

# HARBOR LIGHT

October 2011

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

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## From the Desk of Chris Valuck, Wellness Coordinator



THANK YOU to the residents and staff for such an incredibly warm welcome; I feel at home already. Many residents have stopped by my office with questions such as, “What is this Wellness Center?” and “What is going to happen here ... and when?”

*Wellness* is considered to be an “optimal state of well-being,” and incorporates several aspects such as spiritual, intellectual, emotional, nutritional, social and physical. My focus will be on the *physical* aspect of wellness, providing residents the opportunity to enhance their quality of life through physical fitness.

Your input is critical in helping us to develop the Wellness Center and overall program. You will soon be receiving a Survey/Questionnaire requesting your input. Your responses will shape the program in every way, from class programming, seminars/lectures, fitness equipment, and personal training, to the physical space itself.

Already in the works is the relocation of the cardiovascular equipment (treadmills, rowers, bikes) from the main fitness room to the newly created ‘cardio room’ across the hall. This will enable machine users to exercise at the same time group classes are being held. Plus, it frees up additional space for the popular group fitness classes.

There are no immediate plans to change the classes currently conducted by Michael Lenza and Steven Vincent. Aquacises led by Maryanne will

continue, transitioning over to me as the instructor. There are several new classes that I will also be incorporating into the schedule over the coming months. These classes will be specifically designed to meet a variety of chronic conditions such as osteoporosis, arthritis, and balance/coordination, to name a few. Another important program change will be to offer different *levels* of a particular type of class. Again, your input on the Questionnaire will play an important part in implementing these improvements.

We have purchased a new treadmill that will arrive in about 10 days. We hope to purchase additional cardiovascular and strength training equipment in the near future such as an elliptical machine, a Nu-Step, and newer dumbbells. I will be conducting small group orientations on this equipment.

Several residents have expressed an interest in personal training. We plan to develop a program for residents to work with a trainer privately to develop a personalized program. There will be a fee for this specialized service.

In addition, we’ll be conducting lectures on relevant health and wellness topics. In the months to come, look for announcements of upcoming lectures and other information and articles of interest on the new Wellness bulletin board in the corridor just outside the group fitness room.

As you read this, I hope you are feeling the excitement of this long awaited Wellness initiative. *Our goal is to make the new Wellness Center your first source for enhancing your quality of life.*

Please feel free to contact me or stop by for a visit. My extension is 377 and my office is located across from the group fitness room.

*“The part can never be well until the whole is well.” - Plato*

# The Spirit of Philanthropy

by Harry E. Hobson, President/CEO

I am pleased to announce that the Board of Trustees of Plymouth Harbor at its September meeting approved the Philanthropic Advisory Committee's formal recommendation to create The Plymouth Harbor Foundation.

The establishment of a formal philanthropic program was one of the Board's strategic initiatives and follows a 15-month due diligence process designed to determine 1) if Plymouth Harbor's constituents (residents, families, staff, trustees and "friends") are ready to embrace philanthropy and 2) how it should be structured (a development department within Plymouth Harbor or a separate foundation model). At the Board's direction, Richner & Richner, philanthropic consultants, were engaged to lead us through this endeavor.

Focus groups and one-on-one interviews were essential components of our research. They provided The Philanthropic Advisory Committee\* and the Board of Trustees with the information they needed to make this important decision.

Over the next several months we will be busy completing the necessary legal documents to form The Plymouth Harbor Foundation and recruiting for a philanthropic director.

Bill Johnston, trustee and chair of the Philanthropy Advisory Committee, stated the importance of The Foundation being financially self-sufficient long-term. The Board of Trustees approved a Philanthropic Advisory Committee recommendation that was

endorsed by the Finance Committee: to withdraw up to \$200K of undesignated funds from the Legacy Fund for the first year, and up to \$150K each of the two succeeding years as initial seed money to create and operate The Foundation.

Tom Hopkins, chairman of the Board of Trustees, said, "This is a major event in the history of Plymouth Harbor and one that is sure to pay long-term dividends for the current and future residents of Plymouth Harbor." Bill Johnston added, "Plymouth Harbor has a wonderful story to share and a formalized philanthropic program that will help take it to new levels of excellence in resident services."

