

Up, Up and Away!

The Oak Room was floating with fresh flower hot air balloons, great memories shared, hearty breakfast fare, and amazing administrative staff servers to kick off the 20th anniversary celebration of Oak Hammock. As residents entered to find their assigned tables, "Memories" provided background music. Historian Dick Martin entertained with one of his famous videos covering pre-construction through the 5th Anniversary "horse races." Check it out! https://www.youtube.com/watch?v=rs_WMkLVqFg More hot air balloons to come this year as the celebration of 20 great years continues.

-Sandy Furches, content;
 John & Sandy Furches, Stephanie Prost, photos



Welcome Nancy Collins

Nancy Collins did not travel far on moving day in late January. Gainesville has been home since 2007. She and her husband Al were attracted to this area from Washington DC, loving university towns with good medical care. They met at Duke University where Al was a chemistry graduate student. Nancy later completed her bachelor's degree and earned a master's degree at Sam Houston State University where Al was teaching. Two and a half years ago, Al died after an extended illness. Nancy was his caregiver. She decided she did not need to remain alone in a 4-bedroom house with a yard. Her two bachelor sons live "far away" and Nancy is the youngest of 4 sisters. She began to explore CCRCs for her future needs.

Nancy is an accomplished weaver as shown by the beautiful wall hanging displayed in her picture. She is a member of the Gainesville Handweaving Guild and belongs to a Gainesville craft group of "wonderful" ladies that gathers in the Books-A-Million coffee shop. She enjoys needlepoint, knitting, and counted cross stitch. Nancy is in search of other "needlepoint people" at Oak Hammock and is still "exploring" all the options offered here. Thus far, Nancy has settled on two classes in the fitness center and continues her love of reading "cozy" mysteries.

Born and raised in Roanoke Virginia, Nancy has lived in NC, IN, TX, PA, and then 30 years in DC. She worked for an actuarial consulting firm doing pension work, then personalized benefit statements for large companies.

Nancy warmly welcomed me into her well-organized atrium apartment decorated tastefully with her hand-crafts. Ask her about family ties to unique metal items from a Virginia foundry beginning with the boot scraper outside her front door. Nancy, we are delighted you chose to be our neighbor.

-Sandy Furches



Mary Newell, Pat Bird, and Clara

On a beautiful bright afternoon, Mary Newell was looking out over the atrium, and I was coming round the bend on the second floor of Building One, when we spied each other. I was taken by the massive redwood tree root that held down the porch immediately to the left of their front door. What a beautiful souvenir it is! Once Pat Bird finishes it as he plans, it will be enough to cause a traffic jam anytime there are enough people on the second-floor atrium to see it.

Pat, a retired UF Dean of the College of Health and Human Performance, is a man of many interests and talents. The College itself boasts a broad range of academic and applied courses which reflect the interests of Pat Bird. These interests include three books he has authored, the latest of which will be out in June, 2024. Its title, *The Gymnast*, sounds very tempting with its plot of sport, romance, and disability.

Pat was born in New York City, while Mary was born in Richmond, VA. She received her BA degree from Mary Baldwin College, her MA from The University of Michigan, and her PhD from the University of Virginia.

A docent of the Harn Museum, Mary also taught English at Santa Fe College for years and interestingly reads memoirs for fun!

Their family consists of Pat in Colorado, Sean (deceased), and Chris with their granddaughter Sarah who live in Ocala. Mary's only brother, Bill, lives in Maryland.

She and Pat share the love of Clara, their border collie, who is a real photo magnet! Clara loves to be outside with her flat mates! I am sure that Oak Hammock will be enriched by adding this trio to our family!

-Tallulah Brown



Calvin Reynek

Calvin Reynek, originally from Iowa and most recently from Fort Myers, has joined us focusing on Quality Control, particularly but not exclusively in the health pavilion. He and his husband, who will be working in social services in a long-term care facility in Ocala, are in the process of moving to Gainesville.

Calvin started out in long-term care as a CNA and became an RN and licensed as an assisted living manager. He has several certifications including infection control and quality assurance. Sonja Donlin, our nursing home administrator, with whom he worked at Gulf Coast Village, persuaded him to leave his position with a consulting company and settle in at Oak Hammock. He is looking forward to the challenges at Oak Hammock, particularly integrating various computer systems we use in our different operations.

- Karen Miller



We Care

WeCare is a new way for residents and employees to provide recognition and reward to any team member who has gone “above and beyond” in their efforts to make the lives of residents and/or staff members better. All employees are eligible.

How can you nominate someone for exceptional service? Grab a WeCare card from the Main Reception desk in IL or at the reception areas in the Health Pavilion. You can nominate an individual employee or a group of employees.

What goes on the form? Give details—not just the person’s name, date, and department—but also describe the exceptional service this person offered. Include information on how they carried out the service vision: “Compassionate Professionals, Inspired Service” to achieve resident and team member satisfaction and why you believe the employee should receive the recognition.

Then what? Quarterly, a leadership group coordinated by the Director of Community Services will meet to select winners from all completed WeCare cards. The associate they select will receive a gift certificate, their picture on the WeCare board, and recognition on social media. At the end of the year, all recognitions will be reviewed by all directors and each director will vote privately for one team member. The team member with the most votes will be selected Team Member of the Year. That person will receive recognition at the holiday party. Their picture and formal written recognition will be displayed on bulletin boards, and they will receive mention on social media.

Welcoming, Exceptional, Courteous, Attentive, Responsive, Empathetic

-Nancy Dickson



Life is Good in the Health Pavilion!



