

HARBOR LIGHT

July 2011

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



Independence Day Celebration Dinner

Monday ~ July 4 ~ Mayflower Dining Room

Remember to Make Your Reservations Early!!

The Spirit of Philanthropy at Plymouth Harbor

by Harry Hobson, President/CEO

Over the past few months I have shared with you how acts of philanthropy have benefitted, and continue to benefit, the Plymouth Harbor family. This month I would like to begin by defining philanthropy within the context of Plymouth Harbor; share some philanthropic vignettes; and give you a preview of upcoming Harbor Light articles entitled *The Spirit of Philanthropy*.

The dictionary defines philanthropy as *an act or gift done or made for humanitarian purposes*. A few synonyms related to philanthropy include: generosity, benevolence, and contributions. At Plymouth Harbor we have witnessed numerous acts of philanthropy in various ways. Many past and present residents, their families, and friends of Plymouth Harbor have contributed hundreds and thousands of dollars, while others have shared their time and talents to enhance the quality of life of our residents.

More recently I shared three examples of philanthropy that included:

- ◆ The generosity and philanthropic leadership of Ted and Fran Rehl, North Garden residents, when they presented to Plymouth Harbor a beautiful and treasured 1948 Steinway M piano just before Ted's magnificent performance in Pilgrim Hall. We will remember and enjoy this philanthropic endeavor for many years to come.
- ◆ The philanthropy of Mildred and Bernard Doyle, former Plymouth Harbor residents, who established the Doyle Charitable Trust that, to this day, is making a difference in the lives of Plymouth Harbor staff and their families. Because of their gifts, many young people have furthered their education and are now contributing members of society.
- ◆ The Callahan Center took center stage last month as we learned more about the generosity of Arthur Callahan, former Plymouth Harbor resident. It was Mr. Callahan's spirit of philanthropy that helped Plymouth Harbor meet a need to further address resident quality of life by translating a vision into the reality of what we all know now as The Callahan Center for Assisted Living.

Plymouth Harbor has been blessed by many acts of philanthropy. A few other examples include, but are not limited to:

- ◆ Let's not overlook the grand piano in the Plymouth Rock Café and the many hours of enjoyment we have all gleaned from this act of philanthropy by Fran Knight of North Garden and her late husband, Gus.

- ◆ The next time you use the Plymouth Harbor Library, pause long enough to read the plaque just inside the entrance on the right. Thanks to the generosity of Mildred and the late Donald Stein, we all enjoy this inspiring slice of serenity on our campus.
- ◆ Former resident Arthur Ryder was a quiet man who enjoyed watching others from his “perch” under the Cuban Laurels. He liked what he saw and admired the care that was given to others. Upon his passing some 17 years ago, he left \$1,000,000 to Plymouth Harbor’s Legacy Fund. This gift has grown significantly over the years and some of its earnings have been used for benevolent resident care.
- ◆ Joe Rowen, SCC Resident, wanted to honor the memory of his late wife, Dita, by establishing the Dita G. Rowen Arts Fund to be used for those “extras” that are sometimes needed by our Plymouth Harbor artists.
- ◆ In the spirit of the upcoming Fourth of July weekend, I can still remember when Joe and Nancy Berkely came to me expressing their desire to do something special in memory of one of our former residents, Ham Dashiell, late husband of Dodie Dashiell. He shared with me the patriotic spirit of Mr. Dashiell. To this end, on the Fourth of July when you glance up at our large and distinguished flag displayed at the front of our campus, please give a nod to Joe and Nancy and remember a great American, Ham Dashiell.

While I will continue to share more examples of philanthropy in the months to come, my plan is to begin to share more specific information with you regarding the progress of formalizing our philanthropic initiative; what funds currently exist and how they are used; and how you can become active in philanthropy at Plymouth Harbor.

In closing, please remember what I mentioned at the beginning of this article. All philanthropy is not measured in dollars and cents. A simple act of kindness or a helping hand to make a difference in the life of another resident or staff member, can also be embraced as meaningful philanthropy. This means that we can all participate in philanthropy at Plymouth Harbor at a level appropriate to our circumstances.

I look forward to sharing more philanthropic stories with you, and ask that you please feel free to stop by my office or call or send me a note, and share other related stories with me. I find it helpful to learn from you about the many ways philanthropy can make a difference.

