

Fitness

Have you ever been frustrated with yourself for not doing what you thought you would do? I am sure if we are honest it has happened more than once and in more areas of our life than we care to admit! But for this moment in time, I am talking about fitness expectations of ourselves.

What happens when we go all gung-ho for exercise? Well, the aches and pains slow you down, or perhaps a pulled muscle, blisters from walking too far... all sound familiar? Or perhaps you slept later than you wanted so you will start tomorrow? You start so slowly that there is no benefit so you quit? Or you may say, *How can you get anything out of doing that?*

So, if we are being honest, something

is better than nothing...a little slower is better than too much... gains take time, not necessarily pain. The most important thing is a commitment to doing something everyday. Set a specific time each day on the calendar just like a doctor's appointment. You do that for physical therapy... so this is physical maintenance!

Not every kind of exercise is pleasing to every individual, so find something you like to do. Make a plan, stick with it right from the start. If you do miss a day, then be forgiving and don't hold a grudge on yourself; let it go and just get back on track.

Too much housework? Hmm...I have heard that



Sheryl Lauder milk

excuse! Is it going anywhere? After you feel better for exercising do you say, *Wow, I wish I had mopped the floor?* Well, perhaps, but you get the idea... Start today... remember Life is Good!

West Side Story

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

September, 2011



September Birthdays

- | | |
|--------------------|-----------------------|
| 4 Lee Hill | 14 Mercedes Stanners |
| 5 Beverly Burgher | 15 Rolf Bibow |
| 5 Marian Wingert | 19 Peggy Lester * |
| 5 Jane Young | 20 Lori Trolle |
| 5 Ann Hilchie | 21 Marilyn Brinkman |
| 6 Joan Nash * | 21 Janice Greene |
| 6 Dolly Costarino | 23 Helen Bechtel |
| 6 Bonnie Mueller | 23 Ellen Smolka Guzak |
| 7 Ruth Farrington | 24 Harry Wolff |
| 7 Betty Wisniewski | 26 Virginia Mackin |
| 9 Tom Hewson | 26 Pat Knox |
| 13 Kay Hope * | 28 Howard Page * |
| 14 Bill Hanlon | 29 Joanne Guzak |
| 14 Edgar Jadwin | 30 Ellen Musselman |
| 14 Jan Rosengarten | |

Early October Birthdays

- | | |
|--------------------|--------------------|
| 1 George Holzworth | 3 John Gwaltney* |
| 1 Ed Sedlmayr | 4 Jerry Durfee |
| 1 Doris Drake * | 7 Shirley Brownlee |
| 2 Bob Cavan | 7 Barbara Dearman |
| 3 Beryl Fyler | |

* WBC and OBT

Battle for the very Best

From top culinary food critics to acclaimed chefs and judges, ACTS Chefs **Battle for Best** culinary competition has been a huge success, even garnering an award by Florida Association of Homes and Services for the Aging, an organization representing 500 senior living communities.



Steven J. E. Reschak, Chef

This innovativ cooking contest, inspired by 'The Iron Chef' reality TV show, has provided enormous entertainment and excitement, five-star menus, as well as showcased the remarkable skills of our culinary teams throughout the east coast.

Proceeds from this fun and tasty event also support a worthy cause, thus far raising more than \$10,000 for the ACTS Samaritan Fund, which benefits many ACTS residents each year.

ACTS Battle for Best began in the state of Florida where Indian River Estates West, headed by Chef Steven Reschak, won the regional finals. Next stop was the Mid-South Region, where Lanier Village Estates and Chef Tony Denauro came out on top. In Pennsylvania, it was Lima Estates Chef, Patrick Kenney, winning the honors. The Mid-Atlantic region finals were held on August 21 in Delaware.

The Grand Finale of the four regional finals will be held on Sunday, September 25, at Brittany Pointe Estates in Lansdale, PA. We will have a simulcast showing of the Finale in the Multipurpose Room starting at 3 pm.



Nancy Heim

Save the Date!

Sunday, September, 25, 2011

Multipurpose Room
Indian River Estates West

The Grand Finale of the Battle of the Best

Indian River Residents' Association

Our own Chef Steve Reschak, winner of the Southern Region, will be competing at Brittany Pointe Estates in Lansdale, PA against the winner of the Mid-South Region, Lanier Village Estates and the winner of Pennsylvania Region, Lima Estates.

