



Lakehouse West

NEWSBITS



EVERY DOG HAS HIS DAY

August 2021

Events & Programs

ICE-CREAM SOCIAL
&
Piano Music by Joe Thayer
Tuesday, August 31
2:00—3:00 pm Great Hall



Residents’ Association Meeting

Friday, August 6
10:00 am- Great Hall

Reports are given by the Lakehouse West Residents’ Association Board Members and Executive Director. Questions are taken and comments are heard. Coffee & Danish provided.



Happy Beats



Lakehouse West
RETIREMENT ESTATE

“Happy Beats” Percussion Ensemble
Directed by James Rosati.

Tuesday, August 3 & 17
2:00 pm, Card Room
(This group meets monthly on the 1st and 3rd Tuesday)

NEW MEMBERS WELCOME!

It’s Time To Sing Again!

Directed by Sharon Ohrenstein

Fridays, August 13 & 27
3:00 pm Meeting Room

(This group will meet twice a month on Friday)
You don't need to be a singer- just love to sing!



OUT TO DINNER

Italian Grill– Tuesday, August 10, 5:00 pm
Triple Tail Seafood-Tuesday, August 24, 5:00 pm
Sign up in the Events Book



Entertainment
Thursdays in the Great Hall

- August 5, 3:30 - 4:30 p.m.,
Catherine Lan, pianist & Claudio Jaffe, cellist.
4:30 -5:30 p.m., Wine Bar.

August 19, 4:30 -6:00 p.m.,
The Island Hoppers Duo.
4:30 -5:30 p.m., Cocktails at the Bar.

August 26, 4:30 - 6:00 p.m.,
Amandah Jantzen, pianist/ singer.
4:30– 5:30 p.m. Cocktails at the Bar.

Look for the Silver Lining with



Hope Byrnes
Performer



Lee Dougherty Ross
Pianist

Thursday, August 12, Great Hall

3:30 - 4:30 p.m., Musical Performance
4:30- 5:30 p.m., Wine Bar Reception

Talks & Lectures

Town Hall Talks Lecture Series
presents: “Scams That Target Seniors”
by the Sarasota County Sheriff’s Depart.



Wednesday, August 25
11:00 a.m. Meeting Room
Sign up in the Events Book.

Hackers and scammers are good at getting your birth date, social security number, or even money directly by telephone, through the internet, or mail.

Find out about the latest scams to be on the lookout for, and how you can protect yourself to avoid being the Scammer’s latest victim.

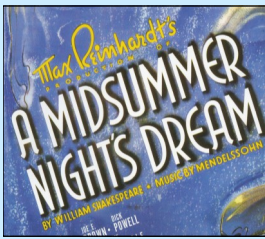
A Music Listening, Lecture, & Related Music in Film Program by Joan Rubinstein

The Music of Mendelssohn
Listening & Lecture
Tuesday, August 24
1:30 pm, Card Room
Sign up in Events Book



Jakob Ludwig Felix Mendelssohn Bartholdy, was a composer, pianist, organist and conductor of the early Romantic period. Mendelssohn's compositions include symphonies, concertos, piano music, organ music and chamber music

A Midsummer’s Night Dream
Thursday, August 26
1:30 pm, Film in Theater



A Midsummer Night's Dream is a comedy written by William Shakespeare. The play is set in Athens, and revolves around the marriage of Theseus and Hippolyta.

Understanding Arthritis
Lecture: by Albert Perez, PTA
Friday, August 13
11:30 a.m. Card Room



Learn how physical therapy can help you to live more comfortably with Arthritis.

Understanding Wounds
Lecture by Dawn Koch RN
Monday, August 30– 11:30 am Card Room

Performing Arts Lecture Series
by Sharon Ohrenstein
Topic: Man of La Mancha



Friday, August 20
3:00 p.m. Card Room



Man of La Mancha is a 1965 musical with a book by Dale Wasserman, music by Mitch Leigh, and lyrics by Joe Darion. It is adapted from Wasserman's non-musical ...



Join Rick Rabalais in the Theater for Tech Talks, Tuesdays, August 3, 10, 17, 1:15 p.m.

Feel free to bring your Iphone or Ipad for information on features your device may have that you do not know about. These features can make your life a little easier....and sometimes more fun!

