



Becky King

## Notes from the Nurse

Happy New Year! I can hardly believe that 2011 is gone and we are anticipating 2012 and all that it has to offer. Wow...time sure flies.

I wanted to take this first month of 2012 to review some really important things that you may already know because it's always good to be reminded—so here we go:

1. If you have an emergency or need a nurse immediately, **Push Your Red Alert**. If you call the nursing office when we are not there, something could happen before we can get your message and are able to help you. If you would like your red alert button checked, call our office. We will be happy to check it for you.

2. Please do not store or keep any papers, cardboard, or any kind of flammable material on top of your stove or in your oven. This can be a huge fire hazard.

3. We have been monitoring the use of "I'm Ok You're Ok" tags, and

we have had about 59% overall participation. Remember to place this door hanger on your door at bedtime and remove it by 10:30 am daily. There have been at least two instances that **this has been an aid in helping the nurses become aware of a resident's health issue.**

4. **My Story**...if you haven't filled out your paper for "My Story" please do so and bring it to the resident nursing office.

5. If you are ill and would like to have your meals delivered, you can have them delivered by calling the nursing office to let us know. Also, for those who are in a villa and are not on a meal plan, you can have a meal delivered; however, you will have to pay for the meal, **but the delivery is free.** You are allowed 2 weeks of these wellness trays

6. All residents' carts and wheelchairs are to be parked in designated areas at all times. **They are NOT to be parked in the hall as this is against the fire code.** If you own an electric cart or wheelchair, please make sure they are parked in your apartment. They are not to be parked in the hall.

**Have a Blessed 2012 and may it be our safest year!**

# Thanks

...from all the tots!



MARINE CORPS RESERVE



## West Side Story

Editor...Rodney Nowak

### Writers:

Gladys Read  
Chad Elbersen  
Rolf Bibow  
Nancy Heim  
Sheryl Laudermilk  
Cynthia Kinsella  
Pat Burdsall

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### Layout:

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### Printing:

Harry Ewell

## Indian River Estates

West & Villas

# West Side Story

Vero Beach, Florida

One of the ACTS Retirement-Life Communities

January, 2012



January, 2012

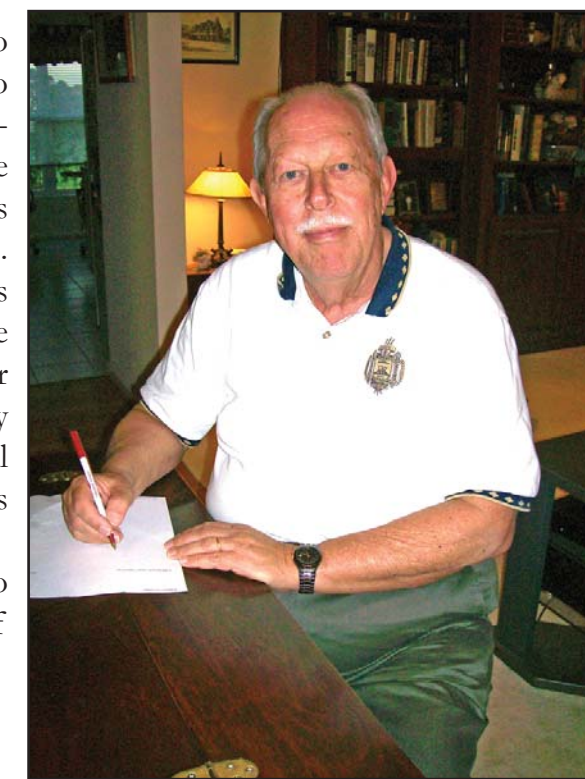
### January Birthdays

- 3 Ruth Blosser
- 6 Mary Abbott
- 6 Janet Hempton
- 7 Nancy Heim
- 7 James Kenton
- 9 Shirley Dennis
- 9 Eileen O'Donnell
- 12 Ken Abbott
- 13 Joanne Mott
- 15 Gloria Holden
- 15 Betty Jo Mayo
- 15 Jane Romeyn
- 16 Bertha Keenan
- 17 Teresa Young
- 18 Lloyd Hope \*
- 18 Ethel Lynch
- 18 Marie Snook
- 18 Florence Todd
- 19 John Keffer
- 19 Jean Tease
- 20 Patrica Boone
- 20 Howard Oberg
- 21 Mary Allen (East)
- 22 Suzanne Jacobs
- 24 Nancy Cavan
- 28 Jack Little
- 29 Jane Fehrs
- 30 Betty Donmoyer

