Lakehouse West

NEWSBITS

Orange Blossom
Florida State Flower

May 2018

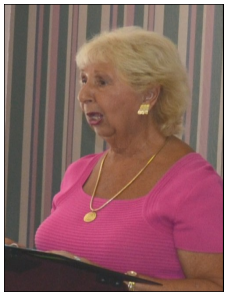
Lakehouse West University

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

The "Hi-Notes" Resident Chorus
Directed by John Ferreira C.A.G.O.
Tuesdays May 1, 8, 15, 29
1:30 p.m. (May 1, 1:00 pm) Meeting Room

This is a fun and rewarding group.
It doesn't matter if you feel you "can't sing", if you like to sing...this is for you!

Historical Lecture Series
by Carole Holland, B.A. Business
Thursday, May 3
11:00 a.m. Card Room



Carole lectures and discusses historical and political American topics from the past and present

Residents' Association Meeting
Friday, May 4
10:00 a.m. Meeting Room

Reports are given by the association officers & the executive director.

Happy Beats Percussion Band
Directed by James Rosati
Fridays, May 11, 18, and 25– 10 am
May 4– 11:00 a.m. Card Room

The goal is to learn and have fun while performing at Lakehouse West & other places. Discover your musician within!

Music Memories with Bob Linzner
Wednesday, May 9
11:00 a.m. Card Room

Take a musical trip down Memory Lane. Revisit the music of your favorite performers from years past with lecture, trivia, video, & discussion.

Arts Culture & History Lecture Series
by Baila Miller, M.A. Education
Thursday, May 10
2:00 p.m. Card Room

Baila lectures on artists, fine arts, art history, and culture from around the world.

Town Hall Discussion Group
Topic: Scams Against Seniors
Presented by Art Hill
Wednesday, May 16
11:00 a.m. Meeting Room

Presentation and Discussion will focus on Scams against Seniors. Sign up.

Minds in Motion by Evadne Mela,
M.A. Gerontology
Thursday, May 17
11:00 a.m. Card Room

Keep your mind fit and active in this class. This class will exercise the mind with lecture and social issues discussions.

New Lecture/Discussion Group
"The Jewish World"
with Dr. Marvin Waldman
Tuesday, May 23
11:00 a.m. Card Room

Lecture & discussion on Jewish issues and trends in the world today and tomorrow.

Fine Arts Class: Opera Talks
by Sharon Ohrenstein, B.A. Theater
Thursday, May 31
11:00 a.m. Card Room

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

Play Readers
Dir. by Helen Fleder
All Fridays in May
2:00 p.m. Meeting Room

Events & Entertainment

Kentucky Derby Party
Saturday, May 5
4:00-5:00 p.m. Great Hall

Mint juleps, cocktails & appetizers.
Race betting in Great Hall and
Race shown in the Theater.

Spanish Point Guided Tour
Thursday, May 10
Bus leaves at 9:30 am

Take a guided tram tour through historic and beautiful Spanish Point. Sign up.

Outdoor Pops "Field of Dreams"
Orchestra and Fireworks
Saturday, May 12 -Ed Smith Stadium

Mimosas & Music for Mothers' Day
Sunday, May 13
11:00 am Great Hall

Enjoy a Mimosa, and some piano music.

Hurricane Meeting & Cocktail Party
Tuesday, May 15
3:30 p.m. Great Hall

Lakehouse West's hurricane policies and procedures review.

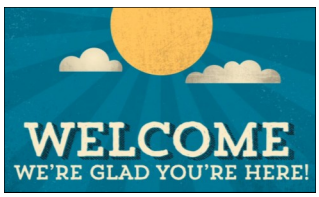
Labarge Cruise on Sarasota Bay
Thursday, May 24
Bus leaves at 1:00 pm Sign up.

Treat yourself to a relaxing cruise.

Memorial Day Program
Monday, May 28
11:00 a.m. Great Hall

A Memorial Day presentation by Boy Scout Troop 50, Lakehouse West Play Readers, and Patriot Singers. Followed by holiday meal. * One meal day. Casual patriotic dress.

