

West Side Story

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



From our Resident Nurse

*"The ability to ask the right question is more than half the battle of finding the answer."
—Thomas J Watson*

In recent days we have had quite a number of questions come through the resident nurse's office. It's exciting to me when the phone rings or someone arrives in my office pondering a question as it gives us both the opportunity to learn.

I want to take this opportunity to review some very important questions and information that have come through our office, and that I shared at the May Resident Counsel Meeting concerning DNRO's (Do Not Resuscitate Order) and Living Wills.



Becky King

Q. What is the difference between a DNRO and a Living Will?

A. A DNRO deals specifically and only with the refusal to have CPR in the event of cardiac or pulmonary arrest. It is a physician's order and must be signed and dated by a physician. Living Wills deal with a broader spectrum of end of life related issues. Living Wills are NOT a physician's order.

Q. If I have stated in my Living Will my wishes not to have CPR in the event of an arrest, do I still have to have a separate DNRO form?

A. Yes, the DNRO is the ONLY legal document that can be honored by medical personnel in the event of a cardiac or pulmonary arrest.

Q. Does a DNRO have to be printed on yellow paper?

A. Yes, if it is printed on any other color of paper, it will NOT be valid.

Q. Is it a requirement to post it somewhere in particular?

A. It should be kept in a noticeable, easily accessible place (the back of the apartment door, or head or toe of the bed.) It needs to be able to be visualized easily by medical personnel at all times.

Q. Does a DNRO expire?

A. No

Q. Is the Florida DNRO form good outside of Florida?

A. No, the Florida DNRO form is only good in Florida.

Q. Can the form be revoked?

A. The form can be revoked at any time either orally or in writing, by physical destruction, by failure to present it, or by orally expressing a contrary intent by the patient or the patient's health care surrogate.

If you are contemplating whether the DNRO is something that is suitable for you or your loved one, please discuss it thoroughly with your physician. A DNRO is generally used by someone who is suffering from a terminal condition, end-stage condition or is in a persistent vegetative state.

I hope this has assisted in answering any questions that you may have. It is vital that we all be educated on this important and delicate subject, in case the need should arise with you or your loved one. It is less difficult to make an educated decision when you are educated on the subject.

If you should have any other questions or concerns about this or any other health issue, please feel free to call or stop by our office, and we will do our best to assist you.

Remember.....Never Be Afraid To Ask!

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 Bob Stuart
- 7 Milton Burdsall
- 7 Nancy Shepard
- 10 Betty Vandenburg
- 11 Vera Bader
- 13 Fred Sirianni
- 14 Ruth Marino
- 14 Charles Stowell
- 17 Cynthia Kinsella
- 20 Joanne Bauer
- 21 Nancy Pascarelli
- 22 June Dohnal
- 23 Marian Hodges
- 23 Corinne Smith
- 26 Lyn Marvin
- 26 Bob Kuntz
- 27 Sue Glover
- 28 Jim Donmoyer
- 28 Alan Smith
- 30 Joseph Morris
- 30 Jeannette Webber

***WBC & OBT**

We salute and thank the culinary graduating class for their outstanding devotion and service.



From left to right:

Front row: Stephanie Bench, Kaylah Pratt, Natalie Stone, Shanti Ferrura, Ashley Reams, Kodi Vredenburg
Back row: Robert Muth, Chris Secor, Kevin Moffett, Richard Simmons, Bilduie Romilus, George Bryan

Residents' Association

On April 26, Diane O'Rourke, Director of Nursing at Willow Brooke Court, presented an interesting program on **Cultural Change** and our new health facility. Many residents expressed that they did not understand the term Cultural Change and were unaware that it was occurring in the individual apartment areas also.



Lyn Marvin

Cultural Change is occurring because the seniors arriving at CCRC's today are different from those of years ago. The "Silent Generation" no longer exists. The new seniors want a voice in decisions. They also want more choices in dining venues, more home-like atmospheres, and services based on the individual resident.

Cultural Change is taking place in West. The Emerald Room, wine and dine nights, upscale dining, casual night, and lunch by the pool have given us more dining choices. Our Resident Association has many opportunities for residents—through our committees—to become involved with management decisions. Residents, staff, and employees work together on charity drives, entertainment shows, educational events, and special celebrations.

July Birthdays

- 1 William Close
- 1 Rae Keffer
- 5 Dorothy Benson*
- 5 Gil Johnson*
- 6 Libby King
- 7 Ruth White



Chat With Chad

All of Our Strength

A father and son were crunching leaves under their feet as they were hiking along a wooded trail through the mountains. It was a cool summer morning and the birds were making songs that echoed alongside the rustling of the water that paced through the valley. The path wound up and down the base of the mountain range and at one point in the midst of tossing sticks and throwing rocks into the water, they came across a large branch that had fallen across the trail. The young boy immediately envisioned an exceptional opportunity to impress dad with his ever growing muscles.

