



Lakehouse West

N
E
W
S
B
I
T
S

*GREY SKIES ARE GONNA CLEAR UP...
SO, PUT ON A HAPPY FACE!*



April 2021

Coming Soon

EASTER SUNDAY— April 4
 9:30-11:00 The Easter Bunny leaves special goodies for coffee time in the Bar/ Lounge area. Easter is a one meal day in the Dining Room— lunch only. Bloody Marys & Screwdrivers served during the meal.



Black & White Dinner
 Friday, April 9
 Dining Room

4:00 pm,
 Seating 1
 6:00 pm,
 Seating 2

Cocktails, Appetizers, and
 The Island Hoppers entertain!
 Black & White clothing is the dress code
 for dinner. No formal dress wear required.

Its All Fun & Games

The outside sports season is coming to a close at Lakehouse West. So, let's bring more fun to the inside starting in April. Inside Shuffleboard along with Corn hole will continue. We will also offer Wii sports games, open Board Game day and Blackjack...and coming soon, Skee Ball!!

There will be no official teams for these activities and no sign ups during the "off season", just show up and play!

Please pay close attention to the Social Calendar for scheduled days, start time and locations for activities.

Current activities such as Bingo, Billiards, Poker, Rummikub, Mahjong, and Duplicate Bridge, will continue.

If you have an idea for an activity call our Social Director. #506

Skee Ball!

Coming soon to the Lakehouse West Game Room. Details TBA



Page Turners

Sunday, April 11
 11:00 am -Card Room.
 Sign up in the Events
 Book located in the
 Great Hall

A new book discussion group coming soon!

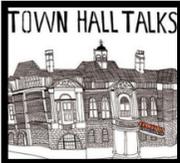
Those who share a love of reading and books will have a chance to share a title they enjoyed (or maybe didn't and why) and what might be the next book on their reading list. Each participant will have about 5 minutes to discuss a few highlights about a book of their choice. Bring a pencil & paper for noting titles you might find of interest. Initially, the group will meet once per month, and will be restricted to 12 men & women to allow everyone a chance to participate. Hosted by Carol Kopelman

Sundays starting April 11

Trivia
 Night

7:30 pm—Card Room

Lectures



Town Hall Talks Lecture Series presents:
“Operation Frequent Wind”
 by Rear Admiral, Lawrence Chambers

*Wednesday, April 21- 11:00 am & 2:00 pm
 Card Room- Sign up in the Events Book*

A talk by Rear Admiral Lawrence Chambers about his experience as commanding officer of the aircraft carrier USS Midway for the last months of the Vietnam War. Adm. Chambers was the second African American to graduate from the US Naval Academy. During his 36 yr. military career, he logged a variety of “first”. First African American to command an attack squadron, first African American to command an aircraft carrier, and first African American Naval Academy graduate to attain flag rank. The story of how he met the challenges, which he will explain, has been the subject of a TV series pilot and many printed articles. Because of his unique position and experiences, the Admiral is in demand as a speaker, on the subject of ethics in command, as well as race relations in the military: a hot topic in the news today.



Music Listening & Appreciation Program *by Joan Rubinstein*

This is a musical listening, lecture, and film appreciation program. This month, featuring the music and career of the great Composer Johannes Brahms. Space is limited-Sign up in the Events Book.



**Music of the
 Great Composer
 Johannes Brahms.**

**Tuesday, April 13
 1:30 pm- Card Room**

Johannes Brahms was a German composer, pianist, and conductor of the Romantic period. Brahms composed for symphony orchestra, chamber ensembles, piano, organ, and voice and chorus. A virtuoso pianist, he premiered many of his own works. Brahms has been considered both a traditionalist and an innovator, by his contemporaries and by later writers. His music is rooted in the structures and compositional techniques of the Classical Masters. The highly constructed nature of Brahms's works was a starting point and an inspiration for a generation of composers.



**View the film
 “Song of Love”**

**Thursday,
 April 15
 1:30 pm
 Theater**

The Song of Love is a 1947 biopic starring Katharine Hepburn, Paul Henreid, Robert Walker, and Leo G. Carroll, directed by Clarence Brown and released by Metro-Goldwyn-Mayer. Based on a play by Bernard Schubert and Mario Silva. **Plot:** Composer, Robert Schumann Heinreid, struggles against mental illness, supported by his wife, Klara Wieck Schumann Hepburn. His composing deteriorates over the years, forcing her to go back to performing to support the family. Johannes Brahms Walker initially helps out in the home but, falls in love with Klara, further affecting Schumann's health.

