

Fitness

Motivation...what motivates you? Do you pop out of bed in the morning ready to face the day? Do you accomplish your tasks for the day with glee and excitement? Laundry, car washing, doctors appointments, grocery shopping, meetings...? I certainly don't get all my things done without a little motivational push!

Do you look for a "reward" when you get your obligations over with? Do you eat dinner so you can have dessert? Do you get your housework done so you can read a book or relax?

Many people may look for a reward, wether consciously or unconsciously, when completing tasks or obligations. Now transfer this to exercise. Is this



Sheryl Laudermilk

where the reward for desert comes in? Is it so your spouse doesn't hound you... of course nobody would do that! Research suggests that 50% of the people that start an exercise program will drop out after 6 months.

Exercising with a reward is really O.K., however... try to focus on the physical and psychological benefits

you get from exercising. Feeling better about your appearance, the accomplishment of just completing the exercise, enjoying the social aspect of exercising.. let alone the health benefits you will get at your next Doctors visit. Perhaps staying independent and physically active is enough to motivate you into sticking with your exercising regimen.

Whatever it is... keep it up or find a way to make it work for you. I will be glad to help "motivate" you... need accountability? A phone call... Hershey Kisses? Just kidding! You have it inside you, so dig deep and motivate because.... Life Really is Good!

Great Decisions

Our next meeting will be held on March 17 at 10:30 in the Multipurpose Room. Changing the focus from the broad world-view that we discussed last month, the topic of our March meeting will deal with one nation - Haiti. Our discussion will be about the "Rebuilding of Haiti".

On January 12,2010, Haiti was struck by a major earth quake, causing enormous destruction and a true humanitarian crisis. The world has become involved in helping that nation.

Many of us have made financial contributions to Haiti's recovery. Governments around the world have pledged more than 6 billion dollars for reconstruction. Hundreds of millions more have been raised by NGO's and charities. Many thousands of private citizens and aid missions have come to Haiti's aid.

Yet, more than one year later, very little seems to have changed. Haiti still needs everything. The most obvious needs are material. But there are also enormous psychological needs. Most lacking is national leadership, and the ability of Haitians, themselves, to take charge.

Part of the problem is historical.

Haitiens have never experienced good leadership. The nation was formed in1804, when black slaves rose up against their French overlords, creating the first post-colonial, independent nation in the Western Hemisphere. But instead of freedom and prosperity, the new nation experienced a century and a half of extreme poverty, corruption and domestic infighting.

The first true election was in 1965. It led to the three-decade rule by the Duvaliers - 'Papa Doc', succeeded by his son, 'Baby Doc'.

That became the darkest period in the life of the republic. But the years that followed were not much better. There was a succession of provisional governments until the election of Aristide in 1990.

He was soon overthrown in a military coup, but was later returned to the presidency.

Haiti continued to lurch from one political crisis to the next. In 2006, Rene Preval was elected president, aided by a strong UN peace keeping force under Brazilian leadership. They were challenged by large criminal enterprises. Beset by lawlessness,

Haiti remained the poorest, and least educated, country in the Western Hemisphere.

Then, on January 12, 2010, came the worst earthquake in two Centuries. An immense relief



Rolf Bibow

effort has saved tens of thousands of lives, but reconstruction is just beginning. At this critical time,

President Rene Preval has failed to provide the desperately needed leadership, and the chaotic presidential election in

November was inconclusive. Now, the two remaining candidates are a 74 year old former First Lady, and a 28 year old popular musician. Could Haiti's leadership problems be repeated?

In our discussion we will consider how to energize the recovery, promote jobs and investment, improve medical care and, above all, create effective political leadership and institutions.

West Side Story

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

March Birthdays

- | | |
|-------------------|----------------------|
| 1 Joy Groves | 13 Mabel Wittmer |
| 2 Hugh Todd | 14 Robert Ball |
| 3 Dolly Shoemaker | 14 Patricia Burdsall |
| 4 Lois Jadwin | 14 Bill Sarver |
| 5 Virginia Pree | 15 Mary Keefe |
| 5 Jeanne Sarver | 15 Jeanette Sanger |
| 6 Jane Kichline | 17 Betty Lowe* |
| 6 Mary Page* | 20 Fred Daries* |
| 6 Warren Perkins | 21 Jean Sirianni |
| 7 Charles Jacobs | 23 Cecelia Reiling |
| 8 Yerb Burnham | 24 Maggie Kearney* |
| 9 Janice Leidy | 26 Tish Kallsen |
| 10 Mary Hills * | 27 Joan Close |
| 11 John Dearman | 27 Barbara Falone |
| 11 Marian Kroll | 29 David Miller |
| 11 Donald Urban | 29 Shirley Willett |
| 12 Lyle Pelot | 30 Carole Datema |
| 12 Hal Simon | 30 Peggy Grant |
| 13 Hank Doremus | |

