



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

August 2020



Bay Village

- Eric Nichols..... President/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/

NICHOLS' NOTES

We are now in the month of August. We thought things were getting better with Covid-19 back in June, but now we are in the midst of uncertainty. One minute things are open and the next minute they are closed. Florida has become one of the nation's hotspots for the virus. Bay Village has had to take a few steps back in its operations. No visitors in the building and Dash and Dine is being used exclusively for dining due to the rampant rise in cases in the surrounding Sarasota community. Along with all of this uncertainty, comes stress. We all deal with stress in different ways, but we have to realize that we are all in this together. No one is immune to needing to social distance, wear a mask, and the frequent washing of your hands. Everyone needs to do these things. Not just some of us - but everyone. We will look back at 2020 as a stressful year and one that we will want to forget, but the history books will keep it alive for generations to read about and learn from. One of my favorite Jimmy Buffet songs is titled, "Breathe in, Breathe out and Move on" and I will add, all the while wearing your mask properly. Bay Village will be diligent as we move forward with our operations and there may be times when we need to pause, and even take a few steps back, as we maneuver our way through this pandemic.





Library Update

This is a special THANK YOU for your donation to our library. These funds will make it possible to keep new books, newspapers and financial information available to everyone.



The library remains very busy and we are happy for your patronage. We have several new regular as well as many large print books arriving in the coming days.

The library is a special place, funded only by your generosity and not by Bay Village Corporation. The request-letter was a different way to have the fundraiser for the library, and I truly thank everyone for their donation.

As of July 1, 2020, the donation total was more than \$9000. This money will go a long way in funding the library.

Again, a very BIG THANK YOU!!
Sara Atz, Library Chairperson

Get in **GEAR** at Bay Village

The Wilkinson Elementary School Partnership at Bay Village invites you to participate in an exciting program to support the students and teachers at Wilkinson. It is our hope that together the residents on each floor will be able to raise \$150.00 to sponsor a classroom at the school. **GEAR** means **GIVING that EXTENDS our ACADEMIC REACH**. The program makes it possible for teachers to provide and supplement books, computer software, and other enrichment opportunities for the children who attend this Title One school. Your voluntary contribution will make a big difference in the lives of the children at Wilkinson. Last year you contributed more than \$2300.00 which was deeply appreciated.

Let's try to exceed that amount in 2020.

Your Floor Representatives will provide more detailed information and instructions regarding this very valuable program. *Thank you for your enthusiastic and thoughtful participation.*

August Entertainment News

With the increase in COVID cases in Florida during the first two weeks of July, we have decided to not open up the auditorium for live entertainment in August. We are going to continue with our travel program for the month of August to finish out the summer. We are going to start out the month by travelling to India. We will then move on to Russia, then Japan, and finally Brazil. There will be a program on Channel 195 every evening at 8:00 and souvenirs given out every Thursday from 4:00-5:00 for those who try the quiz. Of course Chef Sean and his staff will continue to provide a special meal every Thursday that is from the country of the week.

We are also adding Tuesday Trivia on Channel 195. You won't be able to win any big prizes, but we will have our own versions of Trivia, Wheel of Fortune and more. Tune in to Channel 195 every Tuesday in August at 7:00.

August Movies

There are not many things better than staying in and watching a movie during the Dog Days of Summer. You don't even have to leave your apartment; all movies will be shown on channel 195 at 3:30. On Sundays they will also be shown at 5:45. We have a wide variety picked out for you this month.

