



Lakehouse West

NEWSBITS



*Summer
is about
Ice-Cream!*

August 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. Listed below are current lectures and faculty.

Historical Lecture Series
by Carole Holland, B.A. Business
Thursday, August 2
11:00 a.m. Card Room

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



Residents' Association Meeting
Friday, August 3
10:00 a.m. Meeting Room

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



The "Hi-Notes" Resident Chorus
Directed by John Ferreira C.A.G.O.
Every Tuesday in August
1:30 p.m. 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!



Music Memories with Bob Linzner
Wednesday, August 8
11:00 a.m. Card Room

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



Arts Culture & History Lecture Series
by Baila Miller, M.A. Education
Thursday, August 9
3:00 p.m. Card Room

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



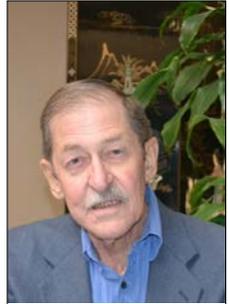
Happy Beats Percussion Band
Directed by James Rosati
Fridays in August 10, 17, 24, 31
10:00 a.m. Card Room

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



Town Hall Discussion Group
Climate Change Effects & Issues
Presented by Larry Olson
Wednesday, August 15
11:00 a.m. Meeting Room

Larry will discuss changes in the climate and what, if anything, can be done about it. This program fills up quickly— so sign up in the Events Book!



Minds in Motion with Evadne Mela, M.A. Gerontology
Thursday, August 16
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.



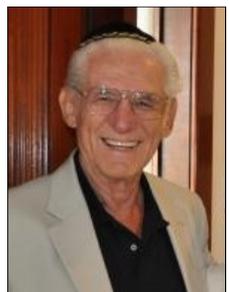
Fine Arts Class: Opera Talks
by Sharon Ohrenstein, B.A. Theater
Thursday, August 23
11:00 a.m. Card Room

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



Lecture & Presentation
By Abe Zeewy
Terra- Cotta Army of China
Thursday, August 30
3:00 p.m. Theater

Historical details and description of the figures and artifacts discovered in China.



Events & Entertainment

Saturday Night Bingo!

Every week at 7:00 p.m.
Card Room



\$3.00 per card...bring some cash, a friend or a neighbor and have some fun!

Ice-Cream Social & Piano Music

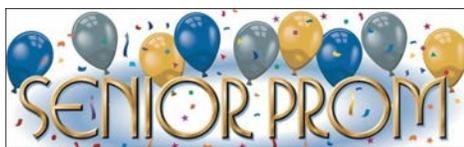
Tuesday, August 14
2:30 p.m. Great Hall



Beat the heat with an ice-cream treat.
Yummy flavors and toppings available.

Lakehouse West Senior Prom

Wednesday, August 22
4:00 p.m. Great Hall



Don't miss the annual Lakehouse West Senior Prom. A new prom Queen & King will be crowned! There will be cocktails, appetizers, entertainment, dancing and other fun surprises! Evening dress—jackets required.

Shelly Torman Sings the "Great American Songbook"

Lakehouse West Theater
Tuesday, August 28
4:00 & 4:30 p.m.

Sign up in the Events Book.

Accomplished singer and musician Shelly Torman will sing parts of the Great American Songbook and play instruments in the Theater.



Without a doubt, Shelly Torman considers his voice to be his "primary instrument," although he is extremely capable on the flute and harmonica. He feels truly blessed to have been given the "gift" to play other instruments, but the constant throughout his career has been "the voice."



Favorites from the Great American Songbook, performed in a jazz setting, provide endless opportunities for Shelly to showcase his gifts on flute. And he always has the harmonica in his pocket "when there are blues to be sung."

Shelly is equally at ease performing songs from the Gershwin, Rogers & Hart, Cole Porter libraries, and tunes associated with Blues greats like B.B. King, Etta James, & Joe Williams. Don't miss it!

Dining Out



Please sign up in the events book located in the Great Hall if you are interested in dining out. If your plans change please cross your name off the sign up list. *Space is limited.*

Friday, August 3: **Sommers Dutch Family**— depart 11:30 a.m.
Tuesday, August 7: **Ophelia's**—depart 5:00 p.m.
Friday, August 10: **Barefoot Bar & Grill**— depart 11:30 a.m.
Friday, August 17: **Duval's Seafood**— depart 11:30 a.m.
Tuesday, August 21: **Ruth Chris's Steakhouse**— depart 5:00 pm
Friday, August 24: **Lunch & Movie at CinneBistro**-TBA
Friday, August 31: **Cheesecake Factory**: depart 11:30 a.m.

August Fine Arts

Sign up and details are located in the Events Book. There is no charge for events at Lakehouse West.



