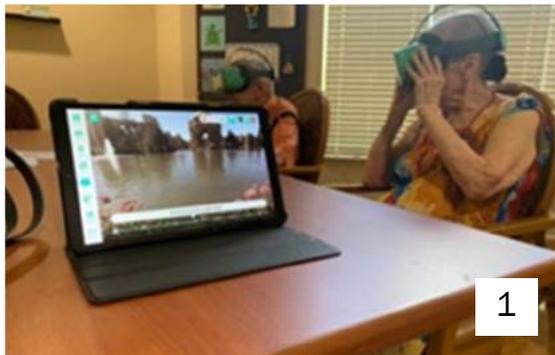


One Oak Hammock: Health Pavilion Activities



1



2



3



4



5



6

1. Virtual Reality
2. Petting time
3. Getting digital with it
4. National Sleepy head day, celebrated by the staff and residents
5. Back-to-school drive for staff kids and Idylwild Elementary

6. Celebrating Watermelon Day
7. Lunch at Pink Flamingo
8. Stretching with Health and Wellness Coordinator Stacey
9. We love what we do!

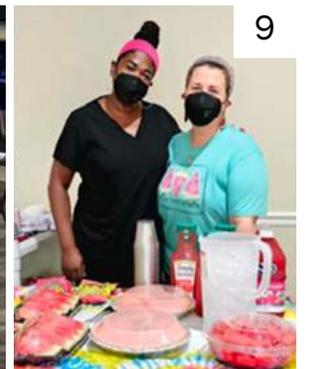
- Chrissy Smoak



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8



9

Karen Arendell - a True Florida Gal!

Karen Arendell has been here only a month, but she is so settled into her apartment it looks as if she's been here for years. She was born in Cincinnati, Ohio, but moved to Florida when she was 7 and has lived here almost all her life. She considers herself a true Florida Gal. A few years ago, a major birthday made her begin to think about where she wanted to be for the rest of her life. In Florida somewhere was an easy answer, but where specifically was a bit more challenging. She had heard about Oak Hammock when she was living up the road in Live Oak. Since she had a doctor in Gainesville, she came down one day to see the doctor and visit Oak Hammock. She liked what she saw! She was particularly impressed with the continuing care, ILR, and the very active community, so she decided to get on the wait list for a few years and see what happened. At the time, she was living independently, a self-described loner, in no hurry to move. A serious, unexpected surgery made her realize that the closest good friend who could be called on to help her lived in Crystal River and suddenly moving to Oak Hammock seemed like a very good idea.



She sold her house in February and moved to an apartment in Gainesville, expecting a lengthy wait before the apartment she wanted came available but a week after she moved to Gainesville, she got a call letting her know that her apartment was empty and ready to be renovated for her.

Karen went through Florida public schools, received an AA degree from Saint Petersburg Junior College, now Saint Petersburg College, and she

earned a BS in Education from the University of South Florida. She started work on an MS but decided that working full time and raising a child was keeping her plenty busy. Her career as a school media specialist in New Port Richey for 30 years was both challenging and fulfilling.

Her son, James Donovan, his partner, David Speyer, and her 6-year-old grandson, Levi Donovan live in Mill Valley, CA, where she visited them last Thanksgiving. Between visits they stay in touch with a weekly FaceTime chat. Other family members live in Ohio and Kentucky. For many years, she owned a cabin across the Ohio River from her cousin, Georgia. After living in the tiny cabin off and on for years, downsizing to move to Oak Hammock was easy—she already knew what she needed.

She loves to hike, travel, and read—her eclectic tastes include fantasy, mysteries, biography, and “whatever seems interesting at the time.” Her travel has kept her within the United States—except for a dinner in Mexico one evening! She has stayed in touch with friends from elementary and junior high school. They enjoy traveling together and continue to work across distances to keep up their friendship. Although Karen did move to Aurora, CO, for 18 months, she couldn't resist returning to Florida.

One of the things that attracted Karen to Oak Hammock was the sense of community she found here when she visited but, as she says, “I'm not a joiner,” and so has found the adjustment to community living challenging. She is beginning to find her niche by taking advantage of many of the classes in the fitness center and is eager to explore more of them. She's jumped in to help with the Christmas in July sale organized by Recycled Riches.

When asked what she'd like people to know about her, she thought for a minute and then said, “I've enjoyed my life tremendously.” What a lovely way to think about one's life.

- Nancy Dickson, content; Bill Castine, photo

Lyn and Bill Rainbow

Lyn grew up on a small thoroughbred horse farm in Leesburg, VA, surrounded by farmland. In her junior year of high school, she was tapped to represent her state in a national association for promoting goodwill with other nations. The first summer was packed with training in protocol when traveling abroad, and the second summer was spent in Europe where she and two students from each state were fortunate enough to interact with people from Russia and many European countries. Her experiences were so profound that she majored in International Affairs at Sweet Briar College in Virginia.

Lyn's first job after college was at her father's business, a flour and corn mill. That job was abandoned, however, when the family went on a photography safari in Kenya. This is where she and Bill crossed paths.

