



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

June 2020

NICHOLS' NOTES

Each week I have written a weekly update for the Covid-19, so I thought I would use the Nichols' Notes section this month to discuss where we stand with some of the projects that Bay Village was working on prior to the virus crisis.

The masterplan and memory care projects underwent value engineering which took several months to complete. Having finished this, SFCS, the architecture firm, is now working on the construction documents which include the blueprints for building and renovation. The hope is to have these documents completed sometime in August which can then be submitted to the county for permit. I am told the permitting process will take months, so my best guess is we will not begin renovations or memory care until early 2021.

We have 10 apartments that have people eagerly waiting to move into. Once Bay Village allows visitors on campus, the contractors who will work in these apartments, will be allowed on campus to complete them. There will be stringent procedures for the contractors to follow. When residents are ready to move in, there will be procedures for them to follow also as they integrate into our community.

Lastly, the apartment hallway/core renovations will pick up where ME&S left off later this summer. This work is being completed out in the hallways where residents pass the workers frequently and we want to ensure that everyone remains safe so this will be the last project to get up and running again.

Summer starts in a few weeks. I hope we get back to a new normal during these coming months.



Bay Village

- Eric Nichols..... Presidentt/CEO
- Jennifer Grimes..... Chief Operating Officer
- Christina Wizba..... Chief Financial Officer
- Ron Simon..... Dir. of Dining Services
- Marvin Lunsford..... Dir. of Maintenance
- Laura Pitcher..... Dir. of Marketing
- Shirley Laurence..... Dir. of Health Service
- Ann Aldrich..... Dir. of Human Resources
- Larry Buczkowski..... Dir. of Housekeeping
- Diana Caughron..... Dir. of Resident Enrichment
- 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/



June Bill News

You probably already read about the new camera in the auditorium. This camera can also be used for BILL programs. Live speakers in the auditorium can be shown on Channel 195! Please keep in mind that we cannot allow presenters on campus or small groups to meet in the auditorium until Governor DeSantis allows Stage Two of his Re-Opening Florida Plan. And we have to wait until the updated equipment for channel 195 is installed. But we hope to be able to have live speakers in July. In the meantime there are plenty of resources available to help you keep your brain active!

Read: The library is open and has much to offer.

Videos: The library has a wide selection including some Great Courses DVDs. If you are interested in the environment check out "Before the Flood", "Racing Extinction", or "The Biggest Little Farm".

Almost all museums have websites that take you on virtual tours or offer classes.

Check out the Bay Village App for Virtual Travel or Brain Health.

Resident Services staff put out a variety of puzzles in the racks in the mailroom.

Participate in our virtual travel around the world program. Every week we select a different country to discover. The evening programs on channel 195 all relate to the country of the week. There is also a quiz about that country in the mailroom racks.

Technology News

It seems that the more technology you get, the more you need. Bay Village had a camera installed in the auditorium in the month of May. You wouldn't notice it unless you look up. It looks like a small bubble attached to the ceiling. This camera will allow us to show whatever is happening in the auditorium live on your television on channel 195. We were all so excited and scheduled times to show it off to you, but we discovered that this new high tech camera does not work well with some of our old technology for Channel 195. We are in the process of updating that existing equipment and hope to start using it by July. Here is how it will work: once Governor DeSantis allows for groups of 50 to meet together, we can open the auditorium. However there is only room for 37 people if we maintain proper social distancing (six feet). With the camera, Petra could hold a live Chair Fitness Class and if more than 37 people want to participate, some could join the class from their own apartment. We can have entertainment and those who do not feel comfortable coming out to the auditorium yet can watch the program on television. The camera will also allow residents to watch movies, speakers, Vespers and Quarterly Meetings from the comfort of their apartment if they are ill or if they just want to stay in their pajamas!

The camera offers us a variety of settings but is relatively easy to use. We use the same i-Pad that we use for the sound and lights in the auditorium. We can turn the camera to get different angles of the stage or zoom in close. Although some of us may not like new technology, this piece of equipment will be very helpful to staff and residents alike!

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June Entertainment

The current entertainment schedule includes programs from You Tube that are shown on the Bay Village television channel 195 at 8:00 every evening. On May 18th we started with a theme for the entertainment. Residents are travelling the world while staying right here at Bay Village. Every week we travel to a new country. The evening entertainment programs may be arm-chair travel shows, concerts or art from the selected country, or a history of that country. There is also a weekly quiz about each country. On Thursdays from 4:00-5:00 Resident Services Staff hand out small gifts related to the theme and Dining Services Staff prepare a meal from the chosen country. The first week we learned about England and the second week was Italy. Upcoming travels include: Greece, China, the Bahamas, France, Spain, and Germany.

