

## Our New Residents

*Continued from last page*

Some of us feel that through travel and other incidents that we have led a very exciting life. Well, you "ain't" experienced anything until you get **Joan and Jerry Durfee** in a conversation about their lives—where they've been and what they've done.

They were both born in the Canal Zone, were high school sweethearts, celebrated 48 years of marriage, produced a daughter who is a missionary in Peru, and have a son who is studying for his Masters in divinity.

Jerry was a Lt. Commander and program manger in the US Navy having graduated from the US Merchant Marine Academy, Kings Point,

New York. After retiring from the Navy, he joined Allied Signal where he was a program manager and designed communication suites for special mission ships. Both careers were instrumental in getting him and his family to many exotic places in the world. Joan accompanied Jerry on his travels around the world, and their home contains mementoes of the many places they visited.

Jerry is a Scottish Rite Mason and involved with the local organization as well as going Viera every Monday to assist disabled veterans in filing their claims.

Joan graduated from University of North Carolina at Greensboro. In her later years she was a biology tech with the Gulf Coast Research Lab in Ocean Springs, MS and a bacteriologist with the Maryland State Health Department

Both Joan and Jerry are avid Gator fans and also enjoy a good game of dominoes.

Why not make it a point to meet them? You'll be glad you did.



*Jerry and Joan Durfee • H-312*

Although they both hail from Kansas, **Kent and Ruth Blosser** have lived in Vero Beach for 30 years before moving into Indian River Estates a couple of months ago. They met on a blind date in school and will celebrate their 60th anniversary this September. They have three children: a daughter and son who live in Florida and a daughter who lives in Tennessee. They are blessed with 5 grandchildren and one great grandchild.

Having been in the construction business before retiring, Kent enjoys woodworking and has a shop in Vero Beach where he "whittles" away his time creating clocks and other things. Ruth plays golf on a regular basis at the Vero Beach Country Club and enjoys bridge with friends.



*Kent and Ruth Blosser • VI-7535*

During the depression, Kent's father moved the family to Hawaii where they lived for about 13 years. Kent remembers the bombing of Pearl Harbor as he was in Hawaii at that time.

The Blossers have traveled extensively in their motor home; they have enjoyed boating as a couple, and Kent has piloted his own plane.

Friends from Vero Beach Country Club recommended ACTS to them, and they are glad they made the decision to move here and are enjoying their beautiful villa on Indian Oaks Drive.

# West Side Story

Indian River Estates • West & Villas • Vero Beach, Florida

To share the West Side Story with friends, goto [www.IREwest.com](http://www.IREwest.com)

May 2010



## May Birthdays

- 4 Harry Dennis\*
- 6 Florence Granger\*
- 7 Virginia Daries
- 7 Duncan Donald
- 9 Peg Hurley
- 10 Stan Ensminger
- 13 Joan Durfee
- 17 Carey Parnell
- 18 Sarah Smith
- 18 Alice Worman
- 19 Barb Meehan\*
- 19 David Symons
- 23 Louise Grove
- 28 Charles Kline
- 28 Pat Rogers
- 31 Hildy Whiston

## Early June Birthdays

- 1 Nancy Brost
- 1 Bob Webber
- 1 Ruth Volckausen\*
- 2 Doris Scheiderbauer
- 3 Helen Potter
- 4 Bob Auble\*
- 4 Homer Kallsen
- 4 Marguerite Reid\*
- 6 Robert Stuart
- 7 Milton Burdsall
- 7 Nancy Shepard

\* **WBC & OBT**

## From our Resident Nurse

*Safety is a continuing journey  
—not a final destination.*



*Becky King*

We have just completed the month of April, with a significant emphasis on "Safety." As we all know, safety is not just something we practice a few days or a month out of the year. Rather, it is something that we should always respect and give it our utmost attention. As I was reflecting over the safety events and all the things that we enjoyed, I continue to review the practices of medication safety.

**Here are a few reminders that I want all of us to remember.**

1. **Always maintain a list** of your current prescription and nonprescription medications and other products such as vitamins and minerals, that you are taking. Keep an updated list with you at all times.

2. **Review the medication list** with each of your health care providers.

3. **Be aware of your medications** and why you take them.

4. **If you have a new medication**, or if one of your medication dosages change, review it with the pharmacist on how to properly take the medication, the side effects, and what to do if you experience side effects.

5. **Let the resident nurse know** if you have any medication changes from your physician or from a hospital or WBC stay.

