

# HARBOR LIGHT

June 2010

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

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## 2010 Hurricane Season

It's that time of year again -- the beginning of Hurricane Season -- and we just want to let you know that the staff at Plymouth Harbor has begun annual preparations. Below are listed just a few of the things that have been done or are in the works.

Maintenance personnel have tested all of the electrical hurricane shutters. During the first week in June they will be installing the hurricane protection panels along the exterior corridor of the first floor of the Energy Center connecting Mayflower Dining Room to the Smith Care Center. Testing of the emergency generators is done weekly throughout the year. A time will be scheduled to test flashlight and hurricane lantern batteries -- watch the Weekly Flyer and Cone Zone for the date.

Health Services has confirmed arrangements with local facilities for sheltering our SCC and CC residents, and inventoried supplies needed should mandatory evacuation be ordered. Hurricane bags are being prepared for all SCC and CC residents.

Housekeeping personnel are clearing the balconies of residents who leave for the summer to get a jump start should a severe storm or hurricane head our way.

Dining Services has inventoried emergency food and water supplies and will soon be ordering additional supplies needed for this season.

We will soon be polling our employees to see who is available to assist this year should the need arise. This is just the tip of the iceberg. All departments have a piece in the puzzle. Please assist us by making your plans and packing your hurricane bag should the need arise.



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

John 14:27 "Peace I leave with you ... not as the world gives ... . Let not your hearts be troubled, neither let them be afraid."

We can only imagine what it must have been like for those who followed Jesus in those troubled times; on the one hand he inspired, changed lives, healed and comforted many, but he also challenged the powerful and when the tide began to turn against him, his followers were fearful of the changes that might occur in their lives. They needed comfort and assurance to confront the changes that were just ahead. Most of us know what it's like to be anxious about the morrow and a little peace would be appreciated.

The Gulf oil spill, the beginning of hurricane season, political and economic chaos in the world, new aches and pains, and another project at Plymouth Harbor arouse our anxieties and we wonder, "When will it ever end?" Well, the peace Jesus left for his followers is the same peace we have available to us in our time. It's a simple matter of accepting that change and confusion are major components of our life experience and it isn't all bad. Some years ago I received a little book titled, Don't Sweat the Small Stuff, a collection of *readings* that put into perspective all the frustrations of life. It helps to be reminded that most of the things we worry about are just *small stuff*.

Recently a friend sent me a collection of God's Post-it Notes and I share this one with you as you face your daily frustrations – enjoy it and put it to use – dance your way through the storms of life and you will find peace.



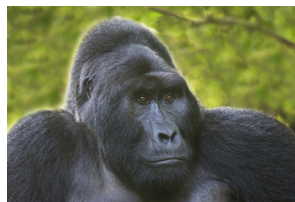
### Mezzanine Gallery

**Lou Newman**

**Wild and Wonderful**

Wildlife Images  
from Distant Lands

**June 8 to October 4**



Opening Reception  
Tuesday June 8  
4:30 pm -- 6:30 pm



## Good News & Bad News

The Good News! Once the Electrical Upgrade Project is complete, we will have more than enough electric power to accommodate all of the current and future needs for Plymouth Harbor.

The Bad News! While we enjoy all of these modern items requiring electricity, it can not be helping our blue planet. And, we all have to pay the price for these conveniences.

The average monthly FPL bill for Plymouth Harbor in 2009 was \$54,500. Both the maintenance staff and residents have worked at using less. All those fluorescent bulbs, fewer too-cool public spaces, lights turned off that used to stay on, all that has helped. But our affection for power-hungry toys has grown. There is no need to list all the labor-saving, information-sharing, pleasure-giving devices we have added to our lives.

The biggest consumption of electricity, however, comes from heating and cooling. No surprise there! Last January 743,000 kilowatt hours were the highest in recent years. We all remember January. Cold weather is expensive but so is hot weather. September and July have been budget busters in recent years.

So, what else can we do?

