

HARBOR LIGHT

November 2012

PLYMOUTH HARBOR INC. (not-for-profit) 700 John Ringling Boulevard Sarasota, FL 34236-1551

Reflections from Chaplain Jerry O'Connor ...

O give thanks to the Lord, call on his name, make known his deeds among the peoples. (Ps. 105:1)

Thanksgiving Day is almost here: there will be Pilgrim Pageants in schools, tables will be laden with turkey and all the trimmings, families will gather from far and wide to share the goodness of the earth's bounty and the blessings of relationships. As I was pondering what it all means I couldn't help but think about Norman Rockwell's painting from the *Four Freedoms*, the one depicting several generations gathered at what is obviously the grandparent's house for a sumptuous meal. There are multiple generations depicted in the picture, calling forth nostalgic memories of when my family gathered at holiday time.

In the midst of all the hoopla about electing a new president, preparing for the holidays, planning for travel to be with family, we sometimes forget how blessed we are, no matter where we fall in the *percentages* according to political statistics — rich and not so rich are blessed beyond their imaginings. Rockwell said, about his paintings, "I paint life as I would like it to be." In my collection of "stuff" there is a picture of my childhood family gathered around my grandmother's dining room table; I don't remember it being Thanksgiving, but it could have been. I believe my uncle, who lived in

California, had come to town and it was important for the family to gather in its entirety to celebrate and give thanks for who we were, for what we could share together and remember where we all came from. There were three generations around that table — a wonderful memory! Such occasions don't happen as often in our scattered lives, but wherever we may be at holiday time, and certainly here at Plymouth Harbor, the sense of *family* is very important and worthy of celebration.

One of these days I hope to find that picture of my family in my "stuff." I treasure it as much as the memory. May your memories as the holidays come upon us be filled with an abundance of joy, mixed with a pinch of sorrow to provide flavor and may you remember to give thanks to your God.

As always, at Plymouth Harbor, we will usher in the holiday season on Wednesday, November 21, with our Thanksgiving Reception on the Mezzanine at 3:00 PM followed by our celebration in MacNeil Chapel at 4:00 PM. Advent will begin on Sunday, December 2, Hanukkah will be celebrated on Wednesday, December 12, at 4:00 PM, and together we celebrate what Norman Rockwell's paintings are all about, *one family, united in the midst of our diversity, as he would have liked it to be.*

A Spirit of Philanthropy by Becky Pazkowski

Giving Through Your Estate: The Ultimate Gift

One day a few years ago, when I was working for a previous employer, I received a letter in the mail from a local attorney. The letter was to inform us that someone had passed away and had named our organization as a beneficiary of her estate. We were to receive 75% of her estate, and the Humane Society was to receive the remaining 25%. The letter went on to say that her husband, who had predeceased her, had also left us in his estate for the same percent, to be distributed upon the death of his wife. A few days later, I received notice of the amount that we were to receive. In total, combining both estates, we would receive just below \$1,000,000, a truly transformational gift. The use of the gift was not restricted, so our Board of Directors would be free to determine its best use.

While leaving a gift of \$1,000,000 is in itself a remarkably generous act, what I found even more remarkable was that I had never met this couple and they had only given during their lifetime a sum total of \$30 to our organization! We were thrilled and so very appreciative, and wanted to tell the family just how thrilled and to celebrate their generosity. However, we found that the couple had no children and no living relatives that we could thank. The mother of the woman had been a resident in our long term care facility years ago and had passed away while in our care. The couple wished to show their appreciation for that care by leaving their final estate also in our care.

Generous acts like the one above happen more often than you can imagine. It was so very thoughtful and considerate for this couple to leave their life's savings in our care, but what was missing was being able to thank them and hear their story of how caring for her mother had obviously changed her life.

There have been several estate gifts at Plymouth Harbor that we did not know about until after the resident had passed. Unknown bequests are a wonderful surprise, but can leave us not knowing the particular wishes of the donor, and not being able to properly thank the donor.

