



The walls go up!

Celebrations were held at both East and West.



Please don't miss Salute to our Veterans on November 11, 2010 in our Multipurpose Room.

We have a wonderful show with a cavalcade of performers starring our resident, staff and a few very special guest performers.

We are fortunate to have dance instructor, **Harry Sark from the Royal Ballroom Dance Studio** dancing on stage with our **Jane Young**.

Harry, originally from Bulgaria has been in Vero Beach since 2008. He began his career in dancing at age 6 and has competed for more than 14 years. He was both a semifinalist and a finalist at more than 10 European International Dancesport Federation competitions and was champion of a Bulgarian national competition.

We thank Harry Sark and The Royal Ballroom Studio for his participation in our show.

Show time is 7:00 pm, and we request that everyone is seated before 6:50 pm.

A Chat With Chad

Recently I typed "Thank you" into the Google search box and in a split second there were over nineteen million references available. I was just looking for one or two.



Chaplain Chad

Anyway, in those few minutes of browsing I learned that at least 450 known languages have a word or expression for *Thank you*. If that many spoken dialects use *Thank you*, then it must be significant. And it is! The kindness and graciousness that we can express in a simple *thank you* opens doors and soothes some of the harshness we may encounter in a day. Those two words can transform our attitudes almost immediately. I believe the early settlers had this in mind at the first Thanksgiving celebration many years ago. Their living conditions were far from desirable, but they chose to stop and give thanks to God for what they did have.

During this season of Thanksgiving it is a great time for us to reflect and recognize that we all have so many things for which to give thanks.

Psalm 100:4-5

Enter his gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. For the Lord is good and His love endures forever;

His faithfulness continues through all generations.

HAPPY THANKSGIVING!!!

West Side Story

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

November, 2010



November Birthdays

- | | |
|----------------------|---------------------|
| 2 Kent Blosser | 19 Lane Gillooly |
| 3 Kay Moyer | 19 James Smith |
| 4 Fred Stewart | 20 Ed Groves |
| 5 Helen Ball | 21 Mil Flatley |
| 8 John Henderson | 22 Angela Catallo |
| 10 Lovey Slaton | 22 Homer Willett |
| 11 Jim Mackin | 23 Joey Adamson |
| 12 Bill Holland | 23 Terry Hinz |
| 13 Gloria Hoffer | 24 Dorothy Boyce |
| 14 Barbara DeSanctis | 12 Doug Glover |
| 14 Olga Sartori | 28 Jeanette Morris |
| 16 Molly Connors* | 30 Elizabeth Weiss* |
| 18 Stanley Kroll | |

Early December Birthdays

- 1 Joan Kenny*
- 2 Ellie Dwyer
- 3 Sue Bronson
- 4 Anne Jentsch
- 6 Gertrude Goett*
- 7 Barbara McCollister

***WBC & OBT**



Things to do this month!

Daylight Saving ends set clocks BACK!

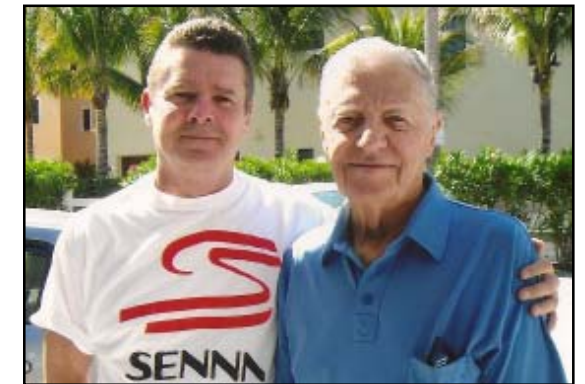


Sunday, November 7th

Congratulate Steven Reschak and his staff for winning the second round cook-off in Boca!



Visit our art studio



Christain and Hal Bauer

Joanne and Hal Bauer's son, Christain, graduated from Ohio University with a BA in Fine Arts in 1978.

Christain will have a show in our artist studio this month and will feature some of his early watercolors and pastels from the late '70s.

He is now designing web sites for corporations, small businesses, and individuals.

You may see additional art on his website, ChristainBauer-FineArt.com

FLICRA News



Cynthia Kinsella

It is with sadness that I take over—even temporarily—the reporting that Otto Schricker did so well each month.

We will miss him and our thoughts and prayers are with Genie.

