



Lakehouse West

NEWSBITS



October 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, October 4
11:00 a.m. Card Room

Carole lectures and discusses historical and political American topics from the past and present. New topic: The War Years



Residents' Association Meeting
Friday, October 5
10:00 a.m. Meeting Room

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



Happy Beats Percussion Band
Directed by James Rosati
Fridays in October
Refer to Social Calendar for time.

The Happy Beats are performing at Harbor Chase on Thursday, October 18. Bus leaves at 2:50 p.m.



The "Hi-Notes" Resident Chorus
Directed by John Ferreira C.A.G.O.
Every Tuesday in October
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!



Book Discussion Group
Next group meets November 8.
2:00 p.m. Lakehouse West library



An opportunity to discuss books you have read in an informal setting. Make suggestions and hear book reviews of others.

Town Hall Discussion Group
Hosted by Ruth Mendelivitz
Wednesday, October 10
11:00 a.m. Meeting Room

Discussion topics are coordinated by Bernie Ehrlich and Larry Olson, then presented by resident hosts. This month's topic: Changing Roles for Women.



Arts Culture & History Lecture Series
by Baila Miller, M.A. Education
Thursday, October 11
11:00 a.m. Card Room

Baila lectures on artists, fine arts, art history, and culture from around the world. Baila is a Ringling of Art College lecturer.



Minds in Motion with Evadne Mela, M.A. Gerontology
Thursday, October 18
1:30 p.m. Card Room

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



Music Memories with Bob Linzner
Friday, October 26
10:30 a.m. Card Room

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



Fine Arts Class: Opera Talks
by Sharon Ohrenstein, B.A. Theater
Thursday, October 25
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.



Events & Entertainment

Oktoberfest Party

Tuesday, October 9
4:30 p.m. Great Hall

Beer & Pretzels. Wine & Cheese.
Entertainment by Nancy Siebert.



Culinary Demonstration by Chef Darryl Bisson

Thursday, October 11
4:00 p.m. Great Hall

Don't miss a chance to see Chef Darryl create something special and then enjoy a sample!



Hard Rock Casino— Tampa

Tuesday, October 16
Bus leaves 1:00 & returns 7:00 p.m.
Sign up in the Events Book



Classical Concert by Peg Smith

Wednesday, October 17
4:00 p.m. Great Hall

Wine & Cheese follows program

A classical piano music program of
Beethoven, Chopin, Joplin and others.



Lakehouse West Players Film Presentation

Wednesday, October 24
3:00 & 4:00 p.m.

The Lakehouse West Players present their first film production in the Lakehouse West Theater! Don't miss this!
Sign up in Events Book.



Halloween Party & Contest

Wednesday, October 31
4:00 p.m. Great Hall

Don't miss this annual contest as residents and staff compete for best costumes.
Refreshments served.



Dining Out on the Town

Tuesday, Oct.2: **Daruma Hibachi**— depart 5:00 pm
Friday, Oct. 5: **El Toro Bravo**— depart 11:30 am
Friday, Oct. 12: **Mad Fish Grill**— depart 11:30 am
Friday, Oct. 19: **Station 400**— depart 11:30 am
Tuesday, Oct. 23: **Rosebuds**— depart 5:00 pm
Friday, Oct. 26: **Yummy House**— 11:30 am
Sign up in the Events Book.



Music Mondays™

Opera, Ballet & Fine Arts Films

A Fine Arts film program presented in the Globe Theater at Lakehouse West. Additional program information is on the Social Calendar. 1:30 p.m.- No charge. Hosted by John Siepp.

Oct. 1: **Oklahoma**- musical with Hugh Jackman

Oct. 4: By Popular Demand! A Song to Remember— 7 pm

Oct. 8: **Lucia di Lammemoor**, Opera film w/ Joan Sutherland

Oct. 15: **Rise Stevens**— In Opera and Song

Oct. 22: **The King and I**, musical with Yul Brynner

Oct. 29: **Spartacus**— Ballet film

Artist Series Grand Piano III Sarasota Opera House

Saturday, October 6

Details & sign up in Events Book



Great Escapes 1— Musical America Holley Hall

Thursday, October 11

Details & sign up in Events Book



Conductor Alexandria Arrieche makes her Orchestra debut.

Sarasota Contemporary Dance Up Next -Cook Theater

Sunday, October 14

Details & sign up in Events Book



A range of contemporary choreographic work, in collaboration with live music by the NOW Ensemble.