Thank you for taking time to read this edition of *The Spirit of Philanthropy*.

Wellness Update

In the April 2011 Harbor Light article entitled *Exercise & Fitness Program to Get a Boost*, President/CEO Harry Hobson wrote, "With regard to exercise and fitness, we've embarked on an exciting journey. Our goal is to enhance the scope of programs currently offered to achieve an even higher degree of resident satisfaction."

The vision for wellness at Plymouth Harbor is to create and enhance, with intention, a culture that supports and celebrates every facet of resident life: social, spiritual, emotional, intellectual, nutritional and physical. The vision for *physical fitness* under the wellness 'umbrella' is to have exercise space, classes, programs, equipment and professional guidance that all residents can access without ever having to leave the community.

The first step in making the physical fitness vision a reality was to recruit a Wellness Coordinator. This health and fitness professional will be a full-time staff member, responsible for developing and promoting exercise and fitness programs that support the physical well-being of every resident to the degree that they desire. In addition to leading group land and water exercise classes, the Wellness Coordinator will conduct fitness assessments and develop personalized training programs for residents.

Prior to recruiting a Wellness Coordinator, we established the necessary qualifications for the position through research and input from health and wellness professionals across the country. Required qualifications included a bachelor's or master's degree in exercise science, exercise physiology, or a related discipline. The individual must be certified, preferably through the American College of Sports Medicine, and have 3-5 years experience working with older adults. The ideal

candidate would also possess excellent personal skills, leadership ability, and enthusiasm.

Our recruiting efforts generated interest from qualified professionals across the United States. After a first round of telephone interviews with several applicants, I invited four of the most qualified candidates to participate in a second interview with Harry and me. Incorporating the successful Dining Services model of including residents in the process, two of these candidates received the green light to proceed to the third and final phase, meeting three resident members of the Resident Life Committee. They included Dr. Paul Groen and Lois Droege, exercise and fitness advisors to the committee, and Winnie Downes, Resident Health Committee Liaison.

I'm pleased to announce that an offer was extended to Ms. Christine Valuck on June 28th and she enthusiastically accepted the position as Plymouth Harbor's Wellness Coordinator. You'll be hearing much more about Christine in the near future.

Progress is being made, as well, with The Calm Center, our new massage and educational venue located in the North Garden (N-206). In The Calm Center, residents and their guests will be able to enjoy relaxation (Swedish), therapeutic, and compassionate touch massages performed by licensed massage therapists in a beautiful, soothing, spa-like atmosphere without ever leaving Plymouth Harbor. The Calm Center will be open to Plymouth Harbor residents and their guests *only*. We anticipate an August grand opening.

We will continue to keep you informed of our progress and welcome your thoughts and ideas as we move forward with these exciting new wellness initiatives.

- Tena Wilson, Vice President of Support Services

Reflections from Chaplain Jerry O'Connor ...

In the book of Deuteronomy there are numerous admonitions for the Israelites to *Remember ...* that they were slaves in the land of Egypt, and the Lord your God redeemed you: ... There's more to the admonitions in regard to the *Commandments* and how life should be lived, because the writer knows how easy it is to become complacent in the midst of our comfort and prosperity, *forgetting where we have come from*. With this in mind, let me tell you about my new toy, my iPad — it even helps me remember *where I come from*.

I like TOYS! Sometimes I want the latest, but put off buying it because of the cost; or I hear the voice of the other person in my life saying, "What do you want that for? What will it do that your cell phone won't do? [It is a lot like the iPhone, but it does things in bigger and bolder, more colorful formats.] Like most boys, I like toys!



iPhone

My iPad does things I never imagined: I can go to MAPS, type in an address, and it takes me back in time. One night I typed in the numerous addresses I occupied as a child growing up in Chicago. In infancy I was brought home to 1407 N. Kedvale Avenue, to a basement apartment in a large multi-apartment building across from a playground. Around the corner was Nobel Elementary School, where I completed my elementary education in the shadow of my mother and her siblings, who attended there. Future moves included 4306

Hirsch, 1951 51st Court, Cicero, IL, 1536 N. Kildare, 1436 N. Kildare (my grandmother's home), 1226 N. Kildare, 4236 W. Potomac, 682 Lavergne and then back to three more addresses on Kildare Avenue. My new toy allows me to visit these locations, even to see the structures as they now look and the neighboring houses, as well. I can name the families who lived in most of these houses and suddenly I am *remembering* where I came from — no comparison to where I am now.