- "Interstellar" stars Matthew McConaughey, Anne Hathaway, Jessica Chastain, and Michael Caine and is described as "a beautiful and epic film" by the Chicago Sun-Times. It will be shown Saturday August 1st.
- "Emma" is based on Jane Austen's beloved comedy about finding your equal and earning your happy ending. This stunning, hilarious, and romantic movie will be shown Sunday August 2nd.
- On Wednesday August 5th we will show "Ford v Ferrari" based on the incredible true story of American car designer Carroll Shelby. The stars of this movie are Matt Damon and Christian Bale.
- AARP describes "The Light Keepers" as "one of the most engaging grown-up love stories to come to the screen in years". The stars include Richard Dreyfuss, Blythe Danner, Tom Wisdom, Mamie Gummer, and Bruce Dern. This will be shown Saturday August 8th.
- Sunday August 9th we will show "The Call of the Wild" starring Harrison Ford. This film is based on the book by Jack London.
- Annette Benning and Bill Nighy star in "Hope Gap", the story of a woman who learns to live on her own again after 29 years of marriage. We will show this movie Wednesday August 12th.
- "The Current War" is an historical drama inspired by the 19th-century competition between Thomas Edison and George Westinghouse over which electric power delivery system would be used in the United States. We will show this movie August 15th.
- August 16th we will show the movie "I Still Believe". This is based on the true story of Christian music singer Jeremy Camp and his wife who was diagnosed with ovarian cancer shortly before they married.
- The new version of the movie "Little Women" was nominated for numerous Academy Awards including Best Actress, Best Supporting Actress, and Best Picture. We will be showing this Wednesday August 19th.
- Patrick Stewart and Katie Holmes star in the movie "Coda", the story of a famous pianist who struggles with stage fright. It will be shown Saturday August 22nd.
- We will show "The Way Back" on Sunday August 23rd. Ben Affleck stars in this story of a man struggling in life but given a shot at redemption.
- Wednesday August 26th we will show the movie "Bombshell". This Academy Award nominated movie stars Charlize Theron, Nicole Kidman, and Margot Robbie.
- In "The Song of Names" a child befriends a Polish violin prodigy whose parents leave him in his family's care. The two boys become like brothers until the musician disappears. Forty years later, he gets his first clue as to what happened to his childhood best friend. This will be shown Saturday August 29th.
- On Sunday August 30th we will watch "The Lost Husband". This is the story of a young widow who moves her family to the country for a fresh start.

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


Dog Days of Summer....

We often hear about the “dog days” of summer but few know what the expression means. Some say that it signifies hot sultry days “not fit for a dog,” others suggest it’s the weather in which dogs go mad. The Dog Days of Summer describes the most oppressive period of summer, between July 3rd & August 11th each year. But where did the term come from? And what does it have to do with dogs?

The phrase is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star.

In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun’s warmth, accounting for the long stretch of sultry weather. They referred to this time as diēs caniculārēs, or “dog days.”

Sunday	Monday	Tuesday
<p><i>Programs are on channel 195 unless marked in RED.</i></p>		
<p>2 11:30 Chair Fitness 3:15 Meditation 3:30 & 5:45 Movie “Emma” 8:00 Program on Australia</p>	<p>3 10:00 Strength & Balance 10:30 Needle Arts Group 11:30 Chair Fitness 2:00 Varied Exercise Class 2:30 Drawing Class 3:15 Meditation 8:00 Program on India</p>	<p>4 10:00 Strength & Balance 10:00 Craft Group 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 7:00 Trivia 8:00 Program on India</p>
<p>9 11:30 Chair Fitness 3:15 Meditation 3:30 & 5:45 Movie “Call of the Wild” 8:00 Program on India</p>	<p>10 10:00 Strength & Balance 10:30 Needle Arts Group 11:30 Chair Fitness 2:00 Varied Exercise Class 2:30 Drawing Class 3:15 Meditation 8:00 Program on Russia</p>	<p>11 10:00 Strength & Balance 10:00 Craft Group 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 7:00 Trivia 8:00 Program on Russia</p>
<p>16 11:30 Chair Fitness 3:15 Meditation 3:30 & 5:45 Movie “I Still Believe” 8:00 Program on Russia</p>	<p>17 10:00 Strength & Balance 10:30 Needle Arts Group 11:30 Chair Fitness 2:00 Varied Exercise Class 2:30 Drawing Class 3:15 Meditation 8:00 Program on Japan</p>	<p>18 10:00 Strength & Balance 10:00 Craft Group 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 7:00 Trivia 8:00 Program on Japan</p>
<p>23 11:30 Chair Fitness 3:15 Meditation 3:30 & 5:45 Movie “The Way Back” 8:00 Program on Japan</p>	<p>24 10:00 Strength & Balance 10:30 Needle Arts Group 11:30 Chair Fitness 2:00 Varied Exercise Class 2:30 Drawing Class 3:15 Meditation 8:00 Program on Brazil</p>	<p>25 10:00 Strength & Balance 10:00 Craft Group 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 7:00 Trivia 8:00 Program on Brazil</p>
<p>30 11:30 Chair Fitness 3:15 Meditation 3:30 & 5:45 Movie “The Lost Husband” 8:00 Program on Brazil</p>	<p>31 10:00 Strength & Balance 10:30 Needle Arts Group 11:30 Chair Fitness 2:00 Varied Exercise Class 2:30 Drawing Class 3:15 Meditation</p>	

