

# HARBOR LIGHT

August 2010

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

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## Mirror Image

Plymouth Harbor is nestled in a unique location with views that set it apart from other retirement communities nationwide. This photograph portrays Plymouth Harbor's beauty in mirror image.

A rare opportunity presented itself the morning of January 24, 2009, when Marty Cummings called Lou Newman (both Plymouth Harbor residents) to come out and see the perfect reflection he was viewing. It was a rare opportunity when the tide, water clarity, absence of clouds and sun location all played into creating this image. No easy task, this photograph was one of about 200 shots taken that morning by Lou with three different lenses from varying positions to capture the perfect mirror image.

Be sure to stop by the Mezzanine Gallery this summer to view Lou's *Wild and Wonderful* photographic journey of *Wildlife Images from Distant Lands*. The exhibit also includes a rare photograph of the green flash.

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

It was 1997 or '98, Barbara and I were talking about retirement. As word spread among our colleagues, we were encouraged to consider Uplands Retirement Village, Pleasant Hill, TN. It is a full service CCRC community, as is Plymouth Harbor. Nestled in the mountains of Tennessee, 500 acres provide a beautiful setting for the residents.

A recent Uplands newsletter included the following item written by Darlene Austin, a beloved member of the housekeeping staff at Fletcher House (ALF), which is a member of the Eden Alternative approach to assisted living. She wrote and submitted it for publication and was surprised to be notified it would be published in a book called *Immortal Verses*, published by the International Library of Poetry. She has worked among the elderly for 20 years, providing loving care to residents. The poem is used in all training sessions to illustrate the never-ending need for companionship and relationships throughout life. I share it with you because it reflects what I have witnessed in my years as chaplain at Plymouth Harbor. Our staff, from housekeeping to management, reflects the same sentiments expressed in this poem -- may it always be so.

### *Is Someone There*

*When the day is long  
And the shadows have grown dim,  
Will there be Someone to guide me?*

*When my mind wanders down  
Paths long forgotten  
And I cannot remember the  
Smallest things, will there be  
Someone there to remind me?*

*When my body grows weak  
And I can no longer do things  
That once were important to me,  
When my hands won't let me feed myself  
Or have a drink of cool water  
Will there be Someone there to assist me?*

*When my body has grown still  
And I have taken my last breath  
After my Spirit has gone away  
Will someone remember me?*

Your Plymouth Harbor staff is the *Someone* who is there for you; celebrate their presence in your life, and while you are able, be *Someone* to your friends and neighbors in this your chosen community. It's all about the *Great Commandment*: see Matthew 22:36-39 – basically: *Love God with all your heart and soul and your neighbor as yourself*. It matters not where we might be in our faith journey, or what our age and physical condition might be -- we all need *Someone* who respects us and will be there for us. Think about it.

## In Memoriam

**Edmund P. Silver**  
June 27, 2010

**Stuart Elkind**  
June 30, 2010

**Jean J. Breidenbach**  
July 21, 2010



## REDUCE, REUSE AND RECYCLE

A Native-American proverb states, "We do not inherit the earth from our ancestors, we borrow it from our children." So just what are we leaving our children? Think about it.

For years we have been conquering nature. Now we must realize that our environment needs our protection. One way is to practice The Three Rs: Reduce, Reuse and Recycle.

**REDUCING** is decreasing the amount of waste that you create. Buy products with less packaging, stop junk mail, borrow items (but remember to return them), buy in bulk, avoid single-serving disposable containers, and use both sides of paper. We have talked many times about turning off lights not being used, turning the water faucet off while brushing your teeth, and taking shorter showers.

**REUSING** is many things including using cloth bags at the grocery store instead of paper or plastic (it is best to wash cloth bags in the washing machine because of bacteria which may form in them). Donate used clothing or furniture (to the Fund Shop at Plymouth Harbor, Goodwill, Salvation Army, etc.). We can also have broken items repaired (perhaps in the Woodworking Shop at Plymouth Harbor). Think before you use disposable plastic utensils and plates. Consider using newspapers to wrap packages and save ribbons and paper from gifts you receive. A touch-up with an iron can smooth out the wrinkles.

**RECYCLING** is something that we do and new instructions will be forth-coming. In the meantime, look at the photos on the wall of your recycling room and remember the little things like putting envelopes with a clear window in the trash, not with the papers, and throwing away caps to bottles.

Change is difficult so we need to concentrate on these small ways by which we can help save the planet. And continue to ask yourself "What am I leaving my children, grandchildren and great grandchildren?"

