

Bay Village



OF SARASOTA



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

September 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.



My Three Sons are Set to Perform on September 8th at 7:30 p.m. in the Auditorium

One of the very few American musical art forms, the Barbershop Quartet is truly a cultural treasure. Its sound is completely unique and, **"My Three Sons"** (Stephen Ditchfield and sons Nathanael, Michael and David) are a world class Barbershop Quartet. With Michael singing lead, Stephen singing bass and Nathanael and David alternating between baritone and tenor, **My Three Sons Quartet** has truly become renowned for their tight harmonies and wide scope of Barbershop and a cappella music. They have won numerous prestigious awards here in Florida and internationally. Come and hear why!

They tend to pack the house here at Bay Village, so arrive early for the best seats!

Village Vibes

Down Under News!

Did you know that our "Down Under Shop" donates all of the money they make to the Bay Village Endowment Fund?

They give tens of thousands year after year!

If you don't know what the "Down Under" is, it's a re-sale shop located in the basement and they are usually open every other Friday. Look for the sign on your bulletin board to find out when. You are welcome to donate unwanted items to the shop! If it's a big item, our housekeeping department is happy to come pick it up!

Lovely Libra

Represented by a set of balance scales, Libra is the zodiac sign for those born between Sept. 23 and Oct. 22. Libras value beauty and harmony and are known to root for the underdog.



RAINBOWS AND SHOWERS

RAINBOWS for the completely fun, upbeat and educational program by the Golden Gates Singers & Dancers! This troop of high energy young people was visiting from Russia and everyone enjoyed them so much last year, we had no choice but to book them again!

SHOWERS for people who don't

RETURN the pencils in the communication room sign-up area!!!!!!

RAINBOWS for the Opera Guild Summer Salons! It gets a bit boring here in summer when nearly ALL of our favorite theaters are closed! What a great way to support the Sarasota Opera Guild and enjoy fantastic food and entertainment!



Looking Good!

Wellness Corner ... by Petra Mueller

The days are getting shorter and it's getting a little cooler, but the water in the gulf is still very warm and wonderful to swim in.

On September 22nd, you will have the chance to go to the beach and enjoy the beauty of it without the crowds! We are planning to go for lunch first, at wonderful "Cafe Evergreen" and then head to Nokomis beach.

Come relax on a bench or a beach chair, head out on the jetty, stroll along the water line or just stay in the water and play.

Pictured to the left are some of our ladies' shuffleboard group!

They meet every Monday at 9:00 a.m. Our courts are newly-renovated, so come join in the fun! We've got lots of shade there and flowers in the gardens making it a beautiful spot on campus.

HEALTH TIP OF THE MONTH:

ANTACIDS, e.g. Tums, Calcium, etc., can neutralize some other medications and decrease the effectiveness of the drug.

Therefore, antacids should not be taken within 2 hours before or after administering most drugs. It is a good idea to check the information sheet from your pharmacy when in doubt on all medications.

(Essentials of Pharmacology, 2015. See Antacids) This book is available for reference only in our library.

MUNCHKINS and MEMORIES and SHOW & TELL!

Join us on Monday, September 12th, for "Munchkins & Memories," with Curt Werner from "Your Living Memories."

"Your Living Memories" was created by Curt, a longtime professional journalist and a 15-year Sarasota resident. After spending 25+ years covering health care and writing for a variety of media outlets, he moved on to his second career as a senior living executive here in Sarasota. He has now merged both of his careers into becoming a Personal Historian. Curt is a member of the Association of Personal Historians.

Refreshments this morning, you guessed it, Dunkin' Munchkins and some hot coffee and tea to go with it!

Curt would like you to bring a memento with you this morning and tell why it is special to you.

B.I.L.L. NEWS~

Our current DVD series will end on September 6th.

Our next DVD from the Teaching Company is The Guide to Essential ITALY. Although this is a "Teaching Company" DVD, it was produced by "Smithsonian Journeys," the travel arm of the Smithsonian. Although it is taught by a professor (Kenneth R.

Bartlett from the University of Toronto), it takes you through all of Italy, giving you insight into the history of each region, as well as current information about each place. It's like a travelogue! It also has CLOSED CAPTIONS! We are breaking it into 3 parts. Part one is 6 weeks. It begins on September 13th! We have also begun re-showing the weekly B.I.L.L. class on Monday afternoons at 2:30 p.m. in the auditorium. So if you miss a class, join us on Monday to get caught up!

