

# Fitness

I took a moment to research special observances for the month of April.

Possibly some health or fitness tidbits? Well, there was plenty of “National Observance’s” . . . National Frog month, guitar month, kite flying month, welding month! Can you believe it?

Of course many important ones as well, but the one that did stick with me, was the week of the 20-27th. National TV turn off week! There are so many useless TV shows on these days, maybe if we could get off the couch and go for a walk it would help the whole human race! I guess that’s a bit far fetched but the reality is we waste a lot of time watching tv and now watching the computer screen. Let’s try to pay attention to our mindless use of time and do something healthy with it instead.

A recent study was published, that after six months of stretching, toning, and balance training, there was a positive effect on brain function typically associated with aging. Another survey suggested that the slow rhythmic movement of Tai Chi was beneficial for those with fibromyalgia.

So don’t be an April Fool...Remember Life really is Good!



Sheryl Laudermilk

**The April meeting of the book discussion group will be held on Monday, April 18, at 2:00 P.M. in the reading room.**

**The book this month is: George, Nicholas, and Wilhelm, by Miranda Carter.**

**The discussion will be led by three members: Joan Auble, Fran Bibow, and Cecilia Reiling**

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

# West Side Story

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# West Side Story

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



April, 2011

## April Birthdays

- |                  |                    |
|------------------|--------------------|
| 1 June Cameron*  | 24 Sam Kreps       |
| 2 Hugh Todd      | 24 Mary Stark      |
| 3 Edith Wrigley* | 25 Beverly Miller  |
| 5 Barbara Bush   | 25 John Wakeland   |
| 5 Arthur Worley* | 26 Lee Dennerline  |
| 12 Robert Lamont | 26 Winifred Parrot |
| 16 Betty Vizbara | 26 Ken Meehan      |
| 17 Ed Kelley     | 27 David Guzak     |
| 18 Ann Clement   | 29 Dennis Dabbs    |
| 21 Jane Thompson | 29 Aurie Morrison  |
| 22 Tom Hoffman   | 30 Joan Auble      |
| 22 Ken Marvin    | 30 Russell Romeyn  |

## Early May Birthdays

- 4 Harry Dennis
- 7 Virginia Daries
- 7 Duncan Donald

**\*WBC & OBT**

## Library Report

For your reading pleasure, 45 fiction and non-fiction books were recently added to the “new” bookshelves and the credenza in the Reading Room. You will note that the number of non-fiction books on the credenza is growing very rapidly.



Gladys Read

The reason for that is that it has not been possible to remove ones that have been there awhile. Why? The simple reason is that there is no space to put them in the non-fiction section in the other library. The Committee is hoping to be able to expand the present area by giving the coffee table books that take up the remaining section of that wall to the Used Book Depot of the Friends of the Library. If any resident is interested in having any of these books, please do not hesitate to peruse the shelves and take the book(s) that are of interest. Please do NOT return them. If in doubt, please call 978-0421.

Many readers enjoy reading about fiction Florida style. As we know, some authors live here while others use their imagination and create stories about our state.

Some writers you might enjoy are: Dave Barry, Edna Buchanan, Tom Corcoran, Ed Falco, Carolina Garcia Aguilera, Heather Graham, Carl Hiaasen, Stuart Kaminsky, Barbara Parker, Lawrence Sanders and, of course, Stuart Woods. Not all the foregoing write mysteries; some are just plain novelists. If you generally look in the hard-back area, try looking in the paperback section. More and more writers are producing books in this style.

Enjoy your leisure time—enjoy the books you have chosen.

## Great Decisions

The next Great Decisions meeting will be on April 21 at 10:30 am.  
Our discussion will focus on *American National Security*.



*Rolf Bibow*

This topic is very timely for several reasons: First, following the 2007- 2008 Great Recession, deficit reduction has become a major focus of national economic policy. Leading strategic analysts have warned that there is no more urgent national security issue than to get a grip on our financial imbalances. Reducing the ever increasing defense spending has therefore become a major policy objective. The key issue is where, and how to make those reductions.

Second, emerging powers, especially China and Russia, are expanding their military capabilities into the use of high technology weapons, in which the US previously played the dominant role. Using extended range sensors and space-based communications systems China, as an example, will be able to extend its control over the Western Pacific. Precision guided munitions (PGMs), such as surface-to-air missiles, anti-tank guided munitions and man-portable air defense systems will begin to obviate the need for modern air forces. For that reason other nations, even insurgent nations, will increasingly be able threaten the US.

