



*Lakehouse West*

NEWSBITS



*March 2022*

## Events & Entertainment



**Thursday,  
March 3  
Great Hall  
4:30-5:30 pm**

Cocktails, appetizers, and jazz music on piano by Eddie Tobin. **Eddie** attended the University of Miami, and was in the studio music and jazz piano program. He has entertained around the country and on cruise ships. He spent 15 yrs. performing in Nashville. He was the music director, pianist, conductor and arranger for Engelbert Humperdinck. You'll hear some jazz, blues, standards, ragtime, classical, pop, calypso and country music in his playing.



**5:00 pm** Mardi Gras (New Orleans) themed dinner. **Dress in bold colors of purple, green, yellow & pink. Wear your fun & crazy hats! Have fun!**



**Island Hoppers Duo  
and Full Poolside Bar  
Thursday, March 17**

**4:00- 5:30 pm-** Bar and poolside entertainment.  
**5:00 pm-**Dinner inside.

**Jim Rosati** (left) has been a drummer since the age of 3, beginning on bongos and progressing to a full set of drums before kindergarten. He is a world beat and fusion recording artist, a music instructor and performer.

**Paul Luther** (right) was just 7 yrs. old when he picked up a guitar, and from there his love for music only grew. Along with performing, Paul has also been involved in music education, teaching guitar within the school system in England.



### **A Piano Performance by Josh Ewing**

Thursday, March 24 Great Hall

**3:30-4:30 Wine Bar  
4:30-5:30 Performance**

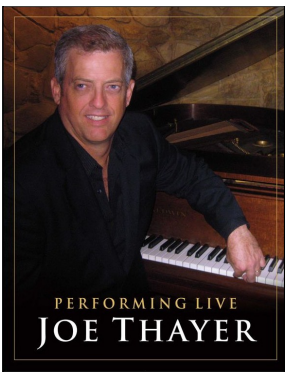
**Josh** began music lessons at the age of nine, and continued classical music training through the State College of Florida. He has been a pianist for 30 yrs. and has been teaching private lessons for 20 yrs. He is a multi-instrumentalist and plays acoustic/ electric guitar, bass, and drums, and sings. He composes and improvises, and has a full length solo album of original music, as well as being a songwriter and producer. Josh has won and participated in many piano competitions including, Florida State University School of Music. He is currently the Music and Worship Director at Sarasota House of Prayer, a local church and missions organization. Josh's performance include a variety of classical, jazz, show tunes and original compositions.



**March 10 & 31-  
4:00-5:15 pm  
Great Hall**

**Full bar and piano sing  
-along with Joe Thayer**

**Joe** regularly performs at Saraota's finest restaurants such as Mattison's, Main Street's Trattoria and the Ritz Carlton. With a relaxed piano style and engaging voice, he caters to any crowd's musical tastes. His repertoire includes the classics of Sinatra, Bennett and Porter, as well as great singer song writers like Billy Joel and Elton John. No matter what the venue, Joe always knows the right tunes to play!





## Lectures & Outings



### Performing Arts Lecture (rescheduled from last month)

by Sharon Ohrenstein  
Friday, March 18  
3:00 p.m. Card Room

This month's topic is:  
**Kiss Me, Kate.**



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.



### The Ehrlich Lecture Series presents: **It's All Just an Illusion, by Peter Michael**

Wednesday, March 16  
11:00 am, Meeting Room. Sign up.

"Pete Michael of Southwest, Florida has been a professional magician for decades performing for corporate and private events, and for various high-level venues and companies. He engages audiences from close range with comedy and slight of hand illusions, making borrowed items instantly float in mid-air, change into other objects or just disappear at the snap of Peter's fingertips. Peter's demonstration of sleight-of-hand is pure magic, with humor, audience interaction, and a wide variety of tricks and amazing illusions."



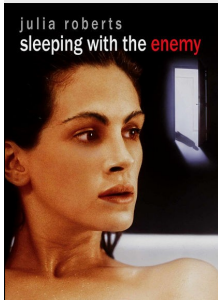
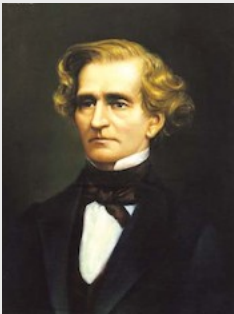
### A Music Listening & Related Film Lecture Series

by Joan Rubinstein

#### Music of Hector Berlioz

Tuesday, March 15  
1:30 pm- Card Room

Louis-Hector Berlioz, French composer, critic, and conductor of the Romantic period, known largely for his Symphonie fantastique (1830), the choral symphony Roméo et Juliette(1839), and the dramatic piece La Damnation de Faust (1846). His last years were marked by fame abroad and hostility at home.



