



Lakehouse West

NEWSBITS



September 2022

Events & Entertainment



Labor Day
Monday,
September 5

11:00 am Holiday entertainment by the “Jitterbugs” in the Great Hall

11:00- 12:00 pm Bloody Marys & Screwdrivers available at the bar.

12:00 pm Barbecue theme lunch served in the Dining Room. Reservations and Dinner Dress required. One-meal Day. Questions? call ext. 521.

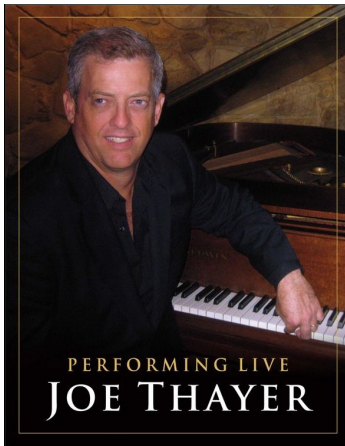
Concert by Carol Sparrow, Mezzo-Soprano & Lee Dougherty Ross, pianist.



Thursday, September 8
Program time: 3:30 pm
Followed by open bar.

Carol Sparrow performed to critical and popular acclaim at Carnegie Hall with the NY Pops Orchestra and the Metropolitan Opera. She has appeared locally with the Sarasota Orchestra,

Choral Artists of Sarasota, the Artists Series of Sarasota, and the Key Chorale. At present, Ms. Sparrow is an Adjunct Professor at Ringling College of Art & Design. She is the founder and a teacher at Sarasota Voice Academy.



Happy Hour with Joe Thayer & Cocktails
Thursday, Sept. 1 & 15
4:15- 5:15 pm

With a relaxed piano style and engaging voice, Joe caters to any crowd's musical tastes. He always plays the right tunes!



Thursday,
September, 22
4 pm - Great Hall.
Cocktails following the performance.

The Patriot Singers, under the direction of Peg Smith, have performed at all of the Lakehouse West's July 4th, Memorial Day and Christmas Tree Lighting programs. The current singers are: Barry Abeshaus, Dan Barrett, Paul Blacksin, Lowell Brinnen, Ray Broth, Leo Cook, Ron DeAnna, Jerry Evens, Dr. Bert Fivelson, Brad Forsberg, Jerry Goacher, Peter Hainsworth, Chuck Halfast, Dr. Jack Handel, Herb Kayne, Tom Kimmel, Howard Levine, Al McIlraith, Charlie Miller, Richard Miller, David Mosher, Jay Moskow, Larry Olson, Frank Poplawski, Dale Rieth, David Rubin, Don Vos, Abe Zeewy.

Peg Smith, Patriots Singers Director, is a professional musician and a graduate of Oberlin Conservatory of Music. She has directed many music programs in churches and synagogues



in Sarasota and Miami. Peg has played organ concerts including the National Cathedral in Washington D.C. and Bruton Parish Church in Williamsburg.

Note: New gentleman singers are welcome!
Call Peg Smith at ext. 354



The Hospitality Committee invites you to have breakfast and meet our new residents!

Thursday, September 29, Dining Room.
Seating from 9:30 - 10:00 am.

Sign-up, No Reservations - Lunch Dress

Listen & Learn

Quarterly Residents' Association Meeting

Friday, September 9

10:00 am Great Hall

Reports are given by the Residents' Association

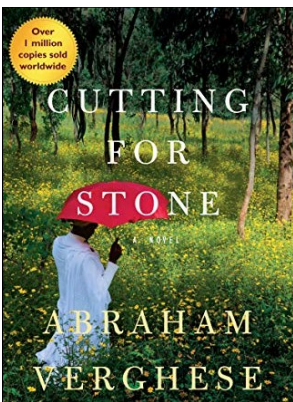
Board Members and the Executive Director.

Questions are taken and comments are heard.