There is also the danger of an *electronic Pearl Harbor*. Such a threat could soon be within the capability of a number of nations. With the click of a mouse half a world away, weaponized computer programs could launch cyber attacks against the US, with the potential to destroy critical industries or vital military computer networks. I will describe the emerging risks of cyber warfare in some detail.

Third, because America's world-wide role is being challenged by other rising powers, strong political voices in this country are demanding that the US take steps to reduce its role as a global leader. That is what we witnessed in the build-up to the military action against Qaddafi's forces in Libya. However, despite our disavowal of a leadership role, that's how we ended.

Strong political factions now insist that we must focus more directly on our own nation's security. In essence, the demand is that the US establish lines of defense closer to our own borders. The risk is that such a policy could leave us more vulnerable, rather than less. By maintaining our leadership role we could, in fact, influence emerging dangers long before they would threaten our home land.

Welcome to our discussion on American national security.

## IN MEMORIAM



*Bob Messersmith*

*Bud Kleckner*

*Rebecca Johnson*



## Indian River Residents' Association

Isn't "I'm OK" is a wonderful program that Becky King, our Head nurse has started?

Strangely enough unexpected things do happen: such as a violent pain, sudden stomach virus attack, or a fall like I had many moons ago and sported a colorful face for weeks on end.

By placing our newly original designed door hangars on our doors are just another way ACTS security is caring for us. Let's all get behind the program and dutifully do as we have been asked.

Hats off to Becky and the Nursing staff for instituting a great program.

"I'm OK" "You're OK"

— Nancy



*Nancy Heim*



Jim and Pat Kenton

## New Residents: The Kentons!

Before coming to IREWest, Pat and Jim Kenton, G-111, lived in Baltimore for over 30 years and then the Eastern Shore of Maryland before deciding to live in sunny Florida year 'round.

Jim received his BA at the University of Delaware and went on to earn his MBA at Loyola in Baltimore. Meanwhile, Pat attended the University of Connecticut before getting her BA at George Washington University in Washington, D.C.

Both their careers were with the government; Jim heading up the Institutional

Long Term Care division of Medicare and Pat retiring as head of the Social Security Personnel Policy Group. Jim also held a Certified Public Accountant license while living in Maryland.

During their 41 years of marriage, they have enjoyed extensive traveling, but have never taken a commercial cruise—not even to the Caribbean. However, their favorite form of vacationing was traveling by barge on the rivers of Europe, having the chilling experience of going through some of the small locks on those waters as well as enjoying seeing the old cities that we read about and meeting the residents thereof.

Jim is enjoying ping-pong and billiards again after a break of many years. He is also an exercise enthusiast. They both enjoyed the competition of playing tennis but have put that aside because of health reasons.

Be sure to meet Pat and Jim. You will thoroughly enjoy the time you spend with them.

# Chat with Chad



Chaplain Chad

## Cast the Net!

“They went out and got in the boat. They caught nothing that night. When the sun came up, the Lord was standing on the beach, but they didn’t recognize him. He spoke to them: *Good morning!* Did you catch anything for breakfast?” They answered, “No.” He said, “Throw the net off the right side of the boat and see what happens.” They did what he said. All of a sudden there were so many fish in it, they weren’t strong enough to pull it in.” John 21:6-7

Now that’s a fish story worth telling! In only a moment the rigors of a night of empty net fishing drifted out with the morning tide. Imagine the chatter around the fireside tables that evening. Like the disciples, sometimes we need to cast our nets on the other side. Fishing holes dry up and what worked yesterday doesn’t always work tomorrow. Now before you go out and buy a shiny new convertible sports car notice two connections with the disciples. Number one, they were doing what they knew to do (fish). Then they heard and followed the voice of the Lord.

If Simon Peter were here today I believe he would tell us to look around and listen for the Lord’s voice especially during those times when it seems life’s nets are coming in empty.

P.S. Speaking of fishing. On Monday, May 2nd we are planning a fishing trip aboard the “Lady Stuart 2” out of Fort Pierce. It is out into the ocean, but you can still see land. We will leave West at 7am and return around 2:00 pm. A sign-up sheet is posted by the bulletin boards. Cost is \$40.00 per person. Check out Ladystuart.com to see the boat.

PNC Bank to open April 11th  
Hours of operation  
Monday & Wednesday  
8:00 AM- 1:00 PM  
ATM will be located in the Lobby

A Rosary was found in the Library, if yours, please claim it at our Lost and Found located in the Main Office.

**America’s Music**  
Performed by the Treasure Coast Youth Symphony  
Monday, April 11th. Bus leaves at 6:00 pm  
\$13.00 includes transportation.  
Please sign up to join us.