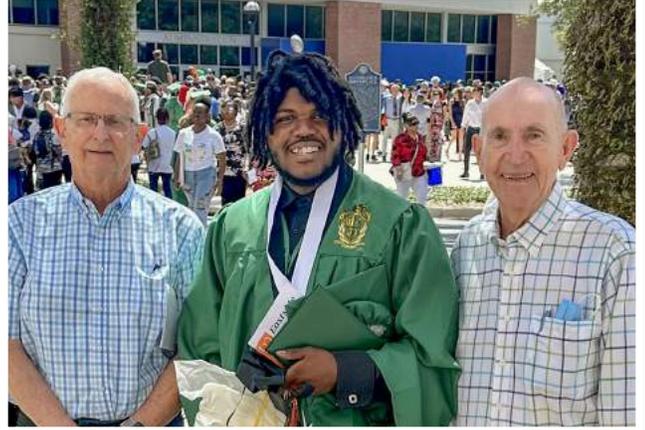
- Chrissy Smoak

Oak Hammock Invests in the Community

This is the 9th year that Oak Hammock residents have invested their time, talents, and treasure to “reach out into our community” through the Education Foundation of Alachua County’s Take Stock in Children (TSIC) program. The program’s goal is to increase high school graduation rates and help at risk students afford college. Each student gets a volunteer mentor through high school and a 2- year scholarship to any accredited Florida college or trade school worth up to \$8,000. Many of these students are the first person in their family to go to college. They need support from mentors to understand the college process and encourage them. Mentoring a TSIC student is one way we can say thank you to those who aided us by giving of our “time and talents.”

Mentors from Oak Hammock: Currently about 250 TSIC students require a mentor. We have a constant need for new mentors like you! Ray Goldwire, Nelson Logan, Steve Gird, Doug Merrey, Meredith Rowe, Phil Morrison, and others can provide more insight into being a TSIC mentor. Contact them or Kate Clement, TSIC Mentor Administrator, 352-955-7250 X6434, for more information on how you can share your “time and talents” to help others.

You can also support Take Stock in Children by joining us April 4, 2024, for a party to fight poverty: Every 2 years, resident Nancy Perry hosts her 60th Birthday Celebration that benefits the TSIC program. The Celebration is open to all residents. Participation requires a \$60 or greater donation that goes 100% to TSIC and is matched by Nancy up to \$1000. For residents who are especially blessed, we encourage a \$5000 donation which will support a student for six years of mentoring, college success coaching, and a two-year scholarship. Supporting a TSIC scholar is an excellent opportunity to invest and magnify your “treasure” to help others. So far, Oak Hammock has raised over \$500,000 to support 179 scholarships for deserving students in Alachua County! The party this year is at Queen of Peace Catholic Church on April 4, 2024. Transportation, entertainment, libations, and a family style dinner will be provided. Party invitations are being mailed to all residents. We encourage you to take this opportunity to join us, learn more about TSIC, and provide scholarship support to at-risk children in Alachua County.



Residents Phil Morrison, Ray Goldwire (top), and Steve Gird (bottom) mentoring TSIC students

-Phil Morrison

Community ID Program

The League of Women Voters welcomed Veronica Robleto, Program Director & Legal Navigator for the Community ID Program, who spoke on issues affecting immigrants. Robleto, the daughter of Nicaraguan immigrants, worked as a para-legal and has been active in the field of social justice.

Did you know Alachua County was the first in our state to have a Community ID Program? Immigrants provide 50% of farm workers in FL. Valid passports are not recognized by some schools and hospitals as sufficient identification for services. Therefore, the 2-year IDs provided through this program enable health care, access to an immigrant’s own children in school, food bank access, and other needed services for the health and well-being of a significant portion of our labor force.

When SB1718 was passed, most hospitals and ERs began asking for immigration status. Misinformation created anxiety for our immigrant neighbors and many left Florida leaving much needed work undone. The message from the Human Rights Coalition of Alachua County is three-fold: immigrants have the right to emergency care, the right to an interpreter, and the right to decline answering any question about their immigrant status. Related issues should be reported to 352-575-8024.



Veronica Robleto and resident Mary White

-Sandy Furches

In Bloom

Mid-February view of the Taiwan Cherry at the elevator entrance to Building 1. It was planted by Amanda Reese many years ago as a small sapling. Amanda took cuttings when it was big enough and planted three more trees at Oak Hammock. *-Judy Plaut, content; Walter Wynn, photo*



UF Pharmacy Brown Bag

Nine UF Pharmacy students and their advisor spent a Saturday morning at Oak Hammock in the Acorn Room offering answers to residents' medication questions. Good questions were asked. Much was learned by the students. It's another win-win for Oak Hammock residents and UF! *-Sandy Furches*



Trashformation Art – A New Creation!

The old adage “one person’s trash is another person’s treasure” was proven to be 100% true. Not to be missed was the recent exhibit at Oak Hammock entitled *Trashformation Art*. It was created by sixteen middle school students at St. Patrick School. It all began with an assignment to the 140 middle school students: create something new from something old...at home, not at school...in six weeks...to display in the school gymnasium! That's a tall order for today's busy young teenagers. Plastic bottles, cans, balloons, bits, and scraps—plus lots of imagination—became new creations. The students voted for their top sixteen entries, with the winners traveling to Oak Hammock's Upper Commons, and another round of voting by the large number of Oak Hammock viewers. A box lunch on the Upper Commons veranda preceded the announcement of the winning works of art. Kudos to the teachers (and parents) of these polite, well-spoken students. Please come back again soon.

*-Barbara Dockery, content;
Julie Ann Ariet and Bill Castine,
photos*



UF Symphony Orchestra

Eleven music lovers boarded the Oak Hammock bus for University Auditorium and a spectacular evening. Energetic Conductor, Tiffany Lu, and over 80 talented students “wowed” the audience beginning with an East Coast premiere of Scott Lee’s “The Fire Beneath.” Lee is currently Assistant Professor of Composition at the UF School of Music and was present for accolades.

After intermission, UF Assistant Professor of Piano, Hsiang Tu, made his debut with the orchestra demonstrating his majestic and masterful touch at the piano for four movements of Brahms. In the photo, Lu and Tu respond to a lengthy standing ovation.

-Sandy Furches



Jewish Film Festival

The Gainesville Jewish Film Festival will take place from March 5 to March 27 this year not only at the Hippodrome, its usual home, but also for selected films at Oak Hammock and at B’nai Israel. Admission is free. All are invited to attend.

