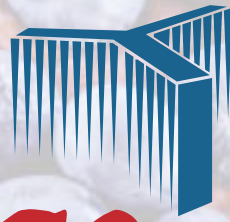


# Bay Village

OF SARASOTA



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



## Bay Village

Eric Nichols ..... President/CEO  
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

### 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.*



## July 2017

### Nichols' Notes

As I write this column, it has now been a month and a half since starting here at Bay Village. In my first column to you, I expressed how the residents seemed similar between Bay Village and the community that I left in Frederick, Maryland. Well, in the process of meeting so many of you, I have realized that there is a major difference that I am really impressed with. In the community that I left, the residents were all pretty much from the Frederick area or had family in the immediate area and that is why they chose to live there. What I have found here at Bay Village is that residents come from all over the United States and beyond! I have met a wonderful group of residents from Hungary, some from Germany, and even Japan. Many of our Bay Village residents used to live in the northeast, such as New York City and the New England states. There is also a large group that used to reside in the Midwest of the United States. There are very few residents that have actually lived in Sarasota most of their lives. It is great to be part of a campus community with such a wide range of people residing here, from all over the world! I feel that brings about a certain uniqueness to our campus.

I have sincerely appreciated all the welcomes that I have received from everyone during the past several weeks. I am settling into my new job nicely. Sheila and our teacup poodles are enjoying their lives in Venice. I have had several messages from friends up north about being jealous of our move to Florida, and it is not even winter yet!

## Village Vibes

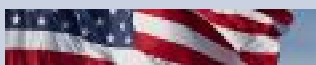
### Bible Class News!

Historically, our Bible Class group does not meet in the summer. We have a DVD from The Teaching Company, "The New Testament," which we will show at 9:30 a.m. on Mondays in the auditorium until class resumes! We showed the series a number of years ago and everyone enjoyed it!



### Liberty and Justice for All

The Civil Rights Act of 1964—which ended segregation in schools and other public places and banned employee discrimination based on race, color, religion, sex or national origin—was signed into law on July 2, 1964, by President Lyndon B. Johnson.



### Drum Circle Rescheduled

Last month you read about a drum circle we were planning on Siesta beach. We didn't have enough people to make a "group", so we are going to hold it here.

Join us on the roof (weather permitting) on Thursday, July 20th at 7:30 p.m.! Edsel van de Wall Arnemann will lead us.

If you have a drum, bring it! Edsel will give a brief presentation about the history of drumming and he also brings a few drums and we have a few for you to borrow. Did you know that drumming has been proven to be good for your health? It reduces stress (less stress means a healthy immune system). Drumming is also meditative, inducing relaxed mental states that reduce anxiety and tension.

Furthermore, you don't need any particular skill or talent to participate! It transcends gender, race, age and nationality. Can you think of a culture that doesn't have some form of drumming tradition?

If you don't want to participate, come and watch. See you there!

### July Vespers Ministers

July 7

Rev. Dr. Chuck Moffett  
Bay Village Chaplain

July 14

Rev. Dr. Chuck Moffett  
Bay Village Chaplain

July 21

Rev. Dr. Chuck Moffett  
Bay Village Chaplain

July 28

Rev. Jim Simco

St. Thomas More Roman Catholic  
Church

### Cirque Du Soleil, Anyone?

#### SAVE THE DATE!

It has been about eight years since we saw the SPELLBINDING & truly AMAZING SHOW, La Nouba at Downtown Disney (which is now called "Disney Springs", by the way). We have taken three groups over the years and many people went more than once! We learned that the show will close this December, so we are going to take a group in SEPTEMBER (Disney fans know that September is the SLOWEST month there and they offer Florida resident specials) on Tuesday, the 12th. The show is at 6:00 p.m., so we arrive home at a decent hour. You'll have your choice of two different restaurants, "House of Blues" or "Wolfgang Puck Cafe." Both less than one city block from the theater.

Even though La Nouba is closing, rumor has it that a different "Cirque" show will take the space. Stay tuned for that!

## Wellness Corner, By Petra Mueller

July - means beach outing, fun in the sun and also a lecture inside with AC! The common theme is water.

