

# HARBOR LIGHT

November 2011

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

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**C e L e B r A t E !**

**11.11.11**

**You'll never see another one!**



## **Veteran's Day**

*Honoring All Who Have Served*

**Friday ~ November 11  
5:00 pm -- 7:00 pm**



**East Garden Atrium: Seating on First & Second Floor  
(dance floor on first floor)**

*Music by the Abe Guard Orchestra for your listening & dancing pleasure*

**SHOW DANCE PERFORMANCE  
by Professional Dancers from Sara Dance Center**

**CASUAL ATTIRE -- Wear Your Red, White & Blue**

**Come Meet Our Newest Plymouth Harbor Residents!**

**PLEASE RSVP to Resident Services at Ext. 252 by Monday, November 7th**

**THIS EVENT IS A JOINT EFFORT PLANNED AND SPONSORED BY**

**Dining Services Resident Services**

**George Doty Jim Griffith Ellen Harrison Bill Murtagh Bobi Sanderson**

# The Spirit of Philanthropy

by Harry E. Hobson, President/CEO

It is hard to believe that the Holiday Season is just around the corner. Thanksgiving is the official day that ushers in this festive time of the year. Thanksgiving also causes us to pause long enough to express appreciation to those who have given of themselves in so many ways, including philanthropically, by making a positive difference in the lives of others. This month I would like to highlight a special act of philanthropy.

Former president of the Residents Association and present member of the Philanthropic Advisory Committee, Jack Denison, recently visited with me to share his desire to sponsor one or more staff members in a career advancement opportunity. The spirit of this gift is to grant someone an opportunity to learn more about his or her profession in a forum off the Plymouth Harbor campus. The immediate goal is to bring new ideas back to Plymouth Harbor. The longer term goal is to produce a "win-win" scenario for both the staff member who grows professionally, coupled with enhanced resident care practices that will ultimately benefit the residents of Plymouth Harbor.

I am pleased to announce that because of this gift, Liz Clark, LPN in the Smith Care Center who has been with Plymouth Harbor for 24 years, will be attending the LeadingAge Florida Leadership Academy this fall/winter. The Academy is a collaboration between our state long-term

care trade association, LeadingAge Florida, and the University of Florida. It is designed to provide a challenging and engaging three-month learning experience to help aging services professionals at any level in their organization accelerate their leadership development so they are better equipped to serve our field. In essence, the mission of the Leadership Academy is to develop the next generation of leaders who will transform the aging services field and fulfill the leadership needs of our members.

As a member of the Advisory Board of the Leadership Academy, I am also pleased to share with you that Brandi Burgess, Smith Care Center admissions coordinator, and Rob Kelly, director of accounting, are both graduates of the Academy.

This "Spirit of Philanthropy" by Jack Denison is an illustration of the synergy that exists so often between residents and staff to produce this thing we often refer to at Plymouth Harbor as "The Sense of Community."

Anyone who would like to learn how they, too, can further ignite the "Spirit of Philanthropy" please feel free to call me (Ext. 515) or stop by my office on the Mezzanine.

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

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

The month of November, what is unique about it? The first thing that comes to mind is the fourth Thursday, Thanksgiving Day. It commemorates the first Thanksgiving celebration of the early settlers of the New World, when the Pilgrims and some Native Americans shared a meal and gave thanks to God for survival and the fruits of the harvest. In our time, the fourth Thursday has come to be known as *Turkey Day* for most Americans — a day with tables overflowing with favorite foods, Thanksgiving Day parades on TV and of course football games. The big question is, are we really grateful for our blessings — great and small — or, is this just another day, a paid holiday from work for most people, a day we think we deserve?

In Deuteronomy 8:7-18 we are reminded that the Israelites were being brought to a land of great abundance, the people would lack for nothing, but the people were not to forget how they got there, nor should they fail to keep God's commandments — they didn't get there on their own.

In Psalm 65 we are reminded that God crowns the year with bounty, pastures overflow, hills are girded with joy (consider the thousands who go to New England for fall color), the flocks are at their peak, and human beings should be heard singing together for joy.

The above references encouraging us to be grateful for our blessings can be lost in the myriad observances of the month and we become blind to our dependence on the gifts of Creation. It's just another month, the beginning of winter's cold and culminating in more food than we can eat, holiday marketing and football. If you look up November on Google you will find that there are lists of *observances* for November: 46 for the month; *weekly observances* number 25 and there are 113 *daily observances* — they range from the sublime to the ridiculous, few among them have anything to do with being thankful. I invite you to consider your blessings and prepare to bring them to the table the fourth Thursday of the month, relish them as we relish the foods on the table, and let us be thankful for life itself, especially our families and friends, for the peace and relative prosperity that is ours as citizens of a great Nation. Let gratitude be the gravy that adds to the flavor of your daily living and sing for joy.

