

**I am thankful for...**

- ♥ My wife. - Larry Lowenthal
- ♥ I am blessed and thankful for the path my life has taken me on over the years. - Heather Gilkey
- ♥ I am thankful for many things but especially for my dog, Daisy, who is such a wonderful companion and who has helped me make so many friends at Oak Hammock. - Jane Brockman
- ♥ I will always be grateful for the kindness and support which have been shown by our friends and all the residents of Oak Hammock since we lost Don. We are so fortunate to be in a situation like this where "caring" is a key definition in the description of Oak Hammock's character. - Pat Collier
- ♥ I am thankful for all the wonderful people I have met at Oak Hammock. - Susan Boychuk
- ♥ I'm thankful to be surrounded by my caring, loving family and my thoughtful friends. - Nita Beckman
- ♥ I'm thankful for the presence of Kim Miller in reception. Thank you! - Anonymous
- ♥ Today! - Catherine Morsink
- ♥ Thankful for a new puppy. - Doris Greene



**Celebrating 80!**

*- Frank Townsend*

## Ann Webster

Ann Webster is a great addition to the residents in Building One, indeed to Oak Hammock as a whole. She was born in Massachusetts, raised in Washington, DC, and Maryland, and went to school in many institutions of learning.

Beginning with Sweet Briar, in Virginia, with her junior year in France and an undergraduate degree in Government, she earned her dissertation on the birth control reform movement in France and taught at Temple University before beginning post-doctoral work at Radcliffe.

She attended Harvard Law School and was a lawyer in DC for six years before moving to Richmond, VA. Ann retired in 2009. Having spent about thirteen years wintering on Cedar Key, she became an honorary Floridian, loving the landscape, and becoming a member of the Lower Suwanee National Park, as well as the Louvre! (That's another facet of Ann's personality; she's a dedicated Francophile.) She has already become a State Park pass holder, having visited Sweetwater Park and La Chua Trail as well as the Alachua Sink. Ann has an Alachua County Library card since she believes in immediate immersion in a new home town.

Her parents, who were art dealers, gave her a love of art, which combined with many years spent on trips to France, instilled her love of France. She daily listens to podcasts of the news and jazz from France.

All this is evident from the collection of art she has tastefully displayed in her new home here at Oak Hammock. Welcome Ann, we know you're going to love it here! And vice-versa!

- Tallulah Brown



## Bob Stall

As if the third floor of Building One needed anyone else to make it a great place to live, they've now added Bob Stall! He moved in there about two weeks ago.

Bob is a retired (twice) plant pathologist who worked at the University of Florida for a total of forty-one years after working in Ft. Pierce at the Indian River Field Station and then switching in 1964 to the main campus, where he specialized in bacteria as a plant pathologist.

He was sent to Argentina to work on citrus canker. Then citrus canker (which decimated much of Florida's citrus industry) arrived in the state of Florida, and Bob was called back to Florida!

When we met, he was hard at work planning an estate sale and the sale of his long-time home near Bucholtz High School. I admired his lovely, rather large Highwayman painting that was already hung in his apartment, a purchase made by his wife who passed away in 1999.

Bob has one living son who resides in Santa Fe, NM, having attended the University of San Francisco and the University of Pittsburgh.

I feel sure that Bob will be an asset to Oak Hammock as well as to the third floor of Building One. It was a pleasure to talk with him.

- Tallulah Brown



## Dusty Davies

A delightful new addition to our Oak Hammock family is Dusty Davies. She warmly welcomed me into her colorful and elegant first floor atrium apartment. "I'm very happy to be here. I think this is the right place for me. I was married over 50 years. My husband recently passed away. I've never lived alone. He was a great cook. I did not cook. We were interested in music, the theater, and entertaining. Oak Hammock affords all of that plus very interesting, intelligent people. That's a real bonus. I'm in the perfect place for the next stage of my life."

