

Bay Village

OF SARASOTA



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

August 2018

NICHOLS' NOTES

August is here, which means the first seven months of 2018 are behind us. There has been a lot happening during these months at Bay Village! The new Wi-Fi service is providing the backbone for several information technology (IT) projects. These projects include our Touchtown digital display signs that went up in March/April and also the Point of Sale system going into our dining room later this year. Our outdoor pool area has had a makeover that includes new tropical plants (to include palm trees and hibiscus plants), new outdoor furniture, and two awnings to provide additional shade. I have heard a lot of positive comments about this area of our campus. Also completed recently has been the addition of new plants along the outside wall of the campus and new tropical foliage planted around the front sidewalk entrance to the campus building. As you can see, it has been a busy seven months!

The Dog Days of summer are here and I must say our four teacup poodles are really enjoying the Florida weather! All of them enjoy laying in the sunshine on our lanai and two of them enjoy gecko hunting outside the lanai, though they have yet to catch one! I hope you enjoy the rest of summer.



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
 Kim Joynes 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.

www.bayvillage.org

www.facebook.com/BayVillageSRQ/

Village Vibes



Transportation News!

Bay Village has been experiencing an increase in transportation volume; as a result Bay Village will be unable to fulfill same day requests. To assure the best possible service, it is requested that you make your reservation through the Resident Services office at least 48 hours before the day of your appointment. We would ask that Resident services be contacted as early as possible so that we can better schedule and accommodate Resident requests. Emergency appointments will be handled on a case by case basis depending on driver and schedule availability.

Thank You
Alec Weitzel, COO



Caribbean Kick Off!

Our kick off event for "Sail Our Seas" is Thursday, August 23rd at 7:30 p.m. in the auditorium!

Steel pan artist John Patti will be performing some cool calypso and reggae to get you in a tropical mood! You may remember John as he has been here a number of times.

We're planning some fun food and cocktails/mocktails and we ask that you dress in your favorite Caribbean Cruise Wear and we'll have a prize or two for the "loudest shirt" person!

On page 6 we have a detailed article letting you know just some of what we are planning!

SALUD! CHEERS & SEE YOU THERE!



Jimmy Mazz Returns!

SAVE THE DATE! Another FAVORITE performer is coming back to Bay Village! Jimmy Mazz returns to the stage on Thursday, August 30th, at 7:30 p.m. With

40+ years of entertainment experience as a Headliner in Atlantic City's Resorts Casino Hotel in Atlantic City, Jimmy Mazz truly understands how to entertain an audience! His versatility and song selection are key. Combined with his unique ability to sound like the original artist in many cases, his voice is rich and elegant. His energetic visual performance and relaxed antics really entertain. This is partly why this is his fourth time performing here! Jimmy is also enjoyed for his candid humor, amusing trivia and intriguing song styling. You are in for an evening you won't soon forget. The title of tonight's show is "Legends In Concert!" If you want to check out Jimmy's website, it's www.jmazzsings.com.



Bay Village Favorite- Jimmy Mazz

Summer

"Summertime is always the best of what might be." —Charles Bowden

Dog Days of Summer Ice Cream Party!

They are BACK by popular demand!

The Nichols Kids (Eric & Sheila Nichols' poodles) will be joining us for another ice cream sundae party on Friday, August 17th at 1:30 p.m. in the auditorium!!

As it happens, it's proven that being in contact with animals lowers your blood pressure and elevates mood! A perfect addition to our Wellness Event!

Wellness Corner

Health Tip of the Month: Larger doses of Vitamins A, D, E or Iron can cause bad side effects. Inappropriate dosage of potassium can cause irregular heart beat.

Eating a well-balanced diet or taking a multivitamin if necessary, are sufficient. Do not take a large dose of any Vitamin unless prescribed by your M.D. or Osteopath. (Essentials of Pharmacology for Health Professionals, 8th Edition, Colbert, Woodrow)- See Vitamins and Minerals in this book, it is available in our library.

