

HARBOR LIGHT

April 2011

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

Please Join Me in Welcoming Ted Rehl Back to the Stage

It is my honor to announce “To Plymouth Harbor with Love,” a piano concert by Plymouth Harbor resident Ted Rehl scheduled in Pilgrim Hall on April 1, 2011, at 4:00 p.m.



(Picture compliments of Longboat Observer)

Ted is a graduate of Oberlin College Conservatory of Music, where he met his wife, Fran, a cellist, and became her accompanist. Ted pursued additional studies at USC, Indiana University, Toronto, New York City and Geneva, Switzerland. After teaching at Washington State University for three years, he became professor of music and chairman of the piano department at Lawrence University in Appleton, WI. Teaching there for 34 years, he was also an active performer of solo and chamber music and a member of a professional duo-piano team.

In a casual conversation with Ted a few years ago, he shared with me that when he retired in 1992 and performed a concert, he closed the keyboard for the “last time.” Remaining keyboard-silent for over 18 years, Ted stopped by my office a few months ago and announced that a remarkable thing had just happened to him. He explained it this way:

Fran was browsing on-line and discovered a piano for sale in Venice and said let’s go over and just look at it. Well, it was a 1948 Steinway M. The owner played it and the sound was magnificent. Remembering I (Ted) have not touched the keys in over 18 years, I was very reluctant to get near it. But then I couldn’t resist. Two hours later I left the keyboard and said we need to share this with our friends at Plymouth Harbor.

Due to the generosity and philanthropic leadership of Ted and Fran Rehl, Plymouth Harbor is the proud owner of this beautiful musical instrument that will grace our stage for decades to come.

I hope you will join me and other members of the Plymouth Harbor family this Friday at 4:00 p.m. in Pilgrim Hall to celebrate this wonderful occasion.

- Harry E. Hobson, President/CEO

We Made It!

- Harry E. Hobson, President/CEO -

STRATEGIC DECISION

In October of 2006 we updated our strategic plan, identifying several key initiatives to be addressed over a five-year period. One initiative, a master utilities study, revealed the need to upgrade our plumbing and electrical systems due to the age of the facilities and the increasing electrical demands brought on by new appliances and technological items such as computers and flat screen televisions. Considering the fact that a previous building audit analyzing Plymouth Harbor's structural integrity determined it to be one of the soundest structures in Sarasota and beyond, it was decided that the plumbing and electrical systems upgrades were well worth the long-term investment.

Addressing our domestic water systems came first, as we engaged NuFlow Technologies to commence a 12-mile pipe lining and underground sanitary systems replacement project. This project would essentially result in a near-new system.

In addition, we engaged a team of designers, engineers and contractors to begin work upgrading our electrical systems.

COMMENCEMENT

As some of you may recall, in my June 14, 2007, News Digest I

announced that we would commence the pipe lining project on June 18, 2007. On July 24, 2007, I provided an update saying that the project was in full gear. As an aside, I also announced in that News Digest that the Board of Trustees had approved a major redecoration of our main Lobby. In addition, on May 14, 2010, we announced the commencement of the electrical systems upgrade which was projected to conclude 10 months later.

COMPLETION

I am pleased to announce that the domestic pipe lining project, the underground sanitary systems replacement, and the electrical systems upgrade are 100% complete.

APPRECIATION

There are many people to be recognized for these extraordinary undertakings led by Alan Strudas with the support of Dinah Stamp. Our Board of Trustees should be commended for their foresight in recognizing the importance of these projects and granting approval. Our in-house staff is to be commended for their dedication to the process and their success in adapting to on-going changing conditions. The professionalism and work ethic of the design and construction teams are to be recognized as well.

THE REAL HEROES

But the real heroes are the residents of Plymouth Harbor. It has been a challenging time for all of us, but you supported our efforts and inspired us on many occasions. As one resident, with a smile, shared, "Mr. Hobson, I knew that eventually if I lived long enough I would hear every sound possible. That goal has been accomplished." So, on behalf of the Trustees, management, and the construction teams, allow me to express our sincere appreciation to all of you who have lived through this period of *organized chaos*. As another resident recently commented, "Now that it is over, I feel more secure than ever." I hope you feel the same.

A CELEBRATION

During the upcoming Trustee-Resident Reception, we will be celebrating the completion of these projects and more formally expressing our gratitude to all of you. This event will be held poolside on Wednesday, April 27, 2011. Watch for further details.