Dusty is a CT native, first attended Purdue for engineering, and then changed her focus to law at Temple University. While a para-legal attending law school at night, she met her husband, George, at a law firm in Philadelphia, PA.

Her career was in International Corporate Finance. Dusty managed legal affairs for



(Continued on page 3)

*(Continued from page 2)*

CIGNA Corporation in the Pacific Rim covering S. Korea to New Zealand, then in Europe. She considers herself “very lucky to have traveled at corporate expense. I have seen a lot of the world.”

Dusty’s NH home will remain a significant part of her life. Her civic volunteerism for 10 years after retirement at age 55 addressed pollution issues on lakes in NH. Her work provided a model for other lakes. She generated over a half million dollars in grants and public/private participation for water remediation work. She is currently pondering a business model for small conservation donations of 5 acres or less.

She moved to Oak Hammock from Gainesville’s Haile Plantation. Dusty was her husband’s caregiver, administering dialysis at home. “When my husband died, some color left my life. Here I have dinner with people every night and I learn something new nightly. These are people who are and have been creative and impactful in their lives and careers. They are marvelous and help to fill the gap created by his loss.”

Ask Dusty about her two stepchildren and daughter Katie, single mom by choice of 14-month-old Jackson, in Denver. She looks forward to time with them this holiday season. Welcome, Dusty!

- Sandy Furches

## Oak Hammock

When I consider that I left Baltimore—where I had lived for more than a half century—for Gainesville and Oak Hammock, I left neighbors, friends, and a community. But look at what I gained.

Oak Hammock has a very eclectic assortment of fascinating older people: Former professors, lawyers, physicians, deans, politicians in one very tight, small community. Most encouraging of all is that most are still very sharp mentally. The affiliation with the University of Florida allows us to use their facilities, faculty, library, and medical care to keep us active, alert, and interested in the world. It is a wonderful bubble. This is what retirement from the working world should be: a reward for a lifetime of working, raising children, and trying to save for a pleasant retirement.

A problem with remaining in our old environment was watching neighbors moving out, children leaving home, relatives moving to be near their children, and watching friends become senile (meaning demented, not older) and losing closely-associated friends. Oak Hammock was the antidote, new location, new friends, and an environment designed for older, retired folks. So, enjoy being here, and raise a glass of wine for an interesting future. For most of us, this will be our last address—and that is fine with me.

- Joseph Berkow

## CSI Trip to Santa Fe College

ILR sometimes leaves the Oak Room. This class took to the road for Santa Fe College and exercised their inquisitive nature in the Perry Institute of Emerging Technologies. They were teaching forensic science. We had a great time and learned some interesting things about “crime fighting.”

- Pat Harden



## The Perfect Swamp Buggy Tour

Thirteen adventurous Oak Hammock neighbors traveled to Kissimmee and enjoyed the Disney Wilderness Preserve, which is owned and managed by The Nature Conservancy. The enthusiasm of staff and volunteers was contagious. The half mile Harden Trail, named after our own Pat and Fred Harden, was enjoyed on foot before our picnic lunch.

Following lunch, we boarded TNC's big-wheeled swamp buggy for a 90-minute narrated tour that included Lake Russell and other highlights of this natural habitat spanning 11,500 acres. Restoration is complete and current maintenance mode includes controlled burns to ensure that numerous species of birds, wildlife, and plants have a safe, sustainable home.

All who visit cannot help but be encouraged by the successful conservation efforts at this site since 1992. The Nature Conservancy is one of the world's leading conservation organizations. Since 1951, they have worked to protect more than 119 million acres worldwide.

Thanks to our Natural History Society for making this trip possible. Check the display case in the lower lobby near the mailboxes for future destinations.

- Sandy Furches



## Worship in the Health Pavilion

There are many activities at Oak Hammock that draw Independent Living and Health Pavilion residents together. One highlighted here is the interdenominational worship service on Saturday morning. A team of Oak Hammock residents prepares the Assisted Living Piano Room for worship, provides musical accompaniment, helps with ushering, and assists with Holy Communion. The result is a lovely, meaningful service.

