

# Bay Village

OF SARASOTA



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



## 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  
 Kristine Korngut ..... 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.



## August 2015



Our "Walk Across Florida" Top 10!

### Walk Around Florida Finale!

Our "Walk Around Florida" ended with our final party at the end of June! Almost 100 residents participated on a regular basis and received the t-shirt designed by Don Gasch!

Participants earned "points" for attending group exercise classes, wellness lectures, wellness outings and for exercising on their own and reporting their efforts to Petra.

Pictured above are the residents who earned the most points! They each received a t-shirt as well as a gift card to Publix. Pictured from left to right and what "place" they came in~ 10th: Paul Binder; 7th: Larry Ream; 4th: Al Chamberland; 3rd: Dan Brabeck; 2nd: Jane Pyle; 6th: David Pyle; 1st : Estelle Estes; 5th: George Haas; 9th: Gloria Duffy; 8th: Eva Papp. Standing in the middle is Petra Mueller, our Wellness Coordinator, whose efforts in this 3-month event are to be commended! Congratulations everyone and we want to again, thank you for your enthusiasm and participation!

## Village Vibes

### GIFT SHOP NEWS

Just in case you didn't know, the profit from the Gift Shop goes to the Bay Village Endowment Fund! In 2014 we contributed over \$11,000 to this worthy cause.

We hope everyone will stop in and see our fantastic new merchandise. We even have an entire section of items for men. Our Holiday Bazaar will be held on Nov. 20. We will have a great selection of holiday items as well as many hand made things. If you are interested in making something for us to sell at the Bazaar, please call Betsy Hannan at 1806. Submitted by the Gift Shop staff



### Make It Happen

August is Happiness Happens Month.



### GOLDEN GATES RUSSIAN DANCERS PERFORM!

In 1993, the company "Golden Gates" was founded in St. Petersburg, Russia.

Drawing upon students from the Author's Aesthetic Music Secondary School, the children you will see perform today, became the first members of this group and began performing at various cultural events, folk festivals and concerts throughout Russia, Asia, Europe and the Americas. Ages 10-18, the group now includes Russian dancers as well as singers!

You'll enjoy the songs, rituals, folk stories and dances that have been carefully researched and recreated in the performance. The dancers will thrill you with skillful virtuosity, colorful costumes and gymnastic leaping with foot-stomping ferocity.

**Join us on Monday, Aug. 3, at 2:30 p.m. for a REALLY different type of program you are sure to enjoy! We are extremely excited to have been able to bring this presentation to you so we hope you will take time to attend!**

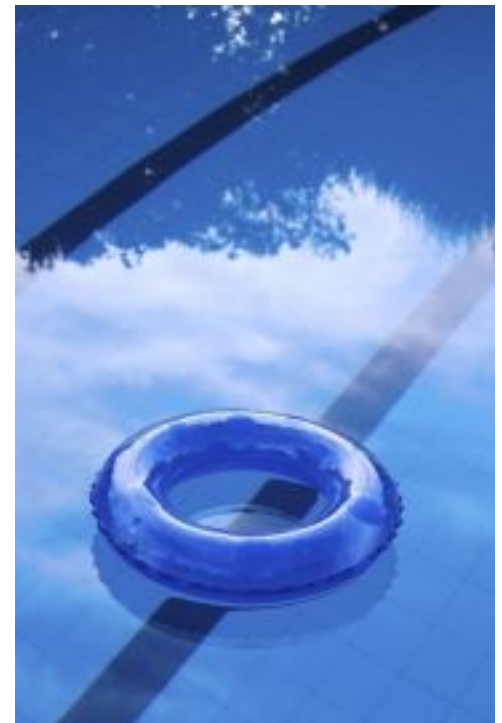
### WELLNESS CORNER By Petra Mueller

The middle of summer is here, and the temperature outside is soaring. Cover up when you go outside, wear a hat, go early in the morning or later in the afternoon.

