



*Lakehouse West*

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*August 2022*



## Events & Entertainment

### Happy Hour with “Lee Dougherty Ross”

Thursday, August 4, 4:30 pm, Great Hall



Lee Dougherty debuted at age 12 as a piano soloist with the Norfolk Virginia Symphony Orchestra and later performed the Rachmaninoff 2nd Piano Concerto with the Eastman Rochester Symphony. She graduated from Eastman School of Music with a double major in both piano and voice. Lee’s singing career included performances at Carnegie Hall, Alice Tully Hall and the Broadway stage in New York, Queen Elizabeth Hall in London and The Kennedy White House.



### Happy Hour with “The Island Hoppers”

Thursday, August 18, 4:30 pm - Great Hall

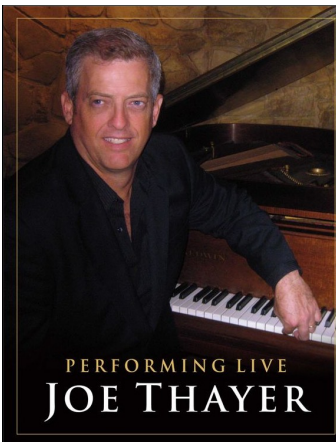
**Jim Rosati** (left) has been a drummer since age 3, beginning on bongos and progressing to a full set of drums before kindergarten. He is a world beat and fusion recording artist, a music instructor and performer.

**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.

### Ice Cream Social



Friday, August 5, 2:00 pm, Great Hall



### Happy Hour with “Joe Thayer”

Thursday, August 11 & 25, 4:15 pm  
Great Hall

**Joe** regularly performs at Sarasota'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!

### TRIVIA NIGHT

Friday, August 12 & 26  
7:15 pm Card Room  
Hosted by Carol Smith & Judy Black



Lakehouse West

**Chorus**

**Directed by  
Sharon Ohrenstein**

Friday, August 12 & 26 - Meeting Room  
New Members Welcome!



### “Happy Beats”

**Percussion Ensemble**

Directed by James Rosati.

Tuesday, August 9 & 23  
2:00 pm, Card Room

**NEW MEMBERS WELCOME!**

### Bingo!

Every Saturday Night  
7:30 pm Card Room



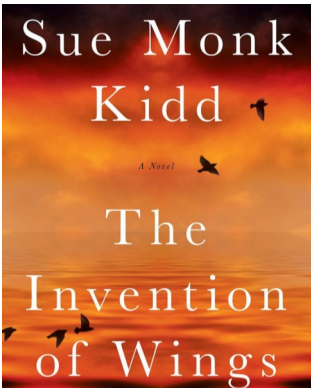
# Listen & Learn

## Residents' Association Meeting

Friday, August 5  
10:00 am Great Hall  
Reports are given by the Residents' Association Board Members and the Executive Director. Questions are taken and comments are heard.



**“Let’s Read Good Literature”,**  
Book discussion coordinated by Marcia Frankel  
Tuesday, August 2 -1:30 pm, Card Room



**The Invention of Wings,**  
by best selling author, Sue Monk Kidd, is a fictionalized biographical account of the Grimke sisters as they become trailblazers in the abolition movement and early leaders in the fight for women's rights.

**Performing Arts Lecture by Sharon Ohrenstein**  
Friday, August 19, 3:00 pm.  
Card Room

Sharon discusses performing arts in theater and film. This month’s topic is the classic musical: Oliver



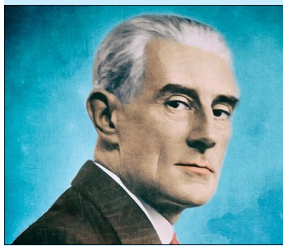
**LIVING BETTER WITH HEARING LOSS**  
by Barbara Chertok  
Tuesday, August 30,  
2:00 pm, Card Room

## Topic: Hearing Loss and Older Adults

What is hearing loss?  
Why you may be losing your hearing?  
What treatment and devices can help?  
How your friends and family can help?  
What styles of hearing aids are available?  
What should you do if you have trouble hearing?

## A Music Listening, Lecture & Film Series by Joan Rubinstein

**Discussion: The Music of Maurice Ravel**  
Tuesday, August 16, 1:30 pm, Card Room



Maurice Ravel was a 19th and early 20th century French composer of classical music. His best known works are 'Bolero' and 'Daphnis et Chloé.'

**Film with musical score Bolero: Paradise Road**  
Thursday, August 18, 1:30 pm, Theater



A group of diverse women flee Singapore during World War II. When their boat is attacked, they end up in a Japanese POW camp. The captives soon form a singing group to help lift them out of their misery.