The November 4 service's pastor came from Trinity United Methodist Church, with her small son, and on other weeks volunteer preachers come from various churches around town, or from our in-house pastors, Dick Martin, Kenneth Curry, and Derrick Smith.

Many residents from Independent Living as well as staff and residents from the Health Pavilion attend and it's wonderful to see that the congregation is, indeed, One Oak Hammock. - Mary Kilgour



## Peanuts and Tourists Love Florida

Florida's warm climate and sandy beaches attract tourists. That same climate and loose, sandy soil are a perfect combination to grow peanuts. Lots of them. UF/IFAS programmed easier to grow, more prolific, and healthier peanuts. Alachua County ranks eighth in the state with 8,377 acres of peanuts. And that's a lot of peanut butter!



About eleven years ago, the Florida Peanut Producers Association and the Florida Peanut Federation invited Oak Hammock to a Peanut Butter Challenge during the month of October. Last year, we contributed over 100

pounds of the total 800 pounds collected. And this year? A designated box on the lower level welcomed unopened jars of peanut butter. Jars kept filling boxes. And more boxes. Oak Hammock had doubled its total—officially 204 pounds!

This nutritious food item will be donated to local food pantries and families in need. *Thanks to all who contributed.* Imagine enjoying a tasty PBJ sandwich, made with your donated jar of that tasty spread—and maybe even a glass of cold milk—with a new friend. - Barbara Dockery



## Certified Wildlife Habitat

Have you ever noticed the "Certified Wildlife Habitat" sign at several entrances to the walkway around the pond and through the woods and wondered how it happened? (And, yes, in a roundabout way, it was on the way to grandma's house.)

Well, about a decade ago, Don Collier approached the Environmental Committee that existed at the time and asked if we'd like to have him apply for the Wildlife designation for Oak Hammock from the National Wildlife Federation ([nwf.org](http://nwf.org)). Naturally, we agreed.

Don took care of everything, even seeing to it that the signs were erected.

I am pleased to say that wildlife still seems to be enjoying our habitat. - Alice Gridley

## Hallowe'en Party

Witches, vampires, and other assorted deviates gathered in the Oak Room on Hallowe'en to enjoy food and beverages provided by the Dining staff, then The Rockers entertained with assorted oldies. Four line-dancers added to the revelry and invited audience participation, resulting in lots of fun

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



Top: Rod Owens shows the drama behind his best costume win with wife, Peg.  
Middle: Line dancing and a coven of witches. Bottom: the Rockers performed to a packed house.

## Panama Canal Museum Visit

On November 7, the Oak Hammock Active Lifestyles Committee visited the Panama Canal Museum at UF's Smathers Library, a tour arranged by Marilyn Crosby. Library museum curators John Nemmers and Betsy Bemis escorted the group to tour the current exhibit, "The Cutting Edge." The exhibit displays photos, documents, and memorabilia showing numerous construction innovations developed during the Canal's construction from 1904 – 1914. The link to the exhibit is: <https://exhibits.domains.uflib.ufl.edu/cuttingedge/>.

Following the Museum tour, the group lunched at Piesano's Pizza.

- Frank Townsend



## Lessons in Zymology

OK, so I'm not a zymologist, but I still have *some* mental faculties which were *severely tested* when I set out to interview **Steve Gird**, who'd given us the wonderful program on **Fermentation**.

Steve, who once worked for *NASA* and later for *Southern Comfort*, has enjoyed a huge and varied career as a research chemist who worked for 40+ years in the beverage industry, including 20 years as the Director of Research and Development supervising liquid production, research, development, and quality for Jim Beam.

Steve told me that alcohol can be made of anything with sugar; but without a preservative as such, it will ... ferment! According to him, making alcohol is the second oldest profession!

If you want wine, you'll ferment fruit; if you want beer or whiskey, grain. Grain can also be distilled to 190 proof (95% alcohol) which would be *neutral spirits*.