B.I.L.L. Series News

News from ADULT & COMMUNITY ENRICHMENT:

We apologize for last month's series of classes with Bob Clementis' "Foreign Affairs" will not be held in the future due to unreliability of the instructor and inability to stay on topic.

James Johnson's classes, "Similarities and Differences Between Protestantism and Catholicism" were fascinating and we were sorry more people weren't there! He has other topics and our committee is meeting on August 9th. We will let you know when he will be back via mailbox flier.

Our current series from Teaching Company DVD is "The American West". Part two begins on August 7th. Part one was extremely well attended and received!

Between 1861 and 1865, the clash of the greatest armies the Western hemisphere had ever seen turned small towns, little-known streams,

and obscure meadows in the American countryside into names we will always remember. In those great battles streams ran red with blood, and the United States was truly born.

Our final class in part 2 is on September 11th.

Local Historian Jeff LaHurd joins us for a special presentation on Thursday, August 2nd at 10:00 a.m. in the auditorium. He is the author of several books of local history. His articles have appeared in the Sarasota Herald-Tribune, Style Magazine, The Sarasota Observer, SARASOTA Magazine, SRQ, and The Downtowner. LaHurd is a former board member of the Sarasota Alliance for Historic Preservation and the Sarasota Historical Society.



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=Roof Top Terrace
- W=Wellness Center



A Thought


A few years ago, we added "Crafts, Coffee and Conversation" to Monday mornings. This is an opportunity to work as a group on individual sewing, or other needlework you may be working on so you can chat, etc.

We are adding "COMPUTER"! Bring your smart phone, laptop or tablet and practice sending and receiving photos or email, or updating your Facebook page! It's not a "formal" class but it might be an opportunity to force yourself to use your device, thereby getting better at it. Yes, you can still work on needlework!

LIFETOUCH PHOTOGRAPHY!

We are waiting for confirmation of the dates Lifetouch Photography will be here to take photos of our new folks and anyone who wants to update their picture!

Sunday	Monday	Tuesday
		<p><u>ALL OF OUR MOVIES DURING OUR THREE-MONTH CRUISE WERE FILMED IN THE CARIBBEAN!! ENJOY!!</u></p>
5	6	7
<p>10:30 St. Thomas More Catholic Service (HC) 7:30 Sunday Night Movie: "Pirates of the Caribbean" (A)</p>	<p>9:30 Crafts, Coffee, Computers & Conversation (CR) 9:30 B.I.L.L. Presents: Foreign Affairs With Bob Clementis (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) 1:30 Pinochle (C) 11:30 Sit & Fit (A) 2:00 Open Gym (W) 7:30 B.I.L.L. "The American Wild West"(A)</p>
12	13	14
<p>10:30 St. Thomas More Catholic Service (HC) 1:15 Florida Studio Theater (B) 7:30 Sunday Night Movie: "Splash" (A)</p>	<p>9:30 Crafts, Coffee, Computers & Conversation (CR) 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 & Fit (A) 12:45 Duplicate Bridge (GR) 1:30 Pinochle (C) 2:00 Open Gym (W) 5:30 Dine Out With Live Tropical Music at CHA CHA COCONUTS (B) 7:30 B.I.L.L. "The American Wild West"(A)</p>
19	20	21
<p>10:30 St. Thomas More Catholic Service (HC) 7:30 Sunday Night Movie: "DR. NO" (A)</p>	<p>9:30 Crafts, Coffee, Computers & Conversation (CR) 11:30 Sit & Fit on Video (A) 2:30 BINGO! Caribbean-Style! 7:00 Progressive Bridge (G)</p>	<p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit & Fit (A) 1:30 Pinochle (C) 2:00 Open Gym (W) 7:30 B.I.L.L. "The American Wild West"(A)</p>
26	27	28
<p>10:30 St. Thomas More Catholic Service (HC) 7:30 Sunday Night Movie: "Fifty First Dates" (A)</p>	<p>9:30 Crafts, Coffee, Computers & Conversation (CR) 11:30 Sit & Fit on Video (A) 4:00 Caribbean-Themed Happy Hour! (L) 7:00 Progressive Bridge (G)</p>	<p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Sit & Fit (A) 12:45 Duplicate Bridge (GR) 1:30 Pinochle (C) 2:00 Open Gym (W) 7:30 B.I.L.L. "The American West "(A)</p>

Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>8:30 Men's Shuffleboard 10:30 "Anna Maria Princess Boat Cruise" 11:30 Sit N' Fit-video (A) 2:30 Movie "Chappaquiddick" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A) * No Popcorn Today Due to Boat Cruise*</p>	<p>2</p> <p>9:00 Strength Class (W) 9:30 Splash! (P) 10:00 B.I.L.L. Presents: Sarasota Historian Jeff LaHurd (A) 11:30 Sit & Fit (A) 12:30 Guys Only Luncheon (D) 3:00 GIRLS, INC Present: "Sleeping Beauty" 7:30 Movie Extra: "Cocktail" (A)</p>	<p>3</p> <p>9:30 Tai Chi (w) 11:00 Posture & Balance 11:30 Sit & Fit (A) 2:00 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p>4</p> <p>8:30 Men's Shuffleboard (courts) 9:00 Strength (W) 9:30 Splash (P) 11:30 Sit & Fit (A) 7:30 Documentary Special-The Presidents: "Truman" Part Two (A)</p>
<p>8</p> <p>8:30 Men's Shuffleboard 10:00 Beg. Tai Chi (W) 11:00 Posture & Balance (W) 11:15 Episcopal Svc. (C) 11:30 Sit N' Fit (A) 2:00 Line Dance (W) 2:30 Popcorn & A Movie "Pirates of the Caribbean" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>9</p> <p>9:00 Strength Class (W) 9:30 Splash! (P) 11:30 Sit & Fit (A) 3:30 Tropical Smoothie Party Poolside! (P) 7:30 "Three Hits and a Miss" Band Performs</p>	<p>10</p> <p>9:30 Tai Chi (w) 10:00 Smugglers Cove Mini Golf and Lunch at Tommy Bahama (B) 11:00 Posture & Balance 11:30 Sit & Fit (A) 2:00 Hand Exercise (CR) 2:00 Shabbat (M) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p>11</p> <p>8:30 Men's Shuffleboard (courts) 9:00 Strength (W) 9:30 Splash (P) 11:30 Sit & Fit (A) 7:30 Documentary Special-The Presidents: "FDR" Part One (A)</p>
<p>15</p> <p>8:30 Men's Shuffleboard 10:00 Beg. Tai Chi (W) 11:00 Posture & Balance (W) 11:30 Sit N' Fit (A) 2:00 Line Dance (W) 2:30 Popcorn & A Movie "Splash" (A) 2:30 Kitchen Tour With Denis (D) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>16</p> <p>9:00 Strength Class (W) 9:30 Splash! (P) 11:30 Sit & Fit (A) 12:30 Guys Only Luncheon (D) 5:30 SUNSET SAIL Venice From the Crows Nest Marina and Picnic at the Jetty (B)</p>	<p>17</p> <p>9:30 Tai Chi (w) 11:00 Posture & Balance 11:30 Sit & Fit (A) 1:30 "Dog Days of Summer" Ice Cream Party! (A) 2:00 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p>18</p> <p>8:30 Men's Shuffleboard (courts) 9:00 Strength (W) 9:30 Splash (P) 11:30 Sit & Fit (A) 7:30 Documentary Special-The Presidents: "FDR" Part Two (A)</p>
<p>22</p> <p>8:30 Men's Shuffleboard 10:00 Beg. Tai Chi (W) 11:00 Posture & Balance (W) 11:30 Sit N' Fit (A) 2:00 Line Dance (W) 2:30 Popcorn & A Movie "Dr. No" (A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p>23</p> <p>9:00 Strength Class (W) 9:30 Splash! (P) 10:00 Quarterly Meeting (A) 11:15 Opera Guild Luncheon (B) 11:30 Sit & Fit (A) 7:30 Sail Around the Caribbean Kick Off With the "John Patti Band" (A)</p>	<p>24</p> <p>9:30 Tai Chi (w) 11:30 Sit & Fit on Video (A) 2:00 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p>25</p> <p>8:30 Men's Shuffleboard (courts) 11:30 Sit & Fit on Video (A) 2:30 Children's and Adults Orchestra (A) 7:30 Documentary Special-The Presidents: Kennedys (Part One) (A)</p>
<p>29</p> <p>8:30 Men's Shuffleboard 10:00 Beg. Tai Chi (W) 11:00 Posture & Balance (W) 11:30 Sit N' Fit (A) 2:00 Line Dance (W) 2:30 Popcorn & A Movie "Fifty First Dates" (A) 6:15 Duplicate Bridge (GR) 7:15 MEGA BINGO (A)</p>	<p>30</p> <p>9:00 Strength Class (W) 9:30 Splash! (P) 10:30 Birthday Brunch Caribbean Style! (D) 11:30 Sit & Fit (A) 12:30 Guys Only Luncheon (D) 7:30 Bay Village Favorite JIMMY MAZZ Performs (A)</p>	<p>31</p> <p>9:30 Tai Chi (w) 11:00 Posture & Balance 11:30 Sit & Fit (A) 2:00 Hand Exercise (CR) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	