Special observances this month at Plymouth Harbor:

- Traditional reception for all residents on Wednesday, November 23, in the Cafe at 3:00 pm followed by our Thanksgiving Celebration at 4:00 pm in Pilgrim Hall.
- Advent begins on November 27; we will usher in the season of Christmas and prepare for our annual Hanukkah Party.

# THE LATEST NEWS FROM THE FITNESS CENTER

We've made a few significant changes to the group exercise class schedule:

**Starting November 1<sup>st</sup>**  
**ALL group fitness classes are FREE of charge**  
**(This includes Tai Chi and Yoga)**

**A Great BALANCE Class!** A significant number of residents have requested “balance” classes. Did you know that Tai Chi is an excellent form of exercise for balance and coordination? Are you not sure what Tai Chi is? Come by to observe, come by to try it out. These classes are held on Saturday mornings at 9:00 a.m., and starting November 12<sup>th</sup> (no class November 5<sup>th</sup>) they're FREE, so why not try it?



**A NEW yoga class format!** By request from several residents, I have asked Ami French (our yoga instructor) to change the current class to incorporate a **more traditional class format**, one that would appeal to the majority of yoga participants. She feels that she will also be able to tailor the new class to accommodate those who have been doing chair-yoga. So, all can now participate! Please come, starting Wednesday, November 2<sup>nd</sup> at 9:00 a.m. to try out the NEW yoga class and receive the numerous benefits of this type of exercise.



We hope that this NO-FEE policy for the Tai Chi and Yoga classes will entice more residents to participate in these excellent classes.

Look for more news coming shortly!

## The Wellness/Fitness Survey

The survey results are in! Of the 300 surveys sent out to residents, we received 129 responses. Responses were in the form of completed surveys in writing, and a small number of surveys completed by interviews in my office or at a resident's apartment. Of the 129 responders, **71% indicated that they are regular exercisers!**

Please stay tuned for a detailed report of the survey findings coming out soon.

Thank you for your participation!

- Chris Valuck, Wellness Coordinator



## Nagging About Electricity

Naomi Wittenberg said it best. “When I was a child, my parents reminded me to “turn off the lights when I left a room — every time.” We all have an inner parent in our brain. So, listen to your inner parent.

### **Nag #1 Turn off the lights — every time.**

The Schneiders figure they are saving 80% of the cost of lighting their apartment by switching bulbs in all of their lamps to compact fluorescent bulbs (CFLs). 80% of one apartment’s lighting cost is not a big number but, if every resident reduced lighting costs by 80%, that would be a huge savings on our collective energy bill.

If you have not tried CFLs lately, look again. There are many new types: more compact, brighter reading lights, cool or warm tones, faster to start, cheaper, and as long-lasting as ever. You should never have to buy another bulb. If there is a problem, our Maintenance staff can assist you.



### **Nag #2 Switch to compact fluorescent bulbs.**

Florida Power and Light decrees that November marks the return to winter “peak hours.” You remember that using your hungriest electrical equipment in “off peak” hours cuts costs by 15%. “Peak” from November on is any hour except 6:00 to 9:00 in the morning and 6:00 to 9:00 in the evening on weekdays.

### **Nag #3 Use your dishwasher and clothes washer/dryer in the middle of the day.**

There is a little switch on most dishwashers which says “Heated Dry.” You do not need that. The dishes will dry anyway.

### **Nag #4 Turn off the “Heated Dry” switch on your dishwasher.**

Now, do you not feel better — helping our planet’s health (and our electricity bill)?

~ Compliments of the Conservation Committee ~

*Happy  
Thanksgiving*



## **INTRODUCING**

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

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

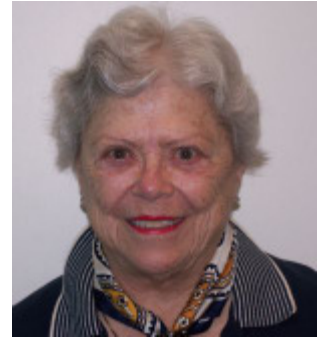
John was in the gold business. It is tempting to visualize young John, pick axe in hand, but it was his grandfather who was in the Klondike gold rush, struck gold, and later started the Williams Gold Refining company in Buffalo, NY, in 1912. John was CEO of the business, which involved precious metals for the dental business, and highly sophisticated metals for the semiconductor industry, from 1958 until the business was sold in 1986.