Geography has a distinct impact on this process since it makes more economic sense to locate near the source of the grain. Therefore, we're apt to find whiskey being made in the Midwest where there is ample production of corn and grain. Areas with iron in the water are avoided.

On a typical day, a Jim Beam distillery will produce five or six batches of mash, each batch being 30,000 gallons! The mash is fermented, distilled, and put into new charred oak barrels. During the aging process, each batch is sampled for quality control purposes. Batches of exceptional tastes are set aside for use in premium and super premium bourbons such as *Knob Creek* or *Baker's*.

There are over 800 chemicals, called "cogeners" in the raw materials of bourbon that have been identified. Each one contributes to the taste and aroma of the finished product. Most of these cogeners develop during the aging process and, as such, older whiskeys have more flavor. About 4% of the alcohol is lost each year during barrel aging.

Jim Beam has two distillery sites, located in Clermont and Boston, KY. A typical day's production requires about 500,000 pounds of grain. Since corn is about 75% starch, the leftover fiber and protein, about 125,000 pounds, is dried and sold for cattle feed, and 25% of the grain left over is sold for cattle. Cattle industries have been established near where the slops are produced! A whole ecosystem depends on this industry! And it's all due to zymology.

For our next lesson, read about healthy living; you'll notice that it is recommended that we consume a quantity of fermented foods each day. That list usually includes kombucha, kefir, kimchi, or pickled vegetables! This concludes your introduction to zymology at Jim Beam. Class is dismissed. - Tallulah Brown

## Beautifying Oak Hammock

Residents working cooperatively with management made fall plant arrangements for the Commons and Health Pavilion entrances as well as the Four Way stop. Thank you to everyone who was involved. - Jan Lowenthal



## Employee Appreciation Party

- Sandy Furches



thank you

WE ARE SO GRATEFUL TO ALL OF YOU FOR YOUR GENEROSITY! The final total was \$307,660.90! It's been a tough year economically for everyone, but so many of you shared what you could for our staff. With that awareness, we especially appreciate your generosity.

If you're interested, an easy way to donate each year is by setting up a certain amount each month that will be added to your Oak Hammock bill. You can call Lori Fishel, Accounting Supervisor, at (352) 548-1082 or email her at ([lfishel@oakhammock.org](mailto:lfishel@oakhammock.org)) and she can answer any questions you might have about this. Bill Brant and I did this when we moved in three years ago.

Many thanks again for your generosity this year. My hope is that our staff felt valued and appreciated when they opened up their checks this past Wednesday, November 15, and we really hope you were there to celebrate with them.

We wish you and your families a wonderful and safe Thanksgiving. We have so much to be grateful for!

- Marcia Brant, Bill Brant, Nancy Wood

## Street Party

Sunday, November 12, on an overcast, late afternoon, a very pleasant street party was enjoyed by many Oak Hammock street residents. The back yard of Karen and Doug Merrey's home located by the pond was the perfect setting. The refreshments that were created and donated by the residents were outstanding. So very enjoyable was the camaraderie of everyone present. The fresh, woody fragrant air from the leaves that had fallen during the fall season gave a very special touch.

- Margarete Ruth



## Honoring Our Oak Hammock Veterans

A full Oak Room, our own 101 veterans, powerful patriotic music, laughter, and tears marked a memorable event for Veterans Day. An amazing historical video of women in military service created by Dick Martin and narrated by Ron Hoopes was a special feature. The program included the introduction of 5 female relatives of Oak Hammock residents recognized as “future veterans” who currently serve our country on active duty. Several sent us a personal video message.

From the presentation of colors to closing remarks, an awesome team effort touched us all. Thank you: Norm Cooney, Ron Hoopes, Jerry Kirkpatrick, Dick Martin, and Frank Townsend for creating such a meaningful program. Afterwards, all enjoyed refreshments in the Upper Commons and military memorabilia organized by Hank and Mary Wake.