As his dad crouched over like a lumberjack preparing to hoist a log, the boy said; *Wait dad, I believe I can move the limb all by myself.* He then asked his father; *Do you think I can move it?*

You certainly can, if you use all of your strength.

So like a kid winning his first stuffed animal at the fair, the boy wraps his arms around the limb, and he grunts and strains with the force of a linebacker. Oh how he stretched and pushed, but that remainder of the oak tree seemed like it was nailed into the path. Discouraged and bewildered the boy flopped on the ground and slurred to his dad; *You said I could move it!*

The dad replied; *Yes, of course, but you did not use all of your strength.*

Yes I did! I tried as hard as I could, said the boy. Then the dad put his hand on his son's shoulder and said, *All of your strength, means using all of the strength available to you, and I am right here to help you.* So together, with all the boy's strength available, they moved the branch.

The scriptures tell us in Ecclesiastes 4:9-10 *Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help.*

Our own personal strength is much greater when we include those around us.

Fitness

"Core"... we have been hearing about "core" for a while. When you research "core function" you get a lot of different results yet similar with the basic principles of "core function" to be: effective and efficient.

Energy should be put toward this, the most important part of any organization. We can have the core functions, X & Y's, in numerical equations, a persons "core function" in a business, the "core function" of a police department or public health, and the "core function" a gene mutation with the X chromosome....

So, I should clarify that when I talk about the "core function"! It is the part of our body that needs to be the most effective and efficient.

Energy needs to be put forth as an important part of our "organization", or body, to help it work efficiently.

The muscles of the core run the length of the trunk and torso. When they contract, they stabilize spine, pelvis and shoulder girdle and create a base of support. Abdominal muscles, deep within the superficial muscles, aid in strengthening of hips, pelvis and torso as well.

Having a core conditioning exercise program will focus on improving these muscular functions through strength and power. These muscles make it possible to stand upright, shift body weight, and generate movements of the extremities.

The conditioning of the core muscles help protect our back as well. In fact, it is weak and unbalanced core muscles that are



Sberyl Lauder milk

linked to low back pain. Weak core muscles result in loss of lumbar curve and a swayback posture. Stronger, balanced muscles help maintain appropriate posture and reduce strain on the spine.

So, try to stand and sit a little straighter, shoulders down and pulled back, belly button in, chin up, and keep that smile because ... Life really is good!

From the Desk of the Executive Director

On Friday, May 14, 2010, Indian River Estates was the recipient of several Bald Cypress trees, given to us compliments of the Indian River County Soil and Water Conservation District. This was IRCSWC's second Annual Arbor Day Free Tree Planting Event, where one hundred Bald Cypress trees were planted around local storm water retention ponds in five different subdivisions in Indian River County. The purpose of this event; there are many lakes, or storm water ponds in Indian River County which were built to address storm water runoff—both to prevent flooding and to let pollutants settle out before the runoff enters the canal system and ultimately enters the Indian River Lagoon. Many of these ponds are in residential areas and are not managed by the local governments. Planting vegetation, especially trees, along the shore lines of these ponds is something all residents can do to help increase the ability of the ponds to "clean" the water. In addition to improved water quality and conservation, these trees will create habitat and attract wildlife such as wading birds. Last year, IRE applied to the conservation district to take part in their first event, however, we were a little too late, as five other subdivisions made application previous to ours. This year we made the list to receive approximately 24 trees, until we were notified that one of the other subdivisions backed out of the program at the last minute. We actually received 40 Bald Cypress trees, for free!

Another really great thing about this program was all 40 trees were planted by volunteers. There were approximately 17 people here to plant these trees. There were staff members from the conservation district office, and volunteers from our local Best Buy store, as well as a number of youth from the Youth Volunteer Corps (part of the Boys and Girls Club of Indian River County). It was wonderful to see so many youth (and a few of their parents) give of their time to help improve the environment, and enhance our already beautiful campus.

I wish to personally thank Brenda Davis and staff from the Indian River County Soil and Water Conservation District, as well as the many volunteers who came to plant the trees, to make this a truly wonderful event for our campus. Ms. Davis assures me that we are on the list for their Arbor Day Tree Planting program for next year, and I'm very much looking forward to it.



Tom Sutton

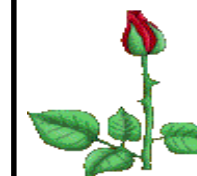
The HVIP (**Hearing and Visually Impaired Persons**) bus will leave from the West lobby (at 1:15 pm) for our 1:30 pm meeting on **June 10, 2010** in the East Auditorium. Dr. Roger Meyer of **The New Vision Eye Center** will speak on **Macular Degeneration**. He will be accompanied by John Palmer from **Magnifying America** in Melbourne. Mr. Palmer will present, demonstrate, and provide information on the new magnification equipment for low vision persons.

