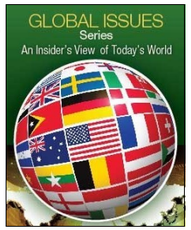
Lakehouse West

NEWSBITS

December 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.



Town Hall Talk Sarasota Institute for Lifetime Learning "SILL"
Presented by Gordon Garrett, Marketing Manager & Board Dir.
Wednesday, December 4
11:00 a.m. Meeting Room

Come to this informative talk and learn about the excellent lectures available at SILL. Two season tickets will be raffled! Sign up in Events Book.

Residents' Quarterly Meeting
Friday, Dec 6
10:00 a.m. Meeting Room

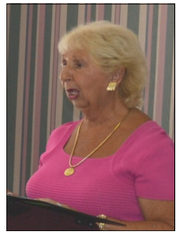
Reports are given by Residents' Association Officers & the Executive Director. Questions taken and answered.

Happy Beats Percussion Band
Directed by James Rosati
Fridays in December
Check Calendar for time. Card Room

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

LHW Chorus
Refer to calendar for schedule
1:30 p.m. Meeting Room

Join the Chorus at LHW
You don't need to be a singer, just love to sing!



Historical Lectures by Carole Holland
Resumes in January
11:00 a.m. Card Room

Carole lectures and discusses historical and American topics -past and present.

Social Trends with Evadne Mela, M.A. Gerontology
Thursday, December 12
11:00 a.m. Card Room

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

Fine Arts Class: Opera Talks by Sharon Ohrenstein, B.A. Theater
Thursday, December 19
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.

Music Memories with Bob Linzner
Thursday, December 26
1:30 pm Card Room

The LHW Players
Directed by Helen Fleder

Performs throughout the year at special events & holidays

The Patriot Singers
Lakehouse West All Men's Chorus
Directed by Peg Smith

The Patriot Singers is made up of Lakehouse West all male singers. They practice under the direction of Peg Smith and then present programs for Memorial Day, July 4th, and The Christmas Tree Lighting.

Essentials Questions for the Second Half of Life- Presenter and Discussion Moderator: Ewa Hammer, M.A.
Resumes in January

Is death the end of our existence? Or, as millions throughout the world believe, is it a transformation, a doorway to another reality? If so, where does this transformation take us?

Events & Entertainment

Sarasota Holiday Lights Tour
December 3 & 17
Bus leaves at 6:30 p.m. Sign up

Join us as we tour Sarasota and view the holiday lights. Sign up

Annual Tree Lighting
Wednesday, December 4
4:00 p.m. Great Hall

Holiday starts with a program by The Patriot Singers, followed by the Tree Lighting and cocktail party.

Holiday Fund Distribution
Thursday, December 5
3:30 p.m. Great Hall

Distribution of the Holiday Fund (gift) to staff. Reception follows.

Lakehouse West Holiday Gala
Wednesday, December
4:30 p.m. Great Hall

Cocktails, hors d'oeuvres and holiday music and a sumptuous dinner.
Attire: Men; jackets & ties. Ladies; dress to impress.

Cantori Choir-Church of the Palms
Friday, December 20
7:00 p.m. Great Hall

The Choir sings your holiday favorites.

Hanukkah Celebration
Hosted by Larry & Barbara Olson
Monday, December 23
4:00 p.m. Meeting Room

Join your friends and neighbors for this special celebration. Sign up.

