

# Fitness

We are getting into the swing of a new year of exercise.

Are you finding it difficult to get motivated?

Have you forgotten your way to the fitness center?

Are you bored with your normal regimen?

I would love to help in any way that I can. This month I would like to focus on helping you get back into the "groove".

Make an appointment with me for training in the gym. Do you need some stretches or exercises for specific needs such as postural exercises, abdominal exercises, or leg strengthening? Now mind you, this means hard work and dedication. It doesn't happen in 2 weeks before you go on a trip... start now!

**We have a wonderful new exercise table** that can be put to good use as well. All those exercises you need to do on the floor, can be done on this table. **Its fabulous!** Thank you to our own residents who made it

Of course we have all our other classes that we highlight so often. Even our Wii bowling can also be played as tennis, golf or baseball. Need a lesson? We can set it up in the fitness room and play!

Again... call the fitness room or stop in to make an appointment to change things and get in a new groove!

Never forget...Life really is Good!



Sheryl Lauder milk


## Save the date!

April 1, 2011 from 11:00 am to 12:00 noon  
there will be a Volunteer in-service program entitled,  
**What is Comfort Care in WillowBrooke Court?**

presented by Dianne O'Rourke,  
Director of Nurses, WillowBrooke Court.

This will be open to all residents  
and you also are encouraged to  
bring family members.

The program will be held at IRE-East.  
Details to follow.



The February book discussion group will meet on Monday February 21, at 2:00 P.M. in the Reading Room. The book this month is *South of Broad* by Pat Conroy, led by Marty Taylor. Any questions call Joan Auble.

# West Side Story

February 2011



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

## From the Desk of the Executive Director

2010 is over, and it's already February of 2011. Our year, for the most part, is already planned. As a community we accomplished a lot in 2010, and 2011 is going to be an even more exciting year as we prepare the transition into our new WillowBrooke Court.

Throughout the year we will have regular updates of where we are in the process. Be sure to plan to attend all of our *Ask the Director* meetings that are scheduled for the second Tuesday of each month at 11:00 AM in the MPR (except for those months when a Town Hall occurs).

As you know, the slow economy and housing markets have caused many challenges to our occupancy.

In addition to our regular monthly sales luncheons at both campuses, on February 23rd we (IREE and IREW) will be hosting a major marketing event called *Indian River Estates—A Day Well Spent*.

We are inviting everyone on our waitlist, and showcasing the many features Indian River Estates has to offer. We'll be showing off the skills of both culinary departments with a cooking demonstration of healthy foods. Carriage rides will be available for those who wish to tour the campus. Model apartments and villas will be open for inspection. To show some of the other many options that are available on the campus, we will have chair massages, wii bowling, and fitness demonstrations...plus several more events.

As I mentioned, the focus is on our waitlist people only. However, if you have friends whom you wish to invite to this wonderful marketing event, by all means please invite them; just be sure to let Marc or Toni in the IRE sales office know so we have a count of people to expect.

We're excited to host this event because ACTS has had great success in other communities when they hosted this type of event.

Come to our next *Ask the Director Meeting* on February 8 at 11:00 AM for more details. A representative from our sales department will be on hand to give a complete overview of the day.

Stay tuned, there are more exciting things to come!

## February Birthdays

1 Fran Wrzesinski	16 Pat Kenny
1 Irene Redstone*	17 George Biehl
4 Frances Bibow	17 Geri Brown*
4 Harold Hunter	17 Barbara Fink
4 MaryAnn Smith	17 Rita Pearce
6 Trudy Besancon*	18 Herb Grant
6 Bob Brost	18 Dot Kelly
6 Pauline Korn	18 Bette McGillivray*
6 William Thompson	18 Julia Cornelius*
6 Martha Yergin	19 Roy Datema
7 Betty Stewart	21 Frank Pascarelli
8 Donna Marshall	22 Jean Kuntz
8 Cyril Ford*	24 Mardi Dabbs
10 Mary Holland	25 Bob Haggerty*
13 Art Brown*	25 Ed Seiler*
13 Sarah Harrison	28 Lois Stuart
14 Bill Zieseniss	

\*WBC / OBT

## Early March Birthdays

1 Joy Groves	5 Jeanne Sarver
3 Dolly Shoemaker	6 Jane Kichline
4 Lois Jadwin	6 Mary Page*
5 Virginia Pree	6 Warren Perkins



## Indian River Residents' Association

Lyn Marvin

**The Resident Association Meeting this month is Wednesday, February 16, 2011. This is the Annual Meeting and held later in the month so that the yearly financial statements can be completed. Elections will also be held.**

Everyone attending may vote. Two very capable Residents have been nominated, and nominations will also be taken at the meeting.

