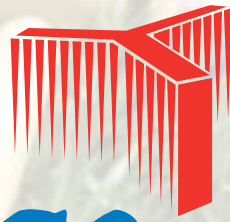


Bay Village

OF SARASOTA



8400 Vamo Road • Sarasota, FL 34231 • (941) 966-5611

July 2015



Bay Village

Jack McClellan Executive Director
 Alec Weitzel Chief Operating Officer
 Christina Wizba Chief Financial Officer
 Denis O'Connor Dir. of Dining Services
 Bill Seigh Dir. of Maintenance
 Laura Pitcher Dir. of Marketing
 Larry Buczkowski Dir. of Housekeeping
 Cathy Petz Dir. of Health Services
 Kris Rutherford Dir. of Res. Services
 Ann Aldrich Dir. of Human Resources
 Rev. Dr. Chuck Moffett Chaplain

Our Mission Statement

Established on Christian principles,
 Bay Village of Sarasota, Inc.
 offers a dynamic, secure and comprehensive
 residency for older adults, providing meaningful
 community life with continuing care.

**HAPPY INDEPENDENCE
 DAY, EVERYONE!**

The Pursuit of Happiness

We annually celebrate the Fourth of July knowing that America would not be the free nation that it is today if not for the courage of 56 men.

On July 4, 1776, those men—members of the Continental Congress—approved the Declaration of Independence, a document severing the colonies' ties to Great Britain. Two future U.S. presidents were among those who signed the paper: John Adams and Thomas Jefferson.

Before heading out for a day of fun and freedom, honor our patriotic past with more Fourth of July facts:

- In 2007, the United States imported \$216 million worth of fireworks for citizens to light up the night sky.
- When America established its independence, an estimated 2.5 million people lived within the 13 colonies. Last year, the population living throughout the 50 U.S. states sat at more than 300 million.
- Ironically, our adversary in 1776 is now our sixth-leading trading partner.
- Thirty places nationwide have "liberty" in their names. Eleven include "independence," and five adopted the word "freedom" as part of their monikers.
- No event draws the crowds on July 4 like the America's Independence Day Parade in Washington, D.C. Hundreds of thousands of spectators line Constitution Avenue for one of the largest flag-waving, float-filled, marching-band processions ever.

Village Vibes



GIFT SHOP NEWS

Our Gift Shop has many new items in all different colors for summer. Stop by and take a look.

If you are new to Bay Village and are interested in meeting new friends, the Gift Shop would love to have you volunteer.

Please call Jane Pyle at 1263. We have a couple of days that need workers and we need substitutes for our regular people. We will train you. We are looking for some handmade items to sell at our Holiday Bazaar on Nov. 20. If you would like to make

something, please call Betsy Hannan at 1806 and tell her what you plan to make and about how many things there will be.

Thank You!
Submitted by the Gift Shop staff

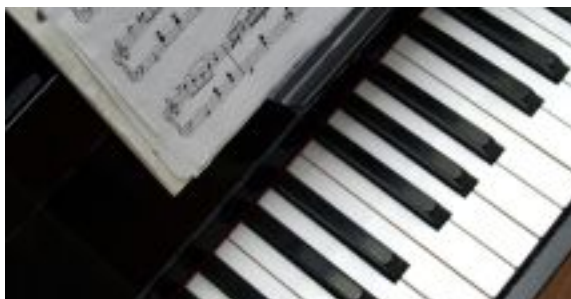


The Lyric Arts Duo Returns!

We are happy to report that this talented duo is returning to the Bay Village stage! Arlene Stein, piano, and Allen McGill, cello, have performed here numerous times and have an exciting and varied program planned for you this evening as usual! The program for this night is hanging in the glass case by the gift shop.

Mrs. Stein holds both a bachelor and master of music degrees from the prestigious Eastman School of Music. Mr. McGill is a Juilliard graduate and made his solo recital debut at Carnegie Hall. His eminent career has included performances with the Saint Louis Symphony and the New York Opera Orchestra.

We'll see you on Thursday, July 2, at 7:30 p.m. in the auditorium!



