

HARBOR LIGHT

June 2011

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

The Spirit of Philanthropy ...

by Harry E. Hobson, President/CEO

THE DOYLE SCHOLARSHIP

In the May 2011 issue of [Harbor Light](#), I shared with you the story of Mildred and Bernard Doyle, late residents of Plymouth Harbor. One of their many gifts to Plymouth Harbor was the Doyle Charitable Trust that, to this day, is making a difference in the lives of Plymouth Harbor staff members and their families through college scholarship awards to deserving students.

As an update, I am pleased to share with you that this year the trust committee awarded scholarships to two very deserving members of our staff. They are Tammy Lowe, LPN in the Smith Care Center, and Jose Rocha, line cook in the Dining Services Department.

You can read more about our scholarship recipients later in this [Harbor Light](#). Please join me in congratulating Tammy and Jose.

THE CALLAHAN CENTER

In keeping with “the spirit of philanthropy” as we begin to formally embrace philanthropy at Plymouth Harbor, I would like to share with you how Mr. Arthur Callahan, a late Plymouth Harbor resident from 1972-1988, continues to enhance the quality of life of so many Plymouth Harbor residents, both past and present, through an estate gift.

Prior to construction of the Smith Care Center (formerly known as the Health Center at Plymouth Harbor) our 43-bed nursing home occupied the floor between the Mezzanine

and the third floor of the Tower. This unit consisted of three and four-bed wards (the world was much different then).

It was a grand day in 1988 when our Health Center opened. While Plymouth Harbor prided itself in the quality of care it administered to its residents, it wasn't until the new nursing home opened that Plymouth Harbor was able to offer state of the art accommodations.

Mr. Jack Smith, executive director of Plymouth Harbor from 1972–1989, saw the need for a new level of care. He knew that not every resident who needed nursing assistance required a nursing home accommodation. He shared this vision, *a mid-step between independent living and nursing home care*, with many people.

Mr. Callahan, an engineer, builder and businessman, left a generous, unrestricted bequest which covered the entire cost of remodeling and furnishing the floor that formerly housed the nursing home. In his bequest, Mr. Callahan stated that he was greatly concerned for the safety and well-being of Plymouth Harbor residents. The Board of Trustees, at its September 1989 meeting, designated this new area as the Callahan Center for Assisted Living.

Mr. Callahan, through his spirit of philanthropy, helped Plymouth Harbor to enhance the quality of life for its residents by translating a vision into a reality.

Next month I will share with you several more vignettes of philanthropy that have served as life-affirming reflections of Plymouth Harbor's mission.

Reflections from Chaplain Jerry O'Connor ...

The Time magazine cover, April 25, 2011, asks the question: *What If There's No Hell?* Inside there is an article about Rob Bell, pastor of Mars Hill Bible Church, Grandville, MI. According to the Time article, Rob Bell sponsored an art exhibit about the search for peace in a broken world — an avant-garde project that has helped his church (non-denominational) grow to over 7,000 people each Sunday.

The exhibit included a quotation by Mohandas Gandhi — hardly controversial, except in the mind of one visitor who stuck a note next to the quotation saying, “Reality check: He’s in hell.” Bell was struck by the note and recalls thinking: *Really? Gandhi’s in hell? He is? We have confirmation of this? Somebody knows this? Without a doubt? And that somebody decided to take on the responsibility of letting the rest of us know?* His book, Love Wins: A Book About Heaven, Hell, and the Fate of Every Person Who Ever Lived, grew out of that experience.

I sometimes think we who claim to know God’s thoughts and actions in our lives are like the proverbial *couch potato* in our religious beliefs and practices. We sit in our comfortable pews and chew on the sermons we have heard, like we chew on the snacks we hope someone brings us while we watch TV; as if what we see is *real*. We’ve heard the saying, “The world is going to hell in a hand basket.” [If Hell exists.] We much prefer being entertained than involved in the real world. We prefer God will count us among the *chosen* and provide comfortable lodging in heaven while those who are not *like us* will burn in hell.

Well, I for one have come to believe that if Hell exists, it is right here and now — the fires of destruction and death couldn’t be any more real than the images we see of crime, violence and war on our TV, whether in a syndicated crime focused program or the evening news.

I don’t worry too much about getting to Heaven, I worry that it is so difficult to know heaven in my life right now. In Matthew 13:44 we read: “The kingdom of heaven is like a treasure hidden in a field, which a man found and covered up; then in joy he goes and sells all that he has and buys that field.”

