

Love is in the Air...and on the Dance Floor!

On February 14, about 50 residents and guests enjoyed a delicious meal featuring salad, a choice of filet or salmon, asparagus, and wild rice, followed by a chocolate cake creation for dessert. Subsequently, The Rockers (Keith Berg, drums; Al Goebel, accordion; and Ron Hoopes, vocals) entertained for our listening and dancing pleasure. What a nice way to celebrate St. Valentine's Day!

- Bill Castine



Library Display Case for Valentine's Day

Ann Elnicki woke up in the middle of the night with an "Aha" moment. She had the idea of turning the library display case into a version of the Bobby Vinton song "Roses Are Red." Residents were asked to write their own poems beginning with the two lines of "Roses are red, violets are blue." Some were humorous, some sentimental. My favorite was by Donna Johnson using Artificial Intelligence. It refused to write a nasty poem from a mean girl. Good job! Come read what your buddies took the time to write.

As always, the team of Ann Elnicki, Jan Havre, Beth Paul, and Julie Ann Ariet worked hard to get the display up for the month of February.

- Beth Paul, content; Bill Castine, photo



Meet Mary and Fred Brenner

Fred and Mary lived in the Bay Area of California from childhood until they received their bachelor's degrees from UC Berkeley. Fred later received a graduate degree from the University of Arizona at the Thunderbird School of Global Management. Mary, received a Master's degree in Nutrition and Dietetics from Florida International University in Miami. Fred's studies at Thunderbird focused on Latin America and the Spanish language and thus were a gateway to his postings in Mexico, Panama, Bolivia, and Colombia.

When they returned to the States, they and their children settled in Miami where they enjoyed living for 52 years. After living in Miami for 52 years, Fred and Mary made the trek north to Oak Hammock. The decision to move to Gainesville was influenced by their daughter Nancy and her husband Tom Anderson who had settled in Gainesville. Although 52 years in one place may sound sedentary, especially since their childhood and education were all in the Bay Area of California, the Brennens had 10 exciting years exploring Central and South America while he was working for the Bank of America. From the Americanized Panama Canal Zone at sea level, to the mountains of Bolivia, they explored the various cultures and learned Spanish (which was helpful when they moved to Miami). Even though all the countries they lived in were Spanish speaking, the varieties of Spanish were different.

Their visits to foreign countries were not all job related. They have traveled through Russia and the Far East (Vietnam and Cambodia), they've gone on safari in Africa, and done more conventional traveling in France, Spain, and Portugal.

When you are out on the street, stop and say hello to your new neighbors!

- Nancy Dickson



Sonja Donlin

Sonja Donlin joined Oak Hammock as the Quality Improvement Manager over a year ago. She is an experienced nurse as well as a licensed nursing home administrator who has now assumed the top leadership role in the health pavilion. She hopes to create new programs and improve our existing programs in the health pavilion. She intends to establish a



more formal mentorship program for nurses and CNAs with periodic training for all health pavilion staff. She will also be exploring with Michelle Parker, Director of Nursing, creating a universal caregiver model about which she will be providing much more information in the months to come and about which we have read when learning about "Green House" caregiving. Sonja is very responsive to any issues residents or family or friends have in the health pavilion, so please bring any issues to her attention.

- Karen Miller

Yamik Gonzales

Yamik Gonzalez has joined our Dining Staff as the new Restaurant Manager, working with Chris and Rose. Yamik started working in Senior Dining at 17 at the Village, first as a server, then supervisor, working in every kitchen and restaurant there. He then moved on to UF Health where he worked for five years in both the Cancer Hospital and the Heart and Neurological Hospital. He had an opportunity to learn a great deal about healthcare and nutrition but missed senior living, especially interacting with the people. His wife, who is in insurance, saw that Oak Hammock had an opening for a Restaurant Manager and he applied.



Yamik will be working every other weekend until closing and will be interacting with residents in both IL and the Health Pavilion. He hopes to continue to improve communication between the front and the back of the house and in general improve service in all dining rooms.

On his days off, Yamik enjoys spending time with his wife and two-year-old daughter. He has also just helped his mother move from Puerto Rico to North Florida and will have an opportunity to spend more time with her. When you see Yamik, take an opportunity to say hello because the more he knows us, the more he can provide us with the service we enjoy. He, as well as the rest of the dining staff, want to hear our feedback.

- Karen Miller

Denise Costanzo

Denise Costanzo, who has worked at Oak Hammock as a consultant, joined our staff in January as a regular full-time staff member. She is a graduate of Rutgers University in New Jersey with a degree in psychology and she has a Master's degree from Drexel in Philadelphia in human nutrition. She became a registered dietician in April, 2023. After moving to Ocala with her fiancée, who is employed in the tech sector, she worked for a consulting firm that was providing service to Oak Hammock. Recognizing her ability to work well with our other staff and especially our residents, she was offered and accepted a full-time job. Her primary responsibility will be with the health pavilion. Our residents in skilled nursing have the highest need for her services, but she will be available to residents in all levels of service and will be working with dining staff to improve our food offerings campus wide. — Karen Miller



Matthew Lynn

Matthew Lynn, our new security officer, is from Lake City. He worked Corrections for five years and also worked other security positions including at Walmart. His wife, who is an asset protection manager at Walmart, and he have known each other since high school. They have two sons who are eleven and four years old with whom he enjoys spending his free time.

Matthew has been working here for several months, primarily day, and so far is enjoying the interactions with the residents and the pace—quite different from his previous jobs. He may be exploring our scholarship opportunities in the coming months and years. — Karen Miller



Behind the Maintenance Doors

Ever wonder what happens behind those double doors to Maintenance? After stopping in to meet Danny Grant, Plant Operations Assistant, I have a whole new appreciation for the juggling ability required for smooth operations there. Since July, 2023, Danny has been on staff in this position. He knew Oak Hammock as a paint contractor for around 4 years previously.

