



by Rolf Bibow

On July 21, at 10:30 we will resume our Great Decisions meetings. The topic will be on *Multilateralism*. We will discuss whether today's interconnected world can attain the promises that seemed so evident only a couple of decades ago.

In the early 1990s, at the end of the Cold War, the major world powers, both East and West, began a period of cooperation. It was a political and economic environment, so well described in Thomas Friedman's book, **The World is Flat**. He described how all nations would interact to obtain a greater share of the global economy.

Multilateral forums such as the United Nations and the leading industrial powers were reenergized. The Group-7(8) became the Group of Twenty, incorporating many of the leading developing nations. Many countries, including India and China, became part of the global supply chain for services and manufacturing.

Among the major issues that came before the world's governing bodies at the time were: nuclear non-proliferation, climate change, the oversight of the global economy, and the affirmation of new powers to safeguard human rights.

Agreements to control the spread of nuclear weapons and materials were a natural fall-out from the end of the Soviet era. The US and Russia possessed more than 90% of the world's nuclear arms. A NEW START treaty was confirmed only a few months ago.

Responsibility for the control of climate change has become far more complex. At the UN convention in Kyoto (the Kyoto Protocol), the old industrial nations accepted responsibility for reducing their carbon emissions, but the industrial late-comers, mainly India and China, were exempted from having to cut. At later UN conventions, most recently in Copenhagen, a great deal of discord became apparent.

The flaws in the stewardship of the global economy became evident during the financial melt-down in 2008. It revealed the rampant risk-taking which had accompanied the growing prosperity. Then, with the activity in the real economy grinding to a halt, the world's major economies mounted an impressive response to avert a global depression. The problem for the future is that the causal factors remain within the financial system.

Human rights and human development have been spelled out in the Millennium Development Goals and by the UN Commission on Intervention and State Sovereignty. Titled the *Responsibility to Protect*, or R2P, it authorizes other nations to enter sovereign territories to protect populations from genocide.

The 1990s was a period of great promise for all nations, and especially for the US. We are now in 2011, and much has changed. It has become a different, and in some respects, a more dangerous world. A true multilateralism, with nations working together for a common purpose is more important than ever.

Let's discuss how it may work.

West Side Story

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



July Birthdays

- | | |
|-----------------------|----------------------|
| 1 William Close* | 16 Barbara Lindell |
| 1 Rae Keffer | 16 John Marker |
| 5 Dorothy Benson* | 17 Betsy Hewson |
| 5 Gil Johnson* | 18 Joan Perkins |
| 6 Libby King | 20 Roger Neetz |
| 7 Ruth White | 22 Mary Holtz* |
| 8 Genie Schricker | 23 Kitty Whitney |
| 10 Thelma Gwaltney* | 25 Nancy Hunter |
| 13 Judith Hegarty | 25 Walter Wrzesinski |
| 15 Beanie Beil | 26 Pat Meyers |
| 15 Betty Quinn Donald | 28 Philip Dietz |
| 15 Joan Kingston | 28 Stover Snook |
| 16 Gloria Holmes* | 30 Anson Fyler |

August Birthdays

- 5 Harry Taylor
- 6 Frances Kinney
- 6 Megan VanVleck
- 7 Bob Kingston

*WBC and OBT

Pictures from last month's Activities!



The Health Fair on June 23rd was well attended.



Everyone really enjoyed Lauren Douglas, Jacob Billups, and Bridget Johnston who will be back on July 24th at 1:00 pm.

In Memoriam



Nancy Brost

Chat With Chad

The dust sprinkled my arms as I pulled on the string to unfold the squeaky access ladder. Samuel would be heading to Boy Scout camp in a few days, and he needed his trunk brought down from the attic.

Organized Chaos would be the best phrase to describe the scene that appeared before me after the click of the light switch. I thought to myself, *Some day I want to sort out all this stuff.* The only setback was that I have been having that same thought for years!

After a little digging around, Samuel's trunk finally appeared and sitting next to it was my router. Not the little electronic device that controls a home computer network, but one of those woodworking tools that can carve beautiful edges into table tops and doors. I had forgotten it was even there and began to wonder how many other useful tools were just sitting around somewhere.

Tools are only useful if we can find them when we need them. Otherwise, they are simply a piece of hardware with unused purpose and potential. The scriptures describe an important set of relational tools called the *Fruit of the Spirit* in Galatians 5:22-24. *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.* What a great set of tools to influence the world around us—even if we must dust off a few of them!



Chaplain Chad



Nancy Heim

Indian River Residents' Association

A **hurricane** is defined in the dictionary as a powerful, spreading storm that begins over a warm sea near the equator.

