



# Lakehouse West

NEWSBITS



June 2020

## Staying Connected



Lakehouse West can assist you setting up FaceTime/Skype on an iPad/computer so that you can stay socially connected and see the faces of your family and friends.

Please ask your family and friends to give you their email address they use for FaceTime or Skype so we can help you set up the connection. Sign up in the Events Book located in the Great Hall to arrange an appointment.



Lakehouse West can assist you with iPhone, iPad, and computer operating technology. If you have a new device or would like to sharpen your current skills—this is for you! Sign up in the Events Book located in the Great Hall.

*This service is for operating assistance only—not for device or computer repair.*



All Faiths Food Bank (AFFB) was founded by a group of individuals who, through their respective organizations, were feeding the hungry. They combined efforts in 1989 to incorporate as a 501 (c)(3) nonprofit organization. Since then, AFFB has been the only Food Bank serving Sarasota and DeSoto Counties. It has been a Certified Member of Feeding America since 1990.

In 2016, the Food Bank changed its mission representing a shift in how they address hunger and an understanding that hunger is a health issue. Since then AFFB's new mission has been:

***Together with our partners, we provide healthy solutions to end hunger in our community.***

As the food bank grows and develops, their number one priority is, and always will be, to feed the hungry.

During this uncertain time, Lakehouse West is encouraging residents and staff to give back to the community by donating to All Faiths Food Bank.

Beginning June first you can drop off a check only to the Business Office in any amount you would like to donate. Make the check out to:

**All Faiths Food Bank**

The collection will continue for two weeks and then be sent to All Faiths Food Bank. No cash donations will be accepted.

## In The Spotlight

### Knitting For The Needy

Recently, one of our residents, Hope Byrnes, decided to rekindle her



love for knitting. It took little time before she sparked the interest of some of our residents who had knitted in the past, but had given away their needles and all but forgotten the technique.

Phyllis McIlraith and Helen Fleder offered a solution; form a Knitting Network and begin by knitting for charitable causes.

They volunteered to share their collection of yarn and assortment of knitting needles to help the network get started, which included a bit of research and organization. The Knitting Network has already started on their first project that will fulfill an urgent need for knitted blankets for babies in incubators. The blankets will be sent to Knots of Love ( Knots of Love is a non-profit organization based in Costa Mesa, California. The organization donates knitted items to people with life-threatening illnesses). Our knitted blankets will be distributed to neonatal intensive care units across the country. Future plans include making baby lap blankets, shawls and scarves, for hospitals and hospice patients.

It is interesting to note that benefits of knitting is more than a hobby or a way to give to charity.

- Knitting enhances memory function, helping the brain to maintain cognitive health.
- Knitting is a form of meditation and stress relief as it has a calming effect; replacing stress and anxiety with the satisfaction of creating.
- Knitting helps to lower heart rate and blood pressure by reducing stress.
- Knitting is both congenial and rewarding.

*Helen Fleder*

### Robert “Bob” and Joan Erdin

were high school sweethearts and were married in East Hartford Ct. soon after Joan graduated. Bob was a self taught



man, who loved a challenge. He built their first home when he was just 23 yrs old. He rarely encountered a problem that he couldn't solve. Bob and Joan enjoyed working together on many projects while raising three sons and one daughter. Sadly, one son died in 1981 here in Florida. In 1977 they sold their electro plating plant in Ct. and decided to head south to pursue new careers. Bob got his contractors license and they both got their Real Estate Broker licenses. Life was good until Joan had a medical setback in early 2019 and needed physical therapy. They recently celebrated their 70th wedding anniversary on 07/23/2019 here at Lakehouse West.

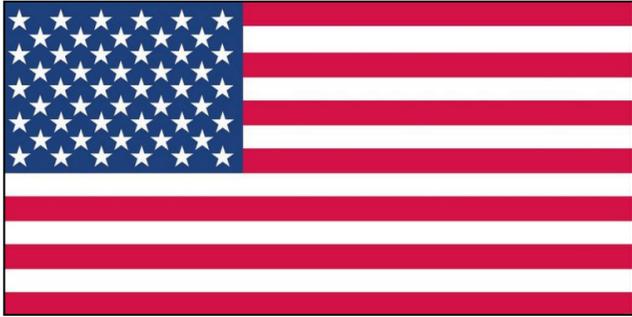
Welcome to the neighborhood Bob and Joan!

*Joan Erdin*



Blankets made by the Lakehouse West Resident Knitting Network

## Flag Facts



### Flag Day is Sunday, June 14

- Who proclaimed June 14 as the official U.S. Flag Day in 1949? Answer: President Harry S. Truman
- The present-day flag became official on July 4, 1960, when a star was added for the 50th state, Hawaii.
- What is done with worn or outdated flags? Answer: Flags are used until they are worn out, and then they are destroyed, preferably by burning.
- If a flag becomes dirty or soiled or touches the ground, should it be destroyed? Answer: No. An American flag can be washed or dry-cleaned.
- Can the flag ever be flown at night? Answer: Yes, but the flag should not be flown at night without a light on it.
- Is it ever appropriate to fly the flag upside down? Answer: Yes, but only in an emergency. An upside-down flag indicates someone is in dire trouble and in need of immediate help.
- What do the colors of the flag represent? Answer: Red stands for hardiness and valor; white symbolizes purity and innocence; blue is for vigilance, perseverance, and justice.
- True or false? When the flag is raised or lowered as part of a ceremony, and as it passes by in parade or review, everyone except those in uniform should face the flag with their right hand over their heart. Answer: True

## Thoughts on Fathers

### Fathers' Day Sunday, is June 21

Father's Day celebrates the contribution, influence, & guidance that fathers and father figures make in their children's lives. Consider the following perspectives:

“A father’s tears and fears are unseen, his love is unexpressed, but his care and protection remains as a pillar of strength throughout our lives.”