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



## Arts, Crafts, and Knife Sharpening!

Oak Hammock's annual Arts & Crafts Sale kicked off the holiday season's opportunity to purchase unique gifts for special people. Jewelry, purses, art, Gator décor, and one-of-a-kind items—hand crafted by Oak Hammock and community residents. The Oak Hammock Woodworkers' "knife sharpening station" was a popular new addition—and just in time for holiday carving!

- Barbara Dockery, content; Barbara Dockery, Bill Castine, Sandy Furches, photos



## Oak Hammock Nature Walk

The nature walk around the pond has long had signs identifying some of the flora; Fred Harden and his team spent a lot of time labeling the plants and then getting the woodworkers to fashion wooden signs to mark them. Unfortunately, that system deteriorated as plants died and the signs rotted or were chewed by rodents.

Rhonda and Don Smith proposed a system that resembled some botanical gardens they had toured. A new team was formed, and Don put his computer skills to work fashioning QR codes that connect to IFAS for identification of the plants. It offers more information than the casual stroller probably wants to know. The curator of the UF Herbarium, Dr. Lucas Mojure, whom Jane Brockmann contacted, helped them identify each plants.

Dr. Mojure feels our campus is an especially rich location because of the excellent soil and diversity of the flora. He said this area is a "Rich Mesic Habitat" for shade tolerant species.

Don recreated the pamphlet originally done by Fred and his team in a spreadsheet form that also includes a picture of the plant (generally in bloom) along with the web address of the reference to the plant and the scan code that will take one to the web site describing the plant in detail. Plants have been tagged with a ribbon which must not be removed.

Peg Owens helped with the imagery found on each card. Recycled Riches paid for the materials: posts and pvc plaques which can easily be replaced if necessary.

How to access the QR Information: With your Internet connected iPhone or Android camera, aim at the sign with the QR code until a yellow button appears. (It is not necessary to actually take the photo.) Just tap on the yellow button on the screen. The browser on your phone should then take you to the related information on the internet. In some cases you may have to "zoom in" to the QR code. Data will not be kept on your phone.

- Beth Paul



### Employee Scholarship Fund Quarterly Financial Report As of September 30, 2023

|                                   |                   |
|-----------------------------------|-------------------|
| Balance as of June 30, 2023       | 145,116.30        |
| Donations received in July        | 2,117.00          |
| Scholarships awarded in July      | -                 |
| Balance July 31                   | 147,233.30        |
| Donations received in August      | 2,885.92          |
| Scholarships awarded in August    | 17,319.75         |
| Balance August 31                 | 132,799.47        |
| Donations received in September   | 9,047.00          |
| Scholarships awarded in September | -                 |
| <b>Balance Sept. 30</b>           | <b>141,846.47</b> |

#### Memorial Donations:

Don Collier  
Aden Sowell

#### Honorary Donations:

Pat Liston  
Margi Sidman

- Lori Fishel



Therapy Dog Eddy Spaghetti

- Barbara Dockery

### By the Numbers November 1 Independent Living

|            | Total | Sold | Available |
|------------|-------|------|-----------|
| Houses     | 57    | 57   | 0         |
| Apartments | 212   | 211  | 1         |

#### Health Pavilion

|          | Total | Occupied | Available |
|----------|-------|----------|-----------|
| Assisted | 48    | 47       | 1         |
| Memory   | 12    | 9        | 3         |
| Skilled  | 73    | 66       | 6         |

- Andrew Davey and Ashley Davis-Meacham

### A New Duck on Our Pond

On Saturday, November 4, a duck appeared on Oak Hammock's pond that Judy and I had not seen here before. It was a female Lesser Scaup, a bird that nests mainly in northern Canada and Alaska. In Alachua County, it is considered an uncommon to fairly common winter visitor.

The Lesser Scaup is a diving duck that feeds mainly on small aquatic creatures that it finds in the bottom mud. The one that visited us was observed by several people at various times of day, always diving repeatedly. Three days later, she was still being seen. She must have been finding good things to eat!