The films that will be shown at 7 pm at Oak Hammock include *The Levys of Monticello* on Tuesday, March 19, *Our Almost Completely True Story* on Wednesday, March 20, and *The Partisan with a Leica Camera* on Thursday, March 21.

Transportation will be requested but is not yet confirmed for some of the other offerings. Please check both the calendar and the transportation book for up-to-date details. Faculty will lead discussions about the films. The festival is sponsored by the Bud Shorstein Center for Jewish Studies at the University of Florida.

-Karen Miller

13th Annual
GAINESVILLE
JEWISH FILM
FESTIVAL

March 5-27, 2024
 Screenings are at the Hippodrome State Theatre
 25 SE 2nd Place, Downtown Gainesville
 3 screenings will take place at OAK HAMMOCK, rather than the Hippodrome, as noted next to those films.

Incredible Talent at Our Doorstep

Melody Quah provided an “incredible” guest artist piano recital at UF on a recent Monday evening. Quah has been described as a “poet with titanium fingers” and has performed on multiple stages in Asia, Europe, Australia, North America, and her native country of Malaysia. She currently serves as Assistant Professor of Piano at Pennsylvania State University.

Two contemporary Malaysian composers, Adeline Wong and Tazul Tajuddin, were commissioned by Quah to write solo piano works in response to Johann Sebastian Bach’s Goldberg Variations BWV 988. The results are Wong’s *Crossings* and Tajuddin’s *Mediasi Masa II* which Quah performed before concluding the evening with Bach.

Oak Hammock music lovers will do well to keep their eye on the transportation book in the lower lobby and not miss the next guest artist recital at UF.

-Sandy Furches



Lee Dockery Honored

Congratulations to Oak Hammock's Lee Dockery who received the UF President's Medallion for his outstanding service to the University as they celebrated the 25th anniversary of the Evelyn F. and William L. McKnight Brain Institute (MBI) of UF. In professional circles, our neighbor is J. Lee Dockery, M.D., founding chair of the McKnight Brain Research Foundation (MBRF), whose vision and leadership have guided the growth and direction of the MBI and propelled translational research in the field of age-related cognitive decline and memory loss.

Dockery is humble and modest about his accomplishments and points to the contribution of McKnight. The UF MBI was named for McKnight following a \$15 million gift from the MBRF to UF in 2000. It was matched by the state of Florida resulting in \$30 million, the largest gift in UF's history at that time.

Established in 1999, the MBRF supports brain research in age-related cognitive decline and memory loss which differs from the pathological memory loss of Alzheimer's and other neurodegenerative diseases. Dockery chaired the MBRF until his retirement in 2019. He currently serves as chair emeritus for the MBRF Board of Trustees.

The award honors Dockery's 49 years of service to UF, including professor of obstetrics and gynecology, executive associate dean, interim dean, and interim vice president for clinical affairs. Among his many accolades, Dockery values most the Teacher of the Year Award and Hippocratic Oath Award for most outstanding teacher and physician from the UF College of Medicine. Lee, we thank you for giving of yourself so generously and applaud your many accomplishments.

- Sandy Furches



(l-r) Dr. David Nelson, Senior Vice President for UF Health Affairs and President of UF Health presented the President's Medallion to Lee Dockery.

Care for the Crepe!

The crepe myrtle (also "crape myrtle" and "crapemyrtle") is a versatile, drought-tolerant tree or shrub that produces dazzling blooms all summer long. During the winter months, the crepe myrtle is a living sculpture, adding form and texture to the landscape.

Late winter is the optimal time to prune crepe myrtle. To properly prune crepe myrtle, IFAS recommends:

- Remove suckers (small sprouts that develop along main stems or roots.)
- Remove crossed, damaged, or diseased branches. For crossed branches, remove the weaker of the two limbs that are crossing or rubbing.

Unfortunately, many homeowners and even landscape professionals prune crepe myrtle trees too severely. Topping, commonly called "crepe murder," can be very damaging to the tree. This practice results in a "witch's broom" appearance and a tree that is no longer in proportion. Although topping may result in larger blooms, the flowers will grow on thinner, weaker branches that will droop and possibly break after rain. Topping can also delay flowering for up to a month and shorten the life of the tree. Increased maintenance results.

Florida gardeners know "right plant, right place." Most varieties of crepe myrtle want to grow to be trees, but there are many varieties that range in mature height from 4 to 40 feet. Varieties should be chosen so that mature size is appropriate to the space. With proper pruning, the chopped-off trees can be rehabilitated. Best plan: leave crepe myrtles alone!

- For the Landscape and Grounds Committee: Bob Virnstein, Bruce Blackwell, Mary White

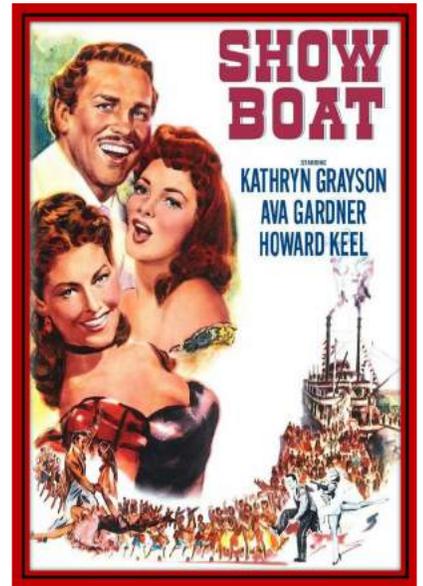


A properly pruned crepe myrtle is gorgeous to behold.

William Shakespeare Got It Right!