"Let's Read Good Literature"

Book discussion led by Carol Smith

Tuesday, September 6 -1:30 pm, Card Room

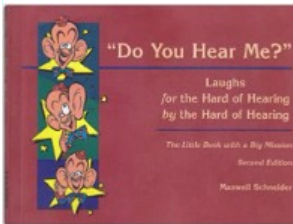
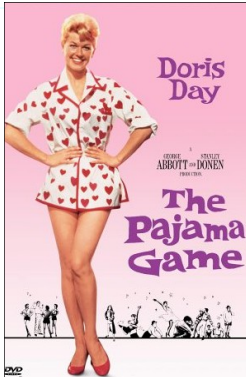


Cutting for Stone is a novel written by Ethiopian-born Indian-American medical doctor and author Abraham Verghese. It is a saga of twin brothers, orphaned by their mother's death at their births and forsaken by their father. *Questions? Call Marcia Frankel*

Performing Arts Lecture by Sharon Ohrenstein

Tuesday, September 13, 1:30 pm. Card Room

Sharon discusses performing arts in theater and film. This month's topic is the classic movie: The Pajama Game, starring Doris Day



LIVING BETTER WITH HEARING LOSS by Barbara Chertok
Tuesday, September 27, 1:30 pm, Card RM

Topic: Laughter Is The Best Medicine

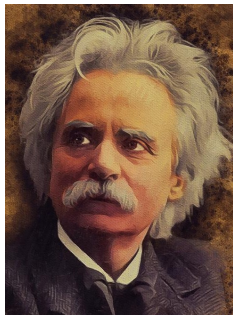
Hearing loss is no laughing matter, and having a sense of humor is vital. "Do You Hear Me" is a book of jokes for the Hard of Hearing by the Hard of Hearing. Let's laugh as we share some of these jokes and our own humorous hearing mishap stories with each other.

A Music Listening, Lecture & Film Series by Joan Rubinstein

Lecture: Music & Life of Edvard H Grieg, Composer & Pianist

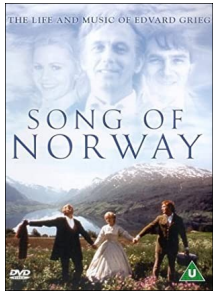
Tuesday, September 20, 1:30 pm, Card Room

Edvard Hagerup Grieg was a Norwegian composer and pianist. He is widely considered one of the main Romantic era composers, and his music is part of the standard classical repertoire worldwide.



Film: The Song of Norway

Thursday, August 22, 1:30 pm, Theater



This musical biography of Norwegian composer Edvard Grieg is based on the play of the same name. Living in poverty after graduating from a music conservatory, Grieg scandalizes his family.

The Ehrlich Lecture Series presents:

"Estate Planning in Florida and how to avoid the pitfalls of probate" by, Jonathan T Anderson, Attorney

**Wednesday, September 21
11:00 am, Meeting Room**

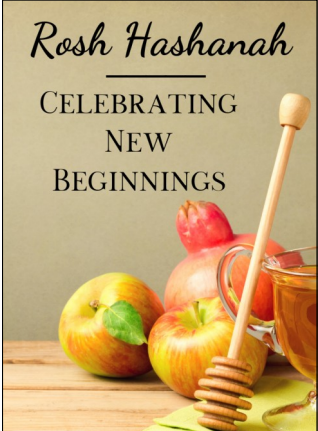
Mr. Anderson graduated with a Juris Doctorate (J.D) degree from Mercer University in Macon, Georgia. Mr. Anderson is a frequent lecturer on Estate Planning and Federal Estate Tax planning topics.



