

“Good Sam Day”

will be on

on Friday, October 21st

in order to raise funds for our **ACTS Samaritan Fund**.

You can play 9 or 18 holes at **Vista Plantation**
in our **Golf Tournament**

which starts at 8:15 am.
(*Green fees will be announced*)

—or you can play—

Miniature Golf, Social Bridge, Dominoes,
Hand & Foot, or Texas Hold `Em Poker

which all start at **10:00 am at IRE West**.

**Locations of game rooms will be posted
Friday morning in the West Lobby.**

YOUR DONATION OF \$20.00 [OR MORE]

WILL ALSO INCLUDE

lunch in our Crystal Dining Room at 12:15 pm.

**You do not have to participate in the games
in order to donate and then to join us for lunch.**

**Please contact Rodney (770-9522) to reserve your lunch
if you are not playing.**

Please make your check payable to:
ACTS Samaritan Fund
and bring it with you on “Good Sam Day”

**Do sign up on the activities board
before Wednesday the 19th.**

West Side Story

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

October, 2011

October Birthdays

- | | |
|--------------------|------------------------|
| 1 Doris Drake* | 12 Lowell Mott |
| 1 George Holzworth | 12 Ken Wright |
| 1 Ed Sedlmayr | 13 Wayne Mayo |
| 2 Bob Cavan | 13 Bertie Von Metnitz* |
| 3 Beryl Fyler | 14 Betty Meinking |
| 3 John Gwaltney* | 17 Ruth McConnel* |
| 4 Jerry Durfee | 18 Diana Richards |
| 7 Shirley Brownlee | 19 Joe DeSanctis |
| 7 Barbara Dearman | 21 Emily Johnston |
| 8 Eleanor Indorf | 21 Paul Shoemaker* |
| 10 Isabel Cahill | 30 Connie Herr |
| 10 Frank Costarino | 30 Don Lindell |
| | 30 Larry McCollister |

Early November Birthdays

- | | |
|----------------|----------------|
| 2 Kent Blosser | 4 Fred Stewart |
| 3 Kay Moyer | 5 Helen Ball |

*WBC and OBT



From the Desk of the Executive Director

Our participation in the *Battle for the Best* culinary competition is behind us. Our Indian-River-Estates-West culinary team **performed brilliantly** as did the other teams from Lima Estates, Cokesbury Village, and Lanier Village Estates.



Tom Sutton

Although our team didn't win the event, I'm extremely proud of their creativity, professionalism, and teamwork. I feel their disappointment, but I **applaud them for the culinary experts they are!** Adversity is not new to us; when something pops up that's challenging, we find a way to overcome it. With any event such as the *Battle for the Best*, something is bound to go wrong.

One of the other team's major cooking components failed before the competition began which threw a major curve into their ability to cook the food they had planned for the competition. **This is what caused the majority of the delay in starting on time.**

Our IREW team volunteered to give the other team our piece of equipment since our first course didn't require the use of that component. What you may not know is the new replacement component we received (to replace the equipment which was given to the other team), failed as well. Steve and his team found a solution, and the team didn't miss a beat.

Our team's challenge with the equipment failure had zero effect on the outcome of the competition, but the act of their giving up the equipment so the other team could compete is inspiring.

There were a number of people at the competition (and on closed circuit) who commented that our team handled the situation with **ACTS' loving kindness**.

Everyone there saw how our team responded, but I see that kindness in our team every day—as well as in many of our other employees.

I am proud of the work that all of our employees do; they provide great service to all of our residents with ACTS' loving kindness.

Chat With Chad



K-9 Trust

This year the blessing of the animals was another joyous occasion. I so appreciated Shakespeare giving a few hearty **AMENS/Bow wows** to my comments. We had a furry crew of K-9's in the room, and their excitement to see one another would rival any family reunion. Certainly their upbeat attitudes spring from the great relationship between the pets and their owners. My intuition tells me the K-9's had their humans trained pretty well since I was unable figure out if the dogs brought their owners or vise-versa. Something else I noticed was that in spite of the new surroundings, the four-legged friends displayed little fear because of their



Chad, Tommy, and Dolores Edwards

trust in the person who was sitting in the chair beside them.