The Resident Services Department is very hopeful that Bay Village will soon have live entertainment in our auditorium. But we also know that there will be significant changes in how we do things. The seating in the auditorium has been re-arranged so that there is 6 feet between each chair. This does greatly limit the number of seats to 37. Once Governor DeSantis allows for groups of 50 in facilities, we will be able to use the auditorium. 37 residents who are wearing their masks will be able to sit in the auditorium and maintain social distancing. Any program that is shown in the auditorium will also be shown live on channel 195 using the new auditorium camera. This will allow those residents not able to meet in the auditorium to still watch it. We hope to have live programs by July, but again, we must wait until the Governor allows these changes, and we get the necessary technology.

Environews

Did you know that we are all eat-up by plastic every day? I'm glad that caught your attention because our world is choking in plastic. The land, the oceans and rivers, and even our homes are full of it in all its' forms.



Tupperware, Bakelite, Nylon, Plexiglas, and Celluloid were just the beginning. Since then plastic has been fashioned into all kinds of products: bottles, jars, silverware, dishes, shopping bags, baby toys and pacifiers, as well as artificial hearts and 3-D replacements for human body parts.

The problem is not only the space all that discarded plastic takes, but the harmful chemicals that leak from it. This includes: styrene, bisphenols, phthalates to name a few. Presently there is NO LIMIT on the types of chemicals that can be used, and they do not need to be identified according to present FDA regulations!

Most plastic is not re-usable because it is made with different ingredients. Because there are no limitations on global production it is projected to increase 4 times by 2050.

Plastics are made from fossil fuels like oil and natural gas. 20% of all production could be used for producing plastics by 2050. Ethane cracking, a by-product of fracking creates the sort of cheap plastics used in single use items like straws, silverware, and food containers.

Many companies that sell the most plastic, Coca-Cola, Nestle, and Pepsi have signed on to a non-profit partnership called the New Plastics Economy. It is dedicated to reducing unnecessary plastics, packaging that is re-used, recycled or composted, and that the plastic is free of hazardous chemicals.

Recycling doesn't work if you keep producing more plastic. Production increases every year. Half the plastic made was in the last 13 years!

Senator Udall of New Mexico has a newly proposed Break Free Plastic Pollution Act which would phase out many single use plastics, slow the launch of new plastic production and require sellers of plastic to cover the cost of collecting and recycling it. Do your part-refuse to use single use plastics and pressure your elected officials to move away from those cheap plastics.

Volunteers

Bay Village is blessed to have the most amazing volunteers. From working in one of our stores, to serving on the Resident Council, to helping with a special event, and much more, our residents are extremely giving of their time. This past year there were 187 residents who volunteered 20,584 hours of service to Bay Village! And that is just the hours served at Bay Village. Many of our residents also volunteer in the community. One of the highlights at Bay Village is our annual Volunteer Luncheon. Unfortunately, COVID-19 caused us to miss the luncheon this year. But we still want to honor all of those who have given of their time to help Bay Village. The Management and Staff of Bay Village are deeply indebted to our Resident Volunteers. We truly appreciate all that you do every day! Here are a few quotes that help express how we feel about our volunteers:

"You make a living by what you get. You make a life by what you give." ~Winston Churchill

"Volunteers do not necessarily have the time; they just have the heart." ~Elizabeth Andrew

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another." ~Erma Bombeck

"You may not have saved a lot of money in your life, but if you have saved a lot of heartaches for other folks, you are a pretty rich man." ~Seth Parker

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in". ~Author Unknown

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



Sunday	Monday	Tuesday
<p><i>All programs are on channel 195.</i></p> <p><i>If there are any changes, a new calendar will be distributed..</i></p>	<p>1</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>2</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>
<p>7</p> <p>9:15 Comedy Clip 11:30 Chair Fitness 3:15 Meditation 8:00 Entertainment</p>	<p>8</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>9</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>
<p>14</p> <p>9:15 Comedy Clip 11:30 Chair Fitness 3:15 Meditation 8:00 Entertainment</p>	<p>15</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>16</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>
<p>21 <i>Father's Day</i></p> <p>9:15 Comedy Clip 11:30 Chair Fitness 3:15 Meditation 8:00 Entertainment</p>	<p>22</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>23</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>
<p>28</p> <p>9:15 Comedy Clip 11:30 Chair Fitness 3:15 Meditation 8:00 Entertainment</p>	<p>29</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>30</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>

Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>4</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>5</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 3:30 Virtual Vespers 8:00 Entertainment</p>	<p>6</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>
<p>10</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>11</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>12</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 3:30 Virtual Vespers 8:00 Entertainment</p>	<p>13</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>
<p>17</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>18</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>19</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 3:30 Virtual Vespers 8:00 Entertainment</p>	<p>20</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>
<p>24</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>25</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>	<p>26</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 3:30 Virtual Vespers 8:00 Entertainment</p>	<p>27</p> <p>9:15 Comedy Clip 10:00 Stretching Exercises 11:30 Chair fitness 2:00 Exercise 3:15 Meditation 8:00 Entertainment</p>
			
			

Announcements

The TLC Salon is now open.