(Continued on page 3)

Bill grew up in Nairobi, Kenya, where his grandparents were gold miners. They were of British heritage as is evident in Bill's accent. He was in boarding school from the age of 6 along with British and Afrikaans children. His parents owned over a thousand acres where they grew coffee and were cattle ranchers. When asked what he did for fun, he was stymied, because when he was home from school, it was expected that he would work on the land. Upon graduation from high school, Bill became the manager of a wheat and dairy farm and then moved on to working on a sisal plantation before opening his own safari company with two friends.

Kingfisher Safaris specialized in photography, snorkeling and fishing, not big game hunting, the choice for Lyn's family safari. Lyn was offered a job while there, and soon Bill and Lyn became a couple and married. Changes involving African independence triggered a decision to move to Virginia and work with Lyn's parents. And that turned into an opportunity in 1978 for them to start their own horse farm in Ocala where they worked with broodmares and foaling. Lyn also trained the horses herself.

When the Rainbows moved to Oak Hammock, they sold a few of their horses and moved the remainder to other farms or trainers. Their farm was the recipient of numerous awards for breeding and for sales, including the sale of the most successful racehorse, Starship Jubilee. Many of their horses were quite prosperous, and even Princess Anne won a race on one of their horses.

Lyn and Bill have two children, Catherine, a sports medicine physician and Bo, an equine veteri-



narian in Lexington, KY, where he lives with his two children. The Rainbows have a lovable Jack Russell terrier, Lily. Their hobbies are their horses, traveling, gardening, and snow skiing in Keystone, CO, where they own a townhouse.

They are pictured here in front of a cabinet of Kenyan memories with Bill holding a handcrafted pillow of the Masai tribe which looks very uncomfortable. Their next adventure is in Brazil and Ecuador where they will visit the headwaters of the Amazon River, venture out in small boats, and stay in a lodge on stilts, so capture them when you can and ask Bill to tell you something in Swahili. Oak Hammock is so lucky to have this delightful couple

- Beth Paul

Chris and Bernie Machen: New Neighbors with a Long Oak Hammock Association

Chris and Bernie Machen have been living here for only about a month, but their association with Oak Hammock goes back almost 20 years to 2004 when his parents became some of the first residents to move into assisted living and later skilled nursing. Over the years, Bernie and Chris had seen first-hand how well cared for they were here. So, when they began to think about a retirement community, they never looked anywhere else. A Lilac looked like the perfect apartment for them and they were willing to wait three years until one came up, which it did this past December. They both believe this is a good place to be for the rest of their lives.

Because of their long-term connection with Oak Hammock, both through UF and through his parents, they've been pleasantly surprised by the many folks living here who have absolutely no connection at all with UF.

They both grew up in St. Louis, but their paths never



(Continued on page 4)

crossed because Chris was in parochial school while Bernie was in public school. Instead, they met at Saint Louis University where he was in the dental school, and she was in the nursing school. Both of them put this educational background to good use throughout their lives. His academic career led them to move about every five years: from the University of North Carolina Chapel Hill, to the University of Michigan, to the University of Utah, to the University of Florida, where he was president for 11 years. In addition to his many academic achievements, Bernie also served on a number of boards and was involved in the 2002 Olympic committee.

Following each move, it was easy for Chris to get a job because she had focused on neonatal intensive care (NICU), a brand-new field when she graduated from Nursing School. Her career as a nurse was due in large part to her grandmother who loved babies and wanted Chris to live the life she wished she'd had. When Chris graduated from nursing school, the idea of neonatal intensive care was still so new that it was considered experimental. It continued to be a new and rapidly growing field so, whenever they moved to a new town, all she had to do was mention the magic letters NICU, and she had a job.

Both Bernie and Chris enjoyed their careers tremendously; their lives centered around their careers and their children, but they are now eager to get on with the next part of their lives. Chris has a horse nearby that she rides whenever she can and a beautiful old leather saddle on a wooden saddle tree is part of the eclectic decoration in their apartment.

Chris's grandfather vacationed in the southwest and they are fortunate enough to have three of Maria Martinez's famous beautiful black-on-black pots. The theme continues with an absolutely gorgeous, huge rug that they had thought was Navajo but after some research, discovered that it had actually come from Chimayo, made in about 1900 by a Spanish family who had settled there. They have a Kachina with an incongruous Gator head and just for balance, a beautiful blue pot from Iran.

For over 30 years, Bernie had a motorcycle he loved to ride, and he used to play golf, but now he's given up both and is looking forward to seeing what Oak Hammock has to offer. He is still involved with UF through the Machen Florida Opportunities Program which offers scholarships to 1600 students from low-income families and who are first-generation college students. So far, they have had 4000 graduates in the program and are planning a big fundraiser for the fall.