July 6th, we are going to the Evergreen Café in Nokomis for a healthy lunch and then head to **Nokomis Beach** for an afternoon of swimming and beach fun in the sun.

**Liz Coursen**, an award winning, ten-time author, editor and historian, will be here to give a lecture on **July 20th** about "Taking the waters," a history of Florida's most famous springs.

Since it is getting hot outside, please remember the length of the indoor corridors. If you walk the 3 corridors on your floor once up and down, you are walking 1135 feet, that is a little less than 1/4 of a Mile. In order to walk 1 Mile this way, you will have to walk that distance 4.65 times. Happy Walking!!!

## B.I.L.L. Series News

We've got a summer full of Rick Burns' documentaries for you all about New York, the city that never sleeps! We'll start on **July 4 at 7:30 p.m. with Coney Island!** What better place to spend Independence Day!

We take a break from New York on **July 11th at 7:30 p.m.** and head through our **National Parks with local author Penny Musco**. Penny was here a few years ago and did a very well-received presentation about slave migration in the 1800s titled "Steal Away." This time, she is taking you through her book about our National Parks, **"Fascinating Stories From Our National Parks."** Did you know that several of our National Parks have camp sites where Japanese American citizens were interred during WWII or that Dry Tortugas National Park is connected to President Lincoln's assassination? Learn this and more in this hour-long presentation by Penny!

On **July 18th**, we finish up our

## Italy series!

**On July 25th at 7:30 p.m. we will show episode one of "New York."** This dramatic and lyrical first episode chronicles the rise of New York from its settlement by the Dutch in the early 17th century through the explosion of commercial growth by completion of the Erie Canal in 1825. Join us and learn New York's fascinating early history!

**The DVDs are a bit longer than our usual one hour class, between 100-120 minutes.**

We're kicking off the New York theme with a party or two and our "movie-extras" this month will feature films set in New York!

Join us on **Wednesday, July 5 at 2:30 p.m.** in the **auditorium** for our kick-off party that will feature the presentation: **"NEW YORK"** by **Kim Sheffield** from Active Minds. She was here on Memorial Day and did a great job, so we invited her back! We've got some fun refreshments planned, too!

## 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:

The Book Group, Men's Breakfast, Bible Class, Residents' Council all take a summer break!

## NO TRANSPORTATION OR MAIL ON JULY 4TH!




### IMPORTANT MEETING

We will hold our annual "hurricane preparedness" meeting on Thursday, July 27th, at 10:00 a.m. Please make plans to attend!

### Movie News

The version of "Beauty & The Beast" we are showing on July 30th is the new live action version starring Kevin Kline as Maurice and Emma Watson as Belle. IT IS AN EXCELLENT FILM! New songs and scenes and great special effects!

Sunday	Monday	Tuesday
2	3	4
10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "A Dog's Purpose" (A)	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 DVD Presentation: "The New Testament" (A) 11:30 Sit & Fit on Video (A) 7:00 Progressive Bridge (G)	<b>HAPPY INDEPENDENCE DAY, EVERYONE!</b> Our Picnic Is Held at Noon, 2:00 p.m. And 4:00 p.m. 2:30 Movie Special: "Tootsie" 7:30 B.I.L.L. Series Special: CONEY ISLAND (A)
9	10	11
10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "Jackie" (A)	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 DVD Presentation: "The New Testament" (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 N' Fit (A) 12:45 Duplicate Bridge (GR) 2:00 Open Gym (W) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "A Tour Through Our National Parks " With Penny Musco (A)
16	17	18
10:30 St. Thomas More Catholic Service (Bd. Rm) 7:30 Movie: "The Zookeeper's Wife" (A)	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 DVD Presentation: "The New Testament" (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) 10:00 How Novel! (BD) 11:30 Sit N' Fit (A) 11:30 LUNCH AT MIGUEL'S Siesta Key (B) 2:00 Open Gym (W) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "ITALY!" (A)
23/30	24/31	25
10:30 St. Thomas More Catholic Service (Bd. Rm) 6:15 Florida Studio Theater (B) (23rd) 7:30 Movie: "The Shack" (23rd) (A) 7:30 Movie: "Beauty & The Beast" (A) (30th)	9:00 Ladies' Shuffleboard (Courts) 9:30 Crafts, Coffee & Conversation (CR) 9:30 DVD Presentation: "The New Testament" (A) 11:30 Sit & Fit on Video (A) 7:00 Progressive Bridge (G) (Same Schedule on the 31st)	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 Open Gym (W) 7:00 Hand & Foot (C) 7:30 B.I.L.L.: "NEW YORK" (A)