IN CONCLUSION

I hope you feel, as I do, the sense of community so evident here at Plymouth Harbor. Like many of our residents, I look forward to getting back to normal as we continue to embrace the future with enthusiasm and confidence.

Reflections from Chaplain Jerry O'Connor ...

Religious traditions tell the story of who we are as people of faith; the celebration of these traditions is our way of passing the story on from one generation to another. Join your neighbors and friends in these special events during Holy Week and Passover -- all are welcome at any of these observances; it is a great way to learn about other faith traditions.

Passover begins at sundown April 18

PASSOVER DINNER

Tuesday, April 19

5:30 pm -- Seder

6:15 pm -- Dinner

in the

Private Dining Room



RESERVATIONS ARE REQUIRED
NO LATER THAN WED., APRIL 13
Reservation Forms will be distributed on
April 8 for your convenience

GOOD FRIDAY SERVICE

Friday April 22 10:00 am

MacNeil Chapel

Communion

EASTER MASS

Easter Sunday Morning

9:00 am in MacNeil Chapel

Fr. Peter Czerwonka

St. Martha's Catholic Church

officiating



RECALLING THE PALM SUNDAY ENTRANCE INTO JERUSALEM

at

Wednesday Chapel

April 20

10:30 am in MacNeil Chapel

EASTER SERVICE

Sunday April 24 10:30 am

MacNeil Chapel

Chaplain Jerry officiating



Robert Evans

March 23, 2011

Robert E. Sessions

March 26, 2011

Roberto Freund

March 23, 2011

Nilah Andrews

March 29, 2011



FPL Summer Season begins April 1st

Remember "April showers bring May flowers," the old adage telling us that if it rains in April, spring flowers will soon appear? But, our electric company, Flower Power and Light (FPL), says April is summer. Is it playing April Fools? No, FPL's summer season does run from April 1 through October 31.

Summer season for FPL means a change in the hours for which higher on-peak rates are charged. During the summer season, on-peak hours are noon through 9:00 p.m. on weekdays. (Winter on-peak hours were 6:00 to 10:00, both a.m. and p.m. on weekdays.)

So, the above is a reminder for residents to, whenever possible, run their appliances during the mornings in summer when lower off-peak rates apply. By doing this, we will save Plymouth Harbor electricity dollars. That benefits all of our budgets!

Summer (April 1 -- October 31)				
	6am	Noon	9pm	6am
Mon	Off Peak	On Peak	On Peak	Off Peak
Tues	Off Peak	On Peak	On Peak	Off Peak
Wed	Off Peak	On Peak	On Peak	Off Peak
Thurs	Off Peak	On Peak	On Peak	Off Peak
Fri	Off Peak	On Peak	On Peak	Off Peak
Sat	Off Peak	Off Peak	Off Peak	Off Peak
Sun	Off Peak	Off Peak	Off Peak	Off Peak

