

Bay Village

OF SARASOTA



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



Bay Village

Eric Nichols President/CEO
 Jennifer Grimes Chief Operating Officer
 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
 Diana Caughron Dir. of Resident Service
 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/

October 2019

Bay Village is entering the last quarter of the year. Where has 2019 gone? It is hard to believe we only have three months left in the year! A few major items have been accomplished during the first three quarters of 2019. First on the list is the chiller project that has been on our books for the past three years or more. As I walked into the building this morning, the two original chillers were being removed from the building. Seeing these two tubular pieces of equipment being taken away meant that the chiller project is coming to a close. A big thank you goes out to Marvin Lunsford and his staff for finally wrapping up the project. The second accomplishment was the implementation of the Point of Sale system in our dining room. Denis O'Connor and his staff rolled out this new way of doing business in our dining rooms. After some "bumps in the road," the system is working very well for the residents and staff. Residents now can walk out of the dining rooms and know the exact amount of their remaining meal balance. It has also been months since I have heard any comments about slowness of food arrival. Lastly, early in September, ME&S Construction Company began the renovations on the eighth floor. There has been a buzz among the residents living on this floor as the renovation work has been done. Comments have been about how clean and courteous the workers are and how everyone is anxious to see the end results. Ninth and eleventh floors are anxiously awaiting their turns for the remodeling. It has been a busy nine months!

Fall is upon us, and I hope everyone enjoys the last few months of 2019 here at Bay Village!

Village Vibes

NEWS BITS

Now that the weather is getting a little cooler (hopefully) how would you like to try your hand at gardening? Bay Village has garden plots available to residents. See resident services staff if you are interested.

Most of us experience muscle aches and stiffness. Perhaps a massage would help you feel better. Bay Village has a Licensed Massage Therapist, Maude Cheeseman. If you would like to schedule a massage, call Maude at 941-815-3073. She works out of the Doctor's Office on the lower level.

Help Wanted: We are looking for residents who play the card game euchre. Please call Bridget at 4132 if interested.

Please remember to turn your headlights on when driving in the lower level garage. Let's all be safe & courteous drivers!



SPECIAL REQUESTS FROM WILKINSON SCHOOL

The aide at the school health clinic asks for the following items for the month of October:

Underwear for boys sizes 5, 6, and 8

Socks for boys sizes 2/6 and 10/12

Underwear for girls sizes 5, 6, 8, and 10

Socks for girls sizes 2/6 and 10/12

Personal care items such as soap, shampoo, and tissues

The clothing is needed for students when their clothes become wet and/or soiled. The personal care items are used in the school clinic or sent home. Please place these items in the bins on the lower level at Bay Village.



OCTOBER MOVIES

October 2nd the story of Elton John, "Rocket Man" will be showing at 2:30.

October 3rd at 7:30 we will show "Honky Tonk Freeway". This movie was filmed locally in 1981. You may see some familiar faces and places!

October 5th you can see Bela Lugosi in the movie "The Raven".

October 6th and 9th we will show "All is True". This movie starring Kenneth Branagh, Judi Dench, and Ian McKellen, explores the human story behind a dark and little known period in the life of William Shakespeare.

October 12th there will be another "scary" movie with Alfred Hitchcock's "The Birds".

October 13th and 16th the movie will be "The Professor and The Madman". This is the true story of a murderer (Sean Penn) confined to an insane asylum and his unlikely bond with a brilliant Oxford professor (Mel Gibson).

October 19th will be the comedy "Ghostbusters".

October 20th and 23rd we will be showing the new movie, "Yesterday". If you like Beatles music you must see this one!

October 27th and 30th you can enjoy "Tomorrow Man" which stars John Lithgow and Blythe Danner as two people who try to find love while trying not to get lost in each other's stuff.



Wellness Corner...by Petra Mueller

October, the month when you can start walking outside without starting to break a sweat immediately, is a great month for a beach picnic at **Lido Key**. Watching the waves and the wildlife, going for a walk on the beach or just relaxing and chatting up your fellow residents, while you enjoy one of the breakfast sandwiches. Mark **October 15** on your calendar and sign up!

Our first **Ringling Bridge Walk** will be combined with breakfast at Millie's Restaurant, a resident favorite. We will tackle that scenic walk on **October 26**, and you have a choice of how much walking you would like to do.