Danny receives and processes our maintenance work order requests and receives them every way possible. The TELS system is most efficient, but with Danny's calm quiet demeanor, he also receives requests by phone, email, and drop-in visits.

Monday through Wednesday, he is processing construction invoices, coding them appropriately, while frequently having two individuals waiting at his door and one at the copy machine in his compact workspace. Pest control services are on Thursdays. The locksmith is here on Tuesdays and Thursdays and cuts keys on site. Danny's oversight and coordination is sensitive as all keys for residents, staff, and replacements are secure. Did you know the cost of a secure key is \$18 for the blank and there are a couple of key replacement requests per week? The elevator contractor is here once or twice per week even with staff knowing the reboot mode. Taxes are in process currently and setting up sensitive storage is also on Danny's full plate as well as coordinating member storage. Then there are meetings for safety and coordinating with the Health Pavilion. Yes, it is a challenge to find time for a lunch break.

We see and appreciate our 8 maintenance staffers: Ed, Erik, Erich, Wally, J.T., Bill, Emilia, and Carolyn as well as supervisors Mike, Jonathan, and Bill. Little did I know the man contributing greatly to their success is Danny who also coordinates maintenance efforts with Rebecca, Housekeeping and Laundry Manager, with her 41 staff and 2 assistant managers. It takes a village, and I am grateful to Danny for sharing his time to help us better understand what a treasure we have behind the scenes. —Sandy Furches



AARP Tax-Aide Service

Free AARP Tax-Aide service for Oak Hammock employees had its debut on February 5, 2024. The initial Oak Hammock client was Jessica Bukas, Assistant Restaurant Manager. The photo shows resident Tim Noe preparing Jessica's tax return. Standing are other resident members of the OH AARP Tax-Aide Team: Frank Townsend, Randy Terry, Ray Goldwire, Dick Lucas, and Marty Clendenin. Missing from photo: Jeff Minch.

- Frank Townsend



Cruise Ship Casino and Captain's Night

For Nursing Home Week, Chrissy Smoak and her enthusiastic team created a festive cruise ship atmosphere, complete with a captain's dinner and casino. Everyone loved this outstanding week of events and hated to see the ship dock. There's always something going in the Health Pavilion!

- Margarete Ruth, content;
Chrissy Smoak, Margarete Ruth, photos





Valentine Luncheon
in the Health Pavilion



Law Enforcement
Appreciation Day



Super Bowl in the
Health Pavilion



Mardi Gras Revelers

Chrissy Smoak, photos

Art News for February

Art Shows at Oak Hammock

The wonderful Invitational Art Exhibit is still up for view in the Main Art Gallery. This will be followed by a judged art exhibit, "Repurposed Art," which 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 an already existing item(s)." Up to 4 works can be submitted for consideration. The due date for applications is March 11. Application forms are in the Blue Art League At Oak Hammock folder by the reception desk. There is an entry fee of \$10 for Oak Hammock residents for up to 4 works. The opening reception will be Sunday, April 21, during which time the awards will be presented.



There is a new show in the Art Studio: "The World in Color," by resident photographer Paul Walker (right). Stop by and be amazed by his work. You can pick up a guide to the show as you enter but please return it when you leave. See more about the artist below.

The Mini Gallery continues to feature paintings by Dan Taylor, a Tallahassee artist, best known for his bold, striking color palettes.

Upcoming Events

February 21: An art sharing session will be held from 7-8 in the multi-purpose room. This is an excellent opportunity to show and discuss your work for the upcoming repurposed art show. Bring your work in progress or your ideas. Or come listen.

February 27: Our monthly program will be held in the Oak Room at 4:00 p.m. and will feature another "A Private Life of a Masterpiece" film.

Save the Date for Upcoming Art Classes

March 2: Jenna Wesson will be back to teach a workshop where you will do a simple pencil drawing and then enhance it with ink and a watercolor wash. Look for more information located outside the studio door.

February 13, 15, 20, and 22: Gloria Nelson will teach another new Beginner's Watercolor Classes. Information can be found outside the studio door.

April 3: will be an acrylic workshop with Linda McVay. You may bring in a reference you would like to paint. The studio has some acrylic paint to lend.

May 4, from 10 a.m. to 3 p.m.: Lynn Ferris will return for a Watercolor workshop.

Meet the Artist:

Paul Walker, Oak Hammock resident and photographer, whose fabulous show is currently in the art studio, first became interested in photography as a child, when he and his brother both had box cameras and a dark room where they could experiment. He acquired a macro lens so he could photograph bugs and stretched his horizons by taking pictures of the huge expanse of landscapes.

Once he graduated from college and had a job (and therefore some money), he began by buying a Canon and attending weekend photography classes in Atlanta where he was living. He kept upgrading his cameras and continued to work with slides and prints until 2004 when he moved to digital.

Walker loved his first digital camera so much that he called it his "last" camera. He bought a second one because he was so afraid that they would discontinue the model and he would not be able to replace it if it broke. Currently, though, he is on his seventh "last" camera.

When he first became serious about photography, he would go looking for particular shots, but today he uses photography to document his trips. In the United States, he travels out west where he photographs the amazing natural beauty. During his European trips, he concentrates on people, markets, cathedrals, and unusual sites.

He's always looking for the best angle for his pictures, which often means moving off the beaten path. When he was at a stone circle in Ireland, for example, and everybody was milling about taking pictures of the stones, he climbed a small hill nearby to get the best possible shot of the stones. The most difficult pho-



(Continued on page 7)

(Continued from page 6)

tographs he's taken are of Antelope Canyon in Arizona and when he went up in a doorless helicopter to shoot the Napoli coast.

When he was assembling the pictures for the current show, he chose some of his favorites, taken over the last seven or eight years, but one favorite is not in the show because when he printed it on 13 x 19 paper, it didn't work. Walker has another trip coming up. In March, he's flying to London, touring around Britain, up into northern Scotland, and finishing it off with a flying trip to Cinque Terra in Italy before coming home. So, fortunately, we have more pictures to look forward to in the spring.