Grandma's house was built in 1885. [Family legend says 1906.] My great-grandmother built it, raised her family in it, and when my grandparents married, they took ownership of it and raised my mother and her siblings in it. It was the hub of our family's life until 1958, when my grandmother died and it was sold. My new toy tells me it still stands, looks the same as I remember it, but the neighborhood has changed — as has the family.

My new toy allows me to look back and remember my roots, and to realize and accept the changes that have occurred in my life. I remember, but don't want to return.

All of us need to *remember* where we came from and give thanks for where we have arrived. Change is good!



iPad 2

INTRODUCING

Robert H. "Bob" Lawrence

Carol F. Lawrence

Move-In Date: June 7, 2011

Apt. T-501 Ext. 426

Meet Bob and Carol Lawrence who have just celebrated their 65th wedding anniversary! What a joy to present to the Plymouth Harbor community a couple with this upbeat attitude. He: "Life has been good." She: "I've had a great time."

The romance began when Bob, while in the Army during World War II (three years of service in Europe), accepted an invitation to join, upon returning to civilian life, a business dealing in picture frames and picture frame moldings, owned by Carol's Dad. The young people hit it off immediately — two and a half weeks after they met, Bob and Carol were engaged! Both native New Yorkers, they lived at first in the Greenwich Village section of the city, but after the birth of their son, they moved to the suburbs (Great Neck), where they stayed for 31 years. Then Florida called and they resided for 30 years on Longboat Key until June of this year when they became our neighbors.

Over the course of the years, Bob turned into a successful businessman and, says he, "in the meantime, the bug bit us." "What bug?" "The travel bug," is the response. Carol had become

a travel agent (and built up a fine business) and put together some wonderful trips for them. "We have traveled all over the world," she says. "Of course, so have many other residents here," adds Bob.



"What are your favorite countries?" the interviewer wants to know. He: "Italy." She: "India and Egypt." They had a wonderful collection of 14th and 15th century paintings, sculptures and wood carvings, picked up in the various countries they visited, but sold the collection before moving to Plymouth Harbor.



Both Bob and Carol have been active in local politics and community affairs. They enjoy sports, music, and reading, and since their son lives in Miami, they have a chance for frequent family get-togethers.

May life continue to be "good" and "great" for this charming couple!

- Vera Kohn

In House Move

Winnie Downes & Carl Denney

Apt. N-303 ... Ext. 186

June 27, 2011

Welcome New Residents

Allen Jennings

Judith "Judy" Liersch

Apt. T-905 ... Ext. 303

June 1, 2011

Robert H. "Bob" Lawrence

Carol F. Lawrence

Apt. T-501 ... Ext. 426

June 7, 2011

Myer "Mike" Kolker

Sylvia J. Kolker

Apt. N-203 ... Ext. 170

June 30, 2011



RECYCLING -- A PUZZLE

**What can be recycled? What is trash?
The answer is -- it depends**

It depends on which firm picks up the recycling. And that depends on what items the firm sells for reuse to another firm. Old paper becomes newsprint, greeting cards, toilet paper. Old aluminum cans, melted, become – surprise — new aluminum cans. Foam egg cartons become poly fleece jackets. The definitive list of what our waste recycler will accept is contained on the list prepared by Ted Rehl that is posted in each recycling room.

For many of us the chief puzzle is *which plastics?* On the base of plastic containers, there are numbers in pesky little triangles. Our waste recycler accepts 1s and most 2s. The 1s are marked PETE (that's polyethylene terephthalate). The 2s are labeled HDPE (high-density polyethylene). Other places (i.e., city of Sarasota and Manatee County) accept different ones. That is because they use different recycling firms.

Two kinds of things are particularly toxic and need special attention.

Prescription and over-the-counter-drugs do not belong in Sarasota Bay. Those lovely nurses at the Callahan Center will accept those you wish to discard, put them through the complicated rigmarole they put their own surplus through and dispose of them safely.