- Tom Gire, content;  
Dave Brumbaugh, photos



### League of Women Voters

LWV member Rosalee Sprout and speaker Susan Nugent at November 14 program on the food web and climate. Retired UF professor Nugent, a member of the Gainesville chapter of the Climate Reality Project, is also a master gardener. She touched on how climate change and water scarcity affect what is grown in Alachua County.

- Catherine Morsink



### Special Treasures Sale

As always, our Special Treasure sale offered a variety of crystal, china, and miscellaneous items. Thanks to Marcia Brant and her cast of elves for their dedicated work.

- Beth Paul



### Safety Reminder

If you come across another resident that has had a fall, you should not try to assist them up. Assisting them could cause injury to you, or additional injury to the resident that has had the fall. You should push your pendant, or call security to come to the location, and then security will follow the guidelines that are in the IL/Emergency Response Protocol.

Always remember to wear your pendant!

- Sonja Donlin, RN, BSN, Quality Improvement Manager

## Festival and Art Show

A group of six Oak Hammock ladies left by bus on November 18 to be driven to the annual Festival and Art Show in downtown Gainesville. It was the biggest annual event ever. Vendors came from all over Florida and other states. Kate Wilkinson, Donna Wagner, Ann Webster, Alison Conner, and Margarete Ruth were able to admire the outstanding work of all the artists. The show was very well visited on a beautiful sunny day. We all had fun and so did all the attending dogs with their owners.

– Margarete Ruth



## String Quartet Serenade

Four talented students of Dr. Lauren Hodges entertained HP and IL residents for an early afternoon serenade. Two violins, viola, and cello first shared unique classical music then lifted everyone's spirits with several Christmas carol medleys. Thank you, Chrissy Smoak, for being a good neighbor to Dr. Hodges and bringing this enjoyable entertainment to us. We hope to hear them again!

- Sandy Furches



## Tots to Teens Play Strings

Julia Seltzer teaches violin and viola students the joy of making music together! Twenty young students presented a program in the Oak Room, demonstrating their ability to perform in various size groups. All students played the identical music score together, accompanied by Julia on violin and Alan Clark on piano. The nervous jitters of performing solo were omitted. Every age student – tiny to tall, beginner to advanced – enjoyed the applause that followed. Their spring concert will offer typical individual performances. Maybe Oak Hammock can enjoy their dress rehearsal. Music is good for everyone.

- Barbara Dockey, content; Patsy Nelms, photo

(Note: You may know Julia as the violinist (fiddler!) in our favorite Irish band, Scattered the Bruce!)



## New Year's Eve Dinner and Dancing

with DJ Bobby Laredo

Sunday, December 31 on Sandwich Island Time  
(6:00 p.m. to 9:00 p.m.!)

**Dress your Decade!**

(‘50s, ‘60s, ‘70s and beyond! Watch for more details...)

## Contributions to the Benevolent Fund



Since we last reported on the contributions to the Benevolent Fund, a total of \$1,530 was received in memory of Hank Pennypacker, Don Collier, and Adam Sowell and in honor of Roanne Coplin and Pat Liston.

- Jonathon Mann

## C O T S — What Is It?

The Oak Hammock Singers started it in 2006. Each singer occupied a stair on the main stairway into the Commons. It's become an annual tradition (‘cept for a Covid pause). As the number of Singers increased, they spread into the Upper and Lower Commons.

Known as **Christmas on the Stairs**, it's a festive celebration of music! Traditional. Inspirational. Sung by the Singers and soloists—plus a sing-along with ALL Oak Hammock joining in. Elves pass plates of cookies. What's not to like?

Plan to gather ‘round the big tree for COTS—Christmas on the Stairs!