WELLNESS CORNER By Petra Mueller

Thanks to everybody for participating in the Activity Program "Walk around Florida." We all will have a nice memory of those days of "walking"/being active with the T-shirts that commemorate that event. I am looking forward to seeing you in the hallways of Bay Village wearing those T-shirts with pride.

In July, things are back to normal.

On July 15, between 11 a.m. and 1 p.m., we have Florida Surgical give a "Fall Prevention Clinic" in the card room, right of the lobby. They will help demonstrate the use of canes and the bases for the canes that makes them stand upright. They will evaluate your need for a cane and fit the cane for you. You can pay with cash, check or a credit card. Having the proper cane is important for your safety as well as for your posture and your balance.

Maintaining muscle strength with advancing years is critical to reducing the risk of falls—so is improving balance.



We enjoyed our "Disney-themed Master Class" as part of our Walk Around Florida!

The Village Vibes

Our current DVD series ends Aug. 11.

We are also planning another *Jeopardy Game* with *Tom and Lorraine Callaghan!* We wanted to have this during our "Walk Around Florida" wellness theme, but we had trouble pinning down the date. So we're doing it as an "encore" on *July 21 at 2 p.m.* It's a Florida-themed Jeopardy, so all the questions will be about Florida! Fun! *Like last time, we'll need a representative from each floor to play. First prize is a pizza party for the winning floor!*

Our next DVD series is from The Teaching Company and National Geographic titled "Polar Explorations." Delve into the fascinating history, science, culture and wildlife of Antarctica and the Arctic. These 22 lectures are by different experts in these areas, so EACH class is on a different topic. *We begin on Aug. 18 at 7:30 p.m.*

Noriko & Margot Perform!

On *Thursday, July 16th at 7:30 p.m.* we welcome *Noriko Sidlow, pianist and Margot Zarzycka* internationally recognized violinist from the Sarasota Orchestra who will perform for the first time at Bay Village.

If Noriko's last name seems familiar, it's because she is the wife of clown Chuck Sidlow, who we all know from his hilarious presentations he's done for us in the past and his work with Laughter Unlimited and Circus Sarasota. Noriko studied classical and jazz piano while growing up in Japan and has been in the United States since 2006. She also plays the organ and worked for the Hammond Organ company performing live events for them in Japan.

At press time the full biography for violinist Margot Zarzycka was not available but as soon as we have it, we'll hang it in the glass case across from the gift shop.

Enjoy the concert everyone!



Andrew Lapp Returns!

On *Thursday, July 30th at 7:30 p.m.* we're thrilled that pianist *Andrew Lapp* will return to Bay Village. We've watched Andrew grow up before our eyes as his first concert with us was when he was 13,

Now a *Steinway Artist*, Andrew received his degree in piano performance from Southeastern University in Lakeland and has appeared as soloist with the Venice Symphony and Imperial Symphony orchestra.

Andrew performs concerts nationally and has recorded a number of CD's, which will be available for purchase after the concert.

You can hear Andrew and read more about him on his website, www.AndrewLapp.com.

VISION STATEMENT

The vision of Bay Village of Sarasota, Inc. through 2018 is to:

1. Strive to achieve the highest quality of service to our residents.
2. Extend effective dialogue between residents and staff.
3. Promote the efforts of staff and residents to build a caring community.
4. Balance net operating revenues and financial revenues so that we may have the financial strength to maintain our infrastructure, provide our staff with a competitive compensation and benefit package and have the capability to retire our long-term debt.





KEY

- A=Auditorium
- B=Bus Service Provided
- BD=Board Room
- C=Card Room
- CR=Craft Room
- D=Dining Room
- GR=Game Room
- M=Meeting Room
- P=Pool
- R=Rooftop Terrace
- W=Wellness Center

A GREAT Day Trip!