“All the world’s a stage, and all men and women merely players,” so the bard proclaimed in his pastoral comedy *As You Like It*. Registration for the winter ILR classes was up; ditto for the attendance. The Oak Room was filled for “Broadway: The American Musical”—the first documentary film to showcase the entire razzle-dazzle story of the uniquely American art form. The six-part series, hosted by Julie Andrews, was a guaranteed hit. Facilitators Don McGlothlin and John Spindler added a personal connection to the series, having been on both sides of the footlights as performer, director, producer, and dean. They were eager to share personal experiences. An added session featured Tony Ramirez-Marta, head of UF’s nationally recognized musician theatre program. Each class offered time for questions, answers, comments, and a challenge to Broadway’s history and memories! The class even offered a BO-GO—showing four “Broadway Musicals in the Movies” in the Oak Room on Saturday afternoons—all well attended. To everyone involved with these wonderful classes: please take a bow. Your efforts put a song in hearts, a smile on faces. More please—WE NEED AN ENCORE!

- Barbara Dockery



Natural History Society Adventure

Did you know Ravine Gardens was developed with federal funds during the Great Depression, although it is not a Civilian Conservation Corps (CCC) Park? Palatka officials hired locals to provide skill development and work for their own. Today the park welcomes youth groups who help weed around the original azaleas, a heartier stock, to insure their preservation.

Sixteen Oak Hammockers explored Ravine Gardens State Park on a crisp, sunny winter day. Guide Paige, a Palatka native, shared intriguing history and personal perspectives on the 90-year-old, 59-acre park with natural stonework, suspension bridges, wide waterways, an amphitheater, and 1930’s original azaleas. Not all 105,000 azaleas are still there, but the park is lush with a variety of native plants. A rolling blooming occurs through winter months.

Our Oak Hammock adventurers divided into two groups. Those on foot became known as the lost “ravine 8” and those on the bus tour wove around the ravine’s circular drive, stopping to explore on foot at the bottom of the ravine. A sumptuous seafood lunch at Corky Bell’s on the St John’s River in East Palatka was enjoyed before an unscheduled delay was added to the day’s adventure. The Oak Hammock bus lost power and a 90-minute wait was filled with trivia, reading, napping, and visiting. Rescue came in the form of a tow truck for the bus and a second Oak Hammock bus for the adventurers to complete the trip home. It was a fun day making a variety of great memories!

-Sandy Furches, content;
John & Sandy Furches, photos



Fitness Assessment

On February 20-21, Oak Hammock fitness staff and interns guided 81 residents through their annual Functional Fitness Assessment (FFA) in the Oak Room. According to Health & Wellness Coordinator Stacey Hogan, it “went quite well.” Those participating ranged in age from 68 to 93 with 11 residents over 90. FFA tests included: (1) timed up & go, (2) chair sit & reach, (3) back scratch, (4) standing balance, (5) 30-second sit & stand, (6) bicep curl, and (7) six-minute walk. Stacey was pleased with the “great response” and hopes to improve participation each year.

Participants received charts comparing their results with prior years, and overall averages gave the fitness staff data for focusing programs. Stacey said, “this year, upper body mobility results were weaker” than those for lower body strength and for stability/balance.

Maddy Gubbini, Fitness Center UF intern, prepared a color-coded bulletin board noting all FFA participants and highlighting top performers by test category and age group. Stacey was surprised at how “extremely competitive” people were and how they wanted to improve on their previous performance.

Henri Logan, one of this year’s top performers, explained that her father was in a CCRC and shared his FFA data. When Henri and her husband, Nelson, moved to Oak Hammock they committed to doing the FFA to track their health status and plan their fitness training activities. Henri believes “we cannot underestimate how important remaining physically fit and optimizing our health is as we age.”

-Neill Hollenshead, content; Neill Hollenshead, Stacey Hogan, photos



1. Standing: Stacey Hogan, Health & Wellness Coordinator; Jacob Fordham, OH Fitness Trainer; Sophia Flood, Yoga Instructor. Seated: Taylor Pray, UF PT Student; Maddy Gubbini, UF Intern.
2. Nancy Wood in standing balance assessment.
3. Functional Fitness Assessment in process with 4 residents l-r: Bill Zegel, Pat Kelley, Ted Wasserman, Mike Plaut.



Cruising: Relaxed cruisers sent their pic home from somewhere between Cozumel Island, Belize, and Honduras. This is the 15th cruise organized by Joe Gilkey, only the second he could not attend for health reasons. All trips have been from Florida ports accessible by charter bus. Bon voyage!

-Sandy Furches, content; David Rader, photo

Cadenza Success

The Oak Hammock bus returning 14 of us home was buzzing with superlatives after an amazing evening at the second annual Friends of Music showcase concert fundraiser for the UF School of Music. Phenomenal talent and creativity with commitment and support raised \$53,000 in ticket sales, more than double last year. Total raised: \$57,400!

The venue was the UF Music School atrium and small performance room. Oak Hammock was well represented. Hats off to our own **Don McGlothlin** whose vision and leadership founded The Friends of Music 50 years ago while he was Chair, Department of Music, 1972-1976. He continued to promote building a nationally recognized music program as Dean, College of Arts, 1990-2005. The 2023-2024 Friends of Music president is our own **Mike Plaut**. The Friends award \$250,000 in student scholarships annually.

The impressive emcee for Cadenza was former scholarship recipient Macy Schmidt (BM '18) who spoke to the value of her UF music education scholarship. She is a music director and producer based in NYC. Schmidt is a first-generation Egyptian-American who recently became the first woman of color orchestrator in Broadway history.

The evening featured ten UF music groups from bands to orchestras, ensembles, quartets, choirs, and opera theatre. Video clips of innovative programs were shared on the screen while sets were seamlessly changed between performers. Pre-show included heavy hors d'oeuvres and beverages, Jazz Combo, a silent auction of UF musical offerings, and elevator rides with live music. A post-show dessert and coffee completed the perfect evening.



-Sandy Furches, content; John & Sandy Furches, photos

Embracing the Future: Smart Watches at Oak Hammock

In today's fast-paced digital world, technology continues to revolutionize the way we live, work, and interact with our surroundings. As we strive for more efficient and connected lifestyles, smart watches have emerged as a popular accessory that seamlessly integrates technology into our daily routines.