Wednesday	Thursday	Friday	Saturday
			1
			1
5	6	7	8
<p>8:15 Men's Shuffleboard            10:00 Tai Chi- Beginners (W)            10:00 Beading W/ Betty (CR)            11:00 Posture &amp; Balance (W)            11:30 Sit N' Fit (A)            1:30 Line Dance (W)            2:30 Kickoff Our Summer Salute to New York (A)            6:15 Duplicate Bridge (GR)            7:15 BINGO (A)</p>	<p>9:00 Strength Class (W)            9:30 SPLASH! (P)            10:45 Nokomis Beach and Lunch at Evergreen Cafe (B)            11:30 Sit &amp; Fit (A)            12:30 Guys-Only Luncheon (D)            7:30 Classical Guitar With Dean Miller (A)</p>	<p>9:30 Tai Chi (w)            11:00 Posture &amp; Balance            11:30 Sit &amp; Fit (A)            1:30 Hand Exercise (CR)            3:30 Vespers (A)            6:15 Duplicate Bridge (GR)            **DOWN UNDER DAY</p>	<p>8:15 Men's Shuffleboard (courts)            9:00 Strength Class (W)            9:30 SPLASH! (P)            11:00 Posture &amp; Balance (W)            11:30 Sit &amp; Fit (A)            7:30 Movie Special: "Maid in Manhattan" (A)</p>
12	13	14	15
<p>8:15 Men's Shuffleboard            10:00 Tai Chi- Beginners (W)            11:00 Posture &amp; Balance (W)            11:15 Episcopal Svc. (C)            11:30 Sit N' Fit (W)            1:30 Line Dance (W)            2:30 Popcorn &amp; A Movie "Jackie"(A)            6:15 Duplicate Bridge (GR)            7:15 BINGO (A)</p>	<p>9:00 Strength Class (W)            9:30 SPLASH! (P)            11:30 Sit &amp; Fit (A)            11:00 Opera Guild Luncheon at Michael's on East (B)            7:30 Movie Extra: Manhattan (A)</p>	<p>9:30 Tai Chi (w)            9:45 Summer Circus at the Historic Asolo &amp; Lunch at "Word of Mouth Cafe" (B)            11:00 Posture &amp; Balance            11:30 Sit &amp; Fit (W)            1:30 Hand Exercise (CR)            2:00 Shabbat (M)            3:30 Vespers (A)            6:15 Duplicate Bridge (GR)</p>	<p>8:15 Men's Shuffleboard (courts)            9:00 Strength Class (W)            9:30 SPLASH! (P)            11:00 Posture &amp; Balance (W)            11:30 Sit &amp; Fit (A)            7:30 Movie Special: "You've Got Mail" (A)</p>
19	20	21	22
<p>8:15 Men's Shuffleboard            10:00 Tai Chi- Beginners (W)            11:00 Posture &amp; Balance (W)            11:30 Sit N' Fit (A)            1:30 Line Dance (W)            2:30 Popcorn &amp; A Movie "The Zookeeper's Wife"(A)            6:15 Duplicate Bridge (GR)            7:15 BINGO (A)</p>	<p>9:00 Strength Class (W)            9:30 SPLASH! (P)            11:00 Liz Coursen Presents: "Taking the Waters" (A)            12:30 Guys-Only Luncheon (D)            2:30 Move Special: Breakfast at Tiffany's (A)            7:30 Drum Circle With Edsel (R)</p>	<p>9:30 Tai Chi (w)            11:00 Posture &amp; Balance            11:30 Sit &amp; Fit (video)            3:30 Vespers (A)            6:15 Duplicate Bridge (GR)            ***"DOWN UNDER" DAY!</p>	<p>8:15 Men's Shuffleboard (courts)            9:00 Strength Class (W)            9:30 SPLASH! (P)            11:00 Posture &amp; Balance (W)            11:30 Sit &amp; Fit (A)            7:30 Movie Special: "On the Town" (A)</p>
26	27	28	29
<p>8:15 Men's Shuffleboard            10:00 Tai Chi- Beginners (W)            10:30 Tour the "Super-Sensitive Instrument String Co" (B)            11:00 Posture &amp; Balance (W)            11:30 Sit N' Fit (A)            1:30 Line Dance (W)            2:30 Popcorn &amp; A Movie "The Shack"(A)            6:15 Duplicate Bridge (GR)            7:15 BINGO (A)</p>	<p>9:00 Strength Class (W)            9:30 SPLASH! (P)            10:00 Hurricane Preparedness Meeting(A)            11:30 Sit &amp; Fit (A)            4:30 "Relatively Speaking" At the Asolo &amp; Dinner at El Greco (B)</p>	<p>9:30 Tai Chi (w)            11:00 Posture &amp; Balance            11:30 Sit &amp; Fit (A)            1:30 Hand Exercise (CR)            3:30 Vespers (A)            6:15 Duplicate Bridge (GR)</p>	<p>8:15 Men's Shuffleboard (courts)            9:00 Strength Class (W)            9:30 SPLASH! (P)            11:00 Posture &amp; Balance (W)            11:30 Sit &amp; Fit (A)            7:30 Movie Special: "Manhattan Murder Mystery"</p>

