

## Indian River Residents' Association



Lyn Marvin

By now, I'm sure that everyone has noticed our new, more strategically-placed, **21 M.P.H. speed signs** on Indian Oaks Drive on his way to the back gate.

For many years residents have complained that their cars would not go 15 miles per hour, and therefore, they drove at faster speeds.

The Building and Maintenance Committee and the Board of Directors of the Residents Association made this increased-speed suggestion to management, and it was acted upon!

It seems unusual to increase speed limits in order to decrease speed, but it is our hope that knowing the new speed limit, 21 miles per hour, is a realistic one which everyone will follow. The board suggested the new speed limit hoping that it would catch your attention.

In April, a pedestrian/car accident very nearly happened, but our resident avoided it by moving quickly and falling. She was slightly injured.

In June, a near car/bicycle accident occurred. Again our resident was able to react quickly. **These incidents should be wake-up calls for all residents.**

Please remember that drivers should stay within speed limits, always use turn signals, stop at all stop signs, stay in their lanes, and **stay very alert at all times.**

Pedestrians should use sidewalks when available, walk in the daytime, look both ways before crossing the street, and stay alert.

I know that everyone has knowledge of these rules. However, an injury or—heaven forbid—a fatality would be terrible. So I urge everyone to remember that the wise drivers will be safe drivers by following these simple rules.

Lyn Marvin  
President

## Fred and Betty Stewart Interview

*We regret that they were out of town  
...their picture will follow!*

Our Pennsylvania contingent has grown by two since Betty and Fred Stewart came to H-105 this spring. You may not have met them yet because of their extensive traveling since their arrival.

Fred is an electrical engineer who graduated from Drexel University, and Betty spent many years in the fund-raising wing of Thomas Jefferson University.

They are the parents of one son and two daughters. Fred and Betty were strong in Boy and Girl Scouting as well as other assorted children's activities.

They were also involved in the Episcopal Church. To name only two of their many jobs, Fred was the Senior Warden and Betty the Clerk of the Vestry!

Fred's parents and grandparents were from Donegal, Ireland, and because of that Fred was a member of The Orangemen Fraternal Organization, he became the only American to serve as the Imperial President of their worldwide body.

Both love their bicycling, and out-of-doors activities including racquet ball. In the short time they have been here, they already love living at IREW.

### A Quote from our Friends at Microsoft

Here are the dates when support will end for PCs running Windows XP and Windows Vista without the latest service packs:

- Support for Windows Vista without any service packs ended on April 13, 2010. To continue support, make sure you've installed Windows Vista SP2.
- **Support for Windows XP with Service Pack 2 (SP2) will end on July 13, 2010.**

**To continue support, make sure you've installed Windows XP Service Pack 3 (SP3).**

### Now from Harry—

Your windows will still run, but you cannot get updates; therefore, please be sure to update to service pack 3 before July 12th.

To find out if you have service pack 3, you can go to CONTROL PANEL---SYSTEM and then look at the top 1/3 of the window called SYSTEM.

Confused? Call me...it's free!! 299-5200

**Stop by the Art Room to see the art show by Joan Perkins!**

# West Side Story

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



## July Birthdays

- |                       |                      |
|-----------------------|----------------------|
| 1 William Close       | 16 Barbara Lindell   |
| 1 Rae Keffer          | 16 John Marker       |
| 5 Dorothy Benson*     | 17 Betsy Hewson      |
| 5 Gil Johnson*        | 18 Joan Perkins      |
| 6 Libby King          | 20 Roger Neetz       |
| 7 Ruth White          | 22 Mary Holtz        |
| 8 Genie Schricker     | 23 Kitty Whitney     |
| 10 Thelma Gwaltney    | 25 Nancy Hunter      |
| 13 Judith Hegarty     | 25 Walter Wrzesinski |
| 14 Bud Kleckner*      | 26 Pat Meyers        |
| 15 Beanie Beil        | 28 Philip Dietz      |
| 15 Betty Quinn Donald | 28 Stover Snook      |
| 15 Joan Kingston      | 30 Anson Fyler       |
| 16 Gloria Holmes      |                      |

\*WBC and OBT

## August Birthdays

- 5 Harry Taylor
- 6 Frances Kinney
- 7 Robert Kingston

Residents were informed of the many services that ACTS provides during hurricanes.

The meeting was well attended...as was the *hurricane-style* lunch that was served in the Crystal Dining room.



## We prepare for hurricanes!



Tom Sutton welcomes Mrs. LoPresti, Emergency Management Planner for IR County, who gave a very informative talk which was complete with a video—and she brought a hurricane-awareness brochure for everyone!