We have a **panel discussion** planned with our in-house **dietitian, Delores Pufahl**, on **October 24**. Come with questions about the food here at Bay Village and also general questions about diet.

If you are interested in **Shuffleboard**, the men are always open for new residents to join them. Give it a try. You might be surprised how much fun it can be.

SPECIAL EVENTS

October is a very busy month!

October 2nd is the Flu Shot Clinic in the auditorium from 8:00-1:00.

October 3rd we will make fall wreaths in the craft room.

October 5th we will go to the Nokomis Beach Drum Circle and enjoy the sunset and a picnic dinner.

October 10th there is an outing to Fins Restaurant at Venice Beach for lunch.

In the evening of October 10th Joan Streit will entertain us with her piano playing and singing of popular music.

October 15th there is "How Novel" in the board room at 10:00.

Also on October 15 at 2:00 the Sheriff's Office will present a program on "Scams and Protecting Your Personal Information".

October 16th there is a group travelling to Saint Petersburg to the Dali Museum and lunch.

October 17th is the birthday party for those who celebrated their

birthdays in August, September, and October.

In the evening of October 17th the students of Sarasota Academy of the Arts will entertain us with a variety show.

October 21st Liz Coursen will be here to teach a workshop on "How to Write Your Biography".

October 22nd there is a special presentation, "Dealing with Loss" by Jim McMillan from hospice. AND an outing to Mixon Farms to tour the orange groves and animal refuge, shop at the gift shop and eat a buffet lunch.

October 24th we will celebrate Oktoberfest. There will be music, dance, folklore, comedy and maybe beer and pretzels. International Productions by Tahja will provide four performers for the event.

October 30th a group will be riding the trolley to get a tour of the historic circus buildings of Sarasota.

And finally, October 31st we have a Halloween Party. Dress up as your favorite movie character!

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.

HISTORY OF SPAIN


If you have enjoyed watching the "History of Spain" videos, then you may want to join us on the trip to the Dali museum. They have an exhibit on the Spanish artist Francisco Goya.


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
- HC=Health Center
- W=Wellness Center
- LR=Living Room

SPECIAL SPEAKER

Bay Village is honored to have Gary Bradt (son of our own Ken Bradt) speak on Tuesday, October 8th. Just like his Dad, Gary is a Licensed Clinical Psychologist. He has been an Executive Leadership Coach and Consultant for over 30 years. Gary has presented over 300 keynote presentations on change and leadership worldwide. He is also the author of 3 books on change. Gary is going to speak to residents and staff of Bay Village on CHANGE! To quote Gary, "You don't always get to choose change. But you always get to choose your response". His message is based on science, experience and delivered with heart. Join us for this wonderful opportunity on Tuesday, October 8th at 2:00 in the auditorium.

| Sunday | Monday | Tuesday |
|---|---|--|
|  | | 1 |
| 6 | 7 | 8 |
| 10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 7:00 Sunday Night Movie: "All Is True" (A) | 9:30 Bible Class (A) 11:30 Chair Fitness on Video (A) 1:00 Yoga (W) 2:30 Downton Abbey (A) | 9:00 Strength! (W) 9:30 Splash (P) 10:00 Prayer Group (C) 10:00 Craft Class (CR) 11:30 Chair Fitness (A) 1:00 Pinochle (C) 2:00 Resident Council (A) 7:30 BILL "Presidential Election 2020" Susan MacManus (A) |
| 13 | 14 | 15 |
| 10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 7:00 Sunday Night Movie: "The Professor and the Madman" (A) | 9:30 Bible Class (A) 11:30 Chair Fitness on Video (A) 1:00 Yoga (W) 2:30 Downton Abbey (A) | 8:30 Men's Breakfast (DR) 10:00 How Novel (BR) 10:00 Prayer Group (C) 10:00 Craft Class (CR) 10:30 Lido Key Outing (B) 11:30 Chair Fitness on Video (A) 1:00 Pinochle (C) 2:00 "Safety From Scams" (A) 7:30 BILL "Oscar Scherer State Park" (A) |
| 20 | 21 | 22 |
| 10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 7:00 Sunday Night Movie: "Yesterday" (A) | 9:30 Bible Class (TBA) 10:00 St. Thomas More Anointing Service (A) 10:30 Biography Writing Workshop (BR) 11:30 Chair Fitness on Video (A) 1:00 Yoga (W) 2:30 Downton Abbey (A) | 9:00 Strength! (W) 9:30 Splash (P) 9:45 Tour of Mixon Farms (B) 10:00 Prayer Group (C) 10:00 Craft Class (CR) 11:30 Chair Fitness (A) 12:45 Bride (GR) 1:00 Pinochle (C) 2:00 "Dealing With Loss" (A) 7:30 BILL "Meet Mary Bensel From Van Wezel" (A) |
| 27 | 28 | 29 |
| 10:30 St. Thomas More Catholic Service (HC) 10:45 Non-Denominational Service (HC) 7:00 Sunday Night Movie: "The Tomorrow Man" (A) | 9:30 Bible Class (A) 11:30 Chair Fitness on Video (A) 1:00 Yoga (W) 2:30 Downton Abbey (A) | 9:00 Strength! (W) 9:30 Splash (P) 10:00 Prayer Group (C) 10:00 Craft Class (CR) 11:30 Chair Fitness (A) 1:00 Pinochle (C) 7:30 BILL "Five Decades on Wall Street" Joan Lappin (A) |

| Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|
| 2 8:00-1:00 Flu Clinic (A) 8:00 Audiologist (Dr. Office) 8:15 Men's Shuffleboard 2:00 Line Dance (W) 2:30 Popcorn & A Movie "Rocket Man"(A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A) | 3 9:00 Strength Class (W) 9:30 Splash (P) 10:00 Sing for Live (A) 11:30 Chair Fitness (A) 12:00 Guys Only Lunch (D) 1:00 Yoga (W) 2:00 Make a Fall Wreath (CR) 7:30 Movie "Honky Tonk Freeway" (A) | 4 9:30 Tai Chi, Advanced (W) 11:00 Posture & Balance <i>11:30 Chair Fitness (A)</i> 2:00 Hand Class (CR) 2:00 Open Gym (W) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) | 5 8:00 Men's Shuffleboard (courts) 9:00 Strength (W) 9:30 Splash (P) 11:00 Balance & Posture (W) 11:30 Chair Fitness on Video (A) 5:45 Drum Circle and Picnic at Nokomis Beach (B) 7:00 Movie "The Raven" (A) |
| 9 8:15 Men's Shuffleboard 10:00 Beg. Tai Chi (W) 11:00 Balance & Posture (W) <i>11:15 Episcopal Svc (C)</i> 11:30 Chair Fitness (A) 2:00 Line Dance (W) 2:30 Popcorn & A Movie "All Is True"(A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A) | 10 10:00 Sing for Life (A) 11:00 Lunch at Fins (B) 11:30 Chair Fitness on Video (A) 1:00 Yoga (W) 1:00 Pinochle (C) 7:30 Joan Streit on Piano (A) | 11 9:30 Tai Chi, Advanced (W) <i>11:30 Chair Fitness on Video (A)</i> 2:00 Hand Class (CR) 2:00 Shabbat (HC) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) | 12 8:00 Men's Shuffleboard (courts) 9:00 Strength (W) 9:30 Splash (P) 11:00 Balance & Posture (W) 11:30 Chair Fitness on Video (A) 7:00 Movie "The Birds" (A) |
| 16 8:15 Men's Shuffleboard 9:00 Trip to the Dali Museum & Lunch (B) 10:00 Beg. Tai Chi (W) 11:00 Balance & Posture (W) 11:30 Chair Fitness (A) 2:00 Line Dance (W) 2:30 Popcorn & A Movie "The Professor & The Madman"(A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A) | 17 9:00 Strength Class (W) 9:30 Splash (P) 10:00 Quarterly Meeting (A) 11:30 Chair Fitness (A) 12:00 Guys Only Luncheon (D) 1:00 Yoga (W) 2:00 Birthday Party (A) 7:30 Sarasota Academy of the Arts (A) | 18 9:30 Tai Chi, Advanced (W) 11:00 Posture & Balance <i>11:30 Chair Fitness (A)</i> 2:00 Hand Class (CR) 2:00 Open Gym (W) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) | 19 8:00 Men's Shuffleboard (courts) 9:00 Strength (W) 9:30 Splash (P) 11:00 Balance & Posture (W) 11:30 Chair Fitness (A) 7:00 Movie "Ghostbusters" (A) |
| 23 8:15 Men's Shuffleboard 10:00 Beg. Tai Chi (W) 11:00 Balance & Posture (W) 11:30 Chair Fitness (A) 2:00 Line Dance (W) 2:30 Popcorn & A Movie "Yesterday"(A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A) | 24 9:00 Strength Class (W) 9:30 Splash (P) 11:30 Chair Fitness (A) 1:00 Yoga (W) 2:00 Panel Discussion With Dietitian Delores Pufahl (A) 7:30 Oktoberfest (A) | 25 9:30 Tai Chi, Advanced (W) 11:00 Posture & Balance <i>11:30 Chair Fitness (A)</i> 2:00 Hand Class (CR) 2:00 Open Gym (W) 3:30 Vespers (A) 6:15 Duplicate Bridge (GR) | 26 8:00 Men's Shuffleboard (courts) 9:30 Ringling Bridge Walk (B) 11:30 Sit & Fit on Video (A) 2:30 <i>Children's & Adults Orchestra (A)</i> 6:00 <i>Piano Recital (A)</i> |
| 30 8:15 Men's Shuffleboard 10:00 Beg. Tai Chi (W) 11:00 Balance & Posture (W) 11:30 Chair Fitness (A) 12:15 Circus Trolley (B) 2:00 Line Dance (W) 2:30 Popcorn & A Movie "The Tomorrow Man"(A) 6:15 Duplicate Bridge (GR) 7:15 BINGO (A) | 31 9:00 Strength Class (W) 9:30 Splash (P) 11:30 Chair Fitness (A) 12:00 Guys Only Luncheon (D) 1:00 Yoga (W) 7:30 Halloween Party With Music by Jumping Joey (A) | |  |