Christmas Eve Wine & Cheese
Tuesday, December 24
4:30-5:30 p.m. Great Hall

Enjoy a holiday wine & cheese social and holiday piano music. *Jackets req.*

Christmas Day
Wednesday, December 25
11:00 a.m. Great Hall

Screwdrivers, Bloody Marys, and piano music in the Great Hall, followed by a traditional holiday meal in the Dining Room. *Dinner Dress. One meal day.*

New Year's Eve Celebration!
Tuesday, December 31

5:00 Cocktails & music in the Lounge.
6:00 Dining Room opens for dinner.
7:30 Variety show and champagne toast in the Great Hall. *Jackets req.*

New Year's Day
Wednesday, January 1
11:00 a.m. Great Hall

Screwdrivers & Bloody Mary's piano music followed by a holiday meal in the Dining Room. *Dinner dress. One meal day.*

Out on the Town

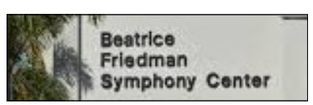
Friends, family, and caregivers are always welcome to join us. Sign up in the Events Book. Residents must purchase their own tickets unless otherwise noted. Transportation provided by Lakehouse West.

Van Wezel
Friday, December 6
Bus departs 7:00 pm

Cook Theater
Sunday, December 8
Bus departs 1:00 pm

Players Theater
Tuesday, December 10
Bus departs 6:30 pm

Holley Hall
Thursday, December 12
Bus Departs 6:30 pm



Florida Studio Theater
Sunday, December 22
Bus departs 1:00 pm

Health & Wellness

Stress Reducing Recipe for the Holidays

- Start and end your day with **Gratitude**
- Eat a **Healthy Breakfast**
- Keep **Healthy Snacks** with you
- Eat a Light **Snack before Holiday Parties**
- **Exercise** every day even for 15 minutes
- Get enough **Rest**
- **Smile and Laugh** at least 3x/ day

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 8:45 a.m. & Wednesday 9:00 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

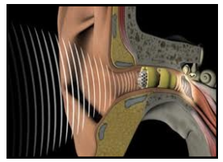
Indoor Shuffleboard– Fridays 9:00 a.m.

Tai Chi with Petra– Thursdays 3:00 p.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 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. Just drop in: 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

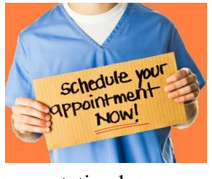
Residents may have their blood pressure checked at any time the Health Center is open.

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.

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.

Veterans Day

From all of us at Lakehouse West, with endless appreciation and gratitude, Happy Veterans Day! On this very important day, we pause to honor those who fought for our rights, our safety, our freedoms, and our lives. We are humbled and grateful for your service! In November, Lakehouse West held a beautiful and spirited program in honor of Veterans Day. There was recognition of those who served, stories and poems honoring veterans, and songs that were pure Americana. The program was introduced by Richard Miller and Helen Fleder directed our Lakehouse West Players: Lowell Brinnen, Peter Hainsworth, Sue Mandell, Barabara Rowe. To make the whole event more special, we held it poolside.

William “Bill” Huber and his personal flag– proudly on display.

The Maple Sugar Serenaders entertained with Americana music.

Dottie Dahms and Joan Rubinstein toasted our veterans.

Costume Contest

Halloween is an especially fun time at Lakehouse West! Everyone goes all out! The Great Hall is transformed with festive Fall and Spooky decor. The Lakehouse West Residents and Staff don their new identities and participate in the Costume Parade and Contest. And it wouldn't be Lakehouse West if we didn't have a party to top it off. The Lakehouse West Halloween Costume Contest and Party was a huge success! We had more participants than we ever have had! We had a police officer, an alien, a butterfly, a few witches, a Hotdog with Ketchup, and so many others!

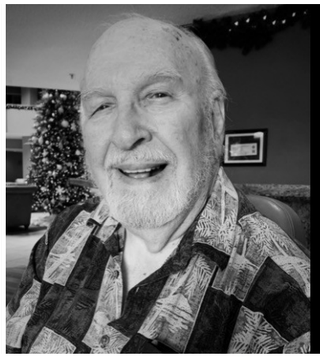
Sandra Collazo, 1st place & Tanisha Williams, 2nd place

Jaelynn Flores, 3rd place and two mystery contestants

Holiday Memories

My favorite part of the Holiday Season was putting up the tree! It was a statement saying "Christmas is here!", and it was so nice to be able to enjoy it for the whole month.