We anticipate being able to watch the competition by simulcast without leaving Vero Beach. Isn't modern technology wonderful?

It is important that we cheer our team on to VICTORY.



Chaplain Chad

Chat with Chad

A Cracked Pot

Three hundred and one clay pots were thrown against the rocky mountainside and their resonance echoed through the army in the valley below. Those breaking jars were part of a victorious strategy in one of the most famous battle accounts in the Old Testament. Chapters six and seven in the book of Judges tell the story of how, with the help of God, Gideon accomplished the extraordinary with ordinary trumpets and clay pots. The Lord instructed Gideon to take his 300 men up into the mountains surrounding the enemy army of thousands

who were camped in the valley below. Late at night they blew the trumpets and sent the clay pots crashing against the rocks. The conglomerate army of thousands became confused and started fighting among itself to the point that it was no longer a threat to Gideon and his people. Gideon, along with God's help, had accomplished the impossible.

Hunger and poverty can also appear to be an impossible task, but with God's help we can accomplish sooo much. This year in our food drive we collected 400 pounds of canned food and cereal. All of the food will go



Chad with some of the food collected

a long way for hungry families in Indian River County. We also received \$445.00 in donations to give to the Food Pantry of Indian River County so they could purchase more food in bulk quantities.

Thank you for participating in our food drive. Every portion will make a difference in someone's life.

PS – Here is a reminder for our Pet Blessing that will be at 12:30 pm in the Multipurpose Room on September 15. If you have any questions please give me a call.

Sunday Memories

IREW is delighted to announce that a new program entitled **Sunday Memories** will start September 18 from 4:00-5:00 pm and continue each month on the third Sunday. The presenter is the well-known genealogist, Patti Kirk, of Vero Beach.

However, we will not be doing any searching for our forefathers. Rather, it will be a walk down memory lane delving into our memories for events that mean so

much to each of us. Remember that special walk through the woods with your Grandfather or the trip to the mountains where you found that cave? These are things we will talk about. We all have memories that are dear to us and that we enjoy sharing.

So, mark your calendar for September 18th at 4:00 pm. You will thoroughly enjoy listening to Patti and learning that you are not alone in journeying down memory lane.

New Residents



Jack and Carol Little

Carol and Jack Little decided that ACTS was their idea of retirement living and moved to an apartment in East in 2010 from a 40-acre spread in Michigan. After a few months they realized they did not have enough elbowroom and transferred into a South Villa in

June 2011. With the lawns, trees and lake they feel they may have found their retirement niche.

Jack is retired from the USAF after 21 years of service in 11 different nations. Carol was a Director of Human Resources for American Natural Resources Gas Pipeline Company, overseeing employees in 18 states. They met after Jack joined the company. After a chance meeting, they became romantically involved and married 25 years ago. At the time of their marriage, Carol not only gained a husband but also Jack's eight children who through the years have produced 19 grandchildren and 12 great grandchildren. They hold a family reunion every three years with 82 family members in attendance at the last one in 2010.

Carol and Jack are both outgoing people who thoroughly enjoy sharing wonderful memories and experiences. They are a welcome and warm addition to our ACTS family.

Coming Events



Blessing of the Pets on Sept 15th



Benefit Car Wash in October



Rolf D. Bibow

Great Decisions

by Rolf D. Bibow

Our next meeting will be held on September 15 at 10:30. The topic will be the Horn of Africa.

The Horn is located on the northeastern part of the African continent. It is comprised of five nations—Ethiopia, Somalia, Sudan, Djibouti and Eritrea.

In pre-historic times, Ethiopia held rule over the area. The earliest historic reference goes back to 1,000 BC, when the country was ruled by Salomon's first son, Menelik. According to legend, his mother was the Queen of Sheba. It was a pagan country until the 4th Century when it was converted to Christianity. In the 7th Century Islam became the predominant faith.

The state failures in the region have had international consequences. Millions have been killed or fallen victim to famines brought on by

drought and war. In 1992, the UN authorized peace keeping operations. The most memorable images from that period were of starving children and "Blackhawk Down", the tragic mission in 1993 that caused the deaths of 18 US Rangers.