Health and Wellness Tracking: Smart watches have advanced health and fitness tracking capabilities, making them invaluable tools for Oak Hammock residents. These watches can track heart rate, steps taken, calories burned, and even sleep patterns. By providing real-time data, residents can easily track their health goals, identify areas for improvement, and stay motivated to maintain an active lifestyle.

Enhanced Safety: Built-in GPS and emergency features can provide peace of mind to residents, ensuring their safety, especially in case of emergencies or medical situations.

Efficient Communication: In a bustling community, staying connected is essential. Smart watches enable seamless communication through instant notifications, calls, and text messages, right on residents' wrists. This eliminates the need to check phones constantly, letting residents quickly respond to important messages or alerts while going about their daily activities.

However, certain features, such as GPS tracking, streaming, and notifications, may require a phone or internet connection, although some watches have cellular capabilities, letting them function independently.

As Oak Hammock continues to evolve, embracing smart watch technology can enhance the overall living experience. From health tracking and enhanced security to efficient communication and community integration, these wearable devices have the potential to revolutionize the way residents interact with their surroundings. By embracing the future of technology, Oak Hammock residents can create a more connected and convenient community.

-Bill Zegele

Tau Beta Sigma's Gator Pride

A host of talented UF students came to the Oak Room after dinner on a recent Tuesday evening and enthusiastically shared an hour of their Gator pride. A *cap-pella* vocals, clarinet solo and quartet, clarinet and flute duet, mini-Gator Band, and a piano solo were on the program. Music shared included lesser-known movements from a Concerto as well as familiar titles including "Moon River," "Amazing Grace," "It's A Small World," and "We Are the Boys from Old Florida." Youthful energy, a few gator chomps, and the Alma Mater especially inspired the UF alumni in the audience.

Tau Beta Sigma is a national honorary service sorority that supports Gator bands, fosters music appreciation, and boosts community development. The Beta Xi chapter at UF was founded in 1958.

-Sandy Furches



At its annual meeting on February 27, our FLICRA chapter re-elected board members Don McGlothlin and John Spindler and elected new board member Neill Hollenshead. The program, presented by Chapter President Tom Gire, reviewed the history of senior care in America, outlined the regulatory environment for CCRCs in

Florida, and featured a video interview on FLICRA's history with Executive Director Bennett Napier.

-Tom Gire



Gustav Klimt

Recently the Oak Hammock Art League presented a film based on the life and works of Gustav Klimt, a prominent late 19th and early 20th century artist.

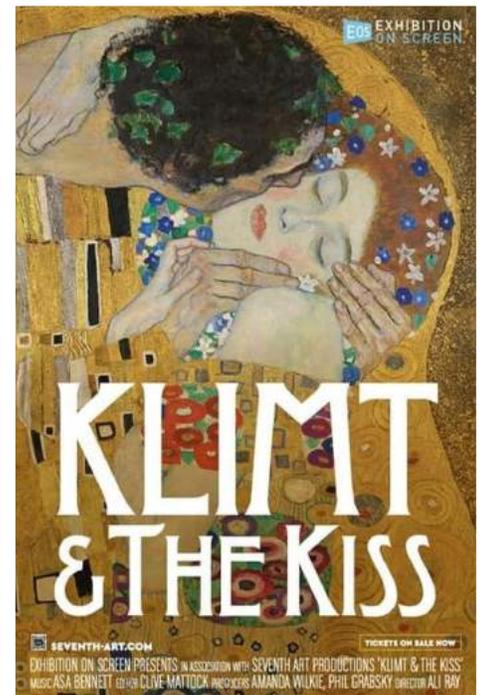
The documentary, fascinating as the painter himself, leaves little to the imagination. It centers around *The Kiss*, the painting for which he is probably best known; but, in addition to the discussion of that famous work, its true meaning, its social impact, and the specifics of its artistry (including the extensive use of gold leaf), there was much speculation into the life and psyche of the man himself.

At the time, superficial Viennese society was lavish and decorous, but underneath there was great poverty and even greater illicit sex. Klimt was known as a libertine, obsessed with sex in both his life and work. Voluptuous models in various states of undress always inhabited his studio. Yet for many years he lived with his mother and his two sisters. Though Klimt never married, Emilie Flöge was his constant companion for twenty years.

Most of his paintings had some degree of eroticism. Many were filled with brightly colored flowers. We also see one exhibit of his work that was dark and pornographic in nature, considered so scandalous that it was closed. However, much of his work remained popular.

Interest in Klimt's work began to fade in the early years of the 20th century, but in the 1950s and 60s, *The Kiss* made a comeback, and is said to be the most reproduced painting of all time.

-Jan Havre



Art at Oak Hammock

The current "Invitational" art exhibit will be up until early April. Work for the "Repurposed Art" judged art exhibit is due March 11. People are encouraged to submit artwork for this show. There is a fee of \$10 for OH Residents and \$15 for non-OH residents for up to 4 pieces.

- The Art League's monthly program, March 26, will feature another Masterpiece film, Diego Velazquez's captivating *The Rokeby Venus*.
- Information for the all-day acrylic workshop in the art studio on Saturday, April 2, is available just outside the studio door.
- Steve Gird's magnificent, segmented woodworking works of art will be featured in our next studio resident show starting in April with a reception to be held on Sunday, April 14.
- June through August, we will be featuring the work of our Oak Hammock art students beginning with a reception in June. We hope that each student will submit at least one painting.
- If you would like to have your own exhibition in the art studio, please contact Mary Sue Koepfel.

-Nancy Dickson

Coral Ardisia Roundup 2024

On February 24, ten intrepid residents made a preliminary foray into the woods initiating the 2024 Coral Ardisia Roundup. On March 2, five UF Environmental Horticultural Club (EHC) Students joined 8 Oak Hammock residents for a second sortie against invasive Coral Ardisia. About 300 yards along the West Nature Trail were attacked. Many berries were picked, limiting propagation. Thousands of plants were extracted, making room for native plants. Everyone enjoyed the camaraderie, the exhilaration of the benign Oak Hammock winter woodlands, the salubrious forest therapy, and the providential chorus of woodland birds.