If you would like additional information on how you can become involved with this important initiative, please stop by my office or give me a call at 361-7515.

Thank you for taking time to read this edition of ***The Spirit of Philanthropy***. I will continue to keep you informed as our philanthropic initiative unfolds.

**\*Philanthropic Advisory Committee:**

Bill Johnston, Trustee and Committee Chair  
Lee Byron, Trustee  
Larry Coffey, Trustee and Resident  
Nancy Cook, Trustee and Resident  
Jack Denison, Resident  
Harry Hobson, President/CEO  
Tom Hopkins, Trustee and Board Chair  
Garry Jackson, Executive VP and CFO  
Bill Seiberling, Resident  
Bill Young, Trustee

## October Informational Meetings

### Fireside Chat

**An Update  
on Operations**

**Thursday  
October 6  
2:00 pm  
Pilgrim Hall**



### Resident Meeting

**2012 Budget  
Presentation**

**Friday  
October 28  
3:00 pm  
Pilgrim Hall**

*The Health Committee Presents ...*

## **A Discussion of How Sarasota Memorial Hospital Health Care System is Preparing for Health Care Reform**

**Tuesday ~ October 11 ~ 3:00 pm ~ Pilgrim Hall**

Mr. Hobson will host a discussion with Gwen MacKenzie, president and CEO of Sarasota Memorial Health Care System, and Dr. Stephen Taylor, chief of medical operations, on new models of care and clinical integration. It is SMH's goal to be properly positioned to assure excellence in patient care during this period of transition.

We all have a vested interest in SMH and this should be a most interesting and informative discussion.



Gwen M. MacKenzie  
President and CEO



Please Join Us for a Wine & Cheese Reception  
immediately following the program



R. Stephen Taylor, M.D., M.B.A.  
Chief of Medical Operations

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

*Bless the Lord, O my soul, and all that is within me, bless his holy name ... do not forget all his benefits — who forgives all your iniquity, who heals all your diseases, who redeems your life from the Pit ,.... Ps. 103*

My recent hospital stay got me thinking: *Lying down you have no choice, but to look up.* From the hospital bed I looked up and I saw ceiling tiles, glaring lights, a TV monitor hanging off a flexible arm-like device, various mechanical devices that check vital signs, a pole with plastic bags of fluids and tubes connected to my arm — it became my “Buddy” whenever walking the hall or going the bathroom. Of course, the faces of doctors, nurses and aides are also visible from your prone position as they come and go to proffer medications and encouraging words. Life is different when you are lying down; it’s important to look up while you are lying down.

Life is a lot like this, too often we feel “down” and looking up doesn’t seem to be an option. Our vision is blurred by our discomfort, our needs aren’t being met fast enough, and people just don’t seem to care about OUR needs. A hospital experience can be life changing and challenging: we are not the only patient a nurse has to take care of, the doctors don’t appear when we think they should, the food isn’t gourmet, the pillows are like bricks, roommates can be a nuisance — if not the roommate, the endless stream of visitors can stress you out.

Life in the hospital isn’t much different from life outside the hospital — it’s not just about YOU! We are more dependent on others than we are wont to admit and it is a blessing of the greatest magnitude when we surrender ourselves to the care of others who care for us.

I would like to offer kudos to my doctor, the nurses, aides and support staff of Sarasota Memorial Hospital. My care was outstanding, the staff was compassionate and always there for me; the hospital food was just that, but it was piping hot, overly abundant and presented in the best way possible considering how many meals have to be prepared three times a day; and even the cleaning people never entered without being considerate of my needs and assuring me I would be better, soon. The lesson in all of this is that as ATTITUDES of all concerned are in sync — miracles (small and large) are possible. Healing, whether physical or emotional, is dependent on our attitude in every situation – sometimes we don’t like where we may be at the moment, but an attitude adjustment on our part can be life changing. Try it, lie down and look up, you might be surprised at what you see.

