

Wellness Fair

Thirty-three vendors and more than 170 of our present and future Oak Hammock residents participated in a Wellness Fair on January 5, 2024, in the Oak Room and Upper Commons. It was the 3rd such event and the first since 2018. The purpose of the event is to provide information about optimizing wellbeing regardless of where we are located on the health continuum.

Residents could sign up for research projects such as All of Us or talk with audiologists about options to better hear. Among many items, we learned about current trends in treating pain, Parkinson's, dementia, and stroke. We toured the Mobile Stroke Treatment Unit and learned that when a stroke is suspected, we should call 911, report our symptoms, and both an ambulance and the mobile stroke treatment unit will be dispatched simultaneously to our location. The stroke team using advanced technology can conduct a neurological evaluation and based on those findings precise treatment can begin immediately.

Residents collected signatures from vendors and then entered a raffle. Liz Wing was the lucky winner of a \$100 Visa gift card.

- Henri Logan, content;
Henri Logan, Patsy Nelms, photos



Welcome Tom and Sara Ogg

After a delightful dinner, Tom and Sara welcomed me to their apartment of three weeks and shared their story so comfortably I felt I had known them for years. They are easy going, personable, enjoyable, and family oriented. They came to Oak Hammock from Port Charlotte and will be even more relaxed when their house sells.

The Oggs met at the age of 24 in a Columbus, OH, bar where Tom was the bartender and the friend introducing them knew they were meant for each other. Three months later, they tied the knot. They have enjoyed life together for 52 years. Tom says, "It was an easy decision." Sara adds, "I'm still crazy about him."

Tom is a golfer from Grand Rapids, Michigan and Central Michigan University. He had a 47-year career in the insurance industry and retired as a member of the executive management team.

Sara is a retired RN from Mt. Gilead, Ohio. She returned to school after raising the family. Their two daughters in Ann Arbor and San Francisco have given them 3 grandchildren: one at Michigan State in the PhD program for botany, one leaving soon for AmeriCorps, and one with a chemistry degree pursuing scientific glassblowing. Sara is defined by Tom as "the talent in the family." She paints, makes stained glass, and loves all hobbies which she does well. The Oggs are pictured with fish created and named by Sara. She loves reading, particularly mysteries. They both enjoy cards, games, and people. Sara worked with Guardian ad Litem before Covid and still maintains contact with some of her clients.

This is the Ogg's 11th move, spending most of their time in Ohio and a couple of years in Minneapolis. Ultimately, they retired in Florida. Without house repairs and the pressure of cooking every night, they cherish more time to enjoy each other at Oak Hammock and are happy to be here. Ask Sara about her Irish step dancing or what it is like to get a pacemaker just before moving! Welcome, Tom and Sara. - *Sandy Furches*



Christmas Day Dining

The old saying that "Good things come in threes—like friends, dreams, and memories"—would include Christmas dinner at Oak Hammock! A trio of plated items featured roasted turkey, ham, or vegetable squash casserole. Yams, a vegetable medley, and green bean casserole added color to the plates. Server Julianna cheerfully provided rolls and beverages. What a way to celebrate—smiles, sated appetites, and no dishes to wash!

- *Barbara Dockery*

Event Notices

Friday, January 19

- Arbor Day, 2:00 p.m. in the Upper Level Commons (location change)

Saturday, January 20

- Movie "The Holdovers," 7:30 p.m. in the Acorn Room (location change)

Sunday, January 21

- Virtual Catholic Mass at 10:00 in the Acorn Room (location change)
- Board Reception at 2:00 p.m., Oak Room (calendar addition)

Joel Muniz, Sous Chef

Joel Muniz has now joined our culinary team as a sous chef. He was born in Virginia and moved to Puerto Rico as a young man. His father teaches architecture in Puerto Rico and his mother and sister live in the Ocala area as do his partner and five-year-old son. In addition to his Bachelor's degree in Sports Management, he has a culinary degree from the Escuela Hotelera de San Juan, Puerto Rico. He has eighteen years' experience in hospitality in both Puerto Rico and Ocala, having graduated from culinary school in 2005. Recently, he worked at the World Equestrian Center. He and our new Executive Chef know each other from their time in Ocala and stayed in touch. When Oak Hammock had an opening for a sous chef, Joel and Julio decided it was the right time for Joel to join our team.



Joel, who enjoys black and white photography in his spare time, is looking forward to creating new dishes for Oak Hammock residents to enjoy.