Financial Discussion Meeting  
Wednesday, April 20th  
10:30 AM In the MPR

### Learn How You Can Take Control of Retirement Dollars

- Avoid common financial mistakes.
  - Stop losses in your 401K or IRA.
  - Create a monthly income that lasts the rest of your life no matter how long you live.
  - Reduce or possibly eliminate Social Security taxes.
  - Earn competitive interest.
  - Increase income and reduce taxes.
  - Learn how you can earn returns linked to stock market indices without risk of loss due to market volatility.
  - Dispute an income-tax-free benefit to your heirs upon death.
- Everyone is welcome to attend.



Ed Fehrs

# FLiCRA

## WHAT IS A FLiCRA CALL TO ACTION?

*(This issue of FLiCRA News is written by “pinch bitters” for Cynthia who is recovering from surgery)*



Cynthia Kinsella

Your Indian River West FLiCRA Chapter recently received a **Call to Action** from FLiCRA’s Tallahassee Executive Director and the resultant flurry of activity caused many to ask what is a *Call to Action*? Let’s try to explain.

### The Problem:

- The 2011 Florida Legislature is currently determining how to make up a \$3.6 billion budget shortfall. This could mean some existing programs, for example the Elder Care Ombudsman, might be curtailed or eliminated.
- 40% of the State budget is dedicated to Health and Human Services, much of which affects residents in Continuing Care Retirement Communities (CCRCs) such as Indian River Estates. Latent proposals, such as the 7% sales tax on services we receive, for example meals, or a “bed tax” for beds could be revived.

### The Solution:

- The FLiCRA Executive Director, Bennet Napier, and his staff have identified and are tracking over fifty bills that address changes to regulations impacting CCRCs such as Indian River Estates.
- This staff meets regularly with legislators and their committees to advance FLiCRA positions and/or sponsorship of issues of interest to the FLiCRA membership.
- It frequently becomes necessary for FLiCRA to demonstrate to legislative committees or individual legislators that there is wide public support for a particular issue.
- This is accomplished by the FLiCRA Executive Director issuing a **Call to Action** to over 13,000 members statewide to directly contact specific committees and legislators on a particular issue.

### An Example:

- On March 18 Bennett Napier issued a Call to Action to the FLiCRA membership to e-mail Senator Ronda Storms and Representative John Wood requesting their support and assistance to hold a public hearing for House Bill 1037 and Senate Bill 1340.
- On March 21 Napier cancelled the Call to Action and requested no further emails to the Senator and Representative as they both have advised him the e-mails “have had the effect desired and a public hearing will be held.”

### Conclusion:

- **Call to Action** is a tried and true method for our membership to contact specific Legislators and to obtain desired results on issues of interest and benefit to CCRCs.
  - Our FLiCRA Chapter must rededicate its proactivity not only to **Call to Action** but also to maintaining a “two way street” with FLiCRA Tallahassee documenting and submitting specific concerns, requirements and issues for inclusion in future regulations and legislation.
- More on this in a future **FLiCRA News**.

# April 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

**3**  
 11:00 Worship Service  
 Chaplain Chad  
**COMMUNION**  
 6:30 Symphonic Assoc [BUS]  
 No Movie

**4**  
 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]

**5**  
**Dr. Splendoria**  
 8:30 Exercise [MPR]  
 1:00 Duplicate Bridge [AS]  
 1:30 Bridge with Sue [GR]  
**5:00 Night in The Emerald RM**  
**6:45 Story of Joshua Slocum**  
 by Bob Walsh [MPR]  
 7:00 Dominoes [HMR]

**6**  
 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]

**7**  
**8:30 Exercise [MPR]**  
 9:00 Distinguished Lecture Series [Bus]  
**10:30 Catholic Mass [OBT]**  
**11:00 Chapel Worship Comm**  
**6:45 Michael Angel Concert [MPR]**

**8**  
**No Exercise**  
 1:30 Ping Pong [GR]  
 6:30 Mah Jongg [GR]  
 6:45 Dominoes [MPR]  
 7:00 Game Night [MPR]  
 7:00 Hearts [HMR]

**9**  
 9:00 Shuffleboard Lessons  
 10:00 Tai Chi [MPR]  
**12:30 Scrapbooking [AS]**  
 with Marg -Special Time  
 7:00 Bingo [MPR]  
 Callers: Guzial & Bailey

**10**  
 11:00 Worship Service  
 Reverend Guy Rayle

**11**  
 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]  
**6:00 Treasure Coast Youth Symphony [BUS]**  
 6:30 Social Bridge [MPR]

