Oak Hammock
The Oak Leaf
at the University of Florida

Volume 20, Issue 10 October 2023

Oaktoberfest!

And what a fest it was! Bottomless glasses of beer and wine, plentiful appetizers, and a buffet of traditional German fare, including exquisite desserts. Seating was available in the commons, the Duckworth Gardens, the Gator Lounge, and on the veranda. That was just the beginning; then we gathered in the Oak Room for musical entertainment by the Sonnenschein Duo, composed of accordion player Willy Page and singer Martin Gross, who also played a trumpet, a guitar, and instruments such as cowbells, a saw, and an alpenhorn. The crowd enthusiastically enjoyed the entire event.

- Bill Castine, content,
Bill Castine, Karen Merrey, Mike Plaut, photos







Memories of Fall

- I lived on a leafy street in a New England city that made shabby into beauty. Those were the days when autumn leaves were allowed to accumulate until they were raked into piles for kids to jump into. I loved skipping through them on my way home from school and jumping into the huge piles in my play clothes. Lots of kids doing that would soon demolish the piles. Adults would rake them up again or just leave them to be buried under the first snow. By the time I was in college, all the Dutch Elm trees on my street had died.

  - Mary Kilgour

- It was a beautiful fall day in Roseburg, Oregon. Indian Summer was at its peak. Two of my best friends and I decided to go deer hunting. We chose a narrow valley with lightly wooded hills. One friend walked the valley floor, the other friend and I walked the top of the ridgelines. The concept was that any deer bedding down in the valley would be disturbed and come up the hill on either side. I moved slowly, keeping a sharp eye on the slope. And there he came, a beautiful buck with a respectable rack. I slipped behind an oak tree, kept still, and watched as he walked up the hill, pausing occasionally to look back. Our

(Continued on page 2)

(Continued from page 1)

concept had worked! He didn't see me and came within 20 yards, an easy kill shot. I thought, it's about two miles back to the car, I would have to bleed it out if I shot it and share the load with my friends for the walk back. I watched it walk away; it never spotted me. I did not hunt deer again, deciding if I wasn't going to shoot one anyway, I didn't need to be in the woods with a bunch of people with guns. (However, I am rethinking my deer hunting hiatus after I see the coleus and roses in our yard on which our resident deer have browsed!) P.S. I never did confess to my friends that I passed on the shot. *- George Arola*

- The only fall I can remember is of when I stumbled on uneven ground just outside the Papal Palace in Avignon in southern France a few years ago. Sorry, but my memory of the event is not fond. *- Larry Lowenthal*
- Taking our kids to the Cider Mill for cider and donuts after picking all the apples we want to bake apple pie. Discovering that my red maple matches my car. *- Wayne Forehand*








- Fall has always been a special time for me, especially when I lived up north. Fall signaled small game hunting season and wonderful walks through the woods and fields, but if I had to pick that one special time it would be on my 80th birthday when I had the family gather at a resort in Montauk, NY. By this time, I had been living in the south more than 20 years so many southern falls had passed by so I had forgotten those wonderful northern falls. For this late September trip that I am talking about, Heather and I flew into the Long Island airport, rented a car, and proceeded with the drive out the island to Montauk to meet up with my family. There was a crispness in the air! When we came upon the fields where they had just harvested the corn, they had organized the cut stocks in the usual teepee configuration. The fields were loaded with pumpkins. Yes, the fields were just golden with pumpkins, and I don't have the words to describe the fall fragrance that was in the air. It was an exciting time for us. We were immediately taken back to our earlier days in the north and the wonderful days of fall. *- Joe Gilkey*
- As a teacher in elementary school for many years, fall was my most exciting time of the year. Our public schools used to start the new year after Labor Day in September, and I would be excited to meet all the students in my new class—and the children would be very enthusiastic about starting a new grade level of studies. Then, one fall day in October, 1990, I had a wonderful, new experience—I went on a blind date with...Peter Cone!! When he knocked on my door, and I opened it, a new life began for both of us. At that moment I did not know it—but, very, very soon, we both did! Beautiful memories! *- Bev Cone*
- As Labor Day passed, school started, the weather cooled off, and jackets came out, I looked forward to Hallowe'en, Thanksgiving, and Christmas. And cold weather became hog killing time. We had relatives who were farmers and we bought the most wonderful cured ham, sausage, and liver pudding from them or general stores in the area. Grandmother often made souse and sauerkraut, both of which I found delightful! I was allowed to help her and still make sauerkraut today! We were far from rich, but we always had delicious, nutritious food and—most of all—joyful living! *- Bill Castine*
- October 24, 1998: The scarlet, golden, and burgundy leaves had not yet fallen to the ground in North Florida. The skies were clear and blue, the air was crisp, it was neither too hot nor too cold; it was as though it was a Camelot Day in Micanopy. The golden afternoon sun shone down on the wedding guests seated on white covered chairs that were arranged in rows on the front lawn of the Herlong Mansion. Those attending this small, destination wedding had arrived from far-away places in the United States and felt as though they were being hosted on an exquisite Florida estate of a wealthy, benevolent uncle. The entire Herlong Mansion Bed and Breakfast had been booked to accommodate those attending the

(Continued on page 3)