Please take a minute to look at the candidates' resumes on display in the lobby. There will be two three-year vacancies as Marian Kroll and I shall be coming off the Board.

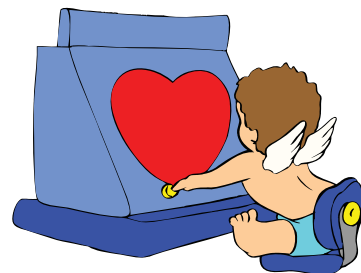
The Board this year has been very active and productive. Three recommendations were made to Administration, and all three were put into effect.

The main work of the Board is carried out by the nine Committees and their Chairman. Everyone was very efficient and cooperative. Communications with the Administration were excellent, and the Administration was very cooperative with the Association.

West is a very active community. Approximately 130 Residents serve on the nine committees.

Many Residents also volunteer in other ways in IRE West and also volunteer in the outside community. 6,373 volunteer hours were logged for 2010. Everyone should be proud that Residents gave this many hours serving others.

It has been a privilege and a pleasure serving as your President.



## Chat With Chad

Love....



Chaplain Chad

The month of recognizing and celebrating 'LOVE' is all around us. Heart-shaped sweets and cards line up across the store shelves waiting to be selected for that special someone. In the scriptures, there is a chapter devoted to show how much God loves each of us and how we can love others. Here is a portion of 1st Corinthians, chapter 13 in The Message paraphrase:

"If I speak with human eloquence and angelic ecstasy but don't love, I'm nothing but the creaking of a rusty gate.

"If I speak God's Word with power, revealing all his mysteries and making everything plain as day, and if I have faith that says to a mountain, "Jump," and it jumps, but I don't love, I'm nothing.

"If I give everything I own to the poor and even go to the stake to be burned as a martyr, but I don't love, I've gotten nowhere. So, no matter what I say, what I believe, and what I do, I'm bankrupt without love.

Love never gives up.

Love cares more for others than for self.

Love doesn't want what it doesn't have.

Love doesn't strut, doesn't have a swelled head,

Doesn't force itself on others, isn't always "me first,"

Doesn't fly off the handle,

Doesn't keep score of the sins of others,

Doesn't revel when others grovel,

Takes pleasure in the flowering of truth,

Puts up with anything, Trusts God always,

Always looks for the best,

Never looks back, But keeps going to the end.

Love never dies..."

**HAPPY VALENTINE'S DAY!!**

Visit Chad's website:

[www.LifeAtlas.org](http://www.LifeAtlas.org)

## FLiCRA News



Cynthia Kinsella

The start of a New Year is always a good time to make resolutions, and I have focused mine on FLiCRA. I resolve to help our residents understand the important role that FLiCRA plays in their physical, psychological, and financial wellbeing.

A careful study is continually made of Bills introduced in the Florida Legislature to attempt to predict the potential impact on residents of C.C.R.C.s. Consistent communications are maintained with the Legislators, hopefully to produce with a unified membership, in order to bring our concerns to the debate before action is taken. This year when the budget shortfall is so serious, we need to be especially alert to proposals for tax increases that may affect us.

Recently we brought Brian Lee, the State Ombudsman, to Indian River Estates to describe the nature of his program which involves responding to patients' complaints. While there are regional Directors in each area of Florida, the program involves training volunteers to respond to calls for help from residents of C.C.R.C.s or Nursing Homes.

Some complaints may seem frivolous, but to a resident they may be troubling. Having a neutral person to sort out the particulars of a problem can be very helpful. An Ombudsman is available to a resident without charge.

FLiCRA is also very much interested in the concept of C.C.R.C.s without walls. With the large number of people who are unable to sell their homes but need some services to remain safely at home, the concept offers some relief. FLiCRA is concerned that regulations are developed to insure that patient safety is assured. To date the Commissioner of Insurance has licensed two facilities to analyze the program and to develop policies to safeguard those who wish to enroll. The initial premise was that programs should be developed as **outpatient efforts** of *existing* C.C.R.C.s. That may change as costs and services are studied.

We hope that working with and through the Residents' Association there will be a better understanding of FLiCRA'S role in achieving the Mission of our facility.

## IN MEMORIAM



*Joan Close*

*Ruth Volckhausen*

*Lew Larson*

*Gloria McGowan*





Becky King

## Notes from the Nurse

**It's easier to prepare and prevent than to repair and repent.**

In the past several months we have had some improvements made to our **Red Alert System**. With the improvements we have added a new wrist pendant that can be worn as you would wear a watch, and used if you do not have the necklace pendant available.