Topics: Intro-Let’s Talk Security!
8/3: Settings on your Iphone or Ipad. Basic info.
8/10: WiFi– Internet– Google– Safari. What?
8/17: Advanced features– I phone or I pad.

If you have specific questions about your device, please request a one on one appointment for assistance. You may request an appointment by signing up in the Events Book located in the Great Hall.

Featured Performers



Featured Performers at Lakehouse West in August

The Duo Arpeggione

A recital by French Masters for cello and piano. Pianist Catherine Lan and Cellist Claudio Jaffe offer an inspired hour of French music by Camille Saint-Saens and Francis Poulenc. The first step is a deep and dramatic work in the French Romantic style, displaying lyricism and virtuosity. The second step has been described as “Mozart meets Stravinsky in a Paris Cabaret”. It is a sparkling, frolicking work that is sure to brighten your mood.

Dr. Claudio Jaffe, Cellist

Hailed by The New York Times as “an elegant and accomplished artist” of “taste, technique, musicianship, and a contagious youthful enthusiasm”, Claudio Jaffé fascinates his audiences with his colorful and passionate virtuosity. As a recitalist and chamber musician, Jaffé has performed in prestigious concert halls around the world and international orchestras.

Born in São Paulo, Brazil, Jaffé began his cello studies at the age of seven and gave his first public concert at the age of eleven. His early teachers included Iberê Gomes Grosso, his father Alberto Jaffé, Antonio Guerra Vicente, and Juarez Johnson. Jaffé earned his undergraduate, graduate, and doctoral degrees from Yale University under Parisot’s tutelage. Jaffé studied in Master classes and special workshops with great masters of the cello including Yo-Yo Ma, Lynn Harrell, Paul Tortelier, Tokyo String Quartet, Janos Starker, Nathaniel Rosen, and Ralph Kirshbaum.

Dr. Catherine Lan, Pianist

Recognized as a child prodigy, Dr. Catherine Lan made her first international debut at the age of eight, performing in Japan following her winning at the Junior Original Composition International Competition. She has since performed at many prestigious venues and is recognized throughout the world for her work.

She earned her Bachelor of Music from University of British-Columbia, Master of Music from Indiana University (Bloomington), and Doctor of Musical Arts from University of Miami, Dr. Lan currently serves on the faculty of Broward College, performs globally with Steinway Artist, Tao Lin, as Duo Beaux Arts, and serves as the co-founder/artistic director of Beaux Arts Chamber Music Series in Naples. Dr. Lan records for Centaur Records (CRC 3457 Incandescent Piano Recital by Pianist Catherine Lan). For more detailed info, please visit www.catherinelan.com

Thursday, August 5– Great Hall

Performance 3:30–4:30 pm

Wine Bar 4:30-5:30 pm

Thank You Patriot Singers!



A huge thank you to our Lakehouse West Patriot Singers for providing a wonderful program on Independence Day! The Patriot Singers Director is Peg Smith, seated center.

The Singers, seated front to back and left to right are: Charles Miller, Dr. Jack Handel, Bernie Ehrlich, Dale Rieth, Ronald DeAnna, Frank Poplawski, Dan Barrett, Tom Kimmel, David Mosher, Jay Moskow, Peter Hainsworth, Richard Miller, Bert Fivelson, Brad Forsberg, David Goodrich, Leo Cook, Jerry Evens, Lowell Brinnen, Paul Blacksin, Don Black, Herb Kayne, Howard Levine, Larry Olson. Missing from the photo are: Jerry Goacher, Chuck Halfast, Abe Zeewy.

The original Patriots consisted of 13 gentlemen who were organized to lead a sing-along of patriotic music on July 4, five years ago. Since then the group has doubled in size and sung for the lighting of the Christmas tree as well as patriotic holidays and other events. If you'd like to sing— call Peg at 354.



Just a few of the many Patriot Singers' fans! Left to right: Joan Rubinstein, Ginny Cardozo, Florence Kinney, Phyllis McIlraith, Bill Huber, Carol Newberry, Eloise Hart, Sallie Haberman

In The Spotlight

Sara Fluty was raised in Clarksville, TN and went on to the University of Kentucky majoring in Social Studies and Geography. She met her future husband, Lucien G. Fluty, Jr., very soon after arriving at college and finished 2 yrs. before the couple were married. As a Journalism major, Lucien was hired by telephone to work on a new newspaper, in Sarasota, the “Sarasota Journal”, an afternoon paper published by the Herald Tribune. It was a time when the printed word was valued— before TV and technology took over— and in 1952 the couple moved to Paver Park in Sarasota.

