

There's Always Something Happening...

Luau Party

In late August, Oak Hammock hosted a luau party especially for new residents, though the long-timers were invited also. A variety of drinks was served, along with snacks including coconut shrimp, California roll, and pineapple meatballs. The mixer was well-received by all.

- Bill Castine

Labor Day

In the late 19th century, labor movements advocated for a day to be set aside to honor labor. The first parade was held in New York in 1882. By 1894, thirty U.S. states were already officially celebrating Labor Day. In that year, Congress passed a bill recognizing the first Monday of September as Labor Day and making it an official federal holiday. All 50 states have since made Labor Day a statutory holiday.

Labor Day is often regarded as the “unofficial end of summer.” Many school districts begin the new academic year around Labor Day, and fall sports often open their seasons around that time. Cookouts and picnics abound then, as they do at Oak Hammock. As we enjoy the holiday, let us keep in mind its origins and purpose. For more than you want to know about Labor Day, see the [Wikipedia article](#).

- Bill Castine



Welcome Jim and Madelyn Fischer

Orlando's loss was Oak Hammock's gain when Jim and Madelyn Fischer moved into their building 2 atrium apartment. These Wisconsin natives met their junior year in high school. Jim immediately fell in love. It took Madelyn 6 years "to kiss a few frogs first." Fifty-five years of marriage, 2 Orlando-based children and 5 "wonderful" grands later, they decided it was time to plan their own future.

Oak Hammock attracted with all levels of care under one roof and good meals without Madelyn having to plan and prepare daily. They love the pool and fitness center. There's plenty to keep Madelyn busy while Jim is at the farm a couple days each week.

Seven years ago, they purchased their farm near the Gainesville airport. Due to Jim's rare genetic eye disorder, they are glad to be much closer to the farm. The farm was 170 acres of forest that they planted with long leaf pine and are now restoring the understory. There is also a vegetable garden and it is a favorite retreat for hunting, since regulations at other sites became restrictive. The farm is a whole new career for the Fischers. They joined the Burn Association, participating in the burning of underbrush on 6 to 8 properties annually. Jim hopes a group from Oak Hammock will attend the UF Austin Cary Forest Fire Festival this coming winter. It is an awesome opportunity of interest to conservation conscious folks.

Madelyn and Jim both love to cook. They cook together, thanks to a Blue Apron subscription from their family. They have savored new spices and flavors. Jim makes a "mean" pasta with olive oil, mint,

and basil. The Fischers look forward to discovering great eating spots in Gainesville. Dragonfly's sushi has already found them and pleases their palates!

A joy they've discovered in the Oak Hammock dining rooms is getting to know our servers, their dreams, and goals. Since the Fischers' grandchildren are grown and they have received requests from friends to be a local contact for their family members in school at UF, Madelyn and Jim look forward to possibly having a new crop of grands. They refer to their own grands as "the stars of our life" and have much joy and wisdom to share with the next generation.

Jim was a money manager in his own financial planning business and passed the baton to their son when Jim retired. Madelyn retired from a 50-year "passion" in nursing, 35 years in cardiology. Her parents passed in 2020. For the last 10 years of their lives, Madelyn was their "right hand man" visiting them daily in their CCRC. The Fischers decided they wanted to pursue a CCRC for themselves sooner in life. "The friends you make while here are the ones who come to visit" when you move to other levels of care. Madelyn looks forward to volunteering in our Health Pavilion visiting residents, especially those without family. Warmly welcome this delightful couple to our community.

- Sandy Furches



Jane Wood: A New Oak Hammock Star

Meeting Jane Wood and viewing the super blue moon on the same day was awesome—like getting a BOGO of your favorite ice cream! Jane was born in Buffalo. She and her two siblings called Orchard Park, a small town south of Buffalo, home base.

The family enjoyed camping in Colorado. The mountains lured Jane to the University of Denver for a degree in Sciences (Organic Chemistry, Astronomy, and Philosophy of Math). Jane made a career as an IT Systems Analyst, designing computer systems. She shared, "as with many things in life, the path simply led there." From working as a Research Analyst for the Visual Communications industry, to reporting on computer software, to spending several decades as an IT Systems Analyst. She and her husband of forty years lived in Philadelphia before moving to St. Augustine.

Years after Michael passed away, beach walks and love of astronomy led Jane to photography. Viewing the planets on an early morning walk, Jane had a brief conversation with someone who was also out enjoying the sky and stars. He mentioned a place called Oak Hammock. Drawn to the rich learning opportunities, Jane quickly followed up. And Marketing rang up another sale.



(Continued on page 3)

Apartment 4217 was perfect. Not only to view nature, but to grow micro-greens! A shallow tray of two-inch broccoli greens rested on a windowsill. A third of the growth had been cut down to the dirt for lunch. Another tray, covered with a cloth, was growing Rambo purple radish greens. Sounds like a new farming venture arrived in Oak Hammock.

Jane's daughter and two grandchildren live in

Asheville, NC. When they visit, they'll enjoy the tiny individual stars on Jane's bedroom ceiling. They're positioned as the actual six constellations making up the Winter Hexagon!