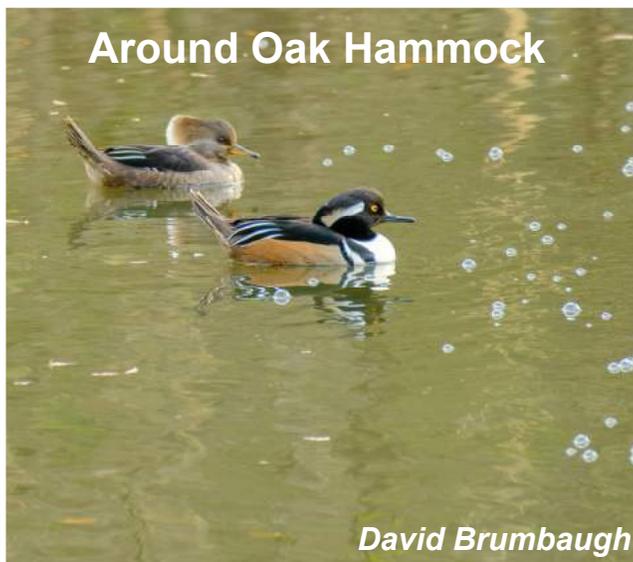


Pictures from an Exhibition: Paul Walker in yellow, wife Barbara on right, talk with Oak Hammock residents at the opening.

- Nancy Dickson, content; Susan Bankston, Sandy Furches, photos



Peg Owens



Around Oak Hammock

David Brumbaugh



Walter Wynn

Quilters Never Quit

The Oak Hammock Needlers have a reputation to uphold. They quilt *with* love—and *for* the love of quilting. Anne Carlson-Bonus shares, “We’ve made about 2,000 quilts to date, if they have all been counted. About fifteen years ago, Pat Martin and I started making lap quilts for patients in the Health Pavilion. Folks admired the fine workmanship and inquired about purchasing them. *Sorry, they’re not for sale!* About one in ten is returned to us. We wash and inspect quilts for ‘regifting’ if it is still a good quilt. We also have made quite a few ‘Fidget’ quilts. These have do-dads on them to encourage patients to play with the items. Fun therapy.”

Paulette Gird offered the spiral notebook containing all the pertinent data of each quilt made—name of the quilter, date, and person receiving. And they only get one, even if repeat patients. Contact Anne Carlson-Bonus or Paulette Gird to receive informative emails.

Pat Martin added, “if anyone has a stash of fabric

about 12 inches square or bigger that’s needing to find a new home, please leave it in the Needle Arts Room with a note that it’s being donated for quilters.”

Need to replace a button? Can’t find the right color thread (or even a needle)? Or a steam iron and ironing board? The Needle Arts Room is THE place to go! It’s there for everyone to use—located by the pool table on the Lower Level.



- Barbara Dockery

Florida's Big Dig

From Mickey Mouse to prehistoric fossils, Florida's got it all—right in our backyard! Rachel Narducci, Collection Manager OF Vertebrate Paleontology at Florida Museum of Natural History, introduced Oak Hammock nature lovers to the Montbrook Paleontology Project. It's more than just a big hole, out near Williston. A property owner sold gravel, then clay for building roads, creating a very deep hole. A perfect place for a five-year-old to hunt sharks' teeth. The owner contacted the Florida Museum of Natural History in 2015, granting the excavation on his land. The land and river formation had evolved, leaving prehistoric mysteries unsolved. Florida's Big Dig, The Montbrook Paleontology Project, was born. And Oak Hammock had people ready to view this outstanding discovery.

- Barbara Dockery



Natural History Society Field Trip to Montbrook Paleontology Dig

Sixteen Oak Hammock explorers were intrigued by the activity and fossil finds from bear to fish at Montbrook paleontology dig. They visited with students and asked many questions of Rachel Narducci and staff at the dig site.

- Sandy Furches,



Group photo with Rachel Narducci at the dig site.

Visit to Animals, Etc.

As a kid, I never had a pet snake—but resident Bill Brant did. He says “reptiles have been a passion since I got my first at age seven.” Now he and his wife, Marcia, own Animals Etc., a thriving reptile business in Newberry that produces thousands of snakes and geckos for resale to wholesale distributors that in turn sell to pet stores, which sell to individual customers.

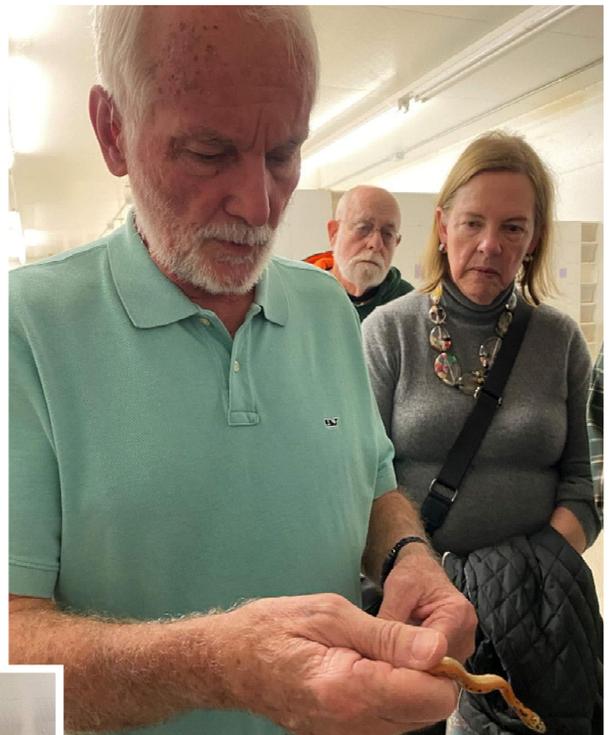
In January, a busload from Oak Hammock enjoyed an educational tour of the facility by Bill and his employees. We walked into a super clean facility with three different rooms, each with floor to ceiling shelves with plastic bins. Each bin held a snake or a gecko. All of the rooms were temperature controlled to mimic the natural habitat of the reptile. For example, the room for the geckos replicated the climate of their origin, New Caledonia Island.