You get to meet SNOOTY AND learn all about the history of South Florida! Sound good? Then join us on Wednesday, July 29, as we head to South Florida Museum in Bradenton! We'll start the day with a guided tour through the artifacts and treasures they have there, hop across the street (or take the bus) and enjoy lunch on the water at Pier 22, then it's back to the museum for the afternoon shows they have in their domed Planetarium Theater. Last time we did this, our group had a great time! And we learned A LOT. Don't forget ... we have two group leaders today with two wheelchairs in case you get tired. (If you don't know who Snooty is, he is the 65-year-old manatee that has been at the museum since he was found.)

Sunday	Monday	Tuesday
		
5	6	7
<p>10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "The Fighting Sullivans" (A)</p>	<p>9:00 Ladies' Shuffleboard (courts) 9:30 Crafts, Coffee & Conversation (CR) 7:00 Progressive Bridge (GR)</p>	<p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 10:00 <i>How Novel!</i> (BD) 11:30 Sit N' Fit (A) 2:00 Aqua Fit (P) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "The Smithsonian" (A)</p>
12	13	14
<p>10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "The Good Lie" (A)</p>	<p>9:00 Ladies' Shuffleboard (courts) 9:30 Crafts, Coffee & Conversation (CR) 9:00-noon & 1:00-4:00 "55 Alive" Driving Course by AARP (A) 7:00 Progressive Bridge (GR)</p>	<p>9:30 Splash (P) 10:00 Craft Class (CR) 11:00 <i>Opera Guild Luncheon</i> (B) 11:30 Sit N' Fit (A) 12:45 <i>Duplicate Bridge</i> (GR) 2:00 Aqua Fit (P) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "The Smithsonian" (A)</p>
19	20	21
<p>10:30 St. Thomas More Catholic Service (Bd. Rm) 1:00 <i>Banyan Theater</i> (B) 7:30 Movie: "Black & White" (A)</p>	<p>9:00 Ladies' Shuffleboard (courts) 9:30 Crafts, Coffee & Conversation (CR) 7:00 Progressive Bridge (GR)</p>	<p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit N' Fit (A) 2:00 Aqua Fit (P) 2:00 <i>Florida Themed Jeopardy With Tom Callaghan</i> (A) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "The Smithsonian" (A)</p>
26	27	28
<p>10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "Woman in Gold" (A)</p>	<p>9:00 Ladies' Shuffleboard (courts) 9:30 Crafts, Coffee & Conversation (CR) 7:00 Progressive Bridge (GR)</p>	<p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 10:00 <i>How Novel!</i> (BD) 11:30 Sit N' Fit (A) 12:45 <i>Duplicate Bridge</i> (GR) 2:00 Aqua Fit (P) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "The Smithsonian" (A)</p>