When you make the effort and investment to name The Plymouth Harbor Foundation in your estate, you are making a statement about your feelings of trust and loyalty to this organization. Please let us know when you do this, so that we can work with you while you are alive to be sure that the gift you are leaving represents your legacy, your wishes, your passion. And, please, let us properly thank you and recognize you for trusting us enough to make this ultimate gift.

Types of Estate Gifts

Bequests and Revocable Trusts – Naming us as a beneficiary in your will or revocable trust is an uncomplicated and generous way in which to make a charitable gift. You may change your will or trust provisions at any time, and gifts are not payable until after your death. *See below for language to use.

Charitable Gift Annuities and other Irrevocable Gifts – Gifts that generate income to you or your family during your lifetime, while also providing for The Plymouth Harbor Foundation after your death, offer unique tax benefits. I am happy to explore these gifts options with you.

Naming The Plymouth Harbor Foundation in Your Estate*

The following language may be used to include a bequest to The Plymouth Harbor Foundation:

“I hereby give, devise, and bequeath to The Plymouth Harbor Foundation, located at 700 John Ringling Blvd., Sarasota, FL 34236, an unrestricted gift to be used in the area of greatest need at the time the gift is received (or *a restricted gift, to be used for **please specify**):

- ***the sum of \$ _____, or***
- ***a portion of my estate totaling ___%, or***
- ***the following described personal property _____.***

INTRODUCING

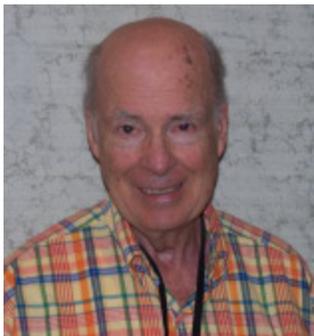
John & Katherine Starr

Move-In Date: July 15, 2012

Apt. T-914 Ext. 448

It's hard to know where to start when talking about Barry and Phil Starr. They seem to have done it all. We're not just talking about the jigsaw puzzle fanatics we saw on the Mezzanine months before they moved in, or the couple that grabbed a gold medal in an Arthur Murray dance competition. Or even the 12-year-old who got hooked on magic and had given 500 "paid for" magic shows by the time he was 15.

What is most interesting is the way in which just about everything in Kansas City, MO, their



lifelong home, seems to bear their fingerprints. Barry graduated from Smith College, having studied in Paris for a year, so, of course, she tutored in French. Phil, following his Princeton graduation, finished an M.B.A. at Wharton and later became a certified life underwriter.

After two years in the Army, he returned to Kansas City, staying in the Army Reserve long enough to retire with a captain's rank. Phil's professional life started at R. B. Jones Insurance Brokers, in Kansas City of course. Thirty-six

years later, he retired, having taken the firm public, among other accomplishments.

The breadth of their civic activities is long, indeed. If Phil was board chair of Pembroke Hill School, Barry ran the Parent's Association. If Phil, an



Eagle Scout, ran the Boy Scout Council, Barry was their son's den mother. Barry was an art gallery docent, a library board member, worked for Planned Parenthood, and was an

officer of the Junior League. Phil was senior warden of their Episcopal Church and Barry ran several groups at the church.

They did have time to raise two sons, only one of whom is still alive, but they have five grandchildren, living in Kansas City. The family condo on Longboat Key, which they visited for many years before moving into it in 1998, is being kept so the next generations will be able to enjoy it also. Phil and Barry had planned to spend much of their time there even after moving to Plymouth Harbor but they are having such a good time that they are here almost all the time — or maybe it is the current jigsaw puzzle.

Whether you want to talk travel or remarkable glass art you will enjoy the Starrs.

- Ish Pedersen

In Memoriam

Carroll F. Johnson

October 1, 2012



INTRODUCING

William & Beverly Vernon

Move-In Date: August 2, 2012

Apt. E-101 Ext. 202

A warm welcome to Bill and Bev Vernon, who are well known to many of our residents since they lived on Longboat Key since February 1994. They are an interesting and very active couple. Both have large families from a previous marriage: Bill — 6 children, 12 grandchildren and 3 great grandchildren; Bev — 4 children and 10 grandchildren.