This has been a busy month for FLICRA. Our Nominating Committee spoke with potential candidates for the Board and reviewed biographies. As a result the Committee recommended four candidates to the Board for action in November. They are **Ed Fehrs, Mary Keefe, Pat Meyers, and Bob Stuart.**

The Regional Conference was held on October 13th at Devonshire in P.G.A. Gardens. Four of our members attended, and all were impressed with the facilities surveyed on a guided tour. We were fortunate in having Bennett Napier, our Executive Director, present as was Charlie Paulk, the State President. Our Milt Burdsall chaired the meeting.

Bennett reported on efforts underway to develop facilities to offer continuing care at home. The Commissioner of Insurance awarded several contracts, on a small scale, to study the feasibility of conducting such operations. He noted the need for defining parameters and standards for continuing care providers offering Home Care. The concept has grown in popularity as Occupancy Rates have declined statewide inevitably affecting the cost of care. Many people have been unable to sell their homes but need some services. Currently, examples are underway in Maryland and Pennsylvania which need independent study to insure the viability of the providers.

Charlie Paulk reported on a study of CCRCs by the General Accounting Office undertaken as a result of a request by Senator Kohl of Wisconsin who chairs the Senate Committee on Aging. The nationwide study has resulted in the publication of several reports, one of which is *The Best Practices in CCRCs*. They noted that Florida has the best regulations in the nation for structuring CCRC'S to insure financial stability and provide resident benefits. The 60 page report should be available soon.

Great Decisions

Our last meeting for this year will be on November 18 at 10:30 am in the Multipurpose Room. Following the meeting we will have refreshments. Rodney tells me he will have some good, healthy, food for you.

The last topic in your briefing books deals with "Transnational Crime." The FBI defines organized crime as: *Any group having some formalized structure, and whose primary objective is to obtain financial gain through illegal activities.* In our globalized world, crime has also become globalized accounting for a huge segment of world economic activity. Some estimates have put it as high as 15 to 20 percent of global GNP.

In recent years entire nations have been co-opted by organized crime. A number of the former Soviet republics, North Korea, the Democratic Republic of the Congo and Afghanistan are prime examples. In those nations it is difficult to tell where governance stops and crime begins.

Global criminal syndicates have the power to threaten world peace. In prior decades we have seen the transfer of nuclear arms technology through criminal networks, enabling countries such as Iran and North Korea to threaten the world. More recently, cyber technology has given criminal enterprises and rogue nations unprecedented power to cause destruction.

More widespread, and equally deadly, is the global black market in weaponry. Illicit trafficking of small arms helped fuel 46 of the 49 largest conflicts over the last decade.

Your briefing books list a large number of crime syndicates throughout the world. Most of them are familiar to us from movies and from literature: the Casa Nostra, the Mafias, and the drug cartels. In my presentation, I will focus more directly on the Mexican and Columbian drug cartels. They are the ones that most directly threaten the US. Narcotics smuggling is unquestionably the leading source of international crime. According to the UN, 70 percent of organized crime's overall income comes from drug-related activities.

For our discussion, I will suggest one radical solution that has not been mentioned, either in the briefing book or in the DVD.



Rolf Bibow



Lyn Marvin

Seventy-two residents' cars were washed. The residents were pleased to see them bright and shining. A \$10.00 minimum donation was requested for each car. Over \$1,160 was collected due to the generosity of many. The money was given to a very needy cause — The Family Homeless Center of Vero Beach. The car wash started at 8:00 am and ended at 2:00 pm. Thirty employees and fifteen residents came out to help with the washing.

Some stayed the whole time, some an hour. The residents and employees enjoyed the time together.



The residents also showed their appreciation at the Employee Appreciation Luncheon on Monday, October 18. Many cooked their very best recipes and treats. We wanted to please them with our culinary expertise and that we did! A group of residents did a wonderful job organizing and serving. It was a special time for all.

I feel very fortunate to live in a place where we are so graciously served, and our needs are met at all times.

I want to thank the residents and employees who participated in both of these events.

Indian River Residents' Association

The Resident-Employees Car Wash was held on October 15 and it was a great success!

There were two purposes for the car wash:

1. To raise money for a charity
2. To build relationship between the employees and residents.

Both purposes were accomplished!



Over \$1,160 was donated!

It is so wonderful that our employees do not think of us as "old fogies" but as their "parents" and "grand-parents". They treat us with great respect. I know that we feel and treat them as if they were our "grandchildren".

Library Report

It's been a while since the new books were put on the shelves, but unfortunately the flu bug hit the processor, and things came to a halt. You should be seeing additional books on the "new" shelves within the next ten days. For those who have wondered where the non-fiction books are that were on the credenza, they have been shelved alphabetically in the non-fiction section of the paperback library. Those shelves are the ones at an angle near the window at the end of the large print section. The "new" non-fictions will be placed on the credenza as they have in the past.