1. The quickest fix would be turning up your thermostat this summer. Try one degree, then two, if your health permits. Give your body a chance to adjust. It probably will. One expert says that a three degree difference would cut cooling costs by 18%.
2. If you are away for a few hours (or months), set your thermostat to 80 degrees. Your furniture won't care.
3. The room you are not using does not need to be as cool as the rest. Turn the thermostat up a couple of degrees. Bedroom during the day? Dining area in the evening?
4. Use blinds and draperies to protect against the sun.

Stay comfortable this summer and enjoy our wonderful home.

~ Compliments of the Energy Conservation Group ~

### Employee of the Month -- May 2010

#### *Manny Rocha of Dining Services*

"Manny is an outstanding employee. He is bright, energetic, helpful ... I could go on and on. His personal skills and work ethic are exemplary. Manny has worked in several different departments and positions since joining the Plymouth Harbor staff -- always willing to do whatever it takes to get the job done. We are very fortunate to have him!"





## New in the Library (\* indicates a gift)

### FICTION - Regular Print

**Five Novels\*** by Henry James  
**Five Novels\*** by Ernest Hemingway  
**The Last Child\*** by John Hart  
**Mudbound\*** by Hillary Jordan  
**Murder at the B-School\*** by Jeffrey L. Cruikshank  
**The Sweetness at the Bottom of the Pie\***  
 by Alan Bradley  
**Weeping Underwater Looks a Lot Like  
 Laughter** by Michael J. White  
**The Wolf at the Door\*** by Jack Higgins  
**The Wrecker\*** by Clive Cussler

### FICTION - Large Print

**The 9th Judgment\*** by James Patterson  
**Caught\*** by Harlan Coben  
**Deadly Deals\*** by Fern Michaels  
**Deception\*** by Jonathan Kellerman  
**The Girl Who Played with Fire\*** by Stieg Larsson  
**The Inn at Angel Island\*** by Thomas Kinkade  
**Money to Burn\*** by James Grippando  
**The Shadow of Your Smile\***  
 by Mary Higgins Clark

### NONFICTION - Regular Print

**Blood and Thunder\*** by Hampton Sides  
**Meltdown\*** by Thomas E. Woods Jr.  
**The Strong Women's Guide to Total Health\***  
 by Miriam E. Nelson, PhD

### DVDs New in the Media Library

**Avatar**                      **The Beauty of Ugly**  
**Fellini's Roma\***        **Founding Brothers\***  
**The Graduate**        **You've Got Mail**  
**The Men Who Stare at Goats**  
**The Rake's Progress\***

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## Welcome New Residents

**David A. Beliles**  
**Ruth A. Beliles**  
 Apt. T-814 ... Ext. 428  
 May 5, 2010

**H. Graham Barkhuff**  
**Patricia Barkhuff**  
 Apt. N-209 ... Ext. 176  
 May 18, 2010

**Arthur S. Brock**  
**Carol R. Brock**  
 Apt. T-712 ... Ext. 462  
 May 26, 2010

**Jack E. Pregont**  
**Carol M. Pregont**  
 Apt. T-1005 ... Ext. 316  
 May 28, 2010

Mayflower Dining Room now has  
 LOW VISION MENUS available at  
 dinnertime. These  
 menus use larger  
 lettering (30 pt. Antique  
 Olive Compact) to  
 assist those who might  
 benefit from a darker,  
 bolder print. Please request a Low  
 VISION MENU from your hostess.





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



## The Oasis Casino Arcade & Lunch

Thursday ~ June 17 ~ departing at 11:15 am

Cost: \$17.00 covers bus & \$20.00 credit to spend at this trendy, upscale casino/arcade. Your "winnings" are paid to you in the form of a loaded Visa card. Call Ext. 252 for more details.



## Dutch Treat Lunch at Olive Garden

## Cafe Amalfi

Dutch Treat Dinner



Wednesday ~ June 30

Departing at 5:45 pm



It's time to sign up for  
Banyan Theater's  
Summer Season

Ghosts: July 7

The Drawer Boy: July 28

Side Man: August 18

Call Ext. 252 to order tickets and sign up for bus transportation. A 3-play series is \$70.00; make check payable to the Banyan Theater. Single tickets are available. Excellent seats reserved.

