

Bay Village

OF SARASOTA



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

April 2016



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.



Outdoor Strolls

Spring is here! Take advantage of milder weather and go for a walk in the fresh air. A recent large-scale study by the University of Michigan reported reduced stress levels in people who walked outside with a group. Researchers believe that the combination of exercise, nature and social interaction serves as a powerful mood enhancer. People facing stressful life events, such as an illness, experienced the biggest boost; however, going on regular outdoor walks may contribute to an improved sense of well-being, even when you're feeling fine.

We've got lots of trips coming up to "get you out of the house" and we sure hope you join us for one or all!

On Friday, April 1st, we're headed to the Pier at Sharkeys in Venice. First, enjoy a picnic lunch in the pavilion and then we'll stroll the pier, or if you want, head to the beach for a beach walk. The area around the pavilion where we will have our picnic also has a fun walking trail, so feel free to walk that path as well!

Yes, we will be home in time for vespers...

On Saturday, April 2nd, we're headed to Tampa Downs racetrack for a day of racing fun! We have reserved seating in the climate controlled, private area of the track and a great buffet luncheon is included! You should have received a flier in your mailbox by now giving you further details of this trip!

On Wednesday, April 6th, we're headed to Lemon Bay Park in Englewood. We'll have a guided tour of the park by one of their volunteers and then head for lunch at Fins in Venice!

Hope to see you there!

Village Vibes



The Power of Pecans

Celebrate National Pecan Month in April with a handful of these nutritious nuts. Rich in antioxidants and more than 19 vitamins and minerals, including vitamin E and potassium, pecans are an excellent heart-healthy snack. Studies show that pecans may also help lower the risk for age-related diseases such as Alzheimer's, Parkinson's and Lou Gehrig's disease.



Baseball Season Begins on April 3rd!



Doug Renfroe Performs!

Join us on Thursday, April 21st, at 7:30 p.m. in the auditorium as we welcome Bay Village favorite, Doug Renfroe back to the stage!

Dr. Renfroe is a nationally acclaimed bass baritone who has specialized in oratorio works and has performed throughout the United States and Europe. He received his undergraduate degree from Westminster Choir College, his graduate degree from Catholic University of America and in 2004, he was awarded an honorary Doctorate from the University of California. He has been a featured soloist and guest conductor with the Varna International Music Festival. He has been a featured soloist in Voices of Naples annual "Sing-Along Messiah" since 2006. Doug is the Cantor at Temple Bat Yam on Sanibel Island and is the Artistic Director of Moorings Capital Opera.

Doug always performs a variety of selections from Broadway, Opera and other classics! Join us for an evening you won't soon forget! See you there!



RAINBOWS AND SHOWERS

RAINBOWS for covering your mouth when you cough or sneeze! Cold germs spread quickly.

RAINBOWS for The Suncoast String Band and the Mummers! We had a huge crowd and a great time as usual!

SHOWERS for not ending your program when you get off the treadmill.

RAINBOWS for a FANTASTIC performance on St. Patrick's Day by Brian Gurl and Katherine Alexander! Two very talented folks for sure!

SHOWERS for leaving the wellness center and not shutting the TV off.

WELCOME!!

- Mr. & Mrs. Stephen & Karen Dakan moved into apartment 902 on January 20th.
- Mr. & Mrs. Ronald & Maureen Babcock moved into apartment 1139 on January 21st.
- Dr. Patricia Tway moved into apartment 708 on February 1st.
- Mrs. Margaret Roberts moved from apartment 333 to 633.

Wellness Corner...by Petra Mueller

In April we have the pleasure to welcome **Dr. Barry Stein**, our Medical Director, as a speaker. He will give the lecture *"Discussion on Aging"* on April 7th in the auditorium at 4 pm. Make sure you do not miss out on the chance to meet and greet Dr. Stein.

He takes care of the patients and residents on the Health Center and has a very important function in our residents' lives.

The exercise classes are in full swing and if you are interested, come and join one of my classes just for the day to see what it is all about. The weather is perfect for a class in the pool or a stroll around the pond. Try out Shuffleboard; we have the ladies' and the men's group meeting separately during the week, and newcomers are always welcome.

The ping pong tables in the computer room can be used at any time and playing is a fun way to move and compete.

B.I.L.L. NEWS~A Few Months of Russian History & Music!:

Our current DVD series from the Teaching Company is *"The History of Russia," Peter the Great to Gorbachev*, and it is held every Tuesday, at 7:30 p.m., in the auditorium.

