

West Side Story

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



Meet Hugh and Flo Todd

—our newest North Villa Residents

Hugh and Flo Todd moved into their villa at 7462 Cypress Bend Manor from their home in Hernando, on the West Coast of Florida. Flo is originally from the Newark, New Jersey, area and Hugh hails from Kentucky. They lived in the same neighborhood in Charlotte, North Carolina, 40 years ago and were introduced by a mutual friend. They were both single parents at the time (Hugh has a son and daughter, and Flo has two daughters). The kids referred to their family as "The Todd Squad". One child lives here in Florida in the New Port Ritchie area, one is in Michigan, and two are in North Carolina. The Todds recently celebrated 37 years of marriage. After serving in the South Pacific during World War II, Hugh went to work for the Armour Meat Packing Company where he served in various capacities, improving production and sales in all

areas. When he retired after 25 years, he didn't get a chance to pursue his many interests before being approached by the CEO of Hardee's Restaurants, who offered him a job with Fast Food Merchandisers, Inc. (a sister company) that needed someone with Hugh's special skills in meat manufacturing to improve their bottom line. After 15 years he retired as CEO and Chairman of the Board.

Flo was a stay-at-home Mom—a job she thoroughly enjoyed and remembers fondly to this day. She was also Hugh's efficient partner and entertained many of his business associates at home with cocktail and dinner parties.



Hugh and Flo Todd

The Todds enjoy relaxing at their home in Tavares, a property they intend to keep, where they enjoy boating and fishing. Since Hugh's father was an antique dealer, Hugh has an eye for old and valuable items and has filled their home with interesting things, one of which is a beautiful piano that is over 100 years old. They also appreciate and collect art.

I hope you have an opportunity to meet Hugh and Flo who are both gregarious and gracious. They like to say *We've never met a stranger.*

Book Discussion Group

**Major Pettigrew's
Last Stand**
by
Helen Simonson.

The discussion will be led
by Liz VanWagoner.
June 20, 2:00 P.M.
in the Reading Room.

—Joan

June Birthdays

- 1 Nancy Brost
- 1 Bob Webber
- 2 Doris Scheiderbauer*
- 3 Helen Potter
- 4 Bob Auble
- 4 Homer Kallsen
- 4 Marguerite Reid*
- 6 Bob Stuart
- 7 Milt Burdsall
- 7 Nancy Shepard
- 10 Betty Solomonson
- 10 Betty Vandenburg
- 13 Fred Sirianni
- 14 Ruth Marino
- 17 Cynthia Kinsella
- 20 Joanne Bauer
- 21 Nancy Pascarelli
- 22 June Dohnal
- 23 Marian Hodges
- 23 Corinne Smith
- 26 Lyn Marvin
- 26 Bob Kuntz
- 27 Sue Glover
- 28 Jim Donmoyer
- 28 Alan Smith
- 30 Joseph Morris
- 30 Jeannette Webber

***WBC & OBT**

A Health Fair is coming to IRE West on JUNE 23rd

LET'S PARTY FOR GOOD HEALTH

When: **June 23rd 9:00 am to 12:00 pm**

Where: IRE West Lobby and MPR

This is going to be an amazing event. There will be **20-30 different vendors** with **free screenings**, and there will be some **nice give-aways and door prizes**.

We are also scheduling **3 different doctors** to come and to speak on a specific topic, with a question-and-answer time following the talk.

To my knowledge, IRE West has never had a health fair, and therefore, this should be an exciting and a new experience that I know you will enjoy.

Perkins Medical Supply
Dr Denise Pieczynski (prostrondontics)
Health South Rehab Hospital
Advanced Motion Therapy
Florida Eye Institute
Vision Plus
Dogs for Life Inc

are just a few of the vendors that will be coming to our Health Fair.

We will have Blood Pressure Screening, Blood Sugar Screening, Hearing Screening, Cataracts and Visual Acuity Screening, and many more.

Dr. Eble, Dr. Dawn Gordon, and Dr. Atwell will be speaking about their speciality areas.

Please stay tuned for more information to come concerning this huge and spectacular event.

Don't forget to **SAVE THE DATE:**

**JUNE 23RD at 9:00 am
in the MPR.**

It's gonna be a "Party for Good Health" that you won't want to miss.



Becky King

July Birthdays

- 1 William Close*
- 1 Rae Keffer
- 5 Dorothy Benson*
- 5 Gil Johnson*
- 6 Libby King
- 7 Ruth White

Chat With Chad

Camaraderie

A BIG THANK YOU to all the participants and spectators in this year's egg drop challenge.

CONGRATULATIONS to *Cathy's Eggheads*

and team *Egg Flew Young* for protecting their egg while it was on a 45-foot downward journey with gravity. As we all noticed, the fall isn't all that bad, but it's the sudden stop that cracks your egg! And how about that dizzy feeling while looking at Sam way up in the air on the high-lift? Thank you Sam!

