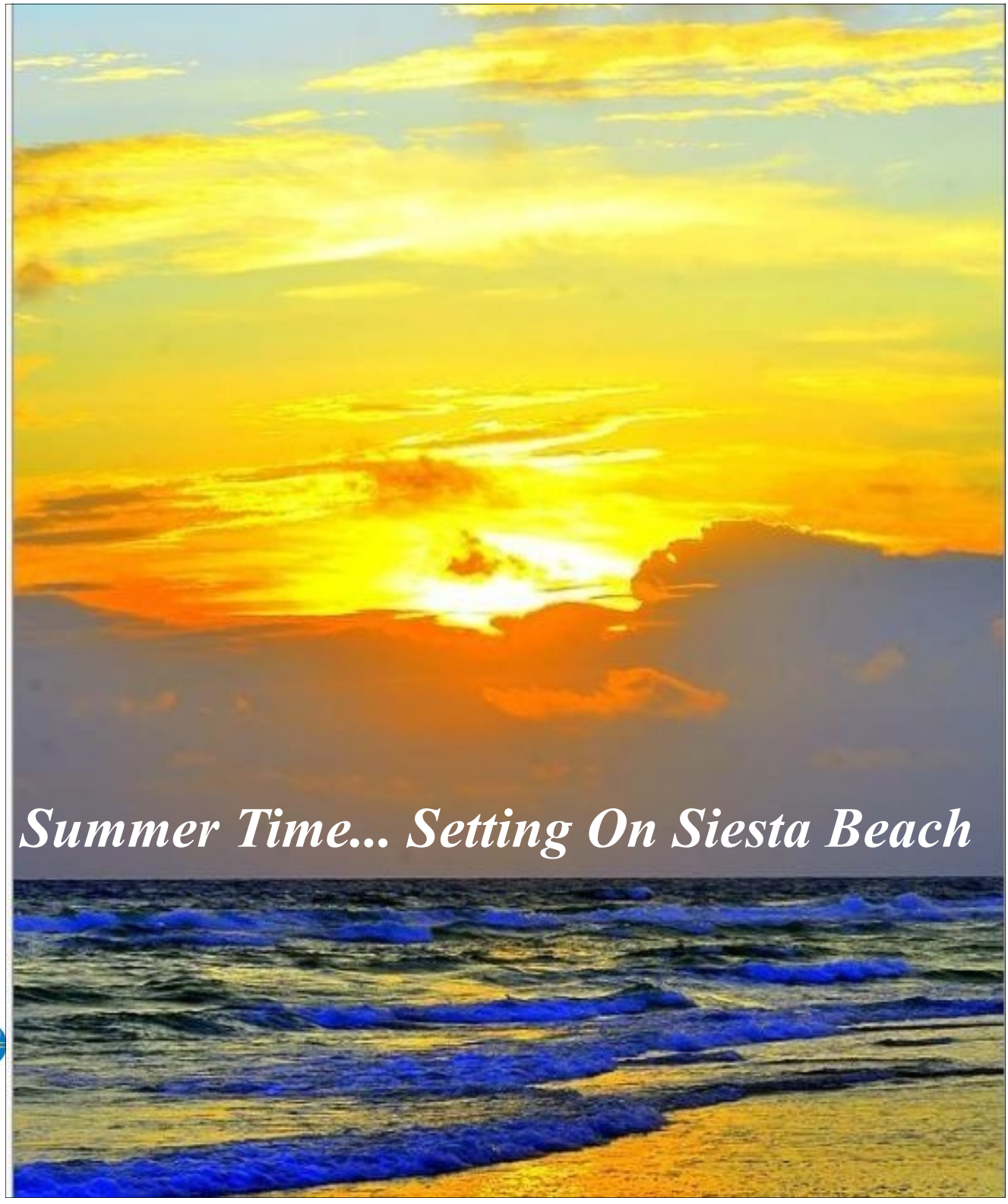
Lakehouse West

Award Winning

NEWSBITS



Summer Time... Setting On Siesta Beach

2017 SARASOTA READERS' CHOICE FIRST PLACE

September 2017

Lakehouse West University

Keep your mind active and continue to learn by participating in the many diverse lectures and classes that our Lakehouse West University program offers.

