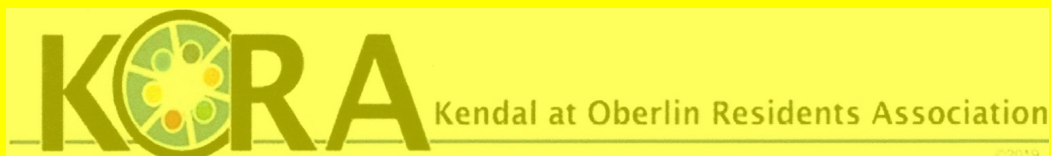


THE YELLOW BOOK

A Directory of KORA Activities

Prepared by the KORA Coordination Committee
June 2022



A Directory of KORA Activities

***Produced for the Kendal at Oberlin Residents Association
By the Coordination Committee***

June 2022

What follows is a list of KORA Standing Committees and their Subcommittees, Interest Groups, Service Groups, Support Groups, and Special Purpose Groups.

An alphabetical index of all is included at the end of the document as is contact information for each committee or group

***Enjoy! We hope you will keep this document
for future reference.***

STANDING COMMITTEES AND SUBCOMMITTEES JUNE 2022

ARBORETUM

Trees are among the most important assets on the Kendal at Oberlin campus. In addition to their beauty, they provide economic and ecological benefits and play a role in the comfort, health, and over-all well-being of residents, staff, and visitors. The John Bartram Arboretum at Kendal at Oberlin was certified by *ArbNet* in 2015. The Arboretum Committee volunteers work closely with Kendal's Facility Services Grounds Staff in the choice, location, and care of the more than 1,000 trees on campus. The Committee provides education by its Arbor Day programs and interactive maps for locating the trees. Meetings are held monthly.

ARCHIVES

The Archives Committee is charged with collecting and preserving official KORA documents with historical, legal, administrative, and financial value. The Archive contains monthly minutes of KORA meetings, the minutes of the annual KORA meetings, and all annual reports of the standing committees. All records since the inception of KORA have been digitized, and the Committee is investigating issues of preservation and internet access. The Committee is also available to consult with committees on questions of retention and access. Meetings are held on an ad hoc basis.

ART COMMITTEE

The Art Committee selects and displays art around the Kendal at Oberlin campus to enhance its public spaces and to enrich the environment for residents, staff, and visitors. The Committee maintains a searchable database of all Kendal artwork, currently over 900 pieces. It also curates and installs exhibits of the work of area artists in Kendal's three exhibition galleries. Meetings are held monthly.

Art Archives: This small subcommittee of the Art Committee is mainly responsible for getting information and photos of all Kendal's artworks into the KORA database. This is an ongoing process since new artworks are regularly acquired.

CARE AND NURTURING COMMITTEE

Buddy System: Kendal's Buddy System provides a voluntary and unobtrusive way of checking daily on the welfare of each resident in independent living. Each area coordinator maintains a current list of buddies and their contact information.

Hospitalization Notification: This Committee-maintains a notebook of resident-submitted "hospitalization notification" forms, and, when contacted by Social Services, notifies those residents who are identified on the forms to alert them to a resident's hospitalization. In addition, the Committee aids Social Services in soliciting updates for all important contact forms during even-numbered years.

Medical Companions: Residents in the Care Center may request a companion to go with them to medical appointments. The companion might be there as a friendly partner, sometimes taking notes for the resident, and sometimes assisting a resident in a wheelchair. All appointments are within Lorain County, and transportation is provided by Kendal drivers.

Memorial Services: A memorial service happens at Kendal when the family of a deceased resident requests one. The Committee chair is contacted by the family and works with one or more family members in person or via email to determine the style and details of the service. These services often take place several months after the resident's death, when extended family can all assemble. They are truly a celebration of life.

A co-chair lines up ushers and someone to stay by the guest book. The volunteers direct traffic, especially to designated seating for people using wheelchairs and rollators, and they spread out to pass microphones during the time of shared memories.

