

Fitness

Happy New Year! 2011... WOW! Time sure flies when your having fun, eh? I wanted to remind you to keep your bodies moving and exercising this next year. Sometimes you may feel you are too busy, it wont help, or you are too tired and on and on the excuses go. But lay them to rest and get moving more this year.



Sberyl Laudermilk

you extra steps! These things are so easy for you to participate in here at IREW. All you have to do is join in! Can't get any easier than that!

Even those with ailments such as rheumatoid arthritis, exercise in these classes may give you some relief. Aerobic exercises can reduce stiffness and improve mobility. Everyone can benefit with having more energy and being able to cope better with stress and a greater feeling of well-being.

You've got to "move it ...move it"... so you don't lose it! Join in the fun.

**As always, remember...
Life really is Good!**

Did you know that the "experts" recommend 10,000 steps a day and most Americans might get 5,000! That is a huge deficit! The American Heart Association promotes 30 min. of walking or exercising each day, five days a week. The benefits are immediate in burning calories and fat.

Imagine in an exercises class where you are marching in place, doing side steps and knee lifts. Those 10,000 steps will add up quickly! How about a water aerobics class where you are hopping and twisting and doing leg lifts... burning calories and having fun! Even Wii bowling gives

Cool!



2 New AC Units for the Crystal Dining Room and 1 for Cafe

West Side Story

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One can view this and previous issues at
www.IREwest.com

Indian River Estates

West & Villas

West Side Story

Vero Beach, Florida



One of the ACTS Retirement-Life Communities

January, 2011

January Birthdays

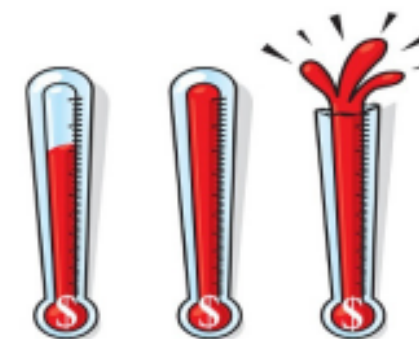
- 1 * Mary Page
- 3 Ruth Blosser
- 6 Mary Abbott
- 6 Janet Hempton
- 7 Nancy Heim
- 9 Shirley Dennis
- 9 Eileen O'Donnell
- 12 Ken Abbott
- 13 By Fink
- 13 Joanne Mott
- 15 Gloria Holden
- 15 Betty Jo Mayo
- 15 Jane Romeyn
- 16 Marty Holtz
- 16 Bertha Keenan
- 17 Teresa Young
- 18 * Lloyd Hope
- 18 Ethel Lynch
- 18 Marie Snook
- 19 John Keffer
- 19 Jean Tease
- 20 Patrica Boone
- 20 Howard Oberg
- 21 Mary Allen (East)
- 22 Suzanne Jacobs
- 24 Nancy Cavan
- 29 Jane Fehrs
- 30 Betty Donmoyer
- 31 Peter Guzak

February Birthdays

- 1 * Irene Redstone
- 1 Fran Wrzesinski
- 4 Frances Bibow
- 4 Harold Hunter
- 4 Mary Ann Smith
- 6 * Trudy Besancon
- 6 Bob Brost
- 6 Pauline Korn
- 6 William Thompson
- 6 Martha Yergin

*** WBC/OBT**

**Happy New Year...
and what a wonderful way to
begin it!**



The Capital Committee for the new Willowbrooke Court received word that the four million dollar goal had been achieved.

Members of the Committee are still hoping that those residents who have indicated their intention to contribute "when the walls go up" will be inclined to fulfill their commitment before year's end in order to gain the tax benefit this year.

IN MEMORIAM



Gladys Vail

Bob Holmes

Great Decisions

Great Decisions 2011

We are entering a new decade, but the problems and uncertainties of the prior decade remain in the forefront - The impacts of the great recession are slowly receding, but unlike prior recessions, the recovery is very slow. The exit from Iraq is proceeding, but the national reconciliation has just begun. Meanwhile, the war in Afghanistan shows no clear direction. Widespread corruption within the Afghan government, and the lack of cooperation by the Pakistani government makes it impossible to forecast the outcome.

The larger global outlook is equally uncertain. Political leaders are facing the test of balancing national needs within the framework of building a durable international order. Having been universally recognized as the "unipolar power" as recently as a decade ago, the US is now sharing the stage with China and India. Other nations, such as Brazil, are gaining prominence.