The Ehrlich Lecture Series presents:

## “What you need to Know About Medical Alert Systems”

Wednesday,  
August 17  
11:00 am, Meeting Room - Sign up in Events Book



Give yourself peace of mind and maintain more independence with a medical alert device/ system. Learn about Medical Alert Systems and your options before a potential emergency happens to you! Presenter to be announced.



If you need an assist with your iphone, ipad, and computer operating technology, sign up in the Events Book for a one-on-one appointment. ***This service is free and is for device operating assistance only-not device repair.***



## Keeping Busy



Sign up in the Events & Transportation Books located in the Great Hall.

Shopping: Mon.-Thurs. 1 pm & 2 pm

8/2, 5:00 pm, Dinner at Apollonia.

8/3, 10 am, Tampa Bay Rays Game

8/9, 10:30 am, Der Dutchman

8/10, 10:00 am, Circus Museum

8/16, 5:00 pm, Dinner at Deep Lagoon

Medical: Mon.-Thurs. 8 am -12 pm

8/17, 1:30, Sweet Berries Ice Cream

8/23, 10:30, Brunch at Millies

8/24, 11:00 am, Summer Salon

8/30, 5:00 pm, Dinner at Rosebuds

8/31, 9:30 & 11:00 Detwiler's

### Opportunities for Exercise!

We have exercise programs that include Tai Chi, Yoga, Zumba, Balance, and Moving to Music, all designed for older bodies to exercise safely. See the Social Calendar & NEWSBITS for details on when and where programs currently occur. A fitness room with exercycles is located on the 2nd floor next to the Card Room. Before using the equipment for the first time, it is suggested that you contact Albert Perez PTA located in suite 220 for a brief lesson. We also have a swimming pool, hot tub and shower room. There is a Water Exercise Group that meets daily.



### Outdoor & Indoor Sports at Lakehouse West

(current schedules are indicated on the Activity Calendar)

More information is announced before the start of the sports season, which usually runs October thru April.

**Bocce League**, a lawn bowling game, is very popular at Lakehouse West. There are games twice a week during the season. There is an end-of-the-season party and awards presentation for all sports.

**Pitch n' Putt Golf** plays on our "country club" range next to the Bocce court. There are two 4-somes competing and golf clubs are available if you need them. Also, an end-of-season awards party too!

**Outdoor Shuffleboard** is located near the Bocce & Golf area. More information will be available before the start of the season. There's an end-of-season party with awards.

**Indoor Shuffleboard** is located in the Game Room on the 3rd floor. You may also play independently.

**Indoor Corn Hole** is held in the Meeting Room on the 2nd floor.

**Exercise Programs** are scheduled on a regular basis and can be found on the next page & calendar.

### Activities On Your Own

**Billiards & Skee Ball** in the Game Room on the 3rd floor.

**Table Puzzles** overlooking the Great hall on the 2nd floor.

**Computers** in the Library on the 3rd floor.

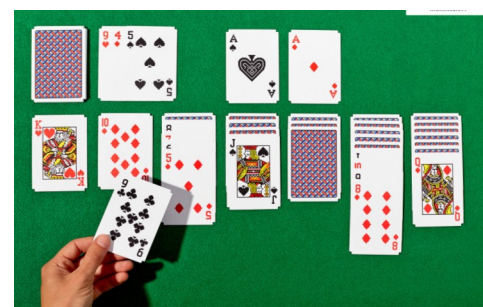
**Art Room** on the 3rd floor (bring your own supplies).

**Word Puzzles** in cubbies on Sundays.

**Movie Theater** on the 3rd floor. Showing classics to current movies daily.

The Movie schedule is on the front & back of the Activity Calendar.

**Library** Instructions for signing out books are found in the notebook on the desk in the Library.



# Health & Wellness

## Barbara Argue RN, DON

Barbara is available in the Health Center Monday-Thursday from 8 am to 3 pm or by calling ext. 507. After hours and on weekends, there is always a nurse on duty in ALF who will respond with 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 on Fridays or weekends. Thank you.



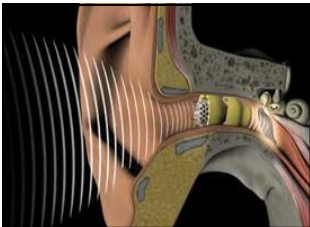
## Laboratory Services

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. Sign up in Events Book.



## 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



**Moving/ Dancing with Music**  
Yael Campbell, Certified Instructor  
Fridays, 11:00 a.m.- Meeting Room



**Chair Yoga** with Rick Rabalais,  
Certified Yoga Instructor  
Monday and Thursday  
11:00 a.m.-Meeting Room



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



## In The Spotlight

### There's a new face in the Business Office!



Julie Hermann is the new Human Resource & Business Office Director at Lakehouse West.

Julie grew up and graduated from high school in Racine, WI. She attended Parkside College in Kenosha, WI. She has been involved in skilled nursing since she was 18 years old and is a Certified Nursing Assistant. Julie did try a change of pace as a store manager for Walmart from 2017-19 before returning to Human Resources in skilled nursing.

