

Fitness

Did you know that correcting faulty posture can sometimes improve your health? The skeletal framework and/or the spine that is misaligned can cause a lot of bodily problems. Mostly the messages of the nervous system can't get sent through the spine properly. I am not saying that this is the magic key, but think about it. If messages aren't sent to the brain, we can't lift our foot quickly enough, or sway to the side... that's when some accidents may occur.

Posture is defined as "a state of skeletal and muscular balance and alignment that protects the supporting structures of the body from progressive deformity and injury." When the body's joints work properly, the least amount of energy is used to keep the body in an upright position. In poor or faulty posture, the body is unbalanced and strain is placed on the body's structural framework.



Sheryl Lauder milk

One of the more common forms of poor posture in any age group is the forward head posture. (FHP) This is mainly caused by computer work, hobbies, extensive driving, etc, and the end result is neck and shoulder pain. It also contributes to fatigue and restrictive neck mobility and chronic neck pain.

In older adults there are a number of limitations associated with poor posture. These include standing for periods of more than 15 minutes, stooping, difficulty getting in and out of cars and reaching or extending arms above shoulder height. The #1 limitation is pushing or pulling larger objects such as a chair.

Sounds complicated...when it really is poor posture that started it all! Now what to do? Participate in exercise programs that focus on muscular fitness, agility, range of motion and coordination. It was specifically noted that agility and strength training reduces risk of falling, particularly in women. Posture needs to be an important consideration of our activities of daily living.

These are not my words but sound profound... a new posture pleasure principle: "planning and prevention precludes pain and promotes perfect posture". Say that ten times fast and call me in the morning!

Life really is Good!

The May book discussion will be:

The Zookeeper's Wife.
by Diane Ackerman,
led by Ruth Wakeland.

**We will meet on May 16,
2:00 P.M. in the reading
room.**

— Joan

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

West Side Story

Editor...Rodney Nowak

Writers

Gladys Read
Chad Elbersen
Rolf Bibow
Lyn Marvin
Cynthia Kinsella
Sheryl Lauder milk
Nancy Heim
Tom Sutton

Photographers

Rodney Nowak
Harry Ewell

Proof Readers

Gladys Read
Bob Kingston
Frances Kinney

Distribution

Ken & Mary Abbott

Layout

Harry Ewell

Printing

Harry Ewell
Rodney Nowak

West Side Story

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



May, 2011

May Birthdays

- | | |
|-------------------|------------------|
| 4 Harry Dennis | 18 Sarah Smith* |
| 7 Virginia Daries | 18 Alice Worman |
| 7 Duncan Donald | 19 Barb Meehan |
| 9 Ann Gurley | 23 Louise Grove* |
| 9 Peg Hurley | 28 Charles Kline |
| 10 Stan Ensminger | 28 Pat Rogers |
| 13 Joan Durfee | 31 Pat Kenton |
| 14 Dorothea Baird | 31 Hildy Whiston |
| 17 Carey Parnell | |

Early June Birthdays

- 1 Nancy Brost
- 1 Bob Webber
- 2 Doris Scheiderbauer*
- 3 Helen Potter
- 4 Bob Auble
- 4 Homer Kallsen
- 4 Marguerite Reid*
- 6 Robert Stuart
- 7 Milt Burdsall
- 7 Nancy Shepard

***WBC & OBT**

From the Desk of the Executive Director

At the end of March, George Bryan and I made our annual trip to attend legislative workshops sponsored by FAHSA (Florida Association of Homes and Services for the Aging). This was an interesting trip because we were able to meet with seven legisla-



Tom Sutton

tors (or their aides), and talk to them about various bills that will have an impact on our Florida seniors. Most were very hospitable to us, and some, well their greetings were a little different. Legislators such as Tom Goodson and Debbie Mayfield greeted us warmly, and really paid attention to our talking points. Another one (and I'll keep his name anonymous) told us we were wasting our time; anything relating to healthcare in Florida was handled by another legislator. WOW!

I know they have a great amount of work ahead of them, given the economic challenges we're all faced with in Florida. I think the important thing is, always stay engaged with our lawmakers. They're elected to do our work, so, we must always keep in touch with them to let them know what's important to us.