Gladys Read

We are very fortunate in building up our DVD library and the coordinator, Megan VanVleck, is keeping up with alphabetizing them and checking to see which are missing. It may surprise you to learn that we now have 134 DVDs in our library; however, it is also surprising to learn that 53 are missing. Therefore, we would

appreciate if those of you who use this amenity will check around your video area to see if perhaps one of the cases has a "Return to Indian River Estates West" label.

Among the new books are three large print books that have just come off the press: **DON'T BLINK** by James Patterson, **LEGACY** by Danielle Steel and **SANTA FE EDGE** by Stuart Woods. I point this out because donations of this genre are very scarce, and we would welcome some additions.

This will be a very busy time of the year—one that requires a great deal of our attention in holiday shopping and preparation. Be sure to set aside some time to sit in your easy chair; pick up a book, and relax in another world for refreshment.

Fitness News

November . . . always associated with Thanksgiving. Which leads to thoughts of families sitting around a dinner table eating too much and then watching football! Right? Well, this "image" may be more beneficial than we really think. In a recent study involving heart attack patients at Yale University, researchers found that those with the highest levels of social support had a better quality of life, better physical functioning, and fewer depressive symptoms than those with least social support.

Friendships can make life more enjoyable for sure, but these close friends also make it easier to cope with stress, health issues, and can even help give us encouragement when trying to diet or exercise more regularly. This actually gives us strength mentally and physically which may slow down chronic diseases as well.

The other part of that "image" is the pies, and sweet potato casserole, pies, butter melting on the mashed potatoes, and the pies . . . you need to take control of the fork and know when to put it down. That exercise to bring the fork to mouth doesn't count! Enjoy a walk after dinner, push that desire to nap until after your walk. And invite a friend!

Happy Thanksgiving! Never forget, my friends, . . . that Life really is good!



Sheryl Laudermilk

Notes from the Nurse



Becky King

I saw this quote the other day. "To eat is a necessity, but to eat intelligently is an art."

Now there is a quote that the majority of the population would agree with, but do not practice (including myself.) It is important to eat healthy because different foods have specific vitamins and minerals in them that are essential for normal cell function, growth and development, and to maintain quality health especially as we mature in age.

There are 13 essential vitamins. That means they are needed for the body to function. They are:

Vitamin A - needed to maintain healthy teeth, bones and skin. Found in eggs, meat, milk, cheese, liver, cod, kidney, cream.

Vitamin B6 - helps form red blood cells and maintain brain function. Found in tuna yellowfin, bananas, roasted chicken or turkey breasts, and calf's liver.

Vitamin B12 - is important for metabolism. It also helps form red blood cells and maintain the central nervous system. Found in meat, eggs, poultry, shellfish, and milk products.

Vitamin C - is an antioxidant that promotes healthy teeth and gums. It helps the body to absorb iron and promotes wound healing. Found in citrus fruits and juices, strawberries, tomatoes, sweet and white potatoes.

Vitamin D - (sunshine vitamin) helps the body absorb calcium which is needed for proper blood levels of calcium and phosphorus, and to maintain healthy bones. Found in 10-15 minutes of sunshine 3 x a day. Also found in cheese, butter, fish, oysters, cereals.

Vitamin E - plays a role in the formation of red blood cells. Found in cabbage, cauliflower, spinach, soybeans.

Vitamin K - assists in the role of coagulation of blood. Found in wheat germ, corn, nuts, asparagus, olives, seeds, spinach and green leafy vegetables.

Biotin - essential for the metabolism of proteins and carbohydrates and in production of hormones and cholesterol. Found in yeast, broccoli, lean beef, eggs, fish.

Niacin - helps maintain healthy skin and nerves. It also helps in cholesterol lowering effects. Found in dairy products, poultry, fish, nuts, eggs, breads and cereals.

Folate - is necessary for the production of DNA. It also works with B12 to form red blood cells. Found in green leafy vegetables, and fortified foods.

Pantothenic acid - is essential for the

metabolism of food. Found in legumes, yeast, lean beef, eggs, fish.

Riboflavin (B2) needed for body growth and production of red blood cells. Found in whole grains, spinach, and dairy products.

Thiamine (B1) is essential for heart function and healthy nerve cells. Found in pasta, fish, dried beans, peas, soybeans, fruits and vegetables.

Side Effects - many people think that if some is good, a lot is better. This is NOT always the case. High doses of certain vitamins can be poisonous. Always ask your doctor what is best for you.