## MILT BURDSALL NAMED PRESIDENT OF FLORIDA FLICRA

Congratulations to Milt Burdsall (VC-7465) who was just elected to the Presidency of the State Board of the Florida Life Care Residents Association (FLiCRA). There are 54 Chapters throughout the state—one of which is Indian River Estates West. Milt previously served as one of eight Regional Directors with seven chapters reporting to him.

The role of FLiCRA is to provide for the welfare of



Milt Burdsall

### February Birthdays

- 1 Irene Redstone \*
- 1 Fran Wrzesinski
- 4 Frances Bibow
- 4 Harold Hunter
- 4 MaryAnn Smith
- 6 Trudy Besancon \*
- 6 Bob Brost
- 6 Pauline Korn
- 6 William Thompson
- 6 Martha Yergin
- 7 Betty Stewart

\*WBC/OBT

## IN MEMORIAM

Kelly Bortel

Member of our  
Landscape Department



residents through lobbying and the monitoring of legislative action.

Milt replaces Charles Paulke of Carpenters Village in Lakeland, Florida. *Charles has done an outstanding job as President for the past two years, says Milt, and I am eager to get to work on behalf of all residents of CCRCs in Florida.*

Milt's primary goal this year is to increase membership and to raise awareness of the importance of the organization to all CCRC residents.

## Great Decisions

The topics that have been chosen by the Foreign Policy Association for the new year are most interesting, and directly relevant to events currently occurring around the world.

**Promoting Democracy** - The US has had a long history of advancing and supporting democracy around the world. With a choice of tools, ranging from economic aid to military force, what are the most appropriate methods? How have they worked?

**Exit from Iran and Afghanistan** - The decision to start the Iraq war was based on false premises. One major objective was to promote democracy in the region. That clearly did not work. The larger question is whether a self-governed Iraq will become a democratic nation. The same question applies to Afghanistan, once the western nations begin the withdrawal of their forces.

**Middle East Realignment** - The upheavals of the "Arab Spring" have radically changed the



Rolf D. Bibow

historic governance of the Middle East nations. In the early stages, there appeared to be a potential for the growth of democratic institutions. Recent developments have raised serious questions.

**State of the Oceans** - Global climate change, and its causes are widely disputed. We frequently hear "not now, not here". But it is here, right where we live. World renowned marine biologist, Dr. Edith Widder, has demonstrated the increasingly harmful effects of pollutants in the Indian River Lagoon.

**Mexico** - Mexico's borders, both north and south, have been pathways for people, goods, crime and contraband. How can that nation address these trans-border challenges? How will its foreign relations affect its domestic policies?

**Cyber Security** - Cyber space has become a new battleground. Faced with cyber crime and authoritarian control of cyber networks, how will governments and the private sector deal with such challenges?

**Indonesia** - The nation has emerged from authoritarian rule, and is making great progress, both economically and politically. Yet, the new democratic Indonesia is still facing major challenges? How can the nation continue its path of growth, and what will be its role in the global community?

**Energy Geopolitics** - Two major events have shaken the energy markets: The new uncertainties about Middle East oil, and the vulnerabilities of nuclear power generation. In this changing landscape, how will US energy needs affect its relations with other nations?

There is a lot to discuss, so welcome to Great Decisions 2012.

## FLICRA News



Cynthia Kinsella

As year end approaches, it seems appropriate to do a retrospective on FLICRA activity and accomplishments during the year 2011.

Early in the year a requirement was mandated for

Assisted Living Facilities with 17 or more beds to have a defibrillator on site, and the staff of the facility must be trained to use this emergency equipment. In addition the names of the trainees are to be submitted to local emergency teams.

FLICRA also supported legislation requiring criminal background checks on prospective employees in CCRCs and other Nursing Facilities with the results in hand before the individual can start work in the facility. The law also requires a background check on present employees to be completed by 2013, with appropriate action to follow the results.