A native Pennsylvanian, Bill was born in Philadelphia and lived in its suburbs. He is a



graduate of Penn State and member of Kappa Delta Rho. Bill served two years in the Navy V-5 program before WWII ended. He moved to Evanston, IL, where he started his

advertising career with the Chicago Sun-Times. He eventually wound up as a partner in a prominent Chicago advertising agency. In Evanston, he was active in Kiwanis and Rotary, and recruited for Penn State in the Chicago area for 10 years. Later in Sarasota, he delivered Meals-on-Wheels for 12 years.

Bill has always been an avid tennis player and doesn't let being in his 80s get in his way. He's been presenting book reviews for several years at BKYC and All Angels Church.

Bev has led an equally interesting life. She was born in Chicago, grew up in Evanston, and

graduated from Butler University, Indianapolis. She then became a stewardess with American Airlines for two years, based in Dallas. Marriage followed, living in Glenview and Glencoe, IL. She was a food columnist & stylist for the Chicago Tribune and did food concept and recipe development for Kraft Foods. She also honed her culinary skills during this time in London and Paris at Cordon Bleu and La Varenne. Her activities included the Food Writers Association, Evanston Hospital Cancer Board and Delta Gamma Sorority. In her spare time Bev is a water color painter, loves to cook (of course), and also is a talented tennis and golf player.



Bill and Bev belong to the Longboat Key Club and Bird Key Yacht Club. They are members of All Angels by the Sea Episcopal

Church on Longboat Key. They have been worldwide travelers throughout the US and Europe, also North Africa and South America.

- Perry Monroe



Set your clocks **BACK** one hour
Saturday night, November 4

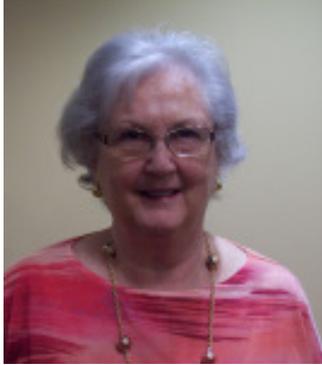
INTRODUCING

Arnold & Marcia Freedman

Move-In Date: September 25, 2012

Apt. T-1012 Ext. 322

You are going to enjoy getting to know the Freedmans. Our art community should take note that Marcia is still an active artist. She started out as a fashion artist in Albany, NY, and worked for A.S.I.D. decorators in Buffalo, NY, and Connecticut. She also taught art and had three galleries while living in California. She did paintings on commission in watercolors, acrylics and oils. She belongs to "The Pen Women of Florida" and her hobbies are needlepoint and knitting.



Arnold had a dream early in life. In fact, after his second year in college he got a job at a radio station which turned into television and in spite of his father nagging him to get a REAL job, the

lure of television never left him. He worked for 45 years with the same company, starting as a news reporter for radio/TV, was later a TV anchor, and did promotion and marketing, ending a very successful career as a station general manager.



A highlight of his career was working briefly in Washington, D.C. covering the Eisenhower campaign in 1952 through his inauguration in 1953. He also covered the first three weeks of the Eichmann Trial in Israel in 1961. Having had such a glamorous career, wouldn't you know he'd have an exciting hobby -- *flying light planes*.

The Freedmans have been married almost 60 years. Their two sons followed their father into television careers. They also are very proud of seven grandchildren.

- Gena Magoon

NEW RESIDENTS COFFEE
Come Meet Your New Neighbors
THURSDAY, NOVEMBER 8
9:00 to 10:30 A.M
ON THE
MEZZANINE





Landfills & Recycling

Landfills. Remember the barge carrying New York City's garbage and trash around our coasts trying to find a landfill which would accept their mess? And Atlanta. One of their landfills is so high that they make snow during cold spells and skiers ski down the landfill.

What these horror stories have to do with recycling is obvious. We are running out of space. Few of us realize the amount of "stuff" which goes to our country's landfills. Americans, in 2010, averaged 4.4 pounds a day per person. That is up from 2.7 pounds in 1960 and, worse, there are millions of us dumping those 4.4 pounds. But there are some estimates that we could cut the total amount by 75%, if we would.