Resident Medical Resources: This is a one=person committee that produces a document fo residents that identifies individuals willing to share their own experiences with a wide variety of medical conditions. It is located in the Kendal Library.

SCC Shoppers: The chair, with the help of 13 other residents, shop for the residents of the Care Center who cannot travel to a store. They shop every Wednesday and deliver the items to the residents. The Committee does not meet.. Sign-ups are handled via email.

Supporting Friends: This Committee works with residents in the Stephens Care Center (SCC) and, when asked, in the cottages. Participants visit those who are isolated for some reason, by reading to a resident with limited vision, sitting and talking with someone who does not have family nearby, or by taking someone for a walk or to a meal. For those who will sit with fellow residents at their End of Life, the Committee provides a short training program. There is a monthly meeting.

Thoughtful Health Conversations: Each Kendal resident is encouraged to engage in a series of conversations with family and close friends and with their health care providers about late-in-life wishes and about plans to live life to the

fullest as long as possible. Residents with no family members nearby are urged to develop a wellness partner or to build a wellness network for support in medical planning and decision-making. The Committee meets monthly.

Wheelchair and Walking Partners: Volunteers add some fun to Care Center residents by pushing a wheelchair or walking with a resident to and from a campus event. Volunteers are alerted by email and respond about whether they are able to transport a resident to that event. There is a short training session.

Where to Turn: When residents have a question, or are curious, or need help about a decision concerning healthcare or late-in-life choices, they can turn to fellow residents who will listen, share their experiences, and suggest resources on a peer-to-peer basis. The group will answer questions, discuss whatever topics are brought up, and present helpful information. Members will work closely with other KORA groups and with Kendal departments to make a list of resources and contacts.

COMMUNICATION COMMITTEE

The Committee is an umbrella fiscal entity for seven subcommittees that operate independently. It does not meet as a whole. The chair oversees the budgets for the subcommittees and approves reimbursement requests, forwarding them to the KORA treasurer for payment.

Audio Announcements: This group provides daily phone recordings of announcements (440-775-9868) for the following day, Audio announcers serve the Kendal community by taking turns recording the announcements.

Bulletin Board Committee: The Bulletin Board is located across from the open mailboxes and provides information about events occurring at Kendal and in Oberlin including churches, transportation, etc. There are sections for KORA as well as for the Administration. There is also a variety of information located on the shelf below the Bulletin Board. Members work at the direction of the chair, striving to keep information current and comprehensive.

Library Bulletin Board: Located outside the Library, this “Points of View” site provides a place for residents to express their interests and concerns on topics of general interest and other “fun” items. The Committee keeps the board current, removing old and/or inappropriate items.

Phone Directory: A phone directory for residents and staff at the Kendal community is published annually. It contains phone numbers, unit numbers, email addresses, and even a first-name index for all residents. It also includes all Administration departments and the primary contacts within each.

Resident Profiles: When new residents arrive, they are asked for a short autobiography which is then added, with their photo, to the file of resident biographies. The updated file is available in the Library. Profiles are also sometimes included in the *Kendalight*. There is a biennial Resident Profiles compendium of all current residents.

Resident Photography: This Committee (which seldom meets) consists of several resident volunteers who help create a photographic record of programs and events at Kendal. They also contribute to a collection of photographs that illustrate everyday life here. Photos are posted on the "Around Kendal" bulletin board.

WKAO: This is one of Kendal's local access cable stations, and it provides an up-to-date calendar based on information provided and posts it daily. Regular contents include menus, programs, resident birthdays, meetings, and much more. The Committee meets as needed.

ENVIRONMENTAL CONCERNS COMMITTEE

Among its major activities, the Environmental Concerns Committee monitors recycling and composting at Kendal; works to align Kendal's environmental programs, strategic plan, and campus plan with the City of Oberlin's Climate Action Plan; and collaborates with SSAFE (Senior Stewards Acting for the Environment), the 320 volunteer residents on 9 Kendal campuses in 8 states who seek to reduce carbon emissions throughout the Kendal system and achieve carbon neutrality by 2050.