Welcome New Residents Social
Tuesday, May 29
4:30 p.m. Great Hall



Meet new residents-wine & cheese.

Fine Arts in May and Beyond

Opera: La Boheme– 2:30 p.m.
Dinner & Discussion– 6:00 p.m.
Tuesday, May 1. Sign up in Events Book.
Lakehouse West Theater & Dining Room

Concert: Violist David Pedraza
Tuesday, May 8
4:00 p.m. Great Hall

David Pedraza, who has played at The White House, the Kennedy Center, and the Embassy of Mexico in Washington, DC, will share his talents with us.

Hi-Notes Spring Concert
The Lakehouse West Chorus
Tuesday, May 22
4:00 p.m. Great Hall

Don't miss your friends & neighbors performance at their Spring Concert!

The Lakehouse West Fine Arts Council Mission:
"To guide Lakehouse West residents in experiencing fine arts through opera, ballet, orchestra, dramatic performances and other musical venues".
The Sarasota Opera has begun selling tickets for their programs broadcast in HD to the Sarasota Opera House. The programs are on Sundays at 1:30 pm. Here are a few:
5/27– Anna Bolena– Opera Film
6/03– Twelfth Night– Theater Film
6/10– Eugene Onegin– Opera Film
6/17– Lohengrin– Opera Film
6/24– Alice in Wonderland– Ballet Film

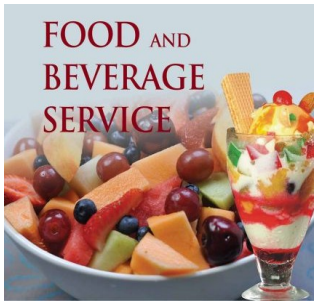
The Fine Arts Council recommends the Saturday Symphonies at the Sarasota Music Festival held at the Opera House.
6/09– Symphony 1: Debussy, Bruch, Mozart
6/16– Symphony 2: Prokofiev, Saint-Saens, Tchaikovsky
6/23– Symphony 3: Mozart, Sirota, Schumann

Also, on 6/10, AMC theater is showing The Bolshoi Ballet "Coppelia" in HD.

Buy your tickets early because these programs are usually sold out. The performers provide us with brilliant and fresh interpretations of music. More details are forthcoming.

John Siepp, Fine Arts Director

News & Notes



Did You Know?

- Dining services prepares over 100 different entrees per month.
- Three production staff prepare 250 meals a day including member meals (lunch and dinner), to- go meals, assisted living meals (breakfast, lunch and dinner) and staff meals.

This includes 1 soup, 3 different salads, 8 different entrees per day, 8 different side dishes, and 5 different desserts.

- All items are prepared from scratch including soups, salads, dressings, sauces, entrees, sides and desserts.

Kitchen Tour

Did you ever wonder how many staff work in the kitchen or who actually prepares your meals? Would you like a tour of the kitchen and see how the meal processes work? John and his team will be offering a tour of the kitchen on May 16th at 12:00 p.m. This will be limited to 15 members. Please call John at x 520 to reserve your spot.

Special Theme Meals

- May 4th Cinco De Mayo- Mexican themed menu
- May 5th Kentucky Derby- special themed menu
- May 10th National Shrimp Day
- May 13th Mother's Day
- May 15th National Chocolate Chip Day
- May 28th Memorial Day-BBQ menu/ One –meal day

John Killeen, Food &Beverage Director

The Lakehouse West movie schedule and titles for the month of May are on the backside of the Social Calendar and posted on the video screen in the Great Hall. A resident committee researches and selects the movies shown in the theater. If you are interested in contributing to the Theater Committee, please contact Ken Perry in apt.134.

05/03– **Der Dutchman-** 5:00 pm
05/06– **Station 400-** 12:30 pm
05/17– **Valentinos-** 5:00 pm
05/20– **TooJays**– 12:30 pm
05/31– **Thailand Place**– 5:00 pm

Please sign up in the events book located in the Great Hall if your are interested. If your plans change please cross your name off the list.