## Chat With Chad

### Hot Dog! Success!

The hot dogs were sizzling as they radiated those dark diagonal grill lines just like picture on the package. Yumm. With only a few minutes remaining before we would devour our non-vegetarian feast, my son, Samuel, invited me to share from my vast resource of fatherly wisdom and life experience. He asked me that profound, moment of truth, soul searching question that most fathers encounter along the way, *Daddy, what are hot dogs made of?*



Chaplain Chad

Oh, my. The wind suddenly shifted, and the smoking grill was about to be clouded by the smoke that would soon roll out of my mouth.

*Well, let's see;* I replied. Quickly, I glanced at the package label and read words and phrases like; mechanically separated meat, pork (I thought pork was meat?), meat by-products, spices? Honestly, up to this point it had been a pretty long day. The last thing I wanted to do, was to have the kids smoldering the notion in their minds whether or not to eat their hot dogs. So this is the answer that billowed from my vocal chords; *Hot dogs are made of all the meats* (notice I did not say stuff) *that taste better than anything on the grill.* *Not bad* I thought to myself. However, his reply plunged the grilling fork deep into my profound wisdom and intellect. *No daddy,* Hannah said, *they were made of weenie dogs..* I was silenced. What could I say? I had been trumped by the creative wisdom of a seven year old.

Recently, I read a quote from John Maxwell in his book, **Failing Forward**, *A lot of failure goes into success.* He went on to describe how most of the time we only see the end result, not realizing the amount of work and struggle necessary to create success in any arena of life. He later states; *if we knew the challenges people faced before achieving success, we would want no part of it*

That's true. Like the hot dog, if we knew everything in it, we might be tempted to just pass the plate on by. Realistically a lot of hard work, diligence and even failure go into success, but success will never be achieved apart from them.

Remember that as we pray and reach for success in an area of our lives, we are also asking God for some of those things we may not like but which are necessary to achieve the results.

*For I know the plans I have for you,* declares the Lord, *plans to prosper you and not to harm you, plans to give you hope and a future.* Jeremiah 29:11

By the way, we enjoyed our dinner, thankful for the Grace of God and the taste of finely grilled weenie dogs.

## FLiCRA News



Otto Schricker

Here it is July. Vacation time is upon us, and the summer doldrums are upon us. Things are pretty quiet in Tallahassee, no special session has been called. Governor Crist has taken a few moments off from running for the US Senate to sign a few of the legislative bills of interest to Residents of CCRC'S (us). House Bill 1253 was signed

which increased financial transparency to Resident's Councils and require Office of Insurance examiners to ensure that all required disclosures are made to residents and resident's councils. House Bill 945 requires all Assisted Living Facilities with 100 beds or more to have an automated external defibrillator on-site and train people in its use. Surprisingly, in this time of budget crunching, a \$199 million dollar cut in Nursing Home funding was vetoed. This affects Nursing Homes that have Medicaid patients which we do not have. House Bill 7069 was signed into law and requires an FBI Level 2 screening of all new employees providing personal care or who have

access to residents living area or property. Prior to this only a lesser Level 1 screening was required. The Level screening costs about \$75.00 per screening. It applies to new employees as of August 1, 2010, and to all employees by June 30, 2015. This doesn't eliminate a possible Special Session to consider ways of increasing State income. SO we still need to KEEP THOSE PHONES, PENS AND E-MAILS dusted off and at the READY.

**Other activity is centered about preparations for the State-wide FLiCRA meeting to be held at IRE East in November.** We will be active participants in this meeting which will give everyone an opportunity to see our state board and state-wide residents in action. Let's all get ready to give our Fellow FLiCRA Members a rousing IRE welcome! Have a restful, healthy summer



Becky King, Cynthia Kinsella, and Fred Dixon welcome Erin Montegut, as our new Nurse Home Administrator.



## Residents Recognized

A year ago this month, we honored Tom Hewson and his mainstay, Betsy, for their founding of the virtual **AXE Airlines**.

Go to [AxeAviation.com](http://AxeAviation.com) for more info, for a reduced rate on tickets, and for good background music provided by Dolly Costarino.



## From our Resident Nurse

I saw this quote the other day and it made me chuckle. "A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the mower is broken." (And I wanted to add ..... "and the heat index is not 110 degrees.")

Well... we all know that when you live in Florida that it's just "plain hot" during the summer. As I was thinking about how hot the temperatures have been already, I started thinking about a few tips that we can all benefit from.



