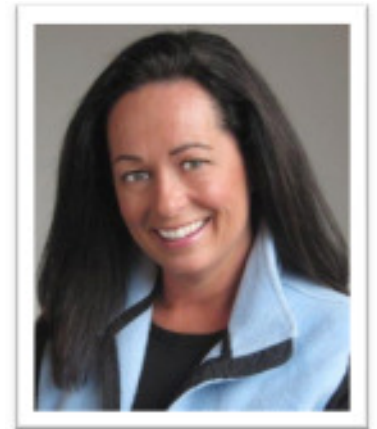


HARBOR LIGHT

August 2011

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

Christine "Chris" Valuck Wellness Coordinator



Hello, I would like to introduce myself. My name is Chris Valuck. I have recently joined Plymouth Harbor as your new Wellness Coordinator.

I have been in the Health & Wellness industry for over 15 years, 10 of which consisted of running my own business, Aria Fitness, as an in-home personal trainer, working primarily with seniors. My masters' degree in Exercise Science and certification through the American College of Sports Medicine has also enabled me to gain experience in a clinical setting working with a diverse population.

I am very excited about this new position and the role I will play in realizing Plymouth Harbor's vision of a Wellness Center that incorporates all the dimensions of wellness.

You will find me in the Fitness Center every day starting in September and I look forward to personally meeting all of you. I welcome your input and ideas on how you envision your new Wellness Center.

I will be moving to Florida from Michigan with my husband, Mike, and my precious pup, Cooper. We love the Sarasota area and look forward to this new adventure.

.....

Please Join Us for a Reception to Meet Chris
Wednesday August 17
2:00 - 3:30 pm Card Room

The Spirit of Philanthropy at Plymouth Harbor

by Harry E. Hobson, President/CEO

The Board of Trustees and the Philanthropic Advisory Committee, along with the involvement of many residents, are continuing to formalize our philanthropic initiative. Specifically, over the past few months we have confirmed that resident interest is high, written a case for support (and gathered feedback on it from over 30 residents and other stakeholders), created an implementation and three year development plan, and now we have turned our attention to deliberating how best to administer this initiative for the benefit of residents.

In this edition of *The Spirit of Philanthropy* I will share a few frequently asked questions (FAQs) and two more examples of past philanthropy at Plymouth Harbor.

FAQs

Q: *What are the major funds to which donors have expressed interest in and contributed to in the past?*

A: The two major funds that have generated the greatest philanthropic support are:

- ◆ The Legacy Fund
- ◆ The Plymouth Harbor Endowment Fund

Q: *What are the intended purposes of these Funds?*

A: According to their respective bylaws, the intended purposes are as follows:

◆ The Legacy Fund: “the principal and income from the trust fund less proper expenses shall be applied to or expended for the charitable purposes of operating and maintaining a retirement home and in aiding needy residents of Plymouth Harbor in times of financial difficulty.”

◆ The Plymouth Harbor Endowment Fund: “the principal and income from the trust fund less proper expenses shall be applied to or expended for the charitable purposes of operating and maintaining a retirement home and in aiding needy residents of Plymouth Harbor in times of financial difficulty. Despite the foregoing, however, it is intended that the Endowment Fund make distributions only from net income to the extent possible, after the payment of proper expenses. Distributions of principal of the Endowment Fund shall be made only upon the existence of a catastrophic condition, and only after all other possible resources have been exhausted.”

Q: *What are the current balances of these Funds?*

A: As of June 30, 2011 the balances are:

- ◆ The Legacy Fund -- \$9,646,763
- ◆ The Plymouth Harbor Endowment Fund -- \$260,365

Q: Many organizations seek to raise money for a variety of purposes. What do you think will be Plymouth Harbor's major focus related to philanthropy?

A: Three primary areas under consideration at this time include:

The Plymouth Harbor Quality of Resident Life Fund which would address items such as:

- ◆ Therapies and facilities dedicated to enhanced services for people requiring assisted living accommodations or memory support,
- ◆ Enhancements to increase the enjoyment of the peninsula area of the property,
- ◆ Upgraded and expanded fitness facilities, and
- ◆ Other amenities that encourage socialization, building upon our sense of community.