6. **Review the expiration date.** Remember to look at your medication bottles and always discard the expired medications (especially nitroglycerin). If it is a medication that you are currently on, let your health care provider know, so they can provide a new prescription for you.

7. **If you have any questions**, don't hesitate to call or stop by our office. If we don't know the answer, we will do our best to point you in the right direction to find the answer.

I know that we have only touched "the tip of the iceberg" regarding all of the safety practices that we should each incorporate into our lives on a daily basis. However, let's all do our very best to practice what we have learned this past month and with each of us doing this: **We Can Make A Difference.**

Remember.....Safety is a journey, not a destination. Let's take the journey TOGETHER!

## Chat With Chad

### Walking

Recently I read a story about a Native American tradition for young boys. When the boys grew to a certain age they would be taken deep into the woods and left alone to provide for themselves. The lesson was to teach them how to survive on their own and also how to find their way back to the village. The duration could be days or weeks until the boy would return to find his father standing at the edge of the forest to welcome him home and present him with gifts to commemorate his success. How



Chaplain Chad

could the father have known at what point his son would emerge from the forest? He obviously did not stand there waiting for a week or more. No, he didn't. In fact the father only emerged a short time before the boy. The young boy, now a man, did not know that throughout the entire journey the father was always close by to protect his son from dangers and predators too strong for him.

In the scriptures (Luke 24) a similar event happens on the road to Emmaus. Two men are walking from Jerusalem to Emmaus when the Lord comes up beside them. He walks with them. He talks with them. Interestingly, they do not even recognize Him until later on in the day when they received bread from Him as they all were gathered around the table.

Personally, I can get busy and so wrapped up in my own stuff that sometimes I forget that God is right here with me. However, it is comforting to know that God will come alongside and walk with me even in those times when I do not seem to recognize him.

—Chad Elberson, Chaplain

Visit Chad's site:  
[www.LifeAtlas.org](http://www.LifeAtlas.org)

## Residents' Association

### April was Safety Month

About 30 residents took part in a 6-hour AARP Mature Drivers Course that helped sharpen their driving skills.

51 residents brought their cars to the Car-Fit event. Their mirrors, seats and steering wheels were adjusted to each individual driver. A thorough check of brake lights, head lights, hazard lights, hand brakes, and other parts of the car was completed. This program was designed to assist with car safety.

Fire drills in all of the buildings were held to keep the residents aware of safe procedures during a fire.

Genesis Therapy presented an interesting Fall Prevention program.

This included many general safety tips for your apartment. Each department in the West-community created interesting informative displays for our lobby, all stressing safety.

On Safety Day a video presentation of safety dos and don'ts starring many of our residents was shown.

Training was held on the safe use of electric carts and wheelchairs. New speed signs, stating 21 miles per hour, on Indian Oaks Drive also appeared.

All of the events and programs were arranged to ensure our residents a safe environment. Safety is everyone's responsibility.

I sincerely hope that you will do your part.



Lyn Marvin

## Fitness

Are you starting your day right with a little breakfast? So many people do not eat breakfast... a bad way to start off your day!

A nutritious, well-balanced morning meal not only sustains your energy levels throughout the morning but also helps many other things. Did you know that research has shown that breakfast eaters are more successful at losing weight and maintaining that weight loss compared to breakfast skippers? Imagine that! Keeping your body fueled with little meals of food during the day helps it burn those calories more efficiently and consistently. If the body doesn't get fed regularly, it will store extra fat to keep the body going later on.

Also, did you know that a high-fiber breakfast helps you stay more alert than a breakfast of high-fat foods? And most know that whole-grain cereals, rather than refined cereals, help lower the risk of heart disease. The right breakfast choices help start your day with immune-boosting vitamins and minerals.

Have I sold you on breakfast yet? I love breakfast! We have a great breakfast served right here each morning in the café and right after you're done...join me in an exercise class! Gotcha! No excuses...you have been fueled and ready to work!

I realize many eat a good breakfast at home as well but I have to give a little plug to culinary! So, try eating breakfast for a week or two. See if you feel any different. More energy...less hungry by lunch... healthier choices of course. **This makes each day a great day because...Life Really is Good!**



Sberyl Laudermilk

## Our New Residents



Jim and Ginny Mackin • H-219

15 years after retiring to Spruce Creek Flyin outside of Port Orange in Volusia County, **Jim and Ginny Mackin** decided that it was time to make a change. They also decided they were finished with the maintenance and upkeep of ownership and choose IREW at Vero Beach as their new home. They became familiar with the ACTS concept because they lived not very far from Brittany Point in Pennsylvania.