Piano Concert by
David Arnay
Monday
August 6
4:00 pm
Great Hall

David Arnay— Musician, will perform familiar jazz & pop standards of the 40's-70's along with his original compositions.

David is a faculty member at the University of Southern California where he has lectured for the past 20 years.

**Wine & Cheese reception follows program.*

**David is the son of resident Oscar Arnay.*



Music Mondays— a Fine Arts film program presented in the theater at Lakehouse West. Additional program information on the Social Calendar. No charge.

August 6: **"Giselle"** ballet film— 1:30 p.m.
August 13: **"The Magic Flute"** opera film— 1:30 p.m.
August 20: **"Carmen"** opera film— 1:30 p.m.
August 28: **"L'Elisir D'Amore"**- opera film— 1:30 p.m.



Fridays
In August
1:30 p.m.
Card Room



In Good Taste

Researchers have made some fundamental discoveries about how people taste, smell and detect flavor, and why they love some foods much more than others. As an evolutionary survival mechanism, humans are wired to prefer sweet-tasting foods and avoid bitter substances. In the distant past, that helped us avoid poison and find food that provided energy. Now, it just makes us fat.

Scientists have outlined exactly how humans use the nose and tongue to recognize the flavor of foods that are safe to eat. When odor and taste of foods are combined, like vanilla and sugar, they are perceived as one sensation which seems to come from the mouth. This is a trick the brain plays on us. Vanilla has no taste at all. It's a smell, and the pleasant sensation is coming not from your mouth but from the nose. When flavors are "incongruent" and not commonly found together—like vanilla and salt—then people believe they are smelling the vanilla from the nose rather than tasting it in the mouth.

Even though the mouth and nose are pretty closely connected, taste and smell do not actually interact with each other there at all. The real action happens in the brain. It decides what you are eating and whether it is safe or not. In the brain, there's a taste center, a smell center, and just behind the eyes is the orbital frontal cortex, where taste and smell sensations are integrated into the perception of a single flavor.

There's a simple experiment to demonstrate these facts. Take a sip of your favorite drink while pinching your nose, and see what it taste like. Don't recognize it? Open your nose, and the familiar taste will reveal itself. Enjoy!

Information provided by Oregon State University

Re-scheduled from July 26

**Special Food Service Event:
Display Cooking
by Chef Darryl Bisson**

**Friday, August 3
4:00 pm—Great Hall**

Don't miss the chance to see Chef Darryl create something special and then you get to sample the goodness!



Nina (pronounced "Nine-ah")

lived in Akron, Oh. Her late husband, Al, taught civil engineering for 37 years while Nina was a Bacteriologist for the Akron Health Department. Nina laughingly tells the story of teaching students in a nursing certification class when she noticed several of them pointing above her head shouting "Oh-h, ah-h". When she looked up there was a snake hanging overhead! The building was old and some animals were kept in a room above her classroom. No word on whether the snake was certified, but he was captured! In 1986, Nina and Al moved to Talleywood in Sarasota where they began to enjoy life as retirees... European travel, Siesta Beach and more time with their children, Marty and Karen, who live in Sarasota. Nina also played tennis, but the effects of polio at age 5 forced her to give it up as her body complained. Together she and Al began to look into retirement communities. Both liked Lakehouse West, but Al passed away several years ago before they could make the move together, so Nina is settling in alone, making new friends, and glad there are no snakes hanging over her table! Welcome Nina.



When Joe says 'Hello' you know he's from Massachusetts, and when asked he tells you that he was born and raised in the Boston area. Joe attended Holy Cross College and Boston University, trying to find his career path before being drafted into the Army. He served in the US mostly in New England, training as a Lineman which led to his civilian job as a Lineman/Supervisor at the Edison Company for 39 years. Joe and his wife, Anne, raised 4 children (3 girls & a boy) who all live in Florida.

As retirement became a reality, Joe and Anne moved to Village Walk where they lived for 12 years and Joe played lots of tennis and enjoyed poker games with his buddies. When Anne died after 57 years of marriage, his daughter Kathleen, who lives nearby in Sarasota, and her brothers encouraged Joe to move to a retirement home. They all agreed that Lakehouse West was the perfect place and Joe is making new friends at "morning coffee" and hoping to find a new poker game here...so give him a call! Welcome Joe.



Lakehouse West Newsletter "Newsbits"...

was recently awarded the 2018 Best Newsletter at the annual Florida Health Care Activity Coordinators Association conference held in Orlando on July 24.

John Dionne, Social Director and Newsbits Publisher, accepted the award on behalf of the Newsbits resident staff, Ginny Cardozo, Ginny Coveney and Frank Poplawski. Congratulations Newsbits!