John got his flying license at the age of 17, but flew his father's Waco biplane on floats when he was eight on their way up to their summer home on Kawagama Lake in Ontario. He needed three cushions to be able to see out of the cockpit. He continued flying all his life, and owned a series of planes. The last one was a pressurized Cessna P-210 which he and Ann, who is also a pilot, flew all over the US and Canada, and even flew to Alaska on a five-week odyssey.

John met Ann on Kawagama Lake where her father, a professor of geology at Colgate, also had a summer home. John was 20 and Ann was 17 when they met. For three years they were an item until John became an Air Intelligence Officer during the Korean War. By that time, John had earned his BS degree from Yale in Business Administration, having been elected as a junior to Tau Beta Pi, the engineering equivalent of Phi Beta Kappa. John married, returned to Buffalo, and was the father of three children.



Meanwhile, Ann, who had grown up at Colgate University as a faculty kid, graduated from Skidmore College in 1953. She soon married, and supported about-to-be doctor husband. When they adopted two sons and a daughter, she became a full time house mother. With the exception of three stints around Washington, she lived in Columbia, MO, where her husband was Dean of the Medical School of the University of Missouri.



With the end of John's marriage, he went looking for Ann. It seemed not to have taken much persuading to convince her to move to snowy Buffalo where they stayed until 1986 when they sold the business and moved to Bird Key. The Bird Key canal was home to a series of boats rigged for fishing and traveling, they cruised in the Bahamas for as much as six weeks at a time. With the larger boats gone, they had an electric powered boat for quiet cocktail trips around the Bird Key canals. Both boats and planes are now behind them, but their passion for bridge remains. Cooking for both of them, and for Ann, Mah Jongg, continue to be equally absorbing. Volunteer work has always been important in their lives. Ann's chief commitment is to All Angels by the Sea. Her long term devotion to health care and to Hospice culminated two years ago as she was given the 20 year award by Hospice.

Can this busy pair work Plymouth Harbor activities into their schedule? They have many, many friends here already. John and Ann say they have simplified their lives so they will be real Plymouth Harbor residents.

- Ish Pederson

## **INTRODUCING**

**Allen Jennings**

**Judith Liersch**

Move-In Date: June 1, 2011

Apt. T-905      Ext. 303

Allen and Judy came to us in June from Nokomis, but their life journey has encompassed no fewer than six continents. Can anybody here top that?

Allen, a native of Marshall, TX, graduated from West Point in 1954 and served in the newly-formed USAF until he retired from active duty in 1980. After graduating from pilot training he served as an instructor at the U.S. Air Force Academy, had a combat tour in Vietnam, and for a time



was attached to the U.S. Embassy in Brussels. After his military retirement he became associate director (CFO) at the Los Alamos National Laboratory, and finally retired for keeps in 1992.

Judy was born in Montreal, part of the tiny English-speaking community in that city. After

attending Cornell University, she went to work at IBM's Wall Street office programming early computers like the RAMAC (Was this the kind that took up the whole floor of a building, Judy?). After a teaching stint in Japan she signed on with Time magazine, helping to create the digital tapes that ran the printing presses. Then came an MBA at Stanford, service in several Washington, DC departments, and an executive position at Los Alamos where, as fate would have it, she found herself occupying an office next to that of a guy named Allen Jennings.



And as they say, the rest is history: marriage, retirement beginning with three years in Washington, and thence to sunny Florida.

As if their previous travels were not peripatetic enough, Allen and Judy shuttle back and forth between our sublime precincts and a hideaway in the mountains of North Carolina. But as of this writing they're in residence here, so drop in and say hello, folks!

- Don Wallace



## **In House Moves**



**A. Hart Wurzburg**

Apt. CC-208 ... Ext. 295  
October 5, 2011

**Norma H. Compton**

Apt. W-306 ... Ext. 280  
October 20, 2011

**Cornelia Futor**

Apt. CC-209 ... Ext. 296  
October 26, 2011

## Writers Workshop



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

**WEDNESDAYS: November 2 & 16, December 7**  
**2:00 pm in the Callahan Center Conference Room**

Questions? Call Maureen Aldrich at Ext. 229

The poem below was written by a participant in the Writers Workshop. This is the first of what we hope will be many short creative pieces showcased in Harbor Light.

