



Lakehouse West

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*Welcome
Summer*



June 2021

Coming Soon

Celebration of Life for Donald Blivas
 Founder of Lakehouse West.
 Hosted by his daughter, Tara Eckhoff.



Wednesday, June 9, 2021
 4:00 p.m., Great Hall
 Lakehouse West
cocktails, appetizers, music



**Hurricane Meeting
 & Cocktail Party**
 Thursday, June 10
 3:30 p.m. Great Hall

Lakehouse West's hurricane policies and procedures review. Find out what you need to know and do in the event of a hurricane.



**Residents'
 Association Meeting**

**Friday, June 4
 10:00 am
 Great Hall**

Reports are given by our Lakehouse West Residents' Association Board Members and Executive Director. Questions are taken and comments are heard. Coffee & Danish served.

**Town Hall Talks Lecture Series presents:
 "Let's Get Nosey and Start Clowning Around"
 by Peggy Williams,
 Professional Clown**

*Wednesday, June 23
 11:00 a.m. Meeting Room
 Sign up in the Events Book.*



Peggy Williams was born and raised in Madison WI. She has a Bachelors degree in Speech Pathology. and attended Ringling Brothers and Barnum & Bailey Clown College in 1970. She was the first female to graduate and be hired by RBBB. Peggy toured the US and Canada with RBBB for 10 years, performing in over 5000 shows, and serving as Advance Clown/Goodwill Ambassador. In 1980 she became the Performance Director/Touring Production Manager, a position she held with RBBB for 8 years. She has created circus theme educational seminars for over 38,000 teachers across the US and Canada. Peggy continued developing marketing initiatives through the closing of RBBB in May 2017. She presently works as Archives Assistant at Ringling Museum. In her spare time she does teacher seminars on the circus, does public speaking on circus topics, and tours retirement community centers speaking about the circus.



Coming Soon



Fathers Day, Sunday, June 20
9:30 a.m. – 11:00 a.m.
If you are a Dad, had a Dad, know a Dad, or plan to be a Dad...enjoy some donuts on Father's Day



Join Roxanne & Anita in the Card Room and learn about the benefits of essential oils.
Part 1, June 10, 3:00 p.m.
Part 2, June 24, 3:00 p.m.



Radiant Replicas Jewelry Sale
Thursday, June 24
11:00 a.m. – 4:00 p.m.
Great Hall



Hope Byrnes, soprano, graduated from Stetson University with a degree in political science. She has performed in operettas and musical theater in Washington, D.C., and then later, while residing abroad, she performed in Rome, Italy, the Caribbean and Madrid, Spain. She has travelled to China as a guest soloist with the Xiamen Philharmonic Orchestra. Locally, Hope has performed at numerous retirement homes, private homes, the Senior Friendship Center, the Ritz Carlton, Sunnyside community, The Sarasota Opera Guild, Asolo Theater Guild, and many other venues.



Karen Sullivan was proficient in violin and piano by age ten. She studied violin at George Peabody College. She has played with the Jacksonville Fl. Symphony and Daytona Beach FL. Orchestra.



HOORAY FOR HOLLYWOOD!

Monday, June 14, 3:30 pm, Great Hall.

Dr Dale Rieth Jr. and his students are coming back with a “Summer Cabaret” presentation featuring talented musical theater students from the Treasure Coast. The production embraces a wide emotional range and is filled with selections from Hollywood film scores that cover the spectrum, from older classics, such as “When You Wish Upon a Star”, to contemporary selections from A Star is Born, Rent and Les Miserables, just to name a few. They look forward to seeing you—this is one you won't want to miss!



Coming Soon

CHORUS THE CHORUS IS BACK!



Tuesdays, June 8 & 22
3:00 pm Meeting Room

Calling all residents!

Sharon Ohrenstein is back as our Chorus Director. You don't need to be a singer- just love to sing!

Performing Arts Lecture Series by Sharon Ohrenstein

Tuesday, June 29
3:00 p.m. Card Room



This lecture discusses classical music & productions, Broadway & musical theater, composers, performers, terms, and historical musical topics.

Sharon Ohrenstein has worked professionally as a singer, actor, director, writer, lyricist, arranger, teacher, and reviewer. She earned a theater degree from the University of Louisville. She has performed major roles in musicals and non-musicals at Florida Studio Theater, George St. Theater (NJ), Coastal Theater Productions and tours, the Burt Reynolds Theater, the Sunstate Opera, The Palladium (FL), and others. She directed Shakespeare with the AFTRA award winning Anchorage Children's Theater (KY).

Sharon has sung internationally in a cabaret act from Canada to Honduras and over 25 years in upstate New York's Catskills. She has written the lyrics to three musicals and an opera—produced in Florida and New York. She has been featured in "Amazing Women of the Suncoast" on ABC 7. We are pleased to welcome Sharon back!