- Compliments of the Conservation Committee -

Employee of the Month -- April 2011

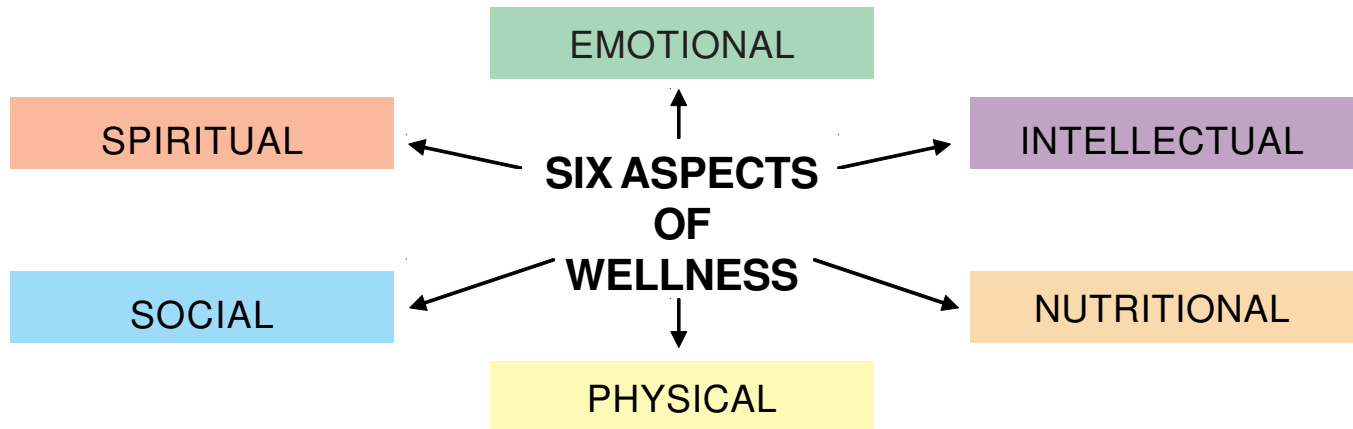
Ed Snook of Dining Services

"Ed should be known as *Mr. Adaptability*. In his 28+ years of service he has worked in several different positions in Dining Services. With every change that comes along, Ed is willing to go with the flow. He's a valuable member of the team, not only because of his knowledge but because of his willingness to do whatever it takes to support the department. Ed has a wonderful attitude, a great sense of humor, and everyone enjoys working with him."



Exercise & Fitness Program To Get a Boost

This past year, the Board of Trustees created a Resident Life Committee comprised of trustee, resident and staff members. This committee, along with an Exercise and Fitness Ad Hoc Committee, is responsible for more fully developing what we refer to as Plymouth Harbor's *Six Aspects of Wellness*.



COMMITTEE MEMBERS:

- Harry Hobson, Committee Chairman
- Dorothy Barichak, Health Services Administrator
- Larry Coffey, Resident/Trustee
- Winnie Downs, Resident Health Committee Liaison
- Tom Hopkins, Chairman BOT
- Bill Johnston, Trustee and Chair of Philanthropy Advisory Committee
- Dr. Bill Kennedy, Trustee
- Chaplain Jerry O'Connor
- Tena Wilson, VP of Support Services
- Exercise and Fitness Advisors:
 - o Lois Droege, Resident
 - o Dr. Paul Groen, Resident

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.

We've spent the past several months analyzing our fitness programs, space and equipment. We've conducted a competitor survey, reviewed best practices from other communities, and conferred with noted experts in the field. Over the next several weeks, you may notice members of the Committee observing classes, touring outside professionals, and asking some of you to share *your* thoughts regarding exercise and fitness programming. *Together* we will create the vision for a fitness program that supports the physical well-being of every resident to the degree that they desire.

In addition to the group exercise classes, aquacises, yoga and tai chi that you presently enjoy, you will soon be able to work directly with a trained fitness professional who will conduct a fitness assessment and develop a personalized training program *just for you*. Massage therapy, brain fitness classes, and an outdoor trail with exercise stations and walking programs will also be available. There are many other possibilities to consider, as well.

Tena Wilson, Vice President of Support Services, will provide administrative oversight as we move through this process. We will keep you informed of our progress via my News Digest. I welcome your thoughts and ideas regarding this exciting new initiative that we are embracing on behalf of the Plymouth Harbor family.

- Harry E. Hobson, President/CEO

INTRODUCING

James P. "Jim" Underwood

Marie E. "Wendy" Underwood

Move-In Date: February 17, 2011

Apt. N-213 Ext. 236

Jim and Wendy Underwood decided four years ago that they were tired of the cold winters in DC and Maryland, so they did a quick search of Florida and decided there was no place better than Sarasota and bought a house on Siesta Cove Drive. Their next easy choice was Plymouth Harbor this year.



The Underwoods have been married for 25 years. They have two children and four grandchildren from previous marriages. Jim was born in Fair Hill, MD, and Wendy in Atlanta, GA. Jim is basically a "man for all seasons." As a teenager he joined the carnival, followed by a stint in the Air Force, stationed in the US, France and Morocco, technical school in DC, and subsequently self-directed in literature, art, history, music and science through reading and courses (which he is still doing). He has owned and managed real estate, a water company, a mobile home park and a farm in Maryland. He

was technical consultant for various companies, including work on the Hubble Space Telescope (here's to self-education!).

Wendy spent all of her life on the East Coast, mainly in the DC-MD-VA region. She graduated from Rosemont College, Rosemont, PA, and did graduate work at Western Maryland College. Then, a very interesting professional career: she rose thru the ranks of the "Baby Bells" and after 22 years retired as a director of Verizon. A long time bridge player, she met Jim at a bridge game. She said it was love at first sight, grand slam! She has also lived in Lancaster, PA, Danville, VA, Buffalo, NY and Reading, PA. She is an accomplished watercolor painter and is taking it up again at Plymouth Harbor after a four year hiatus.