After the morning assaults, everyone enjoyed a delicious lunch by Oak Hammock's dining staff, thanks to generous residents. Jonathan Ramsey and crew provided assorted weapons and carted away the ravaged invaders. The knowledgeable and indefatigable Judy Plaut master minded this campaign. George Arola, our pathfinder through the thicket, reconnoitered the area in advance.

The extremely prolific Coral Ardisia plants are green all year, produce an abundant crop of bright red berries annually, and are very difficult to remove with all roots intact. A single piece of root left behind can, within 2 years, grow into another seed-bearing plant. Seeds have a 90% germination rate. Coral Ardisia can quickly carpet an area, crowding out all other plants. This problem will persist because properties adjoining Oak Hammock remain heavily infested. Coral Ardisia seeds remain viable for a long time.

Oak Hammock needs a more comprehensive and sustained plan to eradicate invasive plants. Casual resident exterminators may not be sufficient. Please submit relevant thoughts to this author. The unique woodlands of Oak Hammock are its most outstanding feature to be protected in their natural state.

From unrelenting resident efforts over many years and the support of the Oak Hammock staff, including selective herbicide spraying, the proliferation of Coral Ardisia has been halted. Several areas in the heart of the campus have been cleared of Coral Ardisia but will remain cleared only with annual surveillance.

- Gene Ziegler gene.ziegler@me.com, content;
Judy Plaut and IFAS, photos



Above: Coral Ardisia plant, flower, and berry - IFAS
Below: EHC students and OH residents attack Coral Ardisia

Note: This is the first in a series of 20th Anniversary “Then and Now” articles. Enjoy the memories.

Then and Now: Needle Arts Room

Before the first shovel of dirt was turned to build Oak Hammock, the Needle Arts Room was clearly located and named on the building plans. Two women, Sally Glaze and Andy Adams-Smith, were responsible for this and both continue to use the room today for their various “needle” projects. They were among the many Founder Residents who committed to Oak Hammock during the early marketing phase and were surveyed about the activities the incoming residents would be interested in. Both women are quilters, and to their credit, they wanted a work room to be inclusive and did not name it the sewing room. Needle Arts encompasses sewing, knitting, crocheting, embroidery, needlepoint, and any other art that might involve creative use of textiles and needles. The room serves as a workspace where residents can socialize, teach, and learn from each other.

People who create needle art are very prolific and need an outlet for their creations. The first group project for the needlers was making “cancer caps” which are scarf-like head coverings for cancer patients who have lost their hair. Over the years, this group has created and donated the following: shawls for cancer patients, pillowcases for pediatric patients, quilts for pediatric patients, caps for preemie babies, layettes for preemie babies, lap robes for VA patients, neck warmers for VA patients, and stuffed toys for ER patients.

Oak Hammock residents were gifted with 100’s of masks made by needlers during the covid pandemic, and the health pavilion regularly requests that we make clothing-cover bibs for residents.

The longest ongoing project has been the lap quilts which are gifted to both residents and others admitted to Oak Hammock Skilled Nursing. To date over 2000 lap quilts and crocheted lap robes have been donated. A couple of the OH staff and a few resident family members also participate in this project.

Initially, Recycled Riches helped purchase materials for our projects, but we have worked out a system whereby income from sewing machines that are donated and then sold goes directly to the Needle Arts account. Fabric, yarn, and miscellaneous supplies are now regularly donated to the needlers and are available for our projects.

The Needle Arts Room is open to all residents, and it is common to see someone searching the bookshelf for a pattern or looking for a matching button or color of thread. It is also common knowledge that we have a resident “tailor”, Pat Liston, who will sew on a button, shorten slacks, or take on a larger project without charge. She simply asks that the resident donate to the benevolent fund or the scholarship fund.

The needlers try to gather on Thursday afternoons at 2:30. We have no formal officers or dues, so just walk in anytime to look around and socialize with whomever is working. If you have a question, just write it on the white board and someone will get back to you!

-Doris Greene



Brenda Thomas, a resident in Assisted Living, uses the design wall in the Needle Arts Room to lay out a quilt made of half square triangles.

By the Numbers March 1 Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	209	3

Health Pavilion

	Total	Occupied	Available
Assisted	51	50	0
Memory	12	11	1
Skilled	73	71	1

Andrew Davey and Nadia Luna

What TIME is it?

Sleeping ‘til noon is one thing. “Retirement living” at Oak Hammock is another. The monthly/daily calendars offer endless possibilities for learning and fun—not to mention haircuts and medical appointments. The start of daylight saving time AND the total solar eclipse are to be noted—right down to the exact TIME of day. Frequently a watch that starts “losing time” indicates the battery power is limited. It’s time (excuse the repetitive word) to head to Battery Source! One is nearby adjacent to the Williston Plaza Shopping Center (opposite end from Publix) at 4811 SW 34th Street. Friendly service awaits Monday-Friday 8-6, Saturday 9-6, closed Sunday. From golf carts to watches—even *key fob replacement*. Remember, TIME waits for no one! Don’t be late.

-Barbara Dockery

The Matheson History Museum

The Matheson family from South Carolina settled in Gainesville prior to the Civil War. Over time, they became prominent and influential in the community. Christopher Matheson was Mayor of Gainesville, and later became a Florida state legislator. His wife, Sarah, was an extremely accomplished woman and after his death, she travelled the world extensively, frequently on ships. She taught children in Korea as a missionary for two years and came home to Gainesville in 1962. The Museum was founded on Mar 12, 1994. Sarah, the last of the family, died in 1996. Today the museum is housed in four lovely historic homes containing an impressive collection of artifacts and memorabilia. This provides Gainesville citizens and visitors with fascinating details of life in Alachua County, dating as far back as the Native Americans, who settled here before the Europeans arrived in 1539.