This new Oak Hammock star has made a splash on our skyline. Meet and greet Jane Wood. She'll sprinkle a little happy stardust on your life too. Guaranteed.
- Barbara Dockery

Welcome Marion and Buck Bowen

In four short months, the Bowens found Oak Hammock for the newest chapter of their adventuresome lives. In 43 years of marriage, they have shared a mutual quest for life-long learning. Her extensive volunteer service has ranged from supporting environmental causes and animal rights to the underprivileged, while his has focused on children, including mentoring 5th grade students in math. They both love family, fitness, cooking, reading, traveling, theater and most all music (no hip hop or rap, please.)

Their extensive travels have taken them throughout the US, Canada, the British Virgin Islands, and Europe. Marion's most exciting travel was from Prague to Budapest. Buck's was on a 3-masted sailboat adventure from Venice to Croatia led by Princeton and the History Museum of New York. They have toured Alaska 5 times. Both prefer smaller ships, learning much from interesting people.

The kitchen attracts them both. They enjoy entertaining. She's the chef and Buck says he is "in training." The more complicated the recipe, the more Marion loves it. Marion was on the Culinary Committee at their former CCRC.

Buck was born in Montclair, NJ. He graduated with honors in 1959 from Princeton University with a degree in Economics. He lived in Connecticut, NY, and NJ before Naples, FL. His blessings include 3 children, 10 grandchildren, and a great-grandchild. He has served our country 2 years in the Navy. Buck fondly recalls being on the aircraft carrier when Alan Shepard was picked up aboard USS Lake Champlain in his silver space suit as The Star-Spangled Banner played. "There was not a dry eye anywhere," recalls Buck.

Marion was born in Corpus Christi, TX, attended George Washington University in Washington, DC, then moved to Princeton. She has also lived in southern California and Virginia. Her blessings include a son and 2 granddaughters. Marion began her extensive volunteering in the turbulent 1960's in Washington, DC. Marion was a legal research assistant and paralegal at first, then tried a host of careers before becoming managing editor of an environmental health science publication firm in Princeton, NJ.

Before his 2002 retirement, Buck was in the investment consulting business, managing several investment businesses, serving as CEO, or working directly with the CEO to restructure. He loves the way Oak Hammock "is organized with CEO, CFO, and resident input."

The Bowens left The Arlington (CCRC) in Naples due to uncertainty in the transition from non-profit to corporate management. They sought a CCRC near university medical resources considering Buck's diagnosis of Parkinson's. After living "subtropical" for 25 years, they look forward to 4 seasons in Gainesville. They are delighted to see a few hills, cows and horses nearby, and almost no palm trees. They have fallen in love with Oak Hammock, the wooded setting, the people, good food, ILR, more activities than ever seen before, and impressive Health Pavilion facilities. Their two cats, Freddie and Fannie, are siblings named after Freddie Mac and Fannie Mae, since they were adopted into the Bowen family out of a foreclosed house in 2008. Welcome Buck, Marion, Freddie, and Fannie!
- Sandy Furches



Trash Talk

Correction to the recycling article from a couple of months ago: One of the residents on the street asked the truck driver how they handle glass for the street people. He said he would accept it. Rebecca Snowden contacted the Recycling Center to confirm that it is now okay to place your jars and bottles (minus the lids) into your recycling bins for collection. Thanks again to all you recyclers.
- Beth Paul

Meet Allison and Gene Wright

When Allison and Gene Wright decided it was time for a CCRC, none that they looked at felt quite right—that is, until Oak Hammock. Gene, an avid Gator fan, had been impressed by Oak Hammock when he visited Gainesville for a football game 15 years ago and they were both impressed when they toured together! They decided on a villa, and in spite of the 3 - 6 year wait list they had been promised, luck struck, and it was only 5 weeks until they got a call saying their new home was available. This turned out to be very fortunate because a month after moving in, Gene had a stroke and received excellent care at UF Health.

Allison was born in Jacksonville but left the South to attend Mount Holyoke. A tour had left her smitten with the beautiful campus; the proximity to Boston and New York City, two of her favorite places, the changing seasons (she had never even seen snow!), and the ability to travel were all pluses. She then earned an MSW at Smith College. She and her first husband lived in Longmeadow where she worked for 20 years in child welfare. Finally, the long winters got to both of them. He retired from teaching economics, and they moved to Tampa where she worked at USF as Associate Chair of the Department of Child and Family Studies at the Florida Mental Health Institute, working with 150 multidisciplinary faculty and staff and more than 25 state and national research training and consultation grants. During this time, she also did consulting; she especially enjoyed working with Mrs. Carter at the Carter center and for a global forum on children in conjunction with the 1996 Olympics in Atlanta. Sadly, her first husband died there when he was only 61 years old. Two years later, in 2007, Allison and Gene met playing tennis.

Gene's background as a 'Southern boy' from Aberdeen and Greenville, NC, was quite different from Allison's. His mother was born with epilepsy and his father died when he was 4. After he graduated from high school, he took courses at East Carolina University then volunteered for the draft, so he'd be eligible for the GI bill. He served in the Korean War from 1951 to 1953 with an Army National Guard anti-aircraft unit whose commanding officer had 100-pound bags of grits shipped in for the southern troops! Today Gene still feels very fortunate to have returned with all his pieces attached. After he returned from Korea, he earned a BS degree in business with an emphasis on Latin American trade. One summer, he lived with a family in Mexico City through an LSU exchange program. He put his Spanish to good use with the West India Fruit and Steamship Company which ran ships from the port of Palm Beach to Havana with train cars loaded with American products and returned full of cigars and other Cuban products. Unfortunately, Castro's rise to power ended this business and Gene went to work for Pratt and Whitney aircraft until he retired 30 years later.