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wedding. The bride, wearing a simple, white-slip wedding dress and carrying a bouquet of yellow calla lilies, arrived with her parents in a white, horse drawn carriage. The groom, standing on the oriental-rug covered steps of the manse, smiled as she approached. The lone musician gently strummed his classical guitar. There were tears in the eyes of many of the assembled guests as well as the bride and groom. After the vows were said and the traditional glass was smashed under foot, wine and dinner were served on the veranda…until the mosquitoes drove everyone inside! It was twenty-five years ago, and yet, I fondly recall the wedding of our son and his beautiful bride on this magnificent Florida fall day as though it were yesterday *- Jan Lowenthal*

- Long ago but not far away, the Wynn family were active in the Gainesville High School band. In the late 40s my cousin, Dorothy Wynn, played clarinet (the same clarinet that I learned on). Her sister, Edwina, was a majorette, I played first clarinet (starting with Dot's metal one) and my younger sister, Shirley, played coronet. My fall memories are marching in the University of Florida Homecoming parades through rain, shine, hot and cold weather depending on the year. It's possible that in one year in the early 50s three of us were in the same parade, but unlikely given our disparate ages. *- Walter P. Wynn, Jr.*

- One of my fondest fall memories was when my church youth group gathered to pick apples as a fund-raising project. Our apples were the New England Macintosh variety, an apple I don't really like to eat, but that's all we knew, and we didn't care about the apples anyway. It was just fun to work together on a cool and crisp Massachusetts afternoon. We would sometimes find ourselves ducking snowflakes during our November football games—always a treat. And I played field hockey, so I recall cold legs as we ran up and down in our uniform shorts hoping to score or defend the goal, as the case might be. I loved New England autumns. *- Beth Paul*

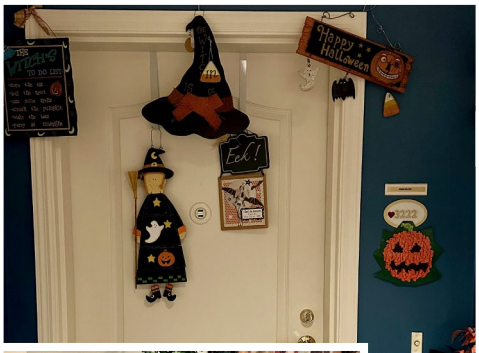
- Touring Vermont to enjoy the views
  Was it October or September
  Ablaze with red, orange, and gold hues
  Whatever year I can't remember
  - Gene Ziegler

Vote by Mail Reminder

You must renew your request every two years—it's the law. To request vote-by-mail ballots in 2023 and 2024, call the voter's registration office: (352) 374-5252, weekdays, 8:30-5:00 or online. *Your vote counts!* *- Barbara Dockery*

Halloween Décor at Oak Hammock

- Sandy Furches













Welcome Our Newest Dining Staff Member: Adam Barrett



Adam Barrett comes to us from a variety of positions in the Gainesville area hospitality industry, most recently at the UF Hilton Conference Center and Keith Watson Events. When his fiancé was admitted to UF College of Veterinary Medicine, they moved to Gainesville from his home in western Massachusetts where he worked in a small hotel in Amherst that specialized in weddings. You can see some of the flourishes he picked up there in his table arrangements. Barrett is a huge animal lover who currently has 5 cats, but previously has had everything from dogs to ferrets to rats. A huge sports fan, he is particularly keen on basketball and football. He reaches into the past for his music—particularly Bob Dylan and classic country.

Although he's been here less than a month, his first impressions are favorable: "Oak Hammock is a great community." He has found residents and coworkers to be kind and welcoming, citing the genuine "interest and excitement" from people who stop to introduce themselves and welcome him to Oak Hammock. As he settles in here, he expects to rotate through a variety of positions with dining services. He's already been involved with two major receptions: the celebration of Katherine Osman 's 20-year tenure here at Oak Hammock followed two days later by the wine and cheese social announcing the fall classes for ILR. So, keep an eye out for Adam and welcome him to our wonderful community. *- Nancy Dickson*

Remembering the "Invisible Staff"

It hit me the other day that a good portion of our staff are not that visible to us. Many of us haven't seen the amazing staff in the Health Pavilion or laundry or maintenance department unless you happen to visit the Health Pavilion or are somewhere our laundry or maintenance folks are picking up our dining room laundry or our daily trash room contents or cleaning the stairwells, garage, and outside areas. Other folks may not have seen those in the fitness center teaching classes or helping folks in the gym throughout the day.

If you have witnessed these busy, friendly (and stealthy) employees, you've had an opportunity to thank them in action. They are all instrumental in making Oak Hammock residents healthy, fit, and safe plus making our residence as clean and attractive as possible.

I encourage everyone to try to consider how many folks we want to thank by our generosity to the Employee Appreciation Fund. I always say, "This is our one shot to give a gift to our staff." I invite all of you to attend the Employee Appreciation Fund Reception on Wednesday, November 15. It is SO incredibly heartwarming to see all of our staff coming to pick up a well-earned "gift" for the work they've done all year.

I thank you in advance for making this year's party the best ever for our staff! Please save the date iff you can, and stop by for a beautiful event. Many thanks to you all! *- Marcia Brant*

Kudos!