Fitness classes and health related programs are listed under Health and Wellness in this publication.

Fine Arts Class: Opera Talks
by Sharon Ohrenstein, B.A. Theater
Tuesday, September 5
11:00 a.m. Card Room

This Fine Arts lecture and class will discuss opera, including composers and performers, terms and productions, historical topics, and the geopolitical picture.

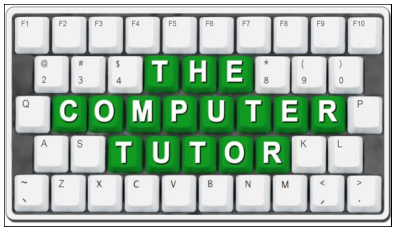
Fine Arts Lecture Series
by Baila Miller, M.A. Education
Monday, September 11
11:00 a.m. Card Room

Baila lectures on artists, fine arts, art history, and culture from around the world. She is a Ringling College faculty member.

Line Dance Class
Wednesdays in September
11:00 a.m. Meeting Room

Join this class, get some exercise, have some fun, and find out...you can dance!

Computer Tutor
with Doug Knappe
Tuesdays, Sept. 12 & 26
By appointment.
Sign up in the Events Book.



Free private instruction for computers, Ipads, and phones.

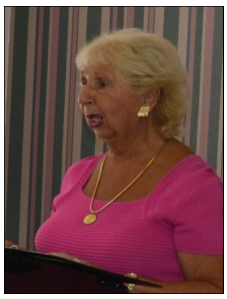
Percussion Class with James Rosati
Fridays, September 8, 15, & 22
10:00 a.m. Card Room

Join this class for beginners and learn to play an instrument. The goal of this class is to have some fun and perform at Lakehouse West among other venues.

Fit Minds by Evadne Mela,
M.A. Gerontology
Monday, September 18
11:00 a.m. Card Room

Keep your mind fit and active in this class. This class will exercise the mind with lecture, discussion, & cognitive challenges.

Historical Lecture Series
by Carole Holland, B.A. Business
Monday, September 25
11:00 a.m. Card Room



Carole lectures and discusses historical and political American topics. This month: How The West Was Won– continued.

Learn to Paint w/ Catherine Thomas
Wednesday, September 27
9:30 a.m. Card Room

Uncover the artist within you and discover the joy of painting. You CAN paint!
Sign up.

Foreign Affairs Lecture by
Bob Zahony, M.A., International
Relations and Diplomatic History
Mondays– Resumes in October
11:00 a.m. Card Room

Bob Zahony provides his lecture series on current foreign affairs, security, and geopolitical issues.

Events & Entertainment

Labor Day Party
Monday, September 4
11:00 a.m. Great Hall
12:00 p.m. Dining Room

Celebrate Labor Day with Bloody Marys & Screwdrivers and piano entertainment followed by a barbecue theme meal.

Dinner out at El Toro Bravo Mexican Restaurant
Wednesday, September 6
5:00 p.m. Sign up in Events Book

The best Mexican restaurant in Sarasota.

Chef's Table at Lakehouse West
Thursday, September 7
6:00 p.m. Sign up in Events Book

Special new dining venue! Sign up in Events Book.

Residents' Association Meeting
Friday, September 8
10:00 a.m. Meeting Room

Reports are given & questions answered.

Dinner out at Carrabba's Italian Restaurant
Tuesday, September 19
5:00 p.m. Sign up in Events Book

Join us for a delicious Italian meal.

Lakehouse West Volunteer Appreciation Party
Thursday, September 21
4:30 p.m. Great Hall

All residents are invited to celebrate the contributions of our volunteers.