Put on sunscreen if you are outside and protect your skin. Drink plenty of fluids (water) to stay hydrated and eat light meals.

After the hottest part of the summer is over, we are planning monthly outings to the local county parks and will offer a nice picnic there. We are going to one park a month to explore the sites, walk the trails, watch the wildlife and enjoy the views. That is something we have not offered yet, and it will be fun to explore the "neighborhood."

Now is your chance to use the pool before it will be closed for renovations and repairs!!!





## The Village Vibes

### Outings and Events!

Are you an animal lover? Do you like to help animals? Then join us on Tuesday, Aug. 4, as we head to the CAT DEPOT. The Cat Depot is a "no kill" organization staffed almost completely by volunteers. They have kittens and cats for us to hold and visit with! The staff will give us a tour of their facility and give you some background about the organization. You received the flyer about this trip and the fundraisers we are holding for them. There is a box in the resident services office for any items you may want to donate (cat food, litter, toys, and money of course). After visiting the "Depot" we'll have lunch at "Cafe Epicure" downtown.

We will also continue going to the University Town Center. This month, lunch will be at The Cheesecake Factory. Join us on Friday, Aug. 28, the bus departs at 12:30 p.m.! Even if you don't like to shop, this is a perfect trip for anyone who just wants to walk in a really pretty place that happens to be air conditioned!

### B.I.L.L. NEWS

Our current DVD series ends Aug. 11. We hope everyone enjoyed traveling through "The Smithsonian!"

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.

During this series, we will have four evenings that we take a "break" from the DVD and speaker Baila Miller will present~ "Paris The Luminous Years (or La Belle Epoque (1870-1914))"

Who would have dreamed that the once traditional city of Paris would become the center of freedom in Europe? This course examines the exhilarating, scandalous, and intimate relationships of young

artists and authors who shaped this magical era that came to be known as "La Belle Epoque" (1870-1914). Artists such as The French Impressionists, Pablo Picasso and Juan Gris, writers such as Gertrude Stein and Ernest Hemingway, booksellers Sylvia Beach, Adrienne Monnier, and many others made up this legendary milieu. Class One will be held on Aug. 4 and is titled: Art & Politics: The French Impressionists.

The French Impressionists, a mid-19th century art movement revolutionized the way art was depicted. The movement was inspired by a variety of factors including anti-establishment sentiment and a desire to paint everyday life. Their intent was to modernize the art world and move away from traditional subjects of history and mythology that had been around for centuries. The works of Monet, Cassatt, Manet, Morisot and more, are still considered the best known and best loved paintings in the world.

### 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 and to provide our staff with a competitive compensation and benefit package.



## 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

## MOVIE NEWS!

Just for the fun of it, we thought it would be exciting to have a *James Bond Marathon!* Six leading men have played the dashing detective over the years, and we have ALL 22 movies in the series, which started in 1962 with *Dr. No*. We will show the films in the order in which they were released, ending with 2014's *Skyfall*.  
 Have fun, everyone!

## SHABBAT CHANGE

Our *Friday Shabbat* service will now be held in the *Board Room*. This month's service is on *Aug. 21*. Next month we will have a special service for the *High Holy Days of Rosh Hashanah and Yom Kippur on Sept. 18*. *Service begins at 3 p.m.* and all are welcome! We would like to thank

volunteers from Jewish Family Services for organizing these services!