**Sunday, December 10, at 7:30 pm.**

- Barbara Dockery

## I Remember: Shoe Rationing Ended

October 30, 1945, just months after WW II ended, the United States ended shoe rationing that had been in place for the war. In Gainesville, the shoe store I remember was Kinney's on the square downtown. All stores were downtown in those days. I recall being in a line with Mother and my two sisters to get shoes in the early 40s. As we moved forward, the person letting people in said, "Next three only, please." Mother told the clerk, "That won't work. I have the ration book." All four of us were allowed in—my older sister, Barbara, my younger sister, Shirley, and me.

- Walter Wynn



## Announcement:

If you live alone, you are invited to a social forum for Oak Hammock residents who are single. December 12, 7:30 p.m. in the Oak Room.

Signed: the Single Forum Team



## Quasi-Fantasy

*"I thought the piano was going to catch on fire! Amazing! What a treat! Really nice program!"* These comments were made by Oak Hammock residents who journeyed through "Quasi-Fantasy" with Dr. Yoon-Wha Roh, award winning pianist and chamber musician from the faculty of Washington State University. Dr. Roh's performance at UF on a recent Monday evening was spectacular. For a listing of future events, subscribe to the School of Music *Happenings* e-newsletter by sending your name to [soprangela@ufl.edu](mailto:soprangela@ufl.edu).

- Sandy Furches

## Steve Sternberg

Tallahassee's Steve Sternberg entertained with energy and nimble fingers in The Oak Room. At 8 years of age in 1958, he was first exposed to music—rock and roll. However, on this afternoon, it was his eclectic mix from boogie woogie to classical with some ragtime thrown in that delighted his small but appreciative audience. A touch of Halloween music was a timely addition. For Jews around the world in a climate of anti-Semitism, Sternberg played as Eve Berkow was inspired to dance the hora. Sternberg returns to Oak Hammock to entertain in the Health Pavilion around Thanksgiving.

- Sandy Furches



## Nancy Perry's Gator



- Janice Malkoff

## Share a Favorite Recipe

Planning menus for big family gatherings is never easy, especially for 350+ family members—every day! That's the challenge of selecting meals for Oak Hammock residents and guests. Repeated offerings tend to dull the taste buds. Several years ago, Anne Margoluis submitted a favorite recipe, "African Sweet Potato-Peanut Stew". It continues to be requested, especially from health-conscious eaters. Additional favorite recipes are welcomed by Executive Sous Chef Julio Merced. E-mail one of your favorites to [jmercedgonzalez@oakhammock.org](mailto:jmercedgonzalez@oakhammock.org).



- Barbara Dockery

## Transportation Clarification

Beginning January 1, 2024, we will be following the transportation guidelines set out in the Resident Handbook. Please be aware that **non-scheduled** (i.e. not on the published Oak Hammock events calendar), **non-medical transportation** will be charged according to the current ancillary rates. A trip to the Gainesville Airport would be an example of this type of trip.

Additionally, while we do ask that any medical appointment be scheduled before 2:30 p.m., we understand that this is not always possible and we will make every effort to accommodate you. As you can imagine, there is an increasing demand on our very limited resources and we appreciate your understanding in this matter.