We recently sent out a survey, looking for input on what types of classes to offer and we were very

happy with how many responses we got! Folks are least interested in learning about sports and economics and very happy to learn about travel, nature and history. Most of you want shorter programs, (4-6 weeks) and are fine with a mix of live presenters and DVDs. 50% of the respondents said that subtitles were essential, or very important. Thank you, as well, for your written comments! They are being reviewed by the committee as future programs are being developed! Besides our regular Tuesday evening video, we are going to show the Ken Burns Documentaries, "The National Parks: America's Best Idea." 2016 marks the 100-year anniversary of the formation of the National Parks Service. The entire series of films will be shown every Saturday at 7:30 p.m. in the auditorium. 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.



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

**PLEASE NOTE:
THERE IS NO
TRANSPORTATION
or MAIL on LABOR
DAY~**

September 5th

MOVIE NEWS

We do not have the use of the auditorium on Wednesday, September 28th. We will have popcorn and a movie on Thursday, September 29th, instead. Same time~ 2:30 p.m.

Grandparents Day


Let's celebrate

Grandparents Day at the Lido Beach Resort! Join us for Sunday brunch on September 11th! The bus departs at 12:30 p.m.!

The buffet features a prime rib carving station, a seafood raw bar, delicious desserts, pasta, chicken, an omelette station, a variety of breads and cheeses and a wonderful selection of fruit and salad!



Sunday	Monday	Tuesday
4	5	6
<p>MARK YOUR CALENDARS! THE FLU SHOT CLINIC IS SCHEDULED FOR OCTOBER 4TH! FURTHER INFORMATION WILL BE IN YOUR MAILBOX SOON!</p> <p>10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "London Has Fallen" (A)</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 Residents' Council (A) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "CHURCHILL" (A)</p>
11	12	13
<p>10:30 St. Thomas More Catholic Service (Bd. Rm) 12:30 Brunch Outing to the Lido Beach Grille (B) 7:30 Movie: "Whale Rider" (A) GRANDPARENTS DAY</p> <p>PATRIOT DAY</p>	<p>9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 Bible Class (A) 10:30 "Memories & Munchkins" With Curt Werner From Your Living Memories (A) 11:30 Sit & Fit on Video (A) 2:30 B.I.L.L.: "Churchill" (A) 7:00 Progressive Bridge (G)</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) 12:45 Duplicate Bridge (GR) 5:00 Dine Out at Euphemia Hays and Dessert at the Hays Loft! (B) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "Essential ITALY!" (A)</p>
18	19	20
<p>10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "Love & Friendship" (A)</p>	<p>9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 Bible Class (A) 2:30 B.I.L.L. "Italy" (A) 11:30 Sit & Fit on Video (A) 7:00 Progressive Bridge (G)</p>	<p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit N' Fit (A) 12:30 Birthday Party Luncheon (A) 2:00 Aqua Fit (P) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "Essential ITALY!" (A)</p>
25	26	27
<p>10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "Me Before You" (A)</p>	<p>9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 Bible Class (A) 11:30 Sit & Fit on Video (A) 2:30 B.I.L.L. "Italy" (A) 7:00 Progressive Bridge (G)</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) 12:45 Duplicate Bridge (GR) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "Essential ITALY!" (A)</p>

Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right;">1</p> <p>10:00 Trip to St. Petersburg-Dali Museum & Lunch at Birch & Vine (B) 9:00 Strength Class (W) 9:30 SPLASH! (P) 11:30 Sit & Fit (A) 7:30 Movie Special: "Red Tails: The Real Story of the Tuskegee Airmen" (A)</p>	<p style="text-align: right;">2</p> <p>9:30 Tai Chi (W) 10:00 Writer's Group (M) 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 style="text-align: right;">3</p> <p>9:00 Strength (W) 8:30 Men's Shuffleboard (Courts) 9:30 Splash (P) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 7:30 Ken Burns Documentary: "The National Parks" (A)</p>
<p style="text-align: right;">7</p> <p>8:30 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: "London Has Fallen" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p style="text-align: right;">8</p> <p>9:00 Strength Class (W) 9:30 SPLASH! (P) 11:30 Sit & Fit (A) 12:00 Lunch Out at Bonjour! French Cafe- Siesta Key (B) 2:30 Rev. Chris Whaley Presentation & Movie: The Masked Saint" 7:30 My Three Sons Barbershop Quartet Perform (A)</p>	<p style="text-align: right;">9</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) 3:00 Shabbat (M) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p style="text-align: right;">10</p> <p>9:00 Strength (W) 8:30 Men's Shuffleboard (Courts) 9:30 Splash (P) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 7:30 Ken Burns Documentary: "The National Parks" (A)</p>
<p style="text-align: right;">14</p> <p>8:30 Men's Shuffleboard 10:00 Tai Chi- Beginners (W) 11:00 Posture & Balance (W) 11:15 Episcopal Service (C) 11:30 Sit N' Fit (A) 1:30 Line Dance (W) 2:30 Popcorn & A Movie "Whale Rider" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p style="text-align: right;">15</p> <p>9:00 Strength Class (W) 9:30 SPLASH! (P) 10:00 CHATS (A) 11:30 Sit & Fit (A) 7:30 The Sarasota Mandolin Orchestra Performs! (A)</p>	<p style="text-align: right;">16</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 style="text-align: right;">17</p> <p>9:00 Strength (W) 8:30 Men's Shuffleboard (Courts) 9:30 Splash (P) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 7:30 Ken Burns Documentary: "The National Parks" (A)</p>
<p style="text-align: right;">21</p> <p>8:30 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 "Love & Friendship" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p style="text-align: right;">22</p> <p>9:00 Strength Class (W) 9:30 SPLASH! (P) 11:30 Sit & Fit (video) 12:30 Evergreen Cafe & Nokomis Beach (B) 7:30 Movie Special: "An Unfinished Life" (A)</p>	<p style="text-align: right;">23</p> <p>9:00 Loveland Center Tour and Lunch at Robbi's Reef (B) 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 style="text-align: right;">24</p> <p>9:00 Strength (W) 8:30 Men's Shuffleboard (Courts) 9:30 Splash (P) 11:00 Posture & Balance (W) 11:30 Sit & Fit (A) 7:30 Ken Burns Documentary: "The National Parks" (A)</p>
<p style="text-align: right;">28</p> <p>8:30 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) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p style="text-align: right;">29</p> <p>9:00 Strength Class (W) 9:30 SPLASH! (P) 10:00 CHATS (A) 11:30 Sit & Fit (A) 2:30 Popcorn & A Movie: "Me Before You" 7:30 Bay Village TALENT SHOW! (A)</p>	<p style="text-align: right;">30</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 style="text-align: right; font-size: 2em; font-weight: bold;">Happy Grandparents Day!</p>

"Village Vibes"

Hear Care Connection

Do you have an old hearing aid you never wear? Donate it to "Hear Care Connection" Sarasota. This company refurbishes old hearing aides and gives them to disadvantaged people, including disabled children with hearing loss.

Janet Steele told us about this and she will drop off the hearing aides at the center. We put a basket in the office. Go to www.HearCareConnection.org to learn more.

HOUSEKEEPING NEWS

Did you know that our fantastic housekeeping department is happy to move your furniture for you?! If you are really sick of where your sofa is, call Denise, our housekeeping supervisor, at ext. 2110 to schedule an appointment.



The Sarasota Mandolin Orchestra Performs!

On September 15th at 7:30 p.m. in the auditorium, we are thrilled to welcome the Sarasota Mandolin Orchestra back to the Bay Village stage!

The orchestra is comprised of mandolins, mandola, bass, Russian domra and guitars. Enjoy a smorgasbord of ethnic music - Italian, Russian, Greek, Hungarian, Yiddish, Spanish and more! Its repertoire also consists of ragtime, popular and semi-classical music. Sergio Zigras, our Hellenic guitarist, often serenades the audience with a lovely Greek ballad! For those of you who remember the wonderful Marie Millet, who, sadly,

passed away a few years ago, this concert is being dedicated to her by the orchestra. She was friends with many of the members and absolutely adored the mandolin.

Marie was a member of our entertainment committee and was responsible for initially having us contact the orchestra to perform.

BOOK GROUP MEETING

The Book Group will begin its 2016-2017 season on Friday, September 9, at 10:00 a.m. in the auditorium. Dr. Pat Tway, a recent

Bay Village resident, will be the speaker. She will review the book, Photo-analysis, by Robert Akeret. Photo-analysis is the study of body language as captured on film. Once you understand the theory of "photo analysis" chances are you will find yourself analyzing every photo in sight. Save the date and plan to attend.

... Louise Porter

Directory News!

Our new photo directory took a little longer than normal, didn't it?! In the past, we have contacted Lifetouch every three years to produce an updated directory. Now, they offer an "updatable" directory program, which we are participating in. We only need 15 new residents to have Lifetouch come back and photograph them. This happens at Bay Village about every six months. Then, they print a new book for everyone. We can take out the folks who are no longer here and add the new people.