Snakes produce “clutches” of eggs with semi-transparent leathery shells. The flexibility of the shell material allows the egg to increase in size as the snake grows inside it. We saw one clutch of eggs that had stretched to the size of chicken eggs! Those baby snakes inside will eventually become someone’s pets from Animals Etc.

Thanks for sharing your passion, Bill!

- Rosalee Sprout

Note: Amanda Cochane, an employee at Animals Etc., is the woman holding a snake in the photos

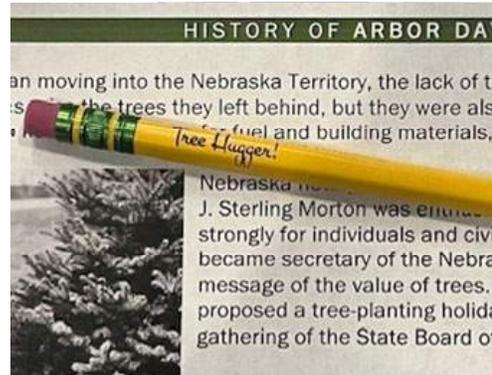


Oak Hammock Arbor Day 2024

Oak Hammock loves to celebrate. And Arbor Day was a double reason to gather. National Arbor Day is the last Friday in April. Some state Arbor Days coincide with the best tree planting weather—January and February in the south—marking January 19th as Florida Arbor Day. The natural setting of Oak Hammock attracts new residents; once located here, they join the ranks to protect and enhance the natural beauty of the campus.

A dreary, cold day was predicted, but the weather gods came forth with sunshine and a pleasant temperature. Perfect for an Arbor Day Scavenger Hunt! A group of nature lovers, maps in hand, headed out in search of locating the ten newly planted trees, located in various areas of the Oak Hammock campus. Of interest was the slow-release watering system installed around each tree. For additional information about this made in the USA product, search treegator.com. Plan some warm-spring-weather walks to welcome the leaves on our newest Oak Hammock trees!

-Barbara Dockery, content;
Nickie Doria, photos



Why Plant Trees at Oak Hammock?

Environmental Value of Trees

1. They remove greenhouse gases and produce oxygen. Canopies are natural filters capturing dust, smoke, and other airborne particles. They are important for maintaining air quality.
2. Trees act as carbon sinks, absorbing and storing carbon dioxide, helping to mitigate negative impacts on our atmosphere.
3. Through their network of roots, trees aid in stabilizing soil and preventing release of carbon dioxide stored in the soil.
4. Trees provide cooling shade and reduce grass, which requires intensive labor and expense for pest control, irrigation, fertilizer, and mowing. Grass can be replaced by mulch or low maintenance plants, thereby reducing costs.
5. Trees provide valuable habitat for a rich diversity of animal life, including birds, by providing nesting, roosting and often food sources such as nuts, fruits, and berries.

Aesthetic Value of Trees

1. Studies show simply looking out into a natural area relieves stress, providing positive effects on our physical and mental health, with even greater benefits from being in that natural environment.
2. People prefer developments with natural diversity, which increase value. Natural areas have been a marketing tool at Oak Hammock.

Conclusion

The importance of trees transcends boundaries, encompassing societal and personal dimensions. From purifying the air we breathe, to regulating climate, to preserving biodiversity and enriching our well-being, trees play an integral part in our lives. By implementing "green" landscaping, Oak Hammock can build on its reputation as a community leader, not only as a caring senior community, but as a good steward of our natural environment.

- Pat Harden, Bob Virnstein, content; Sandy Furches, photo



Bob Virnstein and Jan Lowenthal, resident volunteers, check on trees recently planted, the East Palatka Holly and plum (behind Bob).

Mobile Stroke Treatment Unit

Minutes Count! was the theme of a well-presented talk in the Oak Room. Around 40 attended and were informed about the advantages of using the Mobile Stroke Treatment Unit and the life-saving effects of taking advantage of the “Golden Hour.”

Shortening the time between the onset of stroke symptoms and the delivery of early treatment can mean that the brain is not deprived of the oxygen and blood that it needs to stay healthy. Time is our agent, and it makes all the difference. If we can remember to check for **F** (is the FACE drooping?) **A** (does one ARM drift downward?), **S** (is SPEECH slurred?), and **T** (TIME to call 911!) if the Mobile Stroke unit is available, the odds of a patient’s improvement increase 70 percent if they receive treatment within the first 60 minutes of a stroke onset. That’s why it’s called the Golden Hour!



The Mobile Stroke Treatment Unit (MSTU) is an specially engineered ambulance with a portable CT scanner, telemedicine equipment and medication, even the stroke treatment drug TNK. It is staffed with five individuals: an EMT driver, a CT technologist, an RN trained in stroke care, a paramedic, and a Stroke Neurologist in person or via telemedicine. Treatment by the MSTU can run 72 minutes from stroke onset to treatment as compared to 108 minutes for the same actions by conventional stroke management.

Many saw the MSTU here a few days ago, but did you know that their *Chain of Survival* includes Detection (rapid recognition of stroke symptoms), Dispatch (early activation and dispatch of EMS system by calling 911), Delivery (rapid EMS identification, management, and transport), and Door (appropriate triage to the right stroke center).

There is so much that these vehicles can do that it is no wonder that they will soon appear in the UF Health Central Florida (serving the Villages Community), in Jacksonville at UF Health serving Duval County, and Jupiter Medical Center, serving Palm Beach County. As it expands to other areas of the state, our neighboring areas will begin to enjoy this statewide UF network. What an accomplishment! – Tallulah Brown



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

ANNUAL MEETING

Join us for the annual meeting of our local chapter of FLICRA, **Tuesday, February 27, 10 a.m. in the Oak Room**

- Mary Sanford

By the Numbers February 1 Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	210	2

Health Pavilion

	Total	Occupied	Available
Assisted	51	51	0
Memory	12	11	1
Skilled	73	69	2

- Andrew Davey and Nadia Luna

Recycled Riches

Recycled Riches is happy to announce that we had a total income of \$33,450.22 in 2023. This makes our total income (2006-2023) \$370,545.83. This is money which is used directly to benefit Oak Hammock by purchasing items not included in the budget. When you donate items to other charities, you must remember that our staff and residents do not benefit from those items, and our monthly fees would need to be increased to cover the cost of the items we purchase for Oak Hammock.

