

# HARBOR LIGHT

July 2009

---

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

---



## Reflections from Chaplain Jerry O'Connor ...

John 14:6 “I am the way, and the truth, and the life.....” NRSV

In MacNeil Chapel we have a collection of *Comforting Thoughts* gathered from residents who have found direction and peace from these writings in the midst of frightening and confusing days. One of the items is a copy of a serigraph by Sister Corita Kent who created vibrant serigraphs during the 1960s and 70s. She was an artist and teacher, a member of the Immaculate Heart of Mary. Her art reflected her spirituality and commitment to social justice, her hope for peace and her delight in the world. The image she created for this serigraph includes a depiction of the sun and a tree bursting into bloom superimposed on it, but more important is the poem that is a part of the art piece:

We must become new people  
or be satisfied the way we are --  
Either way we risk tragedy  
But by the first we choose life,  
By the second we choose death.

People who live under oppressive conditions and demonstrate against such, i.e., the Iranian opposition (and others who have taken a stand for *LIFE* in history), are claiming their God given right to freedom and self-determination. Some will die in the midst of the movement, but new life will come in its time and oppression will die. Corita's art and poetry speaks not just to political justice and freedom, but to us as individuals, as well.

All of us live our days on the threshold of death's door, but until we cross that threshold we have choices to make: *Life* or *Death*. People of faith who have heard the words of Jesus know that death can be a victory, but to turn away from *Life* before we are taken in *Death* is to die before our time. Thomas questioned Jesus about how to “find the way” and there is no equivocation in Jesus' response: “I am the way, and the truth, and the life.....” Regardless of our faith tradition, belief or unbelief, WE CAN MAKE A DIFFERENCE in our family, community and the world by living as Jesus lived — a life of love and compassion for ALL. We need to focus less on where Jesus went in death and more on how he lived and help others to face the challenges of our time with faith — it makes each “waking up morning” a true gift worthy of celebration!



### In Memoriam

George “Dick” Katzenbach

June 10, 2009





## **PROPER DISPOSAL of MEDICATIONS**

### **Don't Flush That Leftover Medicine!**

The following are ways that you can safely dispose of unwanted drugs and/or the empty containers in which they came:

- Keep in the original container. This will help to identify the contents if they are accidentally ingested.
- Mark out your name and prescription number for safety.
- For pills, add some water or soda to start dissolving them.
- For liquids, add something inedible like dirt or kitty litter.
- Close the lid and secure with duct or packing tape.
- Place the bottles(s) inside an opaque (non see through) container like a detergent container.
- Tape the container closed and hide it in the trash. Do not put it in the recycle bin.

DO NOT give drugs to anyone else.

DO NOT flush drugs down the toilet.

DO NOT put drugs in the trash without disguising them – human or animal scavengers may find them and misuse them.

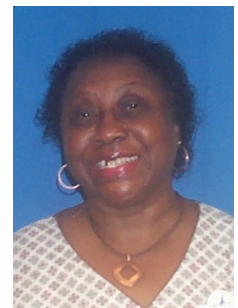
At Plymouth Harbor, the easiest way to dispose of unwanted medications is to take them to Home Care Services located on the Callahan Center (CC) floor. They will dispose of the medications for you.

~ Compliments of the Energy Conservation Group ~

### **Employee of the Month June 2009**

#### *Beulah Gaither from Housekeeping Services*

“Beulah inspires true teamwork in her every day activities. She is always willing to give a helping hand, often without even being asked. She volunteered to help others to finish their work so they could join in the festivities on the day of the Housekeeping luncheon. Beulah inspires with her wit and kind words.”



## **INTRODUCING**

### **Mrs. Jill P. Wilson**

Move-In Date: April 1, 2009

Apt. T-601                      Ext. 440

Having been born in Gary, IN, and having lived in Cleveland for 20 years and Milwaukee for 20 years, Jill Wilson qualifies as a genuine Midwesterner, transplanted to Longboat Key. Like most Midwesterners, she is thoughtful, conservative, open and friendly.



She was a good corporate wife (her husband was vice president of Johnson Controls Inc.). She was active in the community, on the board

of a retirement home in Milwaukee, played tennis and a good game of golf.

She and her husband raised four children, two boys and two girls. Son Stuart is in Austin, TX, son Scott is in Mexico (diving), daughter Jennifer is in Glenside, PA, and daughter Kristin is in Topsham, ME. They have given her six grandchildren, ages eight to 22.

During her years on Longboat Key, though supposedly retired, Jill was again active in the community. She worked on the celebration of Longboat's 50<sup>th</sup> anniversary, supported the Asolo Theatre, played in tennis tournaments, played golf and served on the board of Longboat Key's Public Interest Committee (PIC).

We look forward to her being equally busy here in Plymouth Harbor.