They have three children, each of whom attended the university where Bernie was working at the time. They now have 7 grandchildren, and the tradition will continue when the oldest granddaughter enters UF in the fall. When they moved to Oak Hammock, they brought their two rescue dogs, Bella and Bitty, but they had to leave their two African leopard tortoises with their daughter. Having dogs to walk on a very regular basis makes it easier to meet people here. They say their move in was easy, they love living on the atrium, and now that they've learned how to order food from the dining room. Life is good!

- Nancy Dickson, content; Bill Castine, photo

Janet Bostrom Goes Back to Work

After a long and storied career in nursing, which included many years in midwifery, Janet Bostrom and her husband left Stanford and the west coast to settle in Homosassa Springs to be close to her sisters. Small town life didn't suit the couple, however, so they traveled north to Gainesville, a university town, and Oak Hammock. Unfortunately, Covid hit the country and then Janet's husband passed away shortly after their arrival in Gainesville.

Janet had no support system here, and her life was looking grim, but she decided to look over the university's hiring posts, and she soon found a job as a Holistic Reviewer, translation Essay Reader. Her job, which she has had for two years, requires her to read 300 student applications a week in a 20-hour time period. The only information she has on each student is his/her background, which might include personal data such as foster care or military service. Each paper receives a grade of 1 to 5.

Janet undergoes training each year by Zoom, but must also participate in on campus training as well. For example, she has undergone an active shooter drill even though she does not work on campus.

During summer break, she was assigned the job of researching each incoming student's records to make sure that accurate information was submitted, and that senioritis has not thrown them off track too much.

When asked whether she worries about AI seeping into the essay writing, she says that she wouldn't be surprised to find out that additional training might be required for that down the road. I have to wonder what number from 1 to 5 she'd assign my article.

- Beth Paul

OH I Can!" Employee Scholarship Fund

Oak Hammock employees are cherished by our residents. We want to assure that funds are available to support those seeking scholarship support to further their education. Since 2019, the "OH I Can!" program has been in place at Oak Hammock. As of January 2023, \$207,663.70 has been paid directly to schools or institutions supporting 34 employee recipients. You can anticipate a quarterly financial report beginning in October. Look for special encouragement to contribute in February 2024.

Currently, we have two graduates to congratulate as they joyfully say "OH I Did!" Manuel Tunez completed a bachelor's degree in Sports Journalism from the University of Florida. Isreal Okeowo completed a master's degree in Health Administration from the University of Central Florida. See their thank you notes below.

Residents serving on the Employee Scholarship Committee (ESC) to oversee scholarship guidelines and interview applicants are: Bill Castine, Kathryn Clark, Bill Conner, Anne Eiler, Al Goebel, Janet Janke, Richard Jones (Chairman), Margi Sidman, Daun Spindler, Mary White and Carole Zegel (Secretary). Human Resources Director Kelly George administers the program.

-Sandy Furches

My name is Manuel Eduardo Tuñez Bazail, and I am originally from Cuba. I moved to the United States eight years ago when I was 15. I did not know any English when I first arrived in Miami. But now I am the first generation to graduate in the US, receiving my Bachelor's in Sports Journalism. This was thanks to the "OH, I CAN!" Scholarship, and for it, I want to thank all residents at Oak Hammock for believing in me, for believing in us.

- Manuel Tunez Bazail



I want to say a big thank you for your selfless contribution to my education. It has been an interesting journey, to say the least, and being an "OH I Can" scholarship recipient went a long way in helping me. I started as part-time student due to financial challenges but after receiving the scholarship, I was able to move to full-time. I've been able to focus on my studies and engage in a meaningful way to the community and my future career goals. I hope to extend the same help to future generations. As I complete my education at the University of Central Florida, I am dedicated to being the best Health Care Administration professional I can be. Thank you for the support you provide to students. It has made a difference in my life and I am deeply appreciative.

- Iyanuoluwa Okeowo (Isreal)

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

- Maya Angelou



You Make the Difference
Recent recipients of this award were
Susan Ashcraft from Dining Services and
Teofilo Villagracia from our Maintenance Department.
Congratulations!

Farewell to Aaron Burton

Several dozen residents bid a reluctant but fond farewell to Aaron Burton, a beloved member of the Oak Hammock Information Technology (IT) team. Aaron has served us well for the past seven years, both in his office and in our homes. He will miss Oak Hammock but will not miss his daily commute from Ocala, where he lives and was offered a position near home. Thanks for everything, Aaron!

- Bill Castine



Audrey and Mary Do Paris

A few months ago, my son, Brian, asked me if I wanted to join him, his wife Priscilla, and 8-year-old daughter Audrey for a week in Paris. "Do I have to share a room with Audrey?" I asked. The answer was yes, but I decided to go anyway. Turns out Audrey wanted to go to Paris for two reasons: her mother wanted to go and she wanted to see statues of naked people.

The trip was fabulous. We had almost perfect weather, smooth transportation, no riots, yummy food and wine, and a lovely little hotel near the Louvre. We visited the Louvre (many naked statues), Versailles (gold statues but they weren't naked), the catacombs (bones of 6,000,000 dead people, all naked) and the Pantheon (tombs of famous dead people, maybe naked) with 200 steps leading to the roof and a beautiful view of Paris.

