



*Lakehouse West*

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*July 2022*

Events & Entertainment



Independence Day at Lakehouse West  
Monday, July 4 - Great Hall

11:00 The Patriot Singers, directed by Peg Smith, present a holiday program.  
11:30 Screwdrivers & Bloody Marys at the bar. Reservations required.  
12:00 Holiday Meal in the Dining Room. This is a one-meal day.



Thursday,  
July 14  
4:00 pm  
Great Hall

The Lakehouse West Chorus presents:  
“The Magical Music of Hollywood”  
Cocktails at the bar following performance.  
*Note: Chorus practice, Friday, July 8 and  
Wednesday, July 13 in the Meeting Room.  
The Chorus Needs New Members!*



Happy Hour  
with Joe Thayer  
and Full Bar.  
Thursdays,  
July 21 & 28  
4:15 - 5:15 pm  
Great Hall  
Enjoy a cocktail  
as Joe Thayer  
entertains you!



Island Hoppers Duo  
Entertainment & Cocktails!

Thursday, July 7  
4:30 - 5:30 pm Great Hall

Island Hoppers is an acoustic musical duo featuring James Rosati Jr. (percussion and vocals) and Paul Luther (guitar and vocals) They are based on the gulf coast of

Florida and perform a wide range of musical styles.

TRIVIA NIGHT

July 8 & 22  
7:15 pm Card Room  
Hosted by Carol Smith & Judy Black



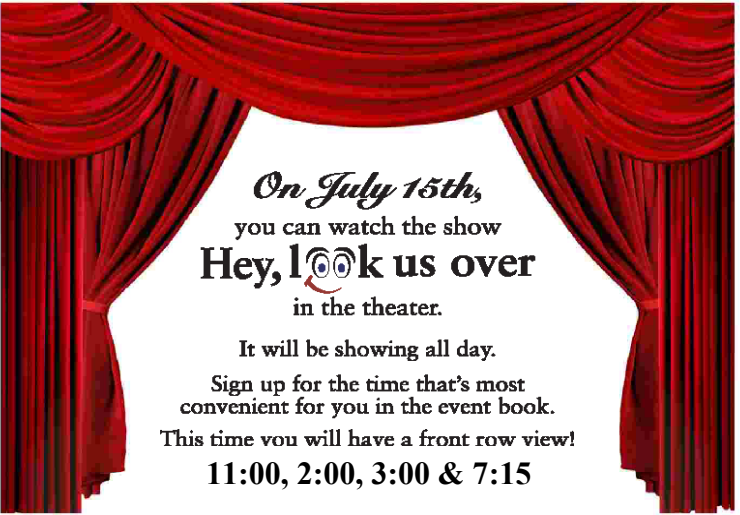
Bingo!  
Every Saturday Night  
7:15 pm Card Room



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

Shopping: Mon.-Thurs. 1 pm & 2 pm  
Medical: Mon.-Thurs. 8 am -12 pm

7/6, Dinner at Left Coast Seafood - 5:00 pm  
7/13, Sarasota Summer Opera Guild - 11:00 am  
7/20, Summer Circus Spectacular - 1:00 pm  
7/27, Marina Jack Dinner Cruise - departure-TBA





Listen & Learn	
<p><b>No July Meeting</b> for Lakehouse West Residents' Association</p> <p>Reports are given by the Residents' Association Board Members and the Executive Director. Questions are taken and comments are heard.</p>	 <p>The Ehrlich Lecture Series presents: <b>Meditation for Healing and Relaxation</b> <i>by Stephen Martin-Bennet</i></p> <p>Wednesday, July 20 11:00 am, Meeting RM Sign up in Events Book</p> <p>Stephen will be discussing the myriad benefits of meditation for your physical health and mental well-being as well as leading everyone on a guided meditation. Stephen was born and raised in Spencer, WV. He attended West Virginia University where he earned degrees in Finance, Spanish, and Management Information Systems. He moved from Cincinnati to Sarasota in 2011, and he's been at Lakehouse West for over 10 years now. In addition to all the ways you know Stephen here at Lakehouse West, he is also a certified Master Meditation Guide, a Reiki Master, and a Spiritual Life Coach with specializations in Purpose, Shadow Work, and Happiness.</p> 
<p><b>“Let’s Read Good Literature”,</b> Book discussion coordinated by Marcia Frankel Tuesday, July 5 -1:30 pm, Card Room</p>	
 <p><b>The Only Woman in the Room,</b> a novel by author Marie Benedict, is a masterpiece. This is a powerful novel based on the incredible true story of the glamour icon and scientist whose groundbreaking invention revolutionized modern communication.</p>	
<p><b>A Music Listening, Lecture &amp; Film Series</b> by Joan Rubinstein</p> <p><b>Discussion:</b> <b>Leonard Bernstein</b> Tuesday, July 19, 1:30 pm, Card Room</p> <p><b>Biography Film:</b> <b>Bernstein Reflections</b> Thursday, July 21, 1:30 pm, Theater</p> <p>The spontaneous joy of his Broadway hits, the bold, spiritual quest of his orchestral works, his intensity and vitality as conductor, made Bernstein one of the central figures in twentieth century music. This film is a rare personal portrait of Leonard Bernstein.</p>	
	<p><b>LIVING BETTER WITH HEARING LOSS</b> by Barbara Chertok Tuesday, July 26, 1:30 pm, CR</p> <p><b>Topic: Dizziness, Vertigo, and Balance Disorder</b></p> <p>Dizziness is when you feel faint, woozy, weak or unsteady. Vertigo is a feeling or perception that the environment around you is moving or spinning. This disorder can occur at any age, but is most common as we age. Your sense of balance depends on the combined input from the various parts of our sensory system, which includes: eyes, sensory nerves and inner ear. The common causes and treatments will be discussed.</p> 
<p><b>Performing Arts Lecture by Sharon Ohrenstein</b> Friday, July 29, 3:00 pm, Card Room</p> <p>Sharon discusses great performing arts in theater and film. This month’s topic is the classic musical: <b>State Fair</b></p>	