- Betty Blair

## **Fund Shop**



### **NEW HOURS**

Wednesdays

8:00 am to 10:00 am

Fridays

2:00 pm to 4:00 pm

(beginning July 10)

## **Complimentary Ear Check & Hearing Aid Clinic**

(Low Vision Resource Center)

Tuesday, July 7

Tuesday, July 21



## **Complimentary Vision Screening**

(Low Vision Resource Center)

Tuesday, July 28

2:00-5:00 pm



**Please call Home Care at Ext. 210  
for an appointment.**

## **INTRODUCING**

### **Mr. Carl P. Denney, Jr.**

Move-In Date: April 16, 2009

Apt. T-1808      Ext. 553

Carl will tell you that "... I'm a Texan by birth, a Connecticut Yankee by circumstance, and now, a Floridian by choice."



After graduating from the U.S. Coast Guard Academy in New London, CT, he served for six years as a commissioned officer in the Coast Guard. In the private sector, Carl

completed 28 years in the jewelry industry in Connecticut and New York City in various capacities. In his final assignment, as U.S. sales & marketing manager for Johnson Matthey, he was the driving force behind the re-introduction of the precious metal platinum as a viable jewelry metal in the U.S. jewelry industry.

He is an accomplished stage "leading man" actor/singer, and directed five major musicals in various community theaters. He greatly enjoys music, theater, sports, and all of the arts.

As a licensed Coast Guard captain, he and Winnie have enjoyed most owning seven sail and motor yachts, and especially loved living aboard a 52 foot motor yacht for eight years.

Winnie and Carl have been married for 19 years, and joyfully share six children and 11 grandchildren, spread across six cities in four states.

## **INTRODUCING**

### **Mrs. Winnie S. Downes**

Move-In Date: April 16, 2009

Apt. T-1808      Ext. 553

Born to a missionary pastor, college professor, and foreign correspondent, Winnie grew up in Burma and India. Prior to her marriage and three sons, she worked in Europe for an international organization.

Winnie spent over 20 years on the international scene in corporate management consulting, as president of two companies, and executive vice president of Lee Hecht Harrison. She was responsible for international sales and marketing to corporate clients, serving their needs in workforce restructuring, career transition, and strategic planning. She was the founding president of her profession's world-wide trade association, IACMP.

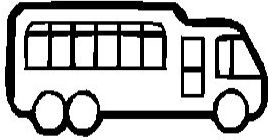
As an early pioneer in the field of arts councils, and executive director of three, she was co-founder of the National Assembly of Community Arts Agencies, now a government agency.

Attending NYU and the Harvard Institute of Arts Administration, she has also been certified in numerous courses in the care of the terminally ill.

She is a volunteer Hospice-trained chaplain, and has served in three hospices.

Carl and Winnie are boating whenever time allows, as they are now both active in Hospice.





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

### Just lunch .... the Broadway Bar is back!

Tuesday, July 21, departing at 11:15 am

Cost: \$7.00 for bus plus Dutch treat lunch

The iconic Broadway Bay, a Sarasota staple since 1925, is back at its new location just around the corner from where it stood for many years. Best pizza around, but has soups, salads and sandwiches besides. Menu available in the Resident Services office.



### Tour of Ringling Museum's Conservation Lab

Friday, July 31, departing at 11:00 am

Cost: \$30.00 includes bus, tour, lunch at Treviso

The passing of years takes its toll on the art and artifacts at the museum. Tour the conservation lab and see how restoration is painstakingly accomplished.



### Give Play Reading a Try!

It's a fun hour trying out your ham-it-up skills.  
Sit in a circle and read a short play.

*The Proposal* by Anton Chekov

*The Orange Souffle* by Saul Bellow

*Here We Are* by Dorothy Parker



**Friday ~ July 17 ~ 3:00 pm ~ Pilgrim Hall**

Interested? Call Florence Heitler at Ext 359.



# New in the Library

(\* indicates a gift)

## FICTION - Regular Print

**Broken for You** by Stephanie Kallos  
**Lush Life** by Richard Price  
**Pigs in Heaven** by Barbara Kingsolver  
**A Snug Life Somewhere\*** by Jan Shapin

## NONFICTION - Regular Print

**200 Years** by U.S. News & World Report  
**How the Scots Invented the Modern World\***  
by Arthur Herman  
**Journals 1952-2000** by Arthur M. Schlesinger, Jr.  
**The Next 100 Years\*** by George Friedman  
**The Secret Man\*** by Bob Woodward

## FICTION - Large Print

**Cursed\*** by Carol Higgins Clark  
**Don't Look Twice\*** by Andrew Gross  
**Lavender Morning\*** by Jude Deveraux  
**Matters of the Heart\*** by Danielle Steel  
**Mr. and Miss Anonymous\*** by Fern Michaels  
**Olive Kitteridge** by Elizabeth Strout