Oak Hammock Server Destiny Walden was recently named Eastside High School's Homecoming Queen.

- Frank Townsend



Resident Samuel R. "Bud" Shorstein Honored

In June of this year, the College of Liberal Arts and Sciences announced that, in recognition of a generous gift, the Center will now be known as the Bud Shorstein Center for Jewish Studies.



Bud was recently the guest of honor at THE AMERICAN JEWISH EXPERIENCE: SHORT PRESENTATIONS IN HONOR OF BUD SHORSTEIN in appreciation of his very generous gift. More details, including speech transcripts from dignitaries, are available on Touchtown in the "Community Bulletin Board" folder.

For more information, go to https://news.clas.ufl.edu/uf-announces-naming-of-jewish-studies-center/. The links will also be included on Touchtown.

- Excerpts from UF.edu; Carol and Bill Zegel, transcripts and photo

Looking for Friends of Residents in Health Pavilion

When Oak Hammock opened, almost everyone moved into "Independent Living" apartments or houses. There was little contact between the disparate sides of the campus except for the couples with one spouse in each of the areas. New residents who moved in alone or lost a spouse told visiting children they felt that they were alone, separated from former friends in Independent Living.

Now we are One Oak Hammock, with many opportunities to connect. Residents in wheelchairs join friends in dining rooms, Oak Room programs, and floor parties. IL residents who check the pavilion calendar can find events like barnyard babies (pet) visits, acting classes, cooking demonstrations, discussions, music programs, and parties they can attend.

Join the fun! There is a need for more IL friends who want to brighten the lives of pavilion residents. By giving as little time as an hour a month, you can help strengthen the connections that enhance our feelings of belonging to a caring community. Here are some of the ways to do that:

Be a pusher! That's a "happiness pusher" who escorts wheelchair residents to ILR and other programs. For example, at the annual spooktacular event for children of the Oak Hammock staff, held on October 25 in the Pavilion parking lot, pushers escorted wheelchair residents who handed out treats. The event included a barnyard babies petting zoo.

The NHS weekly presentations on Wild Isles, a new series by David Attenborough, will be from November 28-January 4.

Save the date: Friday, January 5, 2024, for the Oak Hammock Health Fair. A large number of pushers will be needed to bring Pavilion residents to visit the exhibits and vendors demonstrating a wide range of new products and techniques. This will be a campus-wide event in the Oak Room and Commons.

Volunteers who sign up to be pushers are notified of events and choose whether to participate on given dates. Contact me, Catherine Morsink cmor3126@gmail.com for more information.

Be a happiness visitor. The Pavilion calendar includes daily time for personal visits and calls (3:45-4:45 daily or TBA). Visitors meet residents in their Pavilion room or in a common area to share talents or special interests. For example, visitors may read to someone, sing with them, help them write a letter, show them how to play a musical instrument, play a game, talk about a favorite sport, etc.

Chrissy Smoak, activities director, has identified Pavilion residents who would like to participate in these visits.

There is a special need for visitors who will:

- bring a pet to visit (or a video about animals)
- bring a book of poems and read poetry
- read a book and talk about the story
- talk about Gator sports (or watch videos of games)
- play music or sing songs with them
- talk about Elvis (or watch videos of him)
- listen to piano music or play piano keyboard
- take a short walk outdoors, listen to birds
- play bridge with 3 residents in the Pavilion
- talk about/watch videos on outer space or Star Trek
- look at, talk about family photos
- take picture of resident to share with family
- bring and do simple art project
- you name it—the possibilities are endless!

Contact activities director Chrissy Smoak csmoak@oakhammock.org or resident Catherine Morsink cmor3126@gmail.com to sign up or get more information. Join the fun to make our community even better. Pay it forward! Let's enjoy continuing friendships throughout One Oak Hammock. *- Catherine Morsink*









Thank You, Ron Schoenau, for Oak Hammock's Greenhouse

On October 18, a large group gathered in the upper commons to help celebrate Ron Schoenau's 86th birthday. In attendance was his sister, Margarita, who just happened to be visiting from Brandon, FL, and was instrumental in making certain Ron attended the celebration. We celebrated with a large cake, served by our Dining staff.



In addition, Ron was honored for the vision and generosity he and his wife, Carolyn, had 18 years ago and the incredible efforts put forth into building our much beloved greenhouse. Used by many, it provides an ideal environment for many of our plants to thrive and has helped bring our gardening community together. A few individuals shared their thoughts and feelings of what having this greenhouse meant to them when the decision to move into Oak Hammock was made. For some, it was the deciding factor. Ron was quite moved by all the attention.



Our celebration ended with the presentation of a beautiful plaque to be placed in the greenhouse with a dedication to Ron and Carolyn for their valuable contribution to building our green space.

Today, our Greenhouse stands tall as a testament to their dedication and commitment. Beyond its beauty and functionality, the greenhouse is also a symbol of hope. It helps remind us of our responsibility to nature. Well done, Ron and Carolyn.

- Rhonda Smith, content; Patsy Nelms, photos

Floor Parties



Floor parties are an enduring—and fun—part of life at Oak Hammock. Shown here is Building 2, Floor 2. *- Sandy Furches*

Street Party

October's launch of the street party season was held on a perfect Fall Sunday. Hosts Sharon and Ed Harmon and Ann and Buzz Boyd laid a welcoming October board and attendance was strong.

