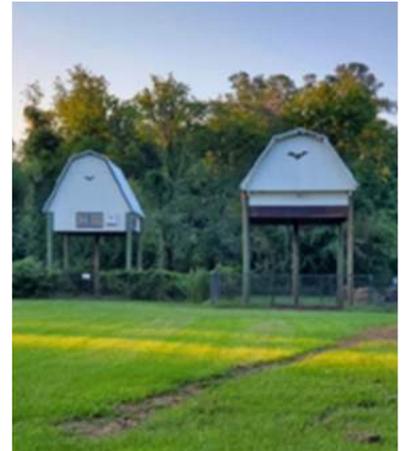
Watching Bats

Twenty-one Oak Hammock residents visited the UF bat houses on the evening of June 26. The trip was a joint project of the Active Lifestyles Committee and the Natural History Society. It followed a presentation on June 15 by UF bat expert Aditi Jayarajan.

We arrived before sunset, selected our vantage points and waited. The only activity at first was the arrival of several Red-shouldered Hawks and Mississippi Kites. After a while, a small bat (probably a Southeastern Bat, *Myotis austroriparius*) fluttered down out of a bat house and across the open space in front of us. At intervals, a few more of these small bats made their appearance. Then, as dusk approached, larger bats came out, first in groups and then continuously. Aditi advised that these were Brazilian Free-tailed Bats (*Tadarida brasiliensis*). From any one vantage point, we could not fully appreciate just how many bats were leaving the houses. But, looking to our left, we could see two dense flocks of them above the trees, streaming away to where they would hunt through the night.

As darkness fell, we boarded the bus to return home, satisfied at having seen a spectacle few other places can offer.

– Tom Gire, content;
Kim Miller, Jeani Valter, photos



- Walter Wynn

Night Watch

Meredeth Rowe patiently waited two years for 3 leaves in paper toweling ordered from Amazon to bloom. This night blooming cereus did not disappoint late one evening recently in the Oak Hammock Garden where Meredith and neighbors enjoyed the bloom as it opened and inhaled its fragrant clove-like scent. The treasured blossom only lasts 4 hours but is rich in detail and a wonder of nature.



- Sandy Furches,

Art League

Summer is always a very exciting time for Oak Hammock artists. Right after celebrating the 4th of July, we celebrate the art of our Residents and Staff in the Gallery. The show is being put in place on July 9th with Michael Levy, Alison Conner, Martha Rader and Joni and Eliot Simon as our “hang gang”. Mark your calendars to celebrate this new presentation on Sunday July 23rd at an opening reception in the Upper Commons from 3 to 5 p.m. Along with viewing the amazing art of our folks, we have delicious hors d’oeuvres, beverages, and music. Can you think of a better way to spend a Sunday summer afternoon? As always, many thanks to Jane Polkowski Levy, our Gallery director, and the Gallery Board members for making art a part of our Oak Hammock experience.

Our Art League director, Susan Bankston, reports that there will be no summer classes or art studio receptions until September. Currently the Open Portrait Studio show is still on display in the art studio. Susan does, however, encourage our art community to take advantage of the art studio to work on any projects you have at hand. You may leave your work in place if you find you need more time to complete it. Just recently, several of us worked individually on our creations on Sunday afternoons. It was refreshing to work alongside others once again. Artists often grow and learn from each other this way, as well as bonding through their common interests. Ideas abound! If the art studio is going to be used for other meetings, you will be notified through the E-team email system.

Remember the Mini Gallery? It is where the artworks are displayed in the corridor between the Wellness Center desk and the hall to the Health Pavilion. Director is Midge Smith, and she reports that one evening recently, she spent several hours rearranging, organizing, and tidying up these walls after recent sales of some of this mini art. She also added some new pieces. All this loving reorganization inspired Midge to give this presentation a new title. She has called it “MINI MINI MO-re” show. A call will be going out soon for your vote for the “Residents choice award.” When it does, please review the art in this show and fill out the ballot provided. Winner will be announced soon after! Midge Smith deserves a shout out for keeping this little gem going...thanks, Midge!

“I don’t know what you would call art, but I saw a hummingbird: that will do for a start.”

Poem by Freida Feldman

- Marion Siegel, content, Michael Levy, photo

**Art shown is by Marilyn Hutchinson (top);
Mary Sue Koeppel (bottom)**



Scare Crow Family Visits

Mrs. Scare Crow and her twin children, Raven and Magpie, returned to visit the Oak Hammock Garden in celebration of Mother's Day and Memorial Day. They are not sure how long their visit will be, but they always enjoy their time spent among the flowers, birds, and bees. Unfortunately, General Crow was unable to join his family for this visit. He remains on a butterfly migration alert in Mexico. Stop by the garden to say hello.



- Barbara Dockery, Vicki Mulhearn, content; Barbara Dockery, photo

By the Numbers July 1 Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	212	0

Health Pavilion

	Total	Occupied	Available
Assisted	46	39	6
Memory*	12	9	3
Skilled**	73	57	14

- Andrew Davey and Ashley Davis-Meacham

Coffee, Coffee, Coffee!