Every night when we were in bed, Audrey would turn out the light, turn toward me, and ask, "A little snuggle, Grandma?" I don't know what Audrey will remember from her trip to Paris but I know what the highlight was for me each night—my snuggle with Audrey.

- Mary White

P.S. As great as the trip was, I was SO happy to be back home with my kitty, my compost, and all my nice neighbors.



Voting Update

Election officials in Florida are now prohibited from sending unrequested vote by mail ballots. Per Senate Bill 90, all requests for vote by mail ballots expired at the end of 2022. Now, to receive a vote by mail ballot, you must make a new request. Your driver's license number, state issued ID, or the last 4 digits of your social security number are necessary. Your birthdate and signature are no longer sufficient. USPS will not forward vote by mail ballots, so make sure your current address at Oak Hammock is on file with the Supervisor of Elections. USPS recommends mailing all ballots at least a week before election day. A monitored drop box is available at the Supervisor of Elections office also. Ballots must be received by election officials no later than 7 pm on Election Day.

Complete instructions are available at www.votealachua.com. Plan ahead. Request your absentee ballot and submit it early. Make sure your vote counts.

-Sandy Furches



Oak Hammock Resident and Staff Art Show

Folks gathered from all over Oak Hammock to celebrate the new resident and staff art show that was recently hung in our art gallery. Twenty-two artists who work in a variety of media are represented in this wonderful new show.

Among the first arrivals was a contingent from assisted living and soon the Upper Commons overflowed with residents and friends of the artists.

Justin and the kitchen outdid themselves with the spectacular refreshments—the rum pops and the shrimp shooters seemed to be particular favorites!

Everyone enjoyed the opportunity to talk to the artists and look at the amazing artwork in this new show. Represented in the show are some new folks and many old favorites from among the artists here at Oak Hammock.

So, if you didn't have a chance to get to the reception, be sure to take a walk round the gallery; I'm sure you'll find a particular favorite or two.

Remember to thank the 16 gallery board members who work so hard to make these fabulous shows happen! Kudos also to the Oak Hammock staff who managed all their behind-the-scenes work—publicity, set up, and fabulous food! But, above all, remember to thank the artists whose efforts have created this beautiful show we can all enjoy for months!

- Nancy Dickson



Ron Hoopes entertained with wonderful piano music. Shown here with singer Marilyn Ast.



Rhythm Fit with Nehemie

Residents say goodbye to Fitness Intern Nehemie at her last class. Be sure to check the fitness calendar for classes and changes.



A Chorus Line

Stretch and Stability with Stacey, Tuesdays and Thursdays at 11:00 a.m.

- Sandy Furches

Art League

Summer is a quiet time for Art League activities as many of our members are elsewhere. We hope they are enjoying the art displayed in the museums around our country and, in some cases around the world. So much to see and so little time!

Meanwhile here at home in Oak Hammock, we have a terrific show in our main gallery; it is the Oak Hammock Residents and Staff show. We celebrated with an opening reception On Sunday, July 23, in the Upper Commons. Our residents turned out in droves, along with family and visitors. Chef Justin made it very special. Thank you, Jane Levy and the Gallery Board for orchestrating the whole affair. The show will remain in place until October 7.

The next show will be the Gainesville Fine Arts Association (GFAA) fall show; that will be a judged affair. There will be more information on it in coming months. Oak Hammock artists can display in the show and some may wish to join the GFAA, lending support to community arts.

The Mini Gallery show remains as is throughout the summer. Director Midge Smith is planning the next show that will be announced!

Art League director, Susan Bankston, states that "September is just around the corner when we will be resuming our monthly programs on the 4th Tuesday of each month in the Oak Room at 4 pm. For the art classes, we have Jenna Weston (above right) back for a drawing workshop September 16th. On October 22, Anda Chance (at right) will be here for a colored pencil workshop. Very soon look for further information on these classes in the black boxes outside the art studio door. Susan is working on arranging more classes in other media, e. g., acrylics, etc."

-Marion Siegel



Every artist dips his brush in his own soul and paints his own nature into his pictures.

— Henry Ward Beecher

Fascinating Flutes

Did you know there are enough different flutes to create a flute orchestra? The highest notes come from the piccolo flute while the lowest, akin to a cello, come from the double contrabass. Claudia Brill's contrabass towers over her as she plays it. The contrabass weighs around 30 pounds in its case. The cost of a flute ranges from \$500 to around \$50,000 depending on size and whether it was made by machine or by hand. Claudia demonstrated her collection of professional flutes in our Oak Room to a curious and intrigued audience.

Claudia Brill learned to play on a piccolo in the third grade. Her dad told her she was not good enough to make a career of this, and she should be a pharmacist. Now Claudia plays internationally with the Metropolitan Flute Orchestra and others. Her warm, engaging manner welcomed questions. Claudia concluded her presentation demonstrating the fife her grandfather played in the Spanish American War.

