

HARBOR LIGHT

March 2011

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

You Are Invited to an Open House

Plymouth Harbor Rehab Services

in the

Smith Care Center

Tuesday March 15

2:00 pm to 4:00 pm

MEET OUR TEAM

Physical, Occupational &
Speech Therapists

TRY OUT

the latest in
therapeutic equipment

CELEBRATE

our first 200 clients
with our new team

TAKE A TOUR

ENJOY REFRESHMENTS



Reflections from Chaplain Jerry O'Connor ...

March 9 is Ash Wednesday, the beginning of Lent in the Christian tradition, a time for meditation, self-examination, study, fasting and penitence as we prepare for the death and resurrection of Jesus, the man from Nazareth, a practicing Jew, who has been called *The Greatest Man Who Ever Lived*. Friday mornings, at 10:30 a.m., 18-25 people gather in MacNeil Chapel for what we call *Chapel Talk*; it is a time for learning together, for asking questions about religion, faith, the Bible, and more — a time for questioning what we dared not question in our youth. On February 11, we began a new series, *Exploring the Roots of Religion*, with Professor John R. Hale from the University of Louisville; he is an archaeologist and Director of the Liberal Studies Program at University.

It is good for us to be *Exploring the Roots of Religion* as we enter the Lenten Season. Why? Because many of us still carry a degree of adolescent rebellion; in our youth we challenged our parents, traditions and the religion of our ancestors. Who needs it? We may not profess to be religious and to be sure, some religious traditions are deserving of being challenged, but as our exploration of the roots of religion will reveal: from the moment of conception we are *wired* to be religious — we just might go about being religious in different ways.

Age has its challenges, but it also provides opportunity for reflection. What we challenged in our youth, and what we turned away from, finds us longing for the assurance of faith our ancestors seemed to possess; we hope that our living has had meaning and purpose and that our dying will not be *The End*, rather a beginning. As I have told many who tell me they are not believers in anything, “You may say you don’t believe, but I think you are a seeker; never stop seeking and realize some things cannot be proven — they just are.” *Exploring the Roots of Religion* seems to indicate we are, indeed, pre-disposed, *wired* for religion — like it or not, we just express it in different ways.

Lent is a good time for us to reflect on what we do and do not believe and Chapel Talk is a forum in which we might find answers, come join us. This is a fascinating course, made up of 36 lectures, but we are only viewing 12 on the following themes: *In the Beginning, Ritual, Quest for the Afterlife, Reconstructing Ancient Rituals, Lost Gods and Fallen Temples, Sacred Landscapes and Communities of the Spirit*.

In Memoriam



Raymond E. Ekeblad
February 2, 2011

Rainer Josenhans
February 7, 2011





Saving Electricity \$\$

On-peak and off-peak! If you believe these terms have nothing to do with mountain climbing, you are correct. On-peak and off-peak refer to electricity rates charged to Plymouth Harbor by Florida Power and Light (FPL), our local utility company.

Hours of higher power usage, or on-peak hours, are charged a higher, on-peak rate. Hours of lower power usage are charged a lower, off-peak rate that is about 15% less than the on-peak rate.

FPL sets the times as follows: 6:00 a.m. to 10:00 a.m. and 6:00 p.m. to 10:00 p.m. on weekdays are on-peak rate hours during FPL's winter season, November through March. All other hours are off-peak. Noon through 9:00 p.m. on weekdays are on-peak rate hours during FPL's summer season, April through October. All other hours are off-peak.

You can see that many more hours per week are off-peak rather than on-peak. Dollars are saved when residents operate dishwashers, washing machines, dryers, etc. during off-peak hours. More savings result if, on cool days, residents can be comfortable lowering the heat one degree and, conversely, raising the air conditioning one degree on hot days.

~ Compliments of the Conservation Committee ~

Employee of the Month -- March 2011

Sandy Taylor of Administration

"Sandy has proven to be a valuable addition to the Plymouth Harbor family. Among her more notable attributes are her ability to create and maintain excellent interpersonal skills with the staff, residents and trustees of PH. Sandy never looks at the clock. Her attitude is that I am here to get the job done whatever and however long it takes. She has consistently demonstrated her ability to assist fellow employees with problems and challenges 'behind the scenes.' Sandy is trustworthy with a heart of gold and the icing on the cake is her wonderful sense of humor."