### In Memoriam

**Martin M. Cummings**

September 1, 2011

**Neal Oxenhandler**

September 7, 2011

**Pauline J. Ellison**

September 1, 2011

**Nancy P. Schwemm**

September 16, 2011





## Sarasota's Perfect Season

Yes, yes, we all know that every season is perfect in Sarasota but some are “more perfect” than others. This month, in a day or a week, summer's extreme heat will vanish and blissful cooler breezes will appear.

The first thing we all do is the right thing -- fling wide the windows, at night at least. Enjoy for the first time in a spell *fresh, not canned, air*. What could be pleasanter for serious sleeping?

If you are trying to conserve the energy used in cooling (and we all are, aren't we?), your daytime adjustments depend on which way your apartment faces. If your windows look north or east, you may be able to use LITTLE OR NO ENERGY for a month or two. This will involve paying attention and closing blinds occasionally. With a southern or western exposure, the sun will keep you warmer in the day. Air conditioning may be needed but closing the blinds should help.

But, hooray for fall, Florida style!



A small add-on. While it is fall for us, Florida Power and Light says summer peak-off peak hours for the cost of our electricity continue through October. Peak-hour rates will still be in effect from noon until nine in the evening, weekdays only. Thank you.

~ Compliments of the Conservation Committee ~

### October 2011 Employee of the Month

#### *Jean MacArthur of Maintenance*

“Jean has been a tremendous asset to the Maintenance Services Department and to the Plymouth Harbor mission. Jean maintains a positive attitude and approach toward her job responsibilities. She has also been extremely flexible regarding her job responsibilities as environmental tech and back up to our office coordinator. Jean MacArthur does a tremendous job and deserves to be recognized.”

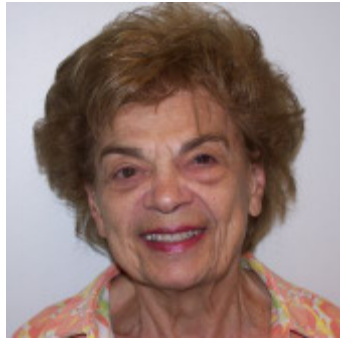


## **INTRODUCING**

### **Jeanne Gerry**

Move-In Date: August 9, 2011  
Apt. T-1808 Ext. 553

Jeanne was born in N.Y. City across the street from the Bronx Zoo where her favorite after school pastime was “feeding the animals.” She also took tap, toe and acrobatic dance lessons and her group often performed at service clubs and other civic groups around town.



After high school Jeanne began a career in resort hotel auditing and eventually met a hotel owner who became her husband. Their daughter now lives in California and their son and his family live in Cambridge, MA.

Besides being a hotel comptroller, Jeanne has always been an active volunteer. She has helped settle family disputes and custody cases. She also taught adult education classes to people working for their GED. She even answered a “Help Line” for persons in crisis.

After her husband died and children grew up she began visiting friends on the east coast of Florida in the winter and decided she’d like to

live here year round. But what was a busy person to do with so much time? She decided to fulfill a life long ambition and complete her college degree. After making inquiries she decided to enter a branch of Florida Southern College located near Arcadia, FL.

Life was about to change again for Jeanne as she met her second husband while in Arcadia. He too was fulfilling a life long ambition to work for an advanced degree. They graduated and settled in a house near Arcadia and became “World Travelers” -- you name the country and they went there. Unfortunately this idyllic life style ended when her husband died unexpectedly.

Having lived a large part of her life in resort hotels she just wasn’t used to living in a house alone so her son came to the rescue. He found “Plymouth Harbor” on the Internet and they came here for a visit. She moved in almost immediately and plans to continue her active lifestyle. In fact, she has already been questioning me about where she can volunteer in Sarasota.

Jeanne’s hobbies include reading, Canasta, travel, theatre, art, yoga, and, bridge players take note as she also plays bridge -- “Anyone need a fourth?”