High Holy Day Gathering
Hosted by Jewish Family and Children's Services
Thursday, September 28
10:30 a.m. Card Room
Sign up in Events Book

Music Memories with Bob Linzner
Friday, September 29
11:00 a.m. Card Room

Take a musical trip down Memory Lane.

Note from the Fine Arts Director

Fine Arts opportunities are just steps away at Lakehouse West. Fine Arts lectures are provided by Baila Miller and Sharon Ohrenstein, Opera video nights are held monthly by resident Dr. Ralph Levitt and a new program on ballet is currently being developed. Participatory activities also occur at Lakehouse West such as the percussion band "Happy Beats", a new resident chorus that starts in October, painting classes and a brand new theater, "The Globe Theater" opening soon to enjoy Fine Arts documentaries, and musical programs.

Some Fine Arts are broadcast in HD from world famous theaters from around the world, such as the Metropolitan Opera, Bolshoi Ballet, etc. Now is your chance to see Fine Arts productions at a fraction of the cost and in the comfort and convenience of local theaters.

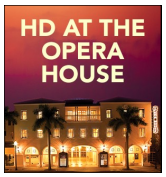
Live opera will begin with "La Traviata" on November 3 at Sarasota Opera House. The Opera "Norma" in HD, from the Metropolitan Opera, will open the HD season on November 10 at AMC theater. The Bolshoi Ballet is scheduled to broadcast live ballets in HD at AMC theater. The Sarasota Ballet opens October 29 with the "Secret Gardens" choreographed by Sir Frederick Ashton.

More information is forthcoming in the Lakehouse Fine Arts guide, and in the Events Book. Tickets can easily be purchased on -line or by calling the box office.
Blocks of tickets are occasionally purchased for designated performances and charged to your Lakehouse West account.
Transportation is provided free of charge.
So what are you waiting for?

John Siepp, Fine Arts Director

Fine Arts in September

Transportation provided to all events.



Sarasota Opera House HD Series
Sundays– Bus leaves at 12:30 p.m.
Tickets $20.00 Call Box Office: 328-1300
09/10: "The Abduction of The Seraglio" Opera
09/17: "Macbeth" Opera

Selby Library- "The Great Sopranos"
1950s– 1960s Wednesday, September 13
1:00 p.m.– Free– Sign up in Events Book

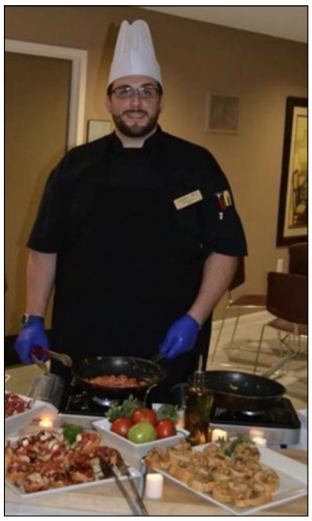
Manatee Performing Arts
Wednesday, September 20
6:00 p.m. Tickets: $32.00 Sign up.

Opera Night in the Card Room
7:00 p.m. **Verdi's "Don Carlo"**
Part 1- Hosted by Abe Zeewy

News & Notes

We are pleased to welcome **John Killeen**, Director of Dining Services. John was born and raised in Northboro, MA. He attended Johnson & Wales University where he received a degree in Hospitality Management. John has worked in food service healthcare & long term care facilities. Before joining Lakehouse West, John worked as the Food Service Director at Children's Hospital in Colorado. John resides in St. Petersburg, he is married, and has a 16 year old daughter who attends Mitchell High School in Odessa Fl. John is thrilled to be at Lakehouse West and is looking forward to getting to know all residents.