### Film: Sleeping with the Enemy

Thursday, March 17  
1:30 pm- Theater

A bride discovers that, her new husband is a psychotic. She plots her escape by faking her death and starts over with a new identity, till her sadistic spouse discovers the subterfuge.

### LIVING BETTER WITH HEARING LOSS

by Barbara Chertok  
Tuesday, March 29  
2:00 pm, Card Room

Topic: Presbycusis, age-related hearing loss is the gradual loss of hearing in both ears. It's a common problem linked to aging. One in 3 adults over age 65 has hearing loss. Because of the gradual change in hearing, some people are not aware of the change at first. Come and learn more about this disorder.



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

Friday, 03/04, Lunch at Demetrio's- 12:00 pm  
Saturday, 03/05, Pops at Van Wezel- 2:30 pm  
Tuesday, 03/08, Dinner at Rosebuds- 5:00 pm  
Friday, 03/11, Symphony at Van Wezel-8:00 pm  
Thursday, 03/17, Holley Hall- 6:30 pm  
Tuesday, 03/22, Dinner at PF Chang's- 5:00 pm  
Wednesday, 03/23, Black Box Theater- 5:00 pm  
Sunday, 03/27, Church of the Palms- 8:30 pm

## In The Spotlight



**Paul (Gig) and Barbara (Barb) Gerhardt** met in 1954 at a Chicago Drive-in called “The Red Lantern”, where Barb had a temporary job as a car-hop. After high school, they both attended the University of Colorado, where Gig earned a degree in Political Science. The couple married in 1958. Gig joined the U.S. Army and after basic training they spent 1 yr. in Mass. and 2 yrs. in Heidelberg, Germany, where their daughter Katie was born.

After military service, they lived for 7 yrs. in Chicago where son, John, was born. Paul was hired as the first permanent Executive Dir. of the American Accounting Association in Evanston Illinois.

The lure of warm weather and water drove their decision to move the headquarters to Sarasota, first downtown and then close to Lakehouse West on Bessie Drive.

They co-authored a book, “Choice Matters”, (a catalyst for discussion and possible change). Gig wrote a light-hearted book, “Feline Four” and Barbara has written and illustrated two children’s books, “I Am of Scram” and “Pathways”. She also loves painting, gardening, and she spent many years in real estate and real estate management. Their interests include tennis, golf, sailing and bridge. They lived on Siesta, Casey, and Lido Keys before “The Oaks”, where they lived for the past 26 years.

Gig and Barb are fortunate to still have their children close by. Their daughter Katie lives 1 mile away and son John lives in Nokomis. They love Lakehouse West and their new apartment and look forward to meeting and making new friends while becoming a positive part of their new community. Welcome Gig and Barb!

**Chef Ignacio Suarez**, Lakehouse West Director of Food Services, was born in Havana, Cuba to parents of Spanish descent. He came to the United States at 9 months old, grew up in Kansas City, then moved to Southern California and Miami. Ignacio, his wife, Beth, and their 2 children, Cory and Anthony, came to Sarasota in 2003 and have lived in Lakewood Ranch ever since.

The majority of Ignacio’s career in Sarasota has been at Aviva/Kobernick House, where he was the Executive Chef for 17 years. Prior to that, he was at the Glenridge on Palmer Ranch. In Miami, Ignacio built his culinary career working at many of South Florida’s finest restaurants before finally attaining his lifelong dream of opening his own restaurant. The restaurant was a family affair with his wife Beth running the front of the house, his parents helping out wherever needed and Ignacio serving up delicious Northern Italian cuisine for 8 years.

In his spare time, Ignacio enjoys traveling with his family, spending time with his grandchildren and fishing with his son. Ignacio is very personable and friendly. He welcomes your suggestions and comments and looks forward to meeting everyone.



*Interviews 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!