If you elected not to have your photo taken, or were not here when we did the photography, we will let you know when the photographers are scheduled, so we can set up an appointment for you.

If you elected not to have your email or cell phone number appear in the book and change your mind about that, just call resident services and we will take care of adding that information.

SEPTEMBER Birthdays

September 2

William Danner

September 3

Joyce Tyler

September 5

Ernie Grove

September 6

Trudy Miegel & Elaine Hedrick

September 7

Barbara Hill & Nancy Sneider

September 8

Peggy Hiple & Lilly Farkas

September 9

Mary Louise Rohrer

September 10

Jane Daly & Janet Steele

September 13

Ruth Woodrow & Eileen Fagen

September 14

Richard Stempfhuber

September 15

Phillip Goddard

September 16

James Wallace

September 17

*Harriet Booth (Harriet is celebrating
100 years!)*

& Anne Moffitt

September 20

Florrie Hornsby & Carolyn McGarvey

September 21

*Phyllis Raad, Jane Kern, Erskine Hopkins
& Margaret Ann Ross-Hudson*

September 24

*Art Graham, Alvar Elbing & Mary
Ann Hartley*

September 27

June Haase & Tom Jardine

September 29

*Cecile Chamberland, Inge Wray, Bill
Bridgman & Mary Jo Hopkins*

September 30

Dan Brabeck & Mary Belle Hirons



SEPTEMBER Anniversaries

September 1

Bill & Bobbie Bacon

September 2

Ernie & Kay Gerlach

September 10

James & Pauline Kennedy

September 12

David & Jean Morrill

September 15

*William & Pattie Eastman
Richard & Susie Stempfhuber*

September 25

Bill & Betty Bridgman

September 26

Ronald & Maureen Babcock



SAVE THE DATES!!

In October, we have a wonderful opportunity to help the Kossuth Club celebrate the 60th anniversary of the Hungarian Uprising. They were going to have the two very special concerts they are planning at Selby Library, but we're thrilled that they've chosen to hold the concerts here! On Saturday, Oct. 8th, at 4:00 p.m., we will enjoy the visiting Enyedi-Salamon Quartet performing traditional Hungarian folk music.

On Thursday, Oct. 20th, at 4:00 p.m., pianist Tunde Krasznai performs classical music featuring Hungarian composers! Further details will be in your mailbox in early October.

The Village Vibes



* Drs. Michael & Imogene Rigdon moved in to apartment 566 on July 29th.

* Mr. Richard Storm moved in to apartment 713 on August 17th.

* Mrs. Joann McKoane moved in to apartment 635 on August 16th.

* Mr. & Mrs. Roy & Nancy Goodwill moved in to apartment 963 on August 18th.

SEPTEMBER Vespers Ministers

September 2

*Rev. Dr. Chuck Moffett
Bay Village Chaplain*

September 9

*Rev. Dr. Chuck Moffett
Bay Village Chaplain*

September 16

*Rev. Dr. Chuck Moffett
Bay Village Chaplain*

September 23

*Rev. Dr. Chuck Moffett
Bay Village Chaplain*

September 30

*Rev. Ronn Oren,
Beneva Christian,
Disciples of Christ*



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

Chaplain's Corner
Rev. Dr. Chuck Moffett

SEA SQUIRTS?! Yup - you heard me right.

Sea squirts belong to a remarkable group of undersea animals called *tunicates*. The sea squirt starts off as an egg, then very quickly develops into a tadpole-like creature. It has a small brain to help it swim through the water, until it finds a suitable place to which it can attach itself, and there it will spend the rest of its life – never moving again. At this point its brain becomes unnecessary, so it is absorbed by its body. The only organs which are necessary are those needed to filter the water which it siphons in and out to find nourishment. Once the sea squirt becomes stationary, it literally eats its own brain ... or, in effect, it “loses its mind.”

While this information on the sea squirt was fascinating, I saw no particular application for me until I read an article in a recent Psychology Today magazine. The author of the article, a Ph.D candidate in Education, related the functioning of a sea squirt to how we, as humans, learn. In too many cases, our teaching methods require students to be “glued to their desks,” doing nothing more than siphoning off bits of passing information for basic survival. Living becomes a “no brainer.”

What is the “parable” in this for me? May I never be content to become so glued to a particular mindset, or outlook, or understanding of life and others which causes me to become so “fixed” that I never move again. I do not want to become so attached to survival and safety that life becomes a no brainer, and I literally lose my mind.

The beauty and challenge of God's creation - which includes us - is that God never stops moving. May each of us seek out God's continuing creation in our own lives, lest we lose our minds.