In our journey through life we can sometimes feel as though we are hooked to a leash, especially when we find ourselves in places or situations we do not prefer. However, we can put our trust in God to see us through any scenario whether it is pleasant or even the most challenging. Often the hard part is to continue to trust when the end result does not turn out the way we had pictured in our minds. When

we trust God and the outcome is different from the one we had hoped, we can feel as though we have been abandoned. Still, God has not neglected us in any way; rather it is our perspective that is not in sync with His. We usually look at the grand scheme of everyday life from the perception of a few days, weeks or years. God's perspective looks across to the benefits for eternity.

Throughout the scriptures **trust** is used 89 different times. I sincerely believe all those mentions of trust are there to encourage you and me that we can put our trust in Him in all situations.

Proverbs 3:5-6 *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.*

Fitness with Sheryl Laudermilk



Sheryl Laudermilk

It seems as though simple exercising of the past has turned into a whole new language. We hear about different types of exercise such as functional fitness, cross-fit training, plyometrics and so on...when *weight training* or *aerobics* were the only choices in the past. I thought maybe I could go into a little explanation of some of these that could be helpful to you.

Let's start with plyometrics. These exercises use jumping, hopping, pushing, catching, or throwing movements in combination with weighted objects such as a medicine ball which looks like a basketball but weighs 4-15 pounds usually. This style is mostly used for explosive muscular activities which encourage muscle fibers to fire quickly. Similar things that we could use this for would be a swing of a tennis racquet, a quick side movement, and a jumping motion in water volley ball! Even reaching quickly for a door that is shutting, or trying to catch ourselves if we stub our toe, (which I happen to do all too often) is a good reason to add some SIMPLE plyometric moves to our exercise regimens.

Which bring us to functional fitness. This is training our muscles to be used more safely and efficiently during activities of daily living.

Whether we are playing with grandchildren or carrying groceries, we still need to perform these activities to prevent injuries while doing so. Functional Fitness emphasizes core stability which also aids in balance and posture. So it may be more beneficial to have an exercise program that helps us *functionally* rather than just going thru the movements.

Other things can be fads of the day, Cross-fit is a high intensity boot camp style of workout; Zumba is a Latin based dancing that is hot right now. Kettle bells look like a bowling ball with a handle, which are used with slow controlled swinging motions during exercises.

Now that you are caught up with the latest trends I don't think there are any excuses for being bored or any reasons not to exercise! Get active... stay active, and remember: **Life Really is Good!**



Beef Tenderloin Boursin Roulade with a Port Wine Reduction



Indian River Orange Mascarpone Parfait

The October meeting of the book discussion group will be held on Oct. 17 at 2:00 pm in the Reading Room.

The Greatest Journey by David McCullough will be discussed, and the leader will be Fran Bibow.
See you there. Joan

IN MEMORIAM

Rita Pearce



West SideStory

Editor
Rodney Nowak
Writers
Gladys Read, Chad Elbersen, Rolf Bibow, Tom Sutton,
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Ken & Mary Abbott
Layout
Harry Ewell
Printing
Harry Ewell

DON'T BE AFRAID to stop in for some Halloween Fun

You're Invited to a Halloween Open House here at IREW!

Wednesday, October 26th

10:00 am
PNC Bank at IRE WEST

Stop in and enjoy complimentary refreshments!



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Nancy Heim

Modern Technology is wonderful!

It was such a treat to sit in our Multipurpose Room enjoying good food, spirits, and good friends on Sunday afternoon, September 25th, and view the Best of the Best (chef cook-offs), which was taking place in PA while Steve, Rob, John, Gerlinda and Chrissy were rushing around preparing the dishes with the secret ingredient CHEESE. Hats off to our Culinary Staff for their excellent work under extenuating circumstances.

