



Lakehouse West

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*Celebrate the love
of friends and family
this Valentine's Day*

February 2022

Events & Entertainment

POOLSIDE BREAKFAST
Thursday, February 3
Served 9:30-10:30 am
with Live Music- Sign up!
Sign up in the Events Book



Music by Margot & Michael

Thursday, February 10- 4:00 pm- Great Hall



Margot Zarzycka is a Violinist originally from Poland where she made her solo debut at the age of six. She holds a Bachelor of Music Degree in Violin from the Music Academy in Poznan, Poland and a Masters of The Arts in Violin from the Academy of Music in Gdansk, Poland.



Michael Stuart completed both undergraduate and graduate degrees in Organ Performance at Baylor University. He is currently Director of Music Ministries and Organist at First Methodist Church of Sarasota. Don't miss it!

Valentine's Day 2022
Monday, February 14 2:00-4:00 pm
SWEET TREATS & SNACKS AT THE BAR



SUPER BOWL SUNDAY
February, 13 at Lakehouse West



- 4:00-5:00 pm: Football Betting Pool hosted by Richard Miller in the Great Hall. More details coming soon.
- 4:00-5:00 pm: cocktails & munchies. Get your drink at the Bar and enjoy it in the Dining Room.
- 4:00-5:45 pm: Enjoy the sounds of Eddie Tobin on the piano as you have your cocktails & munchies.
- 5:00 pm: Super Bowl Supper themed dinner.
- 7:00 pm: Super Bowl shown in the Theater.

Please join us to welcome our new neighbors and future friends to Lakehouse West.

WELCOME

Thursday, February 24.
4:00-5:30 pm- Great Hall.
Wine & cheese will be served and Joe Thayer will play the piano.



TRIVIA NIGHT
IS BACK!

Fridays,
February
11 & 25
7:15 pm
Card Room
Hosted by
Carol Smith
& Judy Black



Lectures & Talks

	Health Lecture by Dawn Koch, R.N. Friday, February 4 11:00 am Card Room	A Music Listening & Related Film Lecture Series by Joan Rubinstein Music of Rachmaninoff Tuesday, February 15 1:30 pm- Card Room	
	Performing Arts Lecture Series by Sharon Ohrenstein Friday, February 18 3:00 p.m. Card Room Sharon discusses great performing arts productions. This month's topic is: Kiss Me, Kate.	 Sergei Vasilyevich Rachmaninoff was a Russian composer, virtuoso pianist, and conductor. Rachmaninoff is widely considered one of the finest pianists of his day.	
	This is a musical written by Bella and Samuel Spewack with music and lyrics by Cole Porter. The story involves the production of a musical version of William Shakespeare's The Taming of the Shrew.	 Film: Shine Thursday, February 17 1:30 pm- Theater A portrayal of a virtuoso and his ultimate triumph over a domineering father, schizophrenia and an obsession with Rachmaninoff.	
LIVING BETTER WITH HEARING LOSS by Barbara Chertok Tuesday, February 22 2:00 pm, Card Room Topic: Lipreading (newer term: Speechreading) Lipreading or Speechreading is the art of perceiving speech by watching the lips, tongue and jaw, and by observing all visible and nonverbal clues, such as: facial expression, gestures, body language, and situational clues. Barbara taught lipreading for ten years at Montgomery College in Rockville, Maryland, community centers and privately from her home to people with hearing loss. Come for a free group lesson and some fun!		The Ehrlich Lecture Series presents: Genetics for Seniors: Gifts from your parents-and what you pass on to your children. by Dr. Herb Kayne Wednesday, February 16 11:00 am Meeting Room. Sign up. Dr. Herb Kayne will present an update on the most recent discovery in genetics. Although the subject involves the latest in the science of genetics, the discussion will be in plain language with illustrations. When you attend be prepared to learn new concepts that will stretch your imagination. Dr. Kayne has worked for 37 years at one job: teaching physiology, biostatics, and epidemiology. He taught at Boston University School of Medicine and School of Public Health; and he also moonlighted in the Physician Assistant Program at Northeastern University. (also in Boston). This is his 4th lecture in the series.	