Early April Birthdays

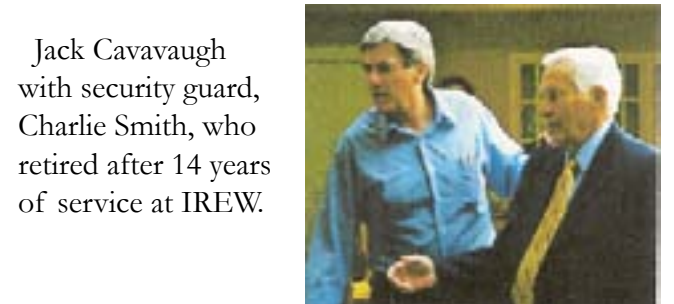
- | | |
|------------------|------------------|
| 1 June Cameron* | 5 Arthur Worley* |
| 3 Edith Wrigley* | 7 Clara Wolfe |
| 5 Barbara Bush | |

*WBC & OBT

March, 2011



Tom Hoffman with his trophy for his work as recycle chairman



Jack Cavavaugh with security guard, Charlie Smith, who retired after 14 years of service at IREW.



Columnist, Russ Lemmon with Dolly Costarino after his speech to our residents.

Our New Residents



Dottie Baird, a Florida native, moved into her villa in late November and immediately got into the swing of things by attending the North Villas Christmas Party.

Although Dottie's family originally hails from Georgia, her father migrated to Florida at the turn of the century and built a successful citrus business in Clermont, Florida. Following graduation from Nursing school in South Carolina, Dottie met and married a Citadel graduate, Robert Jennings and had two children. Her oldest son Rob is a news anchor in Philadelphia, Pennsylvania for ABC's Action News. Barry, her youngest son, is Director of Pulmonary Care in Spartanburg, South Carolina (named "Top Doc" this year).

Before moving to Indian River Estates, Dottie lived in Cache Cay in Vero Beach. Prior to that she lived for many years in the Miami area where she met and married Dr. Duke Baird, an orthopedic surgeon in Hialeah.

Dottie shares her villa with her beautiful black poodle Samantha. She enjoys gardening and attends First Presbyterian Church of Vero Beach, where she devotes a good amount of time as District Coordinator of Central Florida Parish Women, District 8.

Welcome Dottie, we are glad you are here.



Ann and Syd Gurley moved into IREW, H-310, in January of this year coming from Orlando after having moved 29 times in their 51 years of married life.

Ann is a graduate of UNC and Syd received his degree at the U.S. Air Force Academy after which he had a very exciting career as a helicopter pilot. One of his tours was Viet Nam flying HH-43B rescue missions after which he returned to Hamilton Air Force Base and then on to the U.S. Navy Test Pilot School and Edwards Air Force Base Flight Test Center retiring after a tour in MAC Headquarters Requirements. After retiring, Syd and Ann moved to Jupiter and Syd spent the next 19 years flying helicopter flight tests for Sikorsky Flight Test Center in West Palm Beach which work took him around the world. The most interesting event for Syd while employed at Sikorsky was the delivery of several helicopters to the Sultan of Brunei.

While Syd was doing all his flying, Ann was enjoying reading, the cello, singing, painting (some of her efforts are presently on display in the Art Room), sculpture and jewelry making. She spent 25 years teaching and speaking at the Unity Church in Jupiter and was licensed as a Unity Teacher in 1992. Ann is the proud author of two small books, one of which has been published, *ESBE'S HALO*, which is a story based on the birth location and dates of their three granddaughters.

Ann and Syd are delighted with their choice of IREW because of the many interesting and friendly people here and the opportunities for activities and service. To quote her, "it's a cruise ship on land".