~ Compliments of the Conservation Committee ~

### Employee of the Month -- July 2010

#### *Rick Battaglia of Maintenance Services*

"Rick has been a great addition to the Maintenance team. His knowledge of the trades and past leadership experience have transferred beautifully to Plymouth Harbor. Rick is friendly, caring, helpful, and a good role model. We are very fortunate to have him!"



## Doyle Scholarship Recipients Selected

Through the generosity of the Mildred and Bernard Doyle Charitable Trust, \$5,000 scholarships have been awarded to Plymouth Harbor employees Meghan Rocha and Sandra Esparza.



Meghan Rocha & Sandra Esparza

It was the wish of Mr. and Mrs. Doyle, former Plymouth Harbor residents, that this scholarship provide educational assistance to "a worthy and needy student of an employee of Plymouth Harbor" or "a worthy and needy employee seeking to increase their skills or to obtain a higher education." The Scholarship Selection Committee at Northern Trust Bank includes former Plymouth Harbor Executive Director Jack Smith.

Meghan Rocha has worked as a dining room server since July 2006. Sandra Esparza joined the Plymouth Harbor staff in October 2007 and serves as a dietary aide/relief supervisor in the Smith Care Center. In addition to working a full-time schedule, both Meghan and Sandra attend State College of Florida. Meghan is pursuing a degree in criminal justice and Sandra's goal is a degree in physical therapy.

Congratulations to both!

- Tena Wilson

### Complimentary Ear Check & Hearing Aid Clinic

(Low Vision Resource Center)

**Tuesday, August 3**

Dr. Susan Schnack with Sarasota Hearing Center

**Tuesday, August 17**

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

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



**Primary Election**  
**Tuesday, August 24, 2010**  
**7:00 am -- 7:00 pm**  
**Plymouth Harbor Card Room**



## New in the Library

(\* indicates a gift)

### FICTION - Regular Print

- The Double Comfort Safari Club\***  
by Alexander McCall Smith
- The Imperfectionists** by Tom Rachman
- In the Name of Honor** by Richard North Patterson
- Mr. Peanut** by Adam Ross
- Rules of Deception\*** by Christopher Reich
- Storm Prey** by John Sandford
- Witch & Wizard\*** by James Patterson

### FICTION - Large Print

- Dangerous\*** by Diana Palmer
- Family Ties\*** by Danielle Steel
- The Island** by Elin Hilderbrand
- The Rule of Nine** by Steve Martini
- Whiplash\*** by Catherine Coulter

### NONFICTION - Regular Print

- Pearl Buck in China** by Hilary Spurling
- War at the Wall Street Journal** by Sarah Ellison

### DVDs New in the Media Library

- Alice in Wonderland**
- Broken Embraces**
- Brooklyn's Finest**
- Butch Cassidy and the Sundance Kid**
- Extraordinary Measures**
- The Gallant Hours\***
- The Girl with the Dragon Tattoo**
- Istanbul\***
- Is That Skunk?**
- The Last Station**
- The Long, Hot Summer\***
- Martin Luther & Herod the Great\***
- The Mayor of Casterbridge\***
- The Messenger\***
- Nine**
- Noises Off**
- Shutter Island**
- A Single Man**
- Turkey\***



## Welcome New Residents

**Joanne "Joanna" S. Hastings**  
Apt. T-1614 ... Ext. 529  
July 6, 2010

**Nancy L. Lyon**  
Apt. T-1703 ... Ext. 478  
July 21, 2010

### TRANSPORTATION to 2010-2011 CULTURAL SERIES (for your planning purposes)

**Asolo Mertz Theatre**  
Wednesday evenings

**Sarasota Ballet**  
Saturday matinees

**Sarasota Opera**  
Sunday matinees

**Sarasota Orchestra**  
Saturday evenings  
Sunday matinees

Check with Resident Services  
for Van Wezel Events  
transportation

**Sarasota Concerts**  
Varied evenings

**Town Hall Today**  
Varied weekday mornings

**La Musica**  
Varied evenings



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

## Bus Outing to International Mall in Tampa

Friday, August 6 ~ Departs at 9:00 am

Cost: \$7.00 plus Dutch treat lunch



Shop Till You Drop! Explore nearly 200 amazing stores including Neiman Marcus, Nordstrom, Luis Vuitton, Tiffany, and Dillards. Lunch is "on your own" at any of the 16 sit-down restaurants or food court.



## Two Chef's Casual Dining

Tuesday, August 31 ~ Departs at 5:00 pm

Cost: \$37.00 all inclusive

At Two Chef's, everything is made from scratch, no preservatives or artificial ingredients. In order to expedite the service for our dining experience, you will be asked to choose your entree in advance. The menu is available in the Resident Services office. The all inclusive cost includes transportation, soup or salad, early bird special dinner entree, glass of wine or beer, dessert, coffee or soft drink, tax and gratuity.