There are nasty substances in some batteries: hearing aid, rechargeable, nickel-cadmium, lithium, and any non-alkaline batteries. So, please give these batteries to your housekeeper or deliver them to the Maintenance Office. The letter batteries (A, AA, AAA, C and D) can just go out with the trash.

Kudos to all of us for the huge amount of stuff we are keeping out of the landfills across our fair land.

~ Compliments of the Conservation Committee ~

July 2011 Employee of the Month

Pat Ringstaff of Smith Care Center

“Pat has worked at Plymouth Harbor for almost 18 years. She has worked in many different capacities which goes to show how willing she is to do whatever it takes to get the job done. Pat is always friendly and caring to residents and staff alike. She always has a positive attitude and a smile on her face. Pat is very deserving of the *Employee of the Month* honor.”





New in the Library

(* indicates a gift)

FICTION - Regular Print

- 10th Anniversary***
by James Patterson & Maxine Paetro
- The Confession*** by John Grisham
- Drood*** by Dan Simmons
- The Moonstone*** by Wilkie Collins
- Playing with Fire*** by Peter Robinson
- We'll Meet Again*** by Mary Higgins Clark

FICTION - Large Print

- Buried Prey*** by John Sanford
- Grave Matters*** by Margaret Yorke
- Sixkill*** by Robert B. Parker
- A Small Deceit*** by Margaret Yorke
- Southern Comfort*** by Fern Michaels



DVDs New in the Media Library

- Apocalypse Now***
- Apollo 13***
- The Bad and the Beautiful***
- Blue Valentine**
- Clear and Present Danger***
- Diamonds***
- Evita***
- Fair Game**
- The Fugitive***
- GoodFellas***

- Heist***
- Howard's End**
- The Italian Job***
- In the Bedroom***
- The Lady Vanishes***
- Lawrence of Arabia***
- Les Miserables**
- Mao's Last Dancer**
- Sabotage***

NONFICTION - Regular Print

- An Accidental Sportswriter*** by Robert Lipsyte
- A Birder's Guide to Florida*** by Bill Pranty
- Birds of North America***
by Robbins, Bruun, Zim & Singer
- A Canoeing and Kayaking Guide to the Streams of Florida*** by Glaros & Sphar
- The Companion to Twentieth-Century Opera***
by George Martin
- Decision Points*** by George W. Bush
- Discover Florida*** by Robert Tolf
- Field Guide to the Birds of North American***
published by National Geographic
- Good Book*** by David Plotz
- A Hiking Guide to the Trails of Florida***
by Elizabeth F. Carter
- The Lost Painting*** by Jonathan Harr
- The Opera Companion*** by George Martin
- Six Wives*** by David Starkey
- The Soul of Battle*** by Victor Davis Hanson
- When London Was Capital of America***
by Julie Flavell
- Winston's War*** by Max Hastings
- A World Undone*** by G. J. Meyer



- Sex, Lies and Videotape***
- Tea with Mussolini**
- The Triplets of Belleville***
- True Grit**
- Unforgiven***
- Victor Borge***
- The Way Back**
- Whale Rider***
- Where Eagles Dare***

Pierian Spring Academy Offers Free Summer Lecture Series

ALL LECTURES WILL BE HELD IN PILGRIM HALL AT 2:30 PM

Call Resident Services at Ext. 252 to sign up

- Tuesday, August 9 Mary Jane De Genaro presents *Leaving a Trace*
- Monday, August 15 Charlie Stryker presents *Early Development of the American Colonies: Selected Topics 1607-1788*
- Tuesday, August 23 Kevin Costello presents *Spheres of the Soul: Art, Music and Literature*
- Tuesday, August 30 Jeff Rodgers presents *The Beautiful Story: A Scientist's View of Life, the Universe and Everything*

Resident Meeting

Wednesday ~ July 6 ~ 3:00 pm ~ Pilgrim Hall

Hurricane Preparedness 2011 & General Update

T-Coil Loop System demo for those with hearing loss at the meeting!