Wednesday	Thursday	Friday	Saturday
			<p>1 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Movie "Interstellar" 8:00 Program on Australia</p>
<p>5 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Movie "Ford v Ferrari" 8:00 Program on India</p>	<p>6 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Cardio Drumming 3:15 Meditation 4:00 Passport Program 8:00 Program on India</p>	<p>7 10:00 Strength & Balance 11:00 Drawing Class 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Virtual Vespers 8:00 Program on India</p>	<p>8 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Movie "The Light-keepers" 8:00 Program on India</p>
<p>12 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Movie "Hope Gap" 8:00 Program on Russia</p>	<p>13 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Cardio Drumming 3:15 Meditation 4:00 Passport Program 8:00 Program on Russia</p>	<p>14 10:00 Strength & Balance 11:00 Drawing Class 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Virtual Vespers 8:00 Program on Russia</p>	<p>15 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Movie "The Current War" 8:00 Program on Russia</p>
<p>19 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Movie "Little Women" 8:00 Program on Japan</p>	<p>20 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Cardio Drumming 3:15 Meditation 4:00 Passport Program 8:00 Program on Japan</p>	<p>21 10:00 Strength & Balance 11:00 Drawing Class 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Virtual Vespers 8:00 Program on Japan</p>	<p>22 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Movie "Coda" 8:00 Program on Japan</p>
<p>26 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Movie "Bombshell" 8:00 Program on Brazil</p>	<p>27 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Cardio Drumming 3:15 Meditation 4:00 Passport Program 8:00 Program on Brazil</p>	<p>28 10:00 Strength & Balance 11:00 Drawing Class 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Virtual Vespers 8:00 Program on Brazil</p>	<p>29 10:00 Strength & Balance 11:30 Chair Fitness 2:00 Varied Exercise Class 3:15 Meditation 3:30 Movie "Song of Names" 8:00 Program on Brazil</p>
			



Wellness Corner... By Petra Mueller

When I am writing these words, I do not know the situation of the COVID 19 development. I certainly hope for it to be better by the time you read this and that we can go ahead as planned to start up some exercise classes.

If not, please keep up your spirits and your health, by staying active and participating in the classes shown on channel 195 several times each day. I try to change them out regularly so that you don't get bored.

The pool is also a great place to stay fit and get some vitamin D as well.

There are several articles about stress in the mail room racks. This has been a difficult time for all of us and these articles have some good suggestions to help keep us motivated and upbeat.



THANK YOU!

There are so many staff and residents who have jumped in to help during this time. We try to offer our gratitude face to face but also want to offer some public acknowledgement when able. Please bring to our attention anyone who may have been accidentally left off this list.

Russell Hande, from the Housekeeping Department, went floor to floor offering entertainment to residents. Russell did this on his days off. He set up all of his equipment and cleaned up afterwards. Thank you Russell!

