

# HARBOR LIGHT

January 2011

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

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## NEW YEARS GREETINGS FROM HARRY HOBSON


As I pause to reflect upon 2010, I am reminded of how much has been accomplished this year at Plymouth Harbor, much of it thanks to resident support, patience and enthusiasm, coupled with a hard-working and dedicated staff.

### A RETROSPECTIVE VIEW: 2010


To say 2010 was a busy year would indeed be an understatement. For example, this past year we:

- o Celebrated the lives of 20 former Plymouth Harbor residents who left us in 2009.
- o Welcomed 29 new residents into the Plymouth Harbor family.
- o Enjoyed the annual resident play by the Plymouth Harbor Players.
- o Presented *Plymouth Harbor's Got Talent Show* that showed off some of the best (and most unique) talent you will find in any retirement community.
- o Learned of and kept current regarding local, national and international events via our partnerships with Sarasota Institute for Lifetime Learning (SILL) and Pierian Spring Academy - without leaving our campus.
- o Displayed the work of seven distinct artists in the Mezzanine Art Gallery.
- o Received awards and recognitions ranging from The American Award by the Sarasota Garden Club to the Governor's Gold Seal Award for long-term care excellence.
- o Were entertained by numerous musicians who visited our campus.
- o Continued to address campus improvements including the 12-mile long pipe relining project which was completed, along with the commencement and soon-to-be-completed electrical systems upgrades.
- o Awarded two of our staff members Doyle College Scholarships.
- o Welcomed Chef Rene Weder, who joined our family and has taken our dining experience to a new level of excellence.
- o Introduced a casual dining venue in our Plymouth Rock Café, which is proving to be a success.
- o Honored the Sarasota County Firefighters with a special recognition on 9/11.

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*We Celebrate the Lives of  
Our Departed Loved Ones and Friends*  
Wednesday ~ January 26, 2011 ~ 10:30 am  
MacNeil Chapel on the Mezzanine



**Richard H. Kessler**  
January 11, 2010

**Kay E. Glasser**  
June 21, 2010

**Ilona V. Bene**  
September 22, 2010

**W. George Gress**  
January 17, 2010

**Edmund P. Silver**  
June 27, 2010

**Jacqueline T. Foley**  
October 12, 2010

**Elena B. Ekeblad**  
January 21, 2010

**Stuart Elkind**  
June 30, 2010

**Barbara W. Hughes**  
October 13, 2010

**Jo Zach Miller IV**  
February 13, 2010

**Jean J. Breidenbach**  
July 21, 2010

**Elizabeth G. Johns**  
October 19, 2010

**Mildred C. Rosenthal**  
March 25, 2010

**John B. Morrill**  
August 9, 2010

**Frances T. Meade**  
October 21, 2010

**Gordon R. Lloyd**  
April 9, 2010

**Harriet B. Osterweis**  
August 10, 2010

**John Landgraf**  
December 14, 2010

**Horace W. Gross**  
June 4, 2010

**Patricia S. Legg**  
August 14, 2010

**R. Peter Brzica**  
December 22, 2010

I quote Howard Thurman from his book The Mood of Christmas & Other Celebrations: “The New Year means a fresh start, a second wind, another chance, a kind of reprieve, a divine act of grace bestowed upon all humanity. It is important to remember that; whatever the fact may have been, it cannot be undone. ... All our tears cannot unmake them. ... We can remember ... with gratitude that in our new wisdom we can live into the present year with deeper understanding and greater humanity. ... May whatever suffering we brought on ourselves or others teach us to understand life more completely and, in our understanding, love it more wisely, thus fulfilling God’s faith in us by permitting us to begin this New Year.”

- *Chaplain Jerry*




## NEW YEARS GREETINGS FROM HARRY HOBSON

(continued from page 1)

### A LOOK AHEAD: 2011

I am extremely energized and optimistic about 2011. Suffice it to say that I think we will continue to reach new degrees of excellence as we embrace *The Plymouth Harbor Experience* together.

The Board of Trustees agenda will focus on several key agenda items that include, but are not limited to:

- o Ensuring ongoing resident satisfaction
- o Developing a formal philanthropy program
- o Addressing assisted living and the need for more comprehensive programming and facilities
- o Embracing a wellness and fitness initiative

I hope you share the same degree of enthusiasm that I experience as a member of the Plymouth Harbor Family.

On behalf of the Board of Trustees and Staff of Plymouth Harbor, I would like to wish each of you a very Happy, Healthy and Prosperous New Year.