- *Karen Miller*

Mary Salvamoser

Mary has been with Oak Hammock since the beginning! Her first interactions with residents took place at a vendor fair at the Gainesville Country Club in November 2003 where she represented M&S Bank. She began building financial relationships and came to the property in February 2004 to set up the branch and hire Sherry Graddy. Together they opened the bank office on March 8, 2004, which was often referred to as the “Mary and Sherry Bank.” Residents were moving into building 1, floor by floor and Mary assisted by fielding questions ranging from: How do you use the ATM? What do I do with all the extra stuff I brought that won’t fit in my apartment? Has the mail been delivered today? As she helped them settle, she got to know them. She met everyone, talked about all the bank’s free services while introducing them to the latest technology, particularly online banking. She also helped answer questions that were not banking related because she was there and always available. The branch hosted financial seminars and all residents looked forward to the bank’s annual Christmas party, especially the eggnog and homemade cookies.

Mary was born in Pennsylvania and grew up in Buffalo, NY. In 1989, she moved to Florida when the bank she was working for offered her a transfer, first to Saint Petersburg then to Gainesville. She brought this banking experience to Oak Hammock where she worked 12 years with M&S Bank then 3 years with Ameris Bank.

In January 2019, after Ameris closed the Oak Hammock branch, Mary worked full-time for an investment company and part time as receptionist here at Oak Hammock. When Covid hit, her financial services career ended and Mary accepted additional roles here. She worked in the health pavilion checking visitors’ temperatures and keeping people safe. In October 2020, she became the executive assistant to the CEO and the Board of Directors.

Over the years, Mary has become immersed in life here. First as a familiar face at the banks, then at the reception desk, and the health pavilion. For new residents, she’s in the offices “in back,” and known as a very busy person who is often seen whizzing through the halls.

Her immersion in Oak Hammock goes beyond her working life. After getting guidance from the quilting ladies, she has been making lap quilts for the health pavilion – so many that she’s lost count. Outside her life at Oak Hammock, she likes to read, craft, and focus on aspects of life that bring joy. Friends look to her for knowledge on financial planning, retirement goalsetting, and transitioning to assisted living or retirement communities. She has become the point person for neighbors and friends who are in transition.

When asked what has kept her here for so many years, without a moment’s hesitation she replied, “The residents. They are so diverse, and I have enjoyed getting to know them and their families over all these years.”

- Nancy Dickson



Bob and Deanne Taylor Honored

For 13 years, Bob and Deanne have been spearheading the decorating of the Oak Hammock Christmas tree. They have coordinated with maintenance to get the heavy tree assembled in the lobby, gotten large tables set up so ornaments could be laid out prior to decorating, convinced a horde of elves to show up to help with the actual decorating, and then finally got everyone organized again for the disassembling of it all. The Taylors have definitely earned their retirement from this valuable job, and some of the elves wanted to celebrate their contributions. After the final boxes were sealed and carted away to storage for another year, Bob and Deanne found a happy group of their volunteers gathered around a beautiful spread of treats. Marcia Brant read from a framed photo/plaque titled “Oak Hammock’s ‘Taylored’ Christmas Decorations,” and Kevin Ahmadi added his appreciation for their annual contribution to making Oak Hammock look so festive. Thankfully, some of those elves have been promoted to Head Christmas Tree Decorators for next year.



- Beth Paul, content; Sandy Furches, photo

Christmas Eve Grand Buffet

Continuing its annual tradition, Oak Hammock served the buffet to residents and guests in the Grille, with seating in the dining rooms and the upper commons. We doubt that anyone left hungry!

- Bill Castine



A Brief but Spectacular Performance

A curious invitation to a New Year's Eve event was shrouded in mystery. A crowd gathered shortly before 9 p.m. on the portico and the balcony overhead to see only three unusual features: three Teslas—white, red, and white—parked side by side resembling a metaphorical giant tomato sandwich. Could this be a signal that we were very near one of those "Sandwich Islands" whose clocks run 3 hours ahead of ours?

Ten seconds before 9 p.m. on some atomic clock, event organizers Michael Levy, Tim Ahlstrom, and Tom George began shouting the remaining seconds until the show was to begin.

It began with a bang. The empty vehicles quickly rolled down all of their windows and the sounds of a pipe organ began, playing at full volume, a moderately paced version of Auld Lang Syne. Immediately, the vehicles began an elaborately choreographed dance: the driving lights, brake lights, fog lights, turn signals and the backup lights began to turn on and off in synchrony with the music as the windows independently opened and closed and the side mirrors flapped in the air like the gulls inhabiting the Sandwich Islands.

But at the 1-minute mark, the tempo became as fast as most rock bands can manage and many of the lights pulsed so rapidly that they resembled tinkling stars. It was magical. And then it ended. But per the audience's request, an encore performance began at 9:05. For a warmer view of the New Year's Eve Spectacular, go to <https://youtu.be/wPsmzp4d5M4>

Here's hoping that this 2-minute experience inspires others in the future to produce new Oak Hammock unique experiences to celebrate the end of each year. **Happy New Year!**

- Nancy Dickson, content; Sandy Furches, photo



New Year's Eve at Oak Hammock 2023-2024

Where in the world are the Sandwich Islands? If you attended the New Year's Eve Dinner and Dancing affair which was held in the Oak Room at six o'clock on New Year's Eve, you might well wish you could have been attending dinner and dancing affairs on the Sandwich Islands forever!