- Jacki Challoner







News from the Art World at Oak Hammock

New art in the Art Gallery! The Gainesville Fine Art Association show is now on display. This fantastic exhibit includes works not only from residents but also from the larger Gainesville community.

The opening reception was on Sunday, October 15, and featured wine and hors d'oeuvres. Professor Heipp, a retired art professor from UF, discussed the show and the rationale for his 13 award selections.

On October 24, in "The Magic of Making Bourbon," resident Steve Gird demonstrated and explained the magical process of turning grain into bourbon. Fascinating.

Coming up: Don't miss resident Meredeth Rowe's show in the Art Studio titled "Playing with Mother Nature: A Photographic Presentation" which opened September 17. An open house was held in the Art Studio on October 22.

Are you an artist? Do you enjoy hearing artists discuss their works in progress? If so, come to the Art Studio on every fourth Tuesday, where artists and others interested in art are invited to gather at 7 p.m. for an evening of critique and feedback on works in progress.

Current and upcoming classes (information can be found outside the art studio door):

- Anda Chance is offering a Colored Pencil Workshop which started on October 21.
- The Watercolor Workshop scheduled for November 11 has been rescheduled for December 2. This class is for those with some watercolor experience.

- Nancy Dickson



GFA Exhibit

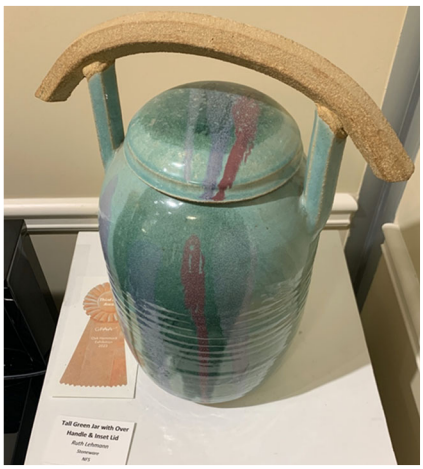
The 2023 Gainesville Fine Art Association Judged Exhibit is at the Gallery at Oak Hammock October 8 - January 6. There are 83 artworks by 36 artists from GFAA and Oak Hammock. The opening reception was held on October 15 in the Oak Hammock Upper Level Commons. Several tables were laden with treats such as shrimp boats, lemon bars, mushrooms stuffed with filet mignon, and cannoli. Complimentary beer, wine, and soft drinks were also offered.



The awards presentation was held in a very crowded Oak Room. Richard Heipp, former UF School of Art professor, was the judge.

Thirteen awards were presented including to Oak Hammock residents and staff, shown below.







From left, Best in Show: Colleen Rand "Nick in the Bulldog Woods", Third place: Ruth Lehman "Tall Green Jar with Over Handle and Inset Lid", Merit Award: Jane Polkowski Levy "Wish You Were Here"

- Deborah Rossi, content; Bill Castine and Michael Levy, photos

(Note: photos of all winners are located in the "Community News" folder on Touchtown)

Restaurant Ramblers Experience Amazing Antonio's

Marilyn Crosby and Pat Toskes pulled out all the stops arranging a special evening of dining at Antonio's Restaurant in historic Harvest Village north of McIntosh on U.S.441. Around 40 Oak Hammock residents were accommodated with the first ever buffet served by Antonio's to provide a sampling of their Authentic Italian cuisine.



The journey for our tastebuds began with a complimentary appetizer of their signature cheese burrata, a freshly made mozzarella ball stuffed with creamy ricotta and parmesan. Next, we enjoyed Caesar and house salads followed by a second appetizer of sausage and peppers. The entrée offered a sampling of fettuccine alfredo with shrimp, chicken marsala, and stuffed shells. A heavenly chocolate mousse dessert garnished with a fresh strawberry ended our delectable journey.

Several explored the grounds after dinner while others visited on the deck, enjoying the evening breeze. All absorbed a spectacular sunset over Paynes Prairie as we returned home. Special thanks to the staff of Antonio's for coming in on their day off to cater a beautiful and delicious evening for Oak Hammock.

- Sandy Furches







Functional Fitness Assessment

Due to the amazing commitment of everyone, our first FFA testing of 2023 was a great success! We had an awesome time greeting familiar and new faces. We appreciate the diligence of everyone's arriving on time; this helped our event to flow smoothly.

- Stacey Hogan



Dance for UNICEF

Oak Hammock was the venue for a UN Association of Gainesville sponsored event on September 30. Attendees were treated to videos of joyous and robust dances from several African and Asian countries as well as from the U.S. This was followed by live dancers from the Gainesville International Folk Dancers performing folk dances from around the world. This event was a fund raiser for UNICEF in support of refugee children in the world. Oak Hammock residents were very generous in their support that will fund thousands of meals for children. Thank you, Oak Hammock.

- Pushpa Kahlra, content; Patsy Nelms, photo



What Is Supervised Voting?

A question answered on September 14 by Aaron Klein, outreach, and Michael Bruckman, vote by mail coordinator, from the Alachua County Supervisor of Elections Office. Their presentation was recorded and will be available in the "Community News" folder on Touchtown for those unable to attend.

