



Lakehouse West

NEWSBITS



August 2019

Lakehouse West University

Keep your mind active and continue to learn by participating in the many diverse lectures, classes and programs that our Lakehouse West University program offers. Listed below are current programs and faculty.

History of -Ancient People Presented by Garrett Murto, Curator Spanish Point

Thursday, August 1
11:00 a.m. Card Room



Presentation on Ancient People of Spanish Point.

Residents' Association Meetings

Resumes in September
10:00 a.m. Meeting Room

Reports are given by Association Officers & the Executive Director. Questions taken and answered.



Happy Beats Percussion Band Directed by James Rosati

Fridays in August
10:00 a.m. Card Room

This is a percussion band made up of Lakehouse West residents. The group regularly performs at various venues.



Arts Culture & History Lecture Series by Baila Miller, M.A. Education

Thursday, August 8
3:00 p.m. Card Room

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



Questions for the Second Half of Life Presenter and Discussion Moderator: Ewa Hammer, M.A.

Friday, August 9
1:30 p.m. Card Room– Sign up

Current topic: Spirituality & Religion.



Town Hall Talk: presented by Rabbi Howard Simon

Wednesday, August 14
11:00 a.m. Meeting Room

This month's topic: Israel Election, it's meaning for United States and the Middle East. Hosted by Rabbi Howard Simon. Sign up in Events Book.



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

Thursday, August 15
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.



Social Trends with Evadne Mela, M.A. Gerontology

Thursday, August 22
11:00 a.m. Card Room

Keep your mind fit and active in this interactive class. This class will exercise the mind with lectures and discussion on social issues.



Lecture: "They Came to America" by Carole Holland, B.A. Business

Thursday, August 29
11:00 a.m. Card Room

Carole lectures and discusses historical and American topics from the past and present. New topic: Immigration.



The Patriot Singers

Lakehouse West's Male Chorus
Directed by Peg Smith

The Patriot Singers is made up of Lakehouse West men, directed by Peg Smith. They present programs for Memorial Day, July 4th, and The Christmas Tree Lighting. New singers are always welcome.



Events & Entertainment

Classical Concert by Violinist Margot Zarzycka
 Wednesday, August 7
 4:00 p.m. Great Hall



Originally from Poland, Margot, is a professionally trained and accomplished classical musician. She is a past winner of numerous European violin competitions. She has served as the core violinist with the Sarasota Orchestra and Concert Master with the Port Charlotte Symphony. She has performed with the Florida Orchestra, the Naples Philharmonic, Orlando Philharmonic, and the South West Florida Symphony. Margot serves as the assistant Concertmaster and the Principal Violinist of the Strauss Vienna Orchestras of America. She has served as the Principal Violinist of the Mozart Festival Orchestra in San Francisco. She is an active soloist and chamber musician. Margot is a leading Violinist for Cirque des Voix in Sarasota. She performs regularly with the Key Chorale and the Circus Arts Conservatory of Sarasota. She is the founder and soloist of the Classical Music of Poland Concert Series taking place annually in Sarasota since 2004.

** A wine and cheese social follows the program.*

Family Feud Game & Cocktail Party!

Wednesday, August 21
 4:00 p.m. Great Hall



Don't miss Lakehouse West's "Game Show Extravaganza" in the Great Hall. This month we are playing the classic television game show Family Feud! There will also be an open bar and some yummy appetizers served. This is sure to be a fun afternoon and stay tuned for more information on the show's contestants!

Black & White Theme Party

Wednesday, August 28
 4:00 p.m. Great Hall



Get out your best black & white outfit and come to the black & white themed party in the Great Hall. There will be live entertainment, open bar, delicious appetizers and raffle for prizes!

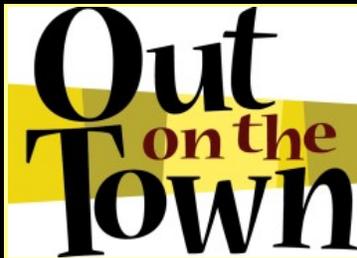
Team Trivia Night!

Sundays in August
 7:15 p.m. Card Room



Please sign up in the Events Book. Friends, family, and caregivers are always welcome to join us. Please contact the Social Director ext 506 if you would like to suggest a particular restaurant.