Wednesday	Thursday	Friday	Saturday
1	2	3	4
<p>8:00 Men's Shuffleboard 10:00 Tai Chi- Beginners (W) 11:00 Posture & Balance (W) 11:30 Sit N' Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie "Still Alice" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>9:00 Strength Class (W) 9:30 Splash! (P) 11:30 Sit & Fit (A) 7:30 <i>The Lyric Arts Duo Performs (A)</i></p>	<p>9:30 Tai Chi (W) 10:00 <i>Writers Group (M)</i> 11:30 Sit & Fit (A) 1:30 Hand Exercise (CR) 3:00 <i>Shabbat Service (Terrace)</i> 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p>8:00 Men's Shuffleboard (courts) 11:30 Sit & Fit Video (A) <i>Noon, 2:00 p.m. and 4:00 p.m. Annual Independence Day Picnic (D)</i> 7:30 <i>Movie Special: "Born on the 4th of July"</i></p>
8	9	10	11
<p>8:00 Men's Shuffleboard 10:00 Tai Chi- Beginners (W) 11:00 Posture & Balance (W) 11:30 Sit N' Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie "The Fighting Sullivans" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>9:00 Strength Class (W) 9:30 SPLASH! (P) 10:00 <i>Circus Sarasota Summer Circus & Lunch at PF Changs (B)</i> 11:30 Sit & Fit (A) 7:30 Movie</p>	<p>9:30 Tai Chi (W) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:30 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p>8:00 Men's Shuffleboard (courts) 9:00 Strength Class (W) 9:30 Splash (P) 11:00 Balance Class (W) 11:30 Sit & Fit (A)</p>
15	16	17	18
<p>8:00 Men's Shuffleboard 10:00 Tai Chi- Beginners (W) 11:00-1:00: <i>Florida Surgical Fall Prevention Clinic (C)</i> 11:00 Posture & Balance (W) 11:30 Sit N' Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie "The Good Lie" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>9:00 Strength Class (W) 9:30 SPLASH! (P) 11:30 Sit & Fit (A) 7:30 <i>"Norika & Margo" Perform (A)</i></p>	<p>9:30 Tai Chi (W) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:30 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p>8:00 Men's Shuffleboard (courts) 9:00 Strength Class (W) 9:30 Splash (P) 11:00 Balance Class (W) 11:30 Sit & Fit (A)</p>
22	23	24	25
<p>8:00 Men's Shuffleboard 10:00 Tai Chi- Beginners (W) 11:00 Posture & Balance (W) 11:30 Sit N' Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie "Black & White" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>9:00 Strength Class (W) 9:30 SPLASH! (P) 10:30 <i>Birthday Party~ Brunch</i> 11:30 Sit & Fit (A)</p>	<p>9:30 Tai Chi (W) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:30 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p>8:00 Men's Shuffleboard (courts) 9:00 Strength Class (W) 9:30 Splash (P) 11:00 Balance Class (W) 11:30 Sit & Fit (A)</p>
29	30	31	
<p>8:00 Men's Shuffleboard 9:30 <i>South Florida Museum & Lunch at Pier 22 (B)</i> 10:00 Tai Chi- Beginners (W) 11:00 Posture & Balance (W) 11:30 Sit N' Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie "Woman in Gold" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>9:00 Strength Class (W) 9:30 SPLASH! (P) 10:00 <i>CHATS~ Annual Disaster Planning Meeting (A)</i> 11:30 Sit & Fit (A) 7:30 <i>Pianist Andrew Lapp Performs (A)</i></p>	<p>9:30 Tai Chi (W) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:30 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) 6:30 <i>"The Cotton Club" At West Coast Black Theater Troupe (B)</i></p>	

"Village Vibes"

July 4!

To celebrate America's birthday, we will hold our annual picnic!

Please make a reservation by calling ext. 2113 for noon, 2 p.m. or 4 p.m. At 7:30 p.m., we will show the film "Born on the 4th of July," which tells the true story of Ron Kovic (portrayed by Tom Cruise) who enlists in the Marines in the mid-1960s, fulfilling what he sees as his patriotic duty. During his second tour in Vietnam, he accidentally kills a fellow soldier during a retreat and later becomes permanently paralyzed in battle.

Returning home to an uncaring V.A. bureaucracy and critics on both sides of the political divide, Kovic becomes an impassioned critic of the war. This acclaimed film was directed by Oliver Stone. This film is rated R for language and violence.

RAINBOWS AND SHOWERS

RAINBOWS for our annual Memorial Day Ceremony! Col. Don Amick presided again this year. We certainly appreciate your efforts, Mr. Amick!!

RAINBOWS for Grace Ellison! In honor of her 100th birthday, she requested that nobody give her presents. Instead, she had folks give the money to E.C.H.O. Farms, a world-wide charity based in Ft. Myers that teaches people to farm in difficult areas of the world. Pictured to the right with Grace is Danielle Flood, one of the marketing staff at E.C.H.O., who was kind enough to attend Grace's party and present her with a certificate of appreciation. Great idea, Grace!

RAINBOWS for ALL PARTICIPANTS in Walk Around Florida!

RAINBOWS for our entertainment programs in June! From the upbeat sounds of Jimmy Mazz to the learning experiences we had with Jenny Aldrich and Patty Carver, we really had a diverse and fun month!

SHOWERS for folks who don't make sure their guests shower before entering the pool.



Grace Ellison was presented with a certificate from E.C.H.O. Farms at her 100th Birthday Party! (See the story in Rainbow & Showers.)



From the Dining Services Director

It is hard to imagine that half of the year has passed us by. Things are busy in the Dining Services department and my staff and I thoroughly enjoy providing all the Residents with a great Dining Services program. A very important part of that process is receiving feedback.