The topics that have been chosen by the Foreign Policy Association are very appropriate. To start the year we will review the lessons what we have learned from the recent financial crisis, and what must be done to avoid a recurrence. Later we will discuss the US national security priorities, including nuclear proliferation, cyberthreats and the conduct of the current wars. Toward the end of the year, we will consider the broad topic of global governance in our increasingly interconnected and shrinking world.

Other topics will include the rebuilding of Haiti and US actions to counter security concerns in other ungoverned areas such as the Horn of Africa and the Caucasus. A major topic will be the financial crisis in the Eurozone, with focus on the central role played by Germany. Finally, we will consider the role of sanctions to counter violations of international law, with emphasis on nuclear non-proliferation.

Our meetings will be held on the third Thursday of each month at 10:30 in the Multipurpose Room. Depending on the timing of the receipt of the briefing books, we will probably start in February.

Welcome to Great Decisions 2011.



Rolf D. Bibow

FLiCRA News



Cynthia Kinsella

Planning has been the major concern of the Board this month. With the Florida state budget showing an increasingly large deficit, we are concerned about action the Legislature might take to address this. With our East Chapter we are working to inform our recently elected Representative in Tallahassee Tom Goodson about Continuing Care Retirement Communities, and the protections that our residents need. A meeting held on December 20th provided an opportunity to inform Mr. Goodson of the role that FLiCRA plays in protecting CCRC residents. Our former Representative, Ralph Poppel, who accompanied Mr. Goodson, was able to empathize the value of communications from FLiCRA members.

When the Legislature convenes in February, it will be essential to communicate the potential impact on residents of Bills under consideration.

Recently Ed Fehrs has been in communication with Brian Lee, the new State Ombudsman. On January 11th Mr. Lee will present details of his program which is intended to provide an appeal mechanism for residents who are troubled by unresolved problems of policy, program or budget. We hope to welcome new residents to this meeting to inform them of the nature of FLiCRA and the ways in which legislative action is influenced and protection of residents accomplished.

We anticipate a busy time with the new legislature and would welcome the support of our residents in responding to Alerts supporting our position. **The Board wishes you all a HAPPY, HEALTHY, and ACTIVE NEW YEAR!**

Dr. Andrew Dearman will be leading a tour to Israel and Jordan (including Petra) on July 1-15, 2011.

If you are interested, please call Barbara or John Dearman at 569-7238 for a brochure or further information.

Chat With Chad

God Made a Resolution



Chaplain Chad

It's that time of year again for a New Year's Resolution. We may make a promise to ourselves to read a little extra this year or modify our personal diet and exercise routine. Whatever it may be, we are so blessed to be able to set goals and work to achieve them.

Even if we do not arrive at the intended destination this year, the effort will bring growth into our lives. I like the African proverb that says; *Calm waters do not make a skilled sailor.*

Although resolutions can be challenging, it is so important that we make the effort and try.

Did you know that God made a resolution about us? Some scholars maintain there are as many as 40,000 promises in the scriptures of the Old & New Testaments. WOW!

Now rather than try to list all of those in the Westside Story, I would like to focus in on one that can especially bring great comfort and strength. Proverbs 3:5-6. *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your paths straight.*

The beauty of God's promise is that it is not determined by the situation, for He says; *I will never desert you, nor will I ever forsake you.* (Hebrews 13:5). God is able to see the *big picture* of our lives (knowing what's ahead), and therefore, we can depend on His guidance. Our part is plainly to trust God, and to recognize and acknowledge Him in our lives.

I trust you will find great encouragement, joy and strength in the coming new year. Happy New Year!

Visit Chad's site:
www.LifeAtlas.org

MARINE CORPS RESERVE



Thanks

...from all the kids!



Marine Corps, Pete Sayles and Vic Diaz, with Tom Sutton & Lyn Marvin.
\$845.00 cash donated and over 100 toys.



Becky King

Notes from the Nurse

Someone wiser than I once said, *Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.* —Hal Borland

With that thought in mind, I want to reflect on some of the important health issues that we have talked about this past year.

