

HARBOR LIGHT

December 2009

PLYMOUTH HARBOR INC. (not-for-profit) 700 John Ringling Boulevard Sarasota, FL 34236-1551

Key Chorale



in concert
East Garden Atrium

Tuesday ~ December 8 ~ 7:45 pm



Key Chorale is celebrating its 25th Anniversary of bringing great choral music to audiences in southwest Florida. This superb group of singers is returning to Plymouth Harbor for another holiday concert, this time in a new venue, our East Garden Atrium, and under the direction of their new artistic director, Joseph Caulkins. You won't want to miss this music program kicking off our holiday season.

This holiday program has been made possible by Joyce Gordon.

Reflections from Chaplain Jerry O'Connor ...

We all remember the song *All I Want for Christmas Is My Two Front Teeth*, a cute poem about that time in life when we were passing through one of the many stages leading to adulthood. Teeth are very important to our well-being and they are more than a *want*, they are something we need! Our wants and needs were as much at odds with each other then, as they are now, but too often our *wants* become more important than our needs. As the world finds itself in endless turmoil, it seems our wants still outnumber our needs; we want peace, but have difficulty changing our attitudes about others to the point where one wonders if there will ever be "*Peace among men, with whom he is well pleased!*" Luke 2:14 Thus in these confusing times, it might be well for us to consider our *needs* before our *wants* and discover what we need most and what we can do without. May this season of *Hope, Joy, Peace and Love* bring you what you *Need!* Ann Weems, says it best:

What do I want for Christmas?
 I want to kneel in Bethlehem, the air thick with alleluias,
 the angels singing that God is born among us.
 In the light of the Star, I want to see them come,
 the wise ones and the humble.
 I want to see them come bearing whatever they treasure
 to lay at the feet of him who gives his life.
 What do I want for Christmas?
 To see in that stable the whole world kneeling in thanks
 for a promise kept: new life.
 For in his nativity we find ours.

From *Kneeling in Bethlehem*
 © 1980, The Westminster Press

Holiday events you are ALL invited to share in:

Advent Services each Wednesday morning

Hanukkah Party at 4:00 p.m. on Friday, December 11 in the Card Room – including Latkes
 RESERVATIONS ARE REQUIRED – please call Ext. 252 no later than December 9

Christmas Celebration beginning with a Holiday Tea in the Dining Lounge on Wednesday,
 December 23, at 3:00 p.m. followed by our traditional Christmas Service at 4:00 p.m. in Pilgrim
 Hall with special music by the Chancel Choir of First Congregational United Church of Christ

Christmas Morning Mass will be at 10:30 a.m. in MacNeil Chapel with Father Ed Toner

Year End Communion offered in MacNeil Chapel on Wednesday, December 30, 10:30 a.m.

Chapel Talk in Mac Neil Chapel at 10:30 a.m.

Friday, Dec. 4 – *The Controversies of Jesus* Friday, Dec. 11 – *The Last Days of Jesus*



Area Water Shortage

Our area of Florida, Sarasota, Manatee, and Charlotte counties, suffers from a water shortage. The reason? Not enough rain has fallen. In an October 7 Herald Tribune article, Kate Spinner wrote, "Substantial rain fell in May and two weeks ago, but not enough to fill lakes and rivers that are now falling below normal." She quoted Robyn Felix of the Southwest Florida Management District who said, "This was probably about the third year in a row that we didn't get the summer rainfall that we would liked to have had." Summer rainfall figures in the Tribune for 2008 and 2009 support this. Below are revealing numbers taken from the Tribune column:

Precipitation (in inches)	2008	2009	Normal
May	1.68	3.80	2.85
June	6.98	3.59	7.41
July	5.81	5.96	8.71
August	4.69	4.94	9.43
September	4.04	5.54	7.25
October	1.60	.21	2.88



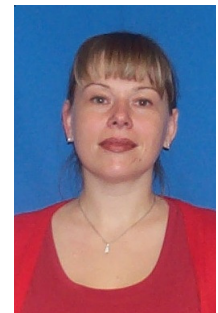
Only last May's precipitation exceeded the norm for that month. Others all lagged, especially August in 2008 and 2009. Recognizing the situation, it seems logical to downsize water consumption wherever we can, and there are easy ways to do it. Shorten showers a little. Wait until you have full loads to turn on dishwashers and washing machines. Don't let water faucets run unnecessarily. Every measure helps.