-Sandy Furches



Restaurant Ramblers

Marilyn and Don Crosby, from the Active Lifestyle Committee, arranged for twenty-one of us Oak Hammock residents to go to Micanopy for a lunch outing at the “Depot Restaurant”. The big white bus was driven by our very experienced and much appreciated driver, Robbin. The food was very good tasting and enjoyed. The owners gave us a tour of the restaurant and its facilities and for guests who were interested to experience the other buildings such as Antonio’s Restaurant and soon to be Ice Cream Shop. All buildings are situated on about a 35-acre lot. One large building caters to other events such as weddings. The little white Cinderella Coach adds interest and fun. Pat Toskes, who helped organize the tour, is shown here (bottom left) by the Fire Pit outside Antonio’s.

- Margarete Ruth



Theatre of Memory

Bill Hutchinson’s vast personal collections, a hobby started the late 1960s are catalogued and arranged in a charming 1901 house with additions. Twenty-two Oak Hammock residents were treated to a step back in time as they toured through themed rooms from The Shoe Room to The Longbranch Saloon with stops along the way in nine other rooms reflecting the world’s cultures, artforms, and natural wonders of our planet.

Entering through the Wheelhouse, the most observant realized the clocks run backwards. This is symbolic of the museum’s contents from other times. Hutchinson explains he started collecting “to make sense of the world” when he returned from his military service in Vietnam. Items on display have created “a funhouse for bright people.” Hutchinson is a lifelong musician, broadcaster, and seasoned performer with an engaging personality and great sense of humor.

Nestled in trees, the museum at 1705 NW 6th Street in Gainesville is open 10:30-4:30 Wednesday-Sunday and by appointment. There is no admission fee. Theatre of Memory Museum is a Nonprofit Organization and tax-deductible donations are welcomed. Hutchinson invites smaller groups for guided tours and plans fresh exhibits in The Gallery. For more information, call 352-318-2633 or www.TheatreofMemory.org on the web.

Following the tour, lunch was enjoyed at La Pasadita, an authentic Mexican restaurant where great camaraderie and good food were enjoyed.

-Sandy Furches



T & T Goes Upscale

The old Ice Cream Shop continues to evolve! The square footage remains the same, but various interests and needs have suggested better ways to utilize the space, located next to the Oak Room.

An article from *The Oak Leaf* (Aug.-Sept. 2008; Vol. 5, page 9) records: “The Ice Cream Shop, operated under Chef Kris Krug from Dining Services, was a place where members could relax over ice cream with Barbara Crow and Tess Korhnak. They were in charge of ordering a few items. The Oak Hammock Woodworkers built some necessary additional shelving for display. The Ice Cream Shop, also referred to as the Gift Shop and Convenience Store, constantly added confusion.”

Fast forward to 2016. Former CEO Jeff Hagen envisioned a small shopping area, just outside the Ice Cream Shop, catering to the needs of individuals confined to the Oak Hammock campus. Linda Adkins, the lead clerk, and manager of the Ice Cream Shop, ordered attractive scarves, purses, jewelry, and gift type items from wholesale catalogs. Business flourished! Recycled Riches added lighted display cabinets for donated gift décor and collectables. Business kept increasing. A mini mall had been created. The area needed a new name—one of its very own. Residents were asked to submit suggestions. “Treats & Treasures” was selected. Covid and history took over the expansion of items to be offered. Residents and staff. Visitors and workers. “T & T” became a destination to visit, to meet—and not just for food.

And today? The same small area has evolved into an inviting upscale space. The Oak Hammock Management Team pulled out the stops for a total makeover—improved lighting to enhance the new subtle color scheme, cabinets to hold personal products, baskets for popular snack items, storage for inventory—and *oh, so much more*. An expanded menu. A hot pot for breakfast oatmeal, which converts to hot soup for lunch.

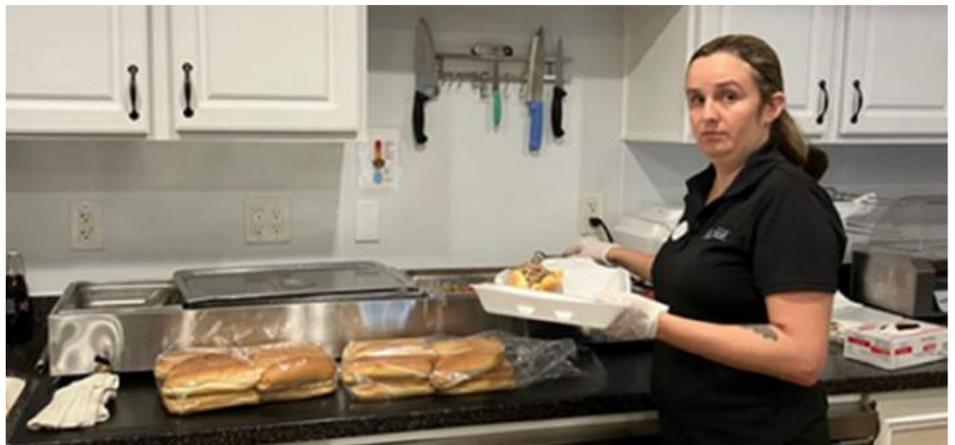
Really? Did anyone say coffee? Or maybe hot chocolate? You’re covered.