More recently, FLICRA supported the revision of Statute 651 to enable CCRCs to provide services to residents in their own homes, which benefits individuals who need care but have been unable to sell their homes. Specific criteria are identified for facilities willing to offer such services, before licenses are provided for participation in such a program.

A seminal report was issued by Senator Kohl's Special Committee on Aging in July 2010. Entitled *Continuing Care Retirement Communities Can Provide Benefits but Not Without Some Risks*. The Government Accountability Office report indicates that there are 12 states which have no statutory provisions to provide for financial oversight for CCRCs. Four states, including Florida, require actuarial studies to help facilities plan for contractual obligations and long term viability. Copies of the report are available over the GAO Website, ([www.GAO.gov](http://www.GAO.gov))

## Chat With Chad

### Blessed Assurance



Chaplain Chad

Recently I watched a documentary about a lady named Frances Jane Crosby, better known to the music world as Fannie Crosby. She grew up in the early 1800s, and before learning to walk, she lost her eyesight in an unfortunate event. If that was not enough, her father succumbed to pneumonia when she was a toddler, and the family had to move away in order for her mother to find suitable work.

She was unable to attend school for several years so Frances' grandmother would read to her from the scriptures everyday. At the tender age of 8 she composed this poem in her mind and dictated it to her mother who wrote it down.

*Oh what a happy soul I am,  
Although I cannot see;  
I am resolved that in this world  
Contented I will be.  
How many blessings I enjoy,  
That other people don't;  
To weep and sigh because I'm blind,  
I cannot, and I won't.*

This wonderful attitude continued to thread throughout her life even though it was covered with loss. She authored over eight thousand hymns into her 90s, and many of those are still sung across the world today. My favorite is *Blessed Assurance*. It was written in 1873 when her friend Phoebe Knapp played a tune on the piano and asked her if anything came to mind. According to Mrs. Knapp's account, within 10 minutes Frances dictated all three verses of this beloved hymn.

**My prayer for this new year of 2012 is that all of us can embrace our blessings so that we discover and enjoy the peace and contentment that Frances Crosby lived.**



St. Edward's Second Graders  
presented  
*The Littlest Reindeer* play  
in our Multipurpose Room  
on December 2nd.

The sessions will last from 9:00 AM to 12:00 Noon. The intent of the workshop is to establish the interest and need of a full-blown painting class, which would begin later in the winter. Although Paul is primarily a watercolorist, he will offer assistance to anyone regardless of their medium, i.e., oils, pastels, acrylic, etc. Basic design elements will be reviewed in making the participants more cognizant of these particulars that make for a better executed painting or drawing. Critiques will be given if requested. Lists will be available for the purchase of needed supplies.



**Paul Williams**  
will be monitoring a  
“studio workshop”  
beginning January 19th.

Paul Williams is a graduate of Pennsylvania State University (Bachelor of Science—Art Education) and attended Philadelphia College of Art (Bachelor of Fine Arts, Interior Design). For twenty years of his career, he was design associate to several architectural firms in the Philadelphia, Wilmington Delaware area. His last twenty years were spent as Design Director of “American Design Associates” in Baltimore, Maryland, where he specialized in corporate space planning and design for projects throughout the North Eastern United States. He has been married to his wife, Margot, for 55 years, having met her while they were both students at Penn. State.

## Indian River Residents' Association



Nancy Heim

The Board hopes that everyone had a very happy Holiday season. West certainly reflected the season with the magnificent lobby decorations and the Winter Wonderland in the Multipurpose Room. A great big thank you to all the

residents and employees that took the time to make our home look so beautiful.

On to the New Year—imagine it's 2012 already! Your Resident Board is ready, willing and looking forward to a fantastic New Year.

The variety show, “That's Entertainment II” written and directed by Lyn Marvin, is scheduled for the first weekend in February and will begin activities for the New Year with a bang.

We are all looking forward to a year with happy days filled with good friends, both old and new, good times and continued cooperation between your Resident Board and Management.

### SHOW TIME!

Fifty performers and singers, ten production members and several committees are working diligently to produce a show for our community.