Sunday	Monday	Tuesday
2	3	4
10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "Dr. No" (A)	9:00 Ladies' Shuffleboard (courts) 9:30 Crafts, Coffee & Conversation (CR) 2:30 "GOLDEN GATES" Russian Dance Performance! (A) 7:00 Progressive Bridge (GR)	9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 10:00 Visit "The Cat Depot" And Lunch at "Cafe Epicure" 11:30 Sit N' Fit (W) 2:00 Aqua Fit (P) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: Baila Miller Teaches (A) **BLOOD MOBILE TODAY in the Auditorium 11:00-4:00**
9	10	11
10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "Thunderball" (A)	9:00 Ladies' Shuffleboard (courts) 9:30 Crafts, Coffee & Conversation (CR) 7:00 Progressive Bridge (GR)	9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit N' Fit (A) 12:45 Duplicate Bridge 2:00 Aqua Fit (P) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "The Smithsonian" (A)
16	17	18
10:30 St. Thomas More Catholic Service (Bd. Rm) 1:00 Banyon Theater (B) 7:30 Movie: "On Her Majesty's Secret Service" (A)	9:00 Ladies' Shuffleboard (courts) 9:30 Crafts, Coffee & Conversation (CR) 7:00 Progressive Bridge (GR)	9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit N' Fit (A) 3:00 Line Dance Party (A) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "Polar Explorations" (A)
23/30	24/31	25
10:30 St. Thomas More Catholic Service (Bd. Rm) **ON THE 23rd: "Sing Along With Josi & Crew" At 3:00 p.m. (L) 7:30 Movie: "Live and Let Die" (A) Movie on the 30th: "SPY" (A)	9:00 Ladies' Shuffleboard (courts) 9:30 Crafts, Coffee & Conversation (CR) 7:00 Progressive Bridge (GR) ** On the 24th, (Not the 31st) Leesa Will Hold a Craft Group at 2:00 In the Afternoon. We're Making Wine Cork Wreaths!	9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit N' Fit (A) 12:45 Duplicate Bridge (GR) 2:00 Aqua Fit (P) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "Polar Explorations" (A)