## Health & Wellness



Mindful Mental Health Services invites you to join them for an educational program on “taking charge of your health and emotional well being”

Presenter: Christopher Wilcox, LCSW

Tuesday, July 12, - 11:00 am - Card Room  
Sign up in the Events Book



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



**Strength & Stretching with Albert Perez, PTA.**  
Wednesday 10:30 a.m. Meeting Room



**Move with Music**  
**Yael Campbell, Certified Instructor**  
Fridays, 10:30 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

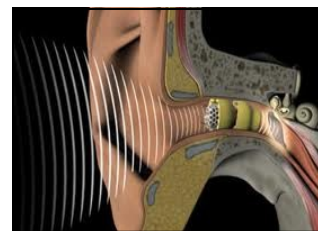
### Laboratory Services

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.





# In The Spotlight



**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!



Those of us who know Larry Olson know that he is someone who is dependable, gracious and more than willing to be helpful when help is needed. His sense of humor is subtle; his thoughtfulness is sincere. In his professional life he was an engineer, and at one time he worked with the Manned Space Program. He also has been an international editor of a technology magazine, an entrepreneur, and an inventor. Larry’s volunteer work, with his wife Barbara at his side, has played a major role in his life, both at Lakehouse West and at Temple Sinai, where he was a member and trustee for many years. It was there that he led services and taught Hebrew.

Since moving to Lakehouse West, Larry and Barbara annually coordinate and host the Hanukkah and Passover services to which all residents are invited to attend. He spends many hours reviewing and editing each service to keep them simple but comprehensive, so that they will be more enjoyable for all who attend. Larry is also an editor for this publication- NEWSBITS. Larry has served as Vice President of the Lakehouse West Residents’ Association. Presently, he is a member of the Patriot Singers (all male chorus) and has been a team captain and player of his Bocce team. His joyful and uplifted spirit has served as an inspiration to many of his team members. Recently, Larry felt the need to learn something new and something purposeful that he felt would contribute to society. He decided to join our “Notable Knitters” who knit and crochet to donate blankets to both critically ill babies and chemotherapy patients. He was determined to learn this new skill and is now an active and much admired member of the group, not the least bit concerned that he is the only male member! Our kudos to Larry whose generous heart and contagious sense of humor add so much to the lives of so many residents who look to him with pride and admiration.

Helen Fleder



## Welcome to the Neighborhood!

James (Jim) and Mary Paul lived in Brooklyn, NY and met after high school. Jim served in the United States Army Security Agency ( the ASA). Jim and Mary were married in 1957 in Brooklyn NY. They have 4 children; a son and 3 daughters. The family relocated to London, where Jim worked as a Human Resource Director. They then returned to the U.S. in 1972 and settled in New Jersey before choosing Peppertree in Sarasota in 1997. Their daughter thought Lakehouse West would be a good idea for her parents- so here they are! They are enjoying the Dining Room, making new friends, and planning to become involved in activities. Welcome Jim & Mary!

Ginny Cardozo

## At Your Service



Lakehouse West can assist you with iphone, ipad, and computer operating technology.

***This service is free and is for operating assistance only-not repair.***

Lakehouse West can also assist you with Face time/Skype on an iPad so you can stay connected and see the faces of your family and friends. If you would like to set up an appointment for either of these services, sign up in the Events Book.