On February 27, Kaitlyn Hof-Mahoney, the Museum's Executive Director, gave Oak Hammock residents a comprehensive and delightful sneak peek at what we would see on our March 7 visit. This young woman is a fountain of knowledge about Gainesville history. She kept her audience spellbound. One story contained the fact that railroading was a very important industry in Florida. In 1902, the Atlantic Coast Line ran its train down the middle of Gainesville's Main Street. The picture alone is worth the trip!

That is just a small part of Alachua County's history that we learned in the all-too-brief hour that we spent with Kaitlyn. If you were not among the lucky people who toured on March 7, schedule an appointment for your tour by calling (352) 378-2280. You will be glad that you did!

-Jan Havre

Highway Through the Oak Hammock Library

Navigating the Oak Hammock library is like following Billy in the Sunday comics. First, start at the lower level by the Needle Arts Room. On the right is a table with books read by five OH book clubs. No checkout necessary.

Next you will see a bookcase filled with paperbacks. No checkout necessary. Then to the left is the Library Annex, a workroom for the committee and a treasure of books on health, wars, sports, short stories, pets, travel, large print, and Florida.

Traveling down the hallway, one can find the religious and gardening collection in the marked cupboards of the Multipurpose Room. The library handles the multitude of puzzles that one can find here as well as DVDs.

Entering the lobby, one can spot large coffee table books on the end tables. The two main libraries are next. First the Fire-side Room with biographies, poetry, history, and political science plus magazines. Next is the Fiction Library that also has a small collection of books for children. It is important to know there are additional shelves in the lower cabinets in both these libraries. The shelves outside each room contain recent donations.

But wait, there's more. Continue down the hall toward Building One and a second bookcase of paperbacks is on the right. Then take the elevator up to the first floor and circle back. Outside the Private Dining Room is a collection of books to be enjoyed by our guests when staying in the suites. Continue to outside the Acorn Room. The last bookcase there is filled with a beautiful collection of leather-bound books.

The highway ends in Assisted Living where there are two more library areas. Stay tuned because our committee of almost thirty will pounce on any empty space to set up another library area. We are Here, There, and Everywhere.

-Betty Kramer



Jane McGlothlin reminds us the puzzle stash in the Multipurpose Room is available to all.

A Note of Thanks to all who participated in the Valentine Grams for such a wonderful cause. We raised \$900 for the American Heart Association. We baked and delivered nearly 400+ cookies and delivered 125+ carnations, not to mention all the smiles created from deliveries received. Also, a special thanks to Susan Kluge who volunteered making deliveries as well!

-Chrissy Smoak, content;
Sandy Furches, photo



2024 de Avilés Award Recipient Honored

Oak Hammock's Roy Hunt is the recipient of St. Augustine's de Avilés Award for his historic preservation leadership and advocacy at the state level and locally. He is a founding member of the University of Florida Historic St. Augustine, Inc (UFHSA). Instrumental in implementing UF's strategic plan, Hunt laid the foundation for coordinated planning, programming, and management of historic state-owned properties in St. Augustine. Today he is Vice Chair of UFHSA.

Hunt developed a specialty in Historic Preservation Law beginning in 1976. This led to his appointment to the National Trust for Historic Preservation's Board of Advisors. He served as President of the Florida Trust for Historic Preservation. His teaching at UF's College of Law spanned almost 50 years before his retirement in 1998. Hunt currently serves as Distinguished Service Professor of Law Emeritus at UF.

Two Florida Governors appointed Hunt to the Historic St. Augustine Preservation Board. He chaired the Historic Preservation Advisory Council created by the legislature. Other accomplishments include special advisory roles to the Florida Secretary of State and leadership on additional councils and boards.

The de Avilés Award is presented by the St. Augustine City Commission. Hunt was nominated by Mayor Nancy Sikes-Kline. Congratulations!

-Robert Dean



St. Augustine Mayor Nancy Sikes-Kline with award recipient Roy Hunt.

Lunch at Oak Hammock

Ten students from Caring and Sharing Learning Schools were treated to lunch in the PDR in February. Their third-grade class participates in STAR Reading where they check out books from their classroom library to read at home. The photo shows the 7 boys and 3 girls who read the most books during the first semester. The incentive now is to be the top readers in the second semester as another group will be back in May for their special lunch.

-Janet Janke



Spring ILR Reception

A Sunday afternoon Wine and Cheese Reception filled the Oak Room with anticipation of Spring ILR offerings March 18 - April 26. Interested folks from town and residents met the ILR Board and heard a synopsis of each course. Registration deadline is now: <https://form.jotform.com/240443440079149> Classes are available in person or on zoom. Please call Julie Ann at 352-548-1009 if you have questions.

-Sandy Furches



Security Scarecrow Thanks

It's time to say a long overdue thank you to Peg Owens and Vicki Mulhearn who came up with the idea of placing one of the scarecrows from their garden project along our winding and beautiful entry into Oak Hammock. They begged for a jacket and hat from the security team and dressed that scarecrow up. It was an excellent reminder to those who entered our facility to drive slower and to be aware of their surroundings.

The security scarecrow guarded our entry for three years, and during that time Vicki and Peg had to repeatedly tuck him into Vicki's golf cart and take him and the clothing away for a thorough cleaning. Peg said that it was not a pleasant job as lizards and bugs crawled out from the folds of clothing. They had to replace the clothes on a regular basis, another chore that needed to be done.

Now that our security scarecrow has been retired, Jeani Valter's hand painted sign telling us to slow down has been returned to her, and the animal buddies that surrounded the scarecrow have found new homes in the garden plot at the entrance. The dog, however, is briefly on display in the newly decorated garden window by the pool table.

