

HARBOR LIGHT

January 2010

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

New Year Greetings from Harry E. Hobson, President/CEO

This is the time of year when the prognosticators come out of the woodwork. Whether you choose to read the newspapers, watch television or surf the Internet, you will find someone willing to share what 2010 will mean to the economy, global climate change, science, technology, sports, and even Hollywood. While I don't proclaim to be an expert in any one of these areas, I do have more than a casual interest in most of them.

As President/CEO, I am often called upon to predict and discuss what 2010 will look like from Plymouth Harbor's perspective. I tell them that I foresee Plymouth Harbor continuing to make progress to secure its position as the national retirement community of choice. To accomplish this:

1. We will continue to successfully navigate through this economic downturn by staying focused on our Economic Stabilization Program initiated nine months ago.
2. We will continue to focus our programming on six aspects of wellness that include Spiritual, Intellectual, Emotional, Social, Physical and Nutritional.
3. We will continue to develop the partnership between Management and the Residents Association into a national role model.
4. We will continue to enhance the sense of community among Residents, Staff and Trustees.
5. We will not take ourselves too seriously by finding and balancing the 3 E's of any situation: Emotional, Educational, and, Entertainment Value.

I hope you share the same degree of enthusiasm that I have being a member of the Plymouth Harbor Family.

On behalf of the Board of Trustees and Staff of Plymouth Harbor, I would like to wish each of you a very Happy, Healthy and Prosperous New Year.



*We Celebrate the Lives of
Our Departed Loved Ones and Friends*



Wednesday ~ January 13, 2010 ~ 10:30 am

MacNeil Chapel on the Mezzanine

Peggy R. Johnson
January 2, 2009

Rudolf Leuser
May 26, 2009

Patricia P. Trump
September 8, 2009

Leanore von Grossmann
January 28, 2009

George R. Katzenbach
June 10, 2009

Margaret L. Bates
September 17, 2009

Richard E. Marcus
January 30, 2009

Bert D. Schwartz
July 9, 2009

Lucy Wind
October 19, 2009

Marguerite Morey
February 24, 2009

Lisl Goodman
July 11, 2009

Betty Rose Hilder
October 21, 2009

Winifred H. Hodgson
March 22, 2009

John Willard Ames
July 14, 2009

Charles M. Metzner
November 30, 2009

Beatrice Warren
March 23, 2009

Vance Harrison
August 16, 2009

Paul A. Samuelson
December 13, 2009

Elberta L. Truog
April 18, 2009

Nan R. Wilson
August 17, 2009

Tracey K. Jones
December 16, 2009

Adolph M. Shapiro
April 28, 2009

George S. Ives
September 8, 2009

Suzanne S. Towler
December 21, 2009

Howard Thurman in his book The Mood of Christmas & Other Celebrations says, "The beginning of another year means the end of a year that has fulfilled itself and passed on. It means that some things are finished, rounded out, completed forever. It means that for some of us certain changes have taken place so profound in their nature that we can never be what we were before." Celebrating the lives of those who have left us behind is a fitting way to move on with purpose as we face new beginnings even as one year ends and another begins. Come celebrate with us on January 13, 2010.





Local Water Shortage

By now we all know that a shortage of fresh water exists in Sarasota County. But do we know how much fresh water we are using? Precise answers to this question can be elusive.

For Plymouth Harbor, the Sarasota city water used in 2008 was about 170 gallons per person per day based on 280 residents. During that time Nu Flow was lining our plumbing pipes which may have increased our water usage. An estimate for January through June of 2007, prior to the onset of the Nu Flow Project, was 140 gallons per resident per day. The water used for Plymouth Harbor landscaping is pumped from underground wells. For accuracy, that amount should be added to the per resident use figure, but we do not know how much water is pumped.

The organization controlling water in our part of Florida is the Southwest Florida Water Management District. Its goal for water use is 120 gallons per person per day. The city of Sarasota may have beaten that goal in 2008. The estimate by a Sarasota Utilities spokesperson was 103 gallons per person per day. But caution was advised. The happy number should not be set in stone.

Is this type of data significant? Imprecise though it is, the data does show substantial water consumption. And, it points out the need to conserve our much needed fresh water supply.

Water Conservation

Tuesday ~ January 26 ~ 3:00 pm ~ Pilgrim Hall

Suzanne Dameron, co-chair of Sarasota's SEE Water Committee, will share information about the local and state water shortage, the need for water conservation, and what we can do to participate.



