

Bay Village

OF SARASOTA



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

July 2019

NICHOLS' NOTES

This month is our annual Hurricane Preparedness update. During my campus update presentation, I will outline what residents should expect in the event our area is threatened by a hurricane. During hurricane Irma two years ago, we put the preparedness to an actual test. All staff and residents did an outstanding job! According to the local newspaper weather forecasts, the Gulf of Mexico is already at 90 degrees. Let us hope that this large body of warm water doesn't generate storms coming into the Gulf.

I am in the Process of finding a new COO for Bay Village. Alec Weitzel resigned last month and I have assumed some of his duties, specifically being the Health Center administrator of record. Residents will notice several office changes in order for the director's team to be more efficient and effective with their duties. The new COO will be located on the Health Center on the administrative hallway. Several offices on the Health Center will be moving to different locations to allow this to happen. Laura Pitcher has moved her office to the COO office to provide her more room to meet with clients and her staff. Diana Caughron will move her office to Laura's old office. If you have any questions of where to find someone, Heather Beckwith, administrative assistant, will point you in the right direction.

I wish everyone a happy and safe Fourth of July!



Bay Village

Eric Nichols President/CEO
 Christina Wizba Chief Financial Officer
 Denis O'Connor Dir. of Dining Services
 Marvin Lunsford Dir. of Maintenance
 Laura Pitcher Dir. of Marketing
 Larry Buczkowski Dir. of Housekeeping
 Kim Joynes Dir. of Health Services
 Ann Aldrich Dir. of Human Resources
 Rev. Dr. Chuck Moffett Chaplain
 Diana Caughron Dir. of Resident Service

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

JULY OUTINGS

July 8 there is a free lunch for Veterans at the local Elks Lodge. After lunch there is a presentation about the Missing Man Table. The bus will leave at 10:45.

July 24 is the date of the second Opera Guild Summer Salon. This one will be at Michael's on East and the performers are Jenny Kim-Godfrey and Dr. Jonathan Godfrey. Cost is \$40. We will leave at 10:45.

July 31 we are headed to the Asolo Theater to see the Summer Circus Spectacular. Tickets are \$14.40. We will leave at 11:30 and have lunch at The Muse Restaurant before the show.

For all of these events please sign up in the activity book located in the mail room.



JULY SPECIAL EVENTS

How would you like to learn how to prepare English tea? On July 9 at 2:00 in the auditorium Gillian Stockton and her friends will host a Tea Party and demonstrate proper procedures. Please sign up in the activity book for this fun event.

The French Club is inviting everyone to join them in celebrating Bastille Day (one day late) on July 15 at 3:45. They will be serving wine and cheese and showing a classic documentary about the history of France via the Louvre and its art.

Trivia Night at Bay Village will be Thursday, July 18 at 7:30. Call or come to Resident Services by July 15 to get on a team. We will have a variety of topics over the course of the evening and members of the winning team will each receive a Publix gift card! If you don't want to play, you can also come and watch the fun.

If you had a birthday in May, June, or July you are invited to a birthday celebration on Tuesday, July 23. There will be cake and ice cream and games.

JULY MOVIES

The travel theme will continue with our July movies.

"Under the Tuscan Sun" stars Diane Lane as Frances Mayes, an American writer who impulsively buys an aging but charming Italian villa. A life-changing adventure follows.

"Roman Holiday" is a classic starring Gregory Peck and Audrey Hepburn. This was Hepburn's first starring role and she won an Oscar for it. Enjoy this romantic comedy set in Rome.

In "Life of Pi", a young man survives 227 days on a lifeboat in the Pacific Ocean with a tiger! This beautiful movie won 4 Oscars.

"Into the Wild" is another Oscar winning movie that tells the story of an Emory University graduate who gives away all his possessions and sets out on a journey to the Alaskan Wilderness.

The resident choice movies on Saturdays include: "Forrest Gump" winner of 6 Academy awards starring Tom Hanks, "Black or White" starring Kevin Costner and Octavia Spencer as two grandparents fighting for custody of their granddaughter, "The Mule" starring Clint Eastwood as a broke, alone 80 year old man who mistakenly agrees to be a drug courier, and "Apollo 11" which includes never-before-seen footage of NASA's most famous mission.

On July 4th we will be showing "1776" which is based on a Broadway musical.