Coming up in May we have our second annual Safety Week beginning May 3-6. A few guest speakers will be giving talks on various topics in the MPR. And rest assured, we'll be having a few fire drills to help make sure we're all ready in case of a significant fire issue. May 19th we'll have another pool side BBQ along with our Chaplain's Challenge. What is the Chaplain's Challenge? Stay tuned, more details to come.

Chat with Chad

Humpty Dumpty Religion

Someone once said to me; "Religion's not what it's cracked up to be". The more I reflected on that statement the thought came to me that it is the times when we are 'cracked up', we finally begin to 'look up'.



Chaplain Chad

Unlike "all the king's horses and all the king's men who couldn't put Humpty together again," God can put us and our situation back together. In the scriptures the books of Genesis, Exodus, Judges, Luke and Acts are filled with examples of lives where God turned impossible situations into great possibilities. Now the Lord in no way promises a comfortable ride down easy street. In fact, trusting God often draws more criticism and trials than not. So why bother? Because the difference is the peace and the perspective God abundantly supplies to our every circumstance.

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.

Proverbs 3:5-6

Going back to Humpty Dumpty. We will be having our own Humpty Dumpty competition on Thursday, May 19th. Each department will be forming a team of staff and residents to design a protective cover for an egg which will be dropped from about 20 feet onto the pavement. The poolside BBQ will follow. The catch is that we will supply each team with the same materials and each team will have 30 minutes on the day of the contest (May 19th) to build their device. The supply list is posted on the bulletin board if you would like to start thinking about a design. There is also a sign-up sheet if you would like to be placed on a team or perhaps form your own team. More details will follow closer to the event. —Chad Elberson



Ed Fehrs meets with **Patricia Harrigan**, who will be running the office, while Deborah Wood assists Patricia in getting the new office in operation.

PNC Bank opens offices in IRE West and East!!

PNC Bank has moved into Chad's old office and installed a 24-hour banking machine by the coat room near the Crystal Dining room.

Our PNC's offices will be open from 8:00 am to 1:00 pm

WEST: Monday and Wednesday and

EAST: Tuesday and Thursday.

Indian River Residents' Association

Here we are entering the Merry Month of May, closing in on summer, and we all need to count our blessings to be here at Indian River Estates WEST safely away from the elements of hurricane season and the long hot and humid days.

It is most exciting and impressive to see our new WillowBrooke Court growing by leaps and bounds right before our eyes. When Elsie Norton, Senior Vice President of Quality Care, appeared at the April Ask the Directors meeting, she eloquently explained the plans that are being formulated for the Signature Experience. I can hardly wait until we will be allowed to have tours.

Congratulations to Building H for winning the "I'm OK, You're OK" contest. We hope that since residents are used to using the fancy yellow card they will continue to do so for safety's sake. --Nancy



Nancy Heim



The beautiful orchids in the lobby were grown by John Henderson who has a wide variety of orchids in his care.



IN MEMORIAM

Harold Weiss

Clara Wolfe Pfitzner

Dot Kelly

By Fink



Notes from the Nurse

HIPAA What is it and how does it effect the ACTS residents?

In the past few years we have heard the word “HIPAA” and though it is for our protection, there are things about it that can be a little confusing and even frustrating at times.

I want to talk about what it is and some of the questions that arise frequently that might effect the HIPAA regulations.

First of all, let’s just review what HIPAA is and why it was created.

It is Health Insurance Portability and Accountability Act.

The intent of HIPAA is to protect the privacy of your health information. HIPAA puts some very specific rules in place about when, how, and what kind of information can be shared. Also, it makes sure that the person whose information is being shared is aware of that possibility.

There are some things that we do as a nursing department here at I.R.E.West, with our residents upon their moving-in and, also yearly, to update your HIPAA records.