Indian River Residents' Association

It is with great pleasure as well as great trepidation that I take on the office of President of the Association. We have accomplished so much during the past two years, and Lyn's role of President will be a hard act to follow. However, with the help of efficient chairpersons and the cooperation of residents West will continue to be the interesting, active place it has always been. The new Board welcomes and will consider any new ideas that may be presented to it.

We all look forward to a new year that will also celebrate the opening of our Signature Experience Medical Center

Thank you for placing your confidence in all of us.



Nancy Heim, our new president



Changing of the Guard! Nancy Heim takes over from Lyn Marvin as Jim Smith, Tom Hoffman and Gladys Read convey their thanks and congratulations!



Cynthia Kinsella

FLICRA NEWS

The 2011 Legislative session is about to get underway, and it is our good fortune to have Bennett Napier, our FLICRA Executive Director scheduled to come to Indian River Estates on March 10th to give us an update on pending issues.

It is a good time to review the legislation of 2010 which concerned Continuing Care Retirement Communities, and which were signed into Law by Governor Christ.

House Bill 945 passed the Legislature and will require any Assisted Living Facility in the State that has 17 or more beds to have an Automated External Defibrillator on the premises. It would further require that the staff of the

facility receive training, and they be registered with the local Emergency Medical Services. The Law becomes effective July 1st, 2011.

The second Law that affects CCRC's establishes that all employees or contractors who provide personal care and employees with access to resident living areas or resident property must have Level 2 FBI check completed before they can begin work in the facility. The requirement applies to all new employees as of August 1, 2010 and current employees must be screened by June 30, 2015.

Fortunately for FLICRA members, progress of Bills concerning CCRC's are reported on e-mail, so that they serve as an alert to support or oppose the Bill before final action.

With the budget shortfall facing the Governor, FLICRA members need to be keenly aware of action which can impact our facility or our residents.

In Memoriam

Vera Bader

Ed Groves

Peter Guzak



Chat With Chad

Pelican Pirate



Chaplain
Chad

Last month Samuel & Hannah were out of school for presidents day. I took the day off and we decided to do a bit of fishing. Early that morning we headed to the beach to try our luck on the surf. Fifteen shrimp later all the fish in the area were safely fed so we headed to another spot on the river side. Now the fish were biting. Within an hour all of the bait was just about used up.

All of us had reeled in some fish and Samuel had the most unique catch of all...a full grown pelican! Samuel was reeling in the fish up to the dock when the pelican swooped in and swallowed fish, hook, line and sinker in a split second. Just to add to the drama of the moment, the feathery pirate perched on the pole in front of us as if he were saying: "Top that one."

I quickly cut the line and after a few seconds the unforgettable catch spread his wings and glided towards another group of unsuspecting fishermen. He got a free meal and Samuel did all the work! Just in case you are worried about the pelican, the hooks these days are made in such a way to quickly disintegrate whenever swallowed by a fish or as in this case, a bird. Knowing the pelican pirate would be ok gave us the freedom to laugh and celebrate a memory together that will not fly away.

The scriptures remind us that trusting in the Lord gives us the freedom to laugh and celebrate His blessings in our lives. One of those great blessings is JOY.

Joy has a sustaining value. In Nehemiah 3:10 '...the JOY of the Lord is your strength.'

Strength to help us continue on through the difficult times and to make the most of the good times.

Guiding us to put together wonderful memories of joyous good times with loved ones and friends.

Encouraging us to enjoy each day as we share in the blessings of our Lord.

Good luck on your next fishing trip!

West Side Story

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

The March book discussion will be held on March 21, at 2:P.M. in the reading room.

The book this month is **The Sisters of Sinai, by Janet Soskice. Helen Potter will lead the discussion.**

Remember, this is not a review, but a discussion, so reading the book will help you enjoy and enter the discussion.

Any questions, call Joan Auble.

Notes from the Nurse

*Spring is nature's way of saying...
another new beginning.*

—Unknown



Becky King

I can't believe when I look at the calendar that we are only a few days away from Spring. Time sure has a way of flying by. I am excited that in the next few months we will be unfolding some new programs and doing some things that I think will be really exciting for all of us.

By now you have probably heard about the new "I'm ok" program that we will be kicking off in the next couple of weeks. I am excited about this program as I think it offers an extra "safety net" to each resident who will participate.