Wellness Corner...by Petra Mueller

Get your day in the sun at the beach in, on July 17th at Nokomis Beach. Easy to get to, swim in the Gulf of Mexico or float and relax. We are having lunch before and plan on ice cream afterwards.

A trip to the UTC mall on July 27th will give you the opportunity to walk indoors to get your exercise or shop the stores. We will finish with a lunch at one of the restaurants at the mall.

On July 30th we have invited Gudrun Novak, a dietitian working for the Sarasota Memorial Hospital to speak about "Feed your Brain: Impacting Cognitive Health through Nutrition and Lifestyle". Gudrun is our resident Lise Olsen's daughter and we are looking forward to hosting her.

Invite your friends for that talk; it will be very interesting.

Tip of the month: Drink plenty of fluids to stay hydrated! Stay active by using the indoor equipment!

BILL NEWS

July 2 speaker Duda will discuss "The Suncoast Campaign for Grade-Level Reading". Ms. Duda is the Director of the Patterson Foundation's Suncoast Campaign for Grade-Level Reading, a 4-county effort to help children succeed by ensuring they read on grade level by the end of third grade. The campaign addresses the common obstacles that impact a child's ability to read.

July 9 speaker Kevin Costello will discuss "The National Gallery". Whether one wants to learn to paint or wants to learn to "see" a painting, the National Gallery of Art is a great place to start. The best of Italian, French, German, Spanish, British, Dutch, and American schools of painting are there for us to learn from. This program will be 90 minutes.

July 16 speaker Kevin Costello will discuss "The Boston Museum of Fine Arts". They've got Boston Beans, Harvard, the Red Sox, AND the

Museum of Fine Arts (MFA). The MFA is the fourth largest museum in the U.S. and contains more than 450,000 works of art, and is one of the most comprehensive in the Americas. This program is also 90 minutes.

July 23 speaker Dr. Larry Stults will discuss "Making the Bay More Resilient to Red Tide" and "On Eternal Patrol Memorial Reef". Dr. Stults will be speaking about two projects: cleaning our bay by reducing excess nutrients that feed red tide with Bay Watch's Community-Led Clam Restoration and a new, one of a kind, underwater memorial to 65 U.S. Navy Submarines lost on duty.

July 30 speaker Ann Roddy will discuss "30 Years after Tiananmen Square and 100 Years after the May 4th Movement". Ms. Roddy, the Director of the Elling Eide Research Library and Chinese Specialist, will discuss these movements, the challenges for Democracy in China, and her experiences before and after June 1989 in China.

The Village Vibes

VISION STATEMENT

The vision of Bay Village of Sarasota, Inc. through 2020 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, provide our staff with a competitive compensation and benefit package and have the capability to remain debt free.




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



YOGA!!

We are now offering yoga at Bay Village. We are offering classes twice a week; Mondays and Thursdays at 12:30 in the Wellness Center. The classes will be taught by Melissa Berry, a YogaFit Certified Teacher and Occupational Therapy Assistant. No experience required to try these classes. Melissa will modify the poses to meet everyone's needs. Participants can also choose to participate from a chair level if needed. Yoga can help improve strength, flexibility, breathing, circulation, balance, endurance, and metabolism. Come give this wonderful program a try!