These days the region is back in the news. Just a few weeks ago, Africa's longest war ended with the independence of South Sudan. Off and on, for several years, the Somali pirates have been in the news. And just these days, we are witnessing the horrible effects of the famine in Somalia. It is the worst drought in 60 years, and it has contributed to tens of thousands of deaths.

The recognized government is opposed by a terrorist group called Al-Shabab. It is a notoriously brutal brand of Islamism. They have recently pledged allegiance to Al-

Qaeda, and use Qaeda-like tactics, including road-side bombs and suicide bombers. Shabab has tormented Somali residents for years, and more recently, they have blocked international relief groups from bringing food to the victims of the famine.

One of the consequences of the lawlessness has been the increasing number of pirate attacks in the Gulf of Aden, and lately, the West Indian Ocean. Without the ability of the Western powers to confront the pirates on their home base, the attacks are continuing.

In our discussion we will consider the broader impacts of the situation in the Horn, and likely scenarios for the future. Welcome to Great Decisions.

IN MEMORIAM

Angela Catallo

Catherine "Kitty" Whitney



West SideStory

Editor
Rodney Nowak

Writers
Gladys Read, Tom Sutton,
Cynthia Kinsella, Chad Elberson,
Lyn Marvin, Rolf Bibow,
Sheryl Lauder milk, Becky King

Proofreaders.....
Gladys Read, Frances Kinney,
Bob Kingston

Photographers.....
Rodney Nowak, Harry Ewell

Distribution.....
Ken & Mary Abbott

Layout and Printing
Harry Ewell



Cynthia Kinsella

FLICRA News

The Florida Legislature is still in recess, avoiding an expected recall by the Governor.

On Thursday August 18, Milt Burdsall and Ray Paulsen, the Co-Chairmen of the FLICRA Legislative Committee, convened a meeting of the members to discuss the role of the committee. It is important to distinguish the role of FLICRA and its committees vis-a-vis the Resident Council. Milt emphasized that the role of the members of the Legislative Committee is to be aware of legislative proposals as well as the laws enacted to see whether the legislation impacts residents of Continuing Care Residents Communities, and whether it may be a problem financially. If enacted, the FLICRA Board should notify the Resident Council Board so that they may take appropriate action. Essentially, the FLICRA Board is concerned with the legislation, and expressing concern to individual legislators, and the Resident Council will take appropriate action within the facility. There should be no conflict between the two groups, only supportive action.

On September 15th, Senator Mike Haridopolos will visit Indian River Estates and meet and greet residents in the Multi-Purpose Room. He will discuss possible action in the legislature affecting Senior Citizens, particularly those in Continuing Care Retirement Communities. All residents are invited to attend. The meeting is scheduled for 1:30 pm.



Becky King

Notes from the Nurse

Health Insurance— What you should know.

In recent days we have had a lot of questions and calls concerning resident health insurance.

Some of the questions that have been asked are:

- 1) Will my insurance pay for the flu shot?
- 2) Last year I got a flu shot and was charged for it. Will I be charged this year.
3. What is an HMO? Who can I call to ask questions about the HMO?
- 4) Are HMO's better than the present insurance that I have?
- 5) What should I do if I receive a new insurance card in the mail?
- 6) How do I know what my insurance pays for.

These are a sample of questions that have come into our office or into the main office in recent days. We have scheduled a very informative meeting that will be taking place on September 16th at 11:00 am in the IRE West MPR.

Mary Perry, Admission/Discharge Planner, and Erin Montague, Willow Brooke Court Administrator, will be coming to IRE West for in informational update on Medicare, Health Insurances, HMO's and what it all means in relation to your residency at ACTS.

There are a couple of things that you always need to remember:

1.) When you get a new medical insurance card in the mail, please make two copies of it and bring a copy to Betty Dexter in the main office and one to the nurses' office. Please make sure that you do this, as we have no way of knowing when your insurance cards change.

2.) If you get a phone call from an HMO insurance company wanting you to change your insurance, even if it sounds like an amazing deal, please call the nursing office and let us talk to you about it before you change your plan.

Please plan to attend the upcoming meeting in September as it will be very informative and useful to you. If you have any questions, please feel free to call the nursing office at 770-1900. We will be sending out a reminder in the future about the upcoming meeting in September. Hope to see you there.

September 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

We are collecting your old eye glasses and sun glasses for the Lions Club
Your donations can be left in Rodney' Office.