One high point of Allison and Gene's life together was a trip to Korea, part of the "Revisit Korea" program run and paid for by the South Korean government. Everywhere they went, the Koreans told them how happy they were that the Americans had come to protect them. At a formal ceremony, Gene was awarded a beautiful medal as an Ambassador for Peace. The Korean dignitary who was supposed to put it around his neck was so short and Gene so tall that she finally resorted to tossing it over his head. Soon after they returned from Korea, Gene went on an honor flight to DC that took WW II and Korean War Veterans to the war memorials and Arlington National cemetery.

Gene's and Alison's eyes light up when they talk about their scholarship program for young women pursuing nursing and health care careers. This started after Gene learned when he was in Korea that women had to walk through minefields ahead of the men so if someone was killed it would be a woman and not a man. Over the past 15 years, their scholarship program has served dozens of young women with holistic support, providing what each student needed to be able to succeed. From tuition, to funds to acquire reliable transportation to get to an internship program, to a trip to visit art museums in Europe for a Fine Arts major who'd never been out of the country, women in the program are equipped to thrive.



Alison loves to play the piano, enjoys duplicate bridge, and volunteers with several children's organizations. She also makes fabulous banana bread. In a place of pride over her piano is a painting by Alfred Hair, one of the original Florida Highwaymen. Hair came to Gene's house 60 years ago when he was in Palm Beach Gardens with a truck full of paintings and Gene was lucky enough—and smart enough—to buy one!

Gene loves to make fly rods and has fly fished all over the Western Hemisphere. He's also a long-distance hiker who has done the 180-mile coast to coast route in England and the 90-mile Thanksgiving Lake Okeechobee circumnavigation. Allison accompanied him on an abbreviated 4-hour version of the Florida hike.

They love seeing the cardinals and other birds who visit their back yard and are happy they made the decision to move to Oak Hammock.

- Nancy Dickson

Karl Schwartz – An Everyday Artist

Living in New York City as a child, Karl Schwartz experienced the many wonders of music, art, and dance. Studying and doing art became his passion. Abstract and expressionist painting included sculpture—and the combination of the two. Bergdorf Goodman and Tiffany store windows featured Karl's work to promote high end merchandise. Rhoda Morrison, Karl's sister, saw an Oak Hammock announcement in the *New York Times*. They flew down to check it out, liked it, and moved in shortly thereafter (2004). Today they enjoy a unit in the new AL area. Karl shares, "Nothing has changed. I work every day. If you're creative, you're just creative. It doesn't matter how old you are. *You Just Do It!*"

The MOMA (Museum of Modern Art) is among the many museums that are home to Karl's works. Oak Hammock has its own Karl Schwartz wall! (The corridor from the Grille to Assisted Living.) The artwork is changed frequently—so plan visits often.

A filmed interview with Karl can be seen at <https://youtu.be/S4J1uNrliFs>.

- Barbara Dockery,



Neill Hollenshead's still got it at 77, and the proof is in this picture from Michigan!

- Sandy Furches, content, Hollingheads, photo



Frequent non-flyer at the birdfeeder.

- Walter Wynn



Emily Patton shares the singing and chatter of her motion sensor bluebird.

- Barbara Dockery

19 Years of Keeping Oak Hammock Ship Shape

If you've ever wondered how Oak Hammock stays so clean and tidy, you need look no further than Rebecca Snowden. She has been here since Oak Hammock's early days, and has worked her way up from housekeeper to team leader to manager of housekeeping. "I loved it from day one!" she says, and her smile shows that she's looking back fondly over all 19 years.

She has seen the interior design change, from the light-colored carpet with green leaves and tiled floor in the entryway, to the much darker wall-to-wall carpet and more conservative furniture that we have today. At the time, this change was known as "Cathy's revenge," a reference to the then-CEO. She, along with Katherine Osman, has seen CEOs and others come and go. But over the years, she's made her home here and has come to feel as if the residents are her family.

Snowden was born in West Virginia and her early childhood was spent moving from North Carolina to Ohio to Tennessee with her father, a Pentecostal preacher, and her family. They settled in Miami when she was in 5th grade. Her daughter, Sydney, is married to an Air Force officer stationed in Germany.

Six years ago, Snowden's son, Brandon, was killed in a car accident, but this led to a particular time of bonding with residents who had also lost a child. They supported her with their own stories. At Brandon's funeral, many people came forward with stories of how Brandon had affected their lives and Snowden was reminded of the ripple effect our lives have on others. She lives each day determined to leave the world a better place. A phrase that came up repeatedly during our conversation was "a positive footprint."

Her attachment to residents is matched by her attachment to her staff. She works with each to mold them into the best possible workers they can be. When I mentioned one of her housekeepers who seemed particularly good at her job, Snowden agreed, saying that she was not only good, but also eager to learn and grow. When I joked that she had better watch out or this young woman would take over her job, Snowden said, "Nothing would give me greater pleasure. I know I won't be here forever and training someone to take over my job would be such a gift."