A **hurricane** is defined by **Indian River Estates West** as a period of time in which **Residents and Employees** work together to make *the best of times out of the worst of times!*

We are in the safest place in Indian River County, and we are served three meals a day. We have generators that run constantly to make sure that we have lights, air conditioning (in some of the areas), outlets (for people to plug in their oxygen and carts), and outlets for refrigeration for residents' medicines if needed.

Our Hurricane Preparation Day was a perfect way to remind us and help us to prepare us for a hurricane if it were to occur.

Thank you ACTS, for always having our best interest at heart.

West Side Story

Editor...Rodney Nowak

Writers

Gladys Read
Chad Elbersen
Rolf Bibow
Cynthia Kinsella
Sheryl Laudermilk
Nancy Heim
Tom Sutton

Proof Readers

Gladys Read
Bob Kingston
Frances Kinney

Distribution

Ken & Mary Abbott

Photographers

Rodney Nowak
Harry Ewell

Layout

Harry Ewell

Printing

Harry Ewell
Rodney Nowak

FLiCRA News

The final report of the 2011 Florida Legislative Session is rich with promise, but many of the bills lie on the Governor's desk awaiting his signature.

One important bill provides for Continuing Care at Home/Without Walls Contracts to be issued by existing facilities as the providers of care. The elements of the bill would require modifications in statute 651, the statute which governs the creation and approval of Continuing Care Retirement Communities. Hopefully, it will provide care for individuals needing care, but who have been unable to sell their homes.



Cynthia Kinsella

Fortunately, the essential elements of the contracts are spelled out. They include:

1. Whether transportation will be provided for travel between the residents home and the service center.
2. A requirement for financial reports to the Office of Insurance to include the cost of operating the services to the *at home* residents, to insure that permanent residents are not shortchanged.
3. The provider must have accommodations for independent living for those contractees who do not require supervision.
4. Where there is the need for expansion to accommodate the program, the bill requires a percentage of the entrance fee to be placed in escrow. The provider may develop one or more physical plants on the primary or a contiguous site.

A second bill which awaits the Governor's signature deals with the Automated Defibrillators. It requires all Assisted Living Facilities with more than 14 beds to provide a Defibrillator on site and to train staff on the location and use of the equipment.

Nursing Homes with Medicaid beds will take a significant cut in reimbursement should the budget be approved. Eighty seven million dollars will be cut, and to partially offset the loss, the staffing requirement has been reduced.

There has been no indication that Governor Scott will not sign off on these bills; and if he does approve, there will be a fever of activity after July 1st.

Put in your 2¢...and it won't cost you a cent!

We really would appreciate your thoughts and your evaluations—
are you satisfied with the *West Side Story*?

Please tell us what things we should add or subtract...what do you like or dislike?

Is the WSS easy to read? Should the printing be larger, smaller, or is it OK?

How about the number of pages...more, less, or OK?

Would you object to advertising to help us reduce our costs?

And, tell us anything else you think would help us!

Please email your answers to wss@irewest.com or leave a note in Harry's mailbox in Rodney's outer office (just walk through the first door and walk straight to the wall, and you'll be standing in front of the basket).



Becky King

From our Resident Nurse
Here is an article from
ACTS
Home Health and Senior Services Agency
that services our residents
in East and West.

Resident-Centered Care

You may have heard this term, *Resident-Centered Care*, or chances are that you will be hearing it more frequently in the near future.

The question you may be asking yourself is, *what does that mean?* Resident-centered care is an approach to providing care to you, the resident, when you need it, the way you need it, and how often you need or request it.

ACTS home health specializes in providing resident-centered care by offering a wide variety of services to meet your needs. These services can be requested for as little as 15-minute increments up to and including 24 hours around the clock.

Whether you need assistance with personal care, or homemaker care or companion-type services, we have services to meet your needs.

Assisting you with your activities of daily living, shopping, cooking, cleaning, and driving you to appointments are just a few!

We are here and available for you.

Call us today at (772) 778-3828 to discuss how we can be of service.

HOME HEALTH
A Division of
ACTS Retirement-Life Communities,™ Inc

There will be **no meeting** of the book discussion group in July, August, or September.

Meetings will resume in October with

The Greatest Journey,
by David McCullough.
—Joan

The NEW email directory
is now being assembled!

To be included, send an email
to

directory@irewest.com

Please include your name as you would like it to appear in the directory.

Fitness

I talk a lot about exercising and improving our strength and fitness but there is more to a *fit* life than exercise! (Gasp!) Sounds awful for me to say, but unfortunately—or fortunately, it is true. This is where the whole realm of wellness comes in. There is a lot of talk about wellness but it seems so vague.



Sheryl Laudermilk

Wellness is an active process of becoming aware of and making choices toward a more successful existence.

* Process means that improvement is always possible

* Aware means that we are continuously seeking more information about how we can improve.

* Choices means that we consider a variety of options and select those in our best interest.

