



*Lakehouse West*

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5th Year Winner!

Herald-Tribune

2021

SARASOTA  
READERS'  
CHOICE

FIRST PLACE



March 2021

## Simply The Best



*Live Beautifully*



Thank you Sarasota for voting  
Lakehouse West Reader's Choice Best  
Retirement Community & Best  
Assisted Living 5 Years in a Row!!!

### ***Reader's Choice Celebration Dinner at Lakehouse West Wednesday, March 3, 2021***

*Cocktails & appetizers followed by  
a scrumptious dinner & dessert,  
along with the music of Eddie Tobin.*

*Dinner seating 1– 4:00 p.m.  
Dinner seating 2– 6:00 p.m.*

***\* This revised dining schedule is to provide time for appetizers & cocktails***





# Celebrating Being The Best

Below are photos of past parties held to celebrate winning the Sarasota Herald Tribune Readers' Choice awards! As usual there was live music, dancing, wonderful drinks, delicious food, and so much good cheer and friendship! We know that we would not have received this recognition if it weren't for our amazing staff and fabulous residents.



William Huber & daughter Linda Hilliard



Rose Greene & daughter Shirl Gauthier



Abbie Loft & Brian Bakhaus



Dr Jack & Anita Handel



Stephen Martin-Bennet & Mimi Brodsky



Katie & Tom Kimmel



Will Ryall & Ted Cooke



Tanisha Williams



Peggy Snyder, John Dionne, Violet Taylor



## Coming Soon



**St. Patrick's Day Dinner at Lakehouse West**  
**Wednesday, March 17**  
**Wear your green for the Irish theme and**  
**enjoy wine & beer with a traditional dinner!**

We've all certainly heard the old expression "The Luck of the Irish". So— let's see how lucky you are! On St. Patrick's Day, at dinner, everyone will have a raffle ticket at their table place setting. There will be 12 winners for prizes announced on Thursday, March 18 in the lounge area. Hold on to your ticket and claim your prize in the business office.

**Where does the "Luck of the Irish" expression come from?**  
During the gold and silver rush years in the second half of the 19th century, a number of the most famous and successful miners were of Irish and Irish American descent. Over time this association of the Irish with mining fortunes led to the expression 'luck of the Irish. '



**What is the symbol of Irish Luck?**  
The Celtic symbol for luck and the unofficial, yet the most recognizable, symbol of Ireland is the Shamrock. The shamrock is a single-stemmed plant with three leaves (four leaves for really good luck) and grows on the hills of Ireland.



### **Town Hall Talks Lecture Series presents:** **"Let's Make a Deal" by Peggy Cobb**

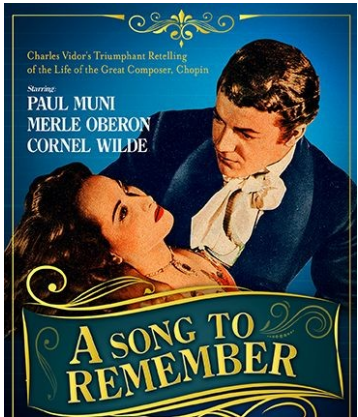
Wednesday, March 24  
11:00 a.m.& 2:00 p.m.  
Card Room. Space is limited-  
Sign up in Events Book



Throughout American History our government has put forth "Deals" to help our country and improve our lives in time of crisis. Our current crisis is the pandemic and discussions about recovery are ongoing. During these times of stress, let's get together and make a "Deal" that will bring back more laughter and purpose to our lives.

*Peggy Cobb holds a Masters degree from the University of Connecticut and was an adjunct professor at various community colleges and taught school in the US, Panama & Saudi Arabia.*

### **Music Listening and Appreciation Program** by Joan Rubinstein



This is a musical listening, lecture, and film appreciation program. This month, featuring the music & career of Composer Frederic Chopin

**"The Music of Frederic Chopin".**  
Tuesday, March 16-1:30 pm– Card Room

**View the film "A Song to Remember "**  
Thursday, March 18– 1:30 pm-Theater

\*Space is limited-Sign up in Events Book.