FITNESS AND WELLNESS

The focus of this committee is fitness and wellness for all Kendal residents. The Committee supports the activities of the fitness staff as they provide water and land classes, fitness assessments, and wellness coaching along with supporting the many resident-led activities on and off campus. Another focus of the Committee is education for residents about healthful activities that promote wellness.

HORTICULTURE COMMITTEE

A wide range of activities characterize the Horticulture Committee besides the work of keeping plants blooming in the corridors throughout our community. Various subgroups help in designing, establishing, and maintaining such areas as the Courtyard Garden, Wildflower Hill, the Woodland Garden, and the Center Pond and island. Members also manage the Community Garden for residents who want to grow their own flowers and vegetables. There is an annual plant sale. The Committee meets monthly.

HOUSE COMMITTEE

Working with the administration, this Committee creates and maintains an inviting environment for all indoor public spaces and makes sure the spaces are accessible to all residents. These spaces include-the Heiser Lounge, the hallways (including those in the apartment building), the Langston, Fox and Fell, the Library, and the apartment guest rooms. The Committee endeavors to work with KORA committees to accomplish this goal. The Committee maintains communication with the Administration to develop a budget and to plan on an ongoing basis for community spaces. Consultation and suggestions that have a budgetary impact are considered as part of the annual budgeting and capital project planning each year.

"KENDALIGHT"

The *Kendalight* staff produces a 12-page monthly newsletter full of information of value to Kendal residents. "Reporters" are residents who provide pertinent information electronically detailing upcoming events and other functions sponsored by residents, the administration, and outside groups using Kendal facilities. Each issue is delivered to all members of the community either electronically or in a printed edition to the open mailboxes. Past issues are available in the Library and the Archives link on the Kendal residents' website.

LIBRARY COMMITTEE

The Library Committee is responsible for operating the Library's collection of magazines, newspapers, DVDs, audiobooks, and more than 7000 books. It is also responsible for the copier/printer service and the public access computer. Volunteers perform various tasks, both scheduled and unscheduled, usually working independently. The Committee meets as needed.

PROGRAM COMMITTEE

This is an umbrella committee that coordinates the seven committees listed below. Chairs of the seven committees meet monthly to share the programs that each has lined up for the following month and beyond. The compiled schedule of programs is posted in the *Kendalight*, on the daily WKAO slides and on the Residents' Calendar. Residents' suggestions for programs are always welcome, and the committee invites anyone who would like to help plan and organize the many programs.

Center for Life Long Learning: This committee creates classes that challenge, inspire, and educate Kendal residents. The committee selects the topics and presenters,

and helps organize and evaluate the classes. There are usually three 90-minute sessions for each class, and the format (Zoom or in person) can vary.

Cleveland Orchestra Bus: This group organizes big-bus transportation to the Cleveland Orchestra Sunday afternoon series of concerts at Mandel Hall at the Severance Music Center for those who have purchased their favorite seats. It also organizes a summer trip to an evening concert at the Blossom Music Center, the Cleveland Orchestra's summer home. Information about these events is posted in the Kendalight along with dates and sign-up information.

Conversations with the Community: This group organizes a potpourri of programs which are proposed by the Program Committee, by Kendal residents or staff, by outsiders, or initiated by the committee chair. The aim is the entertainment and enlightenment of the Kendal Community. Suggestions are always welcome.

Domestic and Foreign Films Committee: The co-chairs of this group select films to be shown weekly on KOTV or shown in Heiser Auditorium with discussion following. Suggestions for entertaining and/or informative domestic and foreign films are welcome especially when a person owns and is willing to lend a film disc. The committee does not meet.

First Thursday Health Lecture: This committee provides seven programs annually on health-related topics for our community. It generally meets for dinner with the guest speaker before a presentation, and committee business is managed at those times.