Health & Wellness

Memory Matters

How can you tell if you are affected by early dementia, or if the memory loss is normal and age-related or may be due to a physiological cause? Common symptoms of “normal” loss include difficulty word finding, problems with name recognition or simply losing one’s train of thought. These symptoms sometimes are related to menopause and/or lack of quality sleep, but also, they often may be attributed to the constant distractions and interruptions that come from cellular and handheld devices. These distractions clearly prevent us from laying down memory, and they require multitasking, which is generally detrimental to remembering thoughts or ideas.

The signs of abnormal memory loss that indicate the possibility of early dementia include forgetting things like family members’ names or birthdays, the inability to perform tasks that were previously familiar, or recurrent misplacing of items like wallets or keys, especially in odd locations, such as the refrigerator. Another sign of dementia can be forgetting the function of commonplace items, such as a cooking pot.

The good news is that simple memory testing or neurocognitive tests can usually differentiate “normal” memory decline from pathologic memory disorders. In most cases, this leads to reassurance, less stress over the symptoms, and actual symptom improvement. In the case of true dementia the test become a benchmark to prepare for the future.

It is important to be aware of changes in how your brain is functioning. Talk to your doctor if you are concerned; testing can ease fears of “what if” and provide information that you can act on.

Provided by Barbara Argue RN, DON

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, and pool area.

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
Tuesday 9:00 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

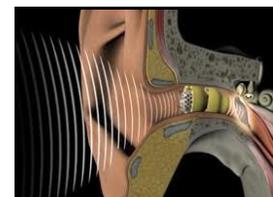
Lab draws are in the HealthCenter between 7:30 and 8:00 a.m. on Tuesdays. No appointment is necessary, but you may want to review your lab slip with the Director of Nursing. Specimen cups are in the Health Center for you to pick up that morning. Questions? Call 507.



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



Independence Day was celebrated with a musical program provided by the Lakehouse West Patriot Singers as well as beautiful readings from the Lakehouse West Players. A cocktail party and holiday themed meal followed the program.

The Patriot Singers are directed by resident Peg Smith. The Singers are: Richard Miller, Frank Clark, Larry Olson, Dr. Jack Handel, Jack Smith, David Stearns, Jerry Goacher, Bob Ehrhardt, Dale Rieth, Dan Barrett, Art Hill, Abe Zeewy, Bob Steed, Art Loring, Tom Kimmel, John Siepp, Frank Clark. The Lakehouse West Players are directed by resident Helen Fleder.

The Players are: Lowell Brinnen, Barbara Rowe, Sue Mandell, Margo Larsen.

This was a wonderfully well done program and we are already looking forward to the next one!

Life at Lakehouse West



Lakehouse West was filled with Glitz, Glamour, and Bingo thanks to Voodoo von Boomboom's Burlesque Bingo! The beautiful and enchanting Voodoo von Boom Boom hosted an evening of bingo full of cash, prizes, and sequins. A delicious Voodoo Punch was served and it wouldn't be a Lakehouse West event if we didn't make it into a party! The lovely and talented Ambience La Fleur was on hand as our Bingo Kitten to verify our winners and to add extra glitter to the evening. The Steves helped call numbers and hand out prizes. Lowell Brinnen & Beverly MacDonald also got in the spirit!



Lakehouse West hosted The Sarasota Ballet Director of Education Christopher Hird and 4 of the students from the Summer Intensive Training Program. They performed in the Lakehouse West Globe Theater. Mr. Hird spoke about the history of ballet and had the dancers demonstrate various ballet poses and moves for us. They were so talented and graceful! All of them were kind enough to take questions from the audience and pose for pictures.

August 2018 Resident Birthdays

Date	Resident Name	Apt. #
2	Sue Mandell	317
2	Marion Hersh	329
3	Bob Ehrhardt	339
5	Carol Bouton	138
6	Mimi Brodsky	223
7	Doris Kahmar	141
9	Carol Kopelman	227
10	Jack Smith	338
14	Edith Hirschberg	237
14	Herman Souza	252
17	Bob Becker	239
17	Elizabeth Joostema	143
22	Bob Steed	243
26	Frank Clark	234
27	Margaret Schwarz	230
29	Frank Poplawski	117



Birthday Card program donations for the month of August will go to SPARCC

Award Winning *NEWSBITS*

Editor & Publisher: John Dionne
 Editorial Consultants: Ginny Cardozo,
 Ginny Coveney. Writer: Helen Fleder
 Photos: Frank Poplawski



In Memoriam

Robert Conover, passed away June 19
 Barbara Conover, passed away July 17

*Making the rest of your life
 the best of your life...*

Lakehouse West
 Life with Style
 3435 Fox Run Road
 Sarasota, Florida 34231
 (941) 923-7525
 Www.lakehousewest.com
 Assisted Living Facility License # 5850