Wednesday	Thursday	Friday	Saturday
			1
			<p>8:00 Men's Shuffleboard (courts)</p> <p>9:00 Strength Class (W)</p> <p>9:30 Splash (P)</p> <p>11:00 Balance Class (W)</p> <p>11:30 Sit &amp; Fit (A)</p>
5	6	7	8
<p>8:00 Men's Shuffleboard</p> <p>10:00 Tai Chi- Beginners (W)</p> <p>11:00 Posture &amp; Balance (W)</p> <p>11:30 Sit N' Fit (A)</p> <p>1:30 Line Dance (W)</p> <p><i>1:00-3:00 Rehab Clinic With Paragon (A) (movie and Popcorn Tomorrow)</i></p> <p>6:15 Duplicate Bridge (GR)</p> <p>7:15 BINGO (A)</p>	<p>9:00 Strength Class (W)</p> <p>9:30 SPLASH! (P)</p> <p>11:30 Sit &amp; Fit (A)</p> <p>2:30 Bridge Lessons (A)</p> <p><i>7:30 DRUM CIRCLE With Edsel (A)</i></p>	<p>9:30 Tai Chi (W)</p> <p><i>10:00 Writer's Group (M)</i></p> <p>11:00 Posture &amp; Balance (W)</p> <p>11:30 Sit &amp; Fit (A)</p> <p>1:30 Hand Exercise (CR)</p> <p>3:30 Vespers (A)</p> <p>6:15 Duplicate Bridge (GR)</p>	<p>8:00 Men's Shuffleboard (courts)</p> <p>9:00 Strength Class (W)</p> <p>9:30 Splash (P)</p> <p>11:00 Balance Class (W)</p> <p>11:30 Sit &amp; Fit (A)</p>
12	13	14	15
<p>8:00 Men's Shuffleboard</p> <p>10:00 Tai Chi- Beginners (W)</p> <p>11:00 Posture &amp; Balance (W)</p> <p><i>11:15 Episcopal Service (C)</i></p> <p>11:30 Sit N' Fit (A)</p> <p>1:30 Line Dance (W)</p> <p>2:30 Popcorn &amp; A Movie "You Only Live Twice" (A)</p> <p>6:15 Duplicate Bridge (GR)</p> <p>7:15 BINGO (A)</p>	<p>9:00 Strength Class (W)</p> <p>9:30 SPLASH! (P)</p> <p>11:30 Sit &amp; Fit (A)</p> <p>2:30 Movie: "From Russia With Love" (A)</p> <p><i>4:30 Dine Out Night: "Ophelias" (B)</i></p>	<p>9:30 Tai Chi (W)</p> <p>11:00 Posture &amp; Balance (W)</p> <p>11:30 Sit &amp; Fit (A)</p> <p>1:30 Hand Exercise (CR)</p> <p>3:30 Vespers (A)</p> <p>6:15 Duplicate Bridge (GR)</p>	<p>8:00 Men's Shuffleboard (courts)</p> <p>9:00 Strength Class (W)</p> <p>9:30 Splash (P)</p> <p>11:00 Balance Class (W)</p> <p>11:30 Sit &amp; Fit (A)</p> <p><i>7:30 Movie Special: "The Second Best Exotic Marigold Hotel" (A)</i></p>
19	20	21	22
<p>8:00 Men's Shuffleboard</p> <p>10:00 Tai Chi- Beginners (W)</p> <p>11:00 Posture &amp; Balance (W)</p> <p>11:30 Sit N' Fit (A)</p> <p>1:30 Line Dance (W)</p> <p>2:30 Popcorn &amp; A Movie "Diamonds Are Forever" (A)</p> <p>6:15 Duplicate Bridge (GR)</p> <p>7:15 BINGO (A)</p>	<p>9:00 Strength Class (W)</p> <p>9:30 SPLASH! (P)</p> <p><i>10:00 CHATS: Quarterly Meeting (A)</i></p> <p>11:30 Sit &amp; Fit (A)</p> <p>2:30 Bridge Lessons (A)</p> <p><i>7:30 Rex Willis Performs (A)</i></p>	<p>9:30 Tai Chi (W)</p> <p>11:00 Posture &amp; Balance (W)</p> <p>11:30 Sit &amp; Fit (A)</p> <p>1:30 Hand Exercise (CR)</p> <p><i>3:00 Shabbat (BD)</i></p> <p>3:30 Vespers (A)</p> <p>6:15 Duplicate Bridge (GR)</p>	<p>8:00 Men's Shuffleboard (courts)</p> <p>9:00 Strength Class (W)</p> <p>9:30 Splash (P)</p> <p>11:00 Balance Class (W)</p> <p>11:30 Sit &amp; Fit (A)</p>
26	27	28	29
<p>8:00 Men's Shuffleboard</p> <p>10:00 Tai Chi- Beginners (W)</p> <p>11:00 Posture &amp; Balance (W)</p> <p>11:30 Sit N' Fit (A)</p> <p>1:30 Line Dance (W)</p> <p>2:30 Popcorn &amp; A Movie "The Man With the Golden Gun" (A)</p> <p>6:15 Duplicate Bridge (GR)</p> <p>7:15 BINGO (A)</p>	<p>9:00 Strength Class (W)</p> <p>9:30 SPLASH! (P)</p> <p>11:30 Sit &amp; Fit (A)</p> <p><i>12:30 Anniversary Luncheon (D)</i></p> <p><i>7:30 Chalyce Performs (A)</i></p>	<p>9:30 Tai Chi (W)</p> <p>11:00 Posture &amp; Balance (W)</p> <p>11:30 Sit &amp; Fit (A)</p> <p><i>12:30 UTC Trip &amp; Lunch (B)</i></p> <p>1:30 Hand Exercise (CR)</p> <p>3:30 Vespers (A)</p> <p>6:15 Duplicate Bridge (GR)</p>	<p>8:00 Men's Shuffleboard (courts)</p> <p>9:00 Strength Class (W)</p> <p>9:30 Splash (P)</p> <p>11:00 Balance Class (W)</p> <p>11:30 Sit &amp; Fit (A)</p> <p><i>2:30 Children's Orchestra (A)</i></p>