Indian River Residents' Association



Kudos to Rodney, Alice and Lyn for a beautifully decorated buffet table with a wonderful variety of fruits, vegetables and cheeses. We had approximately 70 people in attendance who generously donated \$1500+ towards the ACTS Samaritan Fund

We, at IREW, do not just sit around and wait for something to happen—we MAKE it happen. Our next event, Good Samaritan Day, will take place on Friday, October 21st. Starting at 8 AM, there will be a 9 or 18 hole golf tournament, a miniature golf tournament. At 10 AM, a games day will start in the Multipurpose Room and will include bridge, Texas Hold `Em and other table games. In order to participate in any of the foregoing activities, a donation of \$20 is required which includes a lovely lunch in the Crystal Dining Room. Look for the sign up-sheet to make your reservation.

Don't relax—the next item on our agenda is the Car Wash on Thursday, October 27th. We are in need of dirty cars and lots of volunteers. The proceeds will go to American Cancer Society. Ticket sales will start on October 11th after Ask the Director Meeting and before you lunch in the cafe.

This is a lot to remember so please read Rodney's Ramblings for additional information and look for the sign-up sheets.



Great Decisions



Rolf D. Bibow

Our next Great Decisions meeting will be held on October 20 at 10:30. The topic will be "American Foreign Policy".

The choice of this topic arose from our discussion during the September meeting. Many, very thoughtful, ideas were expressed. With your permission, I would like to pursue the question of America's future role in the world.

To explore that issue, I thought we might first consider how US foreign policy is made. For those of you who have the briefing books, I would refer you to the introductory text (pages 5-10). It provides some historic background, and outlines how our national foreign policy is formulated today.

Then we will consider some actual examples of major foreign policy decisions. One is described in your books

The Arab Spring has called upon a number of US policy decisions, each slightly different, depending upon the circumstance. The most subtle decision was made in the case of Libya, where the US abandoned its former leadership role, but still functioned as a combatant.

Another current example is the US reaction to the Palestinian effort to attain membership in the United Nations. In this highly emotional case, President Obama has vowed to veto Mr. Abbas' bid in the Security Council.

Let's discuss.

under the heading "Sanctions and Non-proliferation" (see page 73). The article describes US policy actions in response to the nuclear threats from North Korea and Iran, and also from Libya, Pakistan and India.

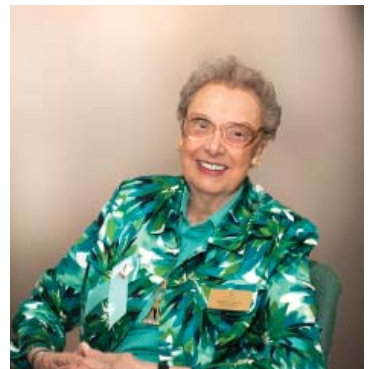
While the Legislature has been in recess, committees have been at work addressing some serious problems. The Senate Children, Families and Elder Affairs Committee has been holding hearings about the monitoring of children placed in adoptive homes. This was in response to the Barahona children, where welfare workers failed to properly monitor the care of the children and one was found dead, and the other drenched in chemicals and convulsing. The agency has since hired 100 child protective investigators and conducted additional training of case workers.

The lawmakers noted that case workers should have been visiting all children placed by the agency on a monthly basis. This requirement was set by the Legislature a decade ago. But the agency head noted that the Lawmakers can pass all laws and statutes they feel are necessary, but if the individual case worker

fails to do what he is supposed to do, it is a travesty.

A second effort by a Committee of the State Senate is calling for sweeping changes in oversight of Assisted Living Facilities. They have appealed to the Legislature to improve the State system that is underfunded and allows caregivers to work with inadequate training. The committee also charges that there is deficient enforcement to protect thousands of frail residents.

With 2956 Assisted Living Facilities in the State, there has been failure to keep up with inspections required by Law. In fact, there was an effort to modify Statute 651, to require inspections every five years instead of every three years. Given the reports of decrepit and dangerous



Cynthia Kinsella

conditions in some facilities, abuse, and deaths from serious injuries, or neglect; the inspection system needs to be ramped up, rather than be diluted. Governor Scott vetoed the Bill extending the period between inspections until a thorough investigation of Assisted Living Facilities is conducted and appropriate action is taken.