Jim enlisted in the Navy during World War II and served on a destroyer escort. After discharge, he attended Keystone Jr. College in La Plume, Pennsylvania, and went to the University of Kentucky for his degree in engineering. Ginny, a resident of Philadelphia, also attended Keystone Jr. College where she met Jim and married him 59 years ago.

After getting his degree in engineering, Jim worked for Bell Atlantic in that capacity. At one time, Ginny worked for Adventures Abroad, which placed students with families in France in the summertime.

The Mackins are avid duplicate bridge players, and Jim enjoys a round or two of golf. Ginny enjoys handwork of all kinds and their home has many samples of her quilting and bargello. She also enjoys bowling and is going to try her hand at the game via Wii.

Continued on next page

## Great Decisions



Rolf Bibow

Our meeting this month will be on May 20 at 10:30. The title in your briefing book is "Europe's far east - the uncertain frontier". It refers to the former Soviet States, and their relations with Russia.

In our discussion, I am inclined to focus more directly on Russia, and the relationship between the US and Russia. We will deal with the former Soviet Republics primarily to the extent that they impact that relationship.

From the earliest times, Russia has been an expansionist nation.

The period of its greatest expansion dates back to the Tsarist regimes of the seventeenth and eighteenth centuries. In Soviet times, the USSR was composed of 14 republics in addition to Russia itself, the mother land. The republics were former independent nations, ranging from Moslem countries in the South, to Hindu and Buddhist nations to the East. The country was, and still is, of enormous size, spanning 12 time zones.

We all remember the Cold War. We also remember the Berlin airlift, and the Soviet role behind the scenes in Korea and Vietnam. And we remember the growing fear of nuclear conflict, as the Western nations prepared for an all-out Soviet attack.

Then, in 1991, the USSR dissolved. The former Warsaw Pact states became independent, although still under strict Soviet control. Very slowly the relationship between East and West improved. But it was a fractious relationship, worsening when Vladimir Putin came into power. He claimed rights to the former Soviet territories on terms of national security. Using military force and economic policies, his aim was to reconstitute a larger Russian sphere of influence.

The US and its Western partners took a balanced approach, resisting in certain areas, focusing on bilateral relations in areas of mutual interest. It worked. There was a loosening of ties between Russia and the former republics, starting with a wave of pro-Western revolutions. In Ukraine there was a democratic national election. We will discuss the Ukraine at some length. Most of the other former republics joined NATO or the EU, or both.

The Global Financial Crisis hit Russia and its former republics especially hard. The countries that had previously joined NATO and the European Union held up the best. But it dealt a serious blow to the Russian policy of using economic tools to exercise control over the other nations.

Relations between the West and Russia have continued to improve. On April 8, of this year, the US and Russia signed a new START agreement, which will lead to a 30 percent reduction in nuclear warheads.

As we have discussed in previous meetings, we see the emergence of new superpowers. The US is still one of them. Russia is not, but it remains a power to be reckoned with.

## FLiCRA News



Otto Schricker

Here we are at the end of the regular legislative session. So far, barring end of session unusual action, CCRCs are involved in only 3 actions. They are: Revisions to S651, Nursing Home Background Screening and Assisted Living Facilities Required to Have External Defibrillators on Site.

Florida Statute 651 is the safety net for residents of CCRCs. FLiCRA objected unsuccessfully to a provision lengthening the required visit of our State officials from 3 years to 5 years. However, we do have the right to request a visit whenever we feel the need.

Our person in Tallahassee recommend that we not pursue this further at this time. FLiCRA has not opposed the other two acts. All of the above actions are very likely to become law. HOWEVER, do not feel that you can put your **trusty phones, pens, and emails** away since we are assured that there will be a SPECIAL SESSION called by the Governor to address the shortfall in revenue in the state budget.

Currently, CCRCs and Assisted Living Facilities are exempted from a sales tax on meals, entrance fees, and monthly maintenance fees. With the Legislature facing a shortfall of \$3 billion dollars, we must remain alert.