## "Village Vibes"

### REX WILLIS PERFORMS

Rex Willis is a full time faculty member at State College of Florida in Bradenton where he teaches classical guitar, guitar ensemble and music theory. He received his Master of Music degree in Composition from Florida State University. He has had the privilege of studying with some world-renowned guitarists. Mr. Willis is also a composer, and his compositions have been described as, "haunting and high energized and fun," as well as "very powerful." He has also written film scores. We hope Rex will treat us to an original composition at the performance! It's always fun to hear new music. Join us on Thursday, Aug. 20, at 7:30 p.m. in the auditorium for another superb concert with a very talented musician!

### RAINBOWS AND SHOWERS

RAINBOWS for GOOD ELEVATOR ETIQUETTE! Thanks to those of you who move to the back of the elevator when you get on, making room for those getting on after you. Also, if you happen to be pushing someone in a wheelchair, thank you for turning the person so they face front and push them out forward, not backwards, which can be unsafe.

RAINBOWS for Marian Canfield, Jane Guardino, Jane Pyle and David Pyle who REALLY helped out Petra during a overly-busy time teaching classes and helping give out the t-shirts to the 100 people who earned them. Whew!

RAINBOWS for those who signed up for the "55-Alive" driving course. Always a good "defensive driving" reminder PLUS, you get an auto insurance discount.

RAINBOWS for wearing your name tag when you volunteer! Another RAINBOW for those who ask for a volunteer name tag when you begin volunteering!

SHOWERS for folks who throw GLASS and LIQUID down the trash chute!

RAINBOWS for folks who don't believe everything they hear at coffee hour and in the elevators! Rumors get started, and they are rarely true.

RAINBOWS to the bus and limo drivers for the caring and accommodating service they give to Bay Village residents.

### SING ALONG WITH JOSI and CREW!!

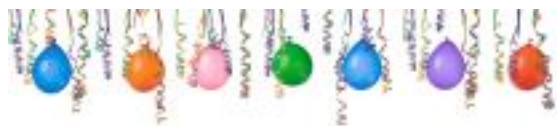
This month's sing along theme is: "Sing!! It's Summer!" Join us on Sunday, Aug. 23, at 3 p.m. in the living room expecting the usual FUN everyone seems to have at our sing along! If you've never been to one, stop by! You need to have perfect pitch and a master's degree in music to join this group. We're kidding, of course ... you can come even if you need a bucket to carry a tune, plus it's a great way to spend time with friends on a Sunday afternoon!

### DRUM CIRCLE ANYONE??

EDSEL van de Wall Arnemann is coming back for another Drum Circle on Thursday, Aug. 6, at 7:30 p.m. this time! The group had lots of fun drumming or just tapping toes to the rhythm last time he was here. Edsel has 20 years of percussion experience, and he'll give you a little history of the drum tonight and teach everyone some simple rhythms. If you have a drum, bring it! You can also bring a bucket or something else to drum on if you wish. Or you can just sit and enjoy! Drumming has proven health benefits like stress, tension and anxiety reduction. Plus, it's just fun and really easy to learn. We will see you there!

### CHALYCE PERFORMS

Join us on Thursday, Aug. 27, at 7:30 p.m. for what should be another great performance from Chalyce! She's a former Broadway singer (in "The Pajama Game") who's been "wowing" Bay Village audiences for more than 10 years!