We have a chance to make a difference in Sarasota's landfills this fall. Our recycler is now accepting items which they used to refuse. The biggest change is that plastics marked 1 through 7 can be collected in our recycling efforts. But there are other changes. To help us know what is different, there are signs in all the Recycling Rooms and Conservation Committee members came to October Colony Meetings to provide updated information.

There are Sarasota reasons, Plymouth Harbor reasons, but most importantly, worldwide reasons to recycle everything we can.

SO, PITCH IN, REUSE OR RECYCLE, PLEASE

**FPL Winter Peak and Off Peak Hours
November 1, 2012 --- March 31, 2013**

**PEAK HOURS Monday through Friday
6:00 am to 10:00 am & 6:00 pm to 10:00 pm
OFF PEAK HOURS
Weekends and all other hours are off peak**

~ Compliments of the Conservation Committee ~

Pierian Spring Academy at Plymouth Harbor

FALL LECTURE SERIES Four Remaining Lectures

Free and Open to Plymouth Harbor Residents and the Public

Tuesdays from 2:30 — 4:00 pm in Pilgrim Hall

PLEASE CALL EXT. 252 TO SIGN UP

November 6	World War II, Brilliance, Blunders and Breaks: How Wars are Won	George Stassa
November 13	Is the United States Going Bankrupt?	Ayse Somersan
November 27	Genius Dissipated: Oscar Wilde's Final Years	Phyllis Jaffe
December 4	Duke Ellington	Henry Ettman

Writers' Workshop



Wednesday November 7 2:00 pm Callahan Center Conference Room

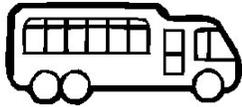
Try your hand at writing in a guided learning environment that stresses the experience of group interaction within a supportive atmosphere. No experience necessary!

Questions? Call Maureen Aldrich at Ext. 229

November 2012 Employee of the Month Jorge Samartzija of Dining Services

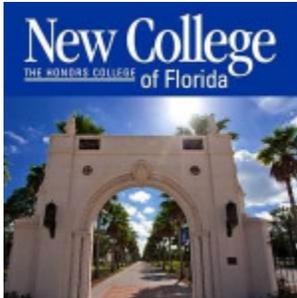
"Jorge always does his job with pride and efficiency. He finds special projects to keep himself busy during down time. He is one of the hardest working employees in Plymouth Harbor. Jorge always walks with a smile on his face and brings happiness to the steward team and it emanates throughout the entire kitchen staff. His positivity and work ethic are profound and have evoked a change in the staff around him. A team player, Jorge has shown time and time again how important this place is to him. He is an impact player and we are so thankful he is a part of the Plymouth Harbor family."





PLACES to GO ... Call Ext. 252 to sign up

Minimum 10 participants for all outings



Tour of New College & Lunch at Captain Brian's

Friday ~ November 16 ~ Bus departs 10:00 am

Cost: \$10.00 trip fee plus Dutch treat lunch

After last month's informative program by Donal O'Shea, the new president of New College, many residents asked for a campus tour. We'll have a New College guide, see the Caples Fine Arts Campus and the Pei Campus, and have the opportunity to enter several of the buildings. Then off to Captain Brian's for lunch.



PLYMOUTH HARBOR SHORELINE CLEANUP DAY

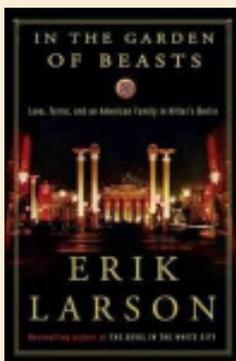
Meet at 9 a.m. on the peninsula near the kayaks

Saturday ~ November 3

Clean man-made trash and fishing line from our shoreline and mangroves



We'll need residents to walk the shoreline and to man six kayaks. Wear long pants, long sleeve shirts, and boots if you have them. Got gloves? Got a long-handled grabber? Bring them along too!