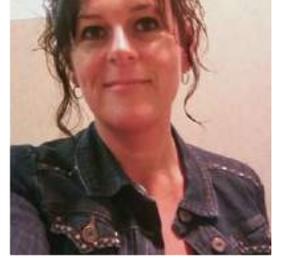
She encourages her staff to bring the same dedication to their work that she does and to look for ways to make Oak Hammock better. For example, each of the golf carts workers use is equipped with a long-handled grabber so they can pick up any trash they see as they scoot around campus.

She loves a clean house and has a plan that gives her weekends off. When she gets home each weeknight, she cleans for 2 hours so that by Friday night her house is sparkling. On the weekend, she enjoys working in her garden, spending time with her husband and mother, and playing with her cats (especially Lucky, whom she rescued after he came barreling out of a burning truck at the gatehouse a few years ago).

Snowden's staff of 42 is divided into 3 groups: housekeeping, laundry, and floor techs who are responsible for the carpet, annual cleaning, and the buildings. While some of these positions are Monday - Friday, Skilled Nursing has to be staffed 365 days a year. Four more employees, she says, would make a huge difference in her job! One ongoing challenge for her staff is making sure that the mountains of recycling we generate daily is properly sorted since the county fines us if it isn't! The clear plastic bags make sorting easier for staff, but it would be even easier if we took extra care to put things in the proper bin.

Remember, when you see a smiling worker, behind that smile is the woman who believes we can all make the world a better place by putting our best foot forward every day.

- Nancy Dickson



Michael Burch, IT Support Specialist

Michael joined our IT staff on September 8. He comes to us from Washington state, where he worked for nine years in a bank; in the past three years he served as an analyst for the loan origination system. He and his family tired of the cold and snow in the Pacific northwest, so they moved to Ocala to be near some other family members. He became aware of an opportunity at Oak Hammock, applied, and is very pleased to have been chosen as a member of our team.

Born in Colorado, Michael also has lived in California prior to moving to Florida. He, his wife, and three daughters (ages 13, 8, and 2) would like to move to Gainesville in the future. He loves the outdoors, especially camping, and almost any sports.

Michael holds a bachelor's degree in Information Systems Management. He is very familiar with the Windows operating system, but is learning more about the Apple ecosystem. He can be reached at mburch1@ufl.edu or 352-548-1799. Be sure to welcome him to Oak Hammock.

- Bill Castine



Julio Merced, Executive Sous Chef

Oak Hammock has a new Executive Sous Chef, Julio Merced, who comes to Oak Hammock not only with many years of experience, but also with a degree from a culinary institute. Julio, originally from Puerto Rico and who worked for various Hilton hotels, most recently in Pensacola, decided to move to this area of Florida because of relatives who live nearby. He and his wife and their dachshunds now live in Ocala. They have also lived in the Orlando area where he worked for one of the hotels branded as a Waldorf Astoria.

Julio is excited about the opportunity to work with a senior community and already in his first weeks here is strategizing as to how he can contribute to

our dining experience. Having seen photos of dishes that he has prepared at other venues, I am confident we will be very pleased that he has joined us. After he has an opportunity to settle in to the kitchens at Oak Hammock, he will have an opportunity to get to know us as he circulates in the dining rooms. If he has the time, ask him to show you some of the photos in his phone of past creations.

- Karen Miller



Employee Appreciation

When I was trying to figure how I was going to express MY feelings about our staff, one of the first memories I had was when we learned that some of our staff spent the night here last year when there was a threat of a hurricane coming at us. I was really impressed with their sacrifice, commitment, and dedication. That's just one example of our staff's service here at Oak Hammock. If you look around every day, there are multiple ways that we see our staff striving to serve: housekeeping, dining, laundry, security, health pavilion nurses and aides, and, my personal favorite, the folks in the kitchen. (Boy, I love that I don't have to cook!)

As I express my appreciation of our staff, let me remind you that we can ALL express our gratitude by donating to the Employee Appreciation Fund (EAF) by Monday, November 13. This is our opportunity to "tip" our staff for **all** of the services they provide each year. When they receive their EAF checks at the Employee Appreciation Celebration on Wednesday, November 15, we'll see how happy they are to be recognized plus receive a check they can really use before the holidays. You'll feel good for giving and they'll be thrilled and grateful that you did.

Last year's total was \$294,676.02! In 2021, the total was \$318,884.99! SO, we have goals! For the sake of our staff, I hope we can do even better this year with your generous help. Many thanks in advance for your generosity again this year.

Why should I donate? Our employees work without any monetary rewards beyond their basic wages and may not accept tips or gifts from residents. This is our opportunity to express our gratitude in a very practical way.

Who is eligible? All full-time, part-time, and PRN employees who have completed a 90-day probationary period. Those at the Director level or those who receive a bonus or commission, contract workers, or UF employees are NOT eligible for an award.

How is the fund administered? Oak Hammock's Accounting Department administers the fund, ensuring strict confidentiality and tax reporting. Payroll, in consultation with HR, prepares the list of eligible employees.

What about confidentiality? All contributions are strictly confidential. No one outside the business office has knowledge of gift amounts or donors.