- Harry E. Hobson, President/CEO

## Wondering What To Do With Your Paper & Plastic Grocery Bags?

There is a place here in Plymouth Harbor to dispose of plastic and paper grocery bags. Meals on Wheels can use clean, dry grocery bags. A receptacle in which to put the bags is located in the Copier/Shredder Center next to the Resident Services Office on the Callahan Center floor.



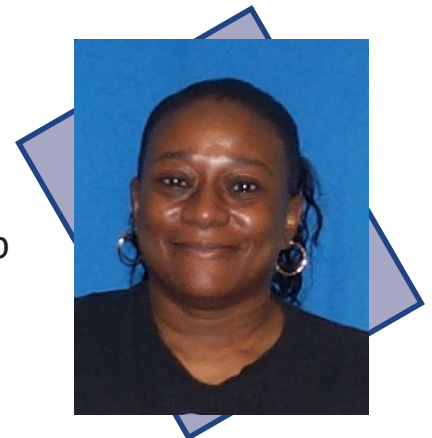
Please note: Meals on Wheels CANNOT use plastic bags in which newspapers and magazines are delivered. These can be disposed of at Publix. Publix will also take washed Styrofoam food trays and egg cartons. Their stores on Longboat Key, North Tamiami Trail and Ringling Boulevard have separate receptacles in which to put plastic bags, Styrofoam trays and egg cartons.

- Conservation Committee -

## Employee of the Month -- January 2011

### *Pam Hailey of Home Care Services*

"Pam has a great personality and is always willing to help the residents and co-workers. She lights up the residents' days when taking care of them."



## Plymouth Harbor's Smith Care Center Receives Coveted Recognition

I am pleased to announce that on Tuesday, December 7, 2010, Plymouth Harbor received a unanimous vote by the Governor's Gold Seal of Excellence in Long Term Care Panel to recommend that The Smith Care Center receive this distinguished honor.

The Gold Seal Award, presented by The Governor's Panel on Excellence in Long Term Care, recognizes Florida nursing homes that exhibit excellence in care management and quality of life for their residents. Only 18 of nearly 700 nursing homes in the state of Florida have received this honor.



(L-R) Carol Dodson, Brandi Burgess & Dorothy Barichak

On December 7, 2010, Dorothy Barichak, Administrator of Health Services, and Carol Dodson, Director of Nursing, joined me in a one day trip to Tallahassee to present our case to the Panel. This was the fourth part of the application process. It commenced several months ago with the completion of a detailed application followed by a conference call with the Panel. Once we got through these two tests, a member of the Panel visited Plymouth Harbor for a full day. The Panelist toured the facility, reviewed documents, and interviewed residents and staff. He then filed a report. And finally, on December 7, 2010, Dorothy Barichak made a very professional and compelling PowerPoint presentation that convinced the Panel to unanimously recommend that Plymouth Harbor's Smith Care Center receive the award. Brandi Burgess, Admissions Coordinator, worked diligently behind the scenes preparing the application and assisting with the creation of the PowerPoint presentation.

The award is for two years and the performance criteria included:

- evidence of financial soundness and stability
- high quality of care ranking among other nursing homes
- excellent record with the State Long-Term Care Ombudsman Program
- no "conditional" licenses nor Nursing Home Watch List appearances in the past 30 months
- demonstrated evidence of community involvement

Additionally, in presenting the award the panel reviewed The Smith Care Center's best practices and was most impressed by the quality of the staff and their tenure. One panelist remarked that they have never seen a staff turnover rate as low as Plymouth Harbor's, which speaks to employee satisfaction.

I couldn't be more proud of Dorothy, Carol and Brandi for the time and effort they put into the pursuit of this recognition. Special thanks go to the staff of the Smith Care Center who care so deeply for our residents.

Please join me in congratulating our wonderful staff on a well-deserved recognition.

- Harry E. Hobson, President/CEO

## **INTRODUCING**

**Donald A. Jenkins**

**Carolyn Montgomery**

Move-In Date: June 4, 2010

Apt. E-313      Ext. 242

Most of us pride ourselves on living an active life (according to our own definition of "active," of course), but we would do well to consider the standard set by the folks who are newly settled in E-313.

Carolyn and Don first met in Boston, where he had a business and she was getting her Masters at Boston University, some years after graduating from Wellesley. Don was born in Buffalo, took his BS in Electrical Engineering at the University of Buffalo (now SUNY Buffalo) and his MBA from Northeastern University in Boston. And if you listen closely, you will hear the gentle remains of Carolyn's Austin, TX, accent.