## In The Spotlight

**Rita Hosfelt** grew up in South Windham, Maine. Following High School, she moved to New Britain , CT. where she began work as a Directory Assistance Operator at Southern New England Telephone (SNET), she then moved on to installing and removing telephone numbers and climbing ladders. She married , had three children, and then divorced. Later, she met Wayne Hosfelt through work, who was also divorced with 2 children of his own. He had been transferred to the Central Technicians’ Office before moving on to cellular phones. In 1983, Rita and Wayne married and moved to Hebron Ct. One of Wayne’s children lived with them, and it was a very busy home/work life. Thinking about retirement, Wayne thought Costa Rica sounded nice. Rita retired first, and took care of her mother who lived with them until she died in 2009. Rita felt Florida might be a better choice and the couple chose Tarpon Springs, where they lived for 11 yrs. With a daughter Diane, a nurse, living in Sarasota, Rita chose Lakehouse West. Sadly, Wayne died in November 2020, before he could enjoy the new lifestyle. Rita and her dog, “Mindy” are comfortable, and she hopes to play some Poker and Gin Rummy—as soon as she feels organized in her new home. Welcome Rita!



Interview by Ginny Cardozo



Here are six of the “Notable Knitters” group modeling knitted lap blankets and shawls that will be donated to Cancer Care. Front to back & left to right, they are: Jan Short, Rosemarie Thierry, Carol Brinnen, Marion Houston, Phyllis McIlraith, and Florence Kinney. Missing from the photo are Ewa Hammer, Hope Byrnes, Phyllis Kane, Margaret Schwartz, and Helen Fleder. The people who receive the blankets appreciate the warmth and comfort they need during their chemo treatments. To date, the Notable Knitters have completed close to one hundred items, including preemie blankets for newborns at Sarasota Memorial hospital and blankets for Hospice patients. Each of the knitters has created their own designs and color combinations, therefore no two pieces are alike! We can look upon this group with pride. The group has bonded together in friendship, celebrating everyone’s birthday with home made goodies and champagne! The Notable Knitters meet on Mondays at 2:00 pm in the Card Room.

*Helen Fleder*

### ***M & M’s Guessing Contest Winners!***

- 1 Bob Becker*
- 2 Arlene Bergenhausen*
- 3 Paul Byrnes*
- 4 Margaret Grieco*
- 5 Al McIlraith*

***The winners will receive a caricature drawing of themselves by local artist Michael White.***





# 2021 Residents’ Association Board



Richard Miller, President

The Lakehouse West Residents’ Association Board serves the common interests of all Residents. The Board promotes and maintains a constructive channel of communication between Residents and Facility Management, who also represent the Lakehouse West Owners.

Residents have an opportunity to express their opinions and suggestions regarding facility security, safety, maintenance, food, activities, services, and the overall wellbeing of Residents.

The Board meets monthly, or as needed, to discuss current and pertinent topics related to Lakehouse West. Meeting Minutes are prepared and distributed to Residents. For more information, contact Richard Miller, Residents’ Association President.



Larry Olson, V. President



Lowell Brinnen Treasurer



Ginger Hainsworth, Secretary



Shirley Tabory, Hospitality



Sallie Haberman, Dining



Allan McIlraith, Maintenance



## Health & Wellness



### Health Talk with Albert Perez PTA

**Wednesday, March 10  
11:00 am Card Room  
Sign up in Events Book**

#### Topic:

**“Introduction of New Medicare  
Part B Services for Outpatient  
Physical Therapy”.**

### 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.



**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

### Laboratory Services

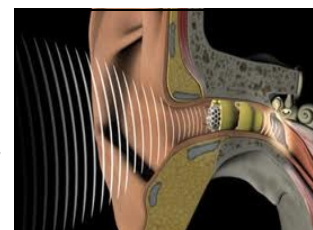
Lab draws are in the Health Center (Barbara's' Office) between 7:30 and 8:00 a.m. on Tuesdays. No appointment is necessary, but you may want to review your lab slip with the Director of Nursing. Specimen cups are available in the Health Center for you to pick up that morning. Questions? Call ext. 507.



### 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.