The **book discussion group** will meet on June 21 at 2:00 P.M. in the reading room.

The book for discussion is:
House of Sand and Fog
by Andre Dubus III.

The discussion will be led by Barbara McCollister. Call Joan Auble for questions.

In Memoriam



Phil Besancon

Florence Granger



Stover Snook

Great Decisions

By guest writer: Stover Snook

Our next Great Decisions meeting will be held on June 17 at 10:30 AM. The topic will be "Enhancing Security through Peacebuilding". Peacebuilding has been defined by the United Nations as "measures aimed at reducing the risk of lapsing or relapsing into conflict by strengthening national capacities for conflict management, and laying the foundations for sustainable peace".

There is a growing realization among military and diplomatic professionals that military forces are a necessary but insufficient means for protecting American national security. These professionals claim that national security also depends upon the anticipation and prevention of the next conflict that can arise within a strife-torn country or region of the world. For example, U.S. Secretary of Defense Robert Gates said has that "The security of the American people will increasingly depend on our ability to head off the next insurgency or arrest the collapse of another failing state....." Marine Corps General Anthony Zinni, former commander of the U.S. Central Command (Middle East and East Asia), argues that money spent to help stabilize and build up the resilience of fractured societies overseas is not just charity, but also a prudent and pragmatic investment in U.S. national security.

It is interesting to note that the distinction between hawks and doves has now become somewhat blurred. In recent years, many so-called doves have advocated military intervention to defend citizens against massive human rights abuses in Bosnia, Kosovo, Darfur and elsewhere. Many so-called hawks, on the other hand, have argued that America's own national security requires assertive efforts by the U.S. Government and other organizations to build and sustain international peace. One such organization is the U.S Institute of Peace, an independent, federally funded nonprofit organization established by the U.S. Congress in 1984.

One of the problems is that the U.S. Government invests much more in military than in nonmilitary foreign policy tools. In 2008, the administration budgeted nearly 16 times as much for defense spending (\$623 billion) as for civilian aspects of global engagement such as diplomacy and development assistance (\$39.5 billion). According to a 2009 report jointly published by the U.S. Marine Corps and the U.S. Joint Forces Command, "The U.S. Government is drastically unbalanced with respect to military/civilian ratios," with soldiers outnumbering diplomats and development specialists by a ratio of 210 to 1.

General Zinni concludes that the U.S. must reassert its "power and purpose" by engaging in a global "battle for peace". He points out that *If you lack peace and stability in most parts of the world, it affects our way of life and our economic well-being...this isn't a purely altruistic drill.*

Our discussion will focus on specific ways to enhance peacebuilding and, consequently, our own national security.

All are welcome. Come join us.

West Side Story

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FLiCRA News



Otto Schricker

In the regular Legislative session there were only a few bills passed that affected CCRC residents. Any of you who took my suggestion to sign up on www.flicra.com have already received a summary from our man in Tallahassee. The rest of you will have to see the FLiCRA bulletin board opposite the Office or rely on my summation.

The suggested changes to S651, the law defining CCRC and residents rights, sponsored by the state body responsible for administering it, with the advice of FLiCRA, has passed, and it is expected to be signed into law.

The only objection we had to the changes was the longer time between required state visits. However, we may request visits and reviews of ACTS operation of our facility anytime we feel it is needed.

Another bill, House 945, will require Assisted Living Facilities, such as Oak Bridge Terrace, to have an External Defibrillator on site and staff trained in its use. We supported this provision. Both East and West have this device on site already. There were two other bills relating to Nursing Home funding and staffing. Funding was cut contingent on the U.S. Congress extension of enhanced

Federal funding. Also, staffing was set at 3.9 hours, weekly average, per resident per day. Finally, Nursing Home Staff and Contract employees, and all employees with access to resident living areas or property will be subject to screening of their backgrounds. This will start August 1, 2010 for new employees and finish June 1, 2015 for all employees.

So far, we have escaped relatively free of extra taxation but will have slightly increased costs. The Governor has already hinted at calling a Special Session, so keep your fingers crossed.

On the home front, plans are being made to hold the Annual Statewide Meeting at Indian River Estates in November sponsored by both East and West Chapters. This will be a real opportunity for us to see how FLiCRA operates on a statewide level and to see those who make it work.

Even though it's summer and vacation time, **keep those pens, phones, and emails dusted off and at the ready**, and for those who are going away and for all others too—

HAVE A GREAT RESTFUL SUMMER!

**Current and past copies
of the West Side Story are available at:**

WWW.IREwest.com

email a friend!