Introduction to Essential Oils

Friday, September 16, 10:00 am, Card Room

Coming Soon



The Jewish New Year – A New Beginning
Rosh Hashanah Discussion by Larry Olson

Monday, September 26
4:00 pm, Meeting Room- Sign up

The Jewish calendar begins again each year with Rosh Hashanah (literally, “the head of the year”). Celebrating the New Year also signals the beginning of the High Holy Days, with Yom Kippur, Sukkot and the concluding holidays in the following weeks. Observance of the New Year includes the sounding of the Shofar and eating apples with honey for a sweet new year. Although the High Holy Days are primarily centered in the synagogue, all are invited to attend this brief discussion of the holiday, hear the voice of the Shofar, and share apples with honey, and a glass of wine, in celebration.



It’s Time For Another Clothing Drive!

On Wednesday, September 28, volunteers will be collecting your clothing donations, so begin now to set them aside! Place the items in plastic bags, tied tightly. The items must be in fairly good condition, (gently worn) including men's and women's jackets, slacks, shorts, swimsuits, pajamas and robes (no underwear please).

Accessories such as shoes, scarves, hats, footwear, belts and handbags may also be included. Set the bags outside your apartment door by 10:00 am. on Wednesday. Volunteers will pick them up. Please keep the bags light in weight- if you cannot easily lift them, then our volunteers probably can't! Volunteers will not knock on doors for your donation. The bags will be picked up from Lakehouse West on Thursday September 29 by the Salvation Army. The clothing will be sold in their thrift stores, and the proceeds from the sales will go to fund adult rehabilitation centers. For questions, or if you need a donation bag, call Dorothy Zrimsek in apt. #149

Donating Is Always in Style



- 9/6, Tuesday, **Dinner at Triple Tail**, depart 5:00 pm
 - 9/14, Wednesday, **Lunch at Cracker Barrel**, depart 11:30 am
 - 9/20, Tuesday, **Dinner at Miguel’s**, depart 5:00 pm
 - 9/28, Wednesday, **Doc Ford’s Grille**, depart 11:30 am
- Shopping trips are Monday- Thursday at 1:00 & 2:00 pm.
Sign up in the Events & Transportation Books located in the Great Hall

Health & Wellness



FLU SHOTS at Lakehouse West!
Monday, October 3
More information coming soon

Barbara Argue RN, DON

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.



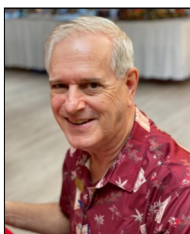
Movement Magic w/Mike McManus
Saturdays 2:15 pm - Meeting Room



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



Easy Zumba Exercise
Yael Campbell, Certified Instructor
Mondays, 10:30 a.m.- Meeting Room



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



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

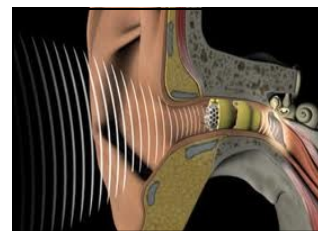
Laboratory Services

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

Elizabeth (Betty) Howell is originally from Delmont, Pennsylvania (near Pittsburgh). Betty graduated from high school there and began working as a secretary at the Pennsylvania Rubber Company, where they made tires.

She married Albert (Skip) Howell, her high school sweetheart. Skip was in the US Navy, and the couple welcomed three daughters over the years. While raising the girls, Betty also worked part-time at the Chamber of Commerce, while the girls grew up and developed successful careers. Her husband “Skip” died in 2010.

One of Betty’s daughters, Pat, has been living in Sarasota for 6 years and suggested to Betty that Lakehouse West might be the right place for her as she grows older. Betty likes to knit, quilt, and has attended our group “The Notable Knitters” making knitted blankets that are donated to local charities. Calligraphy is among her hobbies, and she also plays the piano. We look forward to listening to her play in the Great Hall some day! Welcome Betty!