If you are planning to downsize or move to another apartment, PLEASE contact Recycled Riches FIRST so that we can advise you what we can use here at Oak Hammock. We are here to help you so that you can help us. Don’t forget to let your family know that we are here, too. Thank you.

Our next meeting is Monday, February 26, at 11 a.m., in the Acorn Room. I hope to see you there. Everyone is welcome. - Valerie Griffith, Chairman, Recycled Riches

Improv in the Oak Room

The Senior Center Improv Troupes charmed and entertained a curious audience in the Oak Room. Dr. Karelisa Hartigan, PhD Classics Professor Emerita at UF, founded the group in 2016. Eight talented women joined Dr. Hartigan, presenting a series of scenes with content entirely improvised—no predetermined lines or action. *Improv is storytelling*, with suggested boundaries, such as using the previous sentence and adding a new phrase to the story. The audience was invited to play several word games, proving that improv can be fun and a challenge. Enthusiasm suggested that Oak Hammock is ready to organize and to improv!

- Barbara Dockery



Why Does Oak Hammock Need a Benevolent Fund?

This is a frequently asked question considering that Oak Hammock does a careful financial screening as a prerequisite for moving in. Finance looks at several types of information when evaluating candidates. At the top of the list is age. This is needed to calculate the actuarial life expectancy. Then income and investments are used not only to calculate the ability to purchase a specific unit and type of contract, but also to evaluate the anticipated cash flow over the years of life expectancy. This provides the level of income risk to make sure the applicant has enough resources to cover maintenance fees and any anticipated increases in those fees. This is not an exact science, as there is no way to determine exact needs or no perfect predictor.

If this is all done, why do we need a Benevolent Fund?

A number of factors might cause a resident to need assistance in meeting their maintenance fee.

- At the top of the list is that they have outlived their expected age and assets are not sufficient. This is actually a positive as we want Oak Hammock to be a place where people are happy and life is extended.
- There is also the possibility that their investments change in value. The stock market may go down or the interest rate on fixed income may be so low that it does not even keep up with inflation. This is impossible to predict.
- Underlying these scenarios is the possibility that either the state or the federal government will change the laws/rules/directions that govern CCRCs. Medicare may change the payout rates or the rules under which anyone receives payment and for how long.

There may well be others but this touches on the most frequent reasons residents may need assistance. But there is another dimension to this. The Oak Hammock Board has adopted a policy that any resident who runs short of funds through no fault of their own will be kept at Oak Hammock. This raises the question how to pay for it. In principle, the Board could direct that such support be provided from the fees we all pay. However, this could strain our finances. Therefore, like most other good CCRCs, Oak Hammock has established the Benevolent Fund to cover these possible expenses.

Contributions are tax deductible and offer residents an opportunity to give back to the Community we all love. "Friends Helping Friends"

- Norm Cooney



Bromance II

It was another wonderful faculty recital, this time by tenor Matt Morgan and bass-baritone Tony Offerle. Their voices blended perfectly in selections from several operas. Pianist Robert Grayson, the Kirkpatrick Distinguished Professor of Voice at LSU, shared his awesome voice from the piano bench.

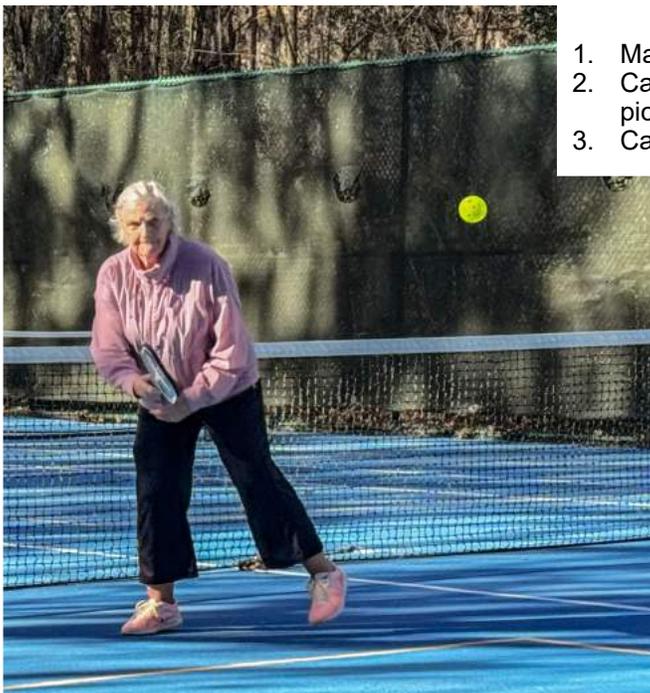
Morgan has the distinction of making debuts at three of the four theaters at New York's Lincoln Center. He was a former student of Offerle, an Associate Professor at UF School of Music. Offerle teaches studio voice, directs the opera program, and is the musical director for the fall musical theatre productions.

- Sandy Furches

Pickleball at Oak Hammock

Six or seven years ago, Oak Hammock resident Gail Robinson, a tennis player having physical difficulty with her serve, switched to pickleball because it uses an easier underhand serve. Eventually, Gail convinced Oak Hammock to set up pickleball court lines on the existing tennis court area, add portable pickleball nets, and supporting frames. Recycled Riches bought paddles and balls. Gail promoted and taught residents how to play pickleball, which she saw as much easier for seniors than tennis.