A buffet dinner was served featuring beef tenderloin, vegetable prima vera, or tri-color pasta, haricots verts, roasted potatoes, roasted chicken breast, and bananas foster, PLUS petit fours, wine and champagne, and penguin punch! The Sandwich Islands would have buckled at the sheer weight of it all! Calling groups of tables to stand and be served seemed to work very smoothly, allowing time for chatting and visiting among the guests.

A lively conversation time came to an end when everyone was served, and DJ Bobby Laredo began to work his magic. Bobby seemed to be gifted with the knowledge of exactly what music would cause Oak Hammock residents to rise to their feet and begin to dance like the islanders they've always known they were! The Sandwiches were shakin', causing the Penguins to have more than a few ruffled feathers. An additional bonus was the knowledge that Mr. Laredo had been persuaded to continue after the brief but spectacular New Year's Eve performance around the portico This unique performance was a virtuoso performance by Tesla, orchestrated by the creative geniuses of Oak Hammock.

The truly dedicated residents who showed no fatigue nor flagging at the nine o'clock "midnight" of the Sandwich Islands continued the party until the last Penguin had marched to bed! As one new resident said, "This was a great party! I'll be back next year!" to which I replied, "ME TOO!"

- Tallulah Brown, content; Bill Castine, Michael Levy, Deborah Rossi, photos



The stalwart after-party dancers!

- Deborah Rossi



YMCA!
- Michael Levy

Fitness Center Open House

On January 9, the Fitness Center staff led by Health & Wellness Coordinator Stacey Hogan held an Open House attended by 37 residents, who visited the Fitness Center to meet the staff and create exercise plans tailored to their wellness goals. Stacey said, "I was pleased with how well the Open House went" and plans to hold this type of event on a regular basis. Jacob Fordham, an exercise class instructor, noted, "It was good to see lots of new people coming in and getting set up on the machines. Our hope is that they keep coming back to the Fitness Center."

Stacey also has instituted active outreach to new residents, so they know about the programs and benefits offered by the Fitness Center, including improved balance, flexibility, strength, endurance, and general well-being. She is a huge fan of the concept of "aging backwards" and "becoming younger next year." Stacey also supports the One Oak Hammock efforts to ensure that programs are accessible to all residents, including those in assisted living and skilled nursing, as well as independent living.

The Fitness Center has young instructors and interns from UF who provide helpful new exercise ideas and concepts they have learned in school. Stacey has been having her interns work side-by-side with instructors in the exercise classes, rather than just assisting people on the machine-room floor.

In addition, besides making operational improvements, Stacey wants to see improvements to the Fitness Center environment. An initial, short-term project is to build storage shelves under the half-walls at the edge of the exercise room to make the equipment more easily accessible and provide more usable space. Also in the plans are updated exercise machines that would be adjustable for all users and have enhanced electronic displays, exercise monitoring, and tracking.

- Neill Hollenshead



At Top: New residents Chris and Bernie Machen, shown with Yoga Instructor Sophia Flood and Health and Wellness Coordinator, Stacey Hogan
Below: Class instructor Jacob Fordham with Tallulah and Bob Brown

Yoga Types

Chair Yoga: Gentle and accessible, chair yoga offers a pathway to improved health without the need for complex poses. Enhance your flexibility, strength, and relaxation, all from the comfort of a chair. Good for all levels of fitness.

Vinyasa Yoga: A dynamic style of yoga, that links breathing and movement with a series of postures. We start with a seated warm up and process through sun salutations and standing sequences, using the bar as needed. The class ends with a seated cool down. The instructor can help you modify as needed.

-OH Fitness Center

League of Women Voters

UF College of Medicine professor emerita Dr. Nancy Hardt came to our Oak Room at the invitation of the League of Women Voters this month. Dr. Hardt shared an informative, data driven, and thought-provoking presentation. She heightened awareness of deficits in our health care system, especially for mothers and their babies. Our U.S. life expectancy trails others. Good maternal and infant care is essential yet not provided in our society. High fructose corn syrup contributes to maternal mortality in the U.S. Obesity in the U.S. is problematic with 33.5% in America having body mass index above 30. "Health care is a right elsewhere. In the U.S. it is a privilege."

On February 13 the next League of Women Voters program will address health and justice for farm workers.