1. There are a few inquiries that are on the HIPAA form that we ask you to fill out.

- A) Whom may we communicate—regarding your condition or course of treatment?
- B) May ACTS disclose your name and location in the community in the directory?
- C) May ACTS disclose your general condition that does not include specific medical information, and your eligious affiliation to members of the clergy?
- D) May ACTS disclose your name, location in the community, and your general condition that does not include specific medical information—to individuals who ask for you by name?

I.R.E. West Resident Board endorsed the posting of resident names who are admitted to the hospital as well as to our WillowBrooke Court (skilled nursing center).

2. This form is also explained upon admission and reviewed yearly.

It reads as follows:

I DO, or I DO NOT object to having my name posted on the Chaplain’s list.

If you answer, I DO...then we Do Not, post your name on the Chaplain’s list, and we are not allowed to share with the residents on campus that you are in the hospital, or WBC.

If you answer, I DO NOT... then we are able to post your name on the Chaplain’s list and the residents on campus will see that you have been admitted to hospital or WBC.

The Chaplain’s list is located on the FLiCRA bulletin board in the bottom left of the board, across from the business office The nursing office tries to keep this updated.

This also serves as a privacy protection for those who prefer that noone know that they are in the hospital, or WBC

I am aware that at times HIPAA can place the employees and the residents in a somewhat concerning position, as there can be questions asked of us, and we are unable to share the information in regards to being in violation of HIPAA, and exposing information that we are not allowed to expose. Though this can be a little frustrating at times, it is a safeguard to protect all of us.

If you have any questions concerning your HIPAA information, or would like to change it at anytime, please feel free to call or come to the resident nursing office, and we will do our best to help you.



Becky King

FLiCRA

FLiCRA-WE CAN DO BETTER

(This issue of FLiCRA News is again written by “pinch hitters” for Cynthia who has now recovered from surgery)

We concluded last month’s FLiCRA NEWS stating that while our Chapter has a proud record of service and accomplishment, it must rededicate itself to doing even better. Let’s discuss how we are now doing.

The Problem:

The FLiCRA Board recognizes it must establish a closer rapport with residents in order to better understand their concerns and requirements.

The Solution:

The Board has adopted a policy of inviting outside speakers to address and open a dialog with our community on subjects of common concern. We have already sponsored the Director of the State Ombudsman Program, the Executive Director of FLiCRA Tallahassee and next May 12, our State Representative, Tom Goodson, to address residents.

The Board now opens each business meeting with a Resident Participation session for individuals to create a dialog with the Board on their suggestions, recommendations, questions, etc.

The Board is creating a Legislative Action Committee consisting of Board members and residents to enhance the Board’s ability to communicate with our community and maintain a two-way dialog with FLiCRA Tallahassee and the State Legislature.

An Example:

The most effective way to influence legislators and legislation is with Call to Action e-mails. Our community, when required, should be able to generate 200 or more e-mails. Our record shows unfortunately we only produce 20 or less. We can and must do better.

Conclusion:

The Board recognizes we are entering a long period of National and State fiscal restraint. Competition among State Agencies, the Legislature and the varied lobbying interests will increase. FLiCRA Tallahassee and our Chapter are a part of the process. The above Board initiatives are a start of “doing better” and will better inform our community. History records that informed communities respond and do their part. Your Board welcomes that!