SILL Lectures

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

LECTURE 8 CHINA'S NEW FOREIGN POLICY
MARCH 3 SPEAKER: GORDON CHANG

**LECTURE 9 U.S. - MEXICAN RELATIONS:
CLOSEST FRIEND AND NEAREST ENEMY**
MARCH 10 SPEAKER: DR. JENNIE LINCOLN

LECTURE 10 A REGION IN FLUX: THE KOREAS, CHINA AND JAPAN
MARCH 17 SPEAKER: AMBASSADOR DONALD GREGG

LECTURE 11 THE FDA: DOES SCIENCE TRUMP POLITICS?
MARCH 24 SPEAKER: IRA LOSS

**LECTURE 12 WHY THE SCORPION STINGS:
GOLDMAN SACHS AND THE U.S. FINANCIAL COLLAPSE**
MARCH 31 SPEAKER: WILLIAM D. COHAN



STOCKS

Past, Present & Future

presented by Bill Johnston

Past President, COO, New York Stock Exchange

Tuesday ~ March 22 ~ 9:30 am ~ Card Room

- Sponsored by the Investment Group -



The Mezzanine Art Gallery presents
KALEIDOSCOPE

Collage by
Sally Sloan

March 14 -- May 9

Artist Sally Sloan uses anything within arm's reach to make her art. Textures, patterns, applied papers and plenty of color produce art that is appealing at first glance and then encourages the viewer to step closer to make new discoveries.

MEET THE ARTIST RECEPTION

MONDAY ~ MARCH 14 ~ 4:30 TO 6:00 PM
ON THE MEZZANINE



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

Art Center Sarasota
Community Show

This exhibit will include art by Plymouth Harbor artists, as well as others in local community!

OPENING RECEPTION
THURSDAY ~ MARCH 31

Complimentary Transportation

Bus leaves Plymouth Harbor at 5:00 pm

Bus departs from Art Center Sarasota at 6:00 pm





New in the Library (* indicates a gift)

FICTION - Regular Print

Baja Florida* by Bob Morris
Cherry Cheesecake Murder* by Joanne Fluke
Major Pettigrew's Last Stand*
 by Helen Simonson
Secrets to the Grave* by Tami Hoag
Strategic Moves* by Stuart Woods
Tick Tock* by James Patterson and
 Michael Ledwidge

FICTION - Large Print

Deja Vu* by Fern Michaels
In Too Deep* by Jayne Ann Krentz
Strategic Moves* by Stuart Woods
To Have and To Kill* by Mary Jane Clark
What the Night Knows* by Dean Koontz

NONFICTION - Regular Print

Thanks for the Memories, Mr. President*
 by Helen Thomas

DVDs New in the Media Library

Cyrus
 Doctor Zhivago
 The Girl Who Kicked the Hornet's Nest
 Morning Glory
 The Picture of Dorian Gray
 The Producers*
 Riding the Rails
 Salt
 Thunderball*

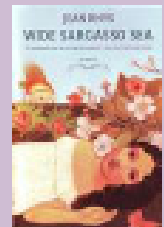


UPCOMING Book Discussions

Wide Sargasso Sea

by Jean Rhys

Wednesday March 2
 3:00 pm
 Card Room



Discussion led by
 Charleen Sessions

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

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 March

(** these events require a reservation **)



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

*St. Patrick's Day
Dinner Buffet*
** Thursday, March 17th **



Chef's Table
** Tuesday, March 8th **
&
** Tuesday, March 22nd **
\$45.00/per person



Afternoon Tea
** Wednesday, March 23rd **
on the Terrace
\$18.50/per person

Seafood Buffet Dinner
** Friday, March 25th **



Kitchen Tour
** Thursday, March 31st **
9:00 am
sign up at hostess station



Jim Myers
at the keyboard
Plymouth Rock Cafe
5:30 - 6:30 pm

Thursday, March 3
Monday, March 7
Thursday, March 17
Thursday, March 24
Monday, March 28

COMING EVENT

Ted Rehl, pianist

Friday ~ April 1 ~ 4:00 pm ~ Pilgrim Hall

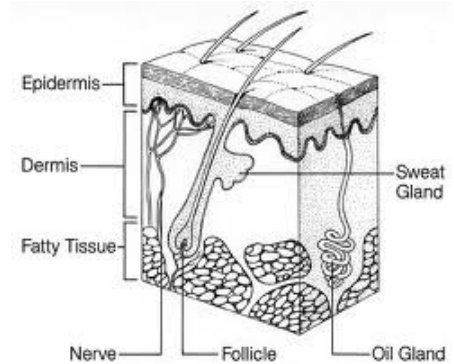


Health and Wellness ...