- **Red Alerts** - make sure to push your red alert pendant and hold it is for at least 5 seconds if you have an emergency. If you think you need 911, than call 911 first and than push your red alert button. We now have 2 red alert bracelets that you can purchase, for \$120.00/each. If you are interested, please call the nurse's office and we will order it for you.
- **Cold and Flu Season** - wash your hands often. If you have a cough, fever or feel achy with any flu symptoms, let the nursing office know and we will assess you, and order a wellness tray. Please avoid the common areas if you have any cold or flu symptoms to minimize spreading it to other residents.
- **Medications** - always maintain a list of your current medications. Let the resident nurse know if you have any medications changes. Review all your meds to make sure they have not expired. If you have any questions about your meds, feel free to call the resident nurse for clarification. Please be sure to let the resident nurse's office know if you are having surgery so we can assist you in any way that you may need help.
- **DNR and Living Will** - the difference between a DRN and a Living Will is that the DRN is specifically for the refusal of CPR in the event of a cardiac or respiratory arrest. It is a physician's order and must be signed and dated by the physician. The DNR has to be printed on yellow paper and should always be posted in a place that the EMTs and nurses can see, ie: on wall above bed, on frig. A DNR in Florida is only good in the state of Florida. A Living Will deals with a broader spectrum of end of life related issues. Living Wills are not a physician's order.
- **Depression** - signs and symptoms of depression are, a change in sleeping habits, apathy or lethargy, change of appetite, loss of interest in activities, loss of interest in socializing. Tips to combat depression- engage in regular phone calls to family or friends, get involved in activities.. If you feel you battle with depression and would like to discuss this, please feel free to call the resident nursing office.

These 5 things are only a few of the important health issues that we have talked about over the past 12 months. If you have any questions about any of these or other health issues, call or visit the nursing office as we would love to sit and talk about anything that is a concern to you.

We would like to wish each of you a healthy 2011 and to thank you for sharing your smiles, and kind words with us. It is a joy to share daily with each of you and Patty, Peggy and I look forward to a New Year with each of you. Here's to a great 2011.

Library Report

The libraries here at IREW are responsible for entertaining our residents without anyone having to leave the premises. The selection of fiction, non-fiction, biographies and paperbacks is extensive, but there are times when one has a need for a category that we do not have available, i.e. reference, genealogy, finance, and/or culture.

Libraries are more than just quiet places. They are havens in which you can check out a wide variety of books for a limited time, including out-of-print books, specialty titles and even how-to-guides. Speaking of genealogy, did you know that the main branch of our Vero Beach library has the most extensive small town facility in the State of Florida? Reference librarians are on staff to do specialized research for you or to help you do your own. There is no charge for any service provided at any Public Library.

Our main library is situated at 1600 21st Street and the hours are Monday and Thursday 10-8; Tuesday, Wednesday and Friday 10-5; Saturday 10-4 and even Sunday 1-5. Brackett Library is the new branch library that is almost in our back yard at 6155 College Lane (west of the Richardson Center). Its hours are Monday, Thursday and Friday 9-5 and Tuesday and Wednesday 12-8. It is not open Saturday or Sunday.

So, if our libraries cannot meet your need, we here in Vero have a wealth of knowledge in our Public Libraries all within a few minutes of driving time.



Gladys Read



Lyn Marvin

Indian River Residents' Association

Many thoughts come to mind as 2010 ends. The older we get the more time seems to fly by.

Memories of the past seem a lot more important than they used to be. We see many of our friends aging and realize that we are also. Now our grandchildren are in college or married. The economy is frightening and we are all worried about our future and our children's future. But the new year, 2011, has begun. This is the time of year for faith and positive thinking. We should pause especially to thank God for our many blessings.

Remember that what we consider to be a misfortune in our life is but a drop in the bucket to what many others are experiencing. So let's make the very best of 2011. Enjoy our friends, participate in the many good times planned for us and laugh whenever possible. I'll be praying that everyone will be filled with a renewed sense of life in the New Year.

God bless.
—Lyn

HVIP (Hearing and Visually Impaired Persons) will hold a dinner Wednesday, January 19th, 5:00 PM in the Emerald Room. Beverage, cheese and crackers, and dinner included with payment of \$3.00 dues. Sign up sheet at The Activities Board. Questions? Call Pat Meyers 562-3876

The book discussion will meet on January 20, and the book will be "The Samurai's Garden" by Tsukiyama. The discussion will be led by Isabel Cahil. Joan Auble