Sunday	Monday	Tuesday
	<p>11:30 Chair Fitness on Video (A) 12:30 Yoga (W) 1:30 Table Games (GR) 2:30 Downton Abbey (A)</p>	<p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Chair Fitness (A) 1:00 Pinochle (C) 7:30 BILL "The Suncoast Campaign For Grade-Level Reading" Beth Duda (A)</p>
<p>10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 7:30 Sunday Night Movie: "Under the Tuscan Sun" (A)</p>	<p>10:00 Strength Class (W) 10:30 Balance Class (W) 10:45 Veterans' Luncheon (B) 11:30 Chair Fitness on Video (A) 12:30 Yoga (W) 1:30 Table Games (GR) 2:30 Downton Abbey (A)</p>	<p>9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Chair Fitness on Video (A) 12:45 Duplicate Bridge (GR) 1:00 Pinochle (C) 2:00 Tea Party (A) 7:30 BILL "The National Gallery" Kevin Costello (A)</p>
<p>10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 7:30 Sunday Night Movie: "Roman Holiday" (A)</p>	<p>11:30 Chair Fitness on Video (A) 12:30 Yoga (W) 1:30 Table Games (GR) 2:30 Downton Abbey (A) 3:45 Bastille Day Celebration (A)</p>	<p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 10:00 How Novel (BD) 11:30 Chair Fitness (A) 1:00 Pinochle (C) 7:30 BILL "Boston Museum of Fine Arts" Kevin Costello (A)</p>
<p>10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 1:15 Florida Studio Theater (B) 7:30 Sunday Night Movie: "Life of Pi" (A)</p>	<p>10:00 National Cremation Society Presentation (A) 11:30 Chair Fitness on Video (A) 12:30 Yoga (W) 1:30 Table Games (GR) 2:30 Downton Abbey (A)</p>	<p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Chair Fitness (A) 12:45 Duplicate Bridge (GR) 1:00 Pinochle (C) 2:00 Birthday Party (A) 7:30 BILL "Making the Bay More Resilient to Red Tide" Dr. Larry Stults (A)</p>
<p>10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 7:30 Sunday Night Movie: "Into the Wild" (A)</p>	<p>11:30 Chair Fitness on Video (A) 12:30 Yoga (W) 1:30 Table Games (GR) 2:30 Downton Abbey (A)</p>	<p>9:00 Strength! (W) 9:30 Splash (P) 10:00 Craft Class (CR) 11:30 Chair Fitness (A) 1:00 Pinochle (C) 2:00 "Nutrition for the Brain" G. Novak (A) 7:30 BILL "30 Years After Tiananmen Square and 100 Years After the May 4th Movement" Ann Roddy (A)</p>

Wednesday	Thursday	Friday	Saturday
<p>8:00 Men's Shuffleboard (courts) 3 10:00 Tai Chi for Beginners (W) 11:00 Balance & Posture (W) 11:30 Chair Fitness (A) 2:00 Line Dancing (W) 2:00 Mat Making With Ida 2:30 Popcorn & A Movie "The Way" (A) 6:15 Duplicate Bridge (GR) 7:15 Bingo (A)</p>	<p style="text-align: right;">4</p> <p>Special Lunch Seating: 12:00, 2:00, 4:00 7:30 Movie "1776" (A)</p> <p>Happy Independence Day</p>	<p style="text-align: right;">5</p> <p>9:30 Tai Chi, Advanced (W) 11:00 Posture & Balance 11:30 Chair Fitness (A) 2:00 Hand Class (CR) 2:00 Open Gym (W) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p style="text-align: right;">6</p> <p>8:00 Men's Shuffleboard (courts) 9:00 Strength (W) 9:30 Splash (P) 11:00 Balance & Posture (W) 11:30 Chair Fitness (A) 7:30 Movie "Forrest Gump" (A)</p>
<p>8:00 Men's Shuffleboard 10 10:00 Strength (W) 10:30 Balance & Posture (W) 11:15 Episcopal Service (C) 11:30 Chair Fitness on Video (A) 2:00 Mat Making With Ida (CR) 2:30 Popcorn & A Movie "Under the Tuscan Sun" (A) 6:15 Duplicate Bridge (GR) 7:15 Bingo (A)</p>	<p style="text-align: right;">11</p> <p>11:30 Chair Fitness on Video (A) 12:30 Yoga (A) 7:30 Sandy Moulin (A)</p>	<p style="text-align: right;">12</p> <p>10:00 Strength Class (W) 10:30 Balance Class (W) 11:30 Chair Fitness on Video (A) 2:00 Hand Class (CR) 2:00 Shabbat (HC) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p style="text-align: right;">13</p> <p>8:00 Men's Shuffleboard (courts) 9:30 Splash (P) 11:30 Chair Fitness on Video (A) 7:30 Movie "Black or White" (A)</p>
<p style="text-align: right;">17</p> <p>8:15 Men's Shuffleboard 11:00 Lunch & Nokomis Beach (B) 11:30 Chair Fitness (A) 2:00 Mat Making With Ida (CR) 2:30 Popcorn & A Movie "Roman Holiday"(A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p style="text-align: right;">18</p> <p>9:00 Strength Class (W) 9:30 Splash (P) 11:30 Chair Fitness (A) 12:30 Guys Only Luncheon (D) 12:30 Yoga (W) 7:30 TRIVIA! (A)</p>	<p style="text-align: right;">19</p> <p>9:30 Tai Chi, Advanced (W) 11:00 Posture & Balance 11:30 Chair Fitness (A) 2:00 Hand Class (CR) 2:00 Open Gym (W) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p style="text-align: right;">20</p> <p>8:00 Men's Shuffleboard (courts) 9:00 Strength (W) 9:30 Splash (P) 11:00 Balance & Posture (W) 11:30 Chair Fitness (A) 7:30 Movie "The Mule" (A)</p>
<p>8:00 Men's Shuffleboard 24 10:00 Beg. Tai Chi (W) 11:00 Opera Guild (B) 11:00 Balance & Posture (W) 11:30 Chair Fitness (A) 2:00 Line Dance (W) 2:00 Mat Making With Ida (CR) 2:30 Popcorn & A Movie "Life of Pi"(A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A)</p>	<p style="text-align: right;">25</p> <p>9:00 Strength Class (W) 9:30 Splash (P) 10:00 Hurricane Preparation (A) 11:30 Chair Fitness (A) 12:30 Yoga (W) 7:30 Rich & Stacy Ridenhour (A)</p>	<p style="text-align: right;">26</p> <p>9:30 Tai Chi, Advanced (W) 11:00 Posture & Balance 11:30 Chair Fitness (A) 2:00 Hand Class (CR) 2:00 Open Gym (W) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR)</p>	<p style="text-align: right;">27</p> <p>8:00 Men's Shuffleboard (courts) 9:30 Indoor UTC Mall Walk (B) 11:30 Chair Fitness on Video (A) 7:30 Movie "Apollo 11" (A)</p>
<p>8:15 Men's Shuffleboard 31 10:00 Beg. Tai Chi (W) 11:00 Balance & Posture 11:30 Lunch & Circus Spectacular (B) 11:30 Chair Fitness (A) 2:00 Line Dance (W) 2:00 Mat Making With Ida 2:30 Popcorn & A Movie "Into the Wild"(A) 6:15 Duplicate Bridge (GR) 7:15 MEGA BINGO (A)</p>			