~ Compliments of the Energy Conservation Group ~

Employee of the Month November 2009

Irina Brimm of Dining Services

"Irina is a good worker. She is always willing to help when needed. She has wonderful work ethics and is willing to do whatever is asked of her. Irina sets a good example to all her co-workers."



Plymouth Harbor's Emergency Caregivers Team

It is almost impossible to skip a day that the topic of the H1N1 Flu isn't discussed. For the most part these conversations begin with a variety of statistics (some more accurate than others) and conclude with the question, "I wonder how this will impact me?"

As for Plymouth Harbor, we have had no confirmed cases of the H1N1 virus among our residents or staff. Our first shipment of the vaccine arrived last week which included 150 doses; we expect another 250 doses this week. The protocol for administering the vaccine includes: caregivers, nurses, certified nurse aides, dietary aides and high risk residents. An announcement is forthcoming regarding how the remaining doses will be administered.

Another important step that Plymouth Harbor has taken is to create an Emergency Caregiver Team.

Early this fall, Mr. Hobson sat down with Dorothy Barichak and Carol Dodson, our Administrator of Health Services and Director of Nursing respectively, to explore how we could best address a potential H1N1 pandemic if it were to strike Plymouth Harbor. This conversation turned into a call to action that included the development of a five-module training program known as the SCC Emergency Caregivers Training Program. These modules address a wide-range of caregiver skills including an orientation to supplies, privacy considerations, oxygen equipment handling, infection control measures, resident transporting, feeding, and Alzheimer's training, concluding with a 3 hour CPR class.

Mr. Hobson asked for volunteers from the Management Team to participate in this "best practice" of resident care. This resulted in 22 managers and supervisors who have since completed the program.

We are pleased to announce that this team of auxiliary caregivers will be called upon to assist nursing in the event of either a high number of

resident or staff illnesses (or their family illnesses) that would result in a staff shortage.

According to Mr. Hobson, "Our first priority is to the health and well-being of our residents, and we must perform whatever extraordinary measures are necessary to accomplish this goal." Mr. Hobson goes on to point out, "If called upon, this team of professionals will simply turn off their office or work area lights, lock their doors and report to the Smith Care Center or Callahan Center for emergency caregiver duty."

At Monday's Board of Trustees meeting, each graduate of the program was presented a certificate of completion and officially made a member of the Emergency Caregivers Team. In his remarks, Mr. Hobson expressed to the Board, "... we are fortunate to have such a dedicated and professional staff who personify Plymouth Harbor's Mission and Core Values."



Pictured above are the 2009 graduates of Plymouth Harbor's Caregivers Training Program. Front row from left: Brandi Burgess, Jim Myers, Dinah Stamp, Rob Kelly, Carolina Davis. Back row from left: Patrick Germain, Gordon Okawa, Doug Feller, Alan Strudas, Beverly Amidon, Audrey Brown, Sandy Taylor, Garry Jackson, Rick Battaglia, Tena Wilson, Karen Smith, Lyall Smith, Jannelly Collado, Harry Hobson, Dorothy Barichak. Not pictured: Maryanne Shorin, Deborah Constantine, Danielle Menzies.



FROM THE BOARD ROOM TWO TRUSTEES ARE HONORED, NEW OFFICERS AND TRUSTEES ARE ELECTED

During the annual meeting of the Board of Trustees last week, two Trustees were honored as they concluded their terms.