### Blow, Winds, Blow

I wish to go where wild winds blow and winter rules.  
 Only last week an endless charcoal grey encompassed me.  
 Denuded trees sped by the window of my train.  
 Skeletons without souls that matched the emptiness within.

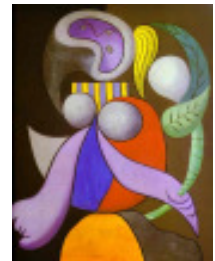
Today the spindly limbs have donned a dress of green  
 And flaunt their many graces with purposeful seduction  
 But I do not respond; I find no joy in Spring.  
 Just give me winter winds, companions to a heavy heart.

- *Lee Yousri*



### Art and Artists

## The Picasso You'd Like to Know



**Wednesday November 30**  
**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.



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

### FICTION - Regular Print

**The 6th Target\*** by James Patterson  
**The Art of Fielding\*** by Chad Harbach  
**Before I Say Good-Bye\*** by Mary Higgins Clark  
**Delancey's Way\*** by James McCourt  
**The Dive from Clausen's Pier\*** by Ann Packer  
**From the Black Hills\*** by Judy Troy  
**Goodnight, Nebraska\*** by Tom McNeal  
**Hell's Corner\*** by David Baldacci  
**Hit and Run\*** by Lawrence Block  
**The Killing Edge\*** by Heather Graham  
**Kill Me If You Can\*** by James Patterson  
**Lethal\*** by Sandra Brown  
**Motor City\*** by Bill Morris  
**The Piano Tuner\*** by Daniel Mason  
**The Race\*** by Clive Cussler  
**Sherman's March\*** by Cynthia Bass  
**Star Island\*** by Carl Hiaasen  
**T is for Trespass\*** by Sue Grafton  
**Thirteen Moons\*** by Charles Frazier  
**Worst Case\*** by James Patterson

### FICTION - Large Print

**The Help\*** by Kathryn Stockett  
**Late Edition\*** by Fern Michaels  
**Lethal\*** by Sandra Brown  
**The Lost Wife\*** by Alyson Richman  
**Merciless\*** by Diana Palmer  
**Monument to Murder\*** by Margaret Truman  
**New York to Dallas\*** by J. D. Robb  
**Robert B. Parker's Killing the Blues\***  
     by Michael Brandman  
**Son of Stone\*** by Stuart Woods

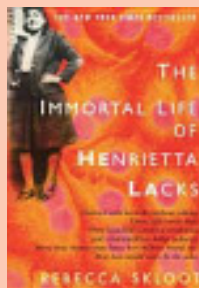
### NONFICTION - Regular Print

**Aftershock\*** by David Wiedemer  
**The Book Nobody Read\*** by Owen Gingerich  
**The Hidden Brain\*** by Shankar Vedantam  
**Rin Tin Tin\*** by Susan Orlean  
**The Secret Life of Pronouns**  
     by James W. Pennebaker

### DVDs New in the Media Library

**Awakenings**      **The Pirates of Penzance**  
**Bill Cunningham**   **The Shipping News**  
**The Conspirator**   **Win Win**  
**Domestic Disturbance**  
**One Flew Over the Cuckoo's Nest**

### **BOOK DISCUSSION** **The Immortal Life of** **Henrietta Lacks** **by Rebecca Skloot**



**Friday**  
**December 2**  
**3:00 pm**  
**Card Room**

**Discussion led by Charles Edwards**

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

# Health and Wellness ...



## Health Matters

### ***Sleepless in Sarasota***

presented by Glenn D. Adams, M.D.

**Wednesday ~ November 16 ~ 3:00 pm**  
**Pilgrim Hall**



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

(Low Vision Resource Center)

**Tuesday, Nov. 1** Dr. Susan Schnack, Sarasota Hearing Center

**Tuesday, Nov. 15** Jennifer Slanker, Andrew Marlow, MD

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



## **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**

#### **November 1**

Orientation to Pierian Spring Academy  
Come Meet the Faculty

#### **November 29**

The Celery Fields: A Gift of Nature  
Jeanne Dubi

#### **November 8**

Infertility and the Creative Spirit  
Robert & Roxane Dinkin

#### **December 6**

Social Conscience ... & ... Pharaohs  
Goody Hirshfeld

#### **November 15**

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

#### **December 13**

You're in the Army Now - 1861  
George Stassa



## Dining Services Events



Reservations Required  
Please Call Ext. 258

### *Cocktails on the Terrace*

Thursday  
November 3<sup>rd</sup>  
beginning at 4:00 pm



*High Tea*  
Wednesday  
November 16<sup>th</sup>  
12:00 noon

### *Kitchen Tour*

Wednesday  
November 30<sup>th</sup>  
9:00 am



### *Thanksgiving Luncheon Buffet*

Thursday  
November 24<sup>th</sup>  
11:30 am -- 2:00 pm  
Dining Room  
Closed for Dinner