Today at Oak Hammock, we have four pickleball courts. A group of men and women players meet at 9:00 a.m. on Monday, Thursday, and Saturday. This includes residents in their 70s, 80s, and even 90s. Many but not all have tennis backgrounds or played racquetball or other games. Pickleball is easy to learn. New participants are always welcomed and taught the rules if they do not know the game.



Photos:

1. Mary Brenner is ready.
2. Carol Hollenshead, Doug Merrey, Connie Brill, and Bill Rainbow play pickleball.
3. Carol Hollenshead receives the ball.

Doug Merrey says he is “totally addicted” to the game, while Mary Brenner plays because she “likes the people.” Bill Rainbow “enjoys the exercise, the camaraderie, and the fresh air.” Connie Brill, a tennis player for 40 years, considers the game to be “good for people with limited mobility because it is played on an area much smaller than a tennis court.” Ed Harmon, says it is “socially excellent and always great fun even though we all want to win.”

Sometimes younger relatives or friends join the action if they can keep up with the seniors. Typically, doubles games are played. If a court is not available, people will sit and chat on the sideline until a game finishes and they can rotate onto the court.

- Neill Hollenshead

A Christmas Valentine

Paul Shaffer, author and former leader of the band on “The Late Show with David Letterman,” believed that “Everybody should have a shelter dog. It’s good for the soul.” Oak Hammock resident Paul Robell added, “especially if you get one on December 26th.” The Marion County Humane Society’s website listed an abandoned nine-year-old female dog, mixed breed, in good health. Paul’s daughter was visiting from California, and they decided to check it out. They both (you know how daughters are) agreed that Paul needed to shift gears. Having to put down a beloved dog, followed by wife Susan’s death, had not been easy. After the necessary paperwork was completed, Paul welcomed ‘Mila’ into his life. And into his heart. She’s his shadow, riding up front in the golf cart to daily Dog Park visits, sleeping on (not in) his bed. Always within eyesight, but never underfoot. Science has found that owning a pet promotes good health. And Paul’s a believer—in science and Santa Claus. “Mila is the best Valentine I ever got.”

- Barbara Dockery, content; Paul Robell, photo



How to Access Old Oak Leaf Articles: The Digital Edition

Are you new to Oak Hammock? Are you trying to find out something about your mysterious neighbor who lives down the hall from you? Have you lived at Oak Hammock for over ten years, but your memory is not what it used to be, and you are too embarrassed to admit you don’t remember what kind of professor your best friend was. Maybe you want to remind yourself about the Bee Buddies, the woodworkers, or a favorite hallway display case.

Lots of thanks should continuously be given to the unsung heroes Sybil Farwell, Barbara Francis, Bill Castine, and Michael Levy for their hard work in making these articles available to us on the internet.

Here is how you can access information from *The Oak Leaf* archives: On your computer, smartphone, or tablet, go to infoh.us > Resources > Oak Hammock > Oak Leaf. This will take you to the alphabetical index where you can look up articles by name or topic. If you prefer a chronological list of all the issues, click the link provided to take you there. Every issue for the past 20 years is at your fingertips!

- Beth Paul and Bill Castine



The Oak Hammock Times 2000-2004

Thanks to Sally and Leon Glaze (by way of Sybil Farwell), a notebook of issues of the original *Oak Hammock Times*, which preceded *The Oak Leaf*, now can be found in the bottom rack of the Oak Hammock *The Oak Leaf* library stand that holds all issues of *The Oak Leaf*. The stand is in the Oak Hammock library.

- Patsy Nelms

Children of the Holocaust

Distinguished Professor Emeritus Kenneth Wald introduced “Traces, Voices of the Second Generation” a film produced by Stacy Goldring. “Second generation” refers to the children of Holocaust survivors. After we viewed the film in its entirety, Professor Wald moderated a discussion in the Oak Room on January 28. The thoughtful attendees continued to discuss the film later in the day and that night at dinner.

The event was sponsored by the Jewish Council of North Central Florida and the UF Price Judaica library.

There will be another showing of *Traces* at no charge in Gainesville on May 5 at Temple Bnai Israel, so save that date for this most thought-provoking film.

- Karen Miller

The TraverSura Duo

In Remembrance of the Holocaust, Guatemalan-American flutist Nathalie Simper and pianist Miles Sutton played with reverence and expression at UF recently. They dedicated this performance to honor lesser-known flute composers of Jewish heritage.

As The TraverSura Duo, they have performed since the 2020 Pandemic sharing their “hearts, beliefs, cultures, and traditions.” Simper and Sutton are both native Floridians. They first met as undergraduates at Stetson University School of Music, both graduating in 2015. Simper owns The Simper Music Studio, Knoxville, TN, and is adjunct professor of flute at Maryville College. She is an advocate for diversity and representation in the classical music industry. Sutton is a collaborative pianist praised for his expressive and authentic interpretation of music.

Talented guest artists like Simper and Sutton are frequently available to us free of charge, thanks to the UF School of Music’s community outreach. Watch the transportation notebook in the Commons Lower Lobby for your next opportunity.
- Sandy Furches



Frederick Moyer

Oh my! How has Oak Hammock been able to enjoy the prodigious talents of renowned pianist Frederick Moyer for so many years? I heard him in concert for the first time the other night and immediately realized that we had an incredibly gifted musician in our midst!

His mastery of the keyboard (which the audience can view up close via the MoyerCam) is impeccable. Perhaps equally important, the artistry and passion with which he plays everything from Mozart to contemporary jazz is more than worthy of the greatest composers of this or any era.

In between the musical selections, he demonstrates his respect both for the composer and the audience by telling, in his engaging conversational manner, stories about each composer whose music he is about to interpret and how that particular piece came to be written.

The highlight of this particular evening was his rendition of George Gershwin’s Rhapsody In Blue, which celebrates the 100th anniversary of its premiere, Feb. 12, 1924. Mr. Moyer brought this iconic piece of quintessential American music to glorious life, not only with his musical virtuosity, but also in the way he explained its origins, the cleverness of its construction, and the reverence in which he holds it. All of this brought the rapt audience to its feet in a richly deserved standing ovation.