- The Honorable Roy Dean served from 2002 – 2009 in many capacities including Chairman of the Board 2007 and 2008. Mr. Dean was instrumental in the development of the strategic plan, master site plan and the approval for 18 community nursing home beds in the Smith Care Center. He was commended for his near-perfect attendance during his seven-year term. In her remarks, Chairperson Carla Smith said, “Roy Dean personifies Trustee Leadership Excellence.”
- Mr. Larry Ream served as Trustee from 2006 – 2009, filling the ex officio seat on the Board, reserved for a member of the First Congregational United Church of Christ of Sarasota, Plymouth Harbor’s Founder. Mr. Ream most recently was the Chairman of the Board. Chairperson Carla Smith added, “Larry was oftentimes viewed as the conscience of the Board...he asked good questions that always helped us attain sound due diligence in our decision and policy-making processes.
- The following slate of officers were elected for a one-year term:
 - Carla Smith, Chairperson
 - Jody Hudgins, Vice Chair
 - Tom Hopkins, Treasurer
 - Bobby Mitchell, Secretary
- The following Trustees were elected to a three-year term:
 - Dr. Bill Kennedy: Kennedy White Orthopedic Center, Orthopedic Surgeon.
 - Mr. David Kuhn, Member of First Congregational UCC of Sarasota
 - Mr. Billy Robinson, City Auditor and Clerk of the City of Sarasota

Please check out our website at www.plymouthharbor.org for a biographic sketch of the new trustees.

INTRODUCING

Ingvar & Lynn Tornberg

Move-In Date: October 1, 2009

Apt. T-1805 Ext. 549

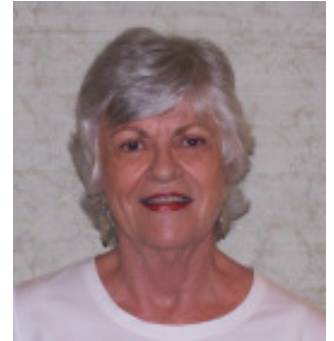
Lynn and Ingvar Tornberg came to Longboat Key for retirement after busy working years up north. Lynn, born and educated in a musical family, did not immediately follow the arts path. After a five year stint with Alcoa in Pittsburgh, her home city, she moved to San Francisco for a marketing position with the British Peninsular and Orient Lines. "I loved it!" she says about the city and the job. "I hated to leave," she adds with a smile. It was Ingvar who persuaded her to give up the job, marry him, and move back east.



Ingvar, born in Chicago, raised in Ohio and New Jersey, graduated from Cornell University as an

engineer. Seven years later he and two partners founded the Gloucester Engineering Company, a manufacturer of extrusion machinery for the plastics industry. "That was in 1961," he states. Uses of plastic were sky rocketing and Gloucester Engineering reaped the benefits. On a trip to San Francisco, Ingvar met Lynn through a Cornell fraternity brother. They were married in 1970 and settled in the Boston area where Ingvar guided and grew his company. The company was sold to a German firm in 1978. Ingvar stayed on till 1984. Subsequently, he led investment groups and now owns a Philadelphia office building.

Lynn did part time jobs until art school lured her. At the Montserrat College of Art she developed painting skills and focused on landscapes. She used acrylics, then pastels, and once "... just painted for two years." Her work won awards. An acrylic, not a landscape, on the Tornberg's living room wall won the 2000 Arts Around Boston Cover Award. It is "Sunny Side Up," two fried eggs in a frying pan on a trivet. Color and design turn these eggs into exceptional subjects.



By 1989 Lynn and Ingvar decided to flee New England winters. They bought a home on Tortola, a lovely British Virgin Island, and enjoyed it until full time southern residency seemed sensible. Longboat Key replaced New England and Tortola. Plymouth Harbor replaced Longboat. "We love it!" says Lynn with the same enthusiasm she showed for San Francisco. Ingvar nods "Yes."

