



*Lakehouse West*

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*November 2022*



## Events & Entertainment



The Hospitality Committee invites you to have breakfast and meet our new residents!  
Thursday, November 3, Dining Room.  
Seating from 9:30 - 10:00 am.  
Sign-up in Events Book, No Reservations  
\* Music entertainment by Joe Thayer.



**11:00 am-12:00 pm** Screwdrivers and Bloody Mary's served in the Great Hall along with music entertainment by Joe Thayer.

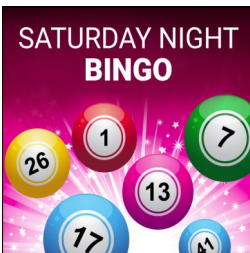
**12:00 pm** Traditional Thanksgiving Day meal served in the Dining Room. One-meal day. Reservations required. Dinner Dress.



**Friday Night Trivia!**  
**November 4 & 18**  
**7:15 pm - Card Room**

Trivia is done in teams.

For more information call Carol Smith, ext. 259



**Bingo!- Every Saturday Night!**  
**7:30 pm - Card Room**

Just show up and try your luck!  
Wanted: A fill-in bingo caller.  
Call John, ext. 506 if interested.



Tuesday, 11/01, Dinner at Captain Brian's, bus departs 5:00 pm, sign up.  
Tuesday, 11/08, Transportation to Vote. (no shopping this day), sign up  
Friday, 11/04, Orchestra at Van Wezel, bus departs 6:30 pm, sign up.  
Tuesday, 11/15, Dinner at Grillsmith, bus departs 5:00 pm, sign up.  
Friday, 11/18, Sarasota Music Club (free concert), bus departs 9:30 am, sign up.  
Shopping: Monday-Thursday, 1:00 & 2:00 pm. Sign up in Transportation Book.



**Celebrating Our Veterans**  
**Friday, November 11, Great Hall**

**4:00 pm: Veterans Day Program,**  
**Music provided by Lee Dougherty-Ross.**

**Full bar & appetizers following the program.**

Note: If you are a veteran and you are new to Lakehouse West since last Veterans Day, please call the Social Director, John at ext 506. We want to recognize all our Veterans!

**Cocktail Party by the Pool**  
**with Arun Bhagwat**

Thursday, November 17,  
4:30- 5:30 pm  
( weather permitting )

Enjoy cocktails by the pool and a fun musical journey with Arun Bhagwat.



**Radiant Replicas**  
**Jewelry Sale**

November 10,  
10:00 am, Great Hall

Start your holiday shopping early or simply treat yourself to something special!



## Listen & Learn

### Residents' Association Meeting

Friday, November 4  
10:00 am Great Hall

Reports are given by Residents' Association Board Members and the Executive Director.

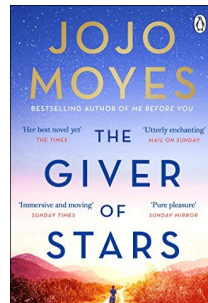


### "Let's Read Good Literature"

Book Club coordinated by Marcia Frankel

Tuesday, November 1,  
1:30 p.m. Card Room  
Discussion led by Chris Evens.

**The Giver of Stars** by JoJo Moyes is a 2019 historical fiction novel. It is the story of five extraordinary women, (packhorse librarians) in a remote area of the Kentucky mountains, in depression-era America.

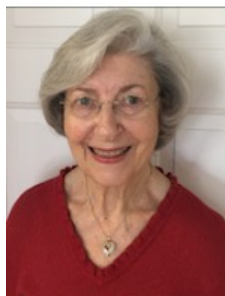


### LIVING BETTER WITH HEARING LOSS

Lecture by Barbara Chertok,  
Tuesday, November 22  
1:30 pm, Card Room

#### Topic: Falls & Hearing Loss

Falling can be a major health factor as you age. People we know have fallen, broken their hips and other limbs and spent extended time in the hospital or at a rehabilitation center. Recognizing that your particular hearing issues have affected your balance is the first step in doing something about it. Attend and learn about tips for preventing falls and alerting help.



### Performing Arts Lecture

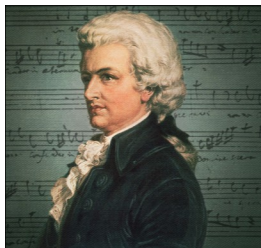
by Sharon Ohrenstein  
Tuesday, November 29  
1:30 pm- Card Room

Topic: **EVITA** (part two)



### A Music Lecture & Related Film Series by Joan Rubinstein

#### The Music of Mozart



Tuesday,  
November 15  
1:30 pm, CR

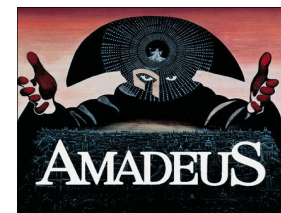
Mozart was not a revolutionary musician. He did not innovate, he mastered.

He perfected existing forms of music and, in so doing, raised the symphony, sonata, and opera to new heights. His later compositions, especially, highlight his versatility and dexterity as a musician. They also showcase his ability to convey feeling through music.