“Village Vibes”

UPDATES

Future Bay Village residents are always welcome to attend programs such as BILL and entertainment. This is a great opportunity to meet some of your future neighbors!

How Novel will meet July 16 at 10:00 and the book is “Little Fires Everywhere” by Celeste Ng.

Bay Village provides transportation to various church services on Saturday and Sunday. Starting in July we will have sign up sheets in the activity book for these buses. There is still no charge for these buses but it will help us schedule drivers if you sign up at least 24 hours in advance. Thank you!

Bay Village tap water passed all 18 of the federally mandated tests! Bottled water is not needed as it is expensive and environmentally damaging.

JULY ENTERTAINMENT

Sandra Moulin is a storyteller, author, pianist, teacher, and creator of the “Dramatic Musilogue”. Her “Dramatic Musilogue” is an original one-woman show that showcases one romantic composer and tells his story through the eyes of the woman he loves. Sandra has chosen to perform Rachmaninov for us on Thursday, July 11 at 7:30. She promises a deeper understanding of his work by the end of the show.

Rich and Stacy Ridenour will perform their “Four Hand Grand” program for us on Thursday, July 25 at 7:30. Rich and Stacy both earned degrees in piano performance at the University of Michigan. Rich then earned his Master’s degree from Juilliard and is an international Steinway Artist. Stacy earned a Master’s degree in Arts Management from New York University and is the Director of Development for the Sarasota Opera. We look forward to a wonderful performance by this duo.

BAY VILLAGE APP

If you haven’t had the chance yet, get the Bay Village App! You can get the App on your smart phone, tablet, and computer. It is easy to do and the staff in Resident Services will be glad to assist you. As Bay Village continues to work to be more environmentally conscious, we are getting away from using so much paper. The App gives you access to information at the tip of your fingers. The resident directory is on the App as well as a staff directory. You can also access the resident handbook, find out who is on the resident council, and see who chairs committees. You have instant access to the daily activities as well as the menus. You can even look up old Vibes and pictures from recent events. You know those little things you call the front desk about like recycling days or the hours of the country store? They are on the App! It really is helpful and easy to use. Give it a try.

RAINBOWS & SHOWERS!

RAINBOWS for all those who participated in the Bay Village App training. It was a huge success!

RAINBOWS for Tunde Ilona Krasznai for her amazing piano performance.

RAINBOWS Cynthia Sayer for her entertaining banjo recital.