- Sandy Furches



Leon Glaze and The Oakwoods

Leon and Sally Glaze came to Oak Hammock in 2004, but he had already begun laying the foundation for The Oakwoods. They lived in Austin, TX, at the time but Leon had gotten names and contact information for future residents and was in touch with a lot of us before Oak Hammock opened.

Oak Hammock had promised a woodworking shop and, indeed, had designated some space in what is now a maintenance area and part of the Acorn Room for this purpose. But when the sawdust collector had been installed and was turned on for the first time, it made a lot of noise just a few feet from residences on the first floor of Building Two. Management decided this was not tolerable, so never opened the woodshop in that location. Leon and a few others (notably Arthur Saarinen and Dan Keane) began lobbying for a separate building to house the woodshop. To make a long story short, we finally convinced management to erect a building to be shared with Maintenance—and Leon lobbied successfully for us to have more than half of the area of the building. At last, it opened in October of 2006. The next step was to identify machine tools, for which Oak Hammock had allocated \$15,000. These were purchased and installed even while we were finishing the inside of the building, including insulation and wallboard. Leon was the leader before and

during the completion of the shop and has served quite a few years as President of The Oakwoods.

It was only fitting that, on his birthday January 8, we expressed our deep appreciation for his more than 20 years of devotion to pursuing a dream that now has come to fruition. He was presented a commemorative plaque, then we all had some birthday cake. Thanks, Leon, for all you have done!

- Bill Castine, content;
Jack Spencer, photo



Singles Forum

In 1 ½ hours 50 Oak Hammock Singles had a lively discussion and prioritized the needs of Single Independent Residents. Our committee will meet in the New Year to discuss the survey and discussion results. A special Thank You to Rosalee for the survey and discussion, to Mary Sue, whose suggestions were noted, to Dick and Bruce for discussing Health Care, and to Jim Sullivan and Bill Castine for working on a revision of Good To Go which includes a Post Mortem Check List. Also, to Mary White, who went to make more copies of the survey. And a note of thanks to Rebecca Snowden for the set-up, to Rod Owens for the microphones, and to Kate Wilkinson and Kathy Subak for sending the notice. I am pleased with the outcome and believe we will make a difference in the New Year. Thanks to all of you.

- June Girard

UF President Speaks

On January 10, Dr. Ben Sasse, President of the University of Florida, informed a full Oak Room audience about the “University of Florida’s Next Chapter.” His informative and stimulating address gave massive amounts of background information and showed clearly how the university can equip its students to benefit the state, the nation, and the world in general. One of his focal points was “10 x 10 x 10” wherein he identified 10 areas where UF could be considered among the top 10 universities within the next 10 years.

Following his address, he entertained questions from the audience. Few, if any, residents left early!

- Bill Castine



Open House Event at the Smart House: Discover the Future of Therapy and Technology

The Smart House is composed of the Technology for Occupational Performance (TOP) Lab, the SmartDriver™ Rehab, the Mobility, Activity, and Participation Lab, and the Driving Simulator Lab. The TOP Lab at the University of Florida is a specialized research facility dedicated to optimizing function for people with disabilities and older adults. The lab is directed by Assistant Professor Hongwu Wang, PhD. The TOP Lab's mission is to use technology and innovative research to improve the quality of life for individuals in the target population, enhancing their ability to perform daily tasks and engage in meaningful activities.

The UF OT department sponsored an Open House for Oak Hammock residents at the Smart House on the afternoon of December 18. There were tours, presentations, and live demos featuring Assistive Robots, High-Fidelity Driving Simulator, AI-Based Markerless Motion Capture System, and SmartDriver™ Rehab.

Assistive robots are designed to provide support and assistance to individuals with disabilities or limitations in performing daily activities. What makes assistive robots unique is their ability to enhance the independence, autonomy, and quality of life for people with disabilities. We learned that while there have been advancements in assistive robotics, there are still challenges to overcome, such as cost-effectiveness, acceptance by users, and ensuring the safety and reliability of these systems. However, the potential benefits and positive impact of assistive robots on the lives of individuals with disabilities make them a unique and promising area of technological development.

The high-fidelity driving simulator is a specialized system that replicates the experience of driving a vehicle in a highly realistic and immersive manner. What makes a high-fidelity driving simulator special is its ability to provide a realistic driving environment that closely mimics real-world conditions.

Markerless motion capture systems are technologies used to capture and analyze human movement without the need for physical markers placed on the body. These systems utilize computer vision algorithms and cameras to track and record the motion of a person. This is an important tool in getting around disabilities through movement analysis, rehabilitation assessment, gait analysis, and human-machine interaction.