#### Film: Amadeus

Thursday, November 17  
1:30 & 7:15 pm - Theater



The life, success and troubles of Wolfgang Amadeus Mozart, as told by Antonio Salieri, the contemporaneous composer who was insanely jealous of Mozart's talent and claimed to have murdered him.

### The Bernie Ehrlich Lecture Series presents:

#### "The Meteora of Greece"

by Abe Zeewy  
Wednesday, November 16  
11:00 am, Meeting Room

What created the unique geological phenomenon of mountains called the Meteora? (meaning hovering in the air). It's one of the great mysteries of nature. Also learn about the six remaining monasteries on top of the mountains- considered a marvel of man.



# News & Notes



## Daylight Saving Time Ends Sunday, November 6 (turn back Saturday night)

Don't forget to turn your clocks back and enjoy the longer days of sunshine while you can. For those of you who like it, cooler weather is coming soon!

### Med Alert/Apple Device Presentation by Phillip Dann.

Coordinated by Patricia Key, November 8, 1:30 pm- Card Room

Attend this presentation and discover how a Medical Alert device can make a significant difference in your piece of mind and safety.



### What is the Holiday Fund?

In 1985, residents of Lakehouse West met to see how best they could show appreciation to all the employees who take care of us. The “no tipping” policy presents a challenge! The list of hourly employees is endless, from housekeepers to servers, cooks, and dishwashers, maintenance staff, bus drivers, guard house attendants and more. A holiday fund was established. Residents receive requests for donations in October & November. Checks made out to the Lakehouse West Residents Association may be given in a sealed envelope to one of the Holiday Fund committee members. Our office calculates the number of hours each employee has worked, and each employee is given a check based on that calculation, The cut off date for donations is November 19. The most frequently asked question is “How much should we give?” In the last few years, the average donation per person has been about \$500 for the year, or pro-rated for less than a year in residence. Lowell Brinnen is Chairman of the Holiday Fund, assisted by Sis Flanagan, Joyce Goacher, Howard Levine, David Mosher, Hope Byrnes, & Peg Smith.

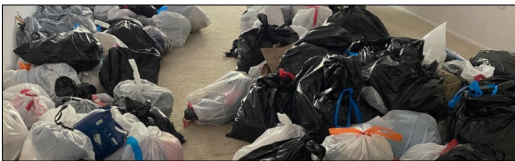


### Dates to Know. More information in December.

- Holiday Decorating, Monday, November 28 thru Wednesday, November 30.
- Tree Lighting with the Patriot Singers- Thursday, December 1.
- Holiday GALA- Wednesday, December 7.
- Hanukkah Celebration- Sunday, December 18
- Lakehouse West Chorus- Monday, December 19
- New Years Eve Celebration- Saturday, December 31

**Closed for the Holidays-** The Business Office will be closed and Lakehouse West Transportation will not be available on the following dates: November 24 & 25. December 26, and January 2.

**VOTE!** Lakehouse West will provide transportation to vote at 1:00 & 2:00 pm on November 8. Sign up in the Events Book. (No Shopping on this day.)



### Another Successful Clothing Drive!

Thanks to the many residents who contributed to our clothing drive, the drive was a huge success! Special thanks to the volunteers who were willing to collect the bags! We couldn't have done it without them!  
Bob Becker, Herb Kayne, Richard Miller, Jeanne Mott, Craig Riley.





## 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 situation, 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.



### Laboratory Services

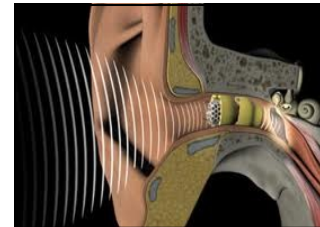
Lab draws are in the Health Center (Barbara's Office) between 7:30 and 8:00 a.m. on Tuesdays. No appointment is necessary, but you may want to review your lab slip with the Director of Nursing. Specimen cups are available in the Health Center for you to pick up that morning. Questions? Call ext. 507.



### 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 11:00 a.m. Meeting Room



**Easy Zumba Exercise**  
w/ 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

# In The Spotlight

To all our Lakehouse West Veterans’- We THANK YOU for your service and sacrifice.



Barry Abeshaus, Army  
Dr. Barry August, Army  
Robert “Bob” Becker, Coast Guard  
Lowell Brinnen, Army  
Raphael Broth, Marines  
Leo Cook, Navy

Dr. Walter Daly, Army  
Stephen Engel, Army  
Gerald “Jerry” Evens, National Guard  
Dr. Bertram “Bert” Fivelson, Army  
Bradford Forsberg, Navy  
Paul Gerhardt, Army  
Gerald “Jerry” Goacher, Army National Guard  
Dr. Jack Handel, Navy  
William “Bill” Huber, Army Paratrooper  
Tom Kimmel, Royal Netherlands Air Force  
Allan McIlraith, Canadian Air Force

Joseph Mendola, Army  
Calvin Miller, Navy  
Charles Miller, Navy  
Richard Miller, Army  
David Mosher, Marines  
Jay Moskow, Army  
James Paul, Army  
Joseph Perry, Air Force  
Ross Reay, Navy  
Craig Riley, Air Force  
David Rubin, Navy  
James Simpson, Navy  
Leonard Solimene, Army  
Frank Smith, Navy  
Donald Vos, Air Force  
Gerald Walker, Army  
Philip Walther, Army  
Arthur Wesson, Army



Royal Canadian Air Force



Royal Netherlands Air Force



## Cheers for Volunteers!

A volunteer is a person who willingly undertakes a meaningful task that benefits others. NEWSBITS has regularly featured a resident with a strong volunteer background.