- Katherine Osman,  
Director, Community and Wellness Services



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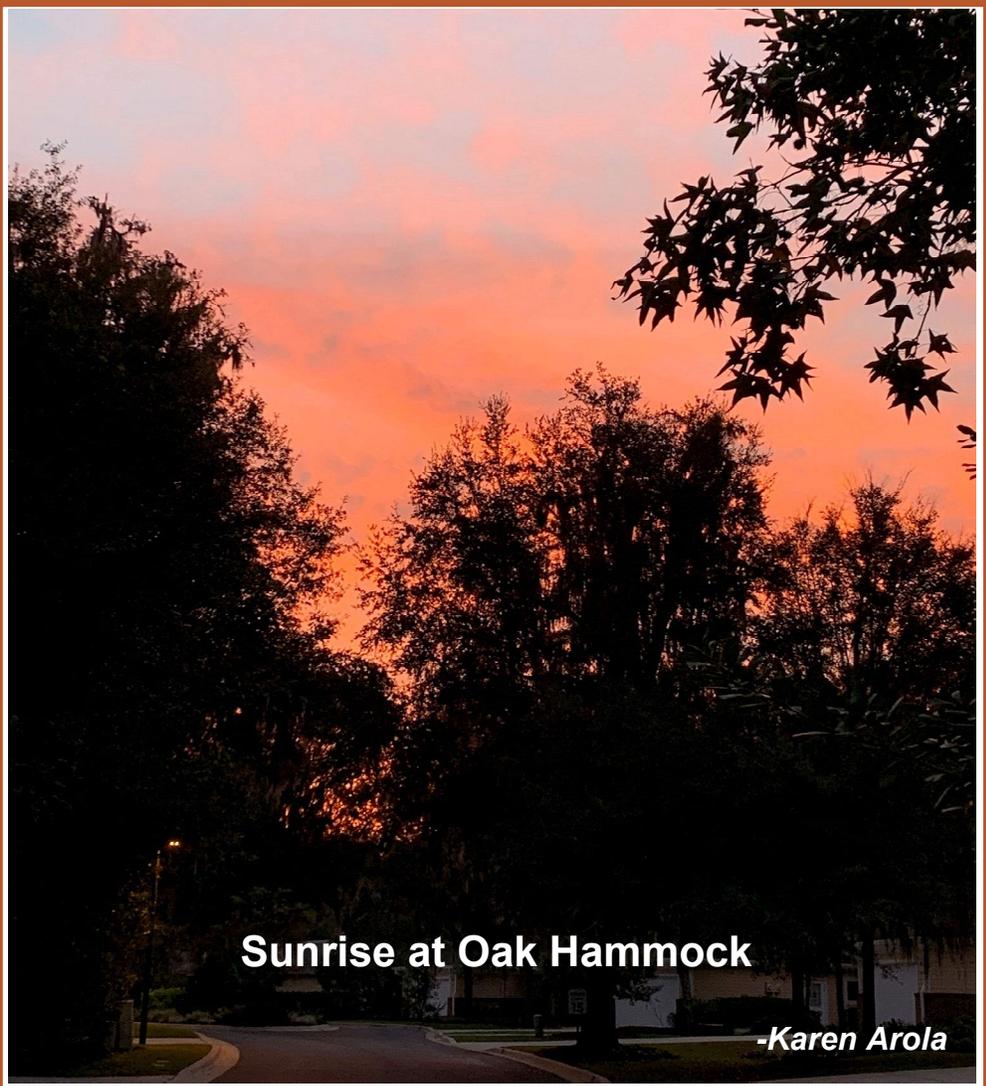
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**Sunrise at Oak Hammock**

*-Karen Arola*

## 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 <sup>st</sup> Monday, 11:00am   | Marilyn Crosby         |
| Charitable Giving                  | 1 <sup>st</sup> Tuesday, 3:00pm   | Doug Merrey/Mike Plaut |
| Dining Experience                  | 1 <sup>st</sup> Friday, 10:00am   | Bruce Blackwell        |
| Planning and Design                | 2 <sup>nd</sup> Wednesday, 3:15pm | Dick Suttor            |
| Landscape and Grounds              | 2 <sup>nd</sup> Thursday, 10:00am | Jan Lowenthal          |
| Health and Wellbeing               | 3 <sup>rd</sup> Tuesday, 3:30pm   | Ellyn Ahlstrom         |
| Buildings and Infrastructure       | 3 <sup>rd</sup> Wednesday, 1:30pm | Bob Brown              |
| Finance and Stewardship            | 3 <sup>rd</sup> Thursday, 1:30pm  | Pat Kelley             |
| Technology Services and Innovation | 3 <sup>rd</sup> Friday, 10:00am   | Bill Zegel             |

**The Council meets at 10:00 a.m. on the second Friday of each month in the Oak Room and via Zoom. Committees meet using a variety of formats and locations. Please contact the Committee chair for specifics.**