Is there a suggested donation amount? All donations are gratefully received! \$3-\$4/day per resident or \$100/month or 18% of the monthly fee. No gift is too small OR too large!

How are awards given? Checks, based upon the employee's hours worked, are distributed at the annual EAF Reception.

How can I donate? Place a check in the Fee slot on the wall to the right of the Concierge desk. Envelopes are available for EAF donations at the table in the front of the Concierge desk.

Important dates? Donations may be made any time BEFORE Nov. 13, 2023; the EAF Reception will be on Wednesday, November 15 from 3:00-5:00 pm.

WE SURELY HOPE YOU'LL COME AND CELEBRATE WITH OUR STAFF!

- Marcia Brant

Farewell to Tony Lopiccolo

The day before Hurricane Idalia made landfall, we bid farewell to Tony Lopiccolo, our Director of Plant Operations for the past two years. He was feted with coffee and cake, plus some parting gifts as mementos of Oak Hammock. Tony leaves us to accept a position much closer to his home in Venice.
 - Bill Castine



Lots Going on in the Health Pavilion



-Chrissy Smoak



Grandparents Day

September 7 was National Grandparents Day and we at First Federal Bank enjoyed celebrating with our customers like Beverly Cone, an Oak Hammock branch visitor.

- Stephanie Esposito, First Federal Corporate Marketing Manager

Contributions to the Benevolent Fund

Since we last reported, a total of \$1,448 was received in memory of Glenda Kelley, Harlow Girard, Son Dinh, and Pat Liston's daughter (Georgia).



- Jonathon Mann

Gardening in the Community Gardens at Oak Hammock

The Community Gardens is where the Oak Hammocks gardeners play. This is our venue for practicing our hobby. The community garden is a working garden where Oak Hammock residents whose relaxation is growing veggies and flowers enjoy their pastime.

Gardening is inexact and has many variables—insects, plant disease, heat, frost, weeds, drought, wind and rain damage, germination rate, etc.—and we use many items for our hobby—natural vegetation such as palm fronds or leaves, wire cages and stakes, pots, tools, fertilizer, cardboard, mulch, compost, etc. Gardening is seasonal; we use these items when needed but not all the time. Conditions are less than pristine in the gardens; it's the nature of gardening. Our hobby is challenging but we enjoy the test.

For any residents who are considering strolling through the gardens, please be aware that the gardens are imperfect, with uneven paths, weeds, and natural elements and tools in full display. Please don't complain about what you see in the gardens; it hurts our feelings and is discouraging, especially when we have been toiling hard just to eke a few tomatoes from the vines before the deer or squirrels get them! But if you ask politely, we may be happy to share some of our veggies and flowers with you.

The fall gardens will be planted around the end of September and in October. Look for fall flowers and veggies like broccoli, cabbage, collards, lettuces, arugula, carrots, and cauliflower. New plots become available regularly. If you are interested in growing flowers or vegetables and are hoping for a plot, contact Peg Owens.

— Gail Robinson



Anne Goldwire in the garden.

Correction to Phillips Center Article

I'm delighted to have the opportunity to set the record straight with respect to July's issue in which I stated one of the policies of the Affiliates Program at the Phillips Center of the Performing Arts. I was incorrect in stating that "for an extra fee, Affiliates are allowed to purchase tickets before anyone else...."

Here's the true story: UFPA affiliates are individuals and businesses who show their support by making tax-deductible contributions that enable the organization to keep ticket prices well below venues in other cities and to provide the funds that enable the scheduling of performers to hold master classes at UF, to visit public schools all over the county and to do outreach before or after they perform.

One of the perks for affiliates is the opportunity to select their seats before they are offered to the general public. They pay NO EXTRA FEE for this opportunity. This opportunity is also true of major orchestras and opera venues in the US!

My thanks for catching this erroneous statement go to Michael Levy who, along with his wife, Jane, has been an Affiliate member since they've lived here. He recently completed a term as President of the Executive Council and Leadership Council. As surely as the World Returns to Gainesville, world class volunteers such as the Levys add to the ongoing success of this beloved institution.

— Tallulah Brown

Children Love Worms!

Not all worms catch fish. Some are used as lures! What child can possibly resist opening the cover of a book, one that comes with a special bookmark—a snugly colorful worm with googly eyes? This is the third year that Oak Hammock knitters and book lovers have taken up crochet hooks and brightly colored yarns to meet the challenge of creating 600 bookworms. And as usual, the goal has been surpassed. (Two individuals stopped when reaching 100.) This guarantees Idylwild Elementary—our Oak Hammock neighborhood school—will have lots of happy readers. Thanks to those who donated their time, talents, yarn, and fingers to follow the organization of Julie Ann Ariet, Queen of Worms.

— Barbara Dockery, content, Julie Ann Ariet, photo



Boxing for Parkinson's Disease Therapy

"Boxing therapy is a therapeutic technique that can help manage Parkinson's disease. Boxing techniques help to build strength, counter muscle rigidity, and improve agility, balance, posture, and hand-eye coordination in patients who have the disease," according to the American Physical Therapy Association.