On Monday the 26th of June, I became one of the last residents to try a free cup of Some-Kind-of-Coffee from the new-fangled coffee machine in Treats and Treasures! I was a little apprehensive, not knowing what to expect, but those fears were quickly allayed by another resident, who showed me how to use the machine!



Wayne Forehand, coffee master.

Now I stepped up and I was reading the extensive menu when I became aware of a staff member patiently waiting to get his cup!

I moved aside, and he got, I think a cappuccino latte, and then it was my turn to step up. I did, and pressed the button for an espresso (I am, after all, from Miami) and then I regarded the tiny serving at the bottom of my very nice large disposable coffee cup, tipped it back, and, finally! It was excellent! You are encouraged to try!

As the machine says - Ready. Enjoy your drink!

- Tallulah Brown



New trail plant ID signs created by Don and Rhonda Smith.
- Janice Malkoff

Movie DVDs Giveaway

For many years, the upper cabinets in the MPR have held a collection of DVD movies that could be checked out using the honor system. It is time to "retire" this collection. These old movie DVDs will be out in the hallway by the Library Annex for Oak Hammock residents/staff to take the ones they might want to watch again and/or add to their personal collection. At the end of the month, those that still remain will be taken to the Friends of the Library. There are too many to put out all at once so keep checking as you might see some more that you want to keep.

- The Oak Hammock Library Committee

Antonio's Italian Restaurant

When we learned that Antonio's Italian Restaurant near Micanopy had been sold a year and a half ago, we realized we hadn't been there for quite a while. We are happy to report from a recent visit that this upscale restaurant hasn't missed a beat. When Antonio sold it, his recipes came with it, along with his personal instructions to the new chef on how to prepare them. Even though Antonio himself is now busy getting ready to open his new restaurant in New Smyrna Beach, he makes periodic "quality inspections" to Micanopy to ensure that his high standards are being maintained. We can attest to that from personal experience.

The menu is the same and our meals were delicious. (Just ask Anne and Bob Bonus who went with us!) It is still in the cute "little house by the side of the road" on 441 just south of Micanopy and before McIntosh. It is open for dinner five nights a week (closed Tuesday and Wednesday) and reservations are necessary (352-591-4141). Be sure to save room for an amazing dessert: a chocolate spumoni bombe! Buon appetito!

- Lori and Ron Hoopes



Taco Tuesday Trademark Rings the Bell

A recent Wall Street Journal article claimed that Taco Bell said trademarking "Taco Tuesday" was *not cool*. Rather, it's become a common phrase and any taco sellers should be able to use it.

Taco John's, and the New Jersey restaurant Gregory's Restaurant & Bar fast-food chain, disagree. They hold claim to "Taco Tuesday" being their trademarks—which they created over 40 years ago—and have a U.S. patent. The owners of these noteworthy establishments and their well-paid attorneys ponder the outcome. Chris Rocks, Oak Hammock Restaurant Manager, says not to worry. Treats & Treasures will continue the popular Taco Tuesday offering every Tuesday. *It's a real bellringer!*

- Barbara Dockery



The Bookends

The Bookends entertained recently in the Oak Room, playing selections from Peter, Paul, and Mary, John Denver, and Bob Dylan (ranging from "Wagon Wheel" to "Times They are a Changing," to ending with "How Many Roads Must a Man Walk Down." All were familiar tunes and many of us were enjoying beautiful memories of these favorites, as we listened to them play and sing together. Their voices blended together really well, and it was a treat to have them perform here, as always

- Bev Cone, content; Patsy Nelms, photo



Gainesville Big Band

On July 16, the Gainesville Big Band performed a beautiful concert at the Meizon Church. I was the only person from Oak Hammock who went in the car with Anthony, our driver, to enjoy the concert! The band includes saxophones, trombones, trumpets, a guitar, and piano and drum accompaniment. A vocalist sang some favorite tunes, like "Come Fly with Me" and "Fly Me to the Moon." What a wonderful, relaxing way to spend an afternoon! I was sorry to be the only participant, but delighted that Oak Hammock provided this afternoon of music for me to enjoy.

- Bev Cone

Help Wanted

By applying your organizational skills only twice a year, you can help all of Oak Hammock become more attractive! No heavy lifting is required. Read on for more.

For many years, Bob Taylor has coordinated efforts to decorate Oak Hammock for Christmas and would like to share that gratifying task with someone else. He is looking for someone to work with him this year and be the leader thereafter. Most of the decorating is carried out by resident volunteers, with key assistance from staff members.

Major areas that are decorated include the Commons (both floors, inside and out), with the Christmas tree being the most prominent item. The gatehouse also stars as the first decoration visitors will see upon entering the campus.

There is already a team in place to take responsibility for each physical area, so the coordinator will focus on alerting those individuals to organize their teams and plan to carry out the necessary steps.

If you would consider making a significant contribution to the holiday decorating efforts at Oak Hammock, please get in touch with Bob Taylor to discuss details.