Your B.I.L.L. committee has decided to break this long series into three parts. Part one begins with politics and culture on the eve of Peter the

Great's efforts to transform his country; then, it looks at Peter and his reforms. Next, women's rule is examined with particular focus on

Catherine the Great. Then, the Purgachev Uprising will be covered, as well as writer Nikolai Novikov.

Next, we consider Decembrist rebellion, in which nobles took arms against the state to bring about social and political reform. Part I of this series has ended.

Your instructor for this course is Dr.

Mark Steinberg, a professor of history at the University of Illinois at

Urbana-Champaign, and director of the Russian and East European Center.

He is the winner of a number of prestigious awards, including Yale University's Sarai Ribicoff Prize for Teaching. We hope you will make plans to join us for what should be a fascinating class!

Following part 2 of this series, we'll enjoy a 5-week class about the life of Russian composer Tchaikovsky.

Part 2 of the Russian History May 3rd. On May 10th we will begin our series on Russian composer Tchaikovsky. It's titled "Tchaikovsky: His Life and Music.

This series is taught by Robert Greenberg, the same professor we had for the "Stravinsky" series, so we hope you will join us!



The Village Vibes

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 reserves so that we may have the financial strength to maintain our infrastructure and to provide our staff with a competitive compensation and benefit package.

MAKE
EVERY DAY
EARTH
DAY

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



Children's Orchestra


There are TWO Children's Orchestra performances this month! Saturdays, April 2nd and April 30th. See you at 2:30 p.m. in the auditorium!

Pine View Concert Crew Returns!

On Sunday, April 10th we will enjoy another fantastic concert by the talented kids of the Pine View Concert Crew! They got a standing ovation last time they were here. They sing, play piano and other instruments. They perform a wide variety of music. A great way to spend your Sunday afternoon! Pine View is a school for gifted students, in case you aren't familiar. See you at 2:30 on the 10th!



Sunday	Monday	Tuesday
		
3	4	5
10:30 St. Thomas More Catholic Service (Bd. Rm) 1:00 Asolo Theater (B) 1:30 Sarasota Orchestra (B) 7:30 Movie: "Everest" (A)	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 Bible Class (A) 11:30 Sit & Fit on Video (A) 7:00 Progressive Bridge (G)	9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit & Fit (A) 2:00 Aqua Fit (P) 2:00 Residents' Council (A) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "The History of Russia" (A)
10	11	12
10:30 St. Thomas More Catholic Service (Bd. Rm) 2:15 Sarasota Pops (B) 2:30 Pine View Concert Crew (A) 7:30 Movie: "The Suffragette" (A)	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 Bible Class (A) 11:30 Sit & Fit on Video (A) 12:00 Italian Classes (BD) 7:00 Progressive Bridge (G)	9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit & Fit (A) 12:45 Duplicate Bridge (GR) 2:00 Aqua Fit (P) 7:00 Hand & Foot (C) 7:15 Venice Theater (B) 7:30 B.I.L.L.: "The History of Russia" (A)
17	18	19
10:30 St. Thomas More Catholic Service (Bd. Rm) 2:00 - 4:00 Art Committee Open House 7:30 Movie: "Spotlight" (A)	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 Bible Class (A) 11:30 Sit & Fit on Video (A) 4:00 Happy Hour Poolside (P) 7:00 Progressive Bridge (G)	8:30 Men's Breakfast (D) 9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit & Fit (A) 12:45 Duplicate Bridge (GR) 2:00 Aqua Fit (P) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "The History of Russia" (A)
24	25	26
10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "Brooklyn" (A)	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 Bible Class (A) 11:30 Sit & Fit on Video (A) 12:00 Italian Class (BD) 2:30 Passover Celebration (D) 6:15 Venice Concert Band (B) 7:00 Progressive Bridge (G)	9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit & Fit (A) 12:45 Duplicate Bridge (GR) 2:00 Aqua Fit (P) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "The History of Russia" (A)

Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:30 Tai Chi (W) 10:00 Writers Group(A) 11:00 Picnic and Pier Walk (B) 11:30 Sit & Fit~ Video (A) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p>2</p> <p>9:00 Men's Shuffleboard (courts) 9:30 Tampa Bay Down Racetrack Trip (B) 11:30 Sit & Fit~ Video (A) 2:30 Children's Orchestra (A)</p>
<p>6</p> <p>9:00 Men's Shuffleboard 9:30 Lemon Bay Park (B) 10:00 St. Boniface (A) 11:30 Sit & Fit~ Video (A) 2:30 Popcorn & A Movie: "Everest"(A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>7</p> <p>9:00 Strength Class (W) 9:30 SPLASH! (P) 11:30 Sit & Fit (A) 4:00 Dr. B. Stein "Discussion on Aging" (A) 7:30 "The 'Just Us' Duo" Performs (Baibe and Dan Are Back!)(A)</p>	<p>8</p> <p>9:30 Tai Chi (W) 10:00 Book Group (A) 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>9</p> <p>9:00 Strength (W) 9:00 Men's Shuffleboard (courts) 9:30 Splash (P) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:00 Sarasota Ballet (B) 7:30 Documentary Special : "Jiro Dreams of Sushi" (A)</p>
<p>13</p> <p>9:00 Men's Shuffleboard 10:00 Tai Chi- Beginners (W) 10:00 St. Boniface (A) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie: "Suffragette"(A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>14</p> <p>9:00 Strength Class (W) 9:30 SPLASH! (P) 10:00 CHATS (A) 11:30 Sit & Fit (A) 2:30 Ice Cream Sundae Social (P) 7:30 Movie Special" "Kiss Me Kate" (A)</p>	<p>15</p> <p>9:30 Tai Chi (W) 10:00 Local Author Jan Hasselbring Speaks (A) 11:30 Sit & Fit on Video (A) 1:30 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) 6:30 Booker High Performing Arts: "Pippin" (B)</p>	<p>16</p> <p>9:00 Strength (W) 9:00 Men's Shuffleboard (courts) 9:30 Splash (P) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 2:45 Venice Symphony (B)</p>
<p>20</p> <p>9:00 Men's Shuffleboard 10:00 Tai Chi- Beginners (W) 11:00 Posture & Balance (W) 11:30 Sit & Fit (W) 1:30 Line Dance (W) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>21</p> <p>9:00 Strength Class (W) 9:30 SPLASH! (P) 11:30 Sit & Fit (A) 2:30 Popcorn & A Movie: "Spotlight" 7:30 Bass Baritone Doug Renfroe Performs(A)</p>	<p>22</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) **Passover Begins</p>	<p>23</p> <p>9:00 Strength (W) 9:00 Men's Shuffleboard (courts) 9:30 Splash (P) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 2:30 Children's Orchestra (A) 7:30 Documentary Special: American Experience: Walt Disney (A)</p>
<p>27</p> <p>9:00 Men's Shuffleboard 10:00 Tai Chi- Beginners (W) 10:00 St. Boniface (A) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie: "Brooklyn"(A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>28</p> <p>9:00 Strength Class (W) 9:30 SPLASH! (P) 11:30 Sit & Fit (A) 7:30 Violist David Pedraza & Pianist Olga Kim Perform(A)</p>	<p>29</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>30</p> <p>9:00 Strength (W) 9:00 Historical Society Trolley Tour (B) 9:00 Men's Shuffleboard (courts) 9:30 Splash (P) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 1:00 Sarasota Ballet (B) 2:45 Venice Symphony (B)</p>

"Village Vibes"



Book Group News!

Bay Village favorite Ehsan Shah will speak at the Book Group meeting on Friday, April 8th, at 10:00 a.m. in the auditorium. Mr. Shah will review the book No Ordinary Disruption by the directors of the McKinsey Global Institute. Subtitled The Four Global Forces Breaking All The Trends, the book discusses how the world economy's operating systems are being rewritten. Mr. Shah's yearly appearances at the Book Group are always highly anticipated.
... Louise Porter

DAVID PEDRAZA RETURNS!



Violist David Pedraza

Violist David Pedraza is well known to many folks at Bay Village because he has performed here many times! He keeps getting invited back for a reason as he is an outstanding musician! David was born in Reynosa, Mexico, and started his studies at age 14. David received his bachelor's degree at Shenandoah Conservatory and he recently completed his masters of music degree under a full scholarship at Lynn University Conservatory of Music.
David has won numerous awards and

has performed all over the world. Currently, he is with the Miami Symphony, the Vitali Quartet and Symphony of the Americas. David is joined this evening by pianist Olga Kim. We hope to see a packed house tonight for what is sure to be another great concert!

Passover Celebration

Passover, one of the most important holidays in the Jewish faith, celebrates the deliverance of the Jewish people from slavery in Egypt. This year, Passover begins on Friday, April 22nd and ends on Saturday, April 30th. We will celebrate Passover at Bay Village on Monday, April 25th, at 2:30 p.m. in the dining room. All are welcome!