There are currently three boxing programs here at Oak Hammock. Boxing for Life is attended by our rather healthy residents. Rock Steady is attended by Oak Hammock Parkinson's Disease patients who use the class to help retard their disease. A third boxing class is attended by Parkinson's patients who live outside of Oak Hammock. Those who attend the two Parkinson's classes are charged a fee, a higher fee is paid by non-resident attendees.

Rock Steady meets twice a week with therapists who are certified in working specifically with Parkinson's Disease. Patient routines include multi-tasking and focusing to maintain balance. They work on voice projection and gait. Punching bags and manikins receive blows from their fully wrapped and gloved hands. Their classes last for 90 minutes, and Marie Brumbaugh says she is exhausted at the end of their sessions. Playing bongo drums and having the patients repeat a pattern is also a good technique for their focus and concentration.

About 6-8 Oak Hammock residents participate in the program that was initiated by Susan Bankston's husband before he passed away before ever being able to join in. Marie definitely believes that the therapy slows the disease. The American Physical Therapy Association agrees, saying that partaking in these sessions on a regular basis showed clear improvements in balance and gait as well as quality of life.

- Beth Paul



Sing for Life

Attention Parkinson's patients and caregivers, Professor Emeritus Ronald Burrichter and Dr. Brenda Smith will lead voice classes called "Sing for Life" intended for Parkinson's patients and their caregivers beginning on Monday, October 16, at 2:30 pm in the Acorn Room. "Sing for Life" is an Arts in Medicine initiative that unites voice science with the health and well-being of Parkinson's patients and their caregivers. The 30-minute class offers speaking and singing strategies that have been proven to strengthen the body, mind, voice, and spirit of persons coping with Parkinson's. "Sing for Life" is fun and free of charge. The fall classes will continue weekly through December 4, 2023.

- Brenda Smith



Sanibel Island Family Memories

In 1980, Frank and I bought several timeshares at Casa Ybel on Sanibel Island. For more than 20 years, we enjoyed August with my parents and our children, Joyce and Chad. It was a great way for the three generations to spend quality time together. We collected shells, played games, swam, boated, and got sunburned (even though we set up umbrellas and a tent).

When my parents were unable to go, our daughter, her husband Karl, and their sons, Erik and Kirk, joined the fun—and Chad frequently managed time to be with us. Anyhow, we had three generations together again! We continued for 20 years, until Hurricane Ian hit in September, 2022. The bridge to Sanibel Island was destroyed, along with most of the properties. We were unable to visit this August, as the property is still under construction. Hopefully, it will be ready next year.

My family was disappointed not to get together this summer, so they decided to visit Universal in Orlando and then us here! They saw butterflies, bats, bees (Thanks, Ray), Harn Museum of Art, Panama Canal Museum, and walked the Sweetwater Trail. They also discovered the pool table near the sewing room. They made up their own rules; even Frank played, and had a great time.

The dining room served great food, but the boys still wanted more to eat in my kitchen at night! It's hard to fill up boys of 21 and 18. We have special memories of those days together this summer. The grandsons are now in college. Erik is a junior at the University of North Georgia, and Kirk is a freshman at Georgia Tech. We look forward to seeing them again soon! Memories are wonderful treasures—meant to be enjoyed over and over again.

- Marvel Townsend

Dress for Success

Oak Hammock was proud to partner again with the UF Career Connections Center through the donation of professional men and women’s clothing—business attire and professional accessories of all sizes for all seasons and climates. The Career Connections Center offers varied services and events to all new UF students and alumni. A small grocery cart, located at the Concierge desk, remained empty. Slowly, items appeared. Then bags and boxes of donations. Suits on wooden hangers. Thanks to everyone who donated — helping others to dress for success and achievement!

- Barbara Dockery



By the Numbers September 1 Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	210	2

Health Pavilion

	Total	Occupied	Available
Assisted	53	45	4 available, 4 reserved
Memory	12	10	2
Skilled	73	63	10

- Andrew Davey and Ashley Davis-Meacham

Be a good neighbor! PLEASE REMEMBER TO RETURN SHOPPING CARTS TO THEIR PROPER SPOTS AFTER USE. Thank you!

Art League

The Oak Hammock Art League is happy to announce the resumption of art classes and monthly programs after a summer break. Our monthly programs are always the 4th Tuesday of the month at 4:00 p.m. in the Oak Room. The September 25th program will feature another Masterpiece Film, "Sandro Botticelli's La Primavera."

The Art Critique/Sharing Time takes place on the 3rd Tuesday of each month, at 7-8 p.m. or so. People are invited to bring works in progress to the Oak Hammock Multipurpose Room. Everyone at Oak Hammock is invited, with or without art, to talk about art in progress.

Upcoming classes:

- A Drawing Workshop with returning instructor Jenna Weston. Last year her class was full and as I write this her class is again full.
- Look for a Colored Pencil Workshop on October 21st.
- A Watercolor Workshop will be offered on November 11th for those who have had some watercolor experience.

Oak Hammock resident Meredith Rowe will have a show in the Art Studio titled "Playing with Mother Nature: A Photographic Presentation" opening September 17th. An open house is planned for the Art Studio on November 22nd.