"Village Vibes"

ENVIRONNEWS

Our committee was formed approximately 6 months ago. Since that time we have seen some changes at Bay Village that we are pleased about:

The introduction of biodegradable cups at the coffee station.

The change from clam-shell styrofoam take out containers to more environmentally friendly composite ones. **THEY STILL CANNOT BE RECYCLED**, but are a step in the right direction.

We offered free re-usable plastic containers that can carry leftovers from the dining rooms.

A recyclables container at the outdoor kitchen is finally getting appropriate use.

At a recent event in the auditorium, paper straws were offered.

Outdoors, much of the plant damage from last year's hurricane has been removed and Florida Friendly plants planted.

BILL SPEAKERS FOR OCTOBER

October 1st: "Presidential Election 2020: The Mood and Makeup of the Electorate". The speaker will be Dr. Susan MacManus. She will discuss what voters think about the candidates, campaign tactics, political parties, the media, security of the electoral system, and why Florida is again a key swing state.

October 8th: "My Life as a Diplomat" by Bill Monroe. Ambassador Monroe served at a variety of US Embassies during his 35-year career including Baghdad during the Iran-Iraq War, Burma before the popular revolution, China where he was in charge of trade negotiations, Kuwait during 9/11, and Pakistan at the beginning of the war against Al-Qaida.

October 15th: "Oscar Scherer State Park". One of the rangers will introduce residents to the many aspects of the park, some of the events and programs that are open to the

public and ways to get involved as a volunteer or a supporter. There will be handouts available.

October 22nd: "Meet Mary Bense: Her Journey at the Van Wezel and the New Season Ahead". The Van Wezel Performing Arts Hall is celebrating its 50th Anniversary Season with some of the top names in live entertainment. Mary Bense, entering her 12th season at the Hall, will discuss how she strives to bring diverse, world-class programming to the Hall each year.

October 29th: "After Five Decades on Wall Street and Still Counting, Joan Lappin is Still Going Strong". How to evaluate who you hire to help you with your investments. What is that alphabet soup of initials? Why a CFA is the gold standard. If you "Assemble the Mosaic" with care, you don't need inside information.



RAINBOWS & SHOWERS!

RAINBOWS to all who attended the presentation of volunteer opportunities at Wilkinson Elementary School. Special thanks to those who signed up to help at the school.

SHOWERS to those who don't wait until the light is on to get their mail.
RAINBOWS to all who enjoyed the informative and enjoyable tours of Wilkinson Elementary School.

RAINBOWS to Holly for the wonderful 1950s show she performed for a huge crowd of residents!

