



*Lakehouse West*

NEWSBITS



May 2021

## Coming Soon



Hello, My name is Yael Campbell and I am originally from Tel Aviv, Israel. I am a Certified Zumba Instructor and I have been teaching Zumba daily in different locations in Sarasota since 2015. I combine my teaching skills (I am also a Professor at Ringling College of Art & Design), my passion for ballroom dancing, music, and the integration of fitness. I use everything I know to create a fun, easy to follow Zumba class. When you are part of my class, I won't rest until I teach you how to move to the music, and feel free. I will lead you there. Join me on:

**Tuesdays, May 11 & 25  
9:30 a.m.—Meeting Room.**

Please sign up in the Events Book. I guarantee you will have a great time! The reason is simple: Every class feels like a party!

### ZUMBA! Has Many Health Benefits

- Boosts your heart health
- Tones and strengthens entire body
- Improves coordination and balance
- Supports weight loss & burns calories
- Improves circulation & flexibility
- Helps to reduce stress and anxiety

The music feels more like a dance party than a workout, which is exactly what makes Zumba so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world. Give it a try!



**The Kentucky Derby** is a horse race held annually in Louisville, Kentucky, United States, almost always on the first Saturday in May, capping the two-week-long Kentucky Derby Festival. The competition is a Grade I stakes race for three-year-old Thoroughbreds at a distance of one and a quarter miles at Churchill Downs. Colts and geldings carry 126 pounds and fillies 121 pounds.

**Bet on the Derby on Saturday, May 1, from 10:00 – 11:00 am in the Great Hall.** Bets are \$1.00 per ticket for each horse. Cash only. The winners may pick their winning bets up on Monday, May 3rd, in the Business office between 10 am-12 pm. The Dining Room will serve Bloody Marys & Screwdrivers during the evening meal and the Derby will be shown in the Theater.



Cinco de Mayo is an annual celebration held on May 5. The date is observed to commemorate the Mexican Army's victory over the French Empire at the Battle of Puebla, on May 5, 1862, under the leadership of General Ignacio Zaragoza.

**Mexican Theme Dinner  
Wednesday, May 5  
Margaritas & Sangria served.**

Wear your bright colored red, orange, yellow, and green! Jackets not required on this day.

## Coming Soon



### Residents' Association Meeting

**Friday, May 14  
10:00 am  
Meeting Room**

Reports are given by our Lakehouse West Residents' Association Board Members and Executive Director. Questions are taken and comments are heard. Coffee & Danish served.



### Memorial Day at Lakehouse West Monday, May 31

**11:00 am**—The Patriot Singers, directed by Peg Smith, present a Memorial Day program in the Great Hall.

**11:30 am**— Screwdrivers and Bloody Marys are served in the bar area.

**12:00 pm**— Holiday theme lunch is served in the Dining Room. One meal day.

**Wear your red, white, and blue!**



### Awards Presentation & Party Wednesday, May 26, Great Hall

*Hosted by Richard Miller*

**3:30 pm**- Awards presented by Richard Miller

**4:30-5:30 pm**- Cocktails, appetizers, & music

This is an event to recognize all the Lakehouse West Sports Leagues by thanking all the team members and captains for their participation. Awards will be given to all the teams that excelled and won this past season. Congratulations!

*\*1st Place teams & names are listed on page 7.*

## Lets Do LUNCH

**Carrabba's Italian Grill— Friday, May 14**

**Taste of Hong Kong— Friday, May 21**

**Phillippi Creek Oyster Bar— Friday, May 28**

**Bus leaves at 12:00 pm— sign up in the Events Book.**



## Coming Soon

Town Hall Talks Lecture Series presents:  
**“Is the United States #1?”**  
**An exception to U.S. Exceptionalism**  
*by Herbert “Herb” Kayne*

*Wednesday, May 26*  
*11:00 am– Meeting Room*  
*Sign up in the Events Book.*



In geopolitical jargon, the term “U.S. exceptionalism” implies that the United States is #1. However, there is one vitally important area-health– where the U.S. is not #1. Several dimensions of the health status of the U.S. in relation to other countries will be described.



*Herb Kayne has had one full-time job in his adult life. For 37 years he taught physiology, biostatistics and epidemiology at Boston University School of Medicine and School of Public Health. His 20 year moonlighting job was in the Physician Assistant Program at Northeastern*

*University (also in Boston) where he taught the same subjects. This is his 3rd Town Hall Talk.*

Thursdays  
in May

1:15 pm  
Card Room

Tuesdays in May, 1:15 pm, Card Room

**A Music Listening,  
Lecture, & Related  
Film Program**  
*by Joan Rubinstein*

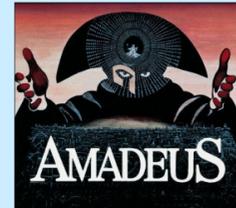


*The Music of Mozart*  
*Listening & Lecture*

*Tuesday, May 18*  
*1:30 pm, Card Room*  
*Sign up in Events Book*

Mozart was not a revolutionary musician. He rarely experimented with musical form, and he often recycled successful structural formulations in his work. In short, Mozart did not innovate. He mastered. He perfected existing forms and, in so doing, raised the symphony, sonata, and opera to new heights. His later compositions, especially, highlight his versatility and dexterity as a musician. They also showcase his ability to convey feeling through music.

*Film: Amadeus*  
*Thursday, May 20*  
*1:30 pm, Theater*  
*Sign up in Events Book*



The life, success and troubles of Wolfgang Amadeus Mozart, as told by Antonio Salieri, the contemporaneous composer who was insanely jealous of Mozart's talent and claimed to have murdered him.