The best way to get the daily requirement of essential vitamins is to eat a balanced diet daily. If you have any questions about vitamins or your diet, please feel free to call the resident nursing office and we will be glad to assist you. Remember....Eat Intelligently!

IN MEMORIAM

Stanley Francis

David Herr

Otto Schricker

Muriel Paulsen



West SideStory

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Harry Ewell

Printing
Harry Ewell, Rodney Nowak

November 2010

West and Villas

West and Villas

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
11/3 Potato Bar
11/10 Home Made Pizza
11/17 Chicken Tenders & Fries
11/24 Home Made Pizza
Weekly BINGO LEADERS
1st Holmes - Kenny
2nd Guzak - Guzak
3rd Kreps-Johnson
4th Holtz - Holtz
Bridge Coordinator Lane Gillooly 299-3422
Monthly BRIDGE LEADERS
Monday Social Bridge tba
Tuesday Duplicate Bridge Hal Simon
Wednesday Social Bridge tba

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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]	2 ELECTION DAY Dr. Splendoria 8:00 VOTE VOTE VOTE [BUS] 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Night in the Emerald [ER] 7:00 Dominoes [HMR]	3 7:30 Omelettes 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]	4 8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:30 Catholic Mass [OBT] 7:00 Movie [MPR]	5 Dr. Demar No Exercise 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 6:45 VB Football [BUS] 7:00 Game Night [MPR] 7:00 Scrabble 7:00 Hearts [HMR]	6 9:00 Shuffleboard Lessons 9:00 Tai Chi [MPR] 10:00 Youth Guidance Mini Golf 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Holmes & Kenny
7 Day Light Savings ends--set clocks BACK 1 hour 11:00 Worship Service Chaplain Chad COMMUNION 1:45 Movie [MPR]	8 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]	9 8:30 Exercise [MPR] 9-10 Beltone Services [RR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 1:30 TOWN HALL [MPR] 5:00 Night in the Emerald [ER] 7:00 Dominoes [HMR]	10 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 10:30 Annual FLICRA Mtg. [MPR] 12:00 Panhellenic Luncheon 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR] 4:30 Birthday Night [CDR]	11 Veteran's Day FLICRA Conference 8:30 Exercise [MPR] 11:00 Medical Lecture [MPR] 2:00 Landscape Mtg [HMR] 7:00 Salute to our Veterans [MPR]	12 FLICRA Conference 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]	13 9:00 Shuffleboard Lessons 9:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] with Marg 1:30 Riverside Theatre [BUS] CAGNEY 7:00 Bingo [MPR] Callers: Guzak & Guzak
14 11:00 Worship Service Chaplain Chad 1:30 Christmas Open House Florist Tour [Bus] 5:45 Treasure Coast Chorale [BUS]	15 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 Wii Lessons [CR] 1:00 Computer Club [CR] 2:00 Book Discussion [RR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	16 Dr. Splendoria 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Night in the Emerald [ER] 7:00 Dominoes [HMR]	17 9:00 Miniature Golf 9:30 Bible Study - [Chapel] Sales Luncheon 1:30 Ping Pong [GR] 2:00 Prayer Chain [Chapel] 6:30 Social Bridge [MPR] 6:30 Theatre Guild [BUS] Fiddler on the Roof	18 7:30 Omelettes 8:00 POKER WALK 8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:30 Great Decisions [MPR] 5:00 Upscale [ER] 6:30 IR Symphonic [BUS]	19 9:00 Exercise [MPR] 1:30 Ping Pong [GR] 2:00 Financial Dis. Grp. [MPR] 4:30 Jewelry Show [ER] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	20 9:00 Shuffleboard Lessons 9:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Kreps & B. Johnson
21 11:00 Worship Service Chaplain Chad 1:45 Movie [MPR]	22 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]	23 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Night in the Emerald [ER] 7:00 Dominoes [HMR] 7:00 Steve Leeds Concert [MPR]	24 7:30 Omelettes Cafe 9:30 Bible Study - [Chapel] 9:00 Miniature Golf 1:30 Food Forum 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	25 Thanksgiving MAIN OFFICE CLOSED Thanksgiving Meal Crystal Dining Room 11:30 AM-1:30 PM	26 9:00 Gardens Mall [BUS] 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]	27 9:00 Shuffleboard Lessons 9:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Holtz & Holtz
28 11:00 Worship Service Chaplain Chad 1:45 Movie [MPR]	29 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]	30 Dr. Splendoria 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Night in the Emerald [ER] 7:00 Dominoes [HMR]	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			

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 Thurs: Zieseniss 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)

Gardens Mall