Let’s give a warm welcome to this interesting lady.  
- **Gena Magoon**

## **Welcome New Residents**

### ***John A. & Ann T. Williams***

Move-in: September 22, 2011 Apt. E-303 Ext. 232



## Pierian Spring Academy FALL LECTURE SERIES

Free and Open to the Public  
Tuesdays from 2:30 -- 4:00 pm in Pilgrim Hall  
PLEASE CALL EXT. 252 TO SIGN UP

### **October 18**

Tracking Religious Change in America  
Carol Green

### **October 25**

A Visit to the Corcoran Gallery  
Kevin Costello

### **November 1**

An Orientation to the  
Pierian Spring Academy  
Come Meet the Faculty

### **November 8**

Infertility and the Creative Spirit  
Robert & Roxane Dinkin

### **November 15**

Adult Learning: What Are We Learning?  
Bob Carlson & Cheryl Smith

### **November 29**

The Celery Fields: A Gift of Nature  
Jeanne Dubi

### **December 6**

The Art of Social Conscience &  
a Visit to the Land of the Pharaohs  
Goody Hirshfeld

### **December 13**

You're in the Army Now - 1861  
George Stassa

## Pierian Spring Academy FALL COURSES AT PLYMOUTH HARBOR

### Understanding American Education (F11ED01-P)

The American educational system is the most complex and political of any educational system in the world. It is overly subscribed and undernourished. Efforts at school reform have failed. How and why did we get into this fix and what can we do about it? This course will explore these and other related issues.

**Mondays, October 24 -- December 5 (6 weeks, no class November 21)**  
12:00 -- 2:00 pm      Card Room      \$75.00      Robert Carlson

### Ways of Seeing: A Brief History of the Relationship between Art, Music and Literature (F11A03-P)

Art, music and literature share the leading ideas of their time and through this connectivity shape the intentions and character of the culture they represent. These lectures will explore the nature of different historical periods as revealed through these three forms of expression.

**Thursdays, October 27 -- December 8 (6 weeks, no class November 24)**  
9:30 -- 11:30 am      Pilgrim Hall      \$75.00      Kevin Costello

*Is there a class of interest to you?* If so, call Ext. 252 or drop by the Resident Services Office for assistance with registration and/or questions. Not sure if you want to commit? Try out the first class of any course for a preview before making a decision.

Showing in the Mezzanine Gallery

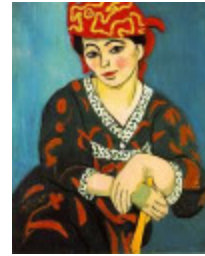
## ANTELOPE CANYON

Photographs by Ellen Steele

October 25 to December 5, 2011

Antelope Canyon is a slot canyon on a Navajo Indian reservation in northern Arizona. Slot canyons are exceedingly narrow, sheer-walled sandstone canyons sometimes only a few feet wide and hundreds of feet long. The photographs are a combination of digital and 35mm images. None of them has been altered in shape or in color.

**MEET THE ARTIST  
WINE RECEPTION  
TUESDAY  
OCTOBER 25  
4:30 PM -- 6:00 PM**



Art and Artists  
**Henri Matisse**

Wednesday

October 26

3:00 pm

Card Room

Join a group of residents interested in art and artists on the last Wednesday of each month at 3:00 pm in the Card Room for an art/artist related video and discussion.

## FLASH SALE

One Day Only  
(items not previously seen)

Friday ~ October 7  
8:00 -- 10:00 am AND 1:00 -- 3:00 pm  
East Garden Apartment 101



Cash Only Please  
Bring Your Own Bags



Sponsored by Resident's Fund Shop

## Health and Wellness ...

### **Complimentary Balance and Strength Screening Performed by Plymouth Harbor's Skilled Therapy Team**



Our licensed physical and occupational therapists are offering individualized balance and strength screenings for Plymouth Harbor residents. These screenings take about 15 minutes and are complimentary. Formal therapy may be an appropriate next step and is available in the Smith Care Center with our state of the art equipment including the Nu Step, E Stim Ultrasound, and Wii activities. Medically necessary therapy services are covered by Medicare and most private insurance companies.