- 08/06– Dinner at **The Burgundy Cafe**, downtown Venice. Best lobster rolls in Florida! Bus leaves at 5:00 pm Sign up.
- 08/16– Lunch at **Pops Seafood**. Bus leaves at 12:00 pm
- 08/20– Dinner at **Ophelia's on the Bay**, Siesta Key. Savor Sarasota menu. Bus leaves at 5:00 pm Sign up.
- 08/23– Lunch at **The Salty Dog**. Bus leaves 12:00 pm Sign up
- 08/30– Lunch at **Top of the Westin hotel**, Sarasota. Bus leaves 12:00 pm Sign up



Additional information for events in the community is available in the Sign Up Book located in the Great Hall. Residents must purchase their own tickets unless otherwise noted.

Transportation provided by Lakehouse West.

- 08/10– Florida Studio Theater– Bus leaves 7:00 pm.
- 08/13– Cruise on LeBarge Cruises. Bus leaves 1:00 pm
- 08/27– Selby Gardens. Exhibit: In Dialogue with Nature. Bus leaves 1:00 pm
- 08/29– Summer Salon featuring Karen and Chris Romig. Bird Key Yacht Club. Call 388-0895. Bus leaves 11:00 am



Movies at Lakehouse West
Evening movies begin at 7:15 pm.
Afternoon movies begin at 2 pm

Our resident movie committee has been busy selecting films & taking recommendations for movies from residents. Current movies showing are listed on the backside of the

Social Calendar. If you would like to make a movie recommendation, or get more involved yourself, contact, Stephanie Crissman, Judy Black, or Carol Smith.

Books on CD at Lakehouse West

Our Lakehouse West Library has a selection of Books on CD for you to enjoy. Sign out the Book on CD like any other regular book.



Health & Wellness

Did you say...Hearing Aid?

Hearing loss is a problem that resides in the ears, but also in the brain. The auditory cortex in the brain adjusts and copes when someone has hearing loss.

So when a hearing aid is used and sounds are sent to the brain at a closer to normal volume and clearness, the brain can react in almost a surprised way. The surprised brain will result in things sounding too loud, or the tone of your voice sounding like you're talking in a barrel. Things like the sound of the wind might even be alarming to you at first, since it's been a while since you've been able to clearly hear them. Don't worry though, this will go away. The brain will adjust, and everything will start to sound normal again. But be patient, and realize that the more you wear your hearing aids the more your brain will get used to it. Wear your hearing aids for a few hours the first day and add an hour a day until you're wearing them most of the time that you are awake. Strike up conversations to see how it feels to be speaking to someone. Wait a few weeks until you try them out in a noisy environment as it can be overwhelming for new users at first.

Information obtained online



Laboratory Services

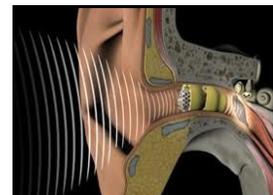
Lab draws are in the HealthCenter between 7:30 and 8:00 a.m. on Tuesdays. No appointment is necessary, but you may want to review your lab slip with the Director of Nursing. Specimen cups are in the Health Center for you to pick up that morning. Questions? Call ext. 507.



Hearing Aid Services

Fourth Tuesday of every month
9:00 a.m.– 10:00 a.m. Card 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. Please sign up in the Events Book in the Great Hall.



Physical Therapy Lecture Series by Albert Perez, PTA.

Monday- Card Room

08/12-Lecture #2– Shoulder/ Rehab
08/26-Lecture #3– Back/ Rehab



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.



Medical Appointment Transportation

Lakehouse West provides complimentary transportation for residents to medical appointments within the Sarasota area. Transportation is available Monday thru Thursday from 8:00 am—12:00 pm



Please sign up for medical appointment transportation by 3:30 pm the day before your appointment. You must provide the exact address and time for your appointment. The medical appointment sign up book is located in the Great Hall near the entrance to the Business Office.



GULF GATE HEARING AID CENTER

Health Lecture: Hearing Health Technology
Presented by Jamie Katz, Gulf Gate Hearing Aid Center
Monday, August 19– 10:30 a.m.– Card Room

Discussion on hearing health and information about the latest technology in Hearing Aids. *refreshments served.

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 8:45 a.m.

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

Water Aerobics with Carolyn
Saturdays 11:00 a.m.– Pool

Indoor Shuffleboard– Tuesdays, 10 a.m.

Tai Chi with Petra– Thursdays 3:00 p.m.