Book Discussion led by Don Wallace

In the Garden of Beasts: Love, Terror and an American Family in Hitler's Berlin

Erik Larson, widely acclaimed as a master of narrative non-fiction, turns his hand to 1933, the place, Berlin, when William E. Dodd becomes America's first ambassador to Hitler's Germany in a year that proved to be a turning point in history.

Friday, December 7

3:00 pm in the Card Room

Call Ext. 252 to sign up and for a copy of the book (\$14.00)

Available on Kindle



New in the Library

(* indicates a gift)

FICTION - Regular Print

Antoinetta* by John Hersey
The Beautiful Mystery (©2012) by Louise Penny
Black List* (©2012) by Brad Thor
Body Surfing* by Anita Shreve
Bones Are Forever (©2012) by Kathy Reichs
Criminal (©2012) by Karin Slaughter
Daddy* by Danielle Steele
The Dovekeepers* by Alice Hoffman
Jack 1939* (©2012) by Francine Mathews
Johnny Angel* by Danielle Steele
The Kingmaker's Daughter (©2012)
 by Philippa Gregory
The Kiss* by Danielle Steele
Ladies Coupe* by Anita Nair
The Light Between Oceans (©2012)
 by M. L. Stedman
Live by Night (©2012) by Dennis Lehane
Midwinter Blood* (©2012) by Mons Kallentoft
Phantom (©2012) by Jo Nesbo
The Prophet (©2012) by Michael Koryta
The Round House (©2012) by Louise Erdrich
Severe Clear* (©2012) by Stuart Woods
The St. Zita Society (©2012) by Ruth Rendell
Telegraph Avenue (©2012) by Michael Chabon
The Uncommon Reader* by Alan Bennett
Unnatural Acts* (©2012) by Stuart Woods
A Wanted Man* (©2012) by Lee Child
The Yellow Birds (©2012) by Kevin Powers

NONFICTION- Large Print

Dearie (©2012) by Bob Spitz
The Other Woman* (©2012) by Hank Phillippi Ryan

NONFICTION - Regular Print

The Black Count (©2012) by Tom Reiss
City of Scoundrels (©2012) by Gary Krist
Double Cross (©2012) by Ben Macintyre
Epilogue* by Anne Roiphe
Killing Kennedy (©2012) by Bill O'Reilly
Paying the Price (©2012) by Mark Zandi
The Presidents Club (©2012) by Nancy Gibbs

FICTION- Large Print

15 Seconds* (©2012) by Andrew Gross
Black List* (©2012) by Brad Thor
Delusion in Death* (©2012) by J. D. Robb
Fool Me Twice* (©2012) by Robert B. Parker
Love Is Murder* (©2012) edited by Sandra Brown
Low Pressure* (©2012) by Sandra Brown
Severe Clear* (©2012) by Stuart Woods
Tidewater Inn* (©2012) by Colleen Coble
Zoo* (©2012) by James Patterson

DVDs New in the Media Library

Annie's Point
Being Flynn
Broadway Musicals*
Edward the King* (6 DVD series)
The King and I*
Macbeth*
National Geographic: 30 Years of Specials
Pique Dame*
The Shop Around the Corner*
Snow White and the Huntsman
U Me Aur Hum

News from the Wellness Center

Fall is here and we have a few changes to the Group Fitness Calendar!

ARMCHAIR BALLET has been quite a success. We thank resident, Maureen Aldrich, for volunteering her expertise and time to teach her creative, one-of-a-kind, chair-based class. Please Note: **The class will meet each Monday through November 12th and then will *not resume again until January.***

AQUA FIT will continue to be **outdoors** in November! In the event of a storm or particularly cold weather, the class will move indoors.

WALK 'N WORKOUT is back for the season, starting Wednesday, November 7th! This advanced, outdoor walking class combines fast-walking along the beautiful Plymouth Harbor path, stopping periodically to perform strength exercises using the exercise bands, railings, benches, etc. — then finishing with stretching on the lawn.

BETTER BALANCE (A Fall Prevention Class) is an essential class to help prevent falling. This 45 minute class incorporates basic “real life” movements such as walking drills and static/dynamic balance exercises that improve coordination, posture, gait and confidence! Do you know how to get up from a fall without help? Come and “practice” in Better Balance.