Supervised Voting is an opportunity for residents of assisted and skilled nursing facilities to request voting on site. The facilities administrator or any 5 residents initiate a written request to the county's elections supervisor no later than 28 days before an election. When a time is established, the official voting team made up of at least 2 people from more than one political party (except in a closed primary) delivers the ballots and provides assistance to voters. The team distributes the ballots, monitors voter identity, ensures privacy, and verifies voter signature on the outside of the envelope. Then the team delivers completed ballots to the elections office.

Supervised voting is only one way for residents in facilities to vote in Florida. You may continue to request a vote by mail ballot and mail it or return it to the supervisor's office. Oak Hammock transportation for scheduled early voting and voting at the polls on elections days will still be available.

Any Oak Hammock resident may participate in supervised voting. There will be a signup sheet at the reception desk in the commons area.

Who should consider signing up for supervised voting?

- *Those who need help reading or completing their ballot*
- *Those with a changed, inconsistent or illegible signature*
- *Those unable to travel to the polls*
- *Those who may misplace their mail in ballot*
- *Those concerned that ballots mailed will not arrive at the elections office on time*

It should be noted that any resident who has completed and signed their vote by mail ballot may bring it to the election officials who are here in the Pavilion on the designated supervised voting date for return to the election office

Important dates for the 2024 elections in Florida are March 19 (Presidential Preference), August 20 (Primary Election), and November 5 (General Election).

Now is the time to check your voting status. Is your information current? Call the election supervisor's office to find out **(352) 374-5252** or o on line to see your current voting status at **Votealachua.gov**.

- Catherine Morsink

Golf Tournament

Our annual tournament was held at Hawkstone Golf Course on October 9. Funds received support the Benevolent Fund which is used to assist residents who, through no fault of their own, need financial support.

The tournament was an excellent example of what can be done with staff and residents working together as one. A large thank you goes to Kathy Subak who is the golf coordinator in addition to her other responsibilities. Running a tournament requires many tasks spread over the year and sequenced to keep our sponsors tuned in. All of our sponsors have connections to Oak Hammock and three significant sponsors are residents: Mary Sanford ($3000), Gene Brigham ($2000) and Wayne and Sheila Forehand ($1000).

This year the weather was perfect. We had 24 teams of 96 players. Everyone seemed to have a good experience.

Significant to Oak Hammock residents was that we were able to turn over $50,000 to the Benevolent Fund.

– Norm Cooney

How Do You Spell Fall?

James Whitcomb Riley poetically defined the fall season saying, "When the frost is on the pumpkin…." Well, that was a few years ago. Pumpkins are a type of gourd that originated in northeastern Mexico. Today, Illinois leads the states in growing pumpkins. It is said that Christopher Colombus carried pumpkin seeds back to Europe where they eventually were grown. Google away for trivia galore. Or simply visit grocery stores. *Pumpkin flavor reigns supreme*—from Cheerios and yogurt to doughnuts and beer! Really?



Nutritionists promote the health benefits of eating low caloric pumpkin. They wave the red flag on junk foods (lattes, candies, pie fillings) loaded with sugar. Well, bummer—not to worry. There's no caution for enjoying the "scents of fall"—cinnamon, nutmeg, and allspice. Kinda' brings back memories of grandma's kitchen. Bet she'd want to add a scoop of vanilla ice cream to your slice of pie.

- Barbara Dockery

Bartram Trail Tales

The Natural History Society brought Sam Carr to our Oak Room with his passion and enthusiasm for William Bartram and the natural resources found during his exploration in the 1700s. Bartram, a Quaker from Philadelphia, is known as America's first naturalist. His book, *Bartram's Travels*, provides poetic word pictures of his discoveries. His sketches accurately depict various plants and animals in Florida.

Carr is President of the Bartram Trail Society of Florida and promotes development of the Bartram Trail National Heritage Corridor covering all 2,500 miles of the southeastern US, including many sites in Alachua County.

Save the dates, April 26-28, for the 2024 Bartram Frolic on the Riverfront celebrating the St. Johns River and the 250th anniversary of William Bartram's travels through Palatka. For further information: bartramtrailsociety.com

- Sandy Furches



Sing for Life

Facilitators: Dr. Brenda Smith and
Professor Emeritus Ronald Burrichter

Mondays, 2:30 p.m. in the Acorn Room

This is an arts-in-medicine initiative intended to provide voice strengthening strategies for Parkinson's patients through speech and singing activities. No musical experience is required. The weekly class includes vocal exercises, chanting of texts, and singing of familiar songs. Each participant receives individual as well as group assistance. Caregivers are welcome. Come brighten your week with 30 minutes of limericks, song, and fellowship.