The next exhibit in the Art Gallery will be the annual Gainesville Fine Arts Association (GFAA) judged show which will be judged by Richard C. Heipp, a retired art professor from UF. Do not miss the opening reception which will be fantastic, featuring wine and hors d'oeuvres. Professor Heipp will give a presentation in which he will discuss his award selections. The reception will take place on Sunday, October 15, 3-5 p.m. in the Upper Commons.

- Nancy Dickson



Above: Enjoying the art show
Below: Steve Gird bowl

ILR Fall Preview and Social

The Upper Commons was the center of activity as residents were joined by some of the many Gainesville residents who take part in our ongoing Institute for Learning in Retirement series. The fall semester of the ILR got underway with a beautifully prepared wine and cheese reception that gave us an opportunity to visit with old friends and meet new ones.

We were then ushered into the Oak Room where we were greeted by members of the ILR board who introduced many of the wonderful speakers for this semester. The preview was enough to whet everyone's appetite for learning now that weather is more conducive to thinking about being in the classroom again. The wide variety of courses offer something (or several somethings) for everyone since classes range from science to myth, history to art, and language to music.

The event was well attended, and attendees seemed very enthusiastic about the adventures in learning that start on Monday, September 25. Hope to see you there!

- Nancy Dickson



Viola Performance by Lauren Hodges

It was an amazing turnout in the Oak Room for Dr. Lauren Hodges and her viola performance. She was accompanied by Alan Clark on the piano. I counted close to 75 people in attendance and half of them were residents from the health pavilion. I would like to give the biggest shout out to the many volunteers from our buddy group who assisted me in getting residents to and from the health pavilion for the concert. I am forever grateful for their support and assistance to help make this such a successful "One Oak Hammock" event while helping contribute to the quality of life for their fellow "neighbors"!

- Chrissy Smoak



Who's Behind the Camera

People tend to remember outstanding photographs on the covers of magazines. Who captures those images on film remains a blur, and their life stories untold. Oak Hammock opened in 2004, long enough ago to retain some history of its own. Helping to tell that story is Dick Martin—frequently labeled “Cecil B. De Martin”. Born in and raised in his grandparents’ home in the rural area of Lynchburg, VA, Dick was the youngest of five children. Family time, going to the nearby Methodist church, youth groups, 4-H Club, and summer camp activities formed Dick’s character before heading to Lynchburg College for a Liberal Arts degree, and a ministerial degree at Duke University. While serving as an ordained minister in Tampa, Dick was drawn into the military, becoming an Army chaplain. He was recognized for his leadership and providing outstanding comfort to wounded troops.

Traveling with the military afforded the opportunity to photograph places, people, and the world. Moving to Oak Hammock (2007), Dick was overcome with photographic opportunities and requests! And the necessity (?) to buy professional cameras, tripods, video equipment. The challenge of combining photography, music, interviews, and production was complicated with the addition of Zoom to the equation. Some people—like Dick—thrive on such.

A fellow resident identified Who's Behind the Camera, saying: “We meet few people who genuinely inspire you with their service, character, and commitment to others. Dick Martin is one of those people.”

- Barbara Dockery



Spider Lab Visit

The Natural History Society enjoyed visiting Dr. Lisa Taylor's Spider Laboratory at the University of Florida on August 24. She and her students are studying how spiders use color in courtship and prey selection, and how the quality of light affects their behavior.

The week before, she had made a presentation in the Oak Room and we now could see the live spiders and hear her students explain their experiments. We also had a hands-on experience with an imposing but harmless tarantula.

The visit was a chance to see science at work, where hypotheses are formulated and tested and new insights about nature are gained. We are grateful to Lisa for this interesting and educational experience.

It was a very enthusiastic group, talking and learning about the intricate work these students perform all day. All of us loved Rosi the Tarantula.

- Tom Gire, Margarete Ruth



Reading to Children through Caring and Sharing

The third grade class from the Caring and Sharing Charter School arrived ready for some story time. The children were divided into groups of 4-5 so that the large group of resident volunteers could read to them at different tables. Janet Janke organized the event with the classroom teacher whom she's known and volunteered with for many years. Janet has challenged these children to read one book a week. If they have read twelve by Thanksgiving, they will qualify to return for a special lunch. Many generous residents have given up some of their dining allowances to pay for this event.



Janet has remained involved in the area's various reading programs over the years and residents, especially the book groups, happily donate to her book fund so that she can provide books to different children's organizations or to an event such as this. UF medical students take many of these donated books to the Eastside Clinic where they work.

One young and excited boy connected with his father, Danny Grant, who works in Plant Operations. Another staff member said her daughter had graduated with honors from the school a few years back.

Oak Hammock packaged up cookies for the children to enjoy back at school with their lunch. The big surprise for the children and the teacher was a visit by our new robot. Thanks to Janet for organizing the event that brings children and retirees together.

Then, the second-grade class from the Caring and Sharing Learning School arrived at Oak Hammock ready for some story time the following week.

- Beth Paul

The Bookends

Patrick Duff is the founder and mainstay of the Bookends, a musical group formed five years ago for a talent show at the UF Medical School where Duff is a professor of obstetrics and gynecology. The other members of the group are all students. Over the years, as students from the original group have graduated and moved on, Duff has recruited new members from that original talent show. The name Bookends reflects both the importance of books for the group's work at the College of Medicine while the "ends" part of the name highlights the difference in ages between the students and Duff. The group has continued to sing and play ever since they formed with a few changes of personnel. Their first concert at Oak Hammock was in 2019 and you will have a chance to see them again on October 13, 2023. Each member of the group brings a particular set of talents which meld beautifully to create a distinctive musical sound.