The best way to become aware and up-to-minute on such possible actions is for our computer users to sign on to [www.flicra.org](http://www.flicra.org) and enter your email address where it is indicated. You will then receive reports directly from Bennett Napier, our man in Tallahassee, and be able to react immediately. Your Board will, of course, in due time, inform everyone, but immediate response is always more effective. If this exemption were to be removed—heaven forbid, the estimated cost would be an additional \$3,500 annually per individual. Besides the impact on the 26,000 members of CCRCs, it would have a negative effect on the state's economy as well! So STAY READY, SIGN ON TO [www.flicra.org](http://www.flicra.org) and RESPOND AS YOU ALWAYS HAVE WHEN NEEDED!!

### In Memoriam

Claire Hammett

Mildred Frary



### West Side Story

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# May 2010

West and Villas

West and Villas

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>2</b> 11:00 Worship Service Chaplain Chad <b>COMMUNION</b>  5:45 Treasure Coast Chorale [Bus]	<b>3</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 <b>Wii Lessons [CR]</b> 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	<b>4</b> <b>Dr. Splendoria</b> 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Wine & Dine [ER] 7:00 Dominoes [HMR]	<b>5</b> 9:30 Bible Study - Chapel 10:30 Res Assoc Mtg [MPR] 1:30 Ping Pong [GR] 4:30 <b>Cinco De Mayo [Lobby]</b> 6:30 Social Bridge [MPR]	<b>6</b> 8:30 Exercise [MPR] 9:00 <b>Nu-2-U [East A-311]</b>	<b>7</b> <b>Dr. Demar</b> 9:00 Exercise [MPR] 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	<b>1/8</b> 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 12:30 Scrapbooking [AS] 7:00 Bingo [MPR]
<b>Mother's Day</b>	<b>9</b> 11:00 Worship Service Chaplain Chad	<b>10</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 <b>Wii Lessons [CR]</b> 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	<b>11</b> 8:30 Exercise [MPR] 9-10 <b>Belton Services</b> 1:00 Duplicate Bridge [MPR] 1:30 <b>Town Hall [MPR]</b> 1:30 Bridge with Sue [GR] 1:30 FLICRA [HMR] 5:00 Wine & Dine [ER] 7:00 Dominoes [HMR]	<b>12</b> 7:30 <b>Omelettes Cafe</b> 9:30 Bible Study - [Chapel] 10:45 Miniature Golf 12:00 Panhellenic Lunch [ER] 1:30 <b>Ping Pong [GR]</b> 2:00 Prayer Chain [Chapel] 6:30 Social Bridge [MPR]	<b>13</b> 8:30 Exercise [MPR] 11:00 <b>Medical Lecture [MPR]</b> 1:15 <b>HVIP [Bus to East]</b> 2:00 Landscape Mtg [HMR] 4:30 <b>BirthDay Night [CDR]</b> 7:00 <b>Solender's present "Gershwin" [MPR]</b>	<b>14</b> 9:00 Exercise [MPR] 1:30 Ping Pong [GR] 5:00 <b>CC Casual Night CDR</b> 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	<b>15</b> 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 12:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Kreps & B. Johnson
	<b>16</b> 11:00 Worship Service Chaplain Chad	<b>17</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 <b>Wii Lessons [CR]</b> 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 2:00 Book Discussion [RR] 6:30 Social Bridge [MPR]	<b>18</b> <b>Dr. Splendoria</b> 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Wine & Dine [ER] 7:00 Dominoes [HMR]	<b>19</b> 9:30 Bible Study - [Chapel] 10:45 <b>Miniature Golf</b> 11:30 <b>Jewelry Sale [GR]</b> 11:30 <b>Poolside Lunch [I BLD]</b> 1:30 <b>Ping Pong [GR]</b> 6:30 Social Bridge [MPR] 6:30 <b>Theatre Guild [BUS]</b> "It runs in the Family"	<b>20</b> 8:30 Exercise [MPR] 9:00 <b>Nu-2-U [East A-311]</b> 10:30 <b>Great Decisions [MPR]</b> 1:30 <b>Sarah Circle's [RR]</b> 5:00 <b>Upscale Dining [ER]</b>	<b>21</b> 9:00 Exercise [MPR] 1:00 <b>Finance Group [HMR]</b> 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	<b>22</b> 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 12:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Holtz/Holtz
	<b>23</b> 11:00 Worship Service Chaplain Chad	<b>24</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 <b>Wii Lessons [CR]</b> 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	<b>25</b> 8:30 Exercise [MPR] 10:15 Day Trip to River [Bus] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 4:30 <b>Culinary Event [Lobby]</b> <b>Grad Night</b> 7:00 Dominoes [HMR]	<b>26</b> 9:30 Bible Study - [Chapel] 10:45 Miniature Golf <b>Sales Luncheon</b> 1:30 <b>Ping Pong [GR]</b> 6:30 Social Bridge [MPR]	<b>27</b> 7:30 <b>Omelettes Cafe</b> 8:30 Exercise [MPR] 10:45 <b>Medical Lecture [BUS to EAST]</b> 1:30 <b>Food Forum [CDR]</b> 7:00 <b>John Sadler Concert Broadway and Beyond</b>	<b>28</b> 9:00 Exercise [MPR] 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	<b>29</b> 9:00 Exercise [MPR] 12:30 Scrapbooking [AS] 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR] 7:00 Bingo [MPR] Herr / Hegarty
	<b>30</b> 11:00 Worship Service Chaplain Chad  5:00-6 Ice Cream Social [MPR]	<b>Memorial Day 31</b> <b>MAIN OFFICE CLOSED</b> 10:00 Open Art Studio [AS] 11:00 <b>Wii Lessons [CR]</b> 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]		<b>West Fitness Room Hours</b> Mon: 8:00am - 8:55 am & 10:00am-10:45 am Tues: 8:00am - 8:25 am & 9:40 am-12:00 noon Wed: 8:00 am - 10:30 am Thurs: 8:00 am- 8:25 am & 9:40-am-12:00 noon Fri: 8:00am - 8:55 am & 10:00am-12:00 noon			