The "Just Us" Duo Performs

We are happy to report that Baibe Vengers and Dan Wascoe will again take the Bay Village stage on Thursday, April 7th, at 7:30 p.m. in the auditorium.

Baibe and Dan are "edu-tainers" and do a "multimedia" presentation of famous composers/artists. It includes a PowerPoint of old slides of the artist(s) you will be learning the history of, as well as live music by Baibe and Dan. Come to the auditorium for another upbeat and fun performance by this dynamic duo, as they present: "Chick Singers Extraordinaire" ~American Pop Songs from Shirley Temple, Marilyn Monroe, Doris Day, Rosemary Clooney, Patti Page and MORE!! Sounds fun, right? We will see you there!!





APRIL Birthdays

April 1

Marie Burgett & Fran Hillier

April 2

Carolyn Hart, Nancy Gail Heins &
Mary Good

April 3

Dori Youngdale

April 4

Stella Messineo

April 5

Billie Peters

April 8

Anne Marshall

April 10

Art Johnston & Ann Robinson

April 12

Otto Plescia & Joyce Menk

April 13

Betsy Hannan & John Swift

April 14

Betty Gough

April 18

Jean Morrill & Edie Watson

April 20

Helen Beckwith

April 22

Tomoko Nishikawa

April 23

John Daunt, Geraldine Martin & Pat
Hardeman

April 24

Haydee Nazali

April 26

Millie Hightower

April 27

Charlie Reich

April 28

Miriam Horvath & Helene Spencer

April 29

Aram Papazian

Happy Anniversary

April 1

Robert & Carol June Wright

Vespers Ministers

April 1

Rev. Dr. Chuck Moffett
Bay Village Chaplain

April 8

Rev. Dr. Chuck Moffett
Bay Village Chaplain

April 15

Rev. Dr. Chuck Moffett
Bay Village Chaplain

April 22

Rev. Dr. Chuck Moffett
Bay Village Chaplain

April 29

The Very Rev. Fred Robinson
Church of the Redeemer Episcopal,
Sarasota

Welcome!

*Mrs. Beatrice "Bea" Eisele moved in to
apartment 1131 on February 24th.

*Mr. Frank Hassell moved in to
apartment 1135 on Tuesday, March 1st.

*Mrs. Jeanette Sankes moved in to
apartment 737 on March 4th.



The Village Vibes



Apartment Art Tour!

The Bay Village Art
Committee has

another apartment
tour scheduled for
Sunday, April 17th,
2:00 p.m.-4:00 p.m.!

It's an "open house"
style event, so drop by
the apartments listed
on the flier you will
get in your mailbox
during that time
frame. We haven't
done this in a few
years, so I hope you
will take advantage of
the opportunity to see
some beautiful and
uniquely decorated
apartments!

Protecting the Environment

The overwhelming
public support for the
first Earth Day in
1970 led to the
creation of the
Environmental
Protection Agency.
Earth Day is
celebrated on April
22.



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

Chaplain's Corner
Rev. Dr. Chuck Moffett

None of us wish to be tagged as an "imbecile": dunce, stupid, idiot, weak-minded, with an IQ of 25-50. We consider it offensive—because it is.

Yet in 1927, Associate Justice of the U.S. Supreme Court, Oliver Wendell Holmes, Jr., wrote an 8-1 majority decision which upheld a state's right to forcibly sterilize a person considered unfit to procreate. In the particular case of *Buck v. Bell*, Holmes stated "*three generations of imbeciles are enough.*"

This ruling was foundational in the early 20th century American eugenics school of thought which actively sought to "breed out" traits that were considered undesirable. It was believed "we can help nature along, if we just plan who reproduces and who doesn't reproduce." During the 20th century, as many as 70,000 Americans were forcibly sterilized on the condition that they were deaf, blind, diseased, minorities, poor, promiscuous, feeble-minded, imbeciles.

The Immigration Act of 1924 restricted those who were **not** from NW Europe. It was this U.S. Act which was acclaimed by Adolph Hitler in his "*Mein Kampf*", and became the model to develop his programs of human exterminations.

Adam Cohen, in his March 2016 book, *Imbeciles*, explores the connection between the American eugenics movement and the rise of the Nazi party in Germany. He also states that the instinct to "demonize" people who are different still is prevalent in the U.S. today.

I deeply am distressed by the "demonizing" statements on all sides in the current political rhetoric, but I fear this only represents what is becoming the core of our American culture. How I pray we can recapture a conviction that EVERYONE is a child of God.