## Jennifer Jill in Concert *Music with a Message*

Sunday ~ August 8 ~ 3:00 pm ~ Pilgrim Hall



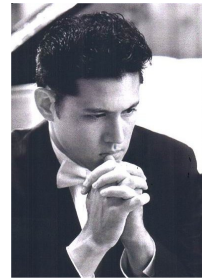
Plymouth Harbor resident Jill Wilson invites you to an inspirational concert by her daughter Jennifer Jill Schwirzer, whose music ministry has continued for over 15 years. Jennifer has recorded over 150 songs of her own composition and has given hundreds of concerts all over the U.S. and Canada, one tour in Europe, two in Africa and one in the Honduras. Many may remember her delightful appearance here last October.

## The Program Committee presents ...

### John Einhaus in Concert on Grand Piano

Monday ~ August 2 ~ 3:00 pm ~ Pilgrim Hall

Classical pianist John Einhaus captivates audiences throughout the U.S. with his intensely emotional performances. He has studied at the Peabody Conservatory, is an honors graduate of Rutgers and a recipient of the Marsano Burian Award for outstanding music achievement. He received his Masters of Music from Mannes College of Music and is currently engaged in Doctoral studies at Indiana University.

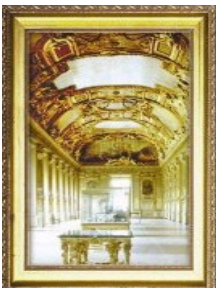


### The Louvre

Thursday ~ August 12 ~ 7:45pm ~ Pilgrim Hall

Before this film no one was permitted to film the Louvre. Set against the panoramic history of France, Charles Boyer hosts this acclaimed film about the regal palace home to so many of the world's great gifts of art.

DVD: 57 minutes

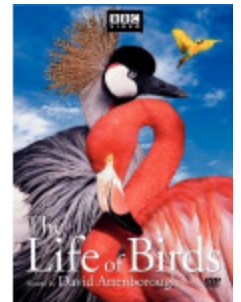


### The Life of Birds: To Fly or Not To Fly

Thursday ~ August 26 ~ 7:45 pm ~ Pilgrim Hall

This PBS documentary presents the history of birds, from the first flying reptiles to today's consummate navigators. From giant extinct flightless birds to modern ostriches and emus, learn how birds have made a claim to not only the air but also the land.

DVD: 60 minutes



## THE SILK ROAD

In Search of the Kingdom of Lou-Lan

Thursday ~ August 5 ~ 7:45 pm ~ Pilgrim Hall

In a military zone normally forbidden to visitors, you will uncover a lost kingdom buried over a millennium ago, and uncover an ancient mummy.

Across the Taklamakan Desert

Thursday ~ August 19 ~ 7:45 pm ~ Pilgrim Hall

Cross the Taklamakan Desert, "The place from which nothing living returns." After losing your way in the 120 degree heat, you will stumble into an ancient ruin, and then risk a night escape.



### Carla Smith

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Administrator of Resident Relations

#### Maryanne Shorin

Resident Services Coordinator

### Harbor Light

#### Biography Committee

Maizie Abuza, *chair*

Betty Blair Martha Buenneke

Perry Monroe Isabel Pedersen

Peggy Schwarz Jim Stern

Sallie Van Arsdale Don Wallace



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941-365-2600

<http://plymouthharbor.org>



# MOVIES

Showing in August

Sundays at 2:00 pm & 7:00 pm

August 1	<i>The Greatest</i>			
2009	Color	100 minutes	Rated R	
August 8	<i>La Cage aux Folles</i> (7:00 pm only)			
1979	Color	97 minutes	Rated R	
August 15	<i>Billy Elliott</i>			
2000	Color	110 minutes	Rated R	
August 22	<i>The Ghost Writer</i>			
2010	Color	128 minutes	Rated PG-13	
August 29	<i>Dear John</i>			
2010	Color	108 minutes	Rated PG-13	

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

Tuesdays at 2:00 pm & 7:45 pm

August 3	<i>The Hustler</i>			
1961	B&W	135 minutes	Rated G	
August 10	<i>From Here to Eternity</i>			
1953	B&W	118 minutes	Not Rated	
August 17	<i>The Trouble with Harry</i>			
1955	Color	100 minutes	Rated PG	
August 24	<i>Harper</i>			
1966	Color	121 minutes	Not Rated	
August 31	<i>Temple Grandin</i>			
2010	Color	103 minutes	Rated PG	