* Success is determined by each individual to be his collection of life accomplishments.

We continually have to make choices; it is not an option. Even to not make a choice, is a choice! It is easy to get caught up in *stuff*, and we don't take care of the whole realm of wellness. There is our Physical well being, but what about Social, Emotional, Environmental, and Spiritual wellness?

There needs to be a balance in all of these. Of course, my job is the physical part; but socializing can be a great part of the Physical wellness. Our walks and classes are great social times! When we physically feel better our emotions seem to feel better and in balance. We enjoy the environment around us more...and all this may bring our Spiritual wellness in balance.

These all work together. Start with one of these and see how it affects you. Stop down and visit the fitness center and pick up a Wellness Assessment. See how you rate. While you are there...do a little workout and enjoy the day!

Remember...Life really is Good!

Library Report

Some of you may remember that several months ago an article appeared in this publication entitled "Adopt-A-Box" which was a project to send paperback books to service men and women overseas. Well, it finally came to fruition.



Gladys Read

On June 16th a representative of the Navy League of the United States, Treasure Coast Council No. 334 came here to pick up three boxes of paperback books (58) together with some candy that were sent to Lawrence George, Sandra Mendoza and Sven Doebler. Frances Bibow, Nancy Heim, and Helen Potter generously donated the cost of shipping the boxes.

And it's not over yet. Hopefully, we can continue to provide this amenity to the people who are serving and sacrificing their lives for ours. As librarian, I intend to continue this project on a 3-4 month basis. I have found that other than the Navy League and Military Officers Association, IREW is the only other contributor in Indian River County. Our sister communities in Palm Beach County, St. Andrews North and South, and Edgewater Pointe Estates, as well as IREE are hoping to join us in this endeavor. I am also looking into ways to communicate this idea to other retirement communities in our County. If any of our readers are interested in helping with this project, please do not hesitate to contact me.

Many of our residents are enjoying the convenience of having a Kindle or a Nook and reading their favorite books electronically. Bet you didn't know that you could lend and borrow your electronic books just as you do your favorite paperback or hardback. ebookfling.com has thousands of titles for 14-day loans at \$2 a book. However, if you make your own ebook purchases available, you can borrow books from other users for free. Why not click on that site to see what the entire scoop is, and what it has to offer you?

However and whatever you read, just sit back, relax and enjoy!

July 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

Paper Shredder Bins will be in the Multipurpose Room during the month of July, or until they are full. Please deposit only sensitive papers. Don't worry about paper clips or staples.

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 Shepard/TBA

Tuesday Duplicate Bridge Helen Potter

Wednesday Social Bridge J & B Kingston

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
3	4	5	6	7	1	2	
 <p>11:00 Worship Service COMMUNION Chaplain Chad</p>	 <p style="text-align: center;">INDEPENDENCE DAY</p> <p style="text-align: center;">MAIN OFFICE CLOSED</p> <p>11:30 Picnic Buffet [CDR] 6:30 Social Bridge [MPR]</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>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]</p>	<p>Weekly Updates can be found on channel 95</p> <p>8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:30 Catholic Mass [OBT] 11:00 Chapel Worship Communion [CR]</p>	<p>Dr Demar</p> <p>1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR]</p>	<p>9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Stewart & Kenny</p>	
10	11	12	13	14	15	16	
<p>11:00 Worship Service Chaplain Chad</p> <p>5-6:00 Ice Cream Social BYOB & Spoon [MPR]</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] 7:00 Walk the Walk [BUS]</p>	<p>Dr. Splendoria 8:30 Exercise [MPR] 9-10 Beltone Ser. [RR] 11:00 Ask The Director [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 Presidents & 1st Ladies</p>	<p>9:00 Miniature Golf 9:30 Bible Study - [Chapel] 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]</p>	<p>8:30 Exercise [MPR] 2:00 Landscape Mtg [HMR] 4:30 Birthday Night [CDR]</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>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>	
17	18	19	20	21	22	23	
<p>11:00 Worship Service Chaplain Chad</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>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 Jan Dearman's World Wide Travel [MPR]</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>8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:30 Great Decisions [MPR] 1:30 Sarah Circle 5:00 Upscale Dining</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>9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Read & Young</p>	
24	25	26	27	28	29	30	
<p>11:00 Worship Service Chaplain Chad 1:00 String Trio [MPR]</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] 7:00 Walk the Walk [BUS]</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 7:00 Dominoes [HMR] 7:00 Roy Morano [MPR] Classical Piano</p>	<p>7:30 Omelettes [Cafe] 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>8:30 Exercise [MPR] 4:30 Christmas In July Culinary Event [Lobby]</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>9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Herr & Hegarty</p>	
31	<p>11:00 Worship Service Chaplain Chad</p>						
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 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