## AUGUST Birthdays

Aug. 1

*Rose Sprague & Phil Goodell*

Aug. 2

*Stan Wehling & Helen McKown*

Aug. 3

*Wanda Witt & Woody Woodfield*

Aug. 5

*Jack Brown & Mary Louise Clark*

Aug. 7

*Anne Plescia & Marlene Heinowitz*

Aug. 8

*Ron Cota & Anna Small*

Aug. 10

*Lucy Martinez & Kit Kitterer*

Aug. 11

*David Morrill & Bill McCampbell*

Aug. 12

*Dora Mix, Jacquie Rieke, Bill Crane & Arthur Stade*

Aug. 16

*Donna Gary & Dee Christian*

Aug. 17

*Helen Schlecht, Larry Ream & Jane Hammond*

Aug. 19

*Marjorie McLoughlin*

Aug. 20

*Marie Crusinberry & Joyce Harrell*

Aug. 22

*Helen Buchholtz*

Aug. 23

*Betty Whittinghill*

Aug. 24

*Hazel Seeger*

Aug. 25

*Don Burgett & Bonney Miller*

Aug. 26

*Doris Stade*

Aug. 30

*Richard Schmidlein & Marion Oeth*

## AUGUST Anniversaries

Aug. 3

*Alvar & Carol Elbing*

*John & Mary Ann Hartley*

Aug. 8

*Jack & Marta Brown*

*Frank & Jane Camarota*

Aug. 10

*Don & Betty Gasch*

Aug. 16

*Jim & Josi Madigan*

Aug. 27

*Ed & Anne Brown*

Aug. 28

*Otto & Anne Plescia*

Aug. 29

*Ron & Jean Cota*

## AUGUST Vespers Ministers

Aug. 7

*Guest Pastor*

Aug. 14

*Guest Pastor*

*Bay Village Chaplain*

Aug. 21

*Rev. Dr. Chuck Moffett*

*Bay Village Chaplain*

Aug. 28

*Rev. Ken Aldrich*

*Covenant Life Church, Sarasota*

## Movie News!

OCCASIONALLY movies will not come with closed captions, especially if they are older films. We know this is tough for many of you, so we are planning on writing that information on the sign we put on each floor, so you are aware.

**THE EPISCOPAL SERVICE IS BACK! EVERY 2ND WEDNESDAY AT 11:15 A.M. IN THE CARD ROOM!**

## The Village Vibes

### Welcome New Residents

- Mrs. Barbara Rivers moved in to apartment 842 on June 30.
- Mrs. Doris Hochmuth moved in to apartment 763 on July 8.
- Dr. Dale Goris moved in to apartment 710 on July 14.

### Housekeeping News!

Sometimes moving the furniture around can make your apartment feel like a brand new place! If you would like to have your "stuff" rearranged, call Denise in housekeeping and she will set an appointment for you! Dial 2110!



SCHOOL IS BACK IN SESSION THIS MONTH! DRIVE CAREFULLY!



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

Chaplain's Corner  
Rev. Dr. Chuck Moffett  
*"CUT THE CORD"*

My birth certificate says my name is "Charles," but since that was my dad's name, I went by the name of "Chuck" - that is to everyone **except** my mother. To her I was "Chuckie." That brought lots of teasing from classmates in high school, so when I went to college I gathered the nerve to say, "Mother, from now on I will not answer to the name 'Chuckie.'" Cutting that cord was painful, but also healing.

Oh, I know the teasing I now will endure at Bay Village by revealing this personal story, but my point is that there are times when it is important to "cut the cord." We all have had to do it in terms of previous locations, former activities, and even with some family members. Not easy, but necessary for health and wholeness.

For the past several years I have sought ways to cut the cord on an undue reliance on technology in relationships. Not easy! I have received criticism and ridicule since I do not own a TV; I am not on Facebook; I make no use of Twitter; I choose to talk with people in person whenever possible instead of phone, email, or texting. This has not been received well by all. Some folk have asked me to send an email or text instead of intruding on their space.

Cutting the cord has allowed me a whole web of personal contacts, and an openness to the needs of individuals on a more personal level. My preference always is to have a person's needs be addressed in person, not by technology.

May each of us find ways to cut the cord of whatever prevents us from personal contacts with one another. The priority of personal interaction defines the spirit of Bay Village. May we never compromise that spirit.