Webster's dictionary defines camaraderie as *A spirit of friendly, good fellowship*. The camaraderie among each of the teams was obvious by the laughter and the intense

focus of each group as they worked busily to design and construct a *contraption/masterpiece* to protect the egg.

Each of the seven devices was certainly impressive given the limits of the materials each team had to build upon. It was exciting to see everyone working together so intently.

The togetherness and camaraderie reminded me of a scripture verse in Proverbs 27:17 that says; *You use steel to sharpen steel, and one friend sharpens another*. In other words, by working together we enhance the final outcome of whatever we may be doing. Certainly each team was very innovative with the humble supplies they were given. The real pleasure was to watch the camaraderie of each team working together to arrive at their final creation. If you ask me, every team was a winner!



Chaplain Chad



Egg Flew Young



Cathy's Eggheads



The Hardboiled Guys



Becky's Yolk —It's No Joke



Team Scrambler



Led Zeppelin



Clippers

FLICRA News

The 2011 Legislative Session has come to a close. What came in like a lion roaring, and speculation about our new Governor, went out with a whimper. More than 5,000 bills were introduced in this session, but less than 300 were acted upon, and many await the Governor's signature.

There were several Bills affecting Continuing Care Retirement Communities, which served as priorities for negotiations. The Continuing Care Without Walls legislation was supported by both FAHSA and FLICRA, since it has the potential for providing services to individuals at home, under specific contracts. The Office of Insurance, which licenses CCRCs has been developing a Code describing the conditions under which agencies may offer continuing care. The services offered outside the walls must not deplete the services to existing residents, and the financial arrangements must demonstrate an actuarial base. This legislation which is due to be implemented July 1st if signed by the Governor, should help those

individuals who have been unable to sell their houses, and also provide a revenue stream to facilities with low occupancy.

Two Bills which fortunately did not proceed into law are the requirement for a bed tax, and repeal of the Sales Tax Exemption. We dodged a costly bullet on these.

One Bill awaiting the Governor's signature is on Tort Reform. It places a cap on non-economic damages for claims of wrongful death in Nursing Home lawsuits. It also requires a Court to hold an evidentiary hearing before allowing a claim for punitive damages to proceed. This holds the potential for a reduction in insurance costs for the Nursing Home.

One potentially costly legislation affects Medicaid reimbursement. Some CCRC's have a significant population of Medicaid recipients. As a part of the State budget process, these facilities will probably face a shortfall up to \$15.71 per day in State Medicaid reimbursement.

It will be interesting to learn of the Governor's action on the legislation presented to him for action on July 1st.



Cynthia Kinsella



Our West Side Choristers led by Janet Hempton presented "Music of the 40's" in the Lobby last month.

Fitness

Walking... walking... walking...I see you walking all over the place! Yeah for you! Have you been walking for what feels like years? On one hand that is great... on the other... are you bored? Do you ever change it? Do you walk the same time of day, same route, same amount of time? We are creatures of habit that's for sure. It does take a conscious effort to make a change in our routine, and many of us fight that change in any area! I'm just saying...

How about a little something different? Walk your route backwards. Now I don't mean physically walk backwards! (Don't be smart...) Always walk the halls? Take the bus and walk the mall. Lots of entertainment people watching there! Split your walk up. Do 20 minutes in the morning and 20 in the afternoon or evening. Walk when



Sheryl Laudermilk

you are hungry to delay those feelings a little bit longer.

Still none of that sounds enticing? Keep all that the same but add some side stepping. Hang on to our handrails in the hallway and take ten steps one way and move to other rail and take ten steps sideways. Do that in each hall. Add a set of squats while hanging on to the handrails, do side leg lifts, knee lifts, leg lifts to the

back...all of these are great for balance training.

Better yet...a change of scenery is always refreshing. Join us on our summer evening Boardwalks at the Beach. There is a great place for ice-cream, benches to rest, usually a breeze. There is even a wheelchair ramp if you need it! It can be a wonderful change of pace.

No matter what you are doing these days, please remember to keep hydrated. Drink before, during and after each exercise session. If you get thirsty, it is already too late. Keeping hydrated helps control body temperature and stave off heat stroke and heat exhaustion.

So plan ahead, get more out of your normal routine and remember... **Life Really is Good!**

Residents' Association



Nancy Heim

How Fortunate We Are!

We have to consider ourselves the "Lucky Ones".

Just think about it

We have three nice dining facilities, medical facilities, movies, exercise classes, a newly spruced up exercise room, ping pong, Wii bowling, computer room, art room, billiards, bridge, bingo, many outdoor activities (such as shuffleboard, 5 pools, miniature golf, tennis courts, water polo, water exercises, lovely walking paths), a fully equipped library, transportation to and from the grocery store, doctors appointments, and with an option to attend many of the programs offered in Vero Beach to name a few of our programs.