Josi Madigan has provided piano concerts in the living room for over 100 days!! Josi prepares and practices at home before playing. Staff and residents enjoy her concerts. Thank you Josi!

The Bay Village transportation staff have been doing most of the grocery shopping for Bay Village residents. They make multiple trips to various stores on a daily basis and in this Florida heat!

There are a group of very dedicated volunteers who have helped the resident services staff with the shopping orders. These folks make phone calls, fill out forms, & make sure you get your supplies.

Thank you to all of the volunteers working in the Gift Shop, the Country Store, and the Down Under making sure we can purchase needed items right here at Bay Village. And to those who work in the library or mail room making sure residents have things to read.

Thank you to all of the nursing staff working in the Assisted Living and Health Center. They wear masks and other protective equipment for 8 plus hours every day to take care of our residents in those areas.

All of the Bay Village staff who have taken on duties that were never in their job descriptions to help out during this time deserve a BIG thank you as well.

Thank you to the members of the Residents' Council and committee members who continue to work to keep things running "as usual" during this time.

And last but surely not least, thank you to our Chaplain Chuck Moffett who has been there to offer support for staff, residents and families through-out this crisis. He has also learned new technology to provide "Virtual Vespers" every week.

By all of us working together, offering hope and a helping hand, we will get through this.

.....



If you want to vote by mail for the November 3rd general election call the Supervisor of Elections Office at 861-8600 or go to Sarasotavotes.com.

Need assistance with electronic equipment? Send an email to computersupport@bayvillage.org describing the problem and your apartment number. Someone from Zymphony Technology Support will contact you.

We are looking for a few good pictures. Walk around the facility and grounds and take a few photos of what Bay Village means to you. If you include residents or staff in your photos please make sure they agree to it. Then email your favorites to diana.caughron@bayvillage.org. We will let the Directors pick out the pictures that best represent Bay Village.

The annual federally mandated tap water quality report for Sarasota County (our tap water) was released on July 1 and the water passed all of the 17 required tests. Thus, our tap water is safe to drink and bottled water (expensive and environmentally harmful) is not needed.

August Birthdays

- August 1 Phil Goodell, Robert Chesek
- August 3 Wanda Witt, Vally Hawley
- August 4 Charlotte Hagggar
- August 5 Mary King
- August 7 Anne Plescia, Marlene Heinowitz,
Lisa Wolfer, Mike Mayers
- August 8 Anna Small, Ron Cota
- August 10 Lucy Martinez, Robert Kitterer
- August 12 Jacquie Rieke
- August 13 Peter van Roekens
- August 14 Gillian Stockton,
Valerie DiPasquale
- August 16 Donna Gary, Terry Butner
- August 17 Larry Ream, Jane Hammond
- August 18 Peggy Hoffman
- August 20 Joyce Harrell
- August 23 Betty Whittinghill
- August 24 Hazel Seeger, Jean Huber
- August 25 Don Burgett, Bonney Miller,
Vivienne Smith
- August 26 Bob Gannon
- August 31 Carolyn McKush, Doyle King



August Anniversaries

- August 2 Jim & Connie Hensel
- August 3 Alvar & Carol Elbing
Wil & Inge Jasson,
John & MaryAnn Hartley
- August 8 Frank & Jane Camarota
- August 24 Bob & Emilie Kimbrough
- August 28 Otto & Anne Plescia
- August 29 Ron & Jean Cota



Welcome Lori!



Lori Wild is the new Resident Enrichment Assistant. Lori has a combination of skills that will be very useful in this position. She has been an Activity Director in Assisted Living & Memory Care and she has held several Customer Service positions. Lori is also upbeat and has great computer skills. She will do a terrific job assisting residents! Lori has a Bachelor's Degree in Christian Ministry from Christian International Bible College in Santa Rosa Beach, FL. Lori started at Bay Village Monday July 27th. If you haven't yet met her, stop by and say Hi!