Music Committee: The Music Committee presents concerts or workshops each year in Heiser Auditorium featuring students and faculty from Oberlin Conservatory, musicians from the Oberlin/Cleveland area, touring music arts, sometimes dancers, and numerous talented Kendal residents. The committee organizes everything needed for each event including recruiting performers, advertising, printing programs, arranging for physical set-up, and providing ushers. It even keeps the piano tuned and watered.

The committee is an active participant in creating the Winter Solstice and Spring Fling celebrations. These celebrations usually include the Kendal Choir, a bell choir, a recorder ensemble, and several string ensembles. The committee meets 2-3 times a year for business and extra times to plan special events.

Special Events Committee: The chair calls planning meetings at appropriate times of the year to cover five special events: Spring Fling in April; the Fourth of July; Winter Solstice around December 21; Christmas Eve; and New Year's Eve. Residents usually come to the meetings with ideas and a willingness to make the programs successful. The chair guides discussion and implementation. Spring Fling and Solstice involve scores of residents, and July 4th has several people

heading up various activities throughout the day. The holiday eves are usually arranged and run by one or two people.

Posters: This group produces posters and announcements for events sponsored by the Program Committee.

SPORTS AND RECREATION

Paddle a scenic lake or a stream, stay fit with table tennis, or work up a sweat on the tennis courts, and more. This is an anti-committee for those who would rather “go out and do” than “sit and talk.”

Tennis Group: The Tennis Group plays MWF from 8:00-9:00 AM on the clay courts behind the facilities’ building from mid-May to mid-October. When the outdoor temperature is below 50 degrees, or when the weather is bad, it meets on the Oberlin College courts in the Phillips Gym located on Woodland Street between Union and Lorain Streets. Enter at the south end. An admission card is needed and can be acquired from the College. It is free to Oberlin graduates and available for a fee to others as part of a Kendal Corporation membership. Inquire at the Reception Desk. Emails provide information about meetings and possible College facilities closings.

TRANSPORTATION COMMITTEE

The mission of the Transportation Committee is to improve transportation for all Kendal residents whether they still drive or not. The committee provides transportation to Oberlin College and town events; it provides transportation to medical care both inside and outside Lorain County; it sponsors the AAA safe driving course for seniors. The committee meets monthly.

Big Bus and Day Trips; Day trips can include visits to museums or other public venues. They are not regularly scheduled.

Lunch Bunch: This group plans monthly visits to various restaurants in the Lorain County area and beyond. Covid called a halt to the program, but now it is back. The first outing was held in June. Sign-up sheets are located on the counter under the open mailboxes.

Oberlin Conservatory Buses: If buses are available for performances at the College, sign-up sheets for transportation will be placed on the counter below the open mailboxes.

WEB COMMITTEE

Web development is an ongoing process. Until now, *kaores.kendal.net* has been the source for online Kendal information for residents. Now there is a new Residents' Portal being created – *Vibrant*. It is not yet up-and-running. When it is, this description will change. The current site provides access to a wide variety of information: documents of interest, Worxhub, Sign-up Genius, the Salon, daily menus, etc.

WOODSHOP

The Woodshop provides opportunities to work on personal projects, projects suggested by other KORA committees, and resident requests for repairs or small projects to enhance their spaces or activities. If residents would like to develop woodworking skills or just want to be able to repair something, there are tools and space to make it happen. Residents who wish to join must go through a short orientation to ensure safety and familiarity with the tools and equipment. Instruction is provided concerning the use of power tools and woodworking techniques for those interested in learning or refreshing their skills.

Woodshop membership has a one-time membership fee of \$20.00. An application form can be picked up from the table across from the shop. Residents are charged an hourly rate for work done by members plus the cost of materials. The funds raised go to maintenance or to the Residents Assistance Fund.

JOINT COMMITTEES WITH THE ADMINISTRATION

DINING MATTERS:

The Dining Matters Committee consists of three staff members, five residents, and the liaison from KORA Council who work together to pursue continuous improvement of the dining experience at Kendal. The committee's goal is to provide a variety of healthy and appetizing food options and to meet the needs of Kendal's diverse residents in a pleasant environment. The committee appoints residents to focus on communication, to bring forth resident suggestions and issues, to notify residents of changes planned, and to inform residents of issues and constraints that impact dining.