The Fellowship Assistance Fund is a charitable fund that provides confidential financial assistance with basic living expenses and medical costs to residents who can no longer afford to cover the full cost of their care.

The Employee Assistance Fund is intended to assist staff members having an unforeseen financial setback, striving to achieve advanced certification in their field, or seeking tuition reimbursement to help support educational goals, supporting Plymouth Harbor's commitment to staff support and development.

ACTS OF PHILANTHROPY

As noted above, I am closing with two more examples of past philanthropic support to Plymouth Harbor:

- ◆ Most of us knew one of the more inspirational residents Plymouth Harbor has ever known, the late Dr. Margaret (Peggy) Bates. Dr. Bates expressed her generosity to the Plymouth Harbor family on many levels. Most recently, we received \$264,000 from her estate for our Legacy Fund to be used to enhance the quality of life for the residents of Plymouth Harbor.
- ◆ It was important to former residents, Harriet and Howard Brenner to leave a legacy of financial support to Plymouth Harbor. Through their estate they left over \$500,000 to our Legacy Fund. The intent of this bequest was for the benefit of present and future residents, including benevolent care for those who may outlive their financial resources.

In next month's edition of *The Spirit of Philanthropy* I will further explain the progress of our efforts to formalize our philanthropic initiative by this fall. It has been an excellent process to date and I want to take this opportunity to thank all of the people who have been involved thus far. I continue to be gratified by the seriousness with which all of the participants have taken each step along the process.

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

Reflections from Chaplain Jerry O'Connor ...

“I pour out my concerns before God; I announce my distress. When my spirit is weak God still knows my way.” CEB (Excerpt from Psalm 142)

Hurricane season increases our anxiety, but when life’s storms hit us, we feel like we are riding in a small boat tossed about by the wind and waves. This is when, like an organist pulling out all the stops on the organ to make a loud sound, we shout out our need for comfort, healing and support in our time of trouble.

As some already know, my/our daughter was diagnosed (recently) with breast cancer; and on July 20 had a double mastectomy. Needless to say, this was one of life’s storms we didn’t expect and would prefer had not occurred; then, too, there are some concerns with my wife that are being dealt with in timely fashion, but if ever I have been forced to think differently about prayer, it is now. However, petitions to God for healing, comfort and all those things that come to the fore in times of crisis are for naught without the prayers of others who reach out in our behalf. It has given me a new insight about prayer: God may not provide the miracle we ask for, but the prayers of others become God’s *army*, fighting with us against the storm. We like to think God answers prayers, but we don’t always get what we ask for. Yet in the midst of the storms of life, as after tornados, hurricanes, forest fires,

earthquakes, floods and whatever else comes our way — life moves forward into new tomorrows and those who pray with and for us provide whatever we need for the journey. **THAT IS THE POWER OF GOD IN OUR MIDST!**

In 1945, Rodgers and Hammerstein produced a musical that included the song, *You’ll Never Walk Alone* — there are few among us who haven’t heard it and liked it. The lyrics are:

*When you walk through a storm,
hold your head up high
And don’t be afraid of the dark.
At the end of the storm is a golden sky
And the sweet silver song of a lark.
Walk on through the wind,
Walk on through the rain,
Tho’ your dreams be tossed and blown.
Walk on, walk on with hope in your heart
And you’ll never, walk alone,
You’ll never, ever walk alone.*

The Psalmist says we should pour out our concerns to God, shout out our distress and as we decry the current trend for protection of privacy or attempt to tough it out *alone*, we might discover the only way God can answer our prayers is through the prayers of others who journey with us. *We never walk alone*, when others are praying with and for us God can make miracles!