- Dr. Brenda Smith

By the Numbers October 1

Independent Living

	Total	Sold	Available
Houses	57	57	0
Apartments	212	209	3

Health Pavilion

	Total	Occupied	Available
Assisted	48	47	1
Memory	12	10	2
Skilled	73	66	6

- Andrew Davey and Ashley Davis-Meacham



Little Free Libraries Window Display

The library window display explains the explosion of Little Free Libraries which have popped up all over the world. A Wisconsin man built the first several, and the idea took hold. The honor system prevails as people are urged to borrow a book and leave a book. It is hoped that these little libraries will be placed in underserved communities so that children, especially, will have access to books which might encourage reading. Ann Elnicki's inspiration captured the imagination of Steve Gird who sketched out a facsimile that he and Jack Spencer could build. Ann researched and gathered photos and Beth Paul printed them and wrote up the script. After the display comes down, the little library just might be found in other areas of Oak Hammock. *- Beth Paul, content; Bill Castine, photo*

It's Autumn on the Lower Level

The Needlers have done it again. They nudged over the orange and blue colors that are so prominent in Gainesville to welcome the palette of autumn colors. The Needlers responded to a shout out for items to be used in the wickedly delightful Hallowe'en themed window, coordinated by Paulette Gird.

A second window is a traditional autumn display, artfully arranged by Peg Owens, featuring the talents of Oak Hammock Needlers. The display cases frame the Needle Arts room doorway—just across from the pool table on the lower level. The themed cases change frequently. These busy ladies don't have time to shoot pool.

- Barbara Dockery



A Gift from Your IRA

If you own an Individual Retirement Account (IRA) or other retirement account and are age 72 or over, you are required to take out a Required Minimum Distribution (RMD) every year—and this is taxable income. However, you can avoid paying this tax by gifting through a Qualified Charitable Distribution (QCD). Making a gift to the *Oak Hammock Benevolent Fund* is definitely an option worth considering. We benefit because the Fund can put your gift to work right away. You benefit because there are some advantages that accompany this option.

Although there is no tax deduction, the amount transferred is excluded from your income—you owe no taxes on the amount transferred! The amount you give counts toward your RMD when one is due. Transfers up to $100,000 (annual aggregate limit) qualify for this favorable tax treatment each year. In other words, you can reduce your taxable income by up to $100,000, thus saving you money. Win-win!

How does this work? Contact your account custodian and ask them to make a qualified charitable distribution directly to the Oak Hammock Benevolent Fund. This ensures your gift is properly recorded with the IRS. Your gift provides immediate support for our work at an important time. Please inform Oak Hammock Accounting of your gift for recognition.

Please do not consider this if you need your retirement account distributions to pay Oak Hammock fees. Also note that if you are still contributing to an IRA after age 72, this will reduce your QCD amounts. Contact your tax accountant or account custodian for further advice.

- Members of the Benevolent Fund Committee

Mimi Ryan Honored

Oak Hammock's Mimi Ryan, retired UF Women's Golf Coach, was honored with the 1st Annual Women's Gator Open Invitational Tournament.

Mimi is one of the founders of the University of Florida Women's Golf Team Program. Mimi spent two decades of her professional career at UF. Under Coach Ryan's leadership the women's golf team won back-to-back NCAA Championships in 1985-1986 and Women's Golf SEC Championships including Coach of the year throughout 1980 to early 1990 seasons.

Mimi is still an active player and can be seen at the University Golf Course with some of our Oak Hammock and Gainesville community residents.

Go Gators! Cheers to Coach Mimi Ryan! *- Maryalice Nelson*



UF Library User Group

The November program for the UF Library Users Interest Group will feature Erin Gallagher from the UF Libraries. All residents are invited to attend at 10 a.m. in the Acorn Room on Wednesday, November 15.

You have access to an astounding array of electronic resources and databases through the UF Libraries, but did you know that over 80 of these resources are accessible to anyone with an Internet connection, no VPN required? Or that you have access to fascinating historical collections of primary sources? Buckle in, because you're about to venture into unexplored worlds through the Libraries' A-Z database list. Join Erin Gallagher, Chair of Acquisitions & Collections Services, to learn more about the open access collections available to you wherever you're located around the globe, as well as exciting primary source collections spanning across centuries. Interested in Home Economics archives, digital newspapers from around the globe, or student activism? How about the expansion of the American west, Medieval travel writing, or archives from the World's Fairs? Erin will guide you through a journey of discovery through the Libraries' database list where you'll learn specifically how to find open access resources and historical primary source collections No time machine required! *- Sybil Farwell*

Recycled Riches

Recycled Riches has donated to 3 Oak Hammock funds: $6,500.00 to the Employee Appreciation Fund, $3,500.00 to the Employee Scholarship Fund, and $3,000.00 to the Benevolent Fund.

We are having regular sales and have an active Wish List for residents and staff looking for items. Think of us first when you are looking for something or giving something away. We have a busy medical supply storage room for walkers, wheelchairs, canes, and other medical supplies needed short– or long-term use.

Let us know if you see a need to purchase something that will benefit Oak Hammock that is not in the budget. Mini-grants forms are available online and at Reception. Our next meeting is Monday, October 30, at 11 a.m., in the Acorn Room. Everyone is welcome. *- Valerie Griffith, Chairman, Recycled Riches*

New and Interesting Fiction at Oak Hammock

The shelves just outside the fiction library are full of amazing new books. Here are a few that caught my attention:

The Lost Apothecary, Sarah Penner. Going back three centuries, we meet the female apothecaries, their desperate clients, and the dangerous, sometimes lethal, drugs they compound. When a present-day London woman finds a vial from the ancient apothecary, her quest to find the store leads her to connect with the past and solve the murders that haunted London two centuries earlier. Could not put it down.