The SmartDriver™ Rehab is a driver rehabilitation program designed to assess and assist individuals in regaining their driving skills after an injury or illness. This program involves a combination of assessments, training, and adaptive equipment recommendations to help individuals safely return to driving

- Bill Zegel

Employee Scholarship Fund Quarterly Financial Report December 31, 2023

Balance as of Sept. 30, 2023	141,846.47
Donations received in October	522.00
Scholarships awarded in October	-
Balance October 31	142,368.47
Donations received in November	1,562.00
Scholarships awarded in November	1,491.00
Balance November 30	142,439.47
Donations received in December	7,869.08
Scholarships awarded in December	5,253.00
Balance December 31, 2023	145,055.55

Memorial Donations:

Don Collier, Aden Sowell, Cecelia Caton,
Susan Young

Honorary Donations:

Pat Liston, The Goldwires

- Lori Fishel

Ice Cream Social Meet the OH, I Can! Scholars at the Ice Cream Social Sunday, February 18, at 2:00 in the Oak Room

Dressing for Success

The UF Career Connections Center (CCC) provides career and professional development opportunities for all UF students—from orientation to graduation and beyond! Thanks to all who helped fill carts with donated clothing items. Oak Hammock folks proudly shared their dress-for-success wardrobe with young Orange 'n Blue Gators.

- Barbara Dockery



Where, Oh Where Is Antonio?

Aficionados of Antonio's restaurant near Micanopy know that Antonio sold not only the restaurant a couple of years ago, but also the name and his recipes, and then left the area. He checks back periodically to make sure the new owners are maintaining his standards since his name is still on the business, but where is Antonio now? Ron and I, along with Bob and Anne Bonus, tracked him down at his wonderful new restaurant called Via Canaletto in New Smyrna Beach. Antonio refurbished an old house in the historic district of N.S.B. and, when we entered the front door, we all were stunned by the beautiful interior—dark charcoal walls, brilliant white wood molding around the doors and windows, sparkling crystal chandeliers and wall sconces, and beautiful linens on the tables! We found most of our favorites on the menu, and the food and the service were both superb. Best of all, Antonio came out to chat with us so we could congratulate him on his new venture. N.S.B. is a little over 2 hours' drive from Oak Hammock and has several nice places to stay for a short get-a-way. Try the Black Dolphin B&B for one. And be sure to Google "Via Canaletto" to check their hours and menu—and to make reservations!



Google "Via Canaletto" to check their hours and menu—and to make reservations!
- Lori Hoopes, content; file photo

Mary Sue Koeppel and a Perfect Afternoon

On January 7, I had the pleasure of attending the reception for Mary Sue Koeppel, whose art work is being shown in the Art Studio during January. The show is a true delight; however, I wasn't there just to admire the variety of pieces, but to learn a bit more about the artist herself.

I've always considered Mary Sue to be among the most prolific and eclectic artists at Oak Hammock, accomplished in a variety of media, and wanted to learn more about her. She told me that her rural high school didn't offer art classes, but she was drawn to visiting art galleries whenever she had the opportunity, even though each time she left a gallery, her stomach ached. Still, she kept returning to them.

Prior to arriving at Oak Hammock in 2005, she led a very busy life on the faculty of Florida Community College in Jacksonville, and as the editor of the *Kalliope Journal of Women's Literature and Art*. After retirement here, she suddenly had time on her hands. At the suggestion of friends Edna Hindson and Val Griffith, she took an art class. She was hooked! Thereafter she took every art class that Oak Hammock offered in many different media and was captivated by every one of them. Over the years, she became so proficient that she now teaches others! And she has come to believe that her stomach ache each time she left a gallery all those years ago was her body telling her that she needed to create the art within herself.

When asked what inspires her, she explains that she is not as interested in the subject of her painting itself as in the process of creating an experience with that subject. For example, if you go to her show (and you definitely should!), you will see a colorful Koi in a pond, but only the tail end of the Koi. You will also see and feel what Mary Sue was most interested in: the motion of the water after the Koi swam through it.

Did you know that Wisconsin has many, many Cherry trees? At Mary Sue's exhibit, you will also see a representation of one of them that she created during Covid Quarantine, not with pencils or brushes, but with Q Tips! One can almost feel the colorful blossoms being ruffled and softened by the Wisconsin wind.

These are only two examples of the fascinating experiences Mary Sue creates, from her whimsical pen and ink "doodles," to oil or water color landscapes, fruit, flowers, animals or people, each with a different story to tell. Mary Sue, you are indeed one of Oak Hammock's genuine treasures!

- Jan Havre, content; Barbara Dockery, Patsy Nelms, photo



Art lovers gathered in the Art Studio to enjoy the beauty of the works of Mary Sue Koeppel. Added refreshments and conversations made for a perfect afternoon!
- Barbary Dockery

Art News from Oak Hammock

The newest exhibit in the Main Art Gallery is the 2024 Invitational. It features 10 artists who have been invited by the Gallery Board to exhibit their artwork. Be sure to stop by and see this fascinating exhibit by 10 very different artists. A bonus for this show is that all the paintings by each artist are hung together so you can see the range of their work.