The new watch is called the Legacy Watch and it is a new design with a grey rubberized casing for longer life. If you haven't seen one it is about the size of a lady's small watch.

The cost of the wrist pendant is \$120.00, and it will be placed on your monthly ACTS statement. The wrist pendant has a round face; and if you need to use it for an emergency, you push the round face and hold it in for 5-10 seconds. There is a small red light on the face that blinks when it is pushed.

Upon pushing, it will activate the emergency system, and someone will respond to it immediately, (if you feel that you have an emergency that necessitates going to the ER, please call 911 first and then press your red alert pendant.)

The wrist pendant is water resistant NOT water proof. You can take it in the shower, but DO NOT submerge it in water.

The batteries in the watch can be changed, and Mike Bushong will be made aware of the necessity to change batteries in the watch or neck pendant via a computer that he monitors.

**If you are interested in purchasing the new wrist pendant, please notify the resident nursing office and we will make sure that you receive one.**

It is our hope that you will wear either the neck or wrist pendant at all times in the case that an emergency should arise.

We try to test your red alert pendants when we come to your apartment for an emergency or when we come for your annual wellness visit. However, if for any reason you would like your red alert pendant tested, please call our office, and we will be happy to test it at any time. It is a very simple procedure and can be tested over the phone.

ACTS posture remains that the neck red alert pendant is the best and most reliable red alert pendant.

Let's prepare and prevent any unwanted occurrences by wearing our red alert pendants and being prepared should an emergency occur.

## West Side Story

Editor...Rodney Nowak

### Writers

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One can view this and previous issues at  
[www.IREwest.com](http://www.IREwest.com)

## Great Decisions



Rolf Bibow

**Our first meeting will be held on February 24 at 10:30 in the Multi Purpose Room. The topic will be the "Recovery from the Great Recession". We will discuss what happened, and what we have learned, and where we are going.**

The article in your briefing books focuses on the dependent relationship between the financial institutions and the national governments. Governments, as regulators, create incentives for financial institutions to hold their debts, which have historically been seen as "risk free". Each is vulnerable to the default of the other. The rescue of AIG in the fall of 2008 is one prominent example.

Cross-border relationships are more complicated. Iceland is a good example. Between 2003 and 2007, Iceland had become a major international financial center, having been able to borrow tens of billions from foreign nations. With the global market collapse in 2008, Icelandic banks became unable to service their debts and were closed down. The government fell closely thereafter. However the governments of the lending nations have stepped in to reimburse their nationals for their losses.

Our experience from the Great Recession has brought calls for new international efforts to coordinate economic and regulatory policy among the world's leading nations. The crisis has been elevated to the G-20 and the IMF. In the DVD interview, which we will review after the presentation, the question is raised whether the US should take the lead on global financial reform.

It is a complicated issue. Many around the world see the US as a declining power. Indeed, 60 percent of Americans think that the country is heading in the wrong direction. The issue is further complicated by the fact that many believe that the US caused the Great Recession.

To be sure, the US has its problems, but Americans would be crazy to trade their problems with those of any other major nation. The US remains the world's largest and most competitive economy. It leads the world in scientific and technological development. Two-thirds of the world's financial reserves are held in dollars, and 86 percent of all foreign trade transactions are denominated in dollars. So one could make the case that, if any nation were to assume the leadership, it would probably have to be the US.

In my presentation I will review some of the major causes that led to the Great Recession, the financial and regulatory actions that were taken by the US government to limit the damage, and the likely outcomes as we look toward the future.

Welcome to Great Decisions.

THE LOST PATRIOT  
Please join us on  
Tuesday, February 1st at 7:00 PM  
in our Multipurpose Room  
for a lecture by Resident Bob Walsh  
in honor of  
"The father of our Revolution",  
born January 29th, 1737  
Do you know who he is?

RUSS LEMON,  
Columnist for the  
Vero Beach Press Journal,  
will be in our  
Multipurpose Room  
on Tuesday, February 22<sup>nd</sup>  
at 1:30 PM.  
Everyone is invited

# February 2011

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



- Weekly BINGO LEADERS  
 1st Stewart - Kenny  
 2nd Guzak - Guzak  
 3rd Mackin - Mackin  
 4th Read-Young