Julie has been in Florida since 1986. She lives in Englewood and has two adult children: a daughter, living on a ranch in Parrish; and a son in Englewood who works at Amazon and Palm Island Security. Looking for an opportunity that matched her skills, Julie saw an online ad from Lakehouse West. She submitted her resume & was hired!

In her spare time, Julie volunteers at the Fraternal Order of Eagles, enjoys the beach, pontoon boating, camping and motor cycling.

Julie is a pleasant and friendly person. She has been a positive addition to the Lakehouse West Management Team. Stop by the Business Office and meet her, Monday-Friday from 9am - 12pm. Welcome Julie!

*Ginny Cardozo*

**Donald “Don” & Ruth (prefers Carol) Vos** met in 2001 at the Forest Lakes Golf Course in Sarasota. The couple married in 2003, choosing The Meadows Country Club’s Highland Park neighborhood as their home. Carol is originally from Philadelphia PA., and Don is originally from Kalamazoo, MI. Don and Carol have both been married before and each have 2 daughters.

Don graduated from Western Michigan College with a degree in Business Administration. He owned an irrigation contracting business for over 40 yrs. Carol was a Registered Nurse and worked as an operating room nurse specializing in plastic surgery and in medical insurance.

Don is Past Potentate of the Sahib Temple Shriner's and has travelled extensively throughout the U.S. on the organization’s behalf

The couple is settling in to their new home at Lakehouse West. Don is building bookcases and Carol enjoys knitting and needlepoint, which she provides to cancer patients thru her church, St. Margaret’s. We hope she joins the Notable Knitters. We are glad they chose Lakehouse West as their new home, and we welcome them to the neighborhood!



*Ginny Cardozo*

## Cheers for Our Volunteers!



A volunteer is a person who willingly undertakes a meaningful task that benefits others.” Each month NEWSBITS will highlight one of our residents who has been an active volunteer, not only here at Lakehouse West but throughout their lives.



Peggy Cobb’s experiences as a volunteer have been motivated by a desire to help others. When there was a need, she looked for a way to help. Where there was a problem, she would work on solutions. She was particularly passionate about helping children as well as the elderly. As we look back at the many volunteer experiences she has had, she has proven that volunteering can become an accomplished and rewarding career.

Her first experience volunteering was as an aide for her Sunday School teacher. Later, she took over as the teacher during her high school years. She was also the neighborhood baby sitter and a Brownie Scout leader. She joined the local Guardian Ad Litem program while teaching in N.C.

This program provided advocates for children who were abused, neglected, abandoned or victims of domestic violence. After gathering evidence in each case, it was her

job to represent those children in court.

She spent three years working for the local SPARCC agency, a program that supports women and children who are victims of domestic violence. She provided help and healing to these families by leading support groups. In conjunction with the SPARCC program, she went into Elementary schools to talk to children about violence and any inappropriate behavior in their lives.

From 2010-2015 she became an Ombudsman for the state of Florida- Southwest district. This program investigates complaints and concerns of the elderly in various facilities, as well as in- home care, working with state agencies to address the problems and find a resolution.

From 2012-2016 she volunteered at our National Cemetery, where her husband had been placed.

She greeted the visitors, answered questions about the Cemetery and volunteered as a guide at the pavilion. She has felt honored to have worked there and considers it to be the best volunteer job she has ever had! For three years she volunteered at the Senior Friendship Center, delivering meals twice a week and leading groups in the discussion of care- giving. She also participated in a journaling class there. In 2016 she worked as a poll watcher for the coming election.

Peggy continued to volunteer when she moved to Lakehouse West by offering her hand, her heart and her limitless energy. She is on the Ehrlich Town Hall Talk committee and has given three presentations. She is an active member of the Sports teams and the Friendship committee. Fortunately for us, she now presides as President of our Resident’s Association, injecting a bit of humor and philosophy whenever she can. Her hope is that more residents attend the meetings and volunteer when committees need help. Peggy believes that it only takes a positive attitude and a generous heart to find purpose in life: the key to aging gracefully. We can’t all be as active as she is, but she has proven the value of volunteerism, and the reason you rarely see Peggy without a winning smile!

*Helen Fleder*



Resident Birthdays in August

Date	Resident Name	Apt. #
2	Sue Mandell	317
2	Marion Hersh	193
4	Bradford Forsberg	263
6	Janet Smith	365
8	Carol Ann Carlson	127
9	Carol Kopelman	227
9	Rose Marie Thierry	138
17	Bob Becker	239
17	Elizabeth Joostema	143
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.

Lakehouse West Business Office

Hours: Monday - Friday  
9:00 am - 12:00 pm

Julie Hermann, Business Office Manager/ HR,  
ext. 503

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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