"Village Vibes"

For Those Who Enjoy Going Out & About!

Beginning on August 1st, we will have all the information about off premise trips and other upcoming Bay Village events that you have to sign up for posted on BOTH SIDES of the bulletin board area in the mail room.

We waste a LOT of paper and ink printing fliers for all 250 mailboxes, when in fact we might have 8-40 residents interested in an event or outing.

The fliers are in the metal holders on each side of the mail room. Each side will have the SAME information and the SAME fliers.

SIGN UP as you normally do in the activity book which is on a desk in the rear of the mail room!

QUESTIONS? You know where to find us!

BOOK GROUP NEWS- Resumes in SEPTEMBER!

SAIL OUR SEAS NEWS!

As you read about a few months ago in Petra's Wellness Corner, we try to have a large event celebrating the seven dimensions of wellness every few years:

Intellectual Wellness: encourages creative, stimulating mental activities.

Spiritual Wellness: promotes seeking meaning and purpose in one's life.

Emotional Wellness: encourages individuals to be positive and enthusiastic about oneself and their life and to have healthy relationships with others.

Environmental Wellness: promotes harmony between one's life and the earth and encourages the individual to minimize harm to the environment.

Social Wellness: promotes interdependence with others and encourages harmony in one's family and friendships.

Occupational Wellness: encourages individuals to hold a job or volunteer position that will give them a sense of

personal satisfaction and enrichment.

Physical Wellness: promotes knowledge of food, nutrition, and physical activity that will better the health of one's body.

Each of these dimensions of wellness is of equal importance when it comes to maintaining an individual's personal wellness.

Over the next three months we will keep track of your participation on our map of the Caribbean hanging in the wellness center. You get "points" for all the activities you participate in that foster the seven dimensions.

BON VOYAGE!!



RAINBOWS AND SHOWERS

RAINBOWS -For our root beer float party by the pool! Great memories of floats as a kid- whether you enjoyed "brown cows" or root beer floats...it's a perfect way to cool off on a hot Florida summer afternoon!

SHOWERS - On those who wear perfume to exercise class. It bothers other residents!

RAINBOWS - For dining services and the terrific birthday tea treats! The cucumber sandwiches were fantastic!

RAINBOWS - For being able to enjoy a cocktail in the dining room if you wish!

RAINBOWS - for anyone who is participating in the T-Shirt design contest for "Sail Our Seas"! For our newer residents, you see past T-shirts on the folks who participated in past wellness contests pretty regularly!

RAINBOWS - for our recent beach trip and fantastic breakfast at Da Vinci German Restaurant!!