In The Spotlight

Peter and Ginger Hainsworth are more than adaptable to change. As psychologists they worked with the Easter Seal Society in the New England area before becoming part of a nationwide federal program to observe and design programs for special needs children from birth to age 6 years.
They laughingly say 'We just needed to be near an airport". Their work took them all over the US and to some European cities and countries tho' Ginger & Peter are no longer actively involved. With their 4 children now in the New England area, the Hainsworths' decided to relocate to Reddington Shores, FL (warm weather & Tampa apartment aided their decision) before retiring completely to Village Walk in Sarasota (Ginger enjoys regular bridge games there with ex-neighbors).

Music is a life-long passion of Peter's...he plays classical piano on a beautiful instrument in their apartment. After hearing of the Patriots Chorus, he joined up immediately (almost before the moving van left) and he is also part of the Lakehouse West chorus. Peter is also a regular swimmer. Ginger is an accomplished painter, and a series of scenes, beautifully framed, hangs above the sofa. She's also joined in Bocce games and both enjoy reading and making new friends in their new neighborhood at Lakehouse West. Welcome Peter and Ginger!

Ernest and Margaret Schwarz lived in Tom's River, NJ and are of German background which brought them together at a German concert group (there were two and they each sang in a different one). Ernest's successful career at DuPont's paint pigment manufacturing facility in Newark, NJ proved satisfying, but when he and Margaret had been married and were raising two sons, they wanted to leave the big city in favor of Rahway, NJ. After making loose-leaf binders and doing alterations, Margaret settled into homemaking, volunteering at a hospital and working at a bookshop. Can you tell that she likes to keep busy?

When Ernest decided to retire, the couple explored retirement communities settling on Cedar Glen Lakes, an over-55 community with 2000 single family homes in Whiting, NJ where they live for 29 yrs! It proved a good fit for them as they made new friends and tried new things. Growing older, when one of their sons had moved to Sarasota (the other one is in SC), he suggested that they look into similar communities here and they visited Lakehouse West. The size, friendliness, and dining arrangements all combined to make this the perfect new home, and we're happy they're here! Welcome Ernest and Margaret!

Interviews by Ginny Cardozo

Health & Wellness

Acupuncture Health Lecture:
presented by Brianne Horvath, AP DOM, Doctor of Oriental Medicine & coordinated by Barbara Argue RN. DOM.

Topic: Demystifying Acupuncture: Presenting the Parallels between Western and Eastern Medicine.

When: Thursday, May 24
11:00 am– Card Room

Barbara Argue, R.N.
Director of Nursing

This lecture is for anyone who has ever wondered about the scientific basis for acupuncture's effectiveness. The goal of this lecture is to demystify common misconceptions within Traditional Chinese Medicine. The lecture will include:

- The history of Traditional Chinese Medicine- Acupuncture & Herbal Therapy.
- The Neural Theory behind acupuncture– Our Meridians & our nervous system.
- How acupuncture works in the human body.
- Integrating TCM into our current Healthcare System– Complimentary vs, Alternative Medicine.
- Who & What acupuncture can help.

Brianne Horvath, AP
Doctor of Oriental Medicine

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. 8:00 a.m.

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

***Easy Chair Yoga with Angelena*:**
Thursday 10:00 a.m.

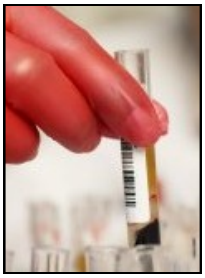
***Strength Building with Albert*:**
Monday 10:00 a.m. & Friday 9:30 a.m.

Water Aerobics with Carolyn
Saturdays 10:00 a.m.

Physical Therapy Services

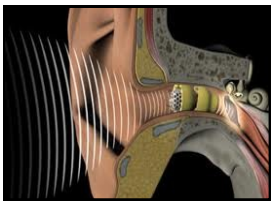
Encompass Home Health offers on-site physical & occupational therapy through Medicare. A doctor's order is needed. You may call Albert Perez, PTA, at ext. 220 for more information.