The program will work like this: Each of you will receive a new bright yellow door hanger with a smiley face on it. We are asking each of you to place it on your door knob sometime in the evening, and remove it by 10:30 am every morning.

Our staff (nursing, security, environmental services, and maintenance) will be checking the doors every day to see if there are any door hangers, and if they find one that remains on the door, they will notify the nursing department, and we will check to make sure everything is ok.

We have purchased new door hangers to try to make it a fresh new start and to take away the past confusion that has existed with the old door hanger (that was red, and very similar to the fire door hanger).

If you are going to be out of town or in the hospital, we would like for you to let either the nursing department or the main office know, so that we are not trying to locate you.

You will be receiving in your mailbox, a memo from me that will instruct you when you can pick up your new door hanger. We are going to have a reward for the building with the highest percentage of participation.

Again, I hope each of you will participate in this very simple way of making things safer at IRE West.

And by the way, Happy Spring!



HVIP (Hearing and Visually Impaired Persons) has no scheduled meeting. If you have suggestions for speakers or topics, please contact Pat Meyers 562-3876.



Operation - Adopt a Box

Since 2009, the Navy League and Military Officers Association, Vero Beach chapters, have been sending boxes of paperback books to soldiers in the war zones.

Here at IREW, this project has been taken over by the Library chairman with Lori Trolle as chairperson. It is a very exciting and worthwhile endeavor.

Some statistics for those interested in participating-- as stated above, this program was started in Vero in March of 2009 and to date 5,827 paperback books have been sent overseas which equates to 314 boxes at an approximate cost of \$471. The mailing cost of books and postage has been borne by generous donors.

We are looking for people who will help by donating paperback books (we will also be taking some from our library shelves) and the mailing cost of \$12.90. The packing boxes are supplied by the US Post Office and hold 17-20 books. This is a year 'round project so that time is not of the essence, but we would like to know, as soon as possible, who would like to help. Many of us have been wondering what we can do to make life a little more pleasant for those men and women who are serving in difficult places at difficult times. Now's our chance.

For those interested in being a part of Operation-Adopt a Box, please call Gladys Read, 978-0421 or Lori Trolle, 231-4888

March 2011

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

6
 11:00 Worship Service
 Chaplain Chad
COMMUNION
 6:30 Symphonic Assoc [BUS]
 No Movie

13
Day Light Savings Time Begins
 11:00 Worship Service
 Chaplain Chad
 2:00 Treasure Coast Chorale
 "When Irish Eyes are Smiling" [BUS]

20
 11:00 Worship Service
 Chaplain Chad
 5:00 BYOB Ice Cream Social
 Multipurpose Room

27
 11:00 Worship Service
 Chaplain Chad
 1:15 Red White & Blue Con-
 VB High School [BUS]

1
 8:30 Exercise [MPR]
 1:00 Duplicate Bridge AS & CC
 1:30 Bridge with Sue [GR]
 1:30 TOWN HALL [MPR]
 5:00 Night in The Emerald RM
 6:15 Remarkable Story [MPR]
 6:45 Remarkable Story [MPR]
 7:00 Dominoes [HMR]

Mardi Gras 8
Dr. Splendoria
 8:30 Exercise [MPR]
9-10 Beltone Services [RR]
 1:00 Duplicate Bridge [MPR]
11:00 Ask The Director [MPR]
 1:30 Bridge with Sue [GR]
 4:30 Culinary Event [Lobby]
 6:45 Sax Appeal [MPR]

15
 8:30 Exercise [MPR]
 1:00 Duplicate Bridge [AS]
 1:30 Bridge with Sue [GR]
 5:00 Night in The Emerald RM
 7:00 Dominoes [HMR]

22
Dr. Splendoria
 8:30 Exercise [MPR]
 1:00 Duplicate Bridge [MPR]
 1:30 Bridge with Sue [GR]
 5:00 Night in The Emerald RM
 7:00 Dominoes [HMR]

29
 8:30 Exercise [MPR]
 1:00 Duplicate Bridge [MPR]
 1:30 Bridge with Sue [GR]
 5:00 Night in The Emerald RM
 7:00 Dominoes [HMR]

2
 7:30 Omelettes [Cafe]
 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]

9
 9:00 Miniature Golf
 9:30 Bible Study - [Chapel]
 1:30 Ping Pong [GR]
 2:00 Prayer Chain [Chapel]
 6:30 Social Bridge [MPR]