Sarasota Ballet Iconographic

Sunday, October 28

Details & sign up in Events Book



Appalachia Spring- Symphony of Sorrows- Paquita

Players Theater

Tuesday, October 30

Details & sign up in Events Book



Tony Award winning comedy by Christopher Durang. Three "unique" siblings live, love and argue in their family's home.

Holiday Fund Meeting: A meeting will be held on Thursday, October 18 at 11:00 a.m. in the Card Room for all residents who wish to attend. The meeting is to explain the background and operation of the Holiday Fund. The Holiday Fund occurs each year to show the staff we appreciate their extra efforts on our behalf. The meeting will be especially helpful to new residents in the past year who may not be familiar with this procedure. Please plan on attending. *Holiday Fund Committee*

The Fundamentals of Healthy Eating

We all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don't need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category.

Protein gives you the energy to get up and go—and keep going—while also supporting mood and cognitive function. The latest research suggests that many of us need more high-quality protein, especially as we age. That doesn't mean you have to eat more animal products—a variety of plant-based sources of protein each day can ensure your body gets all the essential protein it needs.

Fat. Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats protect your brain and heart. In fact, healthy fats—such as omega-3s—are vital to your physical and emotional health. Including more healthy fat in your diet can help improve your mood, boost your well-being, and even trim your waistline.

Fiber. Eating foods high in dietary fiber (grains, fruit, vegetables, nuts, and beans) can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight.

Calcium. As well as leading to osteoporosis, not getting enough calcium in your diet can also contribute to anxiety, depression, and sleep difficulties. Whatever your age or gender, it's vital to include calcium-rich foods in your diet, limit those that deplete calcium, and get enough magnesium and vitamins D and K to help calcium do its job.

Carbohydrates are one of your body's main sources of energy. But most should come from complex, unrefined carbs (vegetables, whole grains, fruit) rather than sugars and refined carbs. Cutting back on white bread, pastries, starches, and sugar can prevent rapid spikes in blood sugar, fluctuations in mood and energy, and a build-up of fat, especially around your waistline.

John Killeen, Food & Beverage Director

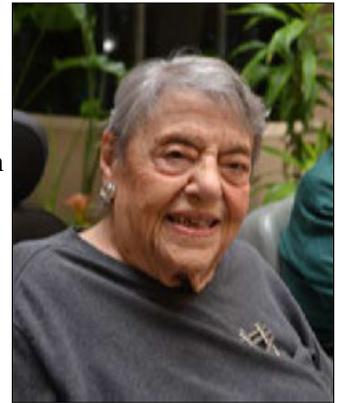
Sara Sellinger, known to most of us by her nickname, "Suki" and her husband raised their family of 4. twin sons plus another son and daughter in Brookline, MA before moving to Palm Aire in 1989.

Attracted to helping others, Suki had worked primarily as a crisis counselor for adolescents in public schools.

Gradually the program expanded to include inter-general participants and Suki became chairman. Moving to

Florida, her experience, skills, and willingness to work hard brought more opportunities to help. Her husband was playing lots of golf leaving Suki to continue the work she loved without feeling guilty. Her impact was such that several students remain in touch, and it warms her heart to hear their voices again.

However, when her husband died, Suki was left alone to manage a home without family nearby to help and this busy lady knew it was time to consider other options. A visit to Lakehouse West introduced her to people, programs and the chance to make new friends. She has been playing Bingo and plans to add Bridge and an exercise class, plus some of the lectures to her schedule. She'll be busy which is just the way she likes it Welcome Suki!



Joseph Mendola is a graduate of Syracuse University who was drafted into the Army Engineers during the Korean War. Art was an important part of his life, and he and his late wife moved to Westport, CT, where a strong arts community made it a sort of New England version of Sarasota. His wife taught 6th grade at a middle school while Joe was an elementary art teacher. The couple raised 5 children there. But when Joe heard of a chance to earn more money as a commercial artists' representative, he established Mendola Ltd. in Manhattan where his clients did posters for movies and other products. It wasn't "fine art" as such, but for many years Joe commuted to his office above Grand Central Terminal. Retiring in 1999, with his children grown, Joe visited Italy regularly for many yrs. Often creating paintings of his own. After a divorce, he retired to Sarasota living in an apartment on Lido Beach for 5 yrs. While he had many friends there, Joe realized that he needed more people around. At the suggestion of his friend, Susan, he visited Lakehouse West where he found the atmosphere he was seeking. Susan helped with the interior decorating, and many of Joe's paintings enhance the setting. Soon he plans to use our art studio to continue his work in acrylics, and plans to try shuffleboard, bocce, and bingo as a counterpoint to art. Welcome Joe!



