

Date: Tuesday, April 30, 2024
To: Kendal at Oberlin Community
Subject: **Kendal at Oberlin Weekly News Update**

Health Services Forum: tomorrow, **Wednesday, May 1 at 4pm** in the Auditorium. We have four main topics including:

1. Maximizing your Health and Wellness Clinic benefit with Chrystn Petsas, our Nurse Practitioner. Guest speakers, adding perspective to this topic, will be:

- Lisa Holloway, Vice President for Health Services, TKC (The Kendal Corporation). Lisa will share how other Kendal communities utilize the expertise, training and experience of Certified Nurse Practitioners in health care delivery through the continuum of care.
- Scott Moore, PhD, RN, APRN. Assistant Professor, Frances Payne Bolton School of Nursing, Case Western Reserve University (CWRU) and Board Member of Kendal at Oberlin. Scott will share from his vast experience and vantage point as an Assistant Professor at CWRU, the evolving role of the Certified Nurse Practitioner as a Primary Care Provider in health care practice and delivery in the United States.
- Chrystn Petsas, CNP and Laurie Dupee, Health and Wellness Clinic Manager

2. Falls Prevention and How to Fall Safely.

3. Staff Introductions, including Kim Francis, our new full-time Physical Therapist and Brittany Treese, Home Care Associate with Ohio Living.

4. Q and A with our Medical Director, Georgia Newman, MD.

Balance Assessment Testing: Evaluating your strength, balance and potential fall risk with Michelle Minnick and Kim Francis (our new Physical Therapist) from HealthPro Heritage; in collaboration with Chrystn Petsas, Nurse Practitioner. **Thursday, May 9** from 9:15 AM – 12:00 Noon in the Auditorium. No appointment necessary. Come have a free assessment and talk with the Therapy Team and the Nurse Practitioner to identify factors that affect functional performance and strategies to reduce falls. – Laurie Dupee

OTHER ANNOUNCEMENTS

Fitness Center news:

- **Do you like to dance?** Please come join Al Evangelista, OC Associate Professor of Dance, for a one-time dance class this **Thursday, May 2** from 4-5pm in the Fitness/Relaxation room. Everyone welcome!
- **Both pools will be CLOSED next week, May 6-10** for maintenance. The locker rooms will remain open for use.

Oberlin Big Parade – featuring the Kendal Precision Lawn Chair Brigade is this **Saturday, May 4** at 12 noon in downtown Oberlin. The Lawn Chair Brigade team leaves Kendal at 11:30 am. Spectators can sign up to take bus at 11:45am. Best spot for spectators is the south side of Tappan Square. Be there by noon!

Oberlin Folk Festival is also this weekend. On **Saturday, May 4** there will be various musicians at Fairchild Chapel and at the Bandstand on Tappan Square from 3 pm to 9 pm. Many of the events are student-oriented. A [full schedule is here](#).

Ohio Underground Railroad Whistle-Stop Poetry Tour is **Saturday May 4**, 2-4pm at the Oberlin Underground Railroad Center (273 S Main St) followed by tour of MLK Park with Poetry at 4:30pm. A community event that celebrates Ohio's role in the Underground Railroad and helps raise awareness of issues of social justice and racism. All welcome. No Charge.

Deadline for Deposit for "Big Bus Trip" to CMA: If you signed up for the Cleveland Museum of Art exhibit "Africa & Byzantium" on June 4 and have not yet sent in your deposit of \$35 per person, please do so now as we have to make a commitment for the bus **by Saturday, May 4**. Checks should be made payable to KORA and put into Box #93. Thank you! – Gerry Findlan.

May Pole celebration: On **Sunday, May 5**, at 7:15 pm, the English Country dance will begin with wrapping the May Pole. Residents are invited to join the fun, or just come and watch. We will also broadcast this part of the dance on KOTV. – Shared by Jan Larsen

Bicycle Check: The Fitness Committee will be staffing a spring bicycle on **Tuesday, May 7** at 1 pm in parking lot #4. We will be checking air in tires and proper brakes. Major repairs will need to be sent to the Bike Shop. – Shared by Kathy Caldwell

May's Lunch Bunch will be eating at Aladdin's in Oberlin on **Wednesday, May 8**. Bus will be leaving at the usual time, 11:30 a.m. Bus is free, lunch on your own.

Shop at Trader Joe's: **Friday May 10**. Bus leaves Kendal at 9:00 am. Bus leaves Trader Joe's at 11:30 am. Cost is \$15 per person. To go, put your check payable to KORA in mailbox #93 **before May 8**. If fewer than 5 people pay, the trip will be cancelled. – Shared by Gerry Findlan.

Calling All Singers! Join the Kendal Summer Choir and celebrate America's Independence Day. The choir will perform three songs at our Fourth of July festivities. Rehearsals will be on Wednesday afternoons, **beginning May 29**. Sign-up sheets are coming soon to the open mailbox shelf. Questions? Contact Carol Longworth.