16
 7:30 Omelettes [Cafe]
 9:00 Miniature Golf
 9:30 Bible Study - [Chapel]
 10:30 Financial Dis. Grp [MPR]
 1:30 Ping Pong [GR]
 6:30 Social Bridge [MPR]
 6:30 Theatre Guild [BUS]

23
 9:30 Bible Study - [Chapel]
 9:00 Miniature Golf
 Sales Luncheon
 1:30 Ping Pong [GR]
 6:30 Social Bridge [MPR]

30
 7:30 Omelettes [Cafe]
 9:00 Miniature Golf
 9:30 Bible Study - [Chapel]
 1:30 Ping Pong [GR]
 6:30 Social Bridge [MPR]

3
 8:30 Exercise [MPR]
 10:30 Catholic Mass [OBT]
 11:00 Chapel Worship Comm
 6:45 Freyda Thomas [MPR]
 Broadway & Beyond

10
 8:30 Exercise [MPR]
 9:00 Nu-2-U [East A-311]
 9:00 Distinguished Lecture
 Series [BUS]
 11:00 Medical Lecture [MPR]
 1:00 FLICRA [MPR]
 2:00 Landscape Mtg [HMR]
 4:30 Birthday Night [CDR]

St Patrick's Day 17
 8:30 Exercise [MPR]
 10:30 Great Decisions [MPR]
 1:30 Sarah Circle [AS]

24
 8:30 Exercise [MPR]
 9:00 Nu-2-U [East A-311]
 10:45 Medical Lecture [BUS]
 5:00 Upscale Dining [ER]

31
 8:30 Exercise [MPR]
 1:30 Food Forum [CDR]
 6:45 Jimmy Chapel Concert [MPR]

4
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]

11
 9:00 Exercise [MPR]
 1:30 Ping Pong [GR]
 4:30 Scrapbooking Display [Lobby]
 6:30 Mah Jongg [GR]
 6:45 Dominoes [MPR]
 7:00 Game Night [MPR]
 7:00 Hearts [HMR]

18
 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]

25
 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]

31
 8:30 Exercise [MPR]
 1:30 Food Forum [CDR]
 6:45 Jimmy Chapel Concert [MPR]

5
 9:00 Shuffleboard Lessons
 9:00 Tai Chi [MPR]
12:30 Scrapbooking [AS]
 with Marg -Special Time
 7:00 Bingo [MPR]
 Callers: Stewart & Kenny

12
 9:00 Shuffleboard Lessons
 9:00 Tai Chi [MPR]
 1:30 Scrapbooking [AS]
 1:15 Riverside Theatre [BUS]
 "The Producers"
 7:00 Bingo [MPR]
 Callers: TBA & Read

19
 9:00 Shuffleboard Lessons
 9:00 Tai Chi [MPR]
 1:30 Scrapbooking [AS]
 7:00 Bingo [MPR]
 Callers: Mackin & Mackin

26
 9:00 Shuffleboard Lessons
 9:00 Tai Chi [MPR]
 1:30 Scrapbooking [AS]
 7:00 Bingo [MPR]
 Callers: Read & Young

31
 8:30 Exercise [MPR]
 1:30 Food Forum [CDR]
 6:45 Jimmy Chapel Concert [MPR]

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
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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

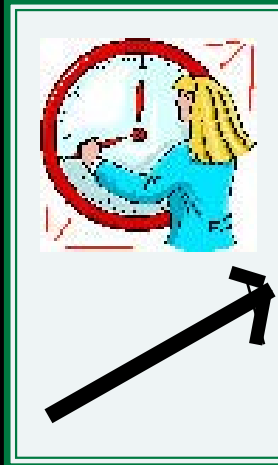
(First Friday)
 9:30 am Shopping Loop

(Second Friday)
 9:30 am Miracle Mile

(Third Friday)
 9:30 am Shopping Loop

(Fourth Friday)
 8:50 am Gardens Mall

- 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 TBA - Read
 3rd Mackin - Mackin
 4th Read-Young

Bridge Coordinator
 Lane Gillooly
 299-3422

- Monthly BRIDGE LEADERS**
 Monday Social Bridge
 Heim/TBA
 Tuesday Duplicate Bridge
 Hal Simon
 Wednesday Social Bridge
 Dwyer/Gillooly