In Memoriam



Barbara Elkind
July 25, 2011

Edward R. Toner
July 28, 2011



Pierian Spring Academy Free Summer Lecture Series

ALL LECTURES WILL BE HELD IN PILGRIM HALL AT 2:30 PM
Please Be Sure to 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*

August 2011 Employee of the Month *Tracie Spencer of Home Care*

"Tracie has been here just a year now and already deserves the Employee of the Month recognition. Tracie's insight into her job and compliance with her job description is exemplary. If it needs to be done, Tracie just does it. She definitely goes above and beyond her job description. Tracie is not only loyal to Plymouth Harbor, Home Care, and fellow employees, but she also receives high remarks from her residents. Her ethics are above reproach."





New in the Library

(* indicates a gift)

FICTION - Regular Print

Battle Ready* by Tom Clancy
The Brutal Telling* by Louise Penny
The Cobra* by Frederick Forsyth
Drawing Conclusions by Donna Leon
Dreams of Joy by Lisa See
Judge* by Dwight Allen
No Less Than Victory* by Jeff Shaara
The Paris Wife by Paula McLain
Runaway* by Alice Munroe
Save Me by Lisa Scottoline
Smokin' Seventeen* by Janet Evanovich
The Snowman by Jo Nesbo
Stagestruck by Peter Lovesee
State of Wonder by Ann Patchett
Trader of Secrets* by Steve Martini

FICTION - Large Print

50 Harbor Street* by Debbie Macomber
Carte Blanche* by Jeffery Deaver
Collusion* by Stuart Neville
Creed's Honor* by Linda Lael Miller
Devious* by Lisa Jackson
Guilt by Association* by Marcia Clark
The Peach Keeper* by Sarah Addison Allen
The Sixth Man by David Baldacci

NONFICTION - Regular Print

The Audacity to Win* by David Plouffe
The Greater Journey by David McCullough
Importing the European Army*
 by David B. Ralston
In the Garden of Beasts by Erik Larson
The Meaning of the 21st Century*
 by James Martin
Modern Ireland 1600-1972* by R. F. Foster
Puttin' on the Ritz* by Peter J. Levinson
A Singular Woman by Janny Scott
A Struggle for Power* by Theodore Draper
Unbroken* by Laura Hillenbrand
You. The Owner's Manual* by Michael F. Roizen
You. Staying Young* by Michael F. Roizen

DVDs New in the Media Library

The Adjustment Bureau
As Good As It Gets*
Barney's Version **Beautiful**
Cats **The Company Men**
Double Jeopardy* **Fair Game***
Les Paul: Chasing Sound*
Lock, Stock and Two Smoking Barrels*
A River Runs Through It*
Tony Bennett: Live by Request*



An Invitation

To new residents (old ones, too)

From: Your Library

For: An Orientation

When: Thursday, August 25

From: 2:00 to 4:00 pm



Please join us for an informal orientation to your Library, browse through our books and DVDs, and learn how to borrow and reserve a book. We look forward to seeing you.

- The Library Committee -

Dining Services Events

* Reservations Required *
Please Call Ext. 258

* *Chef's Table at 5:30 pm* *
Tuesday, August 9

* *Private Kitchen Tour* *
Thursday, August 25

* *Seafood Buffet Dinner* *
Friday, August 26



Jim Myers
at the keyboard

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

August: 1 10 15 25 29

Welcome *New Residents*

Elizabeth Ann Waldheim
"Betty Ann"
Apt. T-1412 ... Ext. 263
June 24, 2011

Frank F. Heider
Christine T. Heider
Apt. T-908 ... Ext. 306
July 19, 2011

Ligia T. "Lee" Yousri
Apt. T-1007 ... Ext. 318
July 20, 2011

Art Committee presents
Wednesday Afternoon
Art Films

(last Wed. of each month)

Modern Masters: Dali

August 31
3:00 pm in the Card Room



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

Tuesday, August 2 Dr. Susan Schnack, Sarasota Hearing Center
Tuesday, August 16 Jennifer Slanker, Andrew Marlow, MD

Please call Home Care at Ext. 210 for an appointment



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



Yum! Yum!

Tour the Working Cow plant in St. Petersburg and see where the delicious ice cream served in our dining room comes from. And, of course, the tour comes with a free sample at the end! Wear a sweater and keep your tootsies warm with closed-toe shoes because we'll be walking into the freezer! We will also stop for lunch at Kristina's Cafe before heading home.