To go along with all that, we have, a fantastic staff that caters to all our needs with smiles on their faces and one who enjoys activities with the residents (such as the egg drop challenge and the car washes and resident sponsored employee luncheons).

Last but not least, we have the opportunity to meet and make many new friends.

WOW!

On May 20th, 77 OakBridge Terrace and WillowBrooke Court volunteers from IRE East and IRE West were honored at the annual Appreciation Luncheon.



The luncheon was held in the Crystal Dining Room. Guests were welcomed by Erin Montegut, WBC Director. The invocation was given by Chaplain Chad Elbersen. During lunch, Tom Sutton, West Executive Director, George Bryan, East Executive Director and Dianne O'Rourke, Director of Nursing, shared their thoughts about the impact and importance of the volunteer program.

From May 1, 2010 through April 30, 2011, volunteers performed 4,789 hours of service. Thirty-four special recognition certificates were awarded. Hours recognized ranged from fifty to fourteen hundred. These were accumulated hours since the program's inception in 2001.

If you would like to learn more about this group of special people and become a contributing member, contact Ellie Dwyer or Beverly Burgher.

In Memoriam

George Biel

Miriam Plans

Herb Grant



West Side Story

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Rodney Nowak Harry Ewell

June 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

- 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 Multipurpose Room during the month of June. Please deposit only sensitive papers. Don't worry about paper clips or staples. 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
 C & R Datema

Tuesday Duplicate Bridge
 Helen Potter
Wednesday Social Bridge
 Auble/Hilchie

<p>5</p> <p>11:00 Worship Service Chaplain Chad</p>		<p>6</p> <p>9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 10:45 Salvation Army [MPR] 11:00 Wii Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]</p>	<p>7</p> <p>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] 7:00 Walk the Walk [BUS]</p>	<p>8</p> <p>7:30 Omelettes [Cafe] 9:00 Miniature Golf 1:30 Ping Pong [GR] 2:00 Prayer Chain [Chapel] 6:30 Social Bridge [MPR]</p>	<p>9</p> <p>8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 2:00 Landscape Mtg [HMR] 4:30 Birthday Night [CDR]</p>	<p>10</p> <p>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]</p>	<p>11</p> <p>9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Guzak & Bailey</p>
<p>12</p> <p>11:00 Worship Service Chaplain Chad</p>	<p>13</p> <p>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]</p>	<p>14</p> <p>Dr. Splendoria 8:30 Exercise [MPR] 9-10 Beltone Ser. [RR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Night in The Emerald RM 7:00 Dominoes [HMR]</p>	<p>15</p> <p>9:30 Bible Study - [Chapel] 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]</p>	<p>16</p> <p>8:30 Exercise [MPR] 1:30 Sarah Circle [AS] 4:30 Hawaiian Luau [Lobby] Culinary Event</p>	<p>17</p> <p>Hurricane Day 9:00 Exercise [MPR] 11:00 Ask The Director [MPR] 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]</p>	<p>18</p> <p>9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 12:30 Scrapbooking [AS] with Marg -Special Time 7:00 Bingo [MPR] Callers: Mackin & Mackin</p>	
<p>19</p> <p>FATHER'S DAY 11:00 Worship Service Chaplain Chad 5:30 Pizza Party [MPR]</p>	<p>20</p> <p>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]</p>	<p>21</p> <p>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]</p>	<p>22</p> <p>9:30 Bible Study - [Chapel] 9:00 Miniature Golf Sales Luncheon 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]</p>	<p>23</p> <p>HEALTH FAIR 9:00 HEALTH FAIR [MPR] 9:00 Nu-2-U [East A-311] 5:00 Upscale Dining [ER]</p>	<p>24</p> <p>9:00 Exercise [MPR] 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [CR] 7:00 Game Night [CR] 7:00 Hearts [HMR]</p>	<p>25</p> <p>9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Read & Young</p>	
<p>26</p> <p>11:00 Worship Service Chaplain Chad</p>	<p>27</p> <p>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]</p>	<p>28</p> <p>Dr. Splendoria 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Night in The Emerald RM 6:45 Marlene & Chet [MPR] 7:00 Dominoes [HMR]</p>	<p>29</p> <p>7:30 Omelettes [Cafe] 9:00 Will & Trust Reviws with P & C Bank 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 1:30 Ping Pong [GR] 1:30 Food Forum [CDR] 6:30 Social Bridge [MPR]</p>	<p>30</p> <p>8:30 Exercise [MPR] 1:30 Who Pays What? [MPR] 7:00 Walk the Walk [BUS]</p>	<p>JULY 1</p> <p>Dr. Demar 9:00 Exercise [MPR] 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [CR] 7:00 Game Night [CR] 7:00 Hearts [HMR]</p>		

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