Don’t forget the willing behind-the-counter staff that continue to amaze with pleasure! They dip and serve hot and cold items, get wiggly hot dogs into proper buns. And even serve up ice cream (that started this whole business in the first place).

The very latest wrinkle—the license for T & T is official! Bottled wine will be stocked in the handsome wine rack created by David “Wally” Wallace. Get ready to enjoy a dip (of ice cream) or a sip of wine (at home).

T&T is open Monday - Friday from 8 a.m. - 3 p.m. and Saturday & Sunday from 11:30 a.m. – 4 p.m.

- Barbara Dockery



Antonio's Cucina Italiana Special Summer Buffet * September 19

We are in store for a delicious treat. Antonio's Restaurant awaits you with a homemade, scrumptious buffet, from appetizer to dessert for only \$27.50. Antonio's will be open that evening **for Oak Hammock guests only**.

Hope to see you September 19 at 4 pm when our Oak Hammock bus will whisk us away to experience the magic of Antonio's. Sign up required.
- Pat Toskes



By the Numbers August 1 Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	212	0

Health Pavilion

	Total	Occupied	Available
Assisted	52	41.5	10.5
Memory*	12	10	2
Skilled**	73	64	9

- Andrew Davey and Ashley Davis-Meacham

Margaritaville Party!

A hot Monday afternoon brought many residents to enjoy variations of margaritas and light hors d'oeuvres in the Upper Commons. Dan Flok entertained with some music of Jimmy Buffet and other compatible tunes.

- Bill Castine



Happy New Year!

For those of us who are retired academics, this is the beginning of the new year, but whatever we did before moving here, all of us can remember the childhood excitement of new notebooks, new school supplies, new pens and pencils (and the small zippered bag to put them in). If we grew over the summer, which many did, there was the excitement of new school clothes and shoes. A few weeks before school started, the suspense leading up to the first day of school: Whose class will I be in? Will I be with any of my friends? Then, bringing home new textbooks and the challenge of trying to remember from the previous year how to cover a them in brown paper (made by opening up a paper bag from the grocery store) or possibly something more elegant.

The new year is now beginning for us here. Although we don't need new supplies or books, our lives will take a turn into the fall season. After the dog days of summer, we can look forward to the new ILR session beginning with a preview of new classes on September 17 and a chance to catch up with friends at the wine and cheese social. The Oak Hammock Singers will resume their Monday afternoon practices. Friends will return from summer travels. As temperatures begin to cool down, our world will expand as we resume outdoor activities—meeting in the afternoon at the dog park, gathering on the boardwalk Wednesday and Saturday for drinks and conversation, walking through the woods (now cleared of potentially dangerous trees), taking a picnic lunch to Duckworth Gardens or over by the pond.

Off campus, there is the opportunity to become a mentor for Take Stock in Children or explore the new season at our many theaters and performance spaces. There is also the excitement (or annoyance) at the increased pace of life off campus as students return to UF and Santa Fe. Cooler temperatures also will make places like Kanapaha gardens and Sweetwater Park more attractive. So, however you choose to celebrate—Happy New Year, y'all!
- Nancy Dickson

Traveling in William Bartram's Footsteps

Natural history is in our backyard! In North Florida, we are fortunate to have had several visits by an outstanding botanist by the name of William Bartram, who accompanied his father to Florida in 1765. Their trip by boat on the St. Johns River lasted two months and covered 500 miles.

Almost ten years later, William returned to the Florida he had fallen in love with. Bartram's book, *Travels*, became a pivotal scientific book of the time and was heralded for its poetic language and vivid illustrations. Today, his illustrations and descriptions of his travels are highly prized.

Bartram was a renaissance man who melded art and science of the natural world. The local Seminole Indians called him Puc Puggy (the flower hunter).

Bartram spent a great deal of his time in Putnam and Alachua counties. Today, we can identify many of the sites which he has described in his writings. The upcoming day trip to Palatka on September 28 will be led by Sam Carr, President of the Bartram Trail in Putnam County. This is a rare opportunity to immerse ourselves in nature and history.

The Natural History Society will welcome Sam Carr here in the Oak room on Thursday, September 21, at 4 pm where he will talk about Bartram and his travels. The following Thursday, September 28, we have arranged a full day bus trip to Palatka where we can visit the St. Johns River Center, lunch at Corky Bell's on the river, and take a boat trip to get the feel of traveling in Bartram's footsteps.

Plan to come to the background meeting on Thursday, September 21, in the Oak Room. The day trip the following Thursday will have an early signup sheet in the travel books. We have limited seating for 18 people on the bus, so plan to sign up now.

Let's celebrate William Bartram and his travels in North Florida! It is a fascinating piece of history.

- Margo Pettway

Wheelbarrow of Spirits Raffle Drawing October 9, 2023 at the Annual Oak Hammock Golf Tournament

We still need unopened bottles for the wheelbarrow; please see Kathy Subak in Community Services.