Following this wonderful show is the "Repurposed Art" judged art exhibit during the spring and early summer. Application forms will be made available by the receptionist desk in a blue folder. Up to 4 works can be submitted for consideration. Repurposed art: "This exhibit calls for the use of either repurposed or recycled items that were transformed into a work of art. Repurposed art finds a new purpose for items that already exist."

On January 15th, 17th, 22nd and 24th, resident Gloria Nelson will teach a series of Beginner's Watercolor classes from 1 to 4:00 p.m. This popular class will be repeated in the coming months. For more information, please pick up a flyer located outside the art studio door.

By popular demand, Lyonel Sanchez will be returning on January 20th for an all-day Watercolor workshop from 10:00 to 3:00 p.m. Please contact Susan Bankston for more information. Looking ahead, we will have a collage workshop on February 3rd. Pick up an information sheet outside the studio.

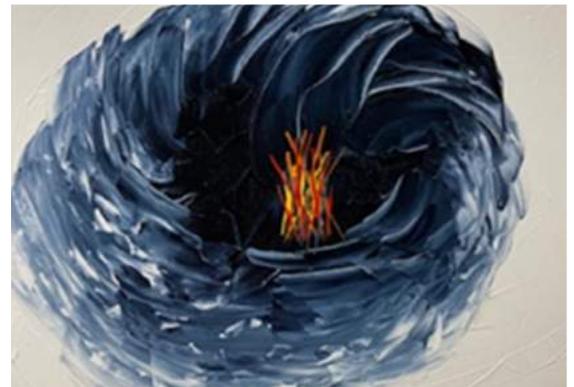
For our monthly program we are excited to have a speaker from the Appleton Museum in Ocala on Tuesday, January 23rd at 4:00 p.m. in the Oak Room. This presentation will be followed by a tour of the Museum in February.

Shows in the Art Studio:

As mentioned in a previous article, Mary Sue Koeppel's doodle show will be up through January. Next will be a show through February and March featuring photography by Paul Walker. Everyone is welcome to visit.

The Mini Gallery is featuring paintings by Dan Taylor, a Tallahassee artist, best known for his bold, striking color palettes. He also produces jewelry and large garden sculptures, but the mini gallery isn't equipped to show them!

- Nancy Dickson



Art Reception for Current Show

On Sunday, January 14, residents and guests were invited to meet the artists featured in our current show. As always, the Dining Staff put on an attractive spread of delicious nibbles.

- Nancy Dickson, content;
Nancy Dickson, Sandy Furches,
Michael Levy, photos



Colored pencil artist Anda Chance discussed inspiration and technique with admiring residents at the recent Sunday afternoon Art Gallery reception.

- Sandy Furches



A Resident Led Association to Ensure Quality of Life in Retirement Communities

Lamar Miller Chapter 255
Oak Hammock at the University of Florida

The Lamar Miller Chapter 255 of FLICRA at Oak Hammock will hold its annual meeting in the Oak Room at 10 a.m. on Tuesday, February, 27th. Three new members of our board will be chosen. Please put the date on your calendar and come hear an interview with Bennett Napier, the executive director of FLICRA. Also, learn why our chapter was named after Juanita Miller's husband, Lamar.

- Mary Sanford

The Case for a Benevolent Fund

The Oak Hammock community, our home, is a truly caring community. For many of us, living at Oak Hammock is a dream come true. This is where we will spend the rest of our lives, comfortable and confident that our healthcare needs will be met by our community, and that we will not be a burden on our families. Moving to Oak Hammock has been characterized by some residents as a gift to our children.

For some, however, unforeseen financial hardship, extensive medical issues or *outliving one's financial resources* jeopardizes that comfort. Oak Hammock's Benevolent Fund is intended to assist those few residents who are unable to meet their monthly service fee obligations. *Friends helping friends*. It's how our community comes together to protect each other. In fact, doing everything possible to provide for such residents directly reflects the mission of many CCRC's generally, including Oak Hammock.

A study by Leading Age suggests that CCRC's should anticipate that about 1% of its residents will exhaust their financial resources prior to end-of-life. Benevolent care programs were promulgated to provide care for those few by their community. Oak Hammock's Benevolent Fund was initiated by a generous donation by Frank Duckworth, who served as President of our original Board of Directors. His vision formed the cornerstone of our Benevolent Fund and provides us an opportunity to build on his legacy. *Friends helping friends*: taking care of our own in our community, both now and for future generations.

- Benevolent Fund Committee

Who Said It?

1. The only thing we have to fear is fear itself.
2. Well done is better than well said.
3. You are braver than you believe, stronger than you seem, and smarter than you think.
4. Life is like a box of chocolates. You never know what you're gonna get.