August Birthdays

August 1

Phil Goodell & Robert Chesek

August 3

Wanda Witt

August 4

Charlotte Haggar

August 5

Mary King, Marilyn Johnson & Jack Brown

August 7

Anne Plescia, Marlene Heinowitz, Lisa Wolfer & Mike Mayers

August 8

Ron Cota & Anna Small

August 10

Lucy Martinez & Robert Kitterer

August 11

David Morrill & Bill McCampbell

August 12

Jacquie Rieke

August 13

Joan Siegel

August 14

Gillian Stockton & Valerie DiPasquale

August 16

Dee Christian, Donna Gary & Terry Butner

August 17

Larry Ream & Jane Hammond

August 18

Peggy Hoffman

August 20

Joyce Harrell

August 22

Helen Buchholtz

August 23

Betty Whittinghill

August 24

Hazel Seeger & Jean Huber

August 25

Don Burgett, Bonney Miller & Ellen Cavanaugh

MORE August Birthdays!

August 30th

Richard Schmidlein

August 31st

Carolyn McKush & Doyle King

August Anniversaries

August 2

Jim & Connie Hensal

August 3

Alvar and Carol Elbing; Wil and Inge Jasson; John and MaryAnn Hartley

August 8

Jack and Marta Brown & Frank and Jane Camerota

August 28

Otto and Anne Plescia

August 29

Ron and Jean Cota

Did You Know?

Girls Inc. was founded in 1864 to serve girls and young women who were experiencing upheaval in the aftermath of the Civil War. Across the decades, we adapted to meet the specific environmental challenges facing girls and young women, always working in partnership with schools and communities, and guided by our founders' fundamental belief in the inherent potential of each girl. Woven into those early girls' clubs are the same core values of Girls Inc. today: the importance of creating a safe gathering place for girls to learn and to share in a sisterhood and a strong premise that each girl can develop her own capacities, self-confidence, and grow up healthy, educated, and independent.

The girls from Girls Inc. have been working on a play! Join them as they present "Sleeping Beauty" on Thursday, August 2nd at 3:00 p.m. in the auditorium!

The Village Vibes

August Vespers Ministers

August 3

Rev. Dr. Chuck Moffett
Bay Village Chaplain

August 10

Rev. Dr. Chuck Moffett
Bay Village Chaplain

August 17

Rev. Dr. Chuck Moffett
Bay Village Chaplain

August 24

Rev. Dr. Chuck Moffett
Bay Village Chaplain

August 31

Rev. Terry Couter,
Living Lord Lutheran,
Bradenton

Welcome New Residents

** Mr. Ken Bradt

moved in to
apartment 431.

** Mrs. Linda

Pierce-Knutson
moved in to
apartment 339.

** Mrs. Rose

Strzyzewski moved in
to apartment 1140.

** Ms. Ann

Weingartner moved in
to apartment 736.

** Mrs. Linda

Pierce-Knutson
moved in to
apartment 339.

** Mr. & Mrs. Bob

& Irene Chesek
moved in to
apartment 465.



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

CHAPLAIN'S CORNER

Rev. Dr. Chuck Moffett

Once upon a time, there was a town that was built just beyond the bend of a large river. One day some of the children from the town were playing beside the river when they noticed three bodies floating in the water. They ran for help and the townsfolk quickly pulled the bodies out of the river.

One body was dead so they buried it. One was alive, but quite ill, so they put that person into the hospital. The third turned out to be a healthy child, who they placed with a family who cared for it and took it to school.

From that day on, every day a number of bodies came floating down the river and, every day, the good people of the town would pull them out and tend to them – taking the sick to hospitals, placing the children with families, and burying those who were dead.

This went on for years; each day brought its quota of bodies, and the townsfolk not only came to expect a number of bodies each day but also worked at developing more elaborate systems for picking them out of the river and tending to them. And the town itself felt a certain healthy pride in its generosity.

However, during all these years and despite all that generosity and effort, nobody thought to go up the river, beyond the bend that hid from their sight what was above them, and find out why, daily, those bodies came floating down the river.

Perhaps instead of building barriers to keep out the homeless, the migrant, the depressed, we should go upstream and help alleviate the conditions which create the “dead bodies” from coming downstream in the first place. God says, *“Care for one another as I care for you, and it will be well in your land.”*