- Sallie Van Arsdale

New Residents

Robert & Mildred Rosenthal

Apt. T-1112 ... Ext. 337

November 12, 2009

In-House Moves

Ethel Bernstein

Apt. CC-208 ... Ext. 295

November 12, 2009



Second Simulcast Season for SILL

Sarasota Institute of Lifetime Learning (SILL), now in its 39th year, has long been recognized as a leader in bringing high quality educational opportunities to the Sarasota area. For the second season, SILL will once again simulcast live from The Players Theatre its popular Global Issues Series. On Thursday mornings beginning on January 7, 2010, and continuing through March 25, 2010, these simulcast lectures will be offered in Pilgrim Hall at Plymouth Harbor to residents, prospects and friends. Participants will be able to enjoy an interactive educational program via remote connection to our large screen. To enhance this learning experience, an on-site moderator will coordinate communications (questions from the audience) between Plymouth Harbor and The Players Theatre during the Q & A session of each lecture.

“Ticket sales have been very good so far,” remarked Gordon Okawa, director of marketing and community relations. “In addition, this year we invited our Reservation List members and have received a positive response from them as well.”

As a direct result of Plymouth Harbor’s successful pilot program and partnership with SILL during the 2009 season, SILL has been able to add three other retirement communities to its simulcast presentation for 2010 and add a whole new level of audience participation. “From its inception, Plymouth Harbor has always valued higher education and lifelong learning. To see our community collaborate closely with other organizations to take this to another level is quite exciting for our residents,” said Gordon.

For more information on SILL contact the Marketing and Sales office at Ext. 512.

Fireside Chat: Pierian Spring Academy



Meet the faculty members who will be teaching the winter/spring classes at Plymouth Harbor

Monday ~ December 7 ~ 3:00 pm ~ Pilgrim Hall



New in the Library (* indicates a gift)

FICTION - Regular Print

The Crying Tree by Naseem Rakha
The Help by Kathryn Stockett
Wolf Hall by Hilary Mantel



FICTION - Large Print

Bed of Roses* by Nora Roberts
Ford County by John Grisham
The Lacuna by Barbara Kingsolver
The Murder of King Tut* by James Patterson
Nine Dragons by Michael Connelly
Rough Country* by John Sandford
Southern Lights* by Danielle Steel

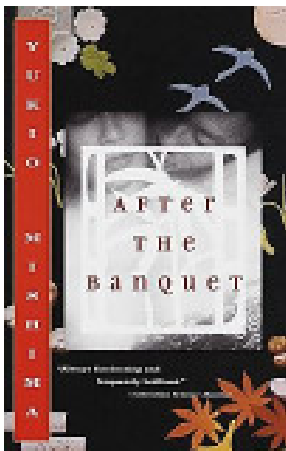
NONFICTION - Regular Print

The Healing of America by T. R. Reid
The Hemingses of Monticello
 by Annette Gordon-Reed
Lyndon Johnson and the American Dream
 by Doris Kearns Goodwin
When Everything Changed by Gail Collins

DVDs

Adoration	Gaslight*
Blackboard Jungle*	Il Trovatore
Bridget Jones's Diary*	My Life in Ruins
The Class	Painted Lady*
Cliffhanger*	The Proposal
A Face in the Crowd*	

The Library Committee presents ...



Read/Discuss Books

After the Banquet by Yukio Mishima

Charleen Sessions will lead a discussion of this book set in mid-twentieth century Japan, an entertaining combination of a marriage and political campaign portraying the culture of old Japan against a restless new era.