So it was indeed fortuitous that a confluence of their lives came when each of them joined a sailing club in Boston -- a potentially romantic interest, to be sure. The rest seems to have been almost inevitable: their acquaintance revealed other mutual interests, romance blossomed -- mostly on Don's 38-foot sloop -- and now, after 23 years of marriage, they have made landfall at Plymouth Harbor.

This is not their first Florida port, however; for 15 years they lived in Osprey, where they

belonged to the Venice Sailing Squadron -- but now the Sarasota Yacht Club is privileged to claim them as members.

And now for the active-life part: both of them are enthusiastic bike riders, and cover about 45 miles per week over a route that takes them to Mote Marine, partway down Longboat Key, thence to the south end of Lido Key, and home. If you are impressed as we are by this, consider the fact that Don once did 72 miles in a single day -- and that Carolyn still does step aerobics three times weekly.

As to more extensive travels, Carolyn has just returned from Maine, where she helped her daughter get re-elected to the state senate -- and in January they are looking forward to attending Don's granddaughter's wedding in Arizona.

Welcome, folks. We stand in awe.

- Don Wallace

*Welcome*

*New Residents*

**Carroll F. Johnson**  
**Susan K. "Sue" Johnson**  
 Apt. N-308 ... Ext. 191  
 December 8, 2010

*In-House Move*

**Alice Groenings**  
 Apt. CC-212 ... Ext. 299  
 December 21, 2010



## Pierian Spring Academy

### Winter Courses at Plymouth Harbor

*Is there a class of interest to you?*

#### Four Operas, Four Classes, For Fun (W11M01-P)

Operas for 2011 season at Sarasota Opera: Puccini's *La boheme* (Why do we cry?); Mozart's *Don Giovanni* (How many seductions?); Verdi's *I Lombardi* (What makes early Verdi romp?); Robert Ward's *The Crucible* (An American classic?). Class will discuss the music, plot, composer and time of composition. Films will demonstrate production decisions and director's choices.

Mondays, January 10 -- February 7 (4 weeks, no class January 17)  
9:30 -- 11:30 am      Pilgrim Hall      \$50.00      Mary Jane De Genaro

#### Rogues and Romantics: Vive la Revolution! (W11M02-P)

The Romantic Period in music is given birth by political, social and formal upheaval which results in some of the most unique, beautiful and sentimental music ever created. This course will explore that evolution with symphonic, choral and chamber music by some of the greatest composers of the time.

Tuesdays, January 11 -- February 15 (6 weeks)  
2:30 -- 4:30 pm      Chapel      \$65.00      William Wittig

#### All Roads Lead to Athens (W11H03-P)

A stimulating and delightful account of the remarkable and revolutionary characteristics that distinguished the Greeks in the Ancient World. Lectures will convey the unique Hellenistic perspective that designates Greece as "The Cradle of Western Civilization." History, significant battles, mythology, literature, arts and architecture will be discussed.

Wednesdays, January 12 -- February 16 (6 weeks)  
12:00 -- 2:00 pm      Card Room      \$65.00      Baila Miller

#### The Golden Age of German Film (W11TH03-P)

Study, watch and discuss *The Last Laugh*, *Sunrise*, *Metropolis*, *The Blue Angel*, *M* and *Trouble in Paradise*, moving from silent to sound and from Germany, when Hitler seizes the industry, to Hollywood.

Fridays, January 14 -- February 18 (6 weeks)  
2:00 -- 4:45 pm      Pilgrim Hall      \$65.00      Joyce Stith

Call Resident Services at Ext. 252 for information on registering for Pierian Spring Academy (PSA) courses. Sign up soon. Class sizes are limited.

Plymouth Harbor residents have the opportunity to join SILL in celebrating its 40th Anniversary without even leaving the campus. As an expression of gratitude for four decades of enthusiastic support and to attract new audience members, SILL is offering SILL-a-bration Days which feature a free Global Issues preview on Thursday, January 6, and a free Music Mondays preview on Friday, January 7.

Plymouth Harbor residents may attend one or both of these programs via simulcast in Pilgrim Hall. Reservations/tickets are not required. Don't miss this opportunity to celebrate with SILL and enjoy a complimentary program or two to kick off their 40th season.