Health & Wellness

Barbara Argue D.O.N.

Barbara is available in the Health Center Monday thru Friday from 8:00 a.m. to 4:00 p.m. or by calling ext. 507. After hours and on weekends there is always a nurse on duty 24 hours a day 7 days per week to provide residents' assistance in a medical emergency. In this instance, call the receptionist (#0) and ask for the nurse to call you. Please do not leave a message at extension 507, as Barbara is not available after 4:00 pm or on weekends.



Laboratory Services

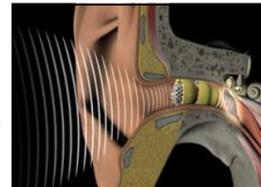
Lab draws are in the Health Center (Barbara's Office) between 7:30 and 8:00 a.m. on Tuesdays. No appointment is necessary, but you may want to review your lab slip with the Director of Nursing. Specimen cups are available in the Health Center for you to pick up that morning. Questions? Call ext. 507.



Hearing Aid Services

Fourth Tuesday of every month 9:00 a.m.– 10:00 a.m. in the Card Room.

A representative from Gulf Gate Hearing Aid Center will check and clean hearing aids. They can also change batteries and provide batteries. No appointment is needed.



BODIES IN MOTION

Exercise Program with Albert Perez, PTA.
Monday & Friday 11:00 a.m. -Meeting Room

Chair Yoga w/ Rick Rabalais, Cert. Instructor
Tuesday & Thursday—11:15 a.m.-Meeting Room

Tai- Chi with Hope Byrnes
Wednesdays—3:30 p.m.—Meeting Room

Exercise On Your Own Opportunity

Along with beautifully landscaped walking paths, Lakehouse West offers a large, heated, lakeside swimming pool for leisure and exercise. There is also a fitness room on the 2nd floor with several exercise machines for resident use.



Remember to pace yourself, wear sensible shoes, stay hydrated, apply sunscreen when outside, and most of all, have fun!

Blood Pressure Services

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



Podiatrist Services

Dr. Clode visits Lakehouse West every two months beginning in March 2021, and will see residents in their apartments. Call 507 for information.



Medical Appointment Transportation

Lakehouse West provides transportation for residents to medical appointments. Monday thru Friday from 8:00 am—12:00 pm.

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.



In The Spotlight

Lynne & Phillip Walther were already leading full lives when they met in Santa Fe, New Mexico while on a Christmas vacation trip over 30 years ago. Phillip grew up in Ct., graduated from Colby College in Maine, and served in France working in counter-intelligence and later sales positions with several Fortune 500 companies. Lynne grew up in Westchester County, NY and went to FL Atlantic University, followed by a Masters from FL International University. Upon graduation from college, Lynne was recruited by IBM as an educational consultant and analyst giving lectures to management on current business trends and how to implement IBM equipment in their organization. She also created a work-study for high school students helping to direct them toward careers.



Moving to Palmer Ranch in 2012, the couple taught Senior Education programs through the University of FL and University of Arizona. Both like to travel and enjoyed music cruises until Covid 19 interrupted that. Now they listen to music more, read and go to the theater when possible. Doing their “research”, they found that Lakehouse West offered what they wanted in an easier life-style, and they are settling in nicely. Welcome Lynne & Phillip!

Eleanor Gabriel was born and raised in Philadelphia. The Math Club at a high school for girls led to enrollment at Drexel Inst. Engineering School, where she was the only girl in her Chemical Engineering class. Following graduation, she worked for Sun Oil Co. as Pilot Plant Supervisor, then Process Design. Eleanor married and moved to Michigan where she and her first husband raised two sons while he taught at Central Michigan University before moving to Connecticut. With no job for her, Eleanor, found work as a process designer for the Conn. Court System designing computer systems for the Criminal Courts. Eleanor and her husband divorced, and she worked for Cal Tex Petroleum in NYC supporting computer systems worldwide. While living in Conn., Eleanor met David Goodrich on a “singles” bus trip to Tanglewood.