Maybe we *couch potatoes* need to sell off our love of comfort and power, our greed, our hatred and fear of strangers and buy the greatest gift of all – LOVE. Think about it. Gandhi taught love, so did Jesus. I’m going to buy the book, maybe you will, too. Maybe we could talk about it someday.



It's Summer -- And We Know What That Means!

We don't mean lovebugs and sunburn.
We mean heat misery and too much humidity.

There are some things we can do about that, staying comfortable without enriching Florida Power & Light even more. All of us know some of these. For instance:

1. Keep your windows and doors closed.
2. Try raising your thermostat 1°. See if, after a day or two, your blood can thin a little more. (All right, we know that it is not that your blood thins but something adjust. Give whatever it is a chance to adjust.)
3. At night, set your thermostat to the highest temperature that allows you to sleep. Try 74° for a start.
4. While your bedroom is being cooled, set your other thermostats to 80° for the night.
5. When you will be out of your apartment for four hours or more, turn the thermostat up.
6. If you are away for the weekend, a week, a month, or longer, leave the thermostats set at 80°.
7. Close your curtains, blinds or verticals when the sun is shining on them.
8. The Fan! Did you know that using the ceiling fan or the fan on your cooling system, uses a fraction of the power drawn by the air conditioning? Using the fan may delay the time until you need to turn on the serious cooling by a few hours in hot weather. On in-between days, the fan may be enough.

Planning to be away from Plymouth Harbor for a while?

Be sure to stop at the Front Desk and pick up the [Checklist of Things to Do Before You Leave](#).

- Compliments of the Conservation Committee -

June 2011 Employee of the Month *Janice Martin of Front Desk*

“Janice has worked at Plymouth Harbor for almost 12 years and during that time has worked in three different departments. At this time she works at the Front Desk and in Accounting at the same time. I have never seen Janice without a smile on her face and she is always happy and upbeat. She is professional and courteous with residents and staff alike. No matter what Janice is asked to do, the answer is always, ‘Yes, how can I help?’ I think she is what an Employee of the Month is really all about.”



INTRODUCING

Frederick L. "Fred" Moffat

Molly P. Moffat

Move-In Date: March 31, 2011

Apt. N-306 Ext. 189

Dr. Fred Moffat and wife Molly moved into their North Garden apartment on March 31 of this year. Fred served on Plymouth Harbor's Board of Trustees for six years and states he knew he wanted to live here for some time.

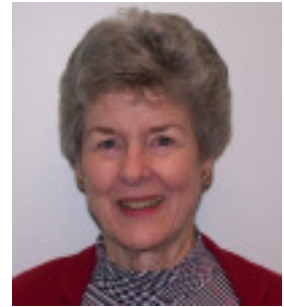
The amiable couple originated from different countries: Fred hailing from Ontario, Canada, and Molly a native of New York City. They met while at their families' neighboring vacation homes, and the attraction was immediate and permanent, with their marriage now reaching the 60-year mark.

That marriage has produced four children and six grandsons. Their two sons live in Miami and Gaithersburg, MD. Their two daughters live in Ontario.

The Moffats have lived in the Sarasota area for 33 years, but Molly's family has had local connections and business interests locally since the early fifties. Prior to their decision to join the Plymouth Harbor family, they owned their home in the Sanderling Club, selling earlier this year in the tough real estate market.

Dr. Moffat's education was in Ontario with pre-medicine and medical degrees from the University of Toronto. He did his residency in the Toronto Hospital system, and is a fellow in the Royal College of Surgeons, Canada. Since

moving to Sarasota, Fred has been on the Doctors and Sarasota Memorial Hospital committees, worked as an emergency room physician for six years at SMH, 10 years as a primary care physician at Beneva Family Practice, and also as a surgeon at the SMH Community Clinic.



Molly, who grew up in Des Moines, IA, attended Connecticut College and then moved to Toronto to start married life with Fred. She stayed more than occupied rearing four children. In Sarasota she is active in the Sarasota Garden Club and the Founders Garden Club. She has volunteered with Mote Marine and Hospice, and was active in charity fund raising in the eighties.

The Moffat's interests include gardening – obviously, biking, bridge, swimming and reading. They are a vital and engaging couple who will contribute greatly to the quality of life at Plymouth Harbor. Moreover, not many of us can say we vacationed on St Armand's in the 1960s, and watched as their future home, Plymouth Harbor, was being built.