Robot Name Selection: The Finals

The top three vote-getters in the preliminary round were (in no particular order): Jeeves * Wall-E * Oakly

Please fill out the finals ballot that is located at the hostess stand or reception desk.

We will announce the winner at the next Town Hall.



Benevolent Fund Contributions

Since we last reported on the contributions to the Benevolent Fund, a total of \$1,045 was received in memory of Harlow Girard and in honor of Pat Liston.

- Jonathon Mann

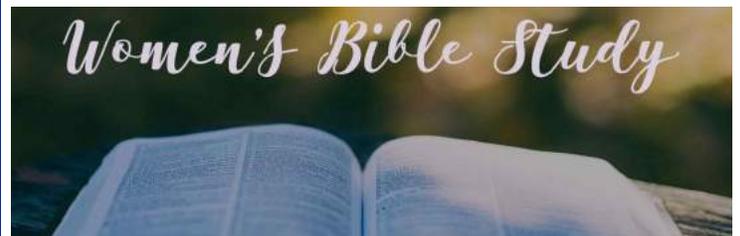


Women's Bible Study

How can we hold on to the assurance of our faith? How can we discern the truth from a lie? How can we know God loves us? These questions and more are addressed in a DVD verse-by-verse study of the New Testament books of 1, 2, and 3 John, produced by Jen Wilkin, a noted author and Bible teacher and a favorite of our class. This 10-session course entitled "Abide" will be the focus of our monthly Women's Bible Study during the 2023-2024 class year. Curious? Come join us! No previous Bible study is needed.

We normally meet the first Wednesday of the month from September through June but, due to some complications, we are beginning this fall on Wednesday, AUGUST 30, at 10:30 a.m. in the Acorn Room. The next meeting after that will be Wednesday, October 4, same time, same place. More details will be forthcoming, but if you have questions, please contact Lori Hoopes (352-363-6945 or lorihoopes36@gmail.com), who facilitates these gatherings of inspiration and fellowship. Come learn with us!

- Lori Hoopes



A Special Invitation from The Oak Hammock Singers

If you live at Oak Hammock, this recent *Washington Post* article is for you. "Singing is good for you! Singing with others may be even better." It affects health and mood. It reduces stress hormones and the body's ability to fight serious illness.

The Oak Hammock Singers are ready to shake off the summer hum-drums. It's time to start singing again. And YOU are invited to join their first informal get together. There are no auditions. No prior singing experience is necessary. If you can breathe and make sound—*Surprise, Surprise*: YOU can sing! And receive its benefits. Think of singing lullabies or rhymes to soothe newborns. It also affects the way that you feel about being alive—that yes, *I am here*.

Join in the excitement of the Oak Hammock Singers' first fall rehearsal!

Monday, September 11th

3:30 – 5:00 p.m. in The Oak Room

Informal attire – get your very own personal song book.

It's do, re, me, fa, so time! See you then.

- Barbara Dockery



UF Research Projects

UF Student Research Projects: "A Study of the African Social Velvet Spider in Namibia" was presented by Steven Cassidy, a PhD Candidate in the Department of Biology at the University of Florida. The talk was facilitated by Dr. Walter Wynn.

Everyone present was fascinated by the presentation about those tiny little spiders and the huge spiderwebs they build. So interesting!

-Margaret Ruth



Yes, Virginia, There is Christmas in July

Tireless Recycled Riches volunteers were busy elves on Sunday afternoon setting up the Acorn Room as Santa's Workshop. When red shirted volunteers opened the doors at 7:30 a.m. on Monday, July 31, great bargains had been sorted, displayed, and priced for employees and residents to find gifts for others or Christmas décor they wanted for themselves. By 10:30 a.m., further price reductions and bargain bag opportunities wrapped up the final hour of the 2023 Christmas in July Sale. Thanks to all who helped raise \$421.50.

-Sandy Furches



Keeping the Hip in Hippodrome

Name a building listed on the National Registry of Historic Places. It's also an architectural centerpiece of Gainesville's downtown. And it has a thrust stage, allowing seating on three sides. The Hippodrome State Theatre has been entertaining Gainesville since 1973—starting out in an old warehouse, then a 7-11, and various available venues. Today it is creating excellent theater to engage, challenge, and inspire our community.

Oak Hammock theater buffs were presented a preview of the Hippodrome's upcoming season—"Empower"—offering comedy, Broadway hits, satire, and Holiday productions. Two hundred scripts were read, with thirty being considered to excite, spark enthusiasm and joy. As a regional theater, the Hippodrome pays all performers and staff. The cost of a six-week musical runs \$150,000. To spread cheer during the Christmas holidays, school children are treated to fifteen matinee shows.

Anne Margoluis shared, "for several years I've attended Hippodrome performances and found the acting superb, as well as their amazing stage settings. And for more excitement, riding the elevator (one of the oldest working elevators in Florida)—which resembles a jail cell—is another 'never to be forgotten' experience. But donating or contributing to the Hippodrome is important. And it makes one feel good too!"