- Locations**
- [AS] Art Studio
  - [CDR] Crystal Dining Room
  - [CR] Conference Room
  - [GR] Game Room
  - [HMR] H Meeting Room
  - [MPR] Multipurpose Room
  - [ER] Emerald Room
  - [RR] Fire Place Reading Room

- Wednesday Lunch Café Specials**
- 5/5 Cheese Burger & Fries
  - 5/12 Pizza
  - 5/19 Potato Bar
  - 5/26 Grilled Chicken Ceasar Salad

- Weekly BINGO LEADERS
- 1st Holmes - Kenny
  - 2nd Guzak - Guzak
  - 3rd Kreps-Johnson
  - 4th Holtz - Holtz
  - 5th Herr-Hegarty

**Bridge Coordinator**  
Lane Gillooly  
299-3422

- Monthly BRIDGE LEADERS
- Monday Social Bridge**  
Sheppard / Kelly
  - Tuesday Duplicate Bridge**  
Hal Simon
  - Wednesday Social Bridge**  
Ball / Hegarty

<b>Tennis Round Robin</b> Mon, Wed, Fri 8:00 am Tennis Courts John Dearman 569-7238	<b>Computer Club</b> Every Monday 1:00 pm Computer Room Bob Hempton 978-6495	<b>Billy Jo Water Exercise</b> Mon thru Sat 9:30 am I Building Pool Peg Hurley 770-0131	<b>Saturday Night Bingo</b> Multi Purpose Room 7:00 pm Gladys Read Coordinator 978-0421	<b>Water Volleyball</b> Mon and Fri 1:00 pm North Villa Pool Abbott 567-1524 Paulsen 778-5198	<b>Stitch &amp; Gab</b> Mondays H Meeting Room - 1:30 pm Nancy Cavan 567-5930	<b>Golf</b> Wed 8:00 am Vista Plantation Sherrill Oliver 794-9768	<b>Shuffleboard 9 am</b> Fri: Cavans Sat: Brosts
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- REGULAR TRIPS
- MONDAYS  
9:00 am  
DOCTOR RUN  
9:30 am  
Groceries  
1:00 pm  
Doctor Run
  - 1:00 pm  
Indian River Mall & Ryanwood
  - TUESDAYS  
9:00 am  
Doctor Run
  - 1:00 pm  
Doctor Run
  - WEDNESDAYS  
9:00 am  
Doctor Run
  - 9:30 am  
Ryanwood - Groceries
  - THURSDAYS  
9:00 am  
Doctor Run
  - 1:00 pm  
Doctor Run
  - FRIDAYS  
**(First Friday)**  
9:30 am  
Shopping Loop
  - (Second Friday)**  
9:30 am  
Miracle Mile
  - (Third Friday)**  
9:30 am  
Shopping Loop
  - (Fourth Friday)**  
Garden Mall