– Barbara Rowe



My favorite things of the Holiday Season are the decorations at Lakehouse West! It makes our home feel so warm and inviting. Better than any hotel! Have never seen anything like it before!

– Frank Poplawski

My favorite thing about the Holiday Season is that everyone is in a good mood and has a giving spirit. Everyone is so friendly and kind. I wish it were that way all year:

– Joan Ward

My favorite memory of the Holiday Season is when my husband came home from fighting in WWII in Germany right before Christmas. It is something I will always remember and cherish.

– Beverly MacDonald

My favorite memory of the Holiday Season is that I, when I was younger, my dad would dress up as Santa at church, but I never knew it was him. That is, until a teenager yelled "Hey Mr. Shafer, where's Mrs. Claus?"

My dad loved being Santa and he was great at it. He would give each of the kids a stocking every year with a special something down in the bottom of it.

– Jackie Garn

My favorite part of the Holiday Season has always been Christmas Eve!

As a family, we would go to church for Christmas Eve services, then you would go to be and wake up to the kids excited to open presents.

– Jean Demeritt

December 2019

Trivia... Just For Fun

"The crisp path through the field in this December snow, in the deep dark, where we trod the buried grass like ghosts on dry toast."

~ Dylan Thomas

Bird of the Month – Raven

European and North American literature often portrays the large, black raven as a harbinger of doom. Yet native and ancient cultures revered ravens and considered them messengers of the gods. Larger than their close cousin the crow, ravens are adaptable and intelligent. Ravens can live in almost any habitat and scavenge a range of foods, including fish, meat, seeds, fruit, and scraps from garbage dumpsters.

Like parrots, ravens can mimic sounds including wolves, foxes, car engines, other birds, and even human speech. They also gesture to one another with their beaks and actively play. They have been spotted sliding down snowy rooftops for fun and turning pinecones into toys to bat around with each other. Before finding their lifelong mate, teenage ravens hang out in "gangs" until they settle down in one territory with their chosen partner.

Special Days

Winter Solstice
December 21

Hanukkah Begins at Sundown
December 22

Christmas
December 25

Boxing Day (UK and Canada)
December 26

Kwanzaa Begins
December 26

New Year's Eve
December 31

Birthstone – Turquoise

December's birthstone is the turquoise. Although found all over the world, it gets its name because it was prevalent in ancient Turkish culture. Turquoise was traded at Turkish bazaars to Venetian merchants, who brought it to Europe. The Aztecs mined turquoise in an area now known as New Mexico, and a significant amount of turquoise today comes from Arizona, California, and Nevada. The stones are most commonly pale blue with veins of brown or black running through them, but they can also be dark blue or green.

Flower – Daffodil

Narcissus, more commonly known as the daffodil, is a beautiful flower that usually blooms in springtime. Its lovely, delicate white petals and yellowish orange center make it a gardening favorite. Most believe its name comes from the Greek myth of Narcissus, a young man who was so taken by his own reflection in a pool of water that he fell in and drowned. In this story, a daffodil sprang up from the very spot where he had sat. Since the narcissus was often used for a medicine, others believe that the name is derived from the Greek word *narke*, which means "numbness."

Resident Birthdays in December

Date	Resident Name	Apt. #
8	Ronald DeAnna	328
8	Ewa Hammer	311
14	Bill Huber	339
17	Ruth Feldman	247
18	Carol Ann Pearson	331
24	Joyce Schneider	360
29	Sallie Haberman	363
29	Edmund Strauss	256
31	Joseph Perry	160

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

Lois Cardinal, passed away, November 1, 2019
David Stearns, passed away, November 14, 2019

NEWSBITS- Best Newsletter
2017, 2018 & 2019
Awarded by Florida Health Care
Activity Coordinators Association
Editor & Publisher: John Dionne
Editorial Consultants:
Ginny Cardozo, Writer
Ginny Coveney, Editor
Larry Olson, Editor
Frank Poplawski, photo contributor

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