Shop at Petitti Garden Center: Petitti's mission is to provide the highest quality and largest selection of locally grown plants. Join us on **Friday, May 31**. No charge for the Kendal bus. We will use the larger bus since it has more room for purchases. Leave Kendal at 9:00 am. Leave Petitti's at 11:30 am. The signup form will be out on May 1st. If fewer than 5 sign up, the trip will be cancelled. -- Gerry Findlan

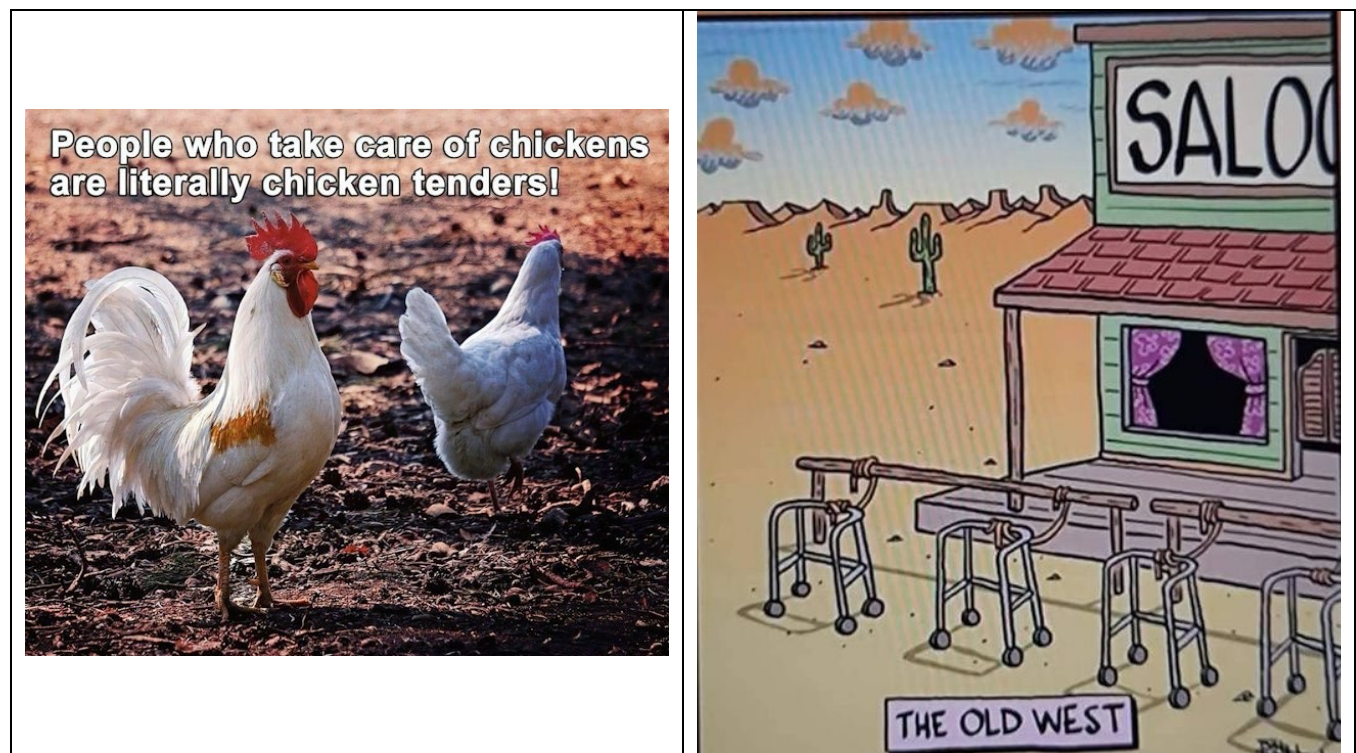
Looking for the Sign-up Sheet for the Big Bus Trip to Blossom? It is on the other side of the hallway – by the Activities bulletin board.

Arbor Day Follow Up: Thanks to all of you who attended our Arbor Day programs. During the course of our celebrations, several residents told us that they have **objects crafted from chestnut wood**. If you have such an object and would be willing to let us photograph it and post it on our website, please let us know. Owners would be kept anonymous. Contact: Alan Lockwood - ahl@buffalo.edu

Spring Fling 2024 video preview: for a short preview of last week's event, please visit <https://youtu.be/xp-zBZeV0cE>. As usual, it is a restricted file so you need the link to view it. The full-length video is still being worked on; it will be uploaded in a while.

Celebrating Wordly Wise! A BIG thank you to Rebecca, Jean, George and Hailey and all the cheering/support team who represented Kendal at the United Way Night at the Bee. The event raised over \$28,000 [not just from Kendal] for education initiatives throughout the county to benefit preschool children and middle school students. There's a T-shirt for you next year if you want to participate then!

HUMOR



(Thank you, Mack Peel, for sharing these!)

HEALTH NEWS / STATISTICS

Philips CPAP machines: I remember that Kendal published a brief announcement in 2021 about the Philips CPAP machines. [This article](#) provides useful consumer information about how affected customers might get some recompense – and may be helpful for the residents who use, or used, the machines. There are lots of details to unpack. – Shared by Robin Laurén.

COVID Cases at Kendal: there has been 1 new case reported in the last week.

KaO COVID STATISTICS as of 4/30/2024		
KENDAL AT OBERLIN - COVID CASES	Increase since last week	Cumulative since March 2020
Residents		
Independent Living Resident Cases	1	127
Stephens Care Center - Residential Care	0	45
Stephens Care Center - Skilled Nursing	0	4
<i>Residents Subtotal</i>		176
Staff		
SCC Staff and Volunteer Cases	0	149
Other Staff Cases	0	107
<i>Staff Subtotal</i>		256
Total Residents + Staff	1	432
Current # in Isolation, COVID Positive		1