Oak Hammock is incredibly fortunate that this exceptional gentleman enjoys performing here, and will be with us again in the future. I’m in danger of running out of suitable English superlatives, so I shall simply say: Frederick Moyer - Magnifique!
- Jan Havre, content; Sandy Furches, photo



Cello Recital

Matti Imponenti is originally from Rome, Italy, but has earned three degrees at UF, including his doctorate in musical arts. He serves as assistant principal cellist in both the Ocala and Gainesville orchestras. We were fortunate in having him at Oak Hammock on February 7, where he performed three pieces by J.S. Bach, taking the time to explain the musical characteristics of each piece beforehand.

Dr. Imponenti was introduced by John Dickhaus, director of planned giving at UF, who acknowledged the generous donation of a cello to the School of Music by Oak Hammock resident Marion Siegel.
- Mike Plaut



UF School of Music Faculty Presentation

Most of us probably think of a music school as primarily a group of excellent, well-trained instrumentalists, vocalists, composers and educators who are there to teach aspiring young musicians in these disciplines. We saw a good sampling of those areas in the State of the School session on January 26th, as Dr. Kevin Orr, the school's director, introduced some of the newer faculty as well as emeritus faculty, including our own Don McGlothlin, a former dean of the College of the Arts. We saw and heard superb performances of voice professors, and instrumentalists playing piano, flute, and guitar.

However, a good school of music also has faculty who develop innovative methods of teaching, and who study the historical, political and health related implications of music in our lives, while also exploring groundbreaking areas such as electronic music and artificial intelligence. We heard brief presentations in those areas as well.

Dr. Orr summarized some of the exciting changes planned in the school, including major enhancements to the building and an innovative area of study in music business and entrepreneurship.

All of this does not happen without bright, dependable support staff and we had three of those folks with us, as well as four board members from Friends of Music, who help raise funds to support student scholarships and teaching resources.

We can all see some of the school's talented students perform at *Cadenza* on February 24th. Go to www.arts.ufl.edu/cadenza for more information.



- Mike Plaut, content; Julie Osbjorn, photos

Creating a Collage

Give children some paper, scissors, and a pot of old-fashioned glue. No telling what creations will result. A recent "Fun Collage Workshop" was offered by the Oak Hammock Art League. Pamela Kastmayer, from Key West, shared her knowledge and love of collage art form.

Rosalee Sprout related the one-day experience: "First, we were given a small plastic bag containing black, white, and gray paper shapes to learn about value (light to dark) as an element of design. Then came challenge, using printed words and pictures as a focal point to tell a story or give an expression. After creating our design and a final consultation with Pamela, we glued the paper layers onto wooden squares and rectangles—measuring 5 x 8 or 8 x 10 inches. Color, depth, composition, and pattern produced a 3-dimensional piece of art. It was a great experience. *I haven't had this much fun with paper and paste since Kindergarten!*"



Susan Bankston, chairman of The Oak Hammock Art League, invites everyone to visit the Studio Arts room (Lower Level, near the pool table) to view the latest photography exhibit by Paul Walker. Check out the information posted outside the entrance. There's lots going on—with more to come!

- Barbara Dockery, content, photo; Sandy Furches, photo

A Cool Kitchen Tour

Ever wonder what goes on beyond those swinging doors into the Oak Hammock kitchen? It's quite impressive, especially considering the limited workspace to house all the equipment, staff, and the ingredients to crank out meals. Chris Rocks, Associate Director of Culinary Experiences, recently led the monthly Kitchen Tour for six lucky people. He explained the function of each area that is needed to create and produce meals. Julio Merced, Executive Chef, shared the dual functions of the new "Combi" oven—two separate units, each capable of being programmed to bake or steam. He is continuing to work with existing space, equipment, and staff for a better workflow.

Kitchen Tours are conducted on the last Friday of each month at 2 p.m. Call 325-548-1042 for reservations. It's a cool experience!

FYI—Visit the *hydration station* tucked into a corner by the Gator Lounge. It offers complimentary hot coffee (regular and decaf), hot water, and an assortment of tea bags and add-ins. "Fruit water" is welcomed by cool drinkers. Beverages are put out around 8 a.m. each morning and refreshed throughout the day. Nearby seating welcomes conversation. Why not give it a try? - *Barbara Dockery*



This is Gator Country

A few years ago, a small alligator found its way onto Oak Hammock property and was discovered wandering behind the houses of Sonda Dawes and Beth Paul. Security was contacted, and we were guarded continually by a Gainesville policeman until Florida Wildlife could arrive to capture that fellow.

Alligators are found everywhere in Florida, so residents should be aware of the dangers these reptiles pose. My sister in Tallahassee had a gator in her pool which she threatened to barbecue like the good Seminole that she is. But one alligator in Ft. Pierce dragged an 85-year-old woman into a lake where she died. Residents with small pets especially need to be alert, and if a walk takes you alongside the pond, be on the lookout for any wayward gator. If you should spot one, pick up your pet, retreat to a safe spot far from the threat, and call security (which should be on your speed dial).

- *Beth Paul, content; Sonda Dawes, photo*



Winter Cocktail Reception

On February 7, Oak Hammock hosted a reception welcoming new residents to the community. Many staff members were resplendent in their 1920's garb as were Dusty Davies and Neill Hollenshead, two of the relatively few newcomers "in costume." Servers passed through the large gathering offering a variety of hors d'oeuvres to complement the various beverages that were served.