Answers on page 15.



The Benevolent Fund

The Benevolent fund received contributions of \$86,600 in memory of Susan Robell, Anne Eiler, and Susan Young.

- Jonathon Mann

Keep Your Eyes on the Road

"I was at a full stop at the I-75 exit for eastbound traffic, returning home to Oak Hammock from Butler Plaza. A green left arrow indicated that I proceed into the intersection. About halfway through the turn, I was plowed into the *passenger side* of my truck. A driver on the opposing side had run a red light. I never saw the collision occur before or after. The airbag had been fully deployed, all the safety equipment worked, I was belted in—and medically unharmed.

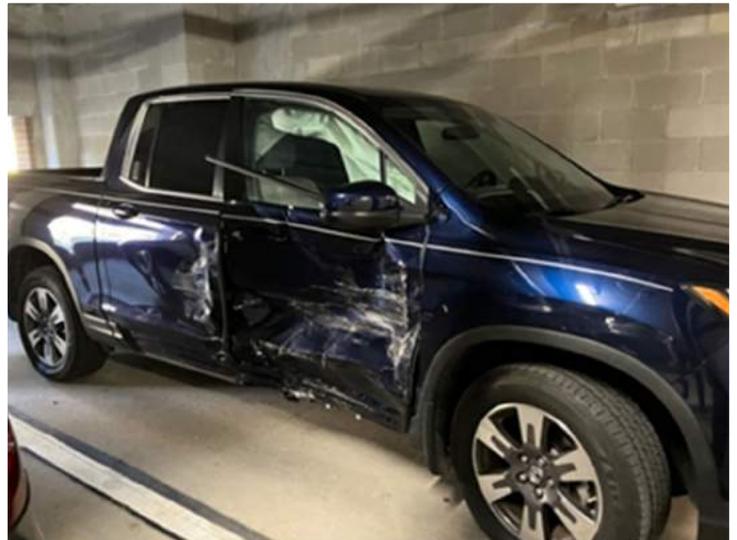
"I got out to check on the other driver. He was middle aged, medically uninjured as well. He admitted to the police officer that he was looking down at his phone to see how far he was from the VA outpatient center—looking up to see that he was already through a red light. His vehicle was declared totaled on the spot, completely undrivable."

The foregoing narrative is shared by John Scussel. He is thankful for the many caring Oak Hammock friends offering assistance while he deals with insurance, repairs, and not having his wheels available.

All drivers be aware that The State of Florida Statutes (Section 151) specifically states that: When turning right onto a highway, public or private roadway: the driver of a vehicle intending to turn right at an intersection onto a highway, public or private roadway must make both the approach for a right turn and a right turn as close as practicable to the right-hand curb or edge of a roadway. Execute in opposite manner for left turns. This is a ticketed offense, adds unwanted points to a driver license, and requires attending classes.

And by all means, Keep Your Eyes on the Road at all times!

- Barbara Dockery



SE Guide Dogs Visit Oak Hammock

Some people just seem to be born lucky. Same could be said for dogs. Griffin, an excited preschooler—class of 2023 from Southeastern Guide Dogs—experienced his first elevator ride up to the Oak Room! And handled it like a pro. Three adult dogs (and several human adults) returned to Oak Hammock, eager to share their wonderful experiences offered by the



Southeastern Guide Dogs organization. It was a real love-in. Lots of pats, hugs, and waggin' tails. Southeastern Guide Dogs began in 1982 with three dogs at an old farmhouse. Today, a thirty-five-acre campus at Palmetto, FL (think Sarasota area), enjoys worldwide recognition. It is a non-profit organization that breeds and trains dogs to serve as guide, service, and companion dogs. People with vision loss, veterans, and children are matched with a dog that is trained to assist them turn “darkness into light”—at no cost! It includes prescription dog food and preventive veterinary care for the life of the dog.



A proven program involves levels of training and people. Puppies ranging in age from six to nine weeks begin learning socialization and house training with “puppy starters” for up to six weeks. Then “puppy raisers” finish with the 3, 6, 12-month training of an individual dog. This two-year process leads to matching guide dogs that are best suited to the needs and lifestyle of applicants.

Remember Griffin? He’s privileged to have *two puppy raisers*. Both are full-time University of Florida students! Griffin enjoys apartment living and being a Gator—taking trips to the

beach, athletic events, and lots of TLC. He has adjusted to crowds, noise, and people of all ages—life at various paces. He’ll make a wonderful contribution to many lives. His final month of training will be spent on the Southeastern Guide Dog campus. Griffin and his matched applicant will live together—24/7—in a dorm setting, adjusting to physical preferences.