“That's Entertainment II”  
will be presented on  
**February 3rd and 4th at 7:00 pm**  
in the Diamond Lounge  
(Multipurpose Room).

All residents will receive an invitation, and reservations may be made for tables of 2, 4 and 6. The East community will be invited too.

Tickets available in our lobby:

Jan 4 11:30 - 12:30

Jan 9 4:30 - 5:30

Jan 12 4:30 - 5:30

Mark your calendars!! This will be a special evening of beautiful songs, delightful dance numbers, and hilarious comedy acts.

**Rodney Nowak, Producer**  
**Lyn Marvin, Director**

The book for discussion  
at 2:00 pm on January 16, 2012,  
in the Reading Room,  
will be *Heaven is For Real*  
by Todd Burpo.  
The discussion will be led by  
Cecillia Reiling.  
Everyone is welcome to attend.  
Joan Auble

### IN MEMORIAM

*June Cameron*  
*Thomas Richards*



Extreme  
Weather  
with  
Meteorologist  
Art Horn

Tuesday,  
January 10th  
6:45 pm in the  
Multipurpose Room

Chilling & Grilling  
Casual Culinary Event

Tuesday, January 17th

*Grilled Treats and Frozen  
Drinks starting at 4:30 pm  
in the Lobby.*

5:00 Full Buffet in the  
CDR

Cafe will be Closed

Freyda Thomas at  
6:45 pm in the MPR

Vero Beach Theatre Guild

Wednesday, January 18th

**Forever Young**

Buses will leave from  
the Lobby at 1:30 pm.

Riverside Theatre

Saturday, January 28th

**The Full Monty**

Buses will leave from  
the Lobby at 1:30 pm.

# January 2012

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

**We Collected over 100 Toys for the Marine Corps Toys For Tots Program Plus \$825.00 in donations to buy toys. God Bless You!**