**Wednesday ~ October 5 ~ 1:00 -- 3:00 pm**  
in the  
**Card Room**

***Light Refreshments for Your Enjoyment While You Wait***

### **BRAIN TEASER**

Insert +, - , and/or parentheses between the numbers  
to find the total

$$1 \ 2 \ 3 \ 4 \ 5 \ 6 \ 7 \ 8 \ 9 \ = \ 45$$



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

**Tuesday, Oct. 4** Dr. Susan Schnack, Sarasota Hearing Center

**Tuesday, Oct. 18** Jennifer Slanker, Andrew Marlow, MD

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



## New in the Library (\* indicates a gift)

### FICTION - Regular Print

**Children and Fire\*** by Ursula Hegi  
**Flash and Bones** by Kathy Reichs  
**One Summer** by David Baldacci  
**Only Time Will Tell** by Jeffrey Archer  
**Portrait of a Spy\*** by Daniel Silva  
**Rainwater\*** by Sandra Brown  
**Rodin's Debutante\*** by Ward Just  
**The Rule of Four\*** by Ian Caldwell  
 & Dustin Thomason  
**Warlord\*** by Ted Bell

### FICTION - Large Print

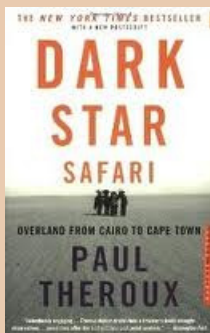
**Dick Francis's Gamble\*** by Felix Francis  
**Favorite Poems in Large Print\***  
 edited by Virginia S. Reiser  
**The Ideal Man\*** by Julie Garwood  
**Kill Me If You Can\*** by James Patterson  
 & Marshall Karp

### NONFICTION - Regular Print

**The Hidden Brain** by Shankar Vedantam  
**How We Decide\*** by Jonah Lehrer  
**In My Time** by Dick Cheney  
**Last Call\*** by Daniel Okrent  
**The Last Stand\*** by Nathaniel Philbrick  
**Lighting the Way\*** by Karenna Gore Schiff  
**National Audobon Society Field Guide to  
 Florida\*** by Peter Alden & Rick Cech  
**That Used To Be Us** by Thomas L. Friedman  
 & Michael Mandelbaum  
**Wild Bill Donovan** by Douglas Waller

### DVDs New in the Media Library

The Banger Sisters*	Pennies from Heaven*
Bye Bye Birdie	The Quiet American*
Casino Jack	Ray*
Dangerous Liaisons*	Smile Pinki*
Der Rosenkavalier*	Sweeney Todd
Divan*	Tosca
The Firm*	



### Book Discussion

## Dark Star Safari

by Paul Theroux

Travel Eastern Africa from Cairo to Cape Town

Discussion led by Paul Groen

Friday ~ November 4 ~ 3:00 pm ~ Card Room

Call Ext. 252 to sign up and for a copy of the book (\$13.00).

## Dining Services Events

Reservations Required ~ Please Call Ext. 258

***Cocktails on the Terrace***

Thursday, October 6th  
4:00 pm

***Oktoberfest Dinner Buffet***

Wednesday, October 12th  
5:00 -- 7:00 pm

***Chef's Table***

Tuesday, October 11th  
5:30 pm

***Seafood Buffet Dinner***

Friday, October 28th  
5:00 -- 7:00 pm

***Private Kitchen Tour***

Thursday, October 27th  
9:00 am

***Halloween Dinner Buffet***

Monday, October 31st  
5:00 -- 7:00 pm



### Jim Myers at the keyboard

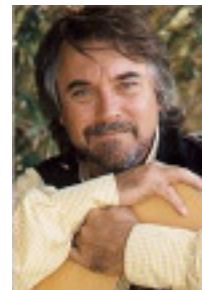
Plymouth Rock Cafe  
5:15 pm - 6:15 pm

October:    6<sup>th</sup>    10<sup>th</sup>    20<sup>th</sup>    24<sup>th</sup>

### Bill Schustik American Troubador

Plymouth Rock Cafe  
4:30 pm - 6:00 pm

October:    15<sup>th</sup>    18<sup>th</sup>    27<sup>th</sup>



## Writers Workshop

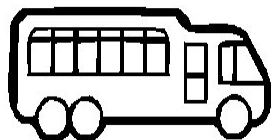
Try your hand at writing in a guided learning environment that stresses the experience of group interaction within a supportive atmosphere.