Dining Services Events

* Reservations Required *

Please Call Ext. 258

* *Chef's Table at 5:30 pm* *

July 5 & July 19

* *Private Kitchen Tour* *

Thursday, July 28

* *Seafood Buffet Dinner* *

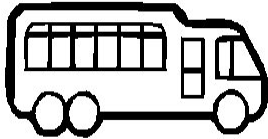
Friday, July 29

Jim Myers
at the keyboard



Thursdays
July 21 & July 28

Plymouth Rock Cafe
5:15 pm - 6:15 pm



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



Beyond Bling: Voices of Hip-Hop in Art

This is not your mother's Ringing Museum!
Be prepared for cutting-edge hip hop art with adult themes, language and content.

Monday, July 11, departing at 2:00 pm
Cost: \$7.00 for bus and it's free day at the museum!



Shopping Trip to International Mall in Tampa

Friday, July 15, departing at 9:00 am
Back at Plymouth Harbor around 3:30 pm
Cost: \$15.00 for bus ~ on your own for lunch



DINNER OUTING
Wednesday, July 20
departing at 5:00 pm

In addition to the regular menu, the Hillview Grill offers Summertime Early Dining Specials -- 10 different items at \$10.00 each!

Menu available in the Resident Services Office
Cost: \$7.00 for bus ~ Dutch treat dinner



Complimentary Ear Check & Hearing Aid Clinic (Low Vision Resource Center)

Tuesday, July 5 Dr. Susan Schnack, Sarasota Hearing Center
Tuesday, July 19 Jennifer Slanker, Andrew Marlow, MD

Please call Home Care at Ext. 210 for an appointment

The Program Committee presents ...

Jazzin' It Up with Mike



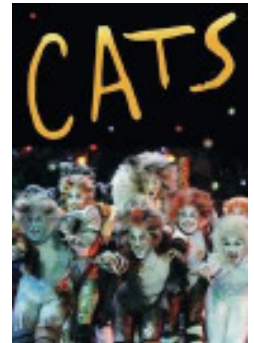
Thursday ~ July 7 ~ 2:00 pm ~ Pilgrim Hall

Mike Markaverich has earned the reputation around town as one of the area's premier jazz pianists. A Dartmouth graduate, he plays at area restaurants and night spots as well as teaching at State College of Florida. Mike will be bringing a few of his friends for an afternoon of jazz piano -- people like Duke Ellington, Cole Porter, the Gershwins and Fats Waller.

Cats

Thursday ~ July 14 ~ 7:45 pm ~ Pilgrim Hall

Cats opened at the Winter Garden in 1982 and ran for nearly 18 years. It's magical, it's intoxicating, it's Andrew Lloyd Webber. Prepare to enter the mysterious world of *Cats*. And later this summer, be on the lookout for *Brigadoon*, *Bye Bye Birdie*, *Camelot*, *Sunday in the Park with George*, *Sweeney Todd*, *Hello Dolly* and *the Pirates of Penzance*, all part of our Live-On-Broadway Summer Series. DVD:121 minutes



Weather or Not with Bob Harrigan

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

WWSB-TV's chief meteorologist Bob Harrigan takes time out of his busy schedule to talk to us about ... what else? ... the weather! What is the science of predicting the weather? And how does he know what time that rain will arrive?

Sunday in the Park with George

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



Filmed live on Broadway, *Sunday in the Park with George* is not simply a story about George Seurat's mammoth painting. While writer James Lapine and lyricist Stephen Sondheim bring life and identity to the characters in the painting, the story focuses on the life of George, the artist. Features Mandy Patinkin and Bernadette Peters DVD:146 minutes



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<http://plymouthharbor.org>



MOVIES

Showing in July

Sundays at 2:00 pm & 7:00 pm

July 3 *A River Runs Through It*
1992 Color 124 minutes Rated PG

July 10 *The Company Men*
2010 Color 104 minutes Rated R

July 17 *As Good As It Gets*
1997 Color 139 minutes Rated PG-13

July 24 *Frida*
2002 Color 123 minutes Rated R

July 31 *Four Weddings and a Funeral*
1994 Color 118 minutes Rated R

Have a movie request? Call Ext. 252.

Tuesdays at 7:45 pm

July 5 *Beautiful*
2010 Color 148 minutes Rated R

July 12 *Double Jeopardy*
1999 Color 105 minutes Rated R

July 19 *Network*
1976 Color 121 minutes Rated R

July 26 *The Lincoln Lawyer*
2011 Color 118 minutes Rated R