There is a two-year waiting list for these wonderfully trained Labrador Retrievers and Goldador dogs. Their selected breeding and training turn darkness into light for lucky people. *Good Luck, Griffin. So glad you’re a lucky Gator dog!*

Visit www.youtube.com/watch?v=H-BEAFgqKDO&t=52s for additional information and funding opportunities.

- Barbara Dockery, content; Jim Ebling, photos

At right, Jim Ebling and Guide Dog Ambassador Demetri pose before their talk at Oak Hammock on the evening of January 11. Oak Hammock is looking forward to working with SE Guide Dogs in the future.

- Katherine Osman



Interested in learning to Ballroom Dance?

Fox Trot * Cha Cha * Swing * Rumba
It's easy and fun!

If you're interested ballroom dance lessons with experienced dance instructor Ralph Smith, please sign up on the list at the front desk. We will schedule if there's enough interest!

Couples, singles, and all levels of experience are encouraged!



Seen While Riding My Bike

Michael Plaut

Around the World in 20 Years: The Soaring 20s!

Watch for details on how you can get involved with the exciting things we have planned for our 20th anniversary year in 2024.



June Girard enjoying lunch with a friend at one of the garden view tables of the newly renovated Grille. - Nancy Dickson

Soundscapes

Dr. Leonidas Lagrimas, Assistant Professor of Piano and Piano Pedagogy from Western Carolina University School of Music, wowed an appreciative audience at the UF School of Music with his guest recital performance. He masterfully shared works by four different composers with a variety of styles. His personable insights shared with the audience facilitated the immersive "Soundscapes" experience.

Opportunities like this are provided by the UF School of Music and can be found in the Transportation Notebook outside First Federal Bank in our lower lobby. Sign up for one soon and enjoy the evening journey to campus thanks to our Transportation Department!

- Sandy Furches



The Oak Leaf Marches On!

We are pleased to announce that Sandy Furches has accepted a new role with *The Oak Leaf*. She and Patsy Nelms will become co-editors effective with the February, 2024, edition. Sandy has been a faithful contributor for the past year and will continue to report as well as edit. Welcome, Sandy!

NOTICE

Be a good pet owner and an even better neighbor. Please immediately pick up any pet accidents in the building, garage, or atrium. If you need help, please call housekeeping.

By the Numbers January 1 Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	209	3

Health Pavilion

	Total	Occupied	Available
Assisted	51	50	1
Memory	12	11	1
Skilled	73	66	6

- Andrew Davey and Nadia Luna



Albert and Alberta on Holiday in Aruba

- Norm Cooney

Who Said It? Answers

The only thing we have to fear is fear itself.
Franklin D. Roosevelt in his Inaugural Address

Well done is better than well said.
Benjamin Franklin in *Poor Richard's Almanac*

You are braver than you believe, stronger than you seem, and smarter than you think.
A.A. Milne (Christopher Robin to Winnie-the-Pooh)

Life is like a box of chocolates. You never know what you're gonna get.
Forrest Gump, waiting for a bus in Savannah, GA

Missing Something?

Please remember to check the Lost and Found in the front lobby. You'll be surprised what's there: car keys, glasses, books, earrings, small electronics. You name it! So...before you panic, check with us!

Gloria Nelson's Watercolor Class



- Susan Bankston



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Patsy Nelms and Sandy Furches

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Bill Castine, Beth Paul, Martha Rader

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Events

Kathy Subak



A Beautiful New Year at Oak Hammock

- Karen Arola

2024 Residents' Council

President: Donna Johnson

Vice President: Nancy Dickson Secretary: Mike Plaut

Assisted Living Representative: Fred Harden

Committee	Meeting Time	Chairperson / Co-Chairperson	E-Mail
Active Lifestyle	1st Monday 11:00 am	Marilyn Crosby	mcrosby908@aol.com
Charitable Giving	1st Tuesday 3:00 p.m.	Mike Plaut	smplaut@gmail.com
Food and Nutrition Services	1st Friday 10:00 am	Steve Gird	stevegird097@gmail.com
Growth and Renovation	2nd Wednesday 3:15 pm	Doug Merrey Martha Rader	dougmerrey@gmail.com martharader1@gmail.com
Landscape and Grounds	2nd Thursday 10:00 am	Bob Virnstein	seagrass3@gmail.com
Health and Wellbeing	3rd Tuesday 3:30 pm	Ellyn Ahlstrom	e.ahlstrom@me.com
Buildings and Infrastructure	3rd Wednesday 1:30 pm	Bob Brown	robertbaldwinbrown@gmail.com
Finance and Stewardship	3rd Thursday 1:30 pm	Pat Kelley	pkelley@khsatty.com
Technology and Communication Services	3rd Friday 10:00 am	Bill Zegel	wzegel@gmail.com

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.