Tuesday ~ January 19 ~ 3:00 pm ~ Card Room

Call Ext. 252 to sign up and for a copy of the book. (\$14.00)



Places to Go ... Call Ext. 252 to sign up

Holiday Shopping Opportunities



Thursday, December 3

Westfield Southgate Shopping Mall

Bus departs 1:00 pm; back on bus at 3:30 pm

Thursday, December 10

Westfield Sarasota Square Shopping Mall

Bus departs 1:00 pm; back on bus at 3:30 pm



**Booker High School's
Visual & Performing Arts Center presents
ANIMAL FARM by George Orwell**

Wednesday, December 9, departing at 7:00 pm

Booker's VPA theater students never disappoint!

Cost: \$17.00 for ticket and transportation



HOLIDAY TOUR OF LIGHTS

Tuesday, December 15 or Wednesday, Dec 16

Bus departs 7:30 pm

No Charge for this Holiday Outing



Health and Wellness ...



Health Matters: *Arthritis of the Hip and Knee*

presented by Ronald White, MD
Kennedy White Orthopaedic Center



Wednesday ~ December 9 ~ 3:00 pm ~ Pilgrim Hall

Complimentary Ear Check & Hearing Aid Clinic

(Low Vision Resource Center)

Tuesday, December 1

Dr. Susan Schnack with Sarasota Hearing Center

Tuesday, December 15

Marjorie Sancic, BC-HIS, with Andrew Marlow, MD

Please call Home Care at Ext. 210 for an appointment



The Hot Shots Do Christmas!

Thursday ~ December 17 ~ 4:00 pm

Pilgrim Hall



Sing along with The Hot Shots

All your favorites in one fabulous hour of holiday music and song



The Holiday Season in Mayflower Dining Room

Holiday Luncheon

Saturday
December 12
11:30 am to 1:00 pm



Seasonal Music by
Caren Traynor, harpist

Christmas Dinner

Friday
December 25
11:30 am to 2:00 pm



Call Ext. 258 to make your reservations early.

PLEASE NOTE: As has been tradition, Mayflower Dining Room will be closed for dinner on Saturday, December 12, and Friday, December 25, to provide the Dining Services staff an opportunity to spend time with their family and friends during the holiday season.

New Year's Eve Gala

Thursday, December 31

Complimentary Cocktails
5:30 -- 6:30 pm

One seating dinner 6:30 pm

Music by The Wright Sounds

Reservation slips will be distributed in early December. The cost for this evening includes complimentary cocktails, dinner and entertainment.



\$65.00 per resident
\$80.00 per guest



Carla Smith

Chair & President, Board of Trustees

Harry E. Hobson

President/CEO

Garry Jackson

Vice President/CFO

Dorothy Barichak

Administrator of Health Services

Gordon Okawa

Director of Community Relations

Harbor Light Staff

Dinah Stamp

Administrator of Resident Services

Maryanne Shorin

Resident Services Coordinator

Harbor Light

Biography Committee

George Heitler, *chair*

Betty Blair Martha Buenneke
Virginia Cramer Perry Monroe
Isabel Pedersen Peggy Schwarz
Jim Stern Sallie Van Arsdale



700 John Ringling Blvd.
Sarasota, FL 34236-1551
941-365-2600
<http://plymouthharbor.org>



MOVIES

Showing in December

2:00 pm Sundays 7:30 pm

- December 6 *Every Little Step*
2008 Color 93 minutes Rated PG-13
- December 13 *Valentino: The Last Emperor*
2008 Color 96 minutes Rated PG-13
- December 20 *The Secret Life of Bees*
2008 Color 114 minutes Rated PG-13
- December 27 *The Sting*
1973 Color 129 minutes Rated PG

Do you have a MOVIE request?
Please Call Ext. 252 to let us know

2:00 pm Tuesdays 7:45 pm

- December 1 NO Movie (Pilgrim Hall closed)
- December 8 NO Movie (Key Chorale concert)
- December 15 *Bringing Up Baby*
1938 B&W 102 minutes Not Rated
- December 22 *A Christmas Carol*
1951 Color 86 minutes Not Rated
- December 29 *Harvey*
1950 B&W 105 minutes Not Rated