**At John Dionne's request, Helen Fleder has agreed to write on her own volunteer experiences.**



**Helen Fleder** was fortunate to have enjoyed three professional careers, as a ballet dancer and fitness instructor, sculptor and writer. She began volunteering when she was only 17 and was asked to teach both ballroom dancing to the freshmen cadets at West Point Military Academy, and ballet to the officer's children, replacing a teacher who was ill. After this experience, she was determined to meet any new challenge when volunteering without fear or trepidation! In the 1950's, married and raising three young children, she taught ballet classes to the local Girl Scouts eventually becoming their Vice President, focusing on developing community service programs for the girls. She also took a major role raising money for her children's schools through the PTA, performing and choreographing for local shows, and helping to produce a community arts festival which included students, staff and parents. In the 1960's she began an exciting volunteer career as a dance therapist. With some exceptional training in that field, she was able to use her love for dance and creative movement to connect with the patients with whom she worked. It began working with children in foster care, then with children with learning disabilities, at which time she received a citation for her work. She held movement workshops for the blind, as well as for troubled teen age girls

at the Westchester Behavioral Center. Her most memorable experience was using movement as a means of nonverbal communication for patients in the Bronx Psychiatric Hospital and with short term patients in a general hospital in Port Chester. In 1978 after discovering an aptitude for art, she joined the "Return to Innocence" program for the memory impaired in Sarasota, using collage as a means of communicating with the patients. In 1997, when she became an active member of the Sarasota Arts Council, she was awarded a citation for developing "Street Studios" where over 100 local artists exhibited their work on "Arts Day". This inspired her to try to raise money to bring some of the artists into local schools, offering free after-school art classes to students who could benefit from an art experience. Helen volunteered for several years with the Sarasota Ballet and organized a semi-annual food drive for All Faiths Food Bank for residents of Palm Aire Country Club community. In 1996 she helped to organize a Palm Aire Arts Council, setting up annual resident art shows. At that time she formed a walking- for -exercise program for the residents. In 1978, Helen wrote her first fitness book, "Shower Power" about stretches one can do in a shower or bath, focusing on the importance of maintaining good posture. Represented as Gillette's fitness consultant, she spoke on television and radio about the role of posture to our health and well being. Her stretching exercises were published in McCalls, Glamour and Self magazines. Helen has lectured to many groups including the Bernie Ehrlich Lecture Series here at Lakehouse West relating to her second book "Shape Up! As you sit, stand and walk! In 1997 she was awarded by the Sarasota Community Foundation for "a lifetime of volunteering". A tree was planted in her honor in back of the Phillippi Creek mansion. She used the money to hire a facilitator for an after-school art workshop at Lakewood Ranch High School. After moving to Lakehouse West, she created and directed the "Lakehouse West Players" for a group of our residents who enjoyed reading poetry and essays. The group performed during many holiday events including Christmas, Thanksgiving and Veterans' Day. In 2019, she organized our first clothing drive, and in 2021 helped form the "Notable Knitters" who knit and crochet for charity. ( For the past year, Helen has contributed to our monthly publication, NEWSBITS, interviewing residents who, over the years have made a difference in other people's lives through their years of volunteering ). Helen's last project was writing and directing the show "Hey, Look Me Over!" which gave her the opportunity to write parody's to songs about our staff and residents and gave the cast the opportunity to perform. Helen feels grateful for the many opportunities that she has been afforded, to share her interests in a way that might make a difference in other peoples' lives. She believes that no matter our age, we all need to seek a purpose in life, be it major or relatively insignificant. Taking control of our time, volunteering when we can, means living life to the fullest and getting the most out of every day!

*John Dionne*

Resident Birthdays in November

Date	Resident Name	Apt. #
7	Lowell Brinnen	137
7	Barbara Chertok	359
9	Ilene K. Burkitt	215
10	Arthur Wesson	327
15	Maria Alea	254
15	Richard Miller	348
17	Dr. Bert Fivelson	225
17	Paul Gerhardt	141
18	James Paul	329
20	Inga August	261
21	Jerry Goacher	211
21	Gwen Kelly	159
21	Peg Smith	354
24	Eleanor Gabriel	237
25	Phyllis Kane	303

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***

***Linda Halfast, passed away October 21***  
***Will Ryall, passed away October 21***

***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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