### Jerry Pubantz

(acclaimed US policy expert)

presents

### *The Diplomacy of Barack Obama*

Thursday January 6 10:30 am

### Dick Hyman

(world-renowned jazz pianist & composer)

presents

### *Great Performers*

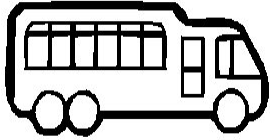
Friday January 7 10:30 am

- Live Simulcast in Pilgrim Hall -



## SILL Lectures The Thursday Global Issues Series (Simulcast in Pilgrim Hall at 10:30 am)

- LECTURE 1**    **ISRAEL, PALESTINE AND THE UNITED STATES: WHY IS IT SO HARD TO MAKE PEACE?**  
**JANUARY 13**    **SPEAKER: AMBASSADOR PHILIP WILCOX**
- LECTURE 2**    **THE FUTURE OF NATO**  
**JANUARY 20**    **SPEAKER: DR. JAMES GOLDGEIER**
- LECTURE 3**    **AFGHANISTAN: IS IT WORTH IT? CAN IT BE DONE?**  
**JANUARY 27**    **SPEAKER: AMBASSADOR RONALD NEUMANN**



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

### What's the Catch?

Mote Aquaculture Park

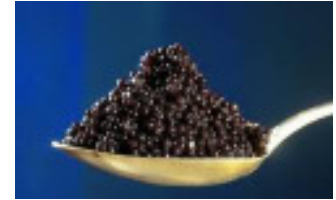
**Friday, January 14, departing at 11:15 am**

The mission of Mote's Center for Aquaculture Research and Development is to develop new, innovative and cost-effective systems and techniques to produce high-value marine and freshwater fishes and invertebrates. Sturgeon, snook and pompano are among the types of fish Mote is investigating.

Call to make your reservation as soon as possible - limited to 12 participants.

Cost: \$7.00 for transportation plus Dutch treat lunch  
at Longhorn Steakhouse on Fruitville Road

*- Sponsored by the Civic Affairs Committee -*



## Circus Sarasota

Tuesday, February 8, 2011

Great VIP Reserved Box Seats

Bus departs 6:15 pm

Cost: \$51.00 includes bus and ticket

Deadline to sign up: Monday, January 17



## Managing Investment Risk

Robert Stepleman

Columnist for Sarasota Herald Tribune

Successful long-term investing requires careful evaluation of both risk in individual securities and in the entire portfolio. Mr. Stepleman will discuss some ways to measure and mitigate risk.



**Tuesday ~ January 25 ~ 10:00 am ~ Card Room**

*- Sponsored by the Investment Group -*



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

### FICTION - Regular Print

**American Assassin** by Vince Flynn  
**The Border Vixen\*** by Bertrice Small  
**Carolina Moon\*** by Nora Roberts  
**The Christmas Turkeys ...\*** by Gerald R. Toner  
**Indulgence in Death\*** by J. D. Robb  
**Lord of Misrule** by Jaimy Gordon  
**Port Mortuary** by Patricia Cornwell  
**The Red Queen\*** by Philippa Gregory  
**Room** by Emma Donoghue  
**Swann's Way\*** by Marcel Proust  
**Worth Dying For\*** by Lee Child

### FICTION - Large Print

**Cross Fire\*** by James Patterson  
**Edge\*** by Jeffery Deaver  
**Happy Ever After\*** by Nora Roberts  
**Hell's Kitchen** by David Baldacci  
**Honor Thyself\*** by Danielle Steel  
**Indulgence in Death\*** by J. D. Robb  
**An Object of Beauty** by Steve Martin  
**Play Dead\*** by Harlan Coben  
**Ransom\*** by Danielle Steel  
**The Rosary Girls\*** by Richard Montanari  
**Sour Puss\*** by Rita Mae Brown  
**The Templar Salvation\*** by Raymond Khoury

### NONFICTION - Regular Print

**Cleopatra\*** by Stacy Schiff  
**The European Dream\*** by Jeremy Rifkin  
**Faith, Interrupted\*** by Eric Lax  
**Fateful Choices\*** by Ian Kershaw  
**Fingerprints of God\*** by Barbara Bradley Hagerty  
**Museum\*** by Danny Danziger  
**Places Left Unfinished at the Time  
of Creation\*** by John Phillip Santos  
**Shock of Gray\*** by Ted C. Fishman  
**Why Terrorism Works\*** by Alan M. Dershowitz  
**Winning the Loser's Game\*** by Charles D. Ellis

### NONFICTION - Large Print

**Decision Points** by George W. Bush  
**Unbroken\*** by Laura Hillenbrand  
**Why Do I Love These People?** by Po Bronson

### DVDs New in the Media Library

<b>Countdown to Zero</b>	<b>Gilda*</b>
<b>Dead Poet's Society</b>	<b>Midway*</b>
<b>Death at a Funeral</b>	<b>Please Give</b>
<b>The Kids Are All Right</b>	<b>Waking Ned Devine</b>
<b>A Man for All Seasons*</b>	
<b>Midnight in the Garden of Good and Evil</b>	



## Book Discussion

***Billy Budd, Sailor*** by Herman Melville

Discussion led by LuVerne Conway

Call Ext. 252 to sign up & for a copy  
of the book (\$5.00).