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 Hoffman/Read

Tuesday Duplicate Bridge Hal Simon
Wednesday Social Bridge Hilchie/Zieseniss

4 11:00 Worship Service COMMUNION Chaplain Chad Humane Society Thrift Store Collecting Starts [Stage MPR]	5 Labor Day Main Office will be CLOSED 11:30-1:30 Labor Day Buffet Casual Dress 6:30 Social Bridge [MPR]	6 Dr. Splendoria 8:30 Exercise [MPR] 9:00 Jupiter Island Luncheon Cruise [BUS] 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]	7 7:30 Omelettes [Cafe] 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 10:30 Res Assoc Mtg. [MPR] 1:30 Ping Pong [GR] 2:30 Frog Pad [H310] 6:30 Social Bridge [MPR]	8 8:30 Exercise [MPR] 11:00 Chapel Worship Comm[CR] 2:00 Landscape Mtg [HMR] 4:30 Birthday Night [CDR]	9 NO EXERCISE 1:30 Ping Pong [GR] 5-6:30 Ted Lucieo [CDR] 6:30 VBHS Football [Bus] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	10 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Stewart & Kenny
11 11:00 Worship Service Chaplain Chad Humane Society Thrift Store Collecting ENDS [Stage MPR]	12 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 Pastels info class [AS] 11:00 Wii Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	13 8:30 Exercise [MPR] 9-10 Beltone Ser. [RR] 1:00 Duplicate Bridge[CR/AS] 1:30 Town Hall [MPR] 1:30 Bridge with Sue [GR] 5:00 Night in The Emerald RM 7:00 Dominoes [HMR]	14 7:30 Omelettes [Cafe] 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 2:00 Prayer Chain [Chapel] 1:30 Ping Pong [GR] 2:00 Humane Society [BUS] 6:30 Social Bridge [MPR]	15 8:30 Exercise [MPR] 10:30 Great Decisions [MPR] 11:40 ROMEOs [BUS] 12:30 Blessing of the Pets[MPR] 1:30 FLICRA [MPR]	16 Dr Demar 9:00 Exercise [MPR] 11:30 Lunch Bunch Ladies [BUS] 1:30 Ping Pong [GR] 6:30 VBHS Football [Bus] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	17 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 12:30 Scrapbooking [AS] with Marg 7:00 Bingo [MPR] Callers: Mackin & Mackin
18 11:00 Worship Service Chaplain Chad 4:00 Sunday Memories [MPR]	19 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]	20 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]	21 7:30 Omelettes [Cafe] 9:30 Bible Study - [Chapel] 9:00 Miniature Golf Sales Luncheon 1:00 Financial Dis Grp [MPR] 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR] 6:30 Theatre Guild [BUS]	22 8:30 Exercise [MPR] 10:30 American Cancer Society "What we Do" [MPR] 7:00 Walk the Walk [BUS]	23 9:00 Exercise [MPR] 1:30 Ping Pong [GR] 6:30 VBHS Football [Bus] 6:30 Mah Jongg [GR] 6:45 Dominoes [CR] 7:00 Game Night [CR] 7:00 Hearts [HMR]	24 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Read & Young
25 11:00 Worship Service Chaplain Chad 3:00 Battle For The Best Ice Cream Social BYOB & S [MPR]	26 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]	27 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]	28 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]	29 8:30 Exercise [MPR] 10:00 Crafty Characters [AS] 7:00 Michael Aingel [MPR]	30 9:00 Exercise [MPR] 1:30 Ping Pong [GR] 5:20 VBHS Football [Bus] 6:30 Mah Jongg [GR] 6:45 Dominoes [CR] 7:00 Game Night [CR] 7:00 Hearts [HMR]	

- REGULAR TRIPS
MONDAYS
 9:00 am Medical Run
 9:30 am Groceries
 1:00 pm Doctor Run
 1:00 pm Indian River Mall & Ryanwood
TUESDAYS
 9:00 am Medical Run
 1:00 pm Medical Run
WEDNESDAYS
 9:00 am Medical Run
 9:30 am Ryanwood - Groceries
THURSDAYS
 9:00 am Medical Run
 1:00 pm Medical 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

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: Lyle Pelot Fri: Cavans Sat: Bob Brost
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