**First & Third Wednesdays**

**2:00 pm in the Callahan Center Conference Room**

Questions? Call Maureen Aldrich at Ext. 229



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

### DINNER OUTING

**Rosebud's Steak & Seafood House**

Wednesday ~ October 26

Bus departs at 5:30 pm

Cost: \$7.00 transportation plus Dutch treat dinner  
Menu available at Resident Services Office



### *Get a jump on your Holiday Shopping*

**Shopping Trip to Ellenton Premium Outlets**



Friday ~ October 14  
Bus departs at 10:00 am



Cost: \$10.00 transportation  
*On your own for lunch at the Food Court*



### All Weather Investing

presented by Robert Stepleman  
Sarasota Herald-Tribune Columnist

Tuesday ~ October 25 ~ 10:00 am ~ Card Room

*- Sponsored by the Investment Group -*

# The Program Committee presents ...



## *Social Networking: Facebook, Twitter & LinkedIn*



Wednesday ~ October 5 ~ 10:00-11:30 ~ Pilgrim Hall



Get in the groove so you can talk with your grandkids about Facebook, Twitter and LinkedIn! Bonnie Hammer will take us out on the Internet (while we relax in our seats in Pilgrim Hall watching it all on our big screen) and show us all about Facebook, Twitter and LinkedIn. What is each about, and how do they differ from each other? And do you need to be on Facebook, or not?



## *Leonard Bernstein Young People's Concerts*

### *What Makes Music Symphonic?*

Thursday ~ October 13 ~ 7:45 pm ~ Pilgrim Hall

Using examples from Mozart and Tchaikovsky, Bernstein demonstrates the techniques of repetition and variation in the development of symphonic music. DVD:60 minutes



## *Richard Storm: Reviewing the Arts in Sarasota*



Thursday ~ October 20 ~ 7:45 pm ~ Pilgrim Hall

Richard Storm's name is pretty much synonymous with the arts in Sarasota. Reviewing the arts is one of his many roles, and that's where the focus will be this evening.



## *An Antiques Roadshow at Plymouth Harbor*

### *with Bruce Crissy*

Thursday ~ October 27 ~ 3:00-5:00 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.





**Tom Hopkins**  
Chairman, Board of Trustees

**Harry E. Hobson**  
President/CEO

**Garry Jackson**  
Senior Vice President/CFO

**Dorothy Barichak**  
Administrator of Health Services

**Gordon Okawa**  
Vice President  
Marketing & Community Affairs

**Harbor Light Staff**  
**Dinah Stamp**  
Administrator of Resident Relations  
**Maryanne Shorin**  
Resident Services Coordinator

**Biography Committee**

Peggy Schwarz, *chair*  
David Beliles  
Betty Blair  
Vera Kohn  
Gena Magoon  
Perry Monroe  
Isabel Pedersen  
Sallie Van Arsdale  
Don Wallace



700 John Ringling Blvd.  
Sarasota, FL 34236-1551  
941-365-2600  
www.PlymouthHarbor.org



# MOVIES

Showing in October

Sundays at 2:00 pm & 7:00 pm

- October 2**     *Enchanted April*  
1992     Color     95 minutes     Rated PG
- October 9**     *The Conspirator*  
2010     Color     122 minutes     Rated PG-13
- October 16**     *Absolute Power*  
1997     Color     121 minutes     Rated R
- October 23**     *Awakenings*  
1990     Color     121 minutes     Rated PG-13
- October 30**     *The Tree of Life*  
2011     Color     139 minutes     Rated PG-13

Have a movie request? Call Ext. 252.

Tuesdays at 7:45 pm

- October 4**     *Bill Cunningham New York*  
2010     Color     84 minutes     Not Rated
- October 11**     *The Shipping News*  
2001     Color     111 minutes     Rated R
- October 18**     *Buck*  
2011     Color     88 minutes     Rated PG
- October 25**     *Mamma Mia*  
2008     Color     108 minutes     Rated PG-13