## "Village Vibes"

### Welcome New Residents

\*Mrs. Lillie May Geyer moved in to apartment 511 on May 22nd.

\*Mrs. Denise Kobel moved in to apartment 802 on May 23rd.

\* Mrs. Charlotte Hagger moved in to apartment 703 on May 26th.

\* Mr. & Mrs. Bob & Anna Gannon moved in to apartment 961 on May 31st.

\* Mr. & Mrs. Paul & Sandy Wallis moved in to apt. 864 on June 13th.

### Build Balance by Swimming

In addition to enjoying a gentle, low-impact exercise, seniors have another reason to take up swimming: fall prevention. Multiple studies show that swimmers have a 30 to 50 percent lower risk of falling. Relying on the water for support helps build stronger core muscles, which contribute to better balance.

### RAINBOWS AND SHOWERS

**RAINBOWS** for Fred Moyer! Not only did he do his usual fantastic job of performing, he set up his "Moyer Cam." Fred invented a way to project the pianists hands on the lid of the piano! We were certainly mesmerized by his performance!

**RAINBOWS** for our tour of the Asolo Theater! Everyone enjoyed this "behind the scenes" tour and our lunch by Morton's Market!

**RAINBOWS** for Ann De Cesare for picking up the dead flowers by the pool!

**RAINBOWS** for everyone who helped out with Jack's retirement party!

**RAINBOWS** for ETTA ANDERSON for helping out transporting residents on our health center to church every Sunday! Call ext. 1807 if you can help out!

**RAINBOWS** for all the SHOWERS we've been getting after our DRY winter!

### Wellness Fair at Costco

On Wednesday, July 26th, Costco Warehouse is having a *wellness fair*. They are giving everyone a shopping pass for the event and a tour of the store. You'll visit pharmacy, hearing and optical.

We're going to hop on the 9:00 a.m. shopping bus, so your ride over is free! They are serving refreshments as well and offering discounts on memberships if you aren't already a member.



John & Nancy Swift and Bill & Sara Atz were the first couples to enjoy our new Anniversary Dinner Celebration. Cheers!

### Dean Miller Performs

Join us on Thursday, July 6th, at 7:30 p.m. in the auditorium as we welcome *classical guitarist Dean Miller* back to the Bay Village Stage. Dean Miller's command of the guitar and versatile vocal ability combine for a truly unique style. He performs classical, Spanish, popular, finger style, jazz and Latin styles of music.