~ Compliments of the Energy Conservation Group ~



Pierian Spring Academy Winter Courses at Plymouth Harbor

A Musical Portrait of America

Music often reflects or reacts to its moment in history. Listening to the music of composers who have chosen America as their source for inspiration, examine war, peace, civil rights, nationalism, science and religion amongst our many musical topics.

Mondays, January 11 – February 15 (6 weeks)

9:30 -- 11:30 am Pilgrim Hall \$65.00 William Wittig

Great Films: The 50's

Trace the evolution of cinema as an art form — watch, analyze, and discuss some of the best films from the 50's: Umberto D, On the Waterfront, Pather Panchali, Throne of Blood, Nights of Cabiria and 400 Blows. Many foreign, these original directorial visions place artistic values above commercial ones in sharp contrast to the formulaic approach of the big studios.

Fridays, January 15 – February 19 (6 weeks)

2:15 -- 5:00 pm Pilgrim Hall \$65.00 Joyce Stith

Call Resident Services at Ext. 252 for information on registering for Pierian Spring Academy (PSA) courses. Sign up soon. Class sizes are limited.

Employee of the Month

December 2009

*Mike Tomovich of
Maintenance*



"I am nominating Mike Tomovich as Employee of the Month because he has received so many nice comments from the residents. He is kind and considerate and always a gentleman. Mike is very helpful and always solves our plumbing problems. He is quietly effective."

***WELCOME
New Residents***

Even T. Collinsworth
Apt. E-111 ... Ext. 209
December 14, 2009

**William "Bill" Brackett
Ann S. Brackett**
Apt. T-1008 ... Ext. 319
December 18, 2009

SILL Lectures

The Thursday Global Issues Series (Simulcast in Pilgrim Hall)



LECTURE 1



IS THE ATLANTIC PARTNERSHIP DEAD?

JANUARY 7 **SPEAKER: DR. JERRY PUBANTZ**

Has the pond finally reverted to an ocean? Since the Cold War, the rise of US unilateralism, apparent differences on what is important in world affairs, and fear of U.S. hegemony, Europe and the United States appear to be following divergent paths. Dr. Jerry Pubantz asks, "Is this divergence temporary or a reflection of something permanent in our relationship?"

LECTURE 2



THE PERSIAN GULF: U.S. AND IRAN RELATIONS AND THEIR EFFECTS

JANUARY 14 **SPEAKER: DR. MOHSEN MILANI**

Dr. Mohsen Milani will discuss historic issues that developed from U.S. actions and inactions in the Persian Gulf; speak to opportunities and fault lines and the effect of Iran's disputed presidential election of June 2009; and define a plan whereby these nations may both achieve their strategic objectives in this key portion of the world.

LECTURE 3



IF UNIVERSAL HEALTH COVERAGE IN THE U.S. IS THE ANSWER, WHAT IS THE QUESTION: A STATUS REPORT ON THE OBAMA ADMINISTRATION'S HEALTHCARE PLAN

JANUARY 21 **SPEAKER: DR. ALAN ZELICOFF**

Alan Zelicoff, MD, will assess the plan's ability to rein in the substantial national variations in use of expensive procedures and meet basic quality metrics for the prevention of common diseases and their complications.

LECTURE 4



DARFUR AND THE CRISIS IN SUDAN

JANUARY 28 **SPEAKER: DR. PETER BECHTOLD**

Dr. Peter Bechtold presents an overview of the ethnic, religious and tribal diversity in the world's most heterogeneous society, culminating in regional rebellions against the central government. This context is followed by an analysis of the recent violence in the Western region of Darfur and of the role played by Sudanese and domestic American politics.

DEMONSTRATION
New Personal Listening System
Thursday ~ January 7 ~ 2:00 pm ~ Pilgrim Hall

Do you have difficulty hearing the dialogue during movies, meetings and programs in Pilgrim Hall? If so, you might be interested in the new Personal Listening System that was recently installed. This personal listening system, consisting of a receiver and a headset, is available to residents at no cost. Each user can set the volume at his/her own level. If you are interested in more information and would like to test a personal listening system, join us for this demonstration. If you are interested but unable to attend, please call Resident Services at Ext. 252 for further information.