Wii Bowling– Wednesdays, 10 a.m.-Card Room



Welcome New Residents

Marion Houston grew up in Patterson, NJ before moving to Washington Heights, NY where she grew met her husband. The couple eventually moved in 1954 to SW Conn.(Fairfield County) where they raised two sons. Her husband owned a successful import business and Marion helped him on a part-time basis while still finding time to volunteer in the communities where they lived. Marion particularly enjoyed libraries and she helps in the Library here at LHW. When her husband died, and with her sons moving on in their own lives, Marion visited Florida with friends before deciding to move to a Siesta Key condo where she lived for 17 yrs. She again volunteered in a library– Gulf Gate Public Library. She also volunteers as an usher at the Florida Orchestra concerts and other arts programs. As she settles into LHW she is planning to try our activities. Welcome Marion!



Allan and Phyllis McIlraith, originally from Canada, are

accustomed to living busy lives. As a military fighter pilot for 15 yrs., Allan was part of an aerobatic team and first to break the sound barrier in western Canada! Phyllis met Allan in high school, and following her graduation from nursing school she flew to France where Allan was stationed and the two were married.



The couple have 4 children, 8 grandchildren, and 3 great grandchildren. Following Allan's military career they lived in Belgium, and then in Canada where Allan recruited briefly for the Royal Canadian Air force. In 1966, Allan accepted an offer from United Air Lines. He flew routes in Europe, South America and Japan during his 27 yr. career as a 747 Captain. Phyllis worked as a nurse for 18 yrs. at a Hospital in Elk Grove Village, IL They both have been involved with the Caledonian Club of Sarasota, a Scottish club, and also the Scottish Heritage Society that produce the Sarasota Highland Games and Celtic Festival since 2002 at the Sarasota Fairgrounds. They have also been President of the Caledonian Club for 2 yrs. Allan is still on the Board as a Director and the couple will be putting on the Caledonian Club and the St Andrews Christmas Luncheon at the Meadows this year.

Continued->

The couple vacationed in Florida and decided to buy several villas in the Meadows before settling in a house in Chimney Creek where they lived for 27 yrs. When it was time to enjoy an easier lifestyle they decide on LHW where they are enjoying the social programs and making lots of new friends. Welcome Allan and Phyllis!

Maria Alea is best described by her bright smile, beautiful accent, and her friendliness. Born and educated in Cuba, Maria became a teacher. When Fidel Castro came to power she and her husband, Manuel, who was Superintendent of Schools decided it was time to leave for better opportunities. Moving to Perth Amboy, NJ where they lived briefly with family, then time in Miami to help Cuban refugees assimilate, kept them busy for a year. Then it was on to Meadville, PA where Maria went to college to validate her credentials and in 1971 began her career as a Spanish Teacher. From there to the Atlanta area and up to Mass. where she was a substitute teacher. When her husband became ill, she retired to care for him until 2006 when he died. With her son living in Forest Lakes, Maria visited him often. After a time he recognized her need to be with a larger group of people and upon visiting LHW he knew it would be the perfect place for her. Now Maria is enjoying "Coffee Hour", Balance Class, and dinner with others while making new friends. Welcome Maria!



Kathryn Pike comes from Bad Axe, MI and people usually say "Where's that"? Followed by a laugh, she describes it as a wonderful place to grow up. Her late husband, Dan, was from Detroit and his job as a Chemical Engineer required moving around which meant each of their 3 daughters was born in a different state. They all grew up to be successful and each of them has a Doctorate in the medical field. For a time, the family lived in Kentucky before moving to Bergen County, NJ for 23 yrs. Kathryn worked as a personnel manager at an airplane parts company. Kathryn and Dan vacationed in Sarasota and eventually lived in the Palmer Ranch area. After Dan passed away in 2010, Kathryn remained in their home until 2019. With encouragement from her daughters, Kathryn and her dog Lola made the move to LHW. Both are enjoying their lake view apartment and Kathryn is making new friends while exploring the many activities available here. Welcome Kathryn!



Interviews by Ginny Cardozo

Independence Day

A very special thank you to resident Peg Smith for her many hours researching and creating the program, to coordinating and directing the Patriot Singers. Her contribution to special events at Lakehouse West is significant.