Interviews by Ginny Cardozo

Health & Wellness



*Bonti Burgess,
Administrator,
Bright Day
Home Healthcare*

Health Lecture: Long Term Care Insurance Wednesday, October 3 11:00 a.m. Card Room Sign up in Events Book

Most people have difficulty determining the right moment or timing when they should start using their long term care insurance policy. Many are “saving” it for some future point in time. But when?

The answer lies as to whether you need assistance in regaining or maintaining independence in your home.

Ask yourself this:

- Have I had a recent fall or hospitalization and want to prevent future falls or injury?
- Am I limited in activities and going places because I need some assistance to get there or don't want to bother anyone?
- Am I recovering from surgery and need some assistance at home?
- Is light housekeeping and meals becoming difficult or burdensome to me or my loved ones?
- Do I love where I live and want to stay but others are saying I can no longer live alone safely?

If you answered yes to any of the above questions, now is the time to initiate a home health claim with your insurance company.

Sponsored 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.

Balance Class with Petra:
Monday & Wednesday 9:00 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.

Shufflebaord– Mondays, 9:00 a.m.

Golf– Tuesdays, 9:00 a.m.

Bocce– Wednesdays & Thursdays, 9:00 a.m.



Laboratory Services

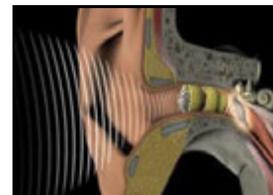
Lab draws are in the HealthCenter between 7:30 and 8:00 a.m. on Tuesdays. No appointment is necessary, but you may want to review your lab slip with the Director of Nursing. Specimen cups are in the Health Center for you to pick up that morning. Questions? Call 507.



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.



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.



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.



The “Hi-Notes” Fall Concert



Our Lakehouse West chorus “The Hi-Notes” recently treated us to a concert of “The Best of Broadway”. The program was filled with favorite Broadway tunes and Shirley Kritt had a solo spot! The chorus is under the direction of John Ferreira pictured right. The chorus members are left to right: Shirley Kritt, Dorothy Zrimsek, Joan Rubinstein, Dottie Dahms, Jackie Garn, Lou Clark, Helen Peach, Rita Keiper, Stephanie Crissman, Margo Larsen, K Ilene Burkitt, Ruth Mendelewitz, Peter Hainsworth, Abe Zeewy, Frank Clark, John Siepp, Barbara Rowe, and Hilda Paolucci. The performance was followed by a wine and cheese social hour and the chorus is already working on their next performance!



Jerry Goacher (left) is trying out the new indoor Shuffleboard table while Ed Strauss (right) enjoys a game of Pool in the Billiards Room.

Mad Hatter Punch Party

A “Mad Hatter Punch Party” was held on September 18 in the Great Hall. Residents with their fun hats, a jazz musician, dancing, and a special “Mad Hatter Punch” created by our Food & Beverage department made the party a success!



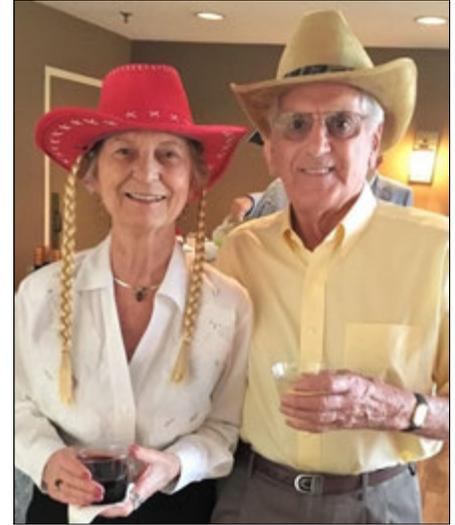
Tanesha Williams



Dave and Phyllis Stearns



Barbara Rowe



Katie and Tom Kimmel



Stephen Martin-Bennet



Dorothy Jacobson



Howard Levine



Joseph O'Hara



Joan Ward



Pat Cohen



Eloise Hart



Susan Solomon & Annette Hodges



Susan Miller

October 2018 Resident Birthdays

Date	Resident Name	Apt. #
2	Sis Flanagan	118
3	Joan Ward	238
6	Ted Cooke	102
7	Marion Dietch	323
8	Myrna Levine	139
8	Dave Stearns	108
11	James Simpson	128
14	Marian Hainsworth	101
20	Joseph O'Hara	123
25	Rosemarie Jump	218
26	Chuck Allen	207



Birthday Card program donations for the month of October will go to the "Salvation Army".

Lakehouse West Business Office

Open: Monday-Friday
9:00 a.m.—12:00 p.m.

Award Winning *NEWSBITS*

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

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