Laboratory Services



Lab draws are in the HealthCenter 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 that morning. Questions? Call 507.

Hearing Aid Services



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

Emily from the Gulf Gate Hearing Aid Center will be in the Poker Room checking and cleaning hearing aids. She 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 at Lakehouse West and will see residents in their apartments. For more information call the Health Center at ext. 507.

Dermatology Services

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.

Medical Appointment Transportation

Lakehouse West provides complimentary transportation for residents to medical appointments within the Sarasota area. Transportation is available Monday thru Thursday mornings. sign up in the medical appointment book in the Great Hall.

Life at Lakehouse West

Lakehouse West had a poolside cocktail party featuring the sounds of our percussion band "Happy Beats"! The performance was amazing! "Happy Beats" is under the direction of James Rosati.

The Happy Beats percussion band members are Sis Flanagan, Lois Cardinal, Ginny Coveney, Lou Clark, John Siepp, Dale Rieth, Myrna Cohn, Mimi Brodsky, Marion Wieder, Phyllis Stearns, Dave Stearns, Shirley Kritt, Dana Foster.

Lakehouse West was pleased to host Sarasota Contemporary Dance for a presentation and performance in our new theater! The mission of Sarasota Contemporary Dance is to bring cutting edge dance of the highest caliber to the community through performance, education, and collaboration. Artistic Director Leymis Bolanos Wilmott (center) spoke about the company, and dancers Melissa Coleman (right) company manger & Zoe Austin (left) gave our audience a preview of their upcoming performance.

Lectures and classes are a regular part of Lakehouse West University. Bernie Ehrlich (left) has put together a regular Town Hall Discussion/Lecture that features Lakehouse West residents giving the presentations. Recently, the Lakehouse West residents were treated to an interesting lecture by resident Jack Smith (right), who is an ordained minister (among many other things), about the Big Bang!
It was an interesting and informative lecture and discussion. Thank you, Jack!

Life at Lakehouse West

Housekeepers: Lady Andrade, Tina Rojas, Gladys Rapalo

Maintenance: Cesar Navarro, Chris Koon

Reception: Judy Morris, SuEllen Barber

Food Service: Gennaro Capuano, Daryl Bisson

A celebration was recently held in the Lakehouse West Great Hall to honor all of our wonderful employees as part of our Readers' Choice Award celebration! We are extremely honored to have been named "Best Retirement Community" and "Best Assisted Living" 2 years in a row in the Sarasota Herald Tribune Readers' Choice Awards. But we know that we would not have been able to gain such recognition if it weren't for our amazing staff! We are so proud of the entire staff that make up our Lakehouse West Family! Thank you for all that you are and all that you do! You are the best!

Lakehouse West had the pleasure of hosting the Loveland Singers from the Loveland Center, Inc. in Venice, Florida. The Loveland Center programs are designed to encourage and support adults with disabilities to live their lives to the fullest. This talented group performed in our new theater. They provided an entertaining concert featuring songs of love and nostalgia for our staff and residents. Lakehouse West resident Eloise Hart's grandson, Timothy Headley, (second from left) was one of the wonderful singers!

Lakehouse West had the honor of hosting “Bellissimo” - the Hand Bell Choir from Church of the Palms, Sarasota! Lakehouse West resident Dottie Dahms (fourth from left) is part of the ensemble!

They were so talented and wonderful! After the concert, we had one of our famous Lakehouse West Cocktail Parties! Needless to say, a good time was had by all.

May 2018 Resident Birthdays

Date	Resident Name	Apt. #
4	Stanley Hochman	120
5	Gerald Levitt	328
6	Dr. Barry August	135
28	Virginia Cardozo	203

Birthday Card program donations for the month of May will go to the Tidewell Hospice.

In Memoriam

Arthur Baechtold, April 1, 2018
Howard Spaulding, April 8, 2018

Award Winning *NEWSBITS*

Editor & Publisher: John Dionne
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Making the rest of your life the best of your life…

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