West and Villas



October 2011

West and Villas

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

- 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

Joanne Bauer is our Artist of the Month

Stop in to see her pastels in our Art Studio!

We are collecting your old eye glasses and sun glasses for the Lions Club

Leave donations in Rodney' Office.

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

Bridge Coordinator
Lane Gillooly
299-3422

Monthly BRIDGE LEADERS
Monday Social Bridge
Holden/Beil

Tuesday Duplicate Bridge
Helen Potter

Wednesday Social Bridge
Shepard/Wakeland

2	3	4	5	6	7	1/8
11:00 Worship Service COMMUNION 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]	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]	7:30 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]	8:30 Exercise [MPR] 10:30 Catholic Mass [OBT] 10:00 Crafty Characters [AS] 11:00 Chapel Worship Comm 11:35 Red Hat Luncheon [Bus] 2:00 Art Class [AS]	9:00 Exercise [MPR] 10:30 YOGA [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] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR]
9	10	11	12	13	14	15
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] 2:30 Frog Pad [H310] 6:30 Social Bridge [MPR] 6:30 Walk the Walk [BUS]	8:30 Exercise [MPR] 9-10 Beltone Ser. [RR] 11:00 Ask The Director [MPR] CAR WASH TICKETS buy now 1:00 Duplicate Bridge[CR/AS] 1:30 FLICRA [HMR] 1:30 Bridge with Sue [GR] 5:00 Night in The Emerald RM 7:00 Dominoes [HMR]	7:30 Omelettes [Cafe] 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 11:00 Medical Lecture [MPR] 1:30 Ping Pong [GR] 2:00 Prayer Chain [Chapel] 6:30 Social Bridge [MPR] CAR WASH TICKETS buy now	 8:30 Exercise [MPR] 10:00 Crafty Characters [AS] 11:35 Lunch Bunch [BUS] 2:00 Landscape Mtg [HMR] 2:00 Art Class [AS] 4:30 Birthday Night [CDR] CAR WASH TICKETS buy now	9:00 Exercise [MPR] 10:30 YOGA [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 7:00 Bingo [MPR]
16	17	18	19	20	21	22
11:00 Worship Service Chaplain Chad 4:00 Sunday Memories [MPR]	9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 Wii Lessons [CR] 1:00 Computer Club [CR] 2:00 Book Discussion [RR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	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]	7:30 Omelettes [Cafe] 9:30 Bible Study - [Chapel] 9:00 Miniature Golf 1:00 Financial Dis Grp [MPR] 1:30 Ping Pong [GR] 1:30 Food Forum [CDR] 6:30 Social Bridge [MPR]	Boca Golf Outing 8:30 Exercise [MPR] 10:00 Crafty Characters [AS] 10:30 Great Decisions [MPR] 11:40 ROMEOS [BUS] 1:30 Sarah Circle [CR] 2:00 Art Class [AS] 5:00 Upscale [EDR] 6:45 Roy Morano [MPR]	Good Sam Day 21 8:00 Golf Tournament 10:00 Games Begin 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]	9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR]
23	24	25	26	27	28	29
11:00 Worship Service Chaplain Chad 6:00 Ice Cream Social [MPR] 7:00 Ashley Cooper [MPR]	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 7:00 Dominoes [HMR] <i>If you have no tickets for the CAR WASH...party please...Buy Today!</i>	7:30 Omelettes [Cafe] 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 10:00 PNC Bank Open House 10:45 Medical Lecture [BUS] Sales Luncheon 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	CAR WASH 27 From 8 am to 2 pm 8:30 Exercise [MPR] 2:00 Art Class [AS] 6:30 Walk the Walk [BUS] 6:45 Jimmy Mazz [MPR]	Dr Demar 9:00 Exercise [MPR] 10:30 YOGA [MPR] 1:30 Ping Pong [GR] 5:25 VBHS Football [Bus] 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] 6:00 Halloween Kids 7:00 Bingo [MPR]
30	Halloween 31					
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] 4:30 Culinary Event [Lobby] 6:30 Social Bridge [MPR]					

West Fitness Room Hours

Mon: 8:00 am - 8:55 am & 10:00 am-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



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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- 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