**Deadline for July issue of the West Side Story is
June 24th at the close of business.**

June 2010

West and Villas

West and Villas

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

30	Memorial Day 31	1	2	3	4	5
Sorry No Ice Cream Social	Main Office Closed 11:30 Memorial Day Buffet Casual Dress [CDR] 1-3 Operation Medicine Cabinet [Lobby]	Dr. Splendoria 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Wine & Dine [ER] 7:00 Dominoes [HMR]	9:30 Bible Study - Chapel 10:30 Res Assoc Mtg [MPR] 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311]	Dr. Demar 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]	9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR]
6	7	8	9	10	11	12
11:00 Worship Service Chaplain Chad COMMUNION	9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 Wii Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	8:30 Exercise [MPR] 9-10 Belton Services 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 1:30 FLICRA [HMR] 5:00 Wine & Dine [ER] 7:00 Dominoes [HMR]	9:30 Bible Study - [Chapel] 10:45 Miniature Golf 1:30 Ping Pong [GR] 2:00 Prayer Chain [Chapel] 6:30 Social Bridge [MPR]	7:45 Beachwalk [BUS] 8:30 Exercise [MPR] 11:00 Medical Lecture [MPR] 1:15 HVIP [Bus to East] 2:00 Landscape Mtg [HMR] 4:30 Birthday Night [CDR]	9:00 Exercise [MPR] 1:30 Ping Pong [GR] 5:00 CC Casual Night CDR 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Kreps & B. Johnson
13	Flag Day 14	15	16	17	18	19
11:00 Worship Service Chaplain Chad	9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 Wii Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 2:00 Book Discussion [RR] 6:30 Social Bridge [MPR]	Dr. Splendoria 8:30 Exercise [MPR] 11:00 Ask the Director [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Wine & Dine [ER] 7:00 Dominoes [HMR]	7:30 Omelettes Cafe 9:30 Bible Study - [Chapel] 10:45 Miniature Golf 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:30 Great Decisions [MPR] 1:30 Sarah Circle's [RR] 4:30 Culinary Event [Lobby] Western Night	9:00 Exercise [MPR] 1:00 Financial Discussion Group [MPR] 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Holtz/Holtz
20	21	22	23	24	25	26
Father's Day 11:00 Worship Service Chaplain Chad	9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 Wii Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	8:30 Exercise [MPR] 10:15 Day Trip to River [Bus] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Wine & Dine [ER] 7:00 Dominoes [HMR]	9:30 Bible Study - [Chapel] 10:45 Miniature Golf Sales Luncheon 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	7:30 Omelettes Cafe 8:00 Beachwalk [BUS] 8:30 Exercise [MPR] 10:45 Medical Lecture [BUS to EAST] 5:00 Upscale Dining [ER]	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]	9:00 Exercise [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Herr / Hegarty
27	28	29	30	<div style="border: 2px solid black; padding: 10px; background-color: #ffffcc;"> <p style="text-align: center; margin: 0;">West Fitness Room Hours</p> <p>Mon: 8:00 am - 8:55 am & 10:00am-10:45 am</p> <p>Tues: 8:00 am - 8:25 am & 9:40 am-12:00 noon</p> <p>Wed: 8:00 am -10:30 am</p> <p>Thurs: 8:00 am - 8:25 am & 9:40 am-12:00 noon</p> <p>Fri: 8:00 am - 8:55 am & 10:00 am-12:00 noon</p> </div>		
11:00 Worship Service Chaplain Chad	9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 Wii Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	Dr. Splendoria 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Wine & Dine [ER] 7:00 Dominoes [HMR]	7:30 Omelettes Cafe 9:30 Bible Study - [Chapel] 10:45 Miniature Golf 1:30 Ping Pong [GR] 1:30 Food Forum [CDR] 6:30 Social Bridge [MPR]			

- 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**
- 6/2 Potato Bar
 - 6/9 Turkey Wrap
 - 6/16 Burger & Fries
 - 6/23 Seafood Platter
 - 6/30 Meatball Sub

- 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**
Datamas
 - Tuesday Duplicate Bridge**
Hal Simon
 - Wednesday Social Bridge**
Kingstons

Tennis Round Robin Mon, Wed, Fri 8:00 am Tennis Courts John Dearman 569-7238	Computer Club Every Monday 1:00 pm Computer Room Bob Hempton 978-6495	Billy Jo Water Exercise Mon thru Sat 9:30 am I Building Pool Peg Hurley 770-0131	Saturday Night Bingo Multi Purpose Room 7:00 pm Gladys Read Coordinator 978-0421	Water Volleyball Mon and Fri 1:00 pm North Villa Pool Abbott 567-1524 Paulsen 778-5198	Stitch & Gab Mondays H Meeting Room - 1:30 pm Nancy Cavan 567-5930	Golf Wed 8:00 am Vista Plantation Sherrill Oliver 794-9768	Shuffleboard 9 am 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