The Lakehouse West Patriot Singers, under the direction of Peg Smith, provided a wonderful July 4th program in the Great Hall. The Singers are: Frank Poplawski, Abe Zeewy, Dr. Jack Handel, Larry Olson, John Siepp, Ed Barrett, Herb Kayne, Dave Stearns, Herman Souza, Dale Rieth, Jerry Goacher, Tom Kimmel, Frank Clark, Ed Strauss, Frank Smith. Absent: Peter Hainsworth and Richard Miller. After the very patriotic program there was a cocktail social and a holiday meal. Thank you Patriot Singers!



America Dreams

The founders dreamed of nationhood / The patriots bought it with their blood.
The settlers opened up the west / Immigrants came here on a quest.
Brothers fought a civil war / Our soldiers fought on distant shores.
This, America's legacy / What does it mean for you and me?
We celebrate with barbecues / Picnics, parades, and fireworks too.
We salute the flags as they pass by / Do we think, "Why do they still fly?"
They fly because our nation's strong / They're held aloft by all who long.
To see our country always free / With those who fight for liberty,
Americans must all unite / To keep our freedom burning bright.
And as flags fly, allegiance spoken / The songs we sing will be a token.
Of a legacy uniquely ours / As bright fireworks burst like stars,
Give thanks to those that went before / They secured our freedom evermore.
As we gather here today / We honor veterans, and we say
We won't forget all that they did / To keep our country safe and good.
They gave their best for you and me / The cost of freedom - never free.
We can't forget just what it means / To be a people of America dreams.

L Olson 07/04/2019

This beautifully inspired poem was written by resident Larry Olson. We sincerely thank him for his thoughtful contribution to the Independence Day program at Lakehouse West.



Fun at Lakehouse West



Residents had a fabulously good time when we played **"The Not-So-Newlywed Game"**! Three sets of our married residents squared off in competition to see who could guess how their spouse would answer questions about them. Our Lakehouse West Social Director John Dionne was the Host and Master of Ceremonies. Assisted Living Activity Coordinator Maureen Volpe was his co-host. Our couples were Jerry & Joyce Goacher, Larry & Barbara Olson, and Frank & Lou Clark. In the end, the Olsons won the big prize - a dinner for two at Michael's on East! It was an afternoon of laughs and fun!



Dave & Phyllis Stearns were caught rehearsing before **"Happy Beats"**, our Lakehouse West Percussion Band, performed at the Tiki Party! They sound wonderful, and we can't wait! Happy Beats is under the direction of James Rosati. We're so proud of our talented music makers! They have a song in their heart and the joy is contagious!



Residents got to "Come on Down!" for a chance to win cash and prizes when we played **"The Price is Right"**! Lakehouse West CFO, Stephen Martin-Bennet, stepped into the Bob Barker role and hosted the game show. Residents got to bid on a variety of prizes, and whoever came closest to the actual retail price, without going over, won the prize! Even better, if the Resident got the price exactly right, they won a cash prize! In the end, Mr. Miller was our big winner! It was a wonderful afternoon with friends, laughter, and fun! Thank you to all of our contestants: Jackie Garn, Richard Miller, Shirley Tabory, Frank Clark, Sue Mandell, Mimi Brodsky, Dorothy Zrimsek, Dave Stearns, and Dale Rieth. Special thanks to Lakehouse West Social Director John Dionne and Lakehouse West Assisted Living Activity Coordinator Maureen Volpe for organizing all of it!



Margaret Baechtold takes a swing at **Wii Bowling** while Shirley Tabory and Jackie Garn wait their turn in the game. Wii Bowling is a lot of fun and very good exercise. Give it a try...you'll be glad you did! Wednesdays, 10 am- Card Room.



Resident Birthdays in August



Date	Resident Name	Apt. #
2	Sue Mandell	317
2	Marion Hersh	329
6	Mimi Brodsky	223
7	Doris Kahmar	141
9	Carol Kopelman	227
9	Rosemarie Thierry	138
14	Edith Hirschberg	237
14	Herman Souza	252
17	Bob Becker	239
17	Elizabeth Joostema	143
20	Leon Hammer	311
21	Jean Hickey	217
26	Frank Clark	234
29	Frank Poplawski	117

On the last Friday of every month there is a Birthday Card Signing from 10 am and 12 pm in the Great Hall. This is organized by the Friendship Committee. There is a card for each resident who will be celebrating a birthday during the upcoming month. For each card that you sign you pay \$1.00 & the money goes to local charities.

In Memoriam



Larry Katz passed away July 24, 2019

*NEWSBITS- Best Newsletter
2017 & 2018. Awarded by
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Coordinators Association*

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

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