**Bridge Coordinator**  
 Lane Gillooly  
 299-3422

- Monthly BRIDGE LEADERS  
**Monday Social Bridge**  
 Potter / Parrot  
**Tuesday Duplicate Bridge**  
 Hal Simon  
**Wednesday Social Bridge**  
 H & A Bechtel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>1</b> 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 7:00 Dominoes [HMR] <b>7:00 "The Lost Patriot" By Bob Walsh [MPR]</b>	<b>2</b> 9:00 Miniature Golf 9:30 Bible Study - [Chapel] <b>10-2 Jewelry Sale [AS]</b> <b>10:30 Financial Disc. [MPR]</b> 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	<b>3</b> <b>8:30 Exercise [MPR]</b> <b>10:30 Catholic Mass [OBT]</b> <b>11:00 Chapel Worshiping Committee</b> 6:45 Movie [MPR]	<b>4</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>5</b> 9:00 Shuffleboard Lessons 10:00 Tai Chi [CR] <b>10:30 Scrapbooking [AS] with Marg -Special Time</b> <b>630 Symphonic Assoc [BUS]</b> 7:00 Bingo [MPR] Callers: Stewart & Kenny	
<b>6</b> 11:00 Worship Service Chaplain Chad <b>COMMUNION</b>  No Movie	<b>7</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] <b>11:00 Wii Lessons [CR]</b> 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	<b>8</b> <b>Dr. Splendoria</b> 8:30 Exercise [MPR] <b>9-10 Beltone Services [RR]</b> <b>11:00 Ask The Director [MPR]</b> 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 1:30 FLiCRA [HMR] 7:00 Dominoes [HMR]	<b>9</b> <b>7:30 Omelettes [Cafe]</b> 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 1:30 Ping Pong [GR] <b>2:00 Prayer Chain [Chapel]</b> 6:30 Social Bridge [MPR]	<b>10</b> 8:30 Exercise [MPR] <b>9:00 Nu-2-U [East A-311]</b> <b>9:00 Distinguished Lecture Series [BUS]</b> <b>11:00 Medical Lecture [MPR]</b> 2:00 Landscape Mtg [HMR] <b>4:30 Birthday Night [CDR]</b> <b>7:00 Chet &amp; Marlene [MPR]</b>	<b>11</b> 9:00 Exercise [MPR] 1:30 Ping Pong [GR] 6:30 Mah Jong [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	<b>12</b> 9:00 Shuffleboard Lessons 10:00 Tai Chi [CR] 1:00 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Guzak & Guzak	
<b>13</b> 11:00 Worship Service Chaplain Chad  1:45 Movie [MPR]	<b>14</b> <b>Valentine's Day</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] <b>4:30 Culinary Event [Lobby]</b> 6:30 Social Bridge [AS & CC] <b>7:00 Valentines &amp; Music [MPR]</b>	<b>15</b> 8:30 Exercise [MPR] 1:00 Duplicate Bridge [AS] 1:30 Bridge with Sue [GR] <b>630 Symphonic Assoc [BUS]</b> 7:00 Dominoes [HMR]	<b>16</b> 9:00 Miniature Golf 9:30 Bible Study - [Chapel] <b>10:30 Res Assoc Mtg [MPR]</b> <b>12:00 WBC Finance Lunch [ER]</b> 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	<b>17</b> 8:30 Exercise [MPR] <b>1:30 Sarah Circle [AS]</b> <b>6:45 Westside Choristers "Sing A Rainbow" [Lobby]</b>	<b>18</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>19</b> 9:00 Shuffleboard Lessons 10:00 Tai Chi [CR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Mackin & Mackin	
<b>20</b> 11:00 Worship Service Chaplain Chad  NO MOVIE	<b>21</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] <b>11:00 Wii Lessons [CR]</b> 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] <b>2:00 Book Discussion [RR]</b> 6:30 Social Bridge [MPR]	<b>22</b> <b>Dr. Splendoria</b> 8:30 Exercise [MPR] 1:00 Duplicate Bridge [AS & CC] <b>1:30 Russ Lemon [MPR]</b> 1:30 Bridge with Sue [GR] 7:00 Dominoes [HMR]	<b>23</b> 9:30 Bible Study - [Chapel] 9:00 Miniature Golf <b>10-1 "DAY WELL SPENT"</b> 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	<b>24</b> <b>7:30 Omelettes [Cafe]</b> <b>8:30 Exercise [MPR]</b> <b>9:00 Nu-2-U [East A-311]</b> <b>10:30 Great Decisions [MPR]</b> <b>10:45 Medical Lecture [BUS]</b> <b>1:30 Food Forum [CDR]</b> 6:45 Movie	<b>25</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>26</b> 9:00 Shuffleboard Lessons 10:00 Tai Chi [CR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Read & Young	
<b>27</b> 11:00 Worship Service Chaplain Chad  1:45 Movie [MPR]	<b>28</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] <b>11:00 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: 8:00 am - 8:55 am & 10:00 am-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					

- 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

<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> Thurs: Zieseniss Fri: Cavans
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