Your Dining Services committee members have met for the new year in June. This dedicated group wants to make sure that they represent you, the residents, in the best possible way.

We meet each month and review all comments made by the residents and discuss topics of interest. At a recent meeting, it was mentioned that not all residents are aware of the little nuances of the menu and what items can be ordered.

With that in mind, I have included as an insert in the Vibes this month a list of "Did you know" points of interest as it relates to the menu and what is available.



Happy Birthday

JULY Birthdays

July 1

Elayne Peabody

July 3

Eric West & Frank Camarota

July 4

Shirley Winter

July 7

Paul Lindskog & Bettye Miller

July 8

Roberta White

July 9

Shirley Shaw

July 10

Babe Baptist & Susanne Fensterwald

July 13

Kathy Hunt

July 16

Loretta Turpin

July 17

Don Gasch

July 19

Bunny Raabe

July 20

Edna Stirling & Monte Marshall

July 21

Nancy Sweetland

July 22

Pauline Medenis

July 23

Virginia Wilson, Doris Linton &

Kathy Reich

July 24

Ray Komarek

July 27

Don Amick & Ken Fake

July 29

Irene Egyed & Virginia Siantz



Happy Anniversary

July Anniversaries

July 2

Vic & Janet Mahler

July 10

Phil & Penny Goodell

July 19

Bill & Anna Marie Crane

July 22

Roger & Ruth Woodrow

July 31

Robert & Joyce VanZandt

JULY Vespers Ministers

July 3

Rev. Dr. Chuck Moffett

Bay Village Chaplain

July 10

Rev. Dr. Chuck Moffett

Bay Village Chaplain

July 17

Rev. Dr. Chuck Moffett

Bay Village Chaplain

July 24

Rev. Dr. Chuck Moffett

Bay Village Chaplain

July 31

Rev. Joel Morsch,

Rector, Christ Church Episcopal,

Bradenton



The Village Vibes



- Mrs. Doris Hochmuth moved in to apartment 763 on May 12
- Mrs. Helen Bruskas moved in to apartment 934 on May 15
- Mrs. Cornelia "Scottie" Shanks moved in to apartment 536 on May 18
- Mr. John Godman moved in to apartment 303 on May 27
- Mr. & Mrs. Lyle and Patricia Wheeler moved in to apartment 306 on May 28

Serve Your Community

Mandela Day is July 18. Named for Nelson Mandela, the goal of the day is to encourage people to make a positive change in the world through service to their communities.



John Q. Public
or Current Resident
12345 Sample Address
City, ST 00000

Chaplain's Corner
Rev. Dr. Chuck Moffett

"GOOD GRIEF!" No, that is not a quote from the Peanuts cartoon character, Lucy, as she cries out in exasperation to Charlie Brown's latest foible. This is an attempt on my part to invite you to engage in open dialogue with me about what often is hushed or ignored: dealing with grief before and after the death of a family member.

Like any other CCRC, at Bay Village, dying is a regular ingredient in our daily community living. As of this date, we have experienced the death of 29 of our residents in 2015. The circumstances around each of these deaths vary according to the physical, spiritual and family dynamics at play. There is no "cookie-cutter" approach to be employed. It is my conviction, however, that in every situation there is a very real option of experiencing **"GOOD Grief."**

This brief article cannot attempt to delve into the complexities of this subject. It is my intent to raise a platform of permission for us as a community to share our concerns and commitments, our fears and faith, our hurts and hopes.

It is my hope we will examine feelings which say death can be an act of faith, not a sense of failure; that there is a difference between curing the body and caring for the spirit; and that death is an act of the community, not just a lonely journey. How we approach these times in our life, and in our dying, make possible the reality of a **"good grief."**

In September 2015, The Rev. Dr. Paul Binder (a Bay Village resident) and I will begin this dialogue as we share reflections on **Being Mortal**, a 2014 book by author and surgeon Atul Gawande. Until then, feel free to dialogue with either of us so we all may grow to experience **good grief**.