Cynthia Kinsella

**Chaplain Chad
is now located in
the old bank office
just past
the main office.**



May 2011

West and Villas

West and Villas

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|--|---|---|--|--|---|--|
| 1 | 2 | 3 Dr. Splendoria | 4 | 5 Cinco De Mayo | 6 | 7 Kentucky Derby |
| 11:00 Worship Service Chaplain Chad COMMUNION | Fishing with Chad [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] 11:00 Safety Lecture [MPR] Heart Attacks & Strokes 1:00 Duplicate Bridge [AS] 1:30 Bridge with Sue [GR] 5:00 Night in The Emerald RM 6:45 Viola, Cello & Piano with Fran & Charleen [MPR] 7:00 Dominoes [HMR] | 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 10:30 OP Medicine Cabinet 10:30 Res Assoc Mtg. [MPR] 11-2 Jewelry Sale [AS] 1:30 Ping Pong [GR] 2:00 Safety Lecture [MPR] Fall Prevention 6:30 Social Bridge [MPR] | 8:30 Exercise [MPR] 10:30 Catholic Mass [OBT] 11:00 Chapel Worship Comm [CR] 11:00 Safety Lecture [MPR] Fire Evacuation & Safety 6:45 John Sadler [MPR] Broadway & Beyond | 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 [MPR] 12:30 Scrapbooking [AS] with Marg - Special Time 5:00 Derby Party [HMR] 7:00 Bingo [MPR] Callers: Stewart & Kenny |
| 8 Mother's Day | 9 | 10 | 11 | 12 | 13 | 14 |
| 11:00 Worship Service Chaplain Chad | Last Day for the Shredder Bins 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] 9-10 Beltone Ser. [RR] 11:00 Ask The Director [MPR] 1:00 Duplicate Bridge [MPR] 1:30 FLICRA [HMR] 1:30 Bridge with Sue [GR] 5:00 Night in The Emerald RM 7:00 Dominoes [HMR] 7:00 Walk the Walk [BUS] | 7:30 Omelettes [Cafe] 9:00 Miniature Golf 1:30 Ping Pong [GR] 2:00 Prayer Chain [Chapel] 6:30 Social Bridge [MPR] | 8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 11:00 Medical Lecture [MPR] 1:30 FLICRA [MPR] 2:00 Landscape Mtg [HMR] 4:30 Birthday Night [CDR] | 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] | 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Guzak & Bailey |
| 15 | 16 | 17 Dr. Splendoria | 18 | 19 | 20 Dr. Demar | 21 |
| 11:00 Worship Service Chaplain Chad | 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] | 8:30 Exercise [MPR] 8:30 Lion Country Safari [BUS] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 4:30 I'm OK You're OK [MPR] 5:00 Night in The Emerald RM 7:00 Dominoes [HMR] | 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 10:30 Financial Dis. Grp [MPR] 1:30 Ping Pong [GR] 6:30 Theatre Guild [BUS] Leading Ladies | H Building's 10th Anniversary 8:30 Exercise [MPR] 10:30 Humpty Dumpty [MPR] 11:30 Poolside Picnic I Building Pool 1:30 Sarah Circle [AS] 6:45 Westside Choristers [L] | 9:00 Exercise [MPR] 12:00 Vol Lunch [CDR] 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 [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Mackin & Mackin |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 11:00 Worship Service Chaplain Chad | 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] 5:00 Night in The Emerald RM 6:45 Jim Hutchinson [MPR] Your Favorite Songs 7:00 Dominoes [HMR] | 7:30 Omelettes [Cafe] 9:30 Bible Study - [Chapel] 9:00 Miniature Golf 10:45 Salvation Army [MPR] Thank You Presentation 1:30 Food Forum [CDR] 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR] | 8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:45 Medical Lecture [BUS] 5:00 Upscale Dining [ER] | No Exercise 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [CR] 7:00 Game Night [CR] 7:00 Hearts [HMR] | 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Read & Young |
| 29 | 30 Memorial Day | 31 | 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 | | | |
| 11:00 Worship Service Chaplain Chad | Main Office Closed 11:30 Memorial Day Picnic [CDR] 6:30 Social Bridge [MPR] | Dr. Splendoria 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 4:30 Grad Night [Lobby] 7:00 Dominoes [HMR] | | | | |

- 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

Paper Shredder Bins will be in the Lobby and the Multipurpose Room beginning Tuesday afternoon, May 3, through Monday, May 9th.

Please shred only sensitive papers.

Don't worry about paper clips or staples, The shredder eats them.

No Hanging Folders

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

Bridge Coordinator
 Lane Gillooly
 299-3422

- Monthly BRIDGE LEADERS
Monday Social Bridge
 Holden/Beil

Tuesday Duplicate Bridge
 Hal Simon

Wednesday Social Bridge
 TBA/ Shepard

| | | | | | | | |
|--|---|--|--|--|--|--|---|
| 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 |
|--|---|--|--|--|--|--|---|

- REGULAR TRIPS
MONDAYS
 9:00 am Doctors 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