Barbara Schott was born in Panama. Her father served in the U.S. Navy Submarine Service. His career took them to different locations, living in Hawaii, the Philippines and China. When the Japanese invaded China, the family came to the U.S. where Barbara lived in many locations. She attended 20 different schools before moving to Florida. She went to Manatee High School, had an interest in acting/directing, and also enjoyed time in the Civil Air Patrol. Barbara went on to graduate from the University of Fl. with a degree in communications (radio & TV). She then moved to NYC and took a job in marketing at ABC. After that, Barbara became a Flight Attendant with Capital Airlines, which later merged with United Airlines. She worked for the airlines for 43 yrs., mostly as a Purser responsible for passengers. She also flew with armed troops during the Vietnam and Gulf Wars. When she wasn't in the air, she volunteered with the Red Cross.

Her interests include painting, Friends of the Ballet, and Artist Series Concerts. Travel has continued to be a large part of her life, and she recently returned from vacation in Algeria, Tunisia and France! Barbara was living in downtown Sarasota when a friend of hers suggested she might like Lakehouse West where she could remain active and independent. We are glad she chose us. Welcome Barbara!

Interviews by 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.

Carol Smith

It's been said that if there is a job to be done, ask a busy person to do it! This is certainly true of Carol Smith, who despite having lived here for only a few years, has proven to be one of our most active and dependable volunteers. She was brought up in Boston area where her generous nature became evident. At a very early age she started babysitting her neighbor's children, the youngest only a few months old. She believes that that experience proved to be invaluable when it came to raising her own child. During her high school years, in the eleventh and twelfth grades, she volunteered at a local YMCA kiddie camp, working with youngsters who were in kindergarten and first grade. Her responsibilities helped her to develop self-confidence and leadership abilities. Although her parents wanted her to become a teacher, her excellent memory and aptitude for leadership found opportunities for her in the field of banking. After she was married and her son was in school full time, she became a bank teller, then manager and eventually Vice President of the bank. Her strong relationships with her employees at the bank, giving them ideas, advice and motivation, set the stage for the many programs she would embrace when she moved with her husband to Lakehouse West. To date, she is involved in five of our group activities, passionate about contributing to each one! She and Judy Black have developed Trivia into one of our most popular games, participants growing in number by leaps and bounds. Their compelling enthusiasm for the game has contributed to its growth and popularity. Trivia has proved to be not only entertaining, but a meaningful challenge and stimulant to the mind and memory. It didn't take long before Carol was inspired to join the Friendship committee, since one of their objectives is to raise money benefitting so many worthwhile causes. Being on the Hospitality committee has offered Carol an opportunity to meet new residents and help them to adjust to their new environment. Her professional background has been an asset. When Carol meets a newcomer it doesn't take long before her very presence helps them to feel comfortable and at home. Carol recently joined the Exercise Committee as she feels committed to bringing new, safe and useful equipment into the fitness room. She hopes this will encourage more residents to use the equipment, designed to help build body strength and a healthier cardio-vascular system. Carol also volunteers on the movie committee to bring better and more popular films to our residents. She believes that, if we love our theater, we need reason to make better use of it! We think of Carol as a true "mover and shaker". Could it be because of her kind and generous heart, her energy and her competency? She claims that whatever her achievements are, past and present, credit goes to the support and encouragement from her husband. Whatever the answer may be, she is a woman with an enviable smile and a purpose in life that is contributing so much to so many. For giving so generously, Carol, you are well deserving of our sincere thanks and appreciation.



Helen Fleder

Resident Birthdays in September

Date	Resident Name	Apt. #
1	Barbara Gerhardt	141
2	Beverly MacDonald	111
2	Jean Rubin	247
3	Sara Fluty	148
10	Carol Brinnen	137
13	Tom Kimmel	106
15	Marion Houston	243
15	Mary Paul	329
17	Hope Byrnes	325
20	Leonard Solimene	323
22	Herbert Kayne	303
25	Lois Foote	301
27	Beverly Broth	234
29	Evelyn D’Aiuto	115
29	Gerald Evens	126

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
Paul Byrnes, passed away August 4, 2022
Anne MacLean, passed away August 13, 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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