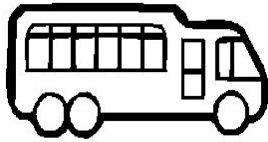
Jim and Wendy belonged to the Sarasota Yacht Club. His biggest adventure in boating was to buy an ancient 42-foot wooden boat for \$500 and navigate it precariously to his farm (doubling as a shipyard). He installed used twin engines, and then sold the farm and the boat; small boats came later. The Underwoods both still play a lot of bridge, do a lot of reading, utilize Sarasota's cultural advantages of ballet, theatre and film, and collect Oriental art and carpets. If you see a beautifully restored 1965 Buick convertible tooling around St. Armand's Circle, of course it's Jim and Wendy.

They bring youth, charm and wide reaching interests to our Plymouth Harbor community.

- Perry Monroe

**Residents Association
Annual Meeting**

**Monday ~ April 4 ~ 3:00 pm
Pilgrim Hall**



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

Have your lunch at Plymouth Harbor, then spend the early afternoon on a tour of **Big Cat Habitat** animal rescue sanctuary, a safe haven for big cats, bears, and other animals in need.

THURSDAY, APRIL 14

DEPARTING AT 1:00 PM

COST \$21.00: BUS & ADMISSION



Enjoy a guided walking tour of the **Ringling School of Art & Design** campus and lunch with students in the cafeteria. The tour will take a little over an hour and include the Selby Gallery, the Academic Center, and the Seering Student Center.

THURSDAY, APRIL 21

DEPARTING AT 11:45 AM

COST \$15.00: BUS, TOUR & LUNCH IN THE CAFETERIA



The new **Dali Museum** is now open. We'll start with a Dutch treat lunch at Cafe Gala, located within the Dali Museum, then join a docent for a guided tour of the master's works!

FRIDAY, MAY 6

DEPARTING AT 10:45 AM

COST \$40.00: BUS & ADMISSION





New in the Library

(* indicates a gift)

FICTION - Regular Print

Always Outnumbered, Always Outgunned*

by Walter Mosley

By Order of the President* by W. E. B. Griffin

Dead or Alive by Tom Clancy

Deep Shadow* by Randy Wayne White

Echoes* by Danielle Steel

Family Affair* by Debbie Macomber

Great House by Nicole Krauss

The Jungle by Clive Cussler

Minding Frankie by Maeve Binchy

Sing You Home by Jodi Picoult

Spoon* by Robert Greer

Strategic Moves by Stuart Woods

Trojan Odyssey by Clive Cussler

FICTION - Large Print

Fatal Error* by J. A. Jance

The Inner Circle* by Brad Meltzer

NONFICTION - Large Print

Don't Sing at the Table by Adriana Trigiani

DVDs New in the Media Library

3:10 to Yuma

Aviator*

Conviction

Everybody Loves Raymond* Seasons 1 + 2

Finian's Rainbow

The Five People You Meet in Heaven

Inside Job

Minority Report*

Nanny McPhee Returns

Nature: Raptor Force*

Notting Hill*

The Real George Washington

Red

Secretariat

The Social Network

Tamara Drewe

The Tillman Story

Tin Cup*

To Catch A Thief*

Unstoppable

When Harry Met Sally*

Without A Clue



Book Discussion

Cutting for Stone by Abraham Verghese

Friday ~ April 15 ~ 3:00 pm ~ Card Room

Discussion led by Ellen Harrison



Twin brothers, co-joined and then separated, grow up amid political turmoil in Ethiopia. Both go into medicine like their adoptive parents, and like their father, who abandoned them.

Call Ext. 252 to sign up & for a copy of the book (\$15.00).