January 2011

West and Villas

West and Villas

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p align="center">West Fitness Room Hours</p> <p>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</p>						<p align="center">December 31</p> <p align="center"><i>Please sign up!</i></p> <p align="center">New Year's Eve Party 9 pm - ? BYOB [MPR] only \$3.00</p>		<p align="center">1</p> <p>9:00 Shuffleboard Lessons 10:00 Tai Chi [CR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: <i>Holmes & Kenny</i></p>																				
2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24/31	25	26	27	28	29	30
11:00 Worship Service Chaplain Chad COMMUNION No Movie	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] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 7:00 Dominoes [HMR]	7:30 Omelettes 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 10:30 Res Assoc Mtg [MPR] 1:30 Ping Pong [GR] 1:45 IRSC Tea [BUS] 6:30 Social Bridge [MPR]	8:30 Exercise [MPR] 10:30 Catholic Mass [OBT] 7:00 Rag Time & Dixieland Jazz Piano [MPR]	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 [CR] 1:00 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Guzak & Guzak	11:00 Worship Service Chaplain Chad 1:45 Movie [MPR]	9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 10:30 ACTS Travel Log [MPR] 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]	Dr. Splendoria 8:30 Exercise [MPR] 9-10 Beltone Services 1:00 Duplicate Bridge [AS] 1:30 FiCRA Ombudsman Program [MPR] 1:30 Bridge with Sue [GR] 7:00 Dominoes [HMR]	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	8:30 Exercise [MPR] 9:00 Distinguished Lecture Series [BUS] 9:00 Nu-2-U [East A-311] 11:00 Medical Lecture [MPR] 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 [CR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Kreps & B. Johnson	11:00 Worship Service Chaplain Chad 630 IR Symphonic Assoc [BUS]	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] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 7:00 Dominoes [HMR]	9:30 Bible Study - [Chapel] 9:00 Miniature Golf 1:30 Ping Pong [GR] 5:00 HVIP Dinner [ER] 6:30 Theatre Guild [BUS] "On Golden Pond"	8:30 Exercise [MPR] 2:00 Book Discussion [RR] 4:30 Culinary Event [Lobby] Chillin & Grilling Picnic Smart Casual Dress 7:00 Sax Appeal [MPR]	9:00 Exercise [MPR] 1:30 Ping Pong [GR] 2:00 Financial Disc. [MPR] 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 [CR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Read & Young	11:00 Worship Service Chaplain Chad 1:45 Movie [MPR]	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] 7:00 Dominoes [HMR] 7:00 Unforgettable Concert [MPR]	7:30 Omelettes [Cafe] 9:00 Miniature Golf 9:30 Bible Study - [Chapel] SALES LUNCHEON 1:30 Food Forum 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	VNA Hospice Thrift Store Drop Off [MPR] 8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:45 Medical Lecture [EAST BUS] 7:00 Movie [MPR]	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 10:00 Tai Chi [CR] 1:30 Scrapbooking [AS] 1:15 Riverside Theatre [BUS] "Guys & Dolls" 6:30 IR Symphonic [BUS] 7:00 Bingo [MPR] Callers: Herr & Hegarty	11:00 Worship Service Chaplain Chad 1:45 Movie [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

New Cafe Lunch Menu Starting January 3rd

Please join us!

- Weekly BINGO LEADERS
- 1st *Holmes - Kenny*
 - 2nd *Guzak - Guzak*
 - 3rd *Kreps-Johnson*
 - 4th *Read-Young*

Bridge Coordinator
Lane Gillooly
299-3422

Monthly BRIDGE LEADERS
Monday Social Bridge
Cahill/Johnston

Tuesday Duplicate Bridge
Hal Simon

Wednesday Social Bridge
B & J Dearman

Tennis Round Robin Mon, Wed, Fri 8:00 am Tennis Courts <i>John Dearman</i> 569-7238	Computer Club Every Monday 1:00 pm Computer Room <i>Bob Hempton</i> 978-6495	Billy Jo Water Exercise Mon thru Sat 9:30 am I Building Pool <i>Peg Hurley</i> 770-0131	Saturday Night Bingo Multi Purpose Room 7:00 pm <i>Gladys Read</i> Coordinator 978-0421	Water Volleyball Mon and Fri 1:00 pm North Villa Pool <i>Abbott</i> 567-1524 <i>Paulsen</i> 778-5198	Stitch & Gab Mondays H Meeting Room - 1:30 pm <i>Nancy Cavan</i> 567-5930	Golf Wed 8:00 am Vista Plantation <i>Sherrill Oliver</i> 794-9768	Shuffleboard 9 am Thurs: <i>Zieseniss</i> Fri: <i>Cavans</i> Sat: <i>Brosts</i>
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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)
8:50 am Gardens Mall