PET MATTERS

Pet Matters oversees all pet-related matters. It coordinates the registration, care, and ensures that rules for pets are properly administered. The Committee includes one administrative staff member, and all pet owners are welcome to participate in the meetings.

The following are three areas of concern: Community Resources; Annual Health Updates and Emergency Care Plans; and Pet Matters for New Residents.

TECHNOLOGY

The Joint Technology Committee provides a structure for residents and staff to collaborate in the planning and management of technology that supports resident life at Kendal. Membership on the committee includes both residents and staff.

KORA SPECIAL SERVICE GROUPS

Auditorium Audio-Visual: This service group designs, maintains, and operates sound, video, and lighting primarily for the Heiser Auditorium. Equipment continues to become more sophisticated. Skill levels vary, and training and mentoring volunteers in the use of the equipment is provided. Most AV volunteers are scheduled to work two to four events each month. There are no meetings.

Floral Creations: The abundant flower arrangements seen throughout Heiser are the work of the Floral Creations Committee. They are created by volunteers working with real flowers, picked on campus or purchased, using a large variety of interesting vases. The committee meets quarterly, primarily to set the volunteer schedule. Its work is much appreciated as shown by the generous budget allocated by KORA to buy flowers.

Health Newsletter: The goal here is to provide four newsletters a year with a collection of health-related abstracts that are accurate, timely, and pertinent, and to distribute them to all Kendal residents in their open mailboxes.

Heiser Reception Desk Volunteers: Volunteers staff the Reception Desk after business hours, 5:00 to 8:00 PM. Training is provided, and there is no phone answering or money-handling. Scheduling is flexible.

Kendal Resale Shop: The KRS accepts donations of unneeded items from residents and offers them for sale primarily to residents and staff. All proceeds are deposited in Kendal's Residents Assistance Fund. Volunteers process donations, staff the store during open hours (which can vary), and/or transport the items to local charities.

KORA tech volunteers: This group helps residents with personal technical problems. Problems are triaged and referred to one of the many specialists – residents who feel comfortable enough in some limited technical area to help others once or twice a month.

Newcomers Friendship Committee: When new residents arrive, they are assigned a mentor to help them meet people and learn the programs and procedures of Kendal at Oberlin. Traditionally two receptions are held each year to introduce new residents to the community, each followed by a dinner. Other activities include follow-up interviews with the new residents after they have lived here a few months, coordinating mentoring

programs with the Admissions Office, and monthly newcomer/mentor meetings, often with a formal presentation or two focusing on an aspect of Kendal life.

Threads: Members of this group do repair work for Kendal residents who no longer can sew for themselves. The members can be found in the Hobby-Craft Room on Thursdays from 10:30 to 11:30 AM. Payment is a donation to the Residents Assistance Fund.

Volunteer Clearing House: Participants can sign up to assist in special projects which may vary during a year. Sign up for projects listed on the bulletin board on the left as one approaches the Care Center, Projects can be local to Kendal but also found in the larger Oberlin community. One annual project is tallying residents' volunteer hours, a substantial task.

RESIDENT INTEREST GROUPS

Art Studio: There are multiple media opportunities and some classes available. Included are drawing, painting, and hand-built pottery. Those interested can sign up for the email list located in the Studio to learn about scheduled group activities, Information can also be found in the monthly *Kendalight*.

Bel Canto

Kendal's handbell choir for independent residents meets weekly for one hour. Rehearsals are held at First Church using their instruments and printed handbell music. A sense of rhythm and the ability to read music are needed.

Bridge:

Residents who want to play meet Tuesday evenings from 6:30 to 8:00 PM in the Green Room.

Dance programs

English Country Dance: Participants enjoy the stately and flirtatious dances that have lasted 400 years, accompanied by live music. The group meets Sunday evenings at 7:15 PM. Dances are called throughout, accompanied by music performed by the band *Consensus*, a mix of Kendal residents and other musicians.