In The Spotlight



Mary Anne Holt Abbe, was born in Alabama and grew up in Mobile. She has a BS from the University of West Alabama. She taught high school math in Mobile for three years and then received a National Science Foundation scholarship to the University of Georgia in Athens, Georgia. (The National Science Foundation in the 1960s awarded scholarships to teachers to help schools upgrade their math and science programs). There she earned two more degrees. Mary Anne was married to Winfield J. Abbe for 55 years until his death in August of 2021. They lived in Athens most of that time where he was a Professor of Physics, & then a property manager of their real estate holdings. She taught school for 29 years in Alabama, Michigan, and Georgia, and retired in 1997 after a cancer diagnosis. She then joined and was active in the Daughters of the American Revolution. She plans to join the Sarasota chapter. She enjoys doing family genealogy, and plans to organize and publish her work. Along with a genealogy, she published three books on the taxes of Clarke County, Georgia. Mary Anne's, son, Stephen encouraged her to move from Athens to Sarasota. As a successful realtor, Stephen chose Lakehouse West and had the apartment #250 decorated for her. Here at Lakehouse West Mary Anne hopes to join the Notable Knitters and learn to play Mahjongg. Welcome Mary Anne!

Let's Hear It For Our Lakehouse West Maintenance Team!

Seated left to right: Wyndal, Mullins, Environmental Services Director Brian Bakhaus, Chris Koon, Jeramy Campbell.



Brian Bakhaus, as the 'Director' oversees renovations and repairs, makes sure that AC and water issues are resolved, among endless other things that come up. He also supervises the Lakehouse West security and housekeeping staff. Brian came to Florida from Chicago, moving to St. Augustine in 1997, and worked in environmental clean-up which meant a lot of traveling. Brian now lives in Sarasota with his partner Rhonda, and he has a son living in Philadelphia. Brian enjoys paddle boarding, kayaking and fishing.

Jeramy Campbell, worked for many years in his families dry wall business. He also worked for 10 yrs. at Lakehouse West in Security before joining the maintenance team in the last few years. Jeramy has been married for 25 yrs, has two sons and 5 grandchildren. He enjoys camping and riding his ATV.

Chris Koon, began his Lakehouse West career as a server in the Dining Room before being promoted to maintenance. He is a Sarasota native, an avid sports fan, enjoys fishing & is engaged to be married.

Wyndal Mullins, is originally from Oak Ridge, TN. He has been a toolmaker and worked in pharmaceutical and home healthcare sales. After starting at Lakehouse West in Security he has moved on to maintenance. Wyndal is married and has 3 grown children. He enjoys boating and church.

Interviews coordinated by Ginny Cardozo

Getting Involved



Cheers For Our Volunteers!

“A volunteer is a person who willingly undertakes a meaningful task that aims to benefit others.”

Each month NEWSBITS will highlight one of our residents who has been an active volunteer over time, not only here at Lakehouse West, but throughout their lives!



No one is more devoted to Lakehouse West than Jackie Garn. She has not only been generous with her time, she has spent volunteering here, and is diversified in the many contributions she has made along the way!

Jackie's days of volunteering began early on, when she was in her 20's and living in Pennsylvania. At that time, she often played Bingo and served drinks to members of a nearby Friendship Center. In 1960, she was living in Cape Coral where she drove a van to transport church goers! While visiting her daughter in Cayo Costa, Florida she learned how to play Bocce which became an important part of her retired life. In 1974 after her daughter had moved to Sarasota, Jackie followed; and in 2003 she moved to Lakehouse West. Not willing to give up playing her favorite game, her daughter bought her a Bocce ball set, and with support from her husband, a grass area near our lake was turned into a Bocce ball court! Eventually, the grass was replaced with Astroturf. Through the years, and until she reached her ninetieth

birthday, Jackie has continued to play Bocce; organizing the teams here and deserving much of the credit for the popularity of the game today.

In 2004, and one year after she moved to Lakehouse West, Jackie organized the first "Welcome Table" in the dining room. It was designated for newcomers who found it an ideal way to meet their neighbors. Jackie was inspired to do this because when she first moved here, she found it was difficult to get adjusted. Thanks to Jackie, we still have a welcome table which will be available again, once the pandemic is under control.