Environews



Bob Bunting, a former executive with the National Oceanic and Atmospheric Administration (NOAA) now heads up The Climate Adaption Center in Sarasota. Since 1980 global temperature has increased 1.1 degrees Celsius or about 2 degrees Fahrenheit and sea level has risen approximately 10 inches. By 2100 the forecast is for temperature to rise an additional 2.1-2.7 degrees Fahrenheit and the sea level to rise an additional 10-14 inches. As the water warms in the Gulf of Mexico, there will be more fuel to intensify hurricanes, and increase the impacts from red tide.

I'M BORED...

I'm sure some of you remember hearing these words from your kids about this time of the year. It is the "Dog Days of Summer". It's too hot to do much outside and now with COVID-19 we can't have entertainment or go to the movies so what do we do? Well we have a few suggestions for you!

EXERCISE! It is good for your health and for your mental well-being. The pool is open, please take a shower before entering and maintain social distancing. We have a wide variety of exercise equipment available to you in air conditioned rooms. Again maintain social distance and clean the equipment before and after use. There are also many exercise classes available to you on Channel 195. Check the calendar for the schedule. You could go outside and walk early or late in the day to try to avoid the heat. You can also walk indoors to avoid the heat.

Participate in the travel program we have going on right now. Every week we learn about a new country. There will be a quiz on the country located in the racks in the mail room. Every evening at 8:00 there will be a program about that country on channel 195. And on Thursdays we will be set up outside the dining room from 4:00-5:00 playing music and giving out gifts from the chosen country.

Try the sketching program we are showing on Channel 195 Mondays at 2:30 and Fridays at 11:00. There are still some supplies available in Resident Services.

Join us for Trivia Games on Channel 195 on Tuesdays at 7:00.

Check out the PBS website, <https://www.pbs.org/>. They have a huge selection of independent films available. You can also watch any of their television shows, get news updates and watch some uplifting stories.

The Florida Humanities website, <https://floridahumanities.org/programs/florida-talks/> has an archive of some of the past programs they have done. You could learn about Florida on Fire, Weeki Wachee, or Southern Cooking.

Volunteer. There are so many opportunities here at Bay Village. If interested, call Resident Services and we can tell you all about it.

Write letters, make phone calls, or make cards. Check in on some friends you haven't seen in a while. Surprise your grandkids with a hand-written note or join the card makers on Tuesday mornings in the craft room. Our residents in the Assisted Living and Health Center would also enjoy a card!

Did you know there is a Good News website? Check out <https://www.goodnewsnetwork.org/> for some inspiration!



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

CHAPLAIN'S CORNER

Rev. Dr. Chuck Moffett

Often, I am indebted to Bay Village residents for material which I feel needs to benefit others, not just me. This month, my debt of thanks and gratitude is to **Martha Bonham**. She shares with us a piece written by Dr. Karl Menninger in 1981 (Co-Founder of Menninger Clinic, Topeka, KS)

"People are unreasonable, illogical, self-centered.

LOVE THEM, ANYWAY.

If you do good, people will accuse you of selfish, ulterior motives.

DO GOOD, ANYWAY.

If you are successful, you will win false friends and true enemies.

TRY TO BE SUCCESSFUL, ANYWAY.

The good you do today will be forgotten tomorrow.

DO IT, ANYWAY.

Honesty and frankness make you vulnerable.

BE HONEST AND FRANK, ANYWAY.

People favor underdogs, but I notice they follow the top dogs.

FIGHT FOR SOME UNDERDOGS, ANYWAY.

What you spend years building up may be destroyed overnight.

BUILD, ANYWAY.

People really need help, but they may attack you if you help them.

TRY TO HELP PEOPLE, ANYWAY.

Give the world the best you have, and you'll get kicked in the teeth.

GIVE THE WORLD THE BEST YOU HAVE, ANYWAY.

Thank you, Martha....I needed that!