Dining Services Events in April

(** these events require a reservation **)



**Cocktails
on the Terrace**
Thursdays in April
4:00 pm -- 6:00 pm

Easter Brunch

** Sunday, April 24th **
\$24.00/per person



Chef's Table

** Tuesday, April 12th **
&
** Tuesday, April 26th **
\$45.00/per person



Afternoon Tea

** Wednesday, April 20th **
on the Terrace
\$18.50/per person

Kitchen Tour

** Thursday, April 28th **
9:00 am
sign up at hostess station

Seafood Buffet Dinner

** Friday, April 29th **



**Jim Myers
at the keyboard**

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

**Thursday, April 7
Thursday, April 14
Monday, April 18
Thursday, April 28**



Scams on the Elderly

Presented by Officer Ford Snodgrass

Sarasota Police Department Crime Prevention

Tuesday ~ April 26 ~ 9:30 am ~ Card Room

- Sponsored by the Investment Group -

Health and Wellness ...

Low Vision Events

**Low Vision
Resource Center
OPEN HOUSE**



**Tuesday ~ April 5
3:00 pm -- 4:00 pm
on CC Floor**

Assistive devices available in the Low Vision Resource Center will be demonstrated.

~ Refreshments ~

**The Healing Touch
of Humor**



presented by **Jerry O'Connor**
Plymouth Harbor Chaplain

**Friday ~ April 8
3:00 pm in the Chapel**



A Low Vision Aid Swap Table will be set up outside the Chapel. Got a magnifier or other low vision aid that no longer is useful to you? Put it on the swap table for another to use.

Health Matters

Regeneration: How to Rebuild Your Body

~ a psychiatrist looks at how to change your life ~

PRESENTED BY MATTHEW EDLUND, MD

Wednesday ~ April 20 ~ 3:00 pm ~ Pilgrim Hall

Complimentary Ear Check & Hearing Aid Clinic

(Low Vision Resource Center)

**Tuesday, April 5
Tuesday, April 19**

Dr. Susan Schnack, Sarasota Hearing Center
Jennifer Slanker, Andrew Marlow, MD

Please call Home Care at Ext. 210 for an appointment

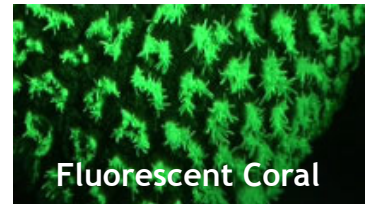


The Program Committee presents ...

OCEANS: THE RED SEA

Thursday ~ April 7 ~ 7:45 pm ~ Pilgrim Hall

A team of intrepid adventurers -- a maritime archaeologist, a marine biologist, and conservationist Philippe Cousteau -- journey to discover the world under the waves. The Red Sea is one of the youngest oceans in the world, and one of the warmest. It has been an important trade route throughout human history. DVD:60 minutes



Fred Moyer, Classical Pianist

Monday ~ April 11 ~ 3:00 pm ~ Pilgrim Hall

Fred Moyer will perform a program of classical piano masterpieces. You'll enjoy listening to time-honored favorites as well as some wonderful pieces you may be hearing for the first time. His programs, always creative and engaging, often feature works by Chopin, Rachmaninoff and Beethoven.

The Civic Affairs Committee presents ...

An Overview

of the Sarasota Police Department

Monday ~ April 25 ~ 1:30 pm ~ Pilgrim Hall

Chief of Police Mikel T. Hollaway will be joined by his three captains, Captain Paul Sutton (Administrative Captain), Captain Lucius Bonner (Uniform Services Division) and Captain Wade McVay (Criminal Investigations Division) to provide us with an overview of the Sarasota Police Department, followed by a the opportunity for you to ask questions.





Tom Hopkins

Chairman, Board of Trustees

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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

Harbor Light

Biography Committee

Maizie Abuza, *chair*

Betty Blair Perry Monroe

Isabel Pedersen

Peggy Schwarz Jim Stern

Sallie Van Arsdale Don Wallace



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



MOVIES

Showing in April

Sundays at 2:00 pm & 7:00 pm

April 3 *The Fighter*

2010 Color 115 minutes Rated R

April 10 *Get Low*

2010 Color 103 minutes Rated PG-13

April 17 *Black Swan*

2010 Color 108 minutes Rated R

April 24 *Easter Parade*

1948 Color 103 minutes Not Rated

Have a movie request? Call Ext. 252.

Tuesdays at 7:45 pm

April 5 *127 Hours*

2010 Color 94 minutes Rated R

April 12 *Hereafter*

2010 Color 129 minutes Rated PG-13

April 19 *Cinema Paradiso*

1988 Color 124 minutes Rated PG

April 26 *The Next Three Days*

2010 Color 133 minutes Rated PG-13