*Joan Rubinstein is a teacher of music appreciation & history, a performer, art historian and painter. She graduated from Syracuse University with a degree in Music and Violin Pedagogy. She taught Music History and Appreciation at the Philadelphia College of Performing Arts.*

## Health & Wellness

### Barbara Argue RN, DON

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.



### Taking Care of your COVID19 Vaccine Card

The vaccine card, given to you after your first dose and then updated if your vaccine required a second dose, includes the vaccine manufacturer, the dose numbers and the date and location each dose was administered. To safeguard your vaccination card, start by taking a picture of it with your phone. That way you will have that information in your photo library, giving you the ability to email or text it as necessary. It's also a good idea to make copies of your card (Lakehouse West will do this for no charge). Laminating your card will make it more durable if you are planning on carrying it around in your wallet or purse. Staples offers free card lamination to people who have had the vaccine. If you lose your vaccination card, contact the pharmacy that administered your dose and they can replace it for you. Vaccinations are also tracked by state health departments, so you can contact the state's agency for a replacement, according to the Center for Disease Control and Prevention.



### Laboratory Services

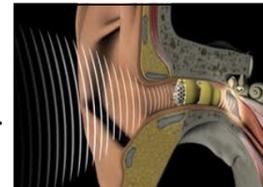
Lab draws are in the Health Center (Barbara's' Office) between 7:30 and 8:00 a.m. on Tuesdays. No appointment is necessary, but you may want to review your lab slip with the Director of Nursing. Specimen cups are available in the Health Center for you to pick up that morning. Questions? Call ext. 507.



### 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.



### 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



**Sally Ann Kuyper** (pronounced Kiper) was born in Detroit, MI and went to the Univ. of Michigan as a social Science major. It was the beginning of a very busy life! She met her husband, John McCrae at a New Year's Eve

party and they married within a year. Sally dropped out of college to begin a family and had two sons, Mark & Glenn. When the boys began school, Sally returned to college at a branch campus of the Univ. of Michigan and earned a social science degree. Her husband John sold x-ray machines for his family's company. Sally and John divorced, and later Sally graduated in 1987 from the John Marshall School of Law in Chicago. She later worked for a year at Hyatt Legal Services before opening her own law firm in Highland Park, IL. When her father died, Sally moved to Florida to help her mother cope with widowhood. She found a job in Workman's Compensation law for insurance companies. Not surprisingly, Sally found time for a hobby; photography, and then met and married Derek Kuyper who lived in Orlando. They enjoyed travel in the U.S. and Europe. Sally sold her photographs to books and magazines and suddenly retirement seemed to be a new adventure. The couple lived in Westwoods One on Approach Road in Sarasota; life was good. But, when Derek died in 2019, Sally was bereft, and didn't want to remain in a house where they'd been so happy together. After looking at other "retirement" options, Lakehouse West was chosen. Welcome Sally!

*Interview by Ginny Cardozo*

**NURSES ARE THE  
HEART  
OF HEALTHCARE**

National Nurses Week begins on May 6 and runs through May 12. The commitment nurses make to protecting, promoting and improving healthcare is well-recognized and respected around the world, and we sincerely thank our nurses for the contribution they make everyday at Lakehouse West!

*Barbara Argue, RN, DON*

*Wendy Santangelo, Nurse Manager, LPN*

*Carolyn Campbell, LPN*

*Ardree Chatfield, RN*

*Cindy Hall, RN*

*Mary Lyons, LPN*

*Sue Mikula, RN*

*Norma Overmyer, LPN*

*Rhonda Zirkle, RN*



**CAMPAIGN AGAINST  
SUMMER HUNGER**  
ALL FAITHS FOOD BANK



Unfortunately, for many children, when school ends, hunger begins. More than 50% of Sarasota County students rely on free and reduced meals at school. The summer months ahead present real challenges for the children of families struggling to put food on the table. Hunger deprives children of more than just food. Hunger causes serious health consequences as well as negative impacts on prospects for future success. You can help make sure children don't go hungry this summer by donating. Bring your check (no cash) to the Lakehouse West Business Office by Friday, May 14, 9am-12pm. Make your check out to: **Campaign Against Summer Hunger All Faiths Food Bank**

# Sports League Winners!

Pictured and listed below are the winning teams and names of the players. Let's have a party to congratulate everyone who played, won, and cheered for the teams throughout the sports season at Lakehouse West! All residents are welcome. Details on page 3.



**Bocce-The Eagles**  
 Wednesday League  
 Sue Mandell, Captain  
 Jeanne Blacksin  
 Peter Hainsworth  
 Matthew Mariano



**Playoff Winners**  
**Bocce-The Yankees**  
 Thursday League  
 Lowell Brinnen, Captain  
 Carol Brinnen  
 Beverly MacDonald  
 Christian Thierry



**Golf- The Knights**  
 Richard Miller, Captain  
 Lowell Brinnen  
 Abe Zeewy  
 Ed Strauss (deceased)



**Corn hole**  
 Matthew Mariano  
 David Mosher  
 Peggy Cobb, Director

**Shuffleboard (Inside)**  
 Lowell Brinnen  
 Rosemary Jump  
 Peggy Cobb, Director

**Shuffleboard- The Knights**  
 Richard Miller, Captain  
 Lowell Brinnen  
 Charlie Miller  
 Christian Thierry



**Resident Birthdays in May**

Date	Resident Name	Apt. #
2	Barbara Blumenthal	326
2	Howard Levine	139
3	Jay Moskow	338
6	Dr. Barry August	135
6	Joan Erdin	146
10	Janet Short	105
18	Christian Thierry	138
21	Marcia Frankel	225
26	Sally Kuyper	166
26	Ann Lanier	154
26	Lynne Walther	360
28	Virginia Cardozo	203
30	Phyllis McIlraith	212

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  
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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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www.lakehousewest.com  
Assisted Living Facility License # 5850