Behind the scenes tour of Chef Noah's kitchens



Wednesday
January 13
1:30 pm

Limited availability
Call Ext. 252 to sign up

A Birthday Concert for Judith Merrill
Sunday ~ January 17 ~ 4:00 pm ~ Card Room

Judith Merrill's son, Paul MacNeil, and her granddaughter, Meghan, cordially invite the Plymouth Harbor community to an afternoon violin recital in honor of her 90th birthday. Featured will be selections by Brahms, Bach and Kreisler.



Laura Jensen-Jennings, Principal Second Violin, Sarasota Orchestra
Jonathan Spivey, Principal Piano, Sarasota Orchestra

Our Holiday Lighting received Publisher's Choice



Plymouth Harbor was this year's winner of **The Longboat Observer's** Publisher's Choice for holiday lighting. The December 17, 2009, issue stated, "Every time you pass Plymouth Harbor, while either entering or leaving the Key at night, your eye is immediately drawn to the retirement community's massive Christmas display. Not only are there lights lining the shrubbery to the entrance of the facility, but the can't-miss feature is the

giant palm tree in the center of the grass median. The tree is covered in alternating red-and-white lights that extend from the ground to the tips of the leaves."



The Plymouth Harbor Players will present

THE DOG ON THE 17TH FLOOR

A new comedy written and directed by Don Wallace



All interested residents are invited to attend
Casting Call & Pre-production Meeting
Saturday ~ January 2 ~ 2:00 pm ~ Pilgrim Hall
For Actors, Staging, Costumes, Sound and Lighting
Outline of play and rehearsal schedule will be available

CAST AUDITIONS

Monday ~ January 4 ~ 2:00 pm ~ Pilgrim Hall

NOTE THAT PLAY PERFORMANCE DATES ARE

TUESDAY February 23 (evening)

WEDNESDAY, February 24 (matinee & evening)

Questions? Naomi Wittenburg, producer (Ext. 276) or Don Wallace (Ext. 343)



New in the Library (* indicates a gift)

FICTION - Regular Print

Chronic City by Jonathan Lethem
Family Album by Penelope Lively
The Gift of Rain by Tan Twan Eng
La's Orchestra Saves the World
 by Alexander McCall Smith
Too Much Money by Dominick Dunne

NONFICTION - Regular Print

The First Tycoon by T. J. Stiles
Stones into Schools by Greg Mortenson
The Wilderness Warrior by Douglas Brinkley

FICTION - Large Print

A Creed Country Christmas* by Linda Lael Miller
Evidence* by Jonathan Kellerman
I, Alex Cross* by James Patterson
The Professional* by Robert B. Parker
True Blue* by David Baldacci

NONFICTION - Large Print

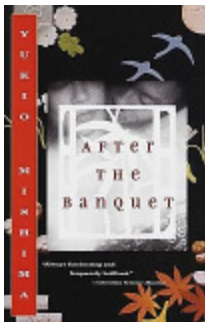
Barack and Michelle by Christopher Andersen
Where Men Win Glory by Jon Krakauer



DVDs New in the Media Library

Arctic Tale	Away We Go*	Charlotte's Web	Fury*	Giselle
I am a Fugitive from a Chain Gang*		The Legend of Bagger Vance*		Lemon Tree
Never Say Never Again*	Painted Lady*	Public Enemies		The Rookie*
Tequila Sunrise*	Top Hat*	The Tudors*	Up	

REMINDER

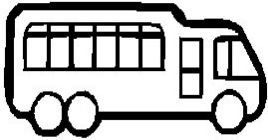


Read/Discuss Books led by Charleen Sessions

After the Banquet by Yukio Mishima

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

Dinner Outing: Aristo Restaurant

Thursday ~ January 14 ~ Bus departs 5:30 pm



Enjoy a Dutch treat dinner at Aristo Restaurant, just up U.S. 41, offering a diverse selection of simple yet elegant entrees ranging from fish and steak to bouillabaisse, scallops, oysters, escargot, prime rib, shish kabob. Call Ext. 252 for menu.

Cost: \$7.00 for transportation

Tour of Port Manatee and Lunch at the Crab Trap

Friday ~ January 29 ~ Bus departs 9:00 am

Learn about Manatee County's largest economic engine and the important commodities that pass in and out of Port Manatee. Deadline to sign up is Thursday, January 21. For security reasons at the port, you must bring a photo ID. A Dutch treat lunch at the Crab Trap in Palmetto follows tour.