RAINBOWS for the Chorus of the Keys for their beautiful music.

RAINBOWS for the very thoughtful donors of more than 200 pounds of school supplies for the summer back packs at Wilkinson Elementary School, and to all those who gave generous financial support to benefit the children and teachers in so many ways.

RAINBOWS for those who use the recycling bin on the pool deck for their glass, plastic and cans.

JULY BIRTHDAYS

July 1

Elayne Peabody, Jean Paulus

July 3

Frank Camarota

July 5

Pat Tway, Dee Vandevier

July 7

Irene McGarry, Bettye Miller, Terry Kall

July 8

Rose Strzyzewski

July 9

John Cavanaugh

July 10

Babe Baptist, Nate Miller

July 13

Kathy Hunt

July 16

Loretta Turpin

July 17

Bonnie Pittenger

July 19

Bunny Raabe

July 20

Edna Stirling, Cynthia Simon

July 21

Nancy Sweetland, Judy Hendricks

July 22

Pauline Medenis, Mary Jane Smith

July 23

Doris Linton

July 25

Doris Mayer

July 26

Jim Kennedy

July 27

Fred Hawley

July 29

Virginia Siantz, Ann DeLoach

July 30

Richard Storm

July 31

Jim Westerdale

ENVIRONEWS

Here are some things you can do to help save the planet:

1. Eat less meat. The water required to produce a 1/4 pound hamburger is equal to 30 showers! One serving of poultry uses 90 gallons of water according to National Geographic.com.

2. Wash only full loads of laundry and use the right size load settings. Typically the washing machine uses 15-40% of the total household indoor water use.

3. Take shorter showers (5minutes), turn off the faucet when you brush your teeth, and shave with a full basin instead of running the water.

4. If you wash the dishes by hand, fill the sink first, and run only full loads in the dishwasher.

5. Always recycle your glass. Glass can take a million years to decompose. By recycling you can reduce water pollution by up to 50% and air pollution by 20%.

6. Never throw away your newspapers. 44 million newspapers are thrown away in the U.S. every day! If you recycle your daily paper, half a million trees could be saved.

7. Buy local produce whenever possible to save all the pollution incurred by transporting goods long distance.

If you make these small adjustments together we can help save the planet!



The Village Vibes

JULY ANNIVERSARIES

July 9

Nate & Winnie Miller

July 10

Phil & Penny Goodell

Welcome New Residents

Dorothy Schnabel moved into apartment 1010.

Elam Hertzler and Janet Hyman-Hertzler moved into apartment 513.

July Vespers Ministers

July 5

Rev. Dr. Chuck Moffett

Bay Village Chaplain

July 12

Rev. Dr. Chuck Moffett

Bay Village Chaplain

July 19

Rev. Dr. Chuck Moffett

Bay Village Chaplain

July 26

Guest Speaker:

To Be Announced





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

CHAPLAIN'S CORNER

Rev. Dr. Chuck Moffett

The PLACE was exquisite in its simplicity of clean arches, colorful carpeting, and historic writings.

The PEOPLE were gracious, gregarious, and genuine in their interaction and engagement.

The PURPOSE was to reflect, re-center, and recommit.

The PLACE was the Islamic Society of Sarasota Bradenton.

The PEOPLE were the members of the Islamic Mosque on N. Lockwood Ridge Rd. who gathered there on May 30.

The PURPOSE was for my best friend and me to join with others in an opportunity to demonstrate our commitment to inter-faith dialogue and belief. We were humbled and inspired as we joined in the celebration of the "Breaking of the Fast" in the concluding days of Ramadan: the Holy Month of Fasting, Introspection, and Prayer for Muslims.

We sat in silent meditation as seventy-five people of faith, from ages 7-80, joined in prayers, chants, and readings. We sat in awe of their reverent dedication to their faith in God (Allah). We sat in respect of their courage to meet on a weekday evening in a public place in the face of recent threats of violence. *Would I dare do the same?!*

The evening concluded with a sumptuous "Breaking of the Fast." We sat at table with a physical therapist, an artist, a construction worker, and an ophthalmologist. The most important richness of the gathering was to share our common values of peace, respect, faith, equality, justice, and loving care for all people.

The divisiveness which is shattering our communities and our world can be healed only when we are willing to look each other in the eye and know that we are all children of God. So may it be for each of us.