There are only two stylists working at a time. You must have an appointment (call 2116), and you shouldn't come down until the stylist calls you. Staff is cleaning between each customer and everyone must wear a mask. But it is so nice to get a haircut!!

The nail technician is also back to work at the TLC Salon. Again you must call for an appointment and wear a mask. Patricia is working Monday, Wednesday, Thursday, and Friday. Please call 2116 to schedule a time.

Our Massage Therapist, Csilla Callesen is back to work as well. To schedule an appointment, please leave a message on her cell phone, 941-402-0794.

Good News...

There are some actors, athletes, and business people who are using their fame and fortune for good during this pandemic. For instance, Actor John Krasinski started "Some Good News" on YouTube. Every week he has a video with only good news. Often other stars join in the show. One week he even had a surprise wedding for a couple and John himself was the officiant! NBA player Bismack Biyombo donated over \$1 million worth of medical supplies to his home country of Republic of Congo. NBA player Zion Williamson covered one month's salary of all of the workers at the New Orleans arena where he played. Delta CEO, Ed Bastian is going without a salary for 6 months in hopes of preventing layoffs of Delta employees. The list goes on and on. It is so good to see people coming together to help each other!

Wellness Corner...By Petra Mueller

Unique circumstances call for unique measures. Who thought we are going to online teaching in a matter of weeks? Kudos to all of you, who are trying to stay active and well during this pandemic. I am always happy to see you in the pool, the gym, the walkways around the property and the hallways, and sure hope you are doing the exercise classes that are offered on channel 195.

No promises, but I am aiming to start teaching some live classes in the middle of July. With the new camera system in the auditorium I can teach some classes that are being live streamed. It will be difficult with none of you in attendance. I teach usually off your feedback, to give you the best and most challenging workout possible without straining you too much.

Our gym is always open, please observe the physical distancing at any time and do not crowd other residents. Clean the machines after use, as usual.

To stay well we all need to do our part by wearing the masks, washing our hands and limiting our contact to other people as much as we can. With this in mind, stay active and be well.

If you need any assistance using the machines or have any questions you can reach me at ext. 4033.

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Father's Day

While many people may think that this official holiday was created in reaction to Mother's Day, this sentimental holiday has a far more interesting history and even more fun facts.

Father's Day had a 64-year road to becoming an officially recognized holiday. In fact, it took President Nixon's re-election campaign to get an official proclamation signed in 1972 to recognize this day as a federal holiday, which is now celebrated with food, gifts, and quality time together.

On July 5, 1908, a West Virginia church hosted the nation's first event explicitly in honor of fathers. During a Sunday sermon, 362 men who had died in explosions in December at the Fairmont Coal Company mines in Monongah were honored in a one-time commemoration.

One year later, Sonora Smart Dodd, one of six children raised by a widower, tried to create a "Mother's Day" for fathers. She had success when Washington state held the first statewide Father's Day on July 19, 1910.

The road to declaring a nationally-honored Father's Day was a long one, spanning over 60 years. President Calvin Coolidge supported the holiday but did not make a proclamation. President Woodrow Wilson spoke at a Father's Day celebration in Spokane, Washington, but Congress resisted making the holiday official out of fear it would become commercialized. Finally, President Lyndon B. Johnson was the one who declared the third Sunday in June as Father's Day, though it was not yet made a permanent national holiday.

Finally, it was President Nixon who officially declared it a holiday in 1972. Father's Day is much newer than Mother's Day, which has been celebrated since the 1860s and was made official in 1914.

Father's Day is the fourth most popular card-sending holiday in the U.S. behind Christmas, Valentine's Day, and Mother's Day. Over 72 million cards are sent out on this special holiday to say "I love you!"

This year, Americans are expected to spend over \$15 billion on Father's Day gifts, approximately \$133 per person. The National Retail Foundation reports this money will be spent mostly on clothing (\$2.2 billion), gift cards (\$2.1 billion), and electronics (1.8 billion).