Jackie's contribution to programs at Lakehouse West has been without compare. She was once secretary and twice President of the Residents' Association. Every Tuesday before Thanksgiving, she has invited four Ministers of different faiths to speak to our residents. Unfortunately, this has also had to be cancelled this year. On Sunday mornings, for half an hour, Jackie plays familiar hymns on the piano for our pleasure. As an additional treat one can often hear Hope Byrnes and a few residents, singing along with her. All are welcome to come and participate. Living at Lakehouse West has meant so much to Jackie. Many years ago, after her first husband had passed away and she was ready to remarry, she decided to hold the wedding in our Gazebo, with residents viewing the event from the pool area and from their windows!

Those of us who have known Jackie through the years feel privileged to be among her friends.

Talented, generous, and accomplished, she is one of a kind! She has always believed that it is important for our residents to volunteer and to take an interest in as many activities as possible.

For all she has done for us, she reigns as a true role model who deserves our profound thanks and our most heartfelt appreciation.

Helen Fleder

News & Notes



Lakehouse West Residents, its time to file your Homestead Exemption, February 1 (Tuesday) thru February 4 (Friday), from 9:00 am-12:00 pm in the Business Office. More information coming soon. If you have specific questions please contact Stephen Martin-Bennet, CFO, at ext. 502.



Residents’ Association Monthly Meeting
Friday, February 4
10:00 a.m.– Great Hall

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



Please sign up in the Events Book for transportation to the below venues. The Events Book is located in the Great Hall next to the entrance of the Business Office. Questions? call ext. 506

- Feb. 4 (Friday) **Van Wezel**- depart 7:00 pm.
- Feb. 8 (Tuesday) **Duval’s** Seafood Restaurant depart 5:00 pm.
- Feb. 10 (Thursday) **Holley Hall**- depart 6:30 pm.
- Feb. 17 (Thursday) **Hard Rock Casino** Tampa-depart 1:00 pm, return 7:00 pm.
- Feb 18 (Friday) **Sarasota Music Club (FREE)**
- Feb. 27 (Sunday) **Sarasota Opera**-depart 1:30 pm

Transportation for shopping, Monday-Thursday 1:00 & 2:00 pm- Sign up in Transportation Book



Who doesn't love chocolate?

Valentine’s Day is the perfect reason to celebrate our love of chocolate! We all know that too much of a good thing is not good for you– including chocolate,-but, did you know that in moderation chocolate actually has benefits? Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Studies show that dark chocolate can improve your health and lower the risk of heart disease. Here are a few to consider:

Current research studies have shown flavanols in dark chocolate are effective in:

- lowering blood pressure
- lowering cholesterol
- lifting depression
- providing anti-aging effects
- serving as a natural stimulant

It has been used medicinally historically:

- to gain weight
- to improve digestion and elimination
- to stimulate kidneys
- to improve bowel function
- to reduce or alleviate effects of anemia
- to increase appetite
- to eliminate mental fatigue
- to increase breast milk production
- to aid in the symptoms and discomfort of influenza
- to aid in symptoms of tuberculosis
- to reduce fever
- to alleviate gout symptoms
- to help pass kidney stones
- to increase sexual drive
- to energize and stimulate

Health & Wellness

Barbara Argue RN, DON

Barbara is available in the Health Center Monday-Friday from 8 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 hrs. 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 4pm or on weekends.



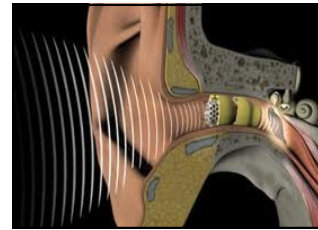
Laboratory Services

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– 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 meets with residents in their apartments. Call 507 for information.



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 outside the Business Office.



Movement Magic w/Mike McManus
Saturdays 2:15 pm - Meeting Room



Strength & Stretching with Albert Perez, PTA.
Wednesday 10:30 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, and Thursday—
11:15 a.m.-Meeting Room



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



Resident Birthdays in February

Date	Resident Name	Apt. #
5	Jack Block	145
8	Ruth Mendelevitz	307
11	Myrna Cohn	107
13	Elizabeth McClory	345
24	Monica Hubbard	308
25	Eloise Hart	352
27	Lucille Aker	133

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.



In Memoriam
June Gage
Passed away January 23, 2022

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

John Dionne, Publisher & Editor
Ginny Cardozo, Writer & Editor
Helen Fleder, Writer
Ginny Coveney & Larry Olson, Editors
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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