Dean is a fantastic performer and his ability to reach every listener shines! He is amazing to both watch and hear and we hope we have a large crowd tonight! We asked him to do a couple of "New York" related songs to go with our theme for the summer!

### Eat for Allergy Relief

Do seasonal allergies have you sniffing and sneezing? Certain foods may provide some relief by reducing inflammation and strengthening the immune system. Try broccoli, onions, garlic, pineapple, oranges, watermelon and tomatoes.

## July Birthdays

July 1

Jean Paulus & Elayne Peabody

July 3

Frank Camarota

July 5

Patricia Tway

July 7

Bettye Miller

July 8

Roberta White & Ann DeCesare

July 9

John Cavanaugh

July 10

Babe Baptist & Suzanne Fensterwald

July 13

Kathy Hunt

July 16

Loretta Turpin

July 19

Bunny Raabe

July 20

Edna Stirling & Monte Marshall

July 21

Nancy Sweetland & Judy Hendricks

July 22

Pauline Medenis & Mary Jane Smith

July 23

Virginia Wilson, Doris Linton &

Kathy Reich

July 26

James Kennedy

July 27

Ken Fake

July 29

Irene Egyed, Virginia Siantz &

Ann Deloach

July 30

Richard Storm

July 31

Jim Westerdale



## Day Trips and Travels!

Upcoming trips this summer include a reception at The Nokomis Art Gallery on Saturday, July 1st! Bus departs at 12:30 p.m. We'll start with lunch at Evergreen Cafe and you can walk to the gallery from there!

On Friday, July 14th, we're headed to the Summer Circus at the Historic Asolo Theater! This is always a fantastic show and it's just \$15 per ticket, so it's a great value! We'll head to lunch at Word of Mouth restaurant following the circus.

Bus departs at 9:45 a.m.

On Thursday, July 27th, we will depart Bay Village at 4:30 p.m. for a the first of two plays we will be seeing during their "Dog Days of Summer" series at the Asolo Repertory Theater. Our first play is "Relatively Speaking" and the full description will be on the flier you receive in your mailbox. Prior to the show, we'll say OPA! and enjoy dinner at El Greco Greek restaurant.

We know that one of the most beloved restaurants on Siesta Key, Miquels, only serves dinner. Guess what they have decided to do all summer while they are slow? Open for lunch. A special, 3-course menu will be on the flier you receive in your mailbox. Lunch is scheduled for Tuesday, July 18th, and the bus departs at 11:30 a.m.

Have fun, everyone!



## The Village Vibes



July

**Anniversaries**

July 2

Vic & Janet Mahler

July 10

Phil & Penny Goodell

July 22

Roger & Ruth Woodrow

July 31

Robert & Joyce

VanZandt

**MORE Day Trips**

On Wednesday, July

26th, we are headed

to the instrument

string company that the Cavanaugh family

owns, "The

Super-Sensitive Music

String Company." First

we'll have a tour of

the facility by John &

Ellen Cavanaugh's

son, Jim and then we

will enjoy lunch at

Sommers Family

Restaurant That's

another of Sarasota's

wonderful Amish

restaurants! The bus

departs at 10:30 a.m.

**"A hot dog at the ballpark is better than steak at the**

**Ritz." —**

**Humphrey**

**Bogart**



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

Chaplain's Corner  
Rev. Dr. Chuck Moffett  
"DETOURS"

1975: the year of two notable events in Sarasota...

--Bay Village Continuing Care Community opened  
its doors to welcome residents;

--Bob's Barricades open for business to become  
the #1 producer of the "state flower" - those  
ever-present orange cones which direct traffic  
through our ever-present construction zones!

Then we see it - that most dreaded sign: "**DETOUR.**"

OH NO!, my planned route has been changed! I have lost  
control! I do not want to see another Bob's Barricade!

While not liking "detours" in our lives, **they will come.**

The issue is how we respond to them. A recent meditation  
from Dial Hope offers insights:

Never view a detour as the end of the road.

Think about a detour as a fresh and new opportunity.

Trust the Lord of the road.

May we see "detours" as new "opportunities" to find a  
new dimension of God's presence with us.