Health Matters

Dermatological Aspects of Aging

PRESENTED BY HEIDI ANDERSON, MD



Wednesday ~ March 16 ~ 3:00 pm ~ Pilgrim Hall

Complimentary Ear Check & Hearing Aid Clinic

(Low Vision Resource Center)

Tuesday, March 1

Dr. Susan Schnack with Sarasota Hearing Center

Tuesday, March 15

Jennifer Slanker with Andrew Marlow, MD

Please call Home Care at Ext. 210 for an appointment



WELCOME New Residents

James C. "Jim" Underwood
Marie E. "Wendy" Underwood

Apt. N-213 ... Ext. 236
February 17, 2011

Gilbert B. Bosse
Katheryne K. "Kay" Bosse

Apt. T-1601 ... Ext. 521
February 28, 2011

Daylight Saving Time BEGINS



Sunday March 13

The Civic Affairs Committee presents ...

District #2 City Commissioner Candidates Forum

Paul Caragiulo and Richard Clapp

Wednesday ~ March 2 ~ 7:45 pm ~ Pilgrim Hall

Municipal government is involved in many aspects of our daily lives -- fixing roads, providing water and electricity, collecting garbage, supporting the arts, maintaining venues, and protecting our citizens. District #2 Candidates Paul Caragiulo and Richard Clapp (incumbent) will give us their views on city government and answer your questions, so that you can make an informed choice at the Municipal Election on Tuesday, March 8th, 2011.



Cast your vote right here in our Plymouth Harbor Card Room on Tuesday, March 8.

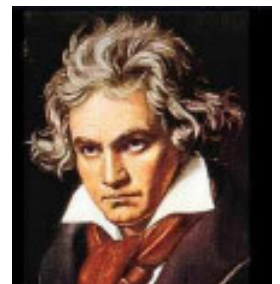
The Program Committee presents ...

An All-Beethoven Pre-Concert Talk

by Carol Kaufman

Thursday ~ March 10 ~ 3:00 pm ~ Card Room

Carol Kaufman offers insight into the life and compositions of Ludwig van Beethoven featured in this coming weekend's Sarasota Orchestra offering -- an all-Beethoven concert. If you're going to the concert -- and even if you're not -- you'll enjoy this pre-concert talk, with Ms. Kaufman playing excerpts from the major parts of the works.



LOVE LETTERS

by A.R. Gurney



“Love Letters” by A. R. Gurney, performed since 1988 in New York and on many other stages, will be performed by Carl P. Denney and Winnie S. Downes on our Plymouth Harbor stage. “Love Letters” is touching, funny, and thought-provoking, and has proven to be a magnificent evening of unadorned theater!

Thursday ~ March 24 ~ 7:45 pm ~ Pilgrim Hall



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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 March

Tuesdays at 7:45 pm

- March 1 *Unstoppable*
2010 Color 98 minutes Rated PG-13
- March 8 *To Catch a Thief*
1955 Color 106 minutes Not Rated
- March 15 *Finian's Rainbow*
1968 Color 141 minutes Rated G
- March 22 *Without a Clue*
1988 Color 107 minutes Rated PG
- March 29 *The Full Monty*
1997 Color 91 minutes Rated R

Have a movie request? Call Ext. 252.

Sundays at 2:00 pm & 7:00 pm

- March 6 *The Social Network*
2010 Color 120 minutes Rated PG-13
- March 13 *3:10 to Yuma*
2007 Color 122 minutes Rated R
- March 20 *Nanny McPhee Returns*
2010 Color 109 minutes Rated PG
- March 27 *Conviction*
2010 Color 107 minutes Rated R