Duff, the leader of the band, has been interested in listening to, and playing, music since the 1960's when he was in college. He was influenced by several of the famous folk/country singers of that time: Peter, Paul, and Mary; the Kingston Trio; Bob Dylan; Gordon Lightfoot; Ian and Sylvia; Willie Nelson; Jimmy Buffett; Reilly and Maloney. His wife good-naturedly says he is stuck in a time warp, but this music still resonates with him. He loves the "stories" that these performers tell with their music, and the crispness and sweetness of the guitar melodies.

Kelly Kirkpatrick has been with the group since the beginning. Her life-long interest in music started much earlier when she discovered the joy in music when she began playing the violin as a child taking Suzuki classes and she looks forward to introducing her two-year-old son to the violin via Suzuki in a couple of years. She is pursuing both an MD and PhD, enjoying the challenge of research, particularly in virology, a field that is particularly relevant in this era of COVID. One of the things she likes best about coming to Oak Hammock to perform is that the people here share their joy in listening to this music of their youth.

Kristin Drew developed an early interest in music through singing at her church, hearing people harmonize, and listening to the melodic sounds. Her training as an opera singer brings a special quality to the groups' sound. Like Duff, she plans to go into obstetrics and gynecology. When asked how she likes singing songs from before she was born, she replied history has a way of repeating itself and these songs are still relevant today.

Stella Jeon grew up on Disney films and has loved to sing since she was a child. She nurtured that love through participating in the All-State chorus during elementary and middle school, as well as praise team at church and a *capella* in college. She values her appearances at Oak Hammock because they give her a glimpse of what the world was like before she was born. She says that it's a privilege to see people singing along and thinking back to earlier times. She's planning a career in ophthalmology.

Jeff DelaCruz is a senior medical student who plans to pursue a career in orthopedics. A native of nearby Jacksonville, he is engaged to be married. He can play the guitar, piano, keyboard, and drums, and he also sings, making him the most musically versatile member of the group.

The Bookends all enjoy getting together, rehearsing and performing, because it is such a terrific break from what they usually do. Furthermore, singing and playing music stretches the creative side of their brains. They particularly enjoy performing at Oak Hammock because they see the audience is attentive, engaged, and appreciative of this type of music. They have performed at several of the local restaurants, and those performances can be a bit disappointing because the real focus of the audience is not on the music. When asked what they would like to say to the Oak Leaf reader, each group member said, "Thank you for coming to listen—we love it

even more when you sing along with us!" So put the Bookends on your calendar for their next appearance Friday, October 13 and come prepared to listen to some music from your youth—and sing along.

- Nancy Dickson,
content;
Bill Castine, photo



Solar Panel Update

We have been fortunate enough to have had our solar panels up and running since July of 2021 on Building 2 and since October of that year on Building 1. It took another 4 months to get the monitoring equipment installed.

What should be of great interest to all Oak Hammock residents is how successful the project has been. Members of the solar team explained some of the savings. As of today in mid-August, our solar panels have generated over 600,000 kilowatt hours of energy which has saved Oak Hammock over \$108,000 in GRU billings. True generation and savings are actually undercounted "due to the lag between the solar installation and later the monitoring equipment installation which accumulates and reports that data," it was explained.



This is a positive report that exceeds the project's estimates for savings, "and is on target to achieve the return-on-investment" which was presented to residents and the board when the project was first investigated. Thanks again to the solar team for their excellent work.

- Beth Paul, content; Bill Castine, photo

Birthday Queen!



On August 9, we had a very special birthday Queen who was pampered with some royal treatment as she received many special visitors, goodies, and warm birthday wishes. Our amazing Stella has reached the young age of 103! When asked what her biggest wish was for her birthday, Stella responded "plain vanilla ice cream" so naturally we helped make that wish come true!

Seen While Riding My Bike



- Michael Plaut



David and Nancy Boyd enjoying lunch and life at Oak Hammock. Some humans have invisible hair while others are able to grow purple fun hair. Great sports they are, these two!
- Margarete Ruth

Happy Birthday Glen Kaufman!



- Magda Berken



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20 Years!

Smiling residents turned out in numbers, dining services provided an amazing spread of food and drink, as we all enjoyed celebrating Katherine Osman's 20 years with Oak Hammock. With balloons, flowers, and bubbles, we gathered to thank Osman for all she has done - and continues to do for us—always with a smile and a laugh (where appropriate)!

If, like many, you haven't been here for 20 years, you may not know that she began her career here as a receptionist in the sales office on 34th Street, but moved to event planning when the building officially opened. She "inherited" the newsletter done by an outside firm and turned it into the member driven letter we know today as *The Oak Leaf*. If you like Saturday night at the movies, you have her to thank. Do you use the Resident Directory? You have Osman to thank who created it in 2007 with the help of a resident committee. Over the years, her position here at Oak Hammock has evolved, but what has remained constant is her smile, her devotion to our community, and her amazing flexibility.

- Nancy Dickson with Bill Castine



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.