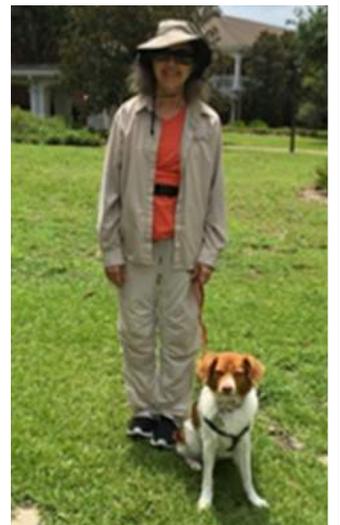
- Bill Castine, content and photo; Bob Taylor, photo



An Oak Hammock Welcome Mat

Back in the dark ages (that's before Covid time), exclusive hotels and restaurants would advertise "children welcome" to lure special clients. The updated version "pets welcome" has been added. Oak Hammock, marketed as pet friendly, is the reason many folks select it as the place to reside. It's no surprise to see dogs visiting the lower lobby for a treat at Susan's desk, taking their owners for a walk, or enjoying hugs and pats from admirers. Cats, of course, are choosy creatures and prefer private admiration. An escaped feline sounds the *all alert* until rescued from the unknown wilds of nature. A wise aging parrot knows his place—much like the fish in the aquariums. Yes, these special fur-feathered-scaled creatures all live at Oak Hammock. Scientific studies indicate that pet owners are happier creatures also. Good nutrition, exercise, music, and socialization are key ingredients to enjoy daily living. Maybe it's time to add a pet? Even a goldfish gets extra credit!

- Barbara Dockery
At right, Gabby and Ofelia



Wisteria Apartments

Six new apartments to house Assisted Living residents have been completed and recently were on display prior to occupancy. Located in the Health Pavilion in the area formerly known as Ashton Place (a memory support unit), the new residences are spacious with a welcoming central area. They are slightly larger than the older AL residences and incur a slightly larger monthly charge. A special open house and grand opening event is planned for September.

- Bill Castine



Health Pavilion Gardens



Yardnique refreshed and replanted 4 Courtyards in the Health Pavilion, 1 in Skilled Nursing, 1 in Memory Care, and 2 in Assisted Living (the new AL and the one at the very end). Gail Robinson helped established the Butterfly Garden in assisted living.

- Jan Lowenthal

Skilled Nursing Pushers

Have you wondered about the row of wheel chairs in the front of the Oak Room for our Natural History Society programs? These are residents in our Health Pavilion who have been brought here by friends in Independent Living who call themselves "Pushers".

Skilled Nursing residents who want to attend inform their CNAs. Some residents who are couples unable to push request a pusher so they can attend with a spouse. Pushers transport and return residents to their rooms. Pushers enjoy talking about the program with their long-term colleagues, and everyone gets to enjoy their friends and enjoy the programs.

- Catherine Morsink



National Ice Cream Day

Oak Hammock celebrated National Ice Cream Day on July 16 with three delicious flavors of the frozen treat along with “fixings,” brownies, and cookies. Residents showed their gratitude enthusiastically, enjoying several gallons of the consumables.

- Bill Castine



Simply Ageless at 101

The weekend of June 30 was a time of great celebration for Brenda Thomas with her birthday twin, granddaughter Irina Bukharin, and daughters Valerie Thomas and Sharron Cochran. Obviously 101 is just a number and Brenda Thomas wears it well.

- Sandy Furches



Bake Sale Bounty

The big winner is The Alzheimer’s Association with over \$700 raised from Oak Hammock’s Bake Sale. Staff and resident bakers teamed up with everyone’s sweet tooth helping the Alzheimer’s Association lead the way to ending all types of dementia.

- Sandy Furches



IT Workshop

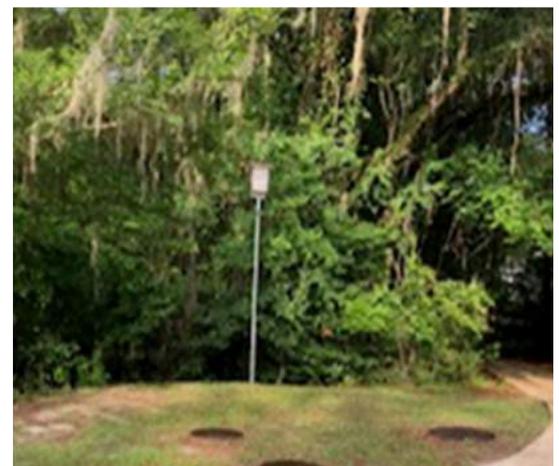
The Information Technology (IT) department at Oak Hammock recently presented a workshop to assist residents to be more aware of and knowledgeable about issues with their various devices. The major foci of the meeting were Internet safety and the use of Zoom. Led by Aaron Burton, the well-attended meeting elicited several questions and was well received by residents. Future workshops are anticipated to be presented quarterly.

- Bill Castine

Holy Contest, Batman!

Do you know where the Bat Houses are located on the Oak Hammock campus? Details of an upcoming contest are coming soon.

- Jan Lowenthal, content; Janice Malkoff, photo





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- Margarete Ruth



- Walter Wynn

2023 Residents' Council

President: Martha Rader

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

One Oak Hammock Coordinator: Mary Kilgour **Assisted Living Representative:** Fred Harden

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.**