In the **Business Office** you can cash a check for up to \$80.00, buy stamps and mail packages. Notary services, faxing and copying are also available. The Business Office is open Monday-Friday from 9:00 am-12:00 pm. and is located off the Great Hall on the 1st fl.

There are 4 **Guest Apartments** available, for a fee, per night. To reserve a guest room, contact the Business Office Manager for guest room details. You may charge this to your Lakehouse West account or pay by personal check; credit cards are not accepted.

**Maintenance:** If you have a problem in your apartment, call the Front Desk.

The receptionist will complete a work order for you. A maintenance staff member will call you to arrange a time to assess the problem and solve it in a timely manner.

Please do not stop a member of maintenance in the hallway..he's probably on his way to help someone else!



**Laundry Rooms** are located on every floor and are open between 8:00 a.m. and 8:00 p.m. daily. If you need assistance operating the washers or dryers, please ask a housekeeping staff member, or a neighbor. If you have guests, be sure that they know how they work too. Please do not leave laundry in the machine and go to the movies! Someone else may be waiting to use it. If you use an iron, be sure to unplug it when you are finished.

**Recycle Rooms** are located throughout the building. There are separate bins for paper/ cardboard, and another for recyclable plastic and glass. There is a separate place for old hearing aid batteries. Please refer to the signs on the wall that explain what-goes-where. Items like coat hangers and carpeting should be placed on the floor near the bins. Clothing, linens, and food-not-suitable for the garbage disposal in your apartment should be placed in a plastic bag, tied, and dropped down the chute marked "Garbage". If you have guests, be sure they follow the guidelines.



The **Hair Salon**, ext. 523, is located on the 2nd floor near the main elevator. The Salon is open Monday-Saturday from 9:00 a.m. until the last appointment. Closed Sunday. Manicures and facials are also available.

**Newspaper:** If you would like to arrange for newspaper delivery, at your expense, call the Sarasota Herald-Tribune. Newspapers are delivered directly to resident apartments.





## Dining Do's & Don'ts



**Dining** is a very important part of the Lakehouse West experience. It's one of the best ways to get to know your new neighbors and make friends. Noted below are Dining procedures, that currently may be different.. You may contact Janine Owens, Dining Room Manager, at ext. 521 for more information.

**Breakfast** is not served expect for special events. Coffee and Danish are available in the lounge area everyday from 9:30-11 a.m.

**Lunch** is served between 12:00 & 1:30 p.m. No reservation is required. The dress code is relaxed. Shorts and tasteful shirts are allowed. ( no swimsuits )

**Dinner** is served at 5:00, 5:30, & 6:00 p.m. Only the noon meal is served on holidays: i.e., New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas.

**Reservations** for dinner are required. You may make a reservation "independently" in the lounge area by 1:00 p.m. daily. For delivery service to your apartment, menus are available near the main elevator on every floor and must be completed by 9:30 a.m. for all meals. Be sure to specify your delivery time preference.

*Make Your  
Dinner  
Reservation*



**Dinner Dress Code** for men is slacks (no shorts) and a collared shirt. Ladies are expected to wear clothes that complement those of men. (t-shirts, jeans, workout clothes and hats are not allowed) Jackets for men are required for special events and holidays. ( You will be notified ) If you are entertaining guests, please make them aware of our dress code. The use of cell phones is not allowed in the Dining Room.

**Welcome Tables** are hosted by residents on Wednesdays to welcome new residents and introduce them to others. These tables are by invitation only. You will be contacted by hosts/hostesses for invitation to dinner.



**Weekly Menus** are placed in your "cubby" in the mail area of the Great Hall.



**A Private Dining Room** where residents may arrange a private dinner for up to 14 guests is available by reservation. The fee for this is charged to your account. Contact the Food & Beverage Director for details & menu planning. This is a nice way to celebrate special occasions with family & friends.

**There is no tipping for service!** Once a year residents contribute ( usually late October ) to a "Holiday Fund" that is distributed to the staff ( housekeeping, servers, kitchen, activities, maintenance, drivers, etc. ) in December. This is a voluntary initiative, but a wonderful way for residents to express their appreciation for the excellent services they receive from the staff all year long.



**Coffee & Conversation**" happens every day in the lounge area of the Great Hall from 9:30-11:00 am. It's a great way to get acquainted with other residents in a casual setting.( both coffee & Danish are available)



Resident Birthdays in July

Date	Resident Name	Apt. #
2	Joan Rubinstein	228
4	Linda Halfast	134
5	Paul Blacksin	333
8	Selma Abeshaus	334
10	Carol Newberry	204
18	Edward Barrett	205
28	Leo Cook	219

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,  
HR/ Business Office Manager  
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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