David Goodrich grew up on a farm in Indiana, but he realized that herding cows was not meant for him. He went to Perdue University to major in Metallurgical Engineering, but that didn't fit either, so he switched to psychology, which led to a PhD in Psychology from the University of Rochester. After grad school he went into the Army as chief of psychological services at army hospitals in Tokyo and Okinawa. The CIA had become interested in him as a potential staff member, and after his Army discharge he joined them. Back in the USA he eventually began a career as a Management Consultant, advising executives on opportunities in their own careers and those of their subordinates.

Also divorced, David & Eleanor married in 1983. Both play the piano and have enjoyed many concerts and music appreciation classes together. Eleanor tutored in Alta Vista M.S. David was beginning to tire of Northern winters and, knowing Sarasota's arts orientation, they rented for awhile before moving to Pelican Cove and later The Oaks. With children and grandchildren scattered around NE, and some of David's age-related health issues, plus the chance to make new friends, they decided that LHW would be their next new home. Welcome Eleanor & David!

Interviews coordinated by Ginny Cardozo

April Trivia— Just For Fun

"The roofs are shining from the rain. The sparrows tritter as they fly, and with a windy April grace the little clouds go by."

~ Sara Teasdale



Animal of the Month – Cat

The domestic cat, often referred to as a house cat, is part of the feline family, Felidae. Cats share over 95% of their DNA with tigers. They first became pets in ancient Egypt around 7500 BC and in Cyprus around 9500 BC.



Today, the world is home to over 500 million domestic cats. These carnivorous mammals sleep an average of 12 to 16 hours a day, can run up to 30 miles per hour, and live on a diet of small critters, such as birds, rats, and mice—unless they are eating a bowl of cat food. Cats walk by moving the two legs on each side at once.

The only other animals to walk this way are giraffes and camels.

Cats are known for being feisty, independent, and landing on their feet—hence the belief that they have nine lives, which explains why they symbolize rebirth. Black cats are thought to be magical and/or bad luck, while legend has it that white cats bring good fortune.

Special Days

April Fools' Day
April 1

Good Friday
April 2

Easter
April 4

Last Day of Passover
April 4

Tax Day
April 15

Earth Day
April 22

Arbor Day
April 30

Flower – Daisy



April's flower is the daisy, one of the oldest and best-known English flowers. It retains its Anglo-Saxon name, "day's eye," because of its appearance and the fact that it closes according to the amount of available sunshine. According to legend, the first daisy appeared when a young nymph turned herself into one to avoid unwanted attention. Thus, the flower has come to symbolize modesty, chastity, and innocence. The daisy is also used to tell if "he loves me" or "loves me not" by pulling off the petals one-by-one.

Birthstone – Diamond



The birthstone for April is the diamond. For centuries, this stone has signified romance, intrigue, power, greed, and magic. In the Middle Ages, it was used to cure headaches and to create love potions. Today, it symbolizes everlasting love. Formed nearly 100 miles beneath Earth's surface in temperatures that exceed 2700°F, the diamond is the world's hardest naturally occurring substance. It is also the purest of all gemstones, composed completely from crystallized carbon. Its name comes from the Greek word *adamas*, which means "unconquerable."

Puzzle of the Month

Sudoku

Fill in the grid so that all nine columns down, all nine rows across,
and all nine 3-by-3 boxes contain the numbers 1 through 9.
A number appears in each column, row, or box only once.

	2			4		8		
		3			1		5	
8		1	7		6	3	4	9
		5			9	1		2
2	1				8		6	4
				6		5		
5	6		9	1	3	4		
	4	2	6				1	
1		7				6		3



You might want to use a pencil!

Resident Birthdays in April

Date	Resident Name	Apt. #
3	Bernie Ehrlich	227
3	Nina Richards	335
4	Sara Sellinger	224
5	Anna Davis	236
9	Barbara Rowe	235
10	Patricia Cohen	103
11	Toby Miller	156
17	Dorothy Zrimsek	149
19	Shirley Tabory	136
26	Peter Hainsworth	101
27	Dorothy Cook	219
28	Barbara Moskow	338
29	Dorothy Jacobson	341
29	Calvin Miller	226

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

Lakehouse West Business Office Hours
Monday-Friday, 9:00 am– 12:00 pm

NEWSBITS- Best Newsletter
2017, 2018 & 2019
*Awarded by Florida Health Care
Activity Coordinators Association*

Editor & Publisher: John Dionne
Editorial Consultants:
Ginny Cardozo, Writer & Editor
Ginny Coveney & Larry Olson, Editors
Stephen Martin– Bennet, 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