- David and Ruth Beliles

INTRODUCING

Terry C. Aldrich

Maureen N. Aldrich

Move-In Date: April 20, 2011

Apt. N-214 Ext. 229

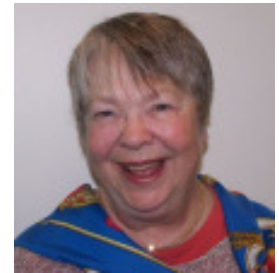
How can it be that Plymouth Harbor continues to attract such interesting and talented new residents as Terry and Maureen Aldrich? For them it was a no-brainer, the only question was whether to come early, which they did and are very happy already. They said their welcome here has been fabulous.

The Aldrichs have lived several years on Anna Maria and been married 12 years. They met when she came into his antique shop as a customer — love at first sight! He has four daughters and a son by an earlier marriage, while she has two daughters and a son. Three of the children live in Florida. There are also 11 grandchildren.

Terry was born in Stevens Point, WI. He graduated from Loras College, received his MS from Loyola University Chicago, and did post-grad work at Case Western Reserve. He has had two professional careers: first, 20 years as a psychotherapist on active duty in the Air Force, as well as program director for civilian mental health clinics; second, 20 years as a business owner focused on import-export of Western European antiques and decorative furniture, in Sarasota, Atlanta and Italy.

He is a Eucharistic Minister for the Catholic Church and was recipient of the “Volunteer Award,” representing St. Joseph’s at the Diocese

of Venice celebration. An avid fisherman, he digs the arts, travel and physical fitness.



Maureen was born in Washington, DC, raised in New Orleans. She was cum laude at Harvard/Radcliffe, an Edward James Scholar for her MA at the University of Illinois, and earned her PhD at NYU, followed by a National Endowment for the Humanities Research Fellowship in Paris. Her professional career started with the New Orleans Opera as a ballerina, then teaching and choreography. She became associate professor of dance therapy at the University of Illinois, followed by 17 years as a professor for the history of dance at Vanderbilt. There she wrote and published two books (*I See America Dancing* and *Therapy in Motion*, both written under her professional name of Maureen Needham). She has also been a freelance writer/editor for newspapers and magazines, earning national and international awards for her writing.

Maureen is now writing a third book on the history of US dance from 1790-1850. She has written for *Sarasota Magazine*. She has been on the board of the Nashville Ballet and was a founding member of the UNESCO — World Dance Alliance, Hong Kong, and on many other boards. Keeping busy now: she continues to write and enjoys tai chi, yoga and New Orleans cooking.

- Perry Monroe

INTRODUCING

Olive M. "Rusty" Blackwell

Move-In Date: April 21, 2011

Apt. T-910 Ext. 309

Rusty Blackwell started life as Olive, a name she was happy to abandon after a childhood being called "Pickle," "Olive Oyl" and similar delightful nicknames.



Her school years were spent in Melrose, MA, which she left to study at Brown University. After two years she left Brown to attend Harvard while her new husband, Dick

Blackwell, was working at Polaroid. Her studies in history, hoping to work in diplomacy, were set aside as his passion, psychophysics, took them both to Long Island. The young scientist was hired by the U.S. Navy to do research. Psychophysics is the interface between the behavioral aspects (psycho) and the physical aspects, in this case, of human vision. What the Navy wanted to learn was where and when American submarines could safely surface in the midst of the Japanese fleet.

The Blackwells, with a brand new baby, set up a lab on (oh the pain) the Tiffany Estate in Oyster Bay. The research was done in the old bowling alley; they lived in a corner of the huge kitchen, housing shortages being what they were during World War II.

Two years later they moved to Columbus where they started the Institute for Research in Vision at Ohio State University. Rusty served as a research associate while they worked on space and vision, among other things, in street and highway lighting. She, during this period, served as international

secretary of the Committee on Visual Performance of the Commission International d'Eclairage. This formidable group (CIE) concentrated on lighting standards for the world. Since 38 countries were involved, it took 18 years to reach a signed agreement. Rusty, meanwhile, had a chance to use her diplomatic skills, and develop others as linguists because many of these nations had scientists who could not speak English, the official language of the CIE.

Among other memberships, she was a fellow of the Optical Society of America, the Illuminating Engineering Society and the Academy of Optometry.

It was not all work and no play, however. She and Dick hiked in every one of the National Parks, and, lovers of ballroom dancing, danced in almost all countries of the world. They missed only South Africa, a place to which they returned during its apartheid years. Sixteen years ago, Dick, who had been sick for a long time, passed away.

Volunteer work, while living on Longboat Key, centered on her birding hobby as she served as president of the Audubon Society in Sarasota. Before that, she was vice-president of the League of Women Voters in Michigan.

Their two sons, parents of two grandchildren, have had interesting careers. The elder is a professor of English in Nevada. His passion, wildflowers, is shared by his mother, and will result in an about-to-be-published book. The younger son was a teacher in San Diego and for two years in the Congo, has now retired to Costa Rica.