We are also pleased to welcome **Ronald Simon**, Front of the House Supervisor for Dining Services. Ronald graduated from Surrey University, in England with a BS degree in Hotel & Restaurant Management. He has many years of Hospitality Management experience with InterContinental Hotels in England and the Hyatt Regency Hotels in Sarasota. Most recently Ronald owned and operated Badda Bing Bars in Sarasota and Bradenton. He is pleased to join Lakehouse West in a new adventure.



The Food Service team at Lakehouse West is always creating something wonderful. Here is Chef Gennaro with his Brushetta Station and a recent dessert display.

In The Spotlight

Carol Kopelman Shows the Way to Make a Difference.

Growing up in Hartford, Conn. and living in other parts of New England, Carol was an example of how to live a mid-20th century life...marriage, a family (2 daughters and a son)...until she found herself working part-time as a secretary. In 1972 Carol moved to northern Virginia where in 1980 her people skills were put to good use in sales. Carol won plenty of awards. Joining the growing field of document shredding, Carol quickly realized the potential and, with a co-worker, opened her company in 1984 to serve customers throughout the metro Washington, DC area. With a few other shredding companies she formed the National Association for Information Destruction to establish guidelines for shredding operations and grow the industry. Carol served as its first president and continued involvement for 15 yrs.

While living in a Falls Church, VA condo complex a chance meeting with Bernie Ehrlich in 1988 introduced another busy person to her own hectic life. Both were divorced and shared many common interests and perspectives. While volunteering for the Senior Employment Commission (tasked with finding jobs for older workers) Carol was asked to represent the group when President Clinton signed the 1990 "Unlimited Earnings Act" for those over 65. She says she was so nervous that Bernie had to drive her to the ceremony and she trembled when President Clinton put his hand on her shoulder!

In 2000, realizing that retirement would take some getting used to, Carol & Bernie began as "snowbirds" in Avalon at Palm Aire, moving to Florida full-time 3 years later. Both became active volunteers in areas where their job skills were useful. For Carol, this has been the Jewish Family & Children Services where she helps in many different areas on a weekly basis. Since moving to Lakehouse West earlier this year, she has become a Marathon Bridge player, a Library volunteer, enjoys crossword puzzles, exercise class and keeps in touch with family and friends everywhere. Always ready to help others and learn new things she has settled among us. Welcome Carol.

Interview by Ginny Cardozo

Health & Wellness

Flu Season is on its way!

Just a reminder about flu facts: Flu season can start as early as October and often lasts until April. The flu is caused by various influenza viruses and is spread by coughing, sneezing, and close contact. Flu symptoms include fever, chills, sore throat, muscle aches, fatigue, cough, headache, runny or stuffy nose. A dose of flu vaccine is recommended every flu season. It takes about two weeks after vaccination for protection to develop and protection lasts through the season. There is no virus in flu shots, so it cannot cause the flu. However, there may be some mild reactions (which resemble flu), soreness, redness, or swelling where the shot was given, hoarseness, sore, red, itchy eyes, cough, fever, aches, headache, itching, fatigue. If these problems occur, they usually begin soon after the shot and last 1 or 2 days. I will send out a reminder flier, outlining the protocol for flu shots, along with the necessary authorization form, in the early part of September. Until then...save the date!

Barbara Argue RN, DON

Flu Shot Clinic-Health Center
Friday, September 22- 9:00 - 10:00 a.m.

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allegiance CARE SERVICES will host a wine & cheese to introduce their services on Thursday, September 14 at 4:00 p.m. in the Card Room.

Exercise Programs: Lakehouse West offers a fitness center and a variety of fitness classes led by qualified instructors. No appointment is necessary to participate in exercise programs. Classes are held in the Meeting Room on the 2nd floor.

Move to Music with Steve:
Mon./Wed./Fri. 8:15 a.m.