SHOWERS to those who use the exercise equipment while there is a wellness class in session.

RAINBOWS to Stephen Ditchfield, Linda Bento-Rei, and Susan Knapp Thomas for sharing their musical talents with us last month.

BOOK GROUP NEWS

On Friday, October 11th we will be challenged by one of our favorite speakers, Chuck Moffett.

You don't want to miss his presentation on the book, "When Religion Becomes Evil: Five Warning Signs", by Charles Kimball.

Remember: All Book Group Meetings are at 10:00 in the auditorium and you are welcome to invite friends.

THE HEALTH BENEFITS OF PING PONG

Many health benefits can be yours through the mind-body stimulation of playing ping pong. Clinical studies have proven that many people who have dementia or mild cognitive impairment will develop better eye-hand coordination, balance and concentration.

Playing enables a person to focus on hitting the ball correctly, where to hit it to his or her friend and to react quickly to the return of the ball. This brain activity also ensures social interaction.

Try it! There are two ping pong tables in the game room replete with balls and paddles. Lightweight aluminum poles with nets allow you to pick up loose balls without bending over. No worries about a bad back. What a deal!

PHONE & E-MAIL FRAUD

Telephone and E-mail fraud is a very common occurrence. To help protect the residents of Bay Village we have asked a representative from the Sarasota County Sheriff's Office Crime Prevention Unit to present a program on just these issues. Please plan on attending Tuesday, October 15th at 2:00.

OCTOBER BIRTHDAYS

October 3

Ed Schaeffer, June Wright

October 5

Lillian Schein, Gloria Danese

October 6

Barbara Carpenter

October 7

Mary Lu Mertz, Fred Pardee, Ann

Weingartner

October 8

Elna Laux

October 9

Marilyn Lent

October 10

Janet Meyer

October 11

Jolie Ivanyi

October 12

Marge Weyrick

October 13

Carl Stockton, Scottie Shanks

October 15

Thyra Wexler

October 16

Ernie Gerlach

October 17

Beth Johnson, Yvette Sarrett, Dolores

Decker

October 20

David Fernandez, Bill Atz, Helen

Bruskas

October 21

Richard Fink

October 23

Pat Woody

October 26

Pauline Kennedy

October 28

Evelyn Prytula



The Village Vibes

October Vespers Ministers

October 4

Celebration of World Communion

Rev. Dr. Chuck
Moffett

Bay Village Chaplain

October 11

Rev. Dr. Chuck
Moffett

Bay Village Chaplain

October 18

Rev. Dr. Chuck
Moffett

Bay Village Chaplain

October 25

TBA

OCTOBER ANNIVERSARIES

October 13

Robert & Dee
Vandevier

October 21

Babe & Bennie Baptist

WELCOME NEW RESIDENTS

Danny & Deanna

Seymour

Apartment 705

Rev. Bruce & Ginny

Porter

Apartment 1061





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

CHAPLAIN'S CORNER

Rev. Dr. Chuck Moffett

"STATUS QUO": a term of comfort, security, reliability, and identity. Depending on who and where we are, we like the feel of "status quo". We are on the inside of the circle, the comfortable, the "norm." Anyone who attempts to upset our *status quo* is seen as the enemy, the force to be annihilated, the obstacle to be removed, the block to reality - at least my understanding of reality.

An interesting companion of "*status quo*", however, is "*stagnation*."

None of us is an advocate of stagnation. We say we will do anything to resist stagnation in any aspect of our life. Actually, we can get downright irritated, stubborn, and even belligerent when others confront us with attempts to move us from the "status quo". We are here at Bay Village because of our intense commitment to life in all of its fullness and newness. On occasion, however, our words and actions belie our stated convictions.

Bay Village ALWAYS has charted a course away from "stagnation", toward a course of offering relationships, services, enriching and nurturing experiences designed to *prevent* us from settling into the "status quo."

The next two years at Bay Village offer us exciting, challenging, risky, life-giving opportunities which will keep us from settling for the "*status quo*," We are being encouraged to be a people of faith who dare follow a God who dared us 44 years ago with a seemingly impossible dream of Bay Village - the very place which we all call home this day.

Status quo/stagnation is not who we are at Bay Village. God is not finished with us yet! As the saying goes: "Let us not give up, or give in, 15 seconds before God's miracle!"