For show times, ticket options, (special student and senior prices) and reservations call the box office: 352-375-4477 Wednesday – Sunday. Seating chart and Special Needs information available online boxoffice@thehipp.org.

The Hippodrome State Theatre is located at 25 SE 2nd PI in downtown Gainesville. It includes an art gallery and bar, plus an art-house cinema. And parking? No Problem! Oak Hammock loves to provide transportation to ticketed events. Just sign up in the transportation book. Then get ready to *Keep HIPP in Gainesville*.

- Barbara Dockery



The World Returns, Phillips Center Preview

The World Returns to Gainesville, and we at Oak Hammock got a real preview of its exciting season on Thursday afternoon, July 27, brought to us by the Artistic Director of the Phillips Center, Brian Jose,

Everything from “Christian McBride and Kat Edmondson” to “Parsons Dance,” with stops on the way at “Les Ballers Trocadero de Monte Carlo” and “Ladysmith Black Mamba” will be part of the nearly forty first rate performances coming our way this season.

Musicals? Find out what all the raves were about with “Jesus Christ Superstar,” “Mean Girls,” and “Come from Away.”

Orchestras, Jazz Ensembles, Comedians, Musicians, including pianists and vocalists, round out a highly satisfying season.

When does it begin? September 14, 2023! Whether you prefer to go to the Phillips Center to select your tickets or like to shop for seats online, Saturday, August 26 at noon is opening day that the general public will be allowed to buy tickets. (For an extra fee, Affiliates are allowed to purchase tickets before anyone else, and information about becoming an Affiliate may be found at performingarts.ufl.edu/giving.)

A word here—if you don’t already know about the Up Stage performances, they take place while the audience is sharing the stage with the performers! Limited in seating, the venue has small tables to accommodate four people each, with a delicious buffet provided by Blue Water Bay and a cash bar serving sodas, wine, and beer. A bonanza of an evening, with handicapped access to the stage, everything is done to ensure a great experience.



Parsons Dance

Get some tickets, sign up for the Oak Hammock bus and fly away to the World without leaving home!

- Tallulah Brown



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

There are 52 chapters of FLICRA in Florida. They are divided into eight districts covering all of Florida. We are in District 8. At the annual meeting, our votes are determined by the number of members we have. That is one reason there is such a push for new members. We have 4 votes at this time.

- Mary Sanford

Holy Schnitzel! It's Oaktobberfest!

Save the date:

Wednesday, October 4

We're making a great thing even bigger.

Open to all Oak Hammock
Food * Drink * Music
Watch for details.

Why Do You Want Earthworms in Your Garden and How Do You Attract Them?

Florida “dirt” is sandy, nutrient-poor and unable to retain moisture. But, thanks to composting and earthworms, you can turn that dirt into fairly respectable, plant-supportive soil.



First, compost: save fruit and vegetable scraps, but no meat, please. Ask your neighbors to give you theirs. Collect the scraps (“greens”) in any container with a lid. Bury those scraps in your garden. Soon enough you’ll see your dirt darken, turn crumbly, and begin to retain water.

Or, buy a compost bin; add not only the scraps but also mulch, leaves, grass clippings, even shredded paper (“browns”) to the mix and give that bin a daily turn. You’ll see a profound change in the physical and chemical properties of your mixture: useful organic material will make a soil-like product; add that to your garden to enrich and change what was once just sand.

So, where do earthworms come in? The more organic material you have added to the dirt, the more earthworms you will attract. And they multiply! Those worms are living plows, tunneling through soil, breaking it up, eating the organic bits, and pooping out what their little bodies don’t use. Those castings (the proper word) are just one more addition that turns your sand to the soil that your plants will love.

Gardening can be hard work. Why not have all the help you can get? Compost and earthworms are the two indispensable helpers you want.

- Elisabeth Virnstein



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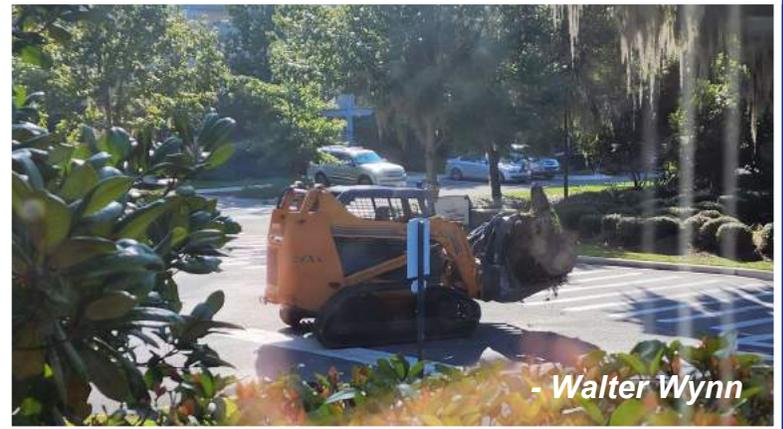
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- Walter Wynn

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.**