— *Ama H. Vanniarachchy*

“His love wrote the first chapters of my life and is the reason I never had to wonder if I was adored.”

— *Melanie Shankle, Church of the Small Things: The Million Little Pieces That Make Up a Life*

“A child looks up at the stars and wonders. A great father puts a child on his shoulders and helps them to grab a star.”

— *Reed B Markham*

“Being a dad is quite rewarding and even magical at times. It is our greatest chance to do something right in our lives that will keep making the world a brighter place even generations after we are gone.”

— *Timothy Pina, Bullying Ben: How Benjamin Franklin Overcame Bullying*

“The greatest mark of a father is how he treats his children when no one is looking.”

— *Dan Pearce, Single Dad Laughing*



*Amari Skye Martello & her Dad Josh Martello*

## Having fun while “Social Distancing”



**Munchie Mondays:** Every Monday, between 2:00 & 4:00 pm the Lakehouse West management team will deliver complimentary ice-cream bars, cookies, candy, & soda to you in your apartment.

**Who’s got a sweet tooth?**



**Wine Wednesdays:** Every Wednesday, between 2:00 & 4:00 pm the Lakehouse West Management team will deliver red and white wine along with salty snacks to you in your apartment.

**Any day is a good day for wine!**

### Guess Who Game

Every day, resident and staff photos from the past will be displayed in the Great Hall area for you to figure out who they are! Discreetly deliver your photo at the front desk to John Dionne, Social Dir. (high school age or older). All photos will be returned to participants.

More information on the game is available in the lounge area and a winner will be announced after we stop receiving so many photos!

**Start guessing!**



When you receive a Bingo Card in your cubby/ mailbox-that will mean a new bingo game has started! 5 numbers a day will be posted in the lounge. When you get a Bingo give it to the receptionist to record date and time!

**BINGO!**

### **More things to do during “Social Distancing” at Lakehouse West**

Take a walk on our beautiful grounds near the lake. Go for a refreshing swim in the pool or a relaxing soak in the hot tub. Read a good book from our wonderful library. Work-out in the fitness room. Catch up on some movies you’ve been wanting to see. Face Time with friends and family.

## Life at Lakehouse West

**Who is this?** Although the calendar says that its June, it's beginning to look more like Halloween as the Covid 19 Pandemic spills into our daily lives, requiring face masks in common areas of Lakehouse West. "Social Distancing" often means "Social Mumbling" that deepens your voice so you may sound more like an Army Drill Sergeant, (longer hair and patterned pants may indicate otherwise). While blue seems the favored color for masks, some people have created bright ones to match their clothes. To answer the problem of drinking while wearing a mask, how about a hole just big enough for a straw? Perhaps the next game we play at Lakehouse West should be identifying people with their mask on?  
*Lola Lakehouse*



Shirley Tabory, Susan Solomon Marketing Dir., Annette Hodges E.D.



Barbara Argue, D.O.N. & Brian Bakhaus, Maintenance Director

During this difficult time, we've been hearing from a lot of our Lakehouse West Residents about how happy they are to be here at Lakehouse instead of anywhere else during the pandemic. One of our residents wrote



us a lovely letter that we want to share:

"As I tell my kids all the time, "I am so happy to be here at Lakehouse West!" I can sum it up in 3 ways: I feel loved, secure, and that my needs are satisfied. I tell my kids I have a second family here. We care about and look after each other.

The staff, including servers, housekeeping, and maintenance, makes you feel loved and respected and go out of their way to be friendly and make you feel comfortable. And we treat them exactly the same!

We usually eat in a fine dining room with wonderful servers, but right now we are getting daily "room service" like at a luxury hotel.

The best part is we don't have to cook or clean. Now, they even shop for us to help us stay safe!

Our apartments are cleaned and, if something breaks, we don't have to fix it. One of our friendly maintenance staff will take care of it.

We all are missing our wonderful activities and parties, but know we need to distance ourselves and follow the rules for our safety and the safety of those around us. We look forward to getting together again with our friends.

When I go in my apartment at night, I feel safe and protected. I know I am not alone. There is always someone around to help me.

Thank you, Lakehouse West! I am so glad I am here!!"

*Ginny Coveney*

## Life at Lakehouse West

Our Lakehouse West Department Heads went around the building, knocking on doors, and handing out chips, salsa, guacamole, sangria, and margaritas! It was a huge success, and a fun way to celebrate Cinco de Mayo “social distancing” style!



Stephen Martin– Bennet, C.F.O. & Peg Smith



John Dionne, Social Director & John Siepp



Pat Bates, Business Office Manager & Dorothy Jacobson



Jerry Comi, Dir. of Dining Services & Carol Newberry



**Resident Birthdays in June**

Date	Resident Name	Apt. #
1	Betty Staiger	343
13	Joyce Goacher	211
14	Jean DeMeritt	249
21	Helen Fleder	346
21	Jeanne Blacksin	333
21	Dr. Jack Handel	337
23	Helen Ploss	305
24	Matthew Mariano	164
25	David Mosher	246
29	Harold Davidson	110
29	Ann Gray	125

On the last Friday of every month residents sign birthday cards and donate \$1.00 for every card signed to local charities. This program is managed by the Friendship Committee.



**In Memoriam**

Daniel Rubinstein, passed away May 19, 2020  
 Patricia Davidson, passed away May 25, 2020

**NEWSBITS- Best Newsletter**

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

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

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 Life with Style  
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