## NONFICTION - Large Print

**Little Bee\*** by Chris Cleave  
**Three Cups of Tea** by Greg Mortenson

## DVDs

40 Days and 40 Nights\*      Big Fish\*      Bride & Prejudice      Catherine the Great\*  
The Diving Bell and the Butterfly\*      Doubt      The Dukes of Hazzard\*  
From Russia with Love\*      Frost Nixon      Happy-Go-Lucky      Marnie\*  
Meet the Fockers\*      Our Man in Havana      The Red Balloon      Rock Star\*  
The Servant\*      Serving Sara\*      Seven Pounds  
Great Museums: The Field Museum      Great Museums: Nat'l Museum of Women in the Arts  
Upstairs Downstairs\* (complete first season)



## Low Vision Program

### TALKING BOOKS UPDATE

Marilyn Stevenson

Talking Book Library Manager

Friday ~ July 24 ~ 3:00 pm ~ MacNeil Chapel



## FITNESS OPPORTUNITIES

**Please note that scheduling changes take effect after July 4th**

No fee for these classes and no sign up necessary



**Advanced Exercise Class**  
9:00 am Tuesday & Friday  
Fitness Room



**Body Moves Exercise Class**  
10:00 am Tuesday & Friday  
Fitness Room



**Aquacises**  
9:00 am Monday & Thursday  
Indoor Therapy Pool



**Movement Magic**  
4:00 pm Wednesday  
Fitness Room



Did you know that Tai Chi classes are offered on Saturdays at 9:00 am in the Fitness Room? (There is a fee). Tai Chi features slow motion routines that can improve balance. Call Ext. 252 to arrange for a complimentary class.

## **William Sessions at the Grand Piano**

**Wednesday ~ July 8 ~ 3:00 pm ~ Dining Lounge**



Charleen and Bob Sessions invite you to attend an informal concert by their grandson, William Sessions, a gifted high school senior studying music and advanced math at Augusta State University. He has won many awards in Georgia State piano competitions and will be playing selections by Chopin, Rachmaninoff, Mozart and Hayden. Refreshments will be served.



## **Getting from Here to There in a Roundabout Way**

**Thursday ~ July 9 ~ 7:45 pm ~ Pilgrim Hall**

Sarasota Mayor Dick Clapp is joined by Steve Stancel, chief planner for the city of Sarasota, to provide us an overview of the several roundabouts planned for the city. What are the pros? What are the cons? You'll want to be here to get a better understanding and to ask questions.

## The Program Committee presents ...



### Lincoln

Thursday ~ July 2 ~ 7:45 pm ~ Pilgrim Hall

Senator Marlow Cook and American troubador Bill Schustik join forces in a verbal and musical journey celebrating our 16th president, Abraham Lincoln. Don't miss this wonderful live portrayal accompanied by Bill Schustik weaving an enchanting fabric of recollection, folklore and song to touch the heart of every American.

---

---

### Whitehall: The Flagler Museum

Thursday ~ July 16 ~ 7:45 pm ~ Pilgrim Hall

Henry Morrison Flagler built the Florida East Coast Railway and eight luxury hotels along the way, linking the entire east coast of Florida and establishing agriculture and tourism as the state's leading industries, and Palm Beach as a world renowned resort. Take a tour of Whitehall, Flagler's winter estate. (DVD:45 minutes)

---

---

### From the Sublime to the Ridiculous

Yo-Yo Ma meets Torvill & Dean

Anna Russell meets Wagner's Ring Cycle

Thursday ~ July 23 ~ 7:45 pm ~ Pilgrim Hall

**The Sublime:** *Inspired by Bach* presents an extraordinary collaboration featuring ice dancers Jayne Torvill and Christopher Dean, with Yo-Yo Ma on cello performing Bach's Suite No. 6. **And The Ridiculous:** When Anna Russell realized she didn't have the voice to make opera her career, she made a career of making fun of it, here telling the convoluted story of Wagner's *The Ring Cycle*. (DVDs:53 minutes & 22 minutes)

---

---

### Swan Lake

Thursday ~ July 30 ~ Part 1: 2:00 & Part 2: 7:45 pm ~ Pilgrim Hall

Natalia Makarova dances the part of Odette-Odile in the Royal Ballet's Covent Garden performance of Tchaikovsky's *Swan Lake*. (DVD:137 minutes total)

---



**W. Lawrence Ream**  
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 July

2:00 pm Sundays 7:30 pm

- July 5**     *The International*  
2009     Color     118 minutes     Rated R
- July 12**     *The Curious Case of Benjamin Button*  
2008     Color     167 minutes     Rated PG-13
- July 19**     *Last Chance Harvey*  
2008     Color     93 minutes     Rated PG-13
- July 26**     *Dark Victory*  
1939     B&W     104 minutes     Not Rated

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

2:00 pm Tuesdays 7:45 pm

- July 7**     *Valkyrie*  
2008     Color     120 minutes     Rated PG-13
- July 14**     *The Quiet Man*  
1952     Color     129 minutes     Not Rated
- July 21**     *La Dolce Vita*  
1960     B&W     174 minutes     Not Rated
- July 28**     *The Natural*  
1984     Color     134 minutes     Rated PG