They raised three children— a daughter now in Tampa, another daughter in Palo Alto, California and a son Lucien the 3rd in Texas. With Lucien’s busy career, Sara still found time to explore Sarasota’s local history and development. She later owned a travel agency.

The couple moved to South Gate for more space, and Sara lived there for 60 years. Lucien had retired as Senior Vice President at United First Federal Bank at age 62. Due to a heart condition, he suffered a heart attack that ended his life in 1989. This left Sara alone for awhile before deciding that LHW offered a lifestyle to meet her current needs. Welcome Sara!



Interviews by Ginny Cardozo

Bradford (Brad) Forsberg

From Brockton, Massachusetts, he laughingly says he was “Weaned on a screwdriver and a pair of pliers” because his father had a growing electrical contracting business. Brad went to Norwich University but left after a short time to enroll in Franklin Technical Institute’s two year program in industrial electricity and electronics. On completion of that program he enlisted in the US Naval aviation for 4 yrs. of active duty followed by 4 yrs. inactive duty.

Brad then returned to work in his father’s company (Forsberg Electric Co.). He completed training to become a journeyman electrician and eventually president of the company when his father moved on to other things. He then became a Licensed Professional Electrical Engineer in the state of Massachusetts. He merged with another contractor and moved the business to Boston. After being there for three years Brad decided to move to Cape Cod and open his own engineering office. His wife Joan appreciated the stability (they were married for 34 years).

With many successful years of working, Brad and Joan decided to move to Florida, choosing Gulf Gate East for their new home.

Unfortunately, Brad’s Joan died in March 2020. His move to Lakehouse West is a new beginning for him. Welcome Brad!



Health & Wellness

FLU SHOTS

Will be available at Lakehouse West again this year. More information to come in September.

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.



Exercise (Strength & Balance) with Albert Perez, PTA.
Monday & Friday 11:00 a.m.
Meeting Room



ZUMBA! with Yael Campbell, Certified Zumba Instructor
Tuesday, 9:30 a.m.- Meeting Room



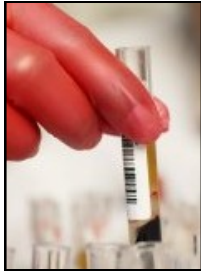
Chair Yoga with Rick Rabalais, Certified Yoga Instructor
Tuesday, Wednesday & Thursday—
11:15 a.m.-Meeting Room



Tai- Chi with Hope Byrnes
Wednesdays, 3:15 p.m.-
Meeting Room

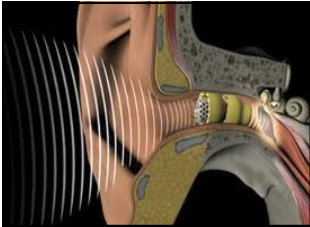
Laboratory Services

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 He will meet with residents in their apartments. Call 507 for information. 507.



Medical Appointment Transportation

Lakehouse West provides transportation for residents to medical appointments. Monday thru Thursday 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.



Resident Birthdays in August		
Date	Resident Name	Apt. #
2	Sue Mandell	317
2	Marion Hersh	329
4	Bradford Forsberg	263
8	Carol Ann Carlson	127
9	Carol Kopelman	227
9	Rosemarie Thierry	138
17	Robert Becker	239
17	Elizabeth Joostema	143
20	Dr. Leon Hammer	311
27	Margaret Schwartz	290
29	Frank Poplawski	117
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 Lakehouse West Friendship Committee.		
<i>Lakehouse West Business Office</i> <i>Monday—Friday</i> <i>9:00 am—12:00 pm</i>		

<i>NEWSBITS- Best Newsletter</i> <i>2017, 2018 & 2019</i> <i>Awarded by Florida Health Care</i> <i>Activity Coordinators Association</i> Editor & Publisher: John Dionne Editorial Consultants: Ginny Cardozo, Writer & Editor Ginny Coveney & Larry Olson, Editors Stephen Martin– Bennet, photo contributor
<i>Making the rest of your life</i> <i>the best of your life...</i> Lakehouse West Life with Style 3435 Fox Run Road Sarasota, Florida 34231 (941) 923-7525 www.lakehousewest.com Assisted Living Facility License # 5850