Line Dancing: This offers aerobics to happy music selected from jazz, soul, or contemporary genres. It meets weekly in the Auditorium -- or outside if weather permits..

Rockin' Rollators (Line dance): This features improvisational or choreographed movement to musical rhythms with a rollator or when sitting in a chair. The program specializes in dances that can only be done with a rollator.

Square Dancing and Contra Dancing: Contra and square dancing have the same roots in English country dancing and share many of the same moves. The main difference is that square dances are for groups of eight dancers; contra dances have no set number of couples needed. The kind of dance called depends on the number of participants, Recorded jigs and reels accompany the dances called by Jan Larsen. Neither experience nor a partner is needed to participate. The group meets every Tuesday at 4:00 PM in Heiser Auditorium.

Dementia Friendly Discussion Group

This group offers a forum to discuss issues related to cognitive changes and how to create an environment at Kendal at Oberlin that supports the sense of well-being for all residents. It is an education and training group for those who interact with cognitively challenged residents. The group meets monthly.

Drama Circle

Members of the Drama Circle get together about five times a year to read through plays chosen by the group. Participants volunteer to suggest a play and choose participants for the reading. There is no set meeting time.

Eureka!

Eureka! is a magazine that publishes original work by Kendal residents. Now in its 19th year, it is distributed to all residents. Contributions are reviewed by the publication committee to ensure quality and appropriateness. All residents are urged to submit their written or illustrative work for consideration by dropping it in the *Eureka!* mailbox.

French Language Dining

Any residents who would enjoy an opportunity to revive and improve their French speaking abilities can join for dinner at the French Table in the Fox and Fell. Participants try to converse in French while enjoying a glass of wine. The group meets Thursdays at 5:30 PM.

Genealogy and History Interest Group

The group aims to arrange programs dealing with family or local history. Over the past 18 years, participants have met over 100 times to share their stories and describe techniques used to retrieve them. Kendal, Oberlin College, and the wider Oberlin community residents provide fascinating stories, and the group encourages all to share them.

German Language Conversation

The German conversation group meets for an hour in Heiser each Tuesday at 7:00 PM. Meetings are intended to give participants the chance to speak German while covering various and sundry topics. No English is spoken.

Hobby-Craft Room

The Craft Room is a place for residents who wish to continue their interests in model-making, needlework, and other crafts. It offers workspace as well as a chance to socialize with other residents over one's work.

Model-making: A large table is provided with storage boxes underneath for storing supplies.

Needlework: There is a table for workspace and a sewing machine. There is a cabinet containing needles, crochet hooks, sewing supplies, tools, and buttons for residents. Needles and hooks are for loan and must be returned.

Introverts

This is a group for persons who are typically reserved or quiet, who tend to be introspective and enjoy spending time alone. The Introverts Group meets (briefly and infrequently) to identify each other as persons who understand each other and can offer support when needed.

Jazz Listening

Residents interested in learning more about jazz and/or who want to share their own knowledge and favorites meet every other Thursday at 2:00 PM in the Heiser Auditorium. The audio-visual equipment available allows visual elements such as YouTube so participants can see the musicians perform as they enjoy the performances.

Kendal Birdwatchers

The Birdwatchers is a network of community members who share information and resources about resident and migratory birds at Kendal and in the region. Members (from beginners to experienced birders), listen and observe backyard feeders, various ponds, and fields at Kendal, and several are bird photographers. The group has an e-list for exchanging information and handling queries. Members offer assistance to new birders, help Members offer assistance to new birders, help to any resident who wants to identify a bird, suggestions about helpful resources, and advice about bird issues (e.g. "bird strikes" on windows). The group also participates each year in regional and national bird counts.

Lesbian Gay Bisexual Transgender Queer and Allies (LGBTQ&A)

This interest group was first organized in Spring 2018 to support LGBT residents at Kendal and to educate and advocate around LGBT issues. Participants plan the annual Pride Week events.