Remarkably Bright Creatures, Shelby Van Pelt. The two protagonists, an older widow, and a curmudgeonly giant Pacific octopus, form an unusual friendship as Marcellus (octopus) helps Tova (widow) solve the mystery of what happened to her eighteen-year-old son, Erik, who mysteriously vanished on a boat in Puget Sound over thirty years before. A decades old mystery is solved through the trust and friendship that develops between Tova and Marcellus, as Van Pelt shows us the amazing world of the super intelligent octopus.

The Buddha in the Attic, Julie Otsuka, a tiny *tour de force* of economy and precision, this small book tells the story of a group of young women brought from Japan to San Francisco as "picture brides" nearly a century ago and gives us a glimpse of a part of our history that has been (mostly) lost. In this beautifully written book, Otsuka pulls back the curtain to reveal a world of friendships, discrimination, hardships, and triumph.

- Nancy Dickson

Scarecrow Festival



Three years ago, we were in the midst of Covid, one morning I thought, "This is getting BORING." Our Thanksgiving feast had been cancelled. The Christmas buffet was also cancelled. What could I do to breathe some life into this place? I figured the solution might be an outdoor project, so I dreamed up a Scarecrow Festival. It received management's approval and Vicki Mulhearn and I were off.

We asked each floor to have an entry and were happy with the response, but we knew we needed more. So, Vicki and I went about secretly creating more scarecrows and storing all the "men" and "women" in her apartment. She was surrounded by boyfriends. We broke every rule in the book with our advertising and use of the common areas, but nobody seemed to mind.

It was a glorious day. We had a fiddler, a contest for the best scarecrow, refreshments and over 150 residents, both from Independent Living and Assisted Living, voted. Florida Man won by a narrow margin.

The last remnant of that day recently retired. Everyone had their own name for him, but ours was Officer Randall. Officer Randall Coleman helped us install him along the entrance road, in a site chosen by then Chief Eric Carroll. Scarecrow Randall worked 24 hours a day, slowing down traffic entering Oak Hammock. He never complained. He didn't receive a salary and never took a day off or for that matter, even an hour. Thank you, Scarecrow Randall, for helping to keep us safe. Lucky for us though, the real Officer Randall Coleman continues to do that.

- Peg Owens

Note: More photos of the original Scarecrow Festival are on Touchtown in the "Community News" folder.

FLiCRA

We hope that all our new residents consider becoming members of FLiCRA (Florida Life Care Residents Association), a non-profit association of CCRCs (Continuing Care Retirement Communities). We are also known as Life Plan Communities.

The FLiCRA office in Tallahassee watches out for any legislation that might come thru the State Legislative Session that might affect the local chapters. Help us support this effort. It affects all of us.

- Mary Sanford

Garden Groupies Party

On a perfect Saturday afternoon, sunny and in the 70s, the Garden Groupies met on the porch behind the garden cottage for a time of exchanging garden hints, friendship, the latest garden news, and enjoyment. Refreshments of deviled eggs, teriyaki meatballs, chicken stuffed tartlets, and spice cake were served. The Garden Social was enjoyed by all.



- Gail Robinson, content; Patsy Nelms, photo

Medicare, 2024

The good news is that *Medicare and You, 2024* has arrived in mailboxes and is available online. There are changes for the upcoming year In Medicare and for those who chose to enroll for an alternative to Medicare, provided by a for-profit insurance company commonly known as an "Advantage" plan, there may also be changes which you will have to rely on the insurance company to notify you about.

Elder Options is the Florida Area Agency on Aging and they have a marvelous program, SHINE (Serving Health Insurance NEeds of Seniors), which offers individual counseling on understanding and selecting options. by well-trained volunteers who "have no skin in the game". There are also insurance agents who will offer counseling, but these agents rely on insurance companies to pay them commission and recent reports demonstrate that commissions are higher for "Advantage" plans than for Medigap to supplement Medicare.

Nick Ross, of SHINE, is scheduled to offer a group session here and there will be sign-up sheets for small group or individual counseling. Because the program has undoubtedly changed since you signed up, it is to your advantage to sign up for a session and talk to Nick. Bring your insurance card to the meeting with Nick. Be certain that you have the insurance that will best protect you.

- Karen Miller

Trunk or Treat: One Oak Hammock











More photos are on Facebook and Touchtown.

Bosom Buddies Breakfast

Residents who are breast cancer survivors enjoyed fellowship and breakfast together on October 23rd. It was the ninth year that this special supportive event, initiated by Margi Sidman and the late Peg Nattress and Margaret Boonstra, was held.

At left is planning committee: Pushpa Kalra, Janet Janke, June Girard, Marvel Townsend, Margi Sidman, Nita Beckman, and Carol Zegel.

- Carol Zegel



Oak Hammock Welcomes UF String Quartet

Covid restrictions no longer limit entertainment at Oak Hammock! UF students enjoy performing in the Oak Room, especially as a pre-performance for a final grade. The graduate string quartet, principal players in the UF Symphony, delighted an appreciative audience in the Oak Room. The violin, two violas, and cello presented a flawless concert, followed by applause and vocal cheers. The talented UF students are an asset to Oak Hammock's enrichment. And they like the way we applaud!