***Balance Class with Petra*:**
Monday & Wednesday 9:00 a.m.

***Easy Chair Yoga with Angelena*:**
Thursday 10:30 a.m.

***Strength Building with Albert*:**
Monday 10:00 a.m. & Friday 9:30 a.m.

***Tai Chi with Petra*:**
Wednesday 9:00 a.m.

***Aquafit with Anne*: Pool**
Tuesday & Thursday 11:00 a.m.

Walking Club meetings to be announced

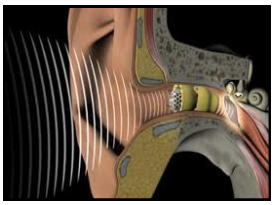
Physical Therapy Services

Lakehouse West offers on-site physical and speech therapy services for our residents. Therapy with Albert Perez, PTA, is located in suite 220. Appointments are available Monday thru Friday by calling ext. 220

Laboratory Services

Lab draws are in the Health Center between 7:30 and 8:00 a.m. on Tuesdays. No appointment is necessary but you may want to review your lab slip with the Director of Nursing. Specimen cups are in the Health Center for you to pick up before morning. Questions? Call 507.

Hearing Aid Services



2nd & 4th Tuesday of every month
9:00 a.m.– 10:00 a.m. Poker Room

Mark Rahman from the Gulf Gate Hearing Aid Center will be in the Poker Room checking and cleaning hearing aids. He can also change batteries. Just drop in as no appointment is necessary.

Blood Pressure Services

Residents may have their blood pressure checked at any time the Health Center is open.

Podiatrist Services

For Happy Feet
Third Thursday of every month

Dr. Arthur Clode will be here at Lakehouse West and will see residents in their apartments. For more information call the Health Center at ext. 507.

Dermatology Services

FORMAN DERMATOLOGY

Dermatology services are available on the first Thursday of each month beginning at 1:30 p.m. in resident apartments.
Appointments start at 1:30 p.m. Call ext 507 to schedule.

Massage Outbound
Bringing Massage to You

Wednesdays
By appointment.
Call: 941-755-0411

The Massage Suite is located on the 3rd floor across from the library. Appointments are also available in your apartments.

Tiki Bar Party

A hot summer day was the perfect time for an indoor Tiki Bar Party. Leading the conga line are Pat Jeremy, Business Office Manager; Steven Martin– Bennett, CFO; Marion Weider, Margo Larsen, Beverly MacDonald, and James Rosati; entertainer.

Lakehouse West percussion band “Happy Beats” gave a surprise performance. Ginny Coveney, Lois Cardinal, Lou Clark, Mimi Brodsky, Dale Rieth, John Siepp, Marion Wieder, Phyllis & Dave Stearns, Ruth Mendelevitz and Shirley Kritt.

Resident James Simpson (far right) and party guests.

James Rosati..in the groove

Joan Ward and Ruth Blackman

2017 Senior Prom

The 2017 Senior Prom was held August 24. The evening was filled with well dressed residents, music and dancing, wonderful food and cocktails, competition and prizes, and fun and laughter.

Best Dressed
Walter Berberian & Jean DeMeritt

Most Vintage
Gerry & Joyce Goacher

Best Man Dancer
Dale Rieth

Best Woman Dancer
Helen Fleder

2016 Prom Queen Beverly MacDonald & Prom King Frank Poplawski congratulate the 2017 Prom King & Queen, Richard & Susan Miller.

September 2017 Resident Birthdays

Date	Resident Name	Apt. #
2	Beverly MacDonald	111
3	Jeanne Podolsky	105
5	Jackie Garn	150
11	Ralph Levitt	226
13	Irwin Katz	334
13	Tom Kimmel	106
15	Eleanor Brewster	359
17	Mel Shafer	134
19	Ellen Greenspan	163
21	Pat Otto	217
25	Lois Foote	301
26	Barbara Conover	325
27	Lois Cardinal	110
27	Dorothy Dahms	225
27	Evelyn D' Aiuto	115

In Memoriam

Donald Traurig
Passed away August 26, 2017

LAKEHOUSE WEST *NEWSBITS*

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Making the rest of your life the best of your life…

Lakehouse West
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