- 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**  
 B & J Dearman

**Tuesday Duplicate Bridge**  
 Helen Potter

**Wednesday Social Bridge**  
 Donald/ Johnston

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>New Year's Day 1</b> 11:00 Worship Service COMMUNION Chaplain Chad	<b>2</b> <b>MAIN OFFICE CLOSED</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] <b>11:00 Wii Lessons [CR]</b> 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	<b>3</b> 8:45 Dance Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 7:00 Dominoes [HMR]	<b>4</b> 7:30 Omelettes [Cafe] 9:00 Miniature Golf 9:30 Bible Study - [Chapel] <b>10:30 Res Assoc Mtg. [MPR]</b> <b>11:30 -12:30 "That's Entertainment II" Reservations</b> 1:30 Ping Pong [GR] <b>3:30 Frog Pad H-310</b> 6:30 Social Bridge [MPR]	<b>5</b> 8:30 Exercise [MPR] 9:00 NU-2-U East-A311 10:00 Crafty Characters [Lobby] <b>10:30 Catholic Mass [OBT]</b> <b>11:35 Red Hat Luncheon</b> <b>11:00 Chapel Worship Committee [Chapel]</b>	<b>6</b> <b>Dr Demar</b> 9:00 Exercise [MPR] 10:30 Yoga 1:30 Ping Pong [GR] <b>6:00 3 Tennors [Bus]</b> 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	<b>7</b> 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] <b>11:30 Scrapbooking [AS]</b> 7:00 Bingo [MPR]
<b>8</b> 11:00 Worship Service Chaplain Chad	<b>9</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] <b>11:00 Wii Lessons [CR]</b> 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] <b>4:30-5:30 Reservation [Lobby]</b> <b>"That's Entertainment"</b> 6:30 Social Bridge [MPR]	<b>10</b> <b>Dr. Splendoria</b> 8:45 Dance Exercise [MPR] <b>9-10 Beltone Ser. [RR]</b> <b>11:00 Ask the Director [MPR]</b> 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 1:30 FLiCRA [HMR] <b>6:45 Extreme Weather [MPR]</b> 7:00 Dominoes [HMR]	<b>11</b> 7:30 Omelettes [Cafe] 9:00 Miniature Golf 9:30 Bible Study - [Chapel] <b>11:00 Medical Lecture [MPR]</b> 1:30 Ping Pong [GR] 2:00 Prayer Chain [Chapel] 6:30 Social Bridge [MPR]	<b>12</b> 8:30 Exercise [MPR] <b>8:30 Distinguished Lecture [BUS]</b> 2:00 Landscape Mtg [HMR] <b>4:30 Birthday Night [CDR]</b> <b>4:30-5:30 Reservation [Lobby]</b> <b>"That's Entertainment"</b>	<b>13</b> NO Exercise <b>10:30 YOGA [MPR]</b> 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	<b>14</b> 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] <b>12:30 Scrapbooking [AS]</b> <b>with Marg</b> 7:00 Bingo [MPR]
<b>15</b> 11:00 Worship Service Chaplain Chad <b>4:00 Sunday Memories [MPR]</b>	<b>16</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] <b>11:00 Wii Lessons [CR]</b> 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] <b>2:00 Book Discussion [RR]</b> 6:30 Social Bridge [MPR]	<b>17</b> 8:45 Dance Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] <b>4:30 Chilling &amp; Grilling Culinary Event [Lobby]</b> <b>6:45 Freyda Thomas [MPR]</b> 7:00 Dominoes [HMR]	<b>18</b> 7:30 Omelettes [Cafe] 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 1:30 Ping Pong [GR] <b>6:30 Theatre Guild [Bus]</b> NO BRIDGE	<b>19</b> 8:30 Exercise [MPR] 9:00 NU-2-U East-A311 <b>9-12 Water Color Workshop [Art Studio]</b> <b>11:40 ROMEOs [BUS]</b> <b>1:30 Sarah Circle [AS]</b>	<b>20</b> 9:00 Exercise [MPR] <b>10:30 YOGA [MPR]</b> 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [CR] 7:00 Game Night [CR] 7:00 Hearts [HMR]	<b>21</b> 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR]
<b>22</b> 11:00 Worship Service Chaplain Chad	<b>23</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] <b>11:00 Wii Lessons [CR]</b> 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	<b>24</b> <b>Dr. Splendoria</b> 8:45 Dance Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 7:00 Dominoes [HMR]	<b>25</b> 7:30 Omelettes [Cafe] 9:00 Miniature Golf 9:30 Bible Study - [Chapel] <b>11:00 Medical Lecture [BUS]</b> 1:30 Ping Pong [GR] <b>1:30 Food Forum [CDR]</b> 6:30 Social Bridge [MPR]	<b>26</b> 8:30 Exercise [MPR] <b>9-12 Water Color Workshop [Art Studio]</b>	<b>27</b> 9:00 Exercise [MPR] <b>10:30 YOGA [MPR]</b> 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [CR] 7:00 Game Night [CR] 7:00 Hearts [HMR]	<b>28</b> 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] <b>1:30 Riverside Theatre [BUS]</b> 7:00 Bingo [MPR]
<b>29</b> 11:00 Worship Service Chaplain Chad	<b>30</b> 9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	<b>31</b> 8:45 Dance Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 7:00 Dominoes [HMR]	<b>February 1</b> 7:30 Omelettes [Cafe] 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	<b>2</b> 	<b>West Fitness Room Hours</b> 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	Computer Club	Billy Jo Water Exercise	Saturday Night Bingo	Water Volleyball	Stitch & Gab	Golf	Shuffleboard 9 am
Mon, Wed, Fri 8:00 am Tennis Courts <i>John Dearman</i> 569-7238	Every Monday 1:00 pm Computer Room <i>Bob Hempton</i> 978-6495	Mon thru Sat 9:30 am I Building Pool <i>Peg Hurley</i> 770-0131	Multi Purpose Room 7:00 pm <i>Gladys Read</i> Coordinator 978-0421	Mon and Fri 1:00 pm North Villa Pool <i>Abbott</i> 567-1524 <i>Paulsen</i> 778-5198	Mondays H Meeting Room - 1:30 pm <i>Nancy Cavan</i> 567-5930	Wed 8:00 am Vista Plantation <i>Sherrill Oliver</i> 794-9768	Thurs: <i>Lyle Pelot</i> Fri: <i>Cavans</i>

- 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