For Rusty, Plymouth Harbor will be a place to find new friends. For us, it will be a chance to learn from her about the science of human vision.

- Ish Pedersen



New in the Library (* indicates a gift)

FICTION - Regular Print

Caleb's Crossing by Geraldine Brooks
Demolition Angel* by Robert Crais
The Hidden Man by David Ellis
Honor Thyself* by Danielle Steel
The Informant by Thomas Perry
The Land of Painted Caves* by Jean M. Auel
Murder in Passy* by Cara Black
Promises in Death* by J. D. Robb
Rainbow Six* by Tom Clancy
The Secret Soldier* by Alex Berenson
Sixkill by Robert B. Parker
When the Thrill is Gone by Walter Mosley

FICTION - Large Print

Bel-Air Dead* by Stuart Woods
Chasing Fire* by Nora Roberts
Eve* by Iris Johansen
The Fifth Witness by Michael Connelly
The Help* by Kathryn Stockett
I'll Walk Alone* by Mary Higgins Clark
Mobbed* by Carol Higgins Clark
The Wedding Promise* by Thomas Kinkade

NONFICTION - Regular Print

American Drama* edited by Alan S. Downer
American Poetry* edited by Karl Shapiro
The Greatest Story Ever Sold* by Frank Rich
Jerusalem, Jerusalem* by James Carroll
The Life and Times of the Thunderbolt Kid
 by Bill Bryson
Money and Power by William D. Cohan
Mornings on Horseback* by David McCullough
Overdiagnosed* by Dr. H. Gilbert Welch
The Power of Art* by Simon Schama

DVDs New in the Media Library

Cinema Paradiso
Country Strong
Easter Parade
Inception
The King's Speech
The Next Three Days
Rabbit Hole
The Tourist
Vision



Complimentary Ear Check & Hearing Aid Clinic

(Low Vision Resource Center)

Tuesday, June 7

Dr. Susan Schnack, Sarasota Hearing Center

Tuesday, June 21

Jennifer Slanker, Andrew Marlow, MD

Please call Home Care at Ext. 210 for an appointment

Showing in the Mezzanine Gallery
WILDLIFE BABIES

Lou Newman

June 7 to October 20, 2011

The Mezzanine Gallery Summer Exhibit will feature photographic images by Lou Newman. The theme of the exhibit this year, "Wildlife Babies," will highlight wildlife pictures of animal and bird youngsters.



**MEET THE ARTIST
 WINE RECEPTION
 TUESDAY ~ JUNE 7
 5:00 PM -- 6:30 PM**

Dining Services Events

* Reservations Required *
 Call Ext. 258

Cocktails on the Terrace
 Thursdays at 4:00 pm

Jim Myers
 at the keyboard



Thursday, June 2
 Monday, June 6
 Wednesday, June 15
 Monday, June 20
 Monday, June 27
 Plymouth Rock Cafe
 5:15 pm - 6:15 pm



- * *Father's Day Brunch* *
 Sunday, June 19th
- * *Seafood Buffet Dinner* *
 Friday, June 24th
- * *Chef's Table at 5:30 pm* *
 June 7th & June 21st
- * *Private Kitchen Tour* *
 Thursday, June 30th



The Doyle Scholarship Awarded to Two Employees

Through the generosity of the Mildred and Bernard Doyle Charitable Trust, \$5,000 scholarships have been awarded to Plymouth Harbor employees Tammy Lowe and Jose Rocha. Twelve new applications were received this year, with two previous recipients re-applying for a continuation of their scholarship funding.

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 Jack Smith, former Plymouth Harbor executive director.

Tammy Lowe has worked as an LPN in the Smith Care Center since July 2008. Jose Rocha joined the Plymouth Harbor staff in April 2008 and serves as a line cook in the Dining Services Department. Tammy's goal is to become a registered nurse and Jose is pursuing a bachelor's degree in Homeland Security.

Congratulations to both!

- Tena Wilson



Let's have dinner on the train ... **Bob's Train**

Wednesday ~ June 22 ~ departing 5:45 pm

It's one of the best kept secrets in Sarasota, hidden away off the main road, keeping a little piece of circus history alive.

Menu choices
available in
Resident Services office.

Cost: \$40.00 includes wine or beer, soup, salad, entree, dessert, coffee/tea, tax, tip & bus.

The Program Committee presents live ...