Peg and Vicki deserve a round of applause for their tireless and creative approach to safety in the neighborhood.
-Beth Paul



"Officer Randall" is now gone but he remains a vivid memory in the minds of Vicki and Peg.
-Sandy Furches and Peg Owens, composite photo

Take Stock Drinks + Desserts

The Upper Commons was the site for a time of listening and learning to benefit Take Stock in Children (TSIC), a mentoring and scholarship program of The Education Foundation supporting Alachua County public schools. Our neighbor, Nancy Perry, shared her motivation and passion for the program inviting donors and mentors to join in her efforts. All are welcomed to Nancy's 60th birthday party to benefit TSIC, April 4, 4:30-6:30 pm, at Queen of Peace Catholic Church. Phil Morrison shares more about the party in his article in this issue. Diane Haines #2553 is handling RSVPs. -Sandy Furches



Cal King's Orchids

- Barbara Dockery



Congratulations Phil Morrison! Thank you, Chrissy Smoak! Look for more from Chrissy on "Music & Memory" in the April issue of The Oak Leaf. – Sandy Furches

A Dog's Life at Oak Hammock

A few days ago, while doing my morning bike ride, I saw two residents walking their dogs, Roxy and Tilly, who were having an animated conversation. "We just moved in a few weeks ago," said Tilly, "and I know you have been here for a couple of years. What's it like here?" "Oak Hammock is very dog-friendly," said Roxy. "We can even go to the lobby, where Miss Kim will give us treats. We have a dog park, where we can run around and play with each other. A dog doctor comes every month in case we get sick or something."

"Sounds wonderful," said Tilly, "I think I'll like it here." "You will," said Roxy, "but it's important to remember that we and our people have certain rules to follow. We must get our shots and not bark too much. We must be on a leash outside of our home unless we are in the dog park. That's because some people are afraid of dogs and some dogs may run into a car or bike, which can cause an accident or scare people. Our people must pick up our poop and if they can't, they need to call Miss Rebecca and she will ask someone to help. Also, we shouldn't be where people eat." "Sounds okay to me," said Tilly. "Where can our people find those rules?" "In the Residents' Handbook," said Roxy. "Thanks," said Tilly. "I'm glad we talked!"

-Mike Plaut, content; John Furches, AI generated photo



A Special Invitation

YOU are invited to the newly established **centralized donation center**! It is conveniently located in the Lower Lobby Business Center near the mailbox area and is open daily 24 hours. Donations of magazines, food, and school supplies are welcome to be placed in attractive designated containers. The new collection area is to the left of the large gray 'iron mountain' paper collector for shredding. Relocation and organization of collected items will provide easier access to mailboxes. *And more space to visit and compare mailbox offerings!* Questions? Contact Rebecca Snowden (352) 548-1061. -Barbara Dockery

A Beautiful Display

The Chickasaw Plum planted behind Building 1 for Oak Hammock's 2024 Arbor Day celebration is in bloom. It is one of 10 specially selected trees planted for the mitigation project to help offset trees removed from the Oak Hammock campus for varying reasons.

This tree is a special treasure, blooming in early Spring. Before leaves, the branches are fully covered in white blossoms that seem to magically appear overnight. Soon they will be leafing out and producing small red plums that turn to yellow. -Donna Johnson

Friendship and Music Grow Together

Sigma Alpha Iota (SAI), founded in 1903 at the University of Michigan, promotes music interaction among those who share a commitment to music—and a love to spread musical joy to all ages. Recently, we enjoyed the local SAI members' tenth program in the Oak Room. Arrangements included piano, clarinet, flute, bassoon, and vocal selections. The membership attracts all ages and abilities—university students, faculty, retired music teachers, and even men. Ronald Burrichter, Professor Emeritus, was welcomed as a new SAI member and Friend of the Arts for his many years as faculty advisor to the UF chapter of SAI. He was invited to direct the members with several SAI choral selections. The pride of being leaders in the pursuit of music creation, performance, and scholarship is in good hands. Friendship and music will continue to grow together.

- Barbara Dockery, content; Sandy Furches, photo



Return to Animals, Etc.

By popular demand, the RC Active Lifestyle Committee arranged a second guided tour of Bill and Marcia Brant's reptile business in Newberry. The eleven residents touring got up close and personal with several snakes and geckos. Much was learned about the business and reptile reproduction including a demonstration of a pregnant snake's sonogram. Thanks to the Brants for sharing!

- Sandy Furches, content;
John & Sandy Furches, photos



The Benevolent Fund

The Benevolent fund received a \$50 contribution, not in memory or in honor of anyone.

- Johnathon Mann



The Oak Leaf Archives



<https://infoh.us/oak-leaf-issue-index-2004-2023/>



The February Street Party: Hosted by Beth and John Paul and Carole and Bill Zegel, the party was held on a beautiful Sunday afternoon, February 25. Delicious food and delightful fellowship contributed to a lovely time.

- Patsy Nelms, content; Michael Levy, photo



One Oak Hammock: Friends from Independent Living joined me (left in pic) for a visit and dinner in the pretty assisted living restaurant. All enjoyed the food, a walking tour around the beautiful assisted living gardens, and had a look at my comfortable apartment. It was a happy time.

- Margarete Ruth



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Patsy Nelms & Sandy Furches

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Katherine Osman, Layout

Events

Kathy Subak

OH I CAN! Party

The OH I CAN! scholarship ice cream social was a huge success. Nautically based on the Scholar Ship, scholars and committee members wore sailor caps. Richard Jones, as Captain, was emcee. Richard presented Dick Martin with a sailor hat announcing Dick had been made admiral in recognition of all he did for this program and countless others for Oak Hammock.

The meat of the event was recognizing the scholars and included each of their gratitude to the residents of Oak Hammock for enabling them to advance their education. A highlight of the afternoon was the arrival of Israel Okeowo (below), who graduated last year but wanted to personally thank the residents. Let's keep the ship sailing!



The event was sponsored by First Federal Bank of Florida (Oak Hammock Branch), enabling the committee to continue to use all donations for scholarships only.

To view the video shown during the event: https://youtu.be/mKe9mRxay_k

- Kathryn Clark, content;
Bill Castine & Nancy Dickson, photos



2024 Residents' Council (updated)

President: Donna Johnson johnsodc01@gmail.com

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Secretary: Nancy Wood nancywood.oh@gmail.com

Assisted Living Representative: Fred Harden gatorfred552@aol.com

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

The Council meets at 10:00 am 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.