Becky King

We all agree that taking a daily walk is an excellent way to stay fit. If you engage in this activity, be sure to take proper precautions if you walk outdoors.

According to the Centers for Disease Control and Prevention we are more susceptible to heat illnesses as we get older because:

- \* As people get older they do not adjust as well as young people to sudden changes in temperature.
- \* The older population are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.
- \* The older population are more likely to have a chronic medical condition that changes normal body responses to heat.

Here are some safety precautions when staying active this summer.

- \* Avoid walking outdoors between 10 am to 2 pm which generally is the hottest time of the day, stay inside where it is air conditioned.
- \* Initially walk at a slower pace than usual to prevent exhaustion and retreat to a cool place if you start to feel uncomfortable.
- \* Wear light colored and loose fitting clothing.
- \* Drink plenty of non-alcoholic fluids to remain adequately hydrated.

Plan on bringing a bottle of water before heading outdoors.

- \* If you are on a fluid restricted diet consult with a physician on the amount of liquid you should consume.
- \* Move your exercise routine to early morning or later in the evening.
- \* Never leave anyone in the car while you run to do a quick errand. Not a pet, not a child, not anyone. It's never safe. Cars can become overheated quickly and when overheated become like ovens. People can succumb to heat exposure and death very quickly in a hot car.

The signs of heat exhaustion include

- \* Clammy skin
- \* Loss of color in skin
- \* A tired, overestimated look on someone's face
- \* Headache

Also watch for thirst. Research shows that people should never technically get thirsty. If you feel thirsty, there's a good chance you're already too dehydrated. If you see any of the above exhaustion signs get out of the heat immediately. Give the person plenty of cool fluids and wipe them down with cool clothes. If they don't improve rapidly call the resident nurse or call 911.

Well it's inevitable that we have and will continue to experience some high temperatures, but let's do all we can to drink plenty of fluid and avoid being outdoors during the heat of the day. So with our glass of lemonade in hand, lift it high and let's all make a toast ... "Here's to summertime."

## Library Report

We hope our residents have discovered the over 100 new books that have been shelved in the last three months including a great many timely non-fiction.



Gladys Read

Due to the limited facilities of our general library (paperback room), there will be some category-location changes over the next few months which will necessitate your consulting the identification signs to find the different classes of books. Please bear with us since the changes are made for readers' accessibility.

The following information may be of interest to readers. Imagine, according to the NEA, the number of adults who have read at least one literary work in the last 12 months has increased for the first time in over 25 years. It would be interesting to know the statistic here at IREW.

Readers who have computers might find the following two sites interesting: [whatshouldireadnext.com](http://whatshouldireadnext.com) and [shelfari.com](http://shelfari.com).

Some of our residents may be interested in mysteries involving the culinary arts. If so, why not try Diana Mott Davidson, Joanne Fluke, Joanne Pence, Anthony Bourdain and Michael Bond to name a few. While you may not find all these authors in hard back, you will find them in the paperback section.

This is the time of the year to read and relax. Why not do so?

### West Side Story

#### Editor

Rodney Nowak

#### Writers

Gladys Read, Tom Sutton, Otto Schrickler, Chad Elbersen, Rolf Bibow, Lyn Marvin, Sheryl Laudermilk, Becky King

#### Photographers

Rodney Nowak, Harry Ewell

#### Proof Readers

Stan Ensminger, Miriam Plans

#### Distribution

Rodney Nowak, Ken and Mary Abbott

#### Layout

Harry Ewell

#### Printing

Harry Ewell, Rodney Nowak

## Fitness

The weather has surely changed from those long, cold spells of "winter" here in Florida. Now we are amidst the heat and humidity of the summers in "Paradise!" This is when we need to be aware of dehydration and the precursors to heat strokes which can sneak up on us so quickly while we are out enjoying our fitness activities.



Sheryl Laudermilk

It is recommended that one drink about two glasses of water within two hours of outdoor activities and continue to sip water while doing them. It is also very important to re-hydrate after coming inside to replenish the water you may have lost through sweating.

Heat exhaustion comes as a result of dehydration. Some of the most common signs are nausea, dizziness and weakness, and can continue into headaches, weak pulse and disorientation. If still untreated, heat strokes will occur when the neurological system is affected and can cause delusions and hallucinations.

From my own little bit of experience, this can creep up on you when you are feeling like you are fine and enjoying the day. Even the less strenuous activities can put a stress on the body. Try to stay in during the hottest part of the day and stay hydrated with plain old water! There are lots of great clothes to help you stay cool as well.