RICHARD HOPKINS

FLORIDA STUDIO THEATRE



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

Artistic Director Richard Hopkins takes us on a tour of Florida Studio



Theatre's past, from its beginnings as a small alternative theater to its present day incarnation as three separate venues: The Keating Mainstage, The Goldstein Cabaret, and the Gompertz. What makes FST special? And what's coming up for the summer and the upcoming season?

SARASOTA MUSIC FESTIVAL STUDENT CONCERT

Wednesday ~ June 15 ~ 7:45 pm ~ Pilgrim Hall

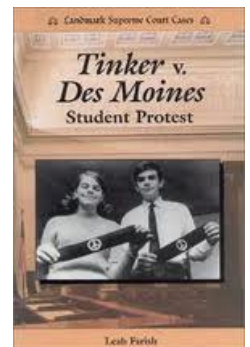


The Festival has earned a reputation as one of the finest music festivals in the nation. The students are selected from more than 400 applicants from across the nation, and indeed the world. They range from professional level musicians to superior students in music schools and conservatories. Treat yourself to an outstanding performance as in many years past.

Tinker v. Des Moines by Paul Tinkerhess

Thursday ~ June 30 ~ 7:45 pm ~ Pilgrim Hall

Back in 1965, Paul Tinker and his brother and sister wore black arm bands to school to express their sadness at the suffering in Vietnam. Suspension from school came soon after, resulting in a case which worked its way to the Supreme Court. *Tinker v. Des Moines* is now regarded as a landmark case and as one of our nation's most important declarations of freedom of speech. Paul Tinkerhess, son-in-law of Plymouth Harbor residents John and Ruth Hess, will tell us the story!



The Program Committee presents on DVD ...

Travels thru Wales with Rick Steves

Thursday ~ June 9 ~ 7:45 pm ~ Pilgrim Hall



We saw the royal wedding! Now we're ready to go along with the ultimate guide, Rick Steves, as he takes us on a visit to Britain, exploring *The Heart of England: South Wales and North Wales: Feisty and Poetic*. Wales, about the size of Massachusetts, is rich in history and natural beauty, not to mention castles -- over 600 of them! DVD:60 minutes

Les Miserables

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

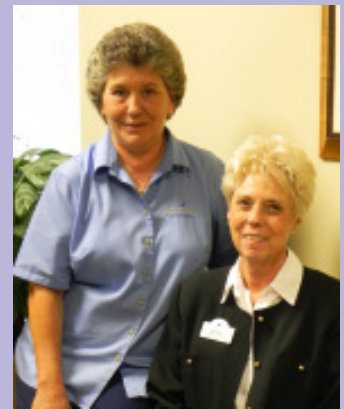
It's the 25th Anniversary of the Broadway blockbuster, *Les Miserables*, and to jump start our Broadway Summer Series we'll thrill to the Royal Philharmonic Orchestra performing the legendary musical in concert. And later this summer, be on the lookout for *Brigadoon*, *Bye Bye Birdie*, *Cats*, *Camelot*, *Sunday in the Park with George*, *Sweeney Todd*, *Hello Dolly* and the *Pirates of Penzance*. DVD:147 minutes



Join Us to Celebrate Their Retirement

Pat Reyes & Beverly Amidon

Two long-time employees, Beverly Amidon and Pat Reyes, have announced their retirement. Beverly, housekeeping manager, has been with us for over 21 years and Pat, front desk supervisor, for over seven years. These ladies have been an important part of Plymouth Harbor and they will be missed. Please join us for a farewell reception in the Card Room between 2:00 and 3:00 pm on Thursday, June 30th, to wish them well in the next chapter of their lives.





Tom Hopkins

Chairman, Board of Trustees

Harry E. Hobson

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Senior Vice President/CFO

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Vice President

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David Beliles

Betty Blair

Vera Kohn

Perry Monroe

Isabel Pedersen

Sallie Van Arsdale

Don Wallace



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



MOVIES

Showing in June

Sundays at 2:00 pm & 7:00 pm

June 5 *Mao's Last Dancer*

2009 Color 117 minutes Rated PG

June 12 *The Way Back*

2010 Color 133 minutes Rated PG-13

June 19 *Howard's End*

1992 Color 140 minutes Rated PG

June 26 *True Grit*

2010 Color 110 minutes Rated PG-13

Have a movie request? Call Ext. 252.

Tuesdays at 7:45 pm

June 7 *Fair Game*

2010 Color 108 minutes Rated PG-13

June 14 *The Constant Gardener*

2005 Color 129 minutes Rated R

June 21 *The Graduate*

1967 Color 106 minutes Rated PG

June 28 *Beyond the Sea*

2004 Color 118 minutes Rated PG-13