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



Congratulations Bud Shorstein

A framed copy of the UF resolution acknowledging Bud Shorstein's philanthropy and exceptional dedication to his alma mater was presented to him at lunch recently in the Oak Hammock dining room. In a prior issue of The Oak Leaf, thanks to Carole Zegel, we became aware that the UF Center for Jewish Studies now bears Bud Shorstein's name. Bud received his framed resolution from two UF College of Liberal Arts and Sciences dignitaries: (l-r) David Richardson, Dean, and Steve Evans, Executive Director for Advancement. Congratulations, Bud, on this recognition of distinction. - *Sandy Furches*



Inside the Appleton Museum

Ocala has many natural advantages due to its lovely rolling hillsides, but surely none much more gracious than the Appleton Museum. When Arthur Appleton, an industrialist, moved his family from Chicago to Ocala, one of his reasons for selecting that place was his affinity for horses. He founded Bridlewood Farms and he gave Ocala its first museum, The Appleton. After he moved to Ocala in the 1970s, he fell in love with the city, and wanted it to have a museum so the residents didn't have to travel far to enjoy his 6,000-piece art collection!

Mr. Appleton was mostly interested in 19th century art, as well as Asian, African, and Pre-Columbian art works. Now we can see works such as "Waters Margins" and "Sirena" by local artist Margaret Ross Tolbert, "Springs and Swamps" by Karen Glaser, "Dance" by Edith Michelle, "Across the Thresholds of India" by Martha Strawn, and even "Outsider Aviary," inspired by John James Audubon and created by the self-taught Florida artist Robert W. Smeltzer.

The Appleton Museum is one of Ocala's treasures and worth a trip to 4333 E. Silver Springs Boulevard! For further information: appletonmuseum.org. - *Tallulah Brown*

What's in a Name(tag)?

Oak Hammock's been twenty years in the making. Some of the original "pilgrims" sported a shiny brass-like name tag designating them as "Founders." That meant they had to remember a lot of history. A new *easier to read* name tag—large black lettering on a white background—emerged. Look closely (very closely) for the *tiny* (very tiny) oak leaf in the lower right corner. It identifies the Founders as unique-limited-edition-people. Good folks. Always ready to share some early day stories. Definitely worth a listen. - *Barbara Dockery*

The Benevolent Fund

The Benevolent fund received contributions of \$1,038.00 in memory of John and Katherine (Kay) Lowe and in honor of Pat Liston.

- *Johnathon Mann*



Valentine Grams

The Life Enrichment team would love to thank all those who purchased Valentine Grams or assisted in delivering them! We raised \$900 for the American Heart Association and made SO many residents and staff smile across the Oak Hammock campus. ♥ - *Chrissy Smoak*



Midday Sky

- *Karen Arola*

Encouraging Grandchildren

Some grandparents spend a Saturday morning in the cold, encouraging their grandchildren at a flag football game. At Oak Hammock, “grandparents” had the opportunity to stay warm and encourage students of Weilu Liu Piano Studio in their recital on a recent Saturday afternoon. “Grandparents” attended from the Health Pavilion and Independent Living.

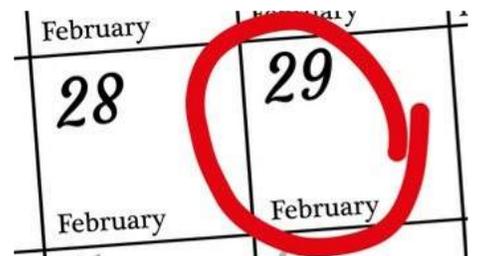
Weilu, who has placed first in multiple international piano competitions, has 24 students and has been teaching 7 years, began the recital with her own performance. Students range from Amaya who has just begun (top right) to Christian (bottom right) who has studied piano for 10 years and plays with passion. Thank you, Weilu and students, for sharing your music with us. - Sandy Furches



Leap Year

Do you know anyone born on Leap Day? That lucky person is only a mere teenager even if born 70 years ago. Make sure you wish him/her a happy birthday this February 29, our next Leap Day.

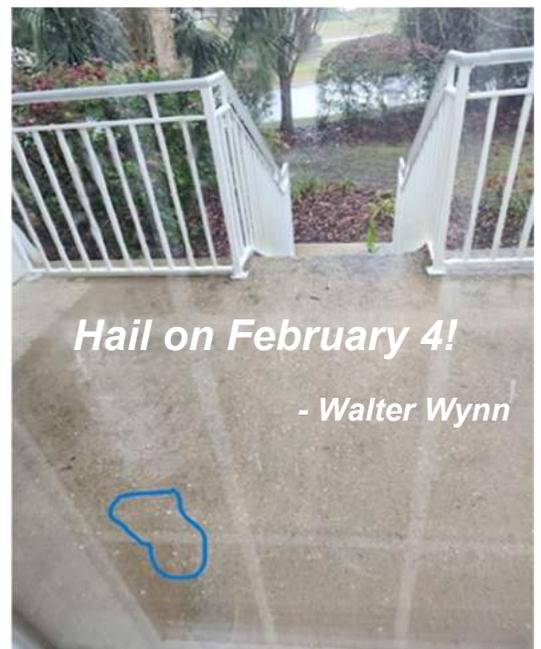
Leap Year is the scientists’ way of making our yearly orbit of the Earth around the sun align with our calendar year which needs fixing every four years. For you number crunchers, the National Air and Space Museum explains that it actually takes 365 days, 5 hours, 48 minutes, and 56 seconds for the Earth to orbit the sun completely. To further complicate the matter, this adjustment does cause other issues which need to be corrected in any year that is divisible by 100 but not 400. Leap Year was skipped in 1700, 1800, and 1900, not 2000 but will again be skipped in 2100. But we will leave that to the scientists to sort out. Happy Leap Year, everyone! - Beth Paul



Total Body is Totally Great!

Who knew you could have such a good time with so many nice people at 7:45 a.m.? Come join us in Total Body Fitness!

- Marcia Brant





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Board of Directors' Reception

On a chilly Sunday afternoon in late January, Oak Hammock residents welcomed members of the Board of Directors to the Oak Room for casual encounters and conversations. Dining services provided a delightful array of tasty treats and beverages of choice. Although there were doubtless some business-related mentions, the informality of the gathering was refreshing and widely enjoyed. - *Bill Castine*



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	wzege@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.