Bus transportation available to  
Sarasota Music Festival

Friday Festival Concerts  
June 4, 11 & 18



Saturday Symphonies  
June 5, 12 & 19

For tickets call the  
SMF Box Office at 953-3434

For bus transportation call Ext. 252  
Cost: \$7.00 per concert

# Health and Wellness ...

## Health Matters

### New Concepts on Improving Your Balance

presented by Lynn Cowdright, RPT

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



### Complimentary Ear Check & Hearing Aid Clinic

(Low Vision Resource Center)

**Tuesday, June 1**

Dr. Susan Schnack with Sarasota Hearing Center

**Tuesday, June 15**

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

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



## Yoga Demonstration

Monday ~ June 7 ~ 2:00 pm  
Fitness Room



Come experience another Yoga Demonstration with Ami French. Interested residents will then have a chance to give their input on selecting an instructor for a yoga class.

## FLORIDA MATURE DRIVER PROGRAM

Thursday ~ June 10  
9 am to 3 pm  
Card Room



**Cost: \$15.00**

Complete the Florida Mature Driver Program and receive a mandatory reduction on your car insurance rate for 3 years (FL Statute 627.0652).

Call Ext. 252 to sign up

## The Program Committee presents ...



### Spanish Point's Mrs. Potter Palmer

Thursday ~ June 3 ~ 7:45 pm ~ Pilgrim Hall

History comes alive as Mrs. Bertha Palmer visits Pilgrim Hall during this, the centennial anniversary of her arrival in Sarasota. Kate Holmes will portray Mrs. Palmer in costume, giving us insight into the life of this incredible lady and how she influenced the growth and development of our county.



### Sarasota Music Festival Student Concert

Wednesday ~ June 16 ~ 7:45 pm ~ Pilgrim Hall

Students range from professional level musicians to superior students in music schools and conservatories who have competed for the opportunity to participate in the Festival. As part of their performing experience, a group will present us with a variety of fine classical music.

## THIS SUMMER LET'S TRAVEL ALONG THE SILK ROAD



You asked for it, you've got it! Back by popular demand, *The Silk Road* series takes us on a journey following the historically important trade routes across the Asian continent and into northern Africa and Europe. In addition, these routes allowed cross-cultural exchange of culture and technology.

### Silk Road: The Glories of Ancient Chang-An

Thursday ~ June 10 ~ 7:45 pm ~ Pilgrim Hall

See the incredible Clay Army of the emperor that built the Great Wall. Visit the world's largest tomb, China's most hallowed Buddhist temple, and examine hidden underground murals.

### Silk Road: A Thousand Kilometers Beyond the Yellow River

Thursday ~ June 24 ~ 7:45 pm ~ Pilgrim Hall

Cross the Yellow River and gaze at the giant Buddha before entering secret caves. You'll pass the battlegrounds of the Huns and stroll the streets of an ancient citadel town.



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Perry Monroe Isabel Pedersen

Peggy Schwarz Jim Stern

Sallie Van Arsdale Don Wallace



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



**MOVIES**

Showing in June

Tuesdays at 2:00 pm & 7:45 pm

- June 1 *Crazy Heart***  
2009 Color 112 minutes Rated R
- June 8 *It's Complicated***  
2009 Color 120 minutes Rated R
- June 15 *The Lovely Bones***  
2009 Color 130 minutes Rated PG-13
- June 22 *Stalag 17***  
1953 B&W 120 minutes Not Rated
- June 29 *Noises Off***  
1992 Color 89 minutes Rated PG-13

Have a movie request?  
Call Ext. 252 and let us know

Sundays at 2:00 pm & 7:00 pm

- June 6 *The Young Victoria***  
2009 Color 105 minutes Rated PG
- June 13 *An Education***  
2009 Color 100 minutes Rated PG-13
- June 20 *Sherlock Holmes***  
2009 Color 128 minutes Rated PG-13
- June 27 *The Messenger***  
2009 Color 113 minutes Rated R