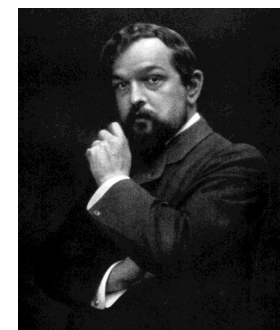


A Music Listening, Lecture, & Related Film Program

by Joan Rubinstein

The Music of Claude Debussy Listening & Lecture

Tuesday, June 15
1:30 pm, Card Room
Sign up in Events Book



(Achille) Claude Debussy

22 August 1862 – 25 March

1918) was a French composer. He is sometimes seen as the first Impressionist composer, although he vigorously rejected the term. He was among the most influential composers of the late 19th and early 20th centuries. Claude Debussy's best-loved piano piece, Clair de Lune, has entered popular consciousness thanks to its regular performance. Debussy's music was a turning point from the Romantic music that had dominated the 19th century to the music of the 20th century.

Film: Seven Years in Tibet

Thursday, June 17
(also, 20, 26, 29)
1:30 pm, Theater
Sign up in Events Book



Seven Years in Tibet, starring Brad Pitt,

is a 1997 American biographical war drama film based on the 1952 book of the same name. This is the true story of Heinrich Harrer, an Austrian mountain climber. When World War II begins in 1939, his German citizenship results in his imprisonment in a prisoner-of-war camp in the Himalayas. He becomes friends with the Dalai Lama during this time. Clair de Lune is featured in this movie.

Staff In The Spotlight



Hello, I am the new Executive Chef at Lakehouse West. I'm well known as "Chef Xander", I started my culinary journey on November 1st, 1985 in Miami Beach, Florida. I have had the privilege to lead culinary teams in restaurants, hotels and casinos as well as an Instructor of Culinary Arts in Puerto Rico. I love to share my passion to cook and serve. I love to showcase Caribbean flavors in my cooking. Fun fact about me: I am big into classic cars and I love to cook for my family and friends. I am heavily involved in serving my community as well. I love to give back to others. My theme in life is: I was born to serve others, with love and excellence. I look forward to meeting you. Please enjoy the Italian theme dinner I have planned for you on Wednesday, June 16.



Cocktail: White or Red Sangria

Starters: Pasta Fagioli or Caprese Salad

Entrée: Chicken Marsala with Bowtie Pasta
Pasta Creation- Penne Pasta with your choice of shrimp or chicken. Topped with Roasted Vegetables and smothered in your choice of Marinara, Alfredo or Pesto Sauce, Cheesy Garlic Bread

Dessert: Tiramisu or Mini Cannoli

Peggy Snyder, Head of Housekeeping

Born in Parkersburg, West Virginia, Peggy has lived in the Sarasota / Bradenton area for 53 yrs. and in May 2021 will mark 33 yrs. at Lakehouse West. Those have been very busy years as she monitors the house-keeping staff who keep our apartments pristine. With her husband of 39 yrs. years, Tom, and their two dogs, her after-work life offers her a good balance. Peggy enjoys crocheting and other craft projects. Talking with the couple's daughter who lives in Minnesota is her favorite past-time!



Richard Howells, Lead Driver

Born in Michigan, Richard has lived in Florida since 1960 and graduated from Sarasota High School before joining the Marine Corps in 1963, serving for 4 yrs. Following his military service he worked in many local stores including Assistant Manager at Winn Dixie. Richard attended Sarasota Vo-Tech, learning to be an AC/Appliance Technician. He graduated and worked for 32 yrs. at Sears before retiring as a Tech. Service Manager there. He went to work in Port Charlotte at a Catholic church & school as Maintenance Dir. before retiring from there in 2009. He earned a commercial driver's license and drove for Cardinal Mooney and Lakehouse West. Richard has been married for 57 yrs. He and his wife have 5 daughters, 15 grandchildren & 1 great grandchild. Wow!



Interviews by Ginny Cardozo

Health & Wellness

Barbara Argue RN, DON

Barbara is available in the Health Center Monday thru Friday from 8:00 a.m. to 4:00 p.m. or by calling ext. 507. After hours and on weekends there is always a nurse on duty 24 hours a day 7 days per week to provide residents' assistance in a medical emergency. In this instance, call the receptionist (#0) and ask for the nurse to call you. Please do not leave a message at extension 507, as Barbara is not available after 4:00 pm or on weekends.



Laboratory Services

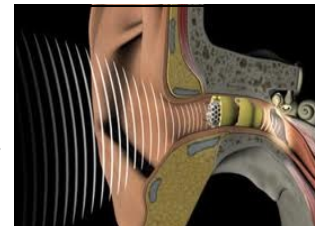
Lab draws are in the Health Center (Barbara's Office) between 7:30 and 8:00 a.m. on Tuesdays. No appointment is necessary, but you may want to review your lab slip with the Director of Nursing. Specimen cups are available in the Health Center for you to pick up that morning. Questions? Call ext. 507.