Don't forget the sun screen! So...drink before you're thirsty...rest before you're tired, and *as always* remember... **Life really is good!**

### New Phone Directories

The new phone directories are out!

Please note that our friends in Medical are listed with their room numbers and phone numbers... if available. Some have asked **WHY** the bolded names...it is only to help your eye follow across to the phone numbers!

Also, please note the new insert with phone numbers for East and West! It has a map of our campus with room and villa numbers on the back. Ever wonder which way to go to H (the building)? Now you can tell!

# July 2010

West and Villas

West and Villas

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**West Fitness Room Hours**  
 Mon: 8:00 am - 8:55 am & 10:00am-10:45 am  
 Tues: 8:00 am - 8:25 am & 9:40 am-12:00 noon  
 Wed: 8:00 am -8:45 am & 11:00 am-12:00 noon  
 Thurs: 8:00 am - 8:25 am & 9:40 am-12:00 noon  
 Fri: 8:00 am - 8:55 am & 10:00 am-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**  
 7/7 Krab Salad Wrap w/ Chips  
 7/14 Pizza  
 7/21 Coney Island Hot Dog  
 7/28 Potato Bar

- 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**  
 Shepard / Kelly  
**Tuesday Duplicate Bridge**  
 Hal Simon  
**Wednesday Social Bridge**  
 Hilchie / Zieseniss

<p>11:00 Worship Service Chaplain Chad <b>COMMUNION</b></p> <p>11:30 4th of July Picnic [CDR] <i>Casual Dress</i></p>	<p>9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 WII Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch &amp; Gab [HMR] 7:00 Presidents and Their First Ladies [MPR] <i>No Bridge Tonight</i></p>	<p>8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Wine &amp; Dine [ER] 7:00 Dominoes [HMR]</p>	<p>9:00 Miniature Golf 9:30 Bible Study - [Chapel] 10:30 Res Assoc Mtg [MPR] 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]</p>	<p>8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:30 Cathloic Mass [OBT] 7:00 Movie [MPR] "The Blind Side"</p>	<p><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]</p>	<p>9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Holmes &amp; Kenny</p>
<p>11:00 Worship Service Chaplain Chad 1:45 Movie [MPR]</p>	<p>9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 WII Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch &amp; Gab [HMR] 6:30 Social Bridge [MPR]</p>	<p><b>Dr. Splendoria</b> 8:30 Exercise [MPR] 9-10 Beltone Services 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 1:30 FLICRA [HMR] 5:00 Wine &amp; Dine [ER] 7:00 Dominoes [HMR]</p>	<p>7:30 Omelettes Cafe 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 1:30 Ping Pong [GR] 2:00 Prayer Chain [Chapel] 6:30 Social Bridge [MPR]</p>	<p>8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 5:00 Upscale Dining [ER] 7:00 Movie [MPR]</p>	<p>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]</p>	<p>9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Kreps &amp; B. Johnson</p>
<p>11:00 Worship Service Chaplain Chad 1:45 Movie [MPR]</p>	<p>9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 WII Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch &amp; Gab [HMR] 6:30 Social Bridge [MPR]</p>	<p>8:30 Exercise [MPR] 11:30 Ask The Director [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Wine &amp; Dine [ER] 7:00 Dominoes [HMR]</p>	<p>9:00 Miniature Golf 9:30 Bible Study - [Chapel] <b>Sales Luncheon</b> 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]</p>	<p><b>Dr Demar</b> 8:00 Beachwalk [BUS] 8:30 Exercise [MPR] 4:30 Culinary Event [Lobby] "Life at the Beach" <i>Casual Dress</i></p>	<p>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]</p>	<p>9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Holtz &amp; Holtz</p>
<p>11:00 Worship Service Chaplain Chad 1:45 Movie [MPR]</p>	<p>9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 WII Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch &amp; Gab [HMR] 6:30 Social Bridge [MPR]</p>	<p><b>Dr. Splendoria</b> 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Wine &amp; Dine [ER] 7:00 Dominoes [HMR]</p>	<p>7:30 Omelettes Cafe 9:30 Bible Study - [Chapel] 9:00 Miniature Golf 1:30 Ping Pong [GR] 1:30 Food Forum [CDR] 6:30 Social Bridge [MPR]</p>	<p>8:30 Exercise [MPR] 9:30 Humane Society Thrift Store Collection [MPR] 7:00 Movie [MPR]</p>	<p>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]</p>	<p>9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Herr &amp; Hegarty</p>

<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
--	---	--	--	--	--	--	--

- 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)**  
 Gardens Mall  
**(Fifth Friday)**  
 Miracle Mile