From the website The Daily Meal

June Birthdays

- June 2 - Sue Maxwell
- June 3 - Ernest Wolfer, Barbara Peterson
- June 4 - Sallie Lutz, David Brubaker
- June 6 - Bill Foran, Claire Fink
- June 7 - Michael Rigdon, Joan Leonard
- June 8 - John Gary, Jane Nave
- June 9 - Marta Brown, Jeanne Wright
- June 11 - Ginny Rempelakis, Pat Heenan
- June 13 - Phyllis Ewald, Rose Marie Turner
- June 15 - Kay Gerlach, Bob Wiegand, Wil Jasson
- June 16 - Nancy VanRoekens
- June 17 - Betsy Shindlebower
- June 21 - Ray Garcia
- June 22 - Jane Razny
- June 24 - Victoria Menefee
- June 26 - Chuck Hullhorst
- June 28 - John Hartley, Mary Symes-Leith
- June 29 - Flora Gertzof
- June 30 - Barbara Ungaro

June Anniversaries

- June 4 - John & Nancy Swift, Robert & Victoria Menefee
- June 5 - Bill & Sara Atz
- June 10 - Pat & Sibyl Hardeman
- June 13 - Wolf & Betsy Shindlebower, Fred & Laura Pardee
- June 16 - Peter & Nancy VanRoekens
- June 18 - Dan & Shirley Brabeck, Danny & Deanna Seymour
- June 24 - Terry & Sally Kall
- June 27 - Ernie & Lisa Wolfer, Lou & Carolyn McKush
- June 28 - Curtis & Nancy Hood
- June 29 - Jim & Joan Symons
- June 30 - James & Joyce Huber



Maybe we don't have it that bad...

It's a mess out there now. Hard to discern between what's a real threat and what is just simple panic and hysteria. For a small amount of perspective at this moment, imagine you were born in 1900.

On your 14th birthday, World War I starts & ends on your 18th birthday. 22 million people perish in that war. Later in the year, a Spanish Flu epidemic hits the planet & runs until your 20th birthday. 50 million people die from it in those two years. Yes, 50 million.

On your 29th birthday, the Great Depression begins. Unemployment hits 25%, the World GDP drops 27%. That runs until you are 33. The country nearly collapses along with the world economy.

When you turn 39, World War II starts. You aren't even over the hill yet. And don't try to catch your breath. On your 41st birthday, the United States is fully pulled into WWII. Between your 39th and 45th birthday, 75 million people perish in the war.

Smallpox was an epidemic until you were in your 40's, as it killed 300 million people during your lifetime.

At 50, the Korean War starts. 5 million perish. From your birth, until you are 55 you dealt with the fear of Polio epidemics each summer. You experience friends and family contracting polio and being paralyzed and/or die.

At 55, the Vietnam War begins and doesn't end for 20 years. 4 million people perish in that conflict. During the Cold War, you lived each day with the fear of nuclear annihilation. On your 62nd birthday, you have the Cuban Missile Crisis, a tipping point in the Cold War. Life on our planet, as we know it, almost ended. When you turn 75, the Vietnam War finally ends.

Think of everyone on the planet born in 1900. How did they endure all of that? When you were a kid in 1985 and didn't think your 85 year old grandparent understood how hard school was. And how mean that kid in your class was. Yet they survived through everything listed above. Perspective is an amazing art. Refined and enlightening as time goes on. Let's try and keep things in perspective.

Your parents and/or grandparents were called to endure all of the above - you are called to stay home and sit on your couch!!!



CHAPLAIN'S CORNER

Rev. Dr. Chuck Moffett

It all started about two months ago.

Yes, that same time when all were encouraged to wear face masks to help mitigate the spread of the coronavirus. Yes, that same time when such masks were at a premium. Yes, that same time when our Sales and Marketing Department here at Bay Village addressed the shortage by enlisting some of our residents to use their sewing skills in making cloth masks for our staff.

As the masks were being made, I was provided a mask which would allow me, as Chaplain, to make rounds with all of our residents. A tongue-in-cheek suggestion was made that my mask somehow should accent my signature preference for Tabasco pepper sauce. The suggestion was dismissed since no such cloth material was available. Quickly, I continued the banter by saying "I have a Tabasco necktie which I would be glad to donate to the cause." What began as a joke, became a reality in just a few short days when our resident, Sara Atz, unveiled a craftily designed mask with the Tabasco logo in prominent display. **BUT THAT IS NOT THE END OF THE STORY...**

...just the other day I was overwhelmed to find this exquisite tapestry hanging on my office door: a one-of-a-kind self-designed and created CROSS, made by the same Sara Atz, using the remnants of the necktie material not used in making the mask. What a touching gift. **BUT THAT IS NOT THE END OF THE STORY...**

...unbeknownst to Sara, her creativity inspired and affirmed a deep faith awareness in my soul. God Almighty offers each of us the amazing grace of unconditional love. God did not "mask" the divine love for all people. That love was shouted for all to hear. Nowhere is this gift from God shown more publically and poignantly than in the cross of Jesus Christ - a costly demonstration of unexpected love. Truly AMAZING GRACE which brings a tantalizing taste to how God accepts us - and how we are to live with each other. Does it surprise you that I have decided to entitle my Tabasco Cross: "NO BLAND GRACE!" Thank you, Sara Atz.