- Barbara Dockery, content; Patsy Nelms, photo



New Year's Eve Dinner and Dancing
with DJ Bobby Laredo
Sunday, December 31 on Sandwich Island Time
Dress your Decade!
('50s, '60s, '70s and beyond! Watch for more details...)

Help Wanted

We need a resident to simplify and coordinate the Independent Living Buddy List, a list that provides immediate, helpful contact information to new residents arriving from outside Gainesville. Basic computer skills required: email and a table. Minimum commitment, historically just in January.

Is this YOU? If so, please contact Ellyn Ahlstrom via email at ellynkadel@icloud.com. *- Ellyn Ahlstrom*

Contributions to the Benevolent Fund

Since we last reported on the contributions to the Benevolent Fund, a total of $20 was received as a miscellaneous contribution. *- Tracey Wilbon*

A Date to Save!

Calendars tend to get filled with extra events this time of year. The Oak Hammock Singers continue rehearsing special music and show tunes for their Annual Fall Concert—November 19th—in the Oak Room at 3:30 p.m. *It's the perfect way to jump start your holiday season!* *- Barbara Dockery*



Brazos Trio

The UF Music School recently hosted Brazos Trio of piano, flute, and viola. Oak Hammock residents were welcomed free of charge. Compositions of four contemporary composers were presented by three Baylor University music professors. Dr. Kae Hosoda-Ayer, piano; Dr. Charlotte Daniel, flute, and Dr. Kathryn Schmidt Steely, viola demonstrated passion and proficiency with their instruments. Dr. Daniel is also Principal Flutist of the Waco Symphony Orchestra.

A short ride provided by Oak Hammock after dinner frequently brings enjoyable music like the Brazos Trio. Check the transportation book in the lower lobby regularly and sign up for the next opportunity that interests you.

- Sandy Furches



The Bookends

On Friday the 13th, Oak Hammockers enjoyed An Evening of Nostalgia and Love Songs with The Bookends!

- Patsy Nelms



IF YOU LIVE ALONE
SAVE THIS DATE
DECEMBER 12 @ 7:30 P.M.

Honored

Albert and Alberta greeted long-term supporters of the College of Education Catherine Morsink and Diane Haines at the 2023 Scholarship and Awards Dinner. The Dinner is held annually to recognize outstanding faculty and students of the College. *- Diane Haines*



Dance Alive!

A beautiful performance in the Oak Room on September 29.
– Patsy Nelms, content; Nickie Doria, photos







Musical Treats

Boarding the Oak Hammock bus outside of MUB101 (UF Music School), one resident proclaimed, "That was incredible!" We had just experienced the "impeccable technique" of Hsiang Tu in a faculty piano recital. Tu, an Assistant Professor of Piano, exudes talent, taste, creativity, and a wide range of music. For more information on him: hsiangtu.com.

Now that the fall term at UF is in full swing, watch the transportation book in the commons lower lobby for other wonderful musical treats at MUB101 or in University Auditorium. These quality performances are FREE and well worth your time. *- Sandy Furches*





Sing-along Joy

Sing-along Joy every Thursday 4 to 4:40 p.m. in our Assisted Living piano room with Marilyn Ast and Bev Cone. *- Sandy Furches*

Dog Park Notice

By mutual agreement among the dog owners who frequently visit the dog park in the afternoon, it has been agreed that henceforth, for the safety of all dogs, the hour of 3-4 p.m. will be reserved for large dogs (over 25 lbs.), and the hour 4-5 p.m. will be reserved for small dogs. Dog owners are reminded that they are responsible for collecting their dog's waste in the dog park and disposing of it in the appropriate containers.

- Forrest Crawford



Oak Hammock
The Oak Leaf
at the University of Florida

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A Special Fall Quilt



Most afternoons, Brenda Thomas is in the Needle Arts Room. Quilting. "I've been quilting off and on—here and there—forever. Moving to Oak Hammock introduced me to serious quilting. It's become a daily necessity! Now that I'm in the Heath Pavilion, I get on my little red scooter and scoot over to keep quilting.

"A lot of folks have great grandchildren before their 100th birthday. Not me. I celebrated my 101st birthday before little Hunter was born. I had a special quilt waiting for him. *'Love, Nannie'* is stitched at a corner. At my age, I like to plan ahead. I'm making two more baby quilts—for anticipated great grandchildren. Little Hunter has made this a very special fall for me." *- Barbara Dockery*



Recent Elections

On October 5 and 6, residents voted on Residents' Council representatives and nominees to the Board of Directors. Terms of each are for two years.

Residents' Council representatives elected are Nancy Dickson, Steve Gird, Donna Johnson, Doug Merrey (incumbent), Mike Plaut (incumbent), and Bob Virnstein.

Nominees to the Board of Directors for selection of the resident representative by the Board are Bill Brant, Martha Rader, and Bill Rossi. Congratulations to all! *- Bill Castine*

2023 Residents' Council

President: Martha Rader

Vice President: Michael Plaut Secretary: Doug Merrey

One Oak Hammock Coordinator: Mary Kilgour Assisted Living Representative: Fred Harden

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

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