Meet and Greet Dinner Events

The goal of this program is to promote a sense of community at Kendal by helping residents meet one another in a relaxed setting. The group organizes dinners several times a year in Fox and Fell for those who wish to participate. Attendees draw a table number, dine with others who have drawn the same number, and so meet others who may be new to them.

Play Readers

Members read plays suggested by committee members or residents. When all have read the plays, they meet to discuss them and to vote on the suitability for presentation to the Kendal audience. The Group selects five or six for the following year and recruits directors. Directors edit, cast, and rehearse their plays. Each play usually has four rehearsals, and each is performed in the Auditorium and televised on KOTV.

Recorder Ensembles

Kendal supports two established recorder groups that meet to play on a regular basis. *Toot Sweet* meets the first and third Fridays of each month at 2:00 PM and welcomes any resident who is experienced at playing the recorder and dedicated to giving rehearsals high priority. The second group, *Zephyr*, is an advanced group all of whom are proficient at playing the four principal recorder types (SATB). *Zephyr* rehearses on the second and fourth Fridays of the month at 1:30 PM. Both groups perform occasionally for the Kendal community, but their main mission is simply to enjoy playing a wide variety of music together. Visitors are always welcome to listen in at rehearsals.

Saturday Morning Walks

Each Saturday at 9:00 AM those interested in a walk in one of our many scenic areas can meet at the Heiser entrance. Participants carpool to the destination. The walks are leisurely (1-3 miles); they are not "nature" or "aerobic" walks. Destinations are usually listed in each month's *Kendalight*.

Science Discussion

Participants discuss current and historic topics of interest to those with diverse science backgrounds. The group meets monthly.

The Silliness Committee

There are no meetings; there is no chair, no president. Trying to be kind to those who are humor-challenged, the committee holds a monthly gathering of single Kendal residents for dinner and conversation in the Fox and Fell Den. There is no agenda – just informal sharing that helps build a sense of community. The committee welcomes all to membership.

Solo Diners Group:

Single Kendal residents gather monthly for dinner and conversation in the Fox and Fell Den. There is no planned agenda – just informal sharing that helps build a sense of community. Each dinner is limited to 20 people, and a sign-up sheet is posted by the open mailboxes a week before the dinner.

Song Swap

This is a bi-weekly event scheduled from 7:00 to 8:00 PM on the second and fourth Wednesdays. Those attending share songs -- from Gregorian chants to Tom Lehrer, traditional ballads and choruses, etc. Attendees can lead a song, join a song, or just listen. All vocal abilities are welcome. The swaps meet in person and are broadcast on KOTV.

Spanish Language Table

This group is open to residents who wish to keep up their Spanish language ability. It meets weekly, currently on Zoom the first and second Friday of the month and then together in the Fox and Fell on the third and fourth. This group is open to residents who wish to keep up their Spanish language ability

Wildlife Special Purpose Group

Participants seek to foster a safe, welcoming, and nurturing environment that meets the needs of residents, plants, and animals on our campus. The focus is on education and constructive discussion, and all points of view are welcome. The group works with Kendal Grounds, other committees, and the Kendal administration to understand plans, policies, and actions that address ecological issues on campus. It meets on an occasional basis when there are urgent issues to discuss and resolve.

SUPPORT GROUPS

Essential Tremor

Essential Tremor (ET) is a poorly understood condition that affects 10-20% of the senior population. This support group is open to all residents who have been diagnosed with ET or who wonder if their tremor might arise from this malady. For the past six years issues of the international journal *Tremor Talk* have been circulated among members of this support group. Meetings are held when warranted by new developments in treatment and coping.

Gluten-free Advocacy and Support

Participants in this support group are those who suffer from gluten sensitivity and others interested in the issue. Members of the Kendal kitchen and the Kendal community nutritionist come to the meetings to be informed about the members' needs and preferences and to keep the group posted on new food developments that may affect them. Tips on cooking and eating gluten-free are exchanged. The group meets every 2-3 months.