Friday  
January 21  
3:00 pm in the Chapel



This classic novel raises the question clearly and starkly: What is true justice?

# Health and Wellness ...

## Health Matters

### Low Vision Program

### Talking Books

presented by  
**Mary Brown**  
Executive Director of Pinellas  
Public Library Cooperative

**Friday ~ January 7**  
**3:00 pm in the Chapel**

**RESOLVED: Informed Consent for  
Human BioMedical Research is  
Obsolete and Unnecessary!**

presented by  
**Mark Magenheim, MD**  
Medical Director  
Suncoast Communities Blood Bank

**Wednesday ~ January 19**  
**3:00 pm in Pilgrim Hall**

### **Complimentary Ear Check & Hearing Aid Clinic**

(Low Vision Resource Center)

**Tuesday, January 4**

Dr. Susan Schnack with Sarasota Hearing Center

**Tuesday, January 25**

Jennifer Slanker with Andrew Marlow, MD

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



## **Aging with Dignity and Independence Initiative**

**Suzanne Gregory, Associate Director SCOPE**



**Tuesday ~ January 18 ~ 3:00 pm ~ Pilgrim Hall**

Please join SCOPE for an interactive community forum focused on *Aging with Dignity and Independence*. Your input will enhance our understanding of how older adults experience dignity and independence in the course of daily interactions within our Sarasota community.

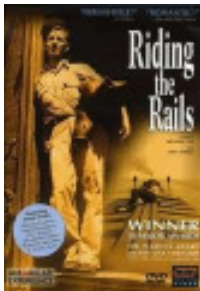
# The Program Committee presents ...



## THE M PILL BY THE STAGEWORKS PLAYERS

Thursday ~ January 6 ~ 7:45 pm ~ Pilgrim Hall

This one-act play will bring laughter, thought, and an appreciation for the age and stage in which one finds oneself, as Claire and Warren discover that total recall can be dangerous to the quality of life!



## RIDING THE RAILS

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

*Riding the Rails* tells the unforgettable story of the 250,000 teenagers who left their homes and hopped freight trains during the Great Depression. This is a ride you won't want to miss. DVD:72 minutes

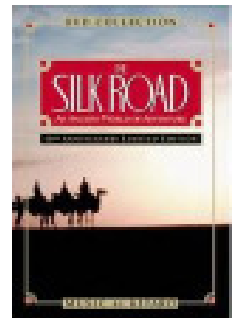


## THE SILK ROAD:

### WHERE HORSES FLY LIKE THE WIND

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

Here at last are the famous Cossacks! These Kazakhs are the descendants of the Mongols and uphold centuries old traditions and routines of their Hun forefathers. DVD:60 minutes



## THE PRINCETON NASSOONS

Tuesday ~ January 25 ~ 7:45 pm ~ Pilgrim Hall

They're baaaaack! Those wonderful Nassoons -- the oldest all male a capella group at Princeton University -- are going to wow us again. They are one of the of the nation's premier performance ensembles and we welcome them back.



## Welcome to Dining Services

Thursday ~ January 13 ~ 3:00 pm ~ Pilgrim Hall





**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

**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 January

Sundays at 2:00 pm & 7:00 pm

**January 2**      *Cairo Time*  
2009      Color      90 minutes      Rated PG

**January 9**      *Dirty Rotten Scoundrels*  
1988      Color      110 minutes      Rated PG

**January 16**      *Vertigo*  
1958      Color      128 minutes      Rated PG

**January 23**      *The American*  
2010      Color      105 minutes      Rated R

**January 30**      *Salt*  
2010      Color      100 minutes      Rated PG-13

**Have a movie request? Call Ext. 252.**

Tuesdays at 7:45 pm

**January 4**      *Tuesdays with Morrie*  
1999      Color      89 minutes      Not Rated

**January 11**      *Wall Street: Money Never Sleeps*  
2010      Color      133 minutes      Rated PG-13

**January 18**      *The Town*  
2010      Color      125 minutes      Rated R

**January 25**      **PROGRAM: *The Princeton Nassoons***