Hearing Aid Services

Fourth Tuesday of every month 9:00 a.m.– 10:00 a.m. in the Card Room.

A representative from Gulf Gate Hearing Aid Center will check and clean hearing aids. They can also change batteries and provide batteries. No appointment is needed.



BODIES IN MOTION



Exercise (Strength & Balance) with Albert Perez, PTA.
Monday & Friday 11:00 a.m.
Meeting Room



ZUMBA! with Yael Campbell, Certified Zumba Instructor
Tuesday, 9:30 a.m.- Meeting Room



Chair Yoga with Rick Rabalais, Certified Yoga Instructor
Tuesday, Wednesday & Thursday—
11:15 a.m.-Meeting Room



Tai- Chi with Hope Byrnes
Wednesdays, 3:15 p.m.-
Meeting Room

Blood Pressure Services

Residents may have their blood pressure checked at any time the Health Center is open.



Podiatrist Services

Dr. Clode visits Lakehouse West every two months beginning in March 2021, and will see residents in their apartments. Call 507 for information.



Medical Appointment Transportation

Lakehouse West provides transportation for residents to medical appointments. Monday thru Friday from 8:00 am—12:00 pm.

Sign up for medical appointment transportation by 3:30 pm the day before your appointment. You must provide the exact address and time for your appointment. The medical appointment sign up book is located in the Great Hall.



Resident In The Spotlight

Congratulations Helen Fleder for having her essay below included in an upcoming issue of **3rd Act-Aging with Confidence** magazine published by Oshi Publishing LLC. The stories and articles featured in this magazine challenge worn-out perceptions of aging and offer a dynamic new vision.

The Sunny Side of Aging

As we age, time seems to move too swiftly and relentlessly. Our mirror reflects the way gravity reshapes our face and body and in time, denies us a once full and luxuriant head of hair. We find ourselves walking a bit more tenuously and less erect, stealing inches from our once proud posture and the perfect balance we could depend on for stability. However, when it comes to having regrets about aging, there is a silver lining. Although we will never regain our once youthful appearance or enjoy the boundless energy that empowered our multi-tasking, we are no longer demanding of our expectations for achieving success or feel the need to apologize for our short comings. We have learned to appreciate our admirable qualities that keep us young at heart. We have greater opportunities to socialize and treasure times we can spend with friends and family who give purpose to our lives and helps us remain ageless and unalterable. We admit to being part of a generation that is unable to grasp the meaning of the words and cadence of current popular music. We find the acceptable social mores of the youth distasteful. We are often confused and intimidated learning how to adjust to an electronic age when texting became the preferred method of communication and the sound of a familiar voice responding to a phone call was replaced by digital messaging. Then again, we can proudly boast of our creative writing skills; cursive handwriting,



proper grammar and correct spelling, an essential part of our education but seriously lacking today. Our years of experience have also given us practical knowledge and wisdom, as beneficial as anything one can learn from social media! Although we have to admit that our hearing may need a boost and our memory may be waning, we are now at an age when we have earned the luxury to spend time as we please. We feel free of major responsibilities, have the opportunity to learn new skills and can engage in activities that may be challenging, but will enlighten our lives. There is no way to avoid aging but we can focus on its advantages. With the passing of time we need to replace regrets with appreciation for our blessings and pride in our accomplishments. We lived and were guided by rules that taught us the meaning of honor and respect, as well as how to write “thank you” notes when we received a gift! Perhaps that is why we are thought of as the “Greatest Generation” and have so many reasons to be grateful!

Helen Fleder, 2021

Resident Birthdays in June

Date	Resident Name	Apt. #
2	Philip Walther	360
12	Warner Fiala	230
13	Joyce Goacher	211
21	Helen Fleder	346
21	Jeanne Blacksin	333
21	Dr. Jack Handel	337
24	Matthew Mariano	164
25	David Mosher	246
29	Ann Gray	125

On the last Friday of every month residents sign birthday cards and donate \$1.00 for every card signed to local charities. The program is managed by the Friendship Committee.

In Memoriam

Ann Lanier, passed away, May 12
Robert Wendlandt, passed away, May 15

NEWSBITS- Best Newsletter
2017, 2018 & 2019

Awarded by Florida Health Care
Activity Coordinators Association

Editor & Publisher: John Dionne
Editorial Consultants:
Ginny Cardozo, Writer & Editor
Ginny Coveney & Larry Olson, Editors
Stephen Martin- Bennet, photo contributor

**Making the rest of your life
the best of your life...**

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Life with Style
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