**Joan Rubinstein**

Multi-talented and accomplished artist, Joan Rubinstein has spent most of her life volunteering in her areas of expertise, music and art. She is currently giving a series of lectures on classical music and the life of the composers. Her warmth and intimate approach is enlightening and her lectures here and at neighboring senior facilities have been received with great enthusiasm.

What may come as a surprise is the fact that she is also a professionally trained violinist and an award winning painter! Although she always loved to draw and began painting at the age of eight, once she was introduced to the violin she developed a passion to become an accomplished musician. In High school, during World War II, she shared her talent for music and art when she joined the American Red Cross and was sent to Veterans Hospitals where she played the violin, led singing groups and sketched the faces of the veterans. In college she gave up her dream of becoming a professional violinist and decided to become a serious painter. By 1980 she had her own studio, entered group art shows and exhibited at the World Trade Center. As a volunteer, she judged art shows, taught art classes and served on the board of artists' equity. Whenever she could, she managed to find time to visit nursing homes, singing to the residents.

Joan moved to Florida in 1993 and joined Brandeis, a research university, where she started a music study group and began lecturing on the history and appreciation of music. As she was still immersed in painting, she also joined the Palm Aire art association where she served on the board, displayed her paintings and helped to hang the resident's art at their annual exhibits.

Within a short time she volunteered her time to work with Cyesis, a program through the school system which offers young pregnant unwed teenagers an opportunity to get an education. Joan's goal was to help improve their reading skills through music. She continued her work as part of the “reading ladies” program that eventually moved into various elementary schools in Sarasota and Bradenton, finding it to be a very rewarding experience.

There has always been a feeling of profound emotion, serenity and passion in Joan's paintings much as it was when she played the violin. Over the years it has influenced her lectures, enabling her to describe to her audience the heart and soul of the composers and their music. She has never hesitated to give generously of her time and expertise when asked to give a lecture. Being the multi-talented artist that she is, Joan has made a major impact on her audiences, genuinely deserving of our thanks, appreciation and recognition.

*Helen Fleder*

# Residents' Association Board



Peggy Cobb, 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..

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

**The next meeting of the Lakehouse West Residents' Association will be Friday, March 25 at 10:00 am in the Great Hall.**



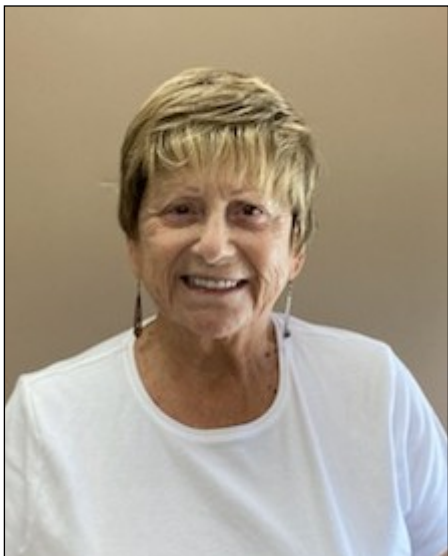
Howard Levine, V. President



Joyce Goacher, Hospitality



Lowell Brinnen, Treasurer



Jeanne Blacksin, Dining



Lynne Barrett, Maintenance



Ginger Hainsworth, Secretary



## Health & Wellness

### Barbara Argue RN, DON

Barbara is available in the Health Center Monday-Friday from 8 a.m. to 4 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



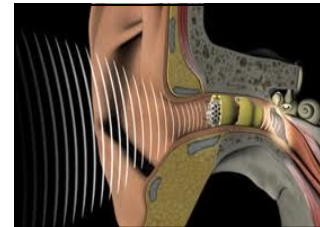
### Laboratory Services

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**  
Monday and Thursday—  
11:15 a.m.-Meeting Room



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





Resident Birthdays in March

Date	Resident Name	Apt. #
1	Abraham Zeewy	350
2	Priscilla Epstein	158
2	Barbara Olson	336
7	Carol Smith	259
8	Marjorie Alberg	209
10	Christine Evens	126
13	Norma Glickman	356
14	Larry Olson	336
15	Mel Mott	309
17	Shirley Kritt	367
19	Judy Black	233
20	Richard Blumenthal	326
20	Ginny Coveney	162
23	Patricia Ann Ryan	116
28	Margaret Grieco	319

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.

**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...***

Lakehouse West  
Life with Style  
3435 Fox Run Road  
Sarasota, Florida 34231  
(941) 923-7525

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