Friday ~ August 19 ~ Bus departs at 9:00 am
 Cost: \$28.00 includes bus, tour and lunch with tax & tip

Lunch at Shoogie Boogies



It's posh, it's cozy, it's a hidden retreat and the most delightful place you've ever been, right near Sarasota's downtown at Towles Court.

YOUR EXQUISITELY SERVED TEA LUNCHEON WILL INCLUDE YOUR CHOICE OF ...

Friday ~ August 26
 Bus departs at 11:30 am
 Cost: \$38.00 includes bus and lunch with tax & tip

- Half salad & half a quiche, or
 Half salad & assorted tea sandwiches
- Iced or hot tea steeped tableside, or coffee
- An assortment of decadent dessert bites



SUMMER BINGO!

Two Mondays: August 8th & August 22nd
 2:00 pm in the Card Room

Bring quarters -- 25¢ a game;
 winner takes all!

The Program Committee presents ...

Camelot

Thursday ~ August 4 ~ 7:45 pm ~ Pilgrim Hall



Our summer *Filmed Live On Broadway Series* continues with Lerner and Loewe's *Camelot* starring Richard Harris at the height of his career in a witty, literate musical filled with memorable tunes. Idealistic King Arthur longs to create a perfect kingdom, but sees his dream undone by a tragic love triangle involving the Queen and his best friend, Lancelot.

DVD:147 minutes



Lyric soprano Hope Byrnes is joined by pianist Fulton Lewis to take us on a trip down memory lane with songs and music from yesteryear. Romance is in the air with *I Only Have Eyes For You*, *The Best Things In Life Are Free*, *Stardust* and *As Time Goes By*, to name a few.

Thursday ~ August 11 ~ 7:45 pm ~ Pilgrim Hall



Hidden Treasure?



Thursday ~ August 18 ~ 2:00 pm ~ Pilgrim Hall



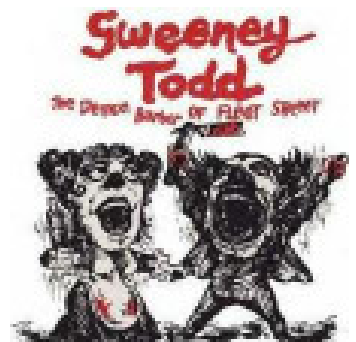
Plymouth Harbor is having its very own *Antiques Roadshow*! Ever wondered about that vase, that painting, that old watch, that piece of jewelry? Bring your item to the program and have trusted expert Bruce Crissy of Crissy Galleries examine it and give you his opinion on its origin, its history, its worth.

Sweeney Todd

Thursday ~ August 25 ~ 7:45 pm ~ Pilgrim Hall

Our Summer Broadway Series moves from the idealistic *Camelot* to Stephen Sondheim's macabre musical masterpiece, *Sweeney Todd: The Demon Barber of Fleet Street*. Angela Lansbury is Nellie Lovett, who adds "something extra" to the meat pies she peddles on Fleet Street.

DVD:139 minutes





Tom Hopkins

Chairman, Board of Trustees

Harry E. Hobson

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Maryanne Shorin

Resident Services Coordinator

Biography Committee

Peggy Schwarz, *chair*

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 August

Sundays at 2:00 pm & 7:00 pm

August 7 *Mystic River*

2003 Color 138 minutes Rated R

August 14 *The Firm*

1993 Color 154 minutes Rated R

August 21 *Ray*

2004 Color 153 minutes Rated PG-13

August 28 *Casino Jack*

2010 Color 108 minutes Rated R

Have a movie request? Call Ext. 252.

Tuesdays at 7:45 pm

August 2 *Of Gods and Men (subtitles)*

2010 Color 122 minutes Rated R

August 9 *The Quiet American*

2002 Color 101 minutes Rated R

August 16 *The Banger Sisters*

2002 Color 98 minutes Rated R

August 23 *Pennies from Heaven*

1981 Color 107 minutes Rated R

August 30 *Dangerous Liaisons*

1988 Color 120 minutes Rated R