**12**  
 8:30 Exercise [MPR]  
**9-10 Beltone Services[RR]**  
**11:00 Ask The Director [MPR]**  
**11:30 Poolside Bar-B-Que [I]**  
 1:00 Duplicate Bridge [MPR]  
 1:30 FLiCRA [HMR]  
 1:30 Bridge with Sue [GR]  
**6:45 Life & Times of Majorie Rawlings [MPR]**

**13**  
**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]

**14**  
 8:30 Exercise [MPR]  
**9:00 Nu-2-U [East A-311]**  
**11:00 Medical Lecture [MPR]**  
 2:00 Landscape Mtg [HMR]  
**4:30 Birthday Night [CDR]**

**15**  
 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]

**16**  
 9:00 Shuffleboard Lessons  
 10:00 Tai Chi [MPR]  
 1:30 Scrapbooking [AS]  
 7:00 Bingo [MPR]  
 Callers: Mackin & Mackin

**PALM SUNDAY 17**  
 11:00 Worship Service  
 Chaplain Chad

**18**  
 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]  
**2:00 Book Discussion [RR]**  
 6:30 Social Bridge [MPR]

**19**  
**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]

**20**  
 9:30 Bible Study - [Chapel]  
 9:00 Miniature Golf  
**10:30 Financial Dis. Grp [MPR]**  
 1:30 Food Forum [CDR]  
 1:30 Ping Pong [GR]  
 6:30 Social Bridge [MPR]

**21**  
 8:30 Exercise [MPR]  
**10:30 Great Decisions [MPR]**  
**1:30 Sarah Circle [AS]**  
**5:00 Upscale Dining [ER]**  
**6:45 Roy Morano Concert [MPR]**

**22**  
**Dr. Demar**  
 9:00 Exercise [MPR]  
 1:30 Ping Pong [GR]  
 6:30 Mah Jongg [GR]  
 6:45 Dominoes [CR]  
**6:45 Fred Moyer [MPR]**  
 7:00 Game Night [CR]  
 7:00 Hearts [HMR]

**23**  
 9:00 Shuffleboard Lessons  
 10:00 Tai Chi [MPR]  
**1:15 Riverside Theatre[BUS]**  
 "Buddy"  
 1:30 Scrapbooking [AS]  
 7:00 Bingo [MPR]  
 Callers: Read & Young

**EASTER 24**  
 11:00 Worship Service  
 Chaplain Chad

**Office Closed 25**  
 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]

**26**  
 8:30 Exercise [MPR]  
 1:00 Duplicate Bridge [MPR]  
 1:30 Bridge with Sue [GR]  
**4:30 Culinary Event [Lobby]**  
 "Day on the Farm"  
**6:45 Bill Jamerson [MPR]**  
 "Dollar a Day"  
 7:00 Dominoes [HMR]

**27**  
**7:30 Omelettes [Cafe]**  
 9:00 Miniature Golf  
 9:30 Bible Study - [Chapel]  
 Sales Luncheon  
 1:30 Ping Pong [GR]  
 6:30 Social Bridge [MPR]

**28**  
**8:30 Exercise [MPR]**  
**9:00 Nu-2-U [East A-311]**  
**10:45 Medical Lecture [BUS]**

**29**  
 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]

**30**  
 9:00 Shuffleboard Lessons  
 10:00 Tai Chi [MPR]  
 1:30 Scrapbooking [AS]  
 7:00 Bingo [MPR]  
 Callers: Herr & Hegarty

**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  
 1:30 pm  
 H Meeting Room  
 Nancy Cavan 567-5930

**Golf**  
 Wed  
 8:00 am  
 Vista Plantation  
 Sherrill Oliver  
 794-9768

**Shuffleboard**  
**9 am**  
 Thurs: Zieseniss  
 Fri: Cavans

- 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

**Poolside Bar-B-Que**  
 11:30 am to 1:00pm  
**I BLDG POOL**  
**April 12th**

Weekly BINGO LEADERS

- 1st Stewart - Kenny
- 2nd Guzak - Bailey
- 3rd Mackin - Mackin
- 4th Read-Young
- 5th Herr - Hegarty

**Bridge Coordinator**  
 Lane Gillooly  
 299-3422

Monthly BRIDGE LEADERS  
**Monday Social Bridge**  
 Kingstons

**Tuesday Duplicate Bridge**  
 Hal Simon

**Wednesday Social Bridge**  
 Holden/Beil

- 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  
**(Fifth Friday)**  
 9:30 am Shopping Loop