Low Vision

Monthly meetings of this support group begin with a recorded presentation from the International Low Vision Support Group on a topic pertinent to persons with limited vision. After the presentation, the group discusses any topic that individuals in attendance may bring up. In addition, the group occasionally may do the following: sponsor vision-related talks to the wider Kendal community; bring in vendors of technological aids for the vision-impaired; or organize trips to nearby educational meetings.

Parkinson's Awareness, Advocacy, and Resources

This group was established at Kendal at Oberlin to provide a forum for people diagnosed as having PD as well as for their care-partners and other people interested in learning more about this condition. The PAAR group meets monthly and welcomes residents as well as others from the surrounding communities. The sessions focus on providing a better understanding of what PD is and what it is not; how individuals and organizations can hold advance research regarding the causes and treatment of PD; and making available materials to enhance the quality of life for those who have PD, their care-givers, and friends. Meetings allow time for sharing exercises, therapies, and medication information that is proving to be helpful. Questions are always welcome.

YELLOW BOOK INDEX

Here is a list of every committee/group with contact information. The page number appears in parentheses adjacent to the group name.

Arboretum (1)	Alan Lockwood ahl@buffalo.edu
Archives (1)	Kari Inglis kari.inglis1240@yahoo.com
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Audio Announcements (3)	Terry Carlton terry.carlton@oberlin.edu
Auditorium Audio-Visual (9)	Jan Larsen larsen@jcu.edu
Bel Canto (10)	Betsy Allen betsyallen2345@gmail.com
Big Bus and Day Trips (7)	Kathy Hazelton kathy@hazeltoncom.com
	Gerry Findlan gfindlan@gmail.com
Bridge (10)	Kathy Caldwell duntonfarm@gmail.com
Buddy System (1)	Lynn Ayres tomorrowschild@oberlin.net
Bulletin Board Committee (3)	Dorothy MacIntyre betjimMrs@yahoo.com
Care and Nurturing Committee (1)	Elizabeth Hole eliz.hole@gmail.com
Center for Life Long Learning (5)	Mary Van Nortwick mvannort@oberlin.net
Cleveland Orchestra Bus (6)	Randy Wagner rewagner@oberlin.net
Communications Committee (3)	Kari Inglis kari.inglis1240@yahoo.com
Conversations with Community (6)	Marjorie Porter marjorie723@gmail.com
Dementia Friendly Discussion Group (11)	Carol Bojanowski cbojan@mac.com
Dining Matters (8)	Barbara Pierce Barbara.pierce9366@gmail.com
Domestic and Foreign Films (6)	Ken Cheek kennethcheek@gmail.com
	Dwight Call dwither@yahoo.com
Drama Circle (11)	Robert Pierce Robert.pierce@oberlin.edu
English Country Dance (10)	Judy Cook judy@judycook.net
Environmental Concerns Committee (4)	Ted Wolner twolner@bsu.edu
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Genealogy and History Croup (11)	Betsy Young betsyyoung26@yahoo.com

German Language Conversation (12)
Gluten Free Advocacy and Support (15)
Health Newsletter (9)
Heiser Reception Desk Volunteers (9)
Hobby-Craft Room (12)
Horticulture Committee (4)
Hospitalization Notification (2)
House Committee (5)
Introverts (12)
Jazz Listening (12)

Kendal Birdwatchers (12)
Kendal Resale Shop (9)

Kendalight (5)
KORA Tech Volunteers (9)
Lesbian, Gay, Bisexual, Transgender,
Queer & Allies (13)
Library Bulletin Board (3)
Library Committee (5)
Line Dancing (10)
Low Vision (15)

Lunch Bunch (7)
Medical Companion (12)
Meet, Eat and Greet Dinner Events (13)
Memorial Services (2)
Model-making (12)
Music Committee (6)

Needlework (12)
Newcomers' Friendship Committee (4)
Oberlin Conservatory Buses (7)
Parkinson's Awareness (15)
Pet Matters (8)
Phone Directory (3)
Play Readers (13)
Posters (7)
Program Committee (5)
Recorder Ensembles (13)

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