## Jim Myers at the keyboard

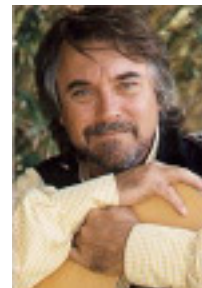
Plymouth Rock Cafe  
5:15 pm - 6:15 pm

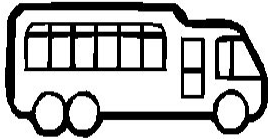
November:    2    7    16    21

## Bill Schustik American Troubador

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

November:    10    14    26    28





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



## DINNER OUTING

**Empress Garden**

Wednesday

November 30

Bus departs at 5:30 pm



Menu available at Resident Services Office ~ Full Bar

Cost: \$7.00 transportation plus Dutch treat dinner

## The Civic Affairs Committee presents ...



### *Community Youth Development*

presented by Yolanda Mancha, Program Director

joined by a CYD Youth Leader

**Thursday ~ November 10 ~ 7:00 pm ~ Pilgrim Hall**

Please note the early start time! It's a program you won't want to miss. There are teens at board room tables of some of the most powerful civic organizations in Sarasota asking intelligent questions, offering viable options, making motions and casting votes. These graduates of the STAR leadership program serve as voting members on boards and committees, an opportunity for them to involve themselves in civic affairs at an early age.



**Daylight Saving Time  
Ends**

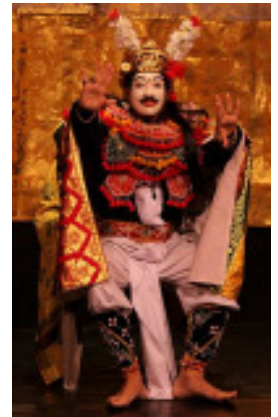
**Sunday, November 6**

# The Program Committee presents ...

## *Purnama Sari Balinese Dance Company*

Thursday ~ November 3 ~ 7:45 p ~ Pilgrim Hall

Balinese dances are an ancient tradition that is part of the religious expression among the Balinese people. For the Balinese, dance is a medium for traveling between "Sekala" (the world of form) and "Niskala" (the world of spirits). It is the alchemy of body and spirit. Birthdays, weddings, festivals -- all are opportunities for this much loved form of expression.



## *Back by Popular Demand* **Ted Rehl in Concert** *FROM VIENNA TO MADRID*



Thursday ~ November 17 ~ 4:00 pm

On the Steinway Grand Piano in Pilgrim Hall

Earlier this year Ted Rehl treated us to an outstanding piano concert on the Steinway grand piano he and his wife, Fran, discovered and generously donated to Plymouth Harbor. Now Ted returns to our stage to perform selections from four composers known to us all and a few less known but just as important in the world of music. We'll be treated to works by Beethoven, Schubert, Debussy and Chopin, as well as Sibelius, Scharwenka and Granados.



## **Strategic & Tactical Investing**

**Maximizing Income & Managing Risk**

presented by Lauren Rudd

Sarasota Herald-Tribune Financial Writer

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

*- Sponsored by the Investment Group -*



### 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

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### 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 November

Tuesdays at 7:45 pm

<b>November 1</b> 1994	<b><i>Quiz Show</i></b> Color 133 minutes PG-13
<b>November 8</b> 1983	<b><i>Educating Rita</i></b> Color 110 minutes PG
<b>November 15</b> 1951	<b><i>The Lavender Hill Mob</i></b> B/W 81 minutes Not Rated
<b>November 22</b> 2007	<b><i>The Visitor</i></b> Color 104 minutes PG-13
<b>November 29</b> 2010	<b><i>Beginners</i></b> Color 105 minutes R

Have a movie request? Call Ext. 252.

Sundays at 2:00 pm & 7:00 pm

<b>November 6</b> 2003	<b><i>Mona Lisa Smile</i></b> Color 117 minutes PG-13
<b>November 13</b> 2011	<b><i>Water for Elephants</i></b> Color 120 minutes PG-13
<b>November 20</b> 2006	<b><i>The Painted Veil</i></b> Color 125 minutes PG-13
<b>November 27</b> 1994	<b><i>Lion King</i></b> Color 89 minutes G