Cost \$10.00 for transportation and tour



Mezzanine Gallery

Women Contemporary Artists (WCA)

Members Juried Winter Exhibition

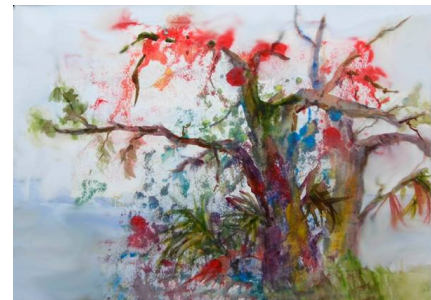
January 5 to February 8, 2010

Opening Reception

Sunday, January 17
4:00 pm to 6:00 pm
On the Mezzanine



WOMEN CONTEMPORARY ARTISTS



Health and Wellness ...

Low Vision Resource Center Open House



Wednesday ~ January 20 ~ 2:00 pm to 3:00 pm
(located on the Callahan Center floor)

The Low Vision Group is hosting an Open House preceding the Health Matters program on Wednesday, January 20. Dr. Charles Edwards, the group's new facilitator, will be on hand to demonstrate the equipment available for residents with impaired vision. Stop by for refreshments and a look at the available technology.



Health Matters

*Geriatric Eye Care: Glaucoma,
Macular Degeneration, Dry Eyes, Cataracts*

presented by Robert S. Friedman, MD, FACS
Kantor Eye Institute & Laser Center

Wednesday ~ January 20 ~ 3:00 pm
Pilgrim Hall

*This program is a joint presentation
by the Low Vision Group and the Health Committee*

Complimentary Ear Check & Hearing Aid Clinic

(Low Vision Resource Center)

Tuesday, January 5

Dr. Susan Schnack with Sarasota Hearing Center

Tuesday, January 19

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



Please call Home Care at Ext. 210 for an appointment

The Program Committee presents ...

Richard Dowling, concert pianist

Wednesday ~ January 6 ~ 3:00 pm ~ Dining Lounge

Richard Dowling studied at Yale University and earned his Doctor of Musical Arts degree in piano performance at the University of Texas. He appears regularly across the U.S. with orchestras and in solo recitals and has achieved international stature with performances in China, Hong Kong, Singapore, Malaysia, Australia, South Africa, Germany, Austria, Italy and France. This concert is brought to us by the Piatigorsky Foundation.



Ringling Museum of Art Conservation

Thursday ~ January 14 ~ 3:00 pm ~ Pilgrim Hall

The passing of years takes its toll on the art and artifacts at the Ringling Museum. Michelle Scalera, chief conservator, and David Piurek, conservation technician, will show us how restoration is painstakingly accomplished. If you didn't have an opportunity to participate in the on site tour at Ringling Museum in July, you won't want to miss this fascinating program!



Sarasota Historian Jeff LaHurd

Thursday ~ January 28 ~ 7:45 pm ~ Pilgrim Hall

Local historian and author Jeff LaHurd has been a Sarasotan since the 1950s. He is a history specialist at the Sarasota County History Center and a member of the Sarasota Alliance for Historic Preservation. He will enlighten us about Sarasota's development and the people who made it possible.



The Civic Affairs Committee presents ...

Marie Selby Botanical Gardens

Thursday ~ January 21 ~ 7:45 pm ~ Pilgrim Hall

Selby Gardens is internationally known for its botanical research, plant identification, and fostering understanding and appreciation for tropical plants. New CEO Tom Buchter will bring us up to date on Selby Gardens: its past, present and future.





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 January

Sundays at 2:00 pm & 7:00 pm

- January 3 *Julie & Julia*
2009 Color 123 minutes Rated PG-13
- January 10 *Angels & Demons*
2009 Color 138 minutes Rated PG-13
- January 17 *Every Little Step*
2008 Color 93 minutes Rated PG-13
- January 24 *Herb and Dorothy*
2008 Color 89 minutes Not Rated
- January 31 *My Sister's Keeper*
2009 Color 109 minutes Rated PG-13

PLEASE NOTE:
New time for Sunday evening movie is 7:00

Tuesdays at 2:00 pm & 7:45 pm

- January 5 *North by Northwest*
1959 Color 136 minutes Not Rated
- January 12 *Body Heat*
1981 Color 113 minutes Rated R
- January 19 *The Chorus*
2004 Color 96 minutes Rated PG-13
- January 26 *Rachel, Rachel (no matinee)*
1968 Color 101 minutes Rated R