TOTAL BODY CHALLENGE (Michael’s class) is being offered *twice* on Tuesday morning, 8:00 a.m. *and* 9:00 a.m. Michael claims that resident requests were made for a more advanced class, so **please note that the 8:00 a.m. class is *more challenging* than the 9:00 a.m. class.** For your safety, please attend a class appropriate for your fitness level. If you are unsure of which class is appropriate for you, please come to my office or call at Ext. 377 to discuss your options.

This additional Tuesday class will not only answer the request from residents for a more advanced class, it will also eliminate overcrowding of the 9:00 a.m. Tuesday morning class. However, Michael’s Friday class will still likely be crowded during the season (November-May). There is a 35-chair limit for any particular class conducted in the Group Fitness Room. All classes are on a first come, first served basis and there are *no reserved* seats. Should you arrive to a class that is already full, please consider a different exercise option for that day (i.e. attend a different group class or step into the cardio room and walk on the treadmill or use a bike).

Just a reminder – There will be no group fitness classes on **Thanksgiving Day!**

Program & Civic Affairs Committee events ...

Sarasota Historian Jeff LaHurd

Thursday ~ November 1 ~ 7:45 pm in Pilgrim Hall



No one knows more about Sarasota's history than Jeff LaHurd. He's just finished a new book called "The Rise of Sarasota: Ken Thompson and the Rebirth of Paradise" and will probably touch on that time in Sarasota's history as he gives our audience a short history lesson on our town.



**Thursday ~ November 15
7:45 pm in Pilgrim Hall**

First produced in Rome in 1890, Mascagni's *Cavalleria Rusticana* is often the first of two one-act plays presented on the same evening. We'll break with tradition and present Pagliacci -- the second half of Cav and Pag -- later in the season. Placido Domingo, Tatiana Troyanos and the Metropolitan Opera Chorus are conducted by James Levine and directed by Franco Zeffirelli in this classic production.

TWO OF A KIND: DAVID & JENNY HETTLER~KLEVANS

Friday ~ November 23 ~ 3:00 pm in Pilgrim Hall



Sure to delight, this award-winning husband and wife duo presents concerts for families and children of all ages. Their songs range from the personal to the worldly, from the sublime to the ridiculous. You'll enjoy the magic created on stage through their beautiful harmonies accompanied by David's powerful, rhythmic guitar playing and Jenny's multi-ethnic percussion instruments.



OCEANS: The Sea of Cortez

Thursday ~ November 29 ~ 7:45 pm ~ Pilgrim Hall

A team of marine experts has voyaged across the globe to explore our planet's last true wilderness -- its oceans. The Sea of Cortez, also known as the Gulf of California, is a unique corner of the Pacific Ocean. This remarkable young sea is thought to be around five million years old. Some of the greatest changes threatening the world's oceans today can be seen in this stretch of water.



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David Beliles

Betty Blair

Vera Kohn

Gena Magoon

Perry Monroe

Isabel Pedersen

Sallie Van Arsdale

Don Wallace



700 John Ringling Blvd.
Sarasota, FL 34236-1551
941-365-2600
www.PlymouthHarbor.org



MOVIES

Showing in November

Sundays at 2:00 pm & 7:00 pm

November 4	<i>The Best Exotic Marigold Hotel</i>
2012	Color 124 minutes PG-13
November 11	<i>The Prince and the Showgirl</i>
1957	Color 117 minutes Not Rated
November 18	<i>Love Never Dies</i>
2012	Color 121 minutes Not Rated
November 25	<i>An Unfinished Life</i>
2005	Color 108 minutes PG-13

Have a movie request? Call Ext. 252.

Tuesdays at 7:45 pm

November 6	<i>Albert Nobbs</i>
2011	Color 113 minutes R
November 13	<i>The Magic of Bell Isle</i>
2012	Color 109 minutes PG
November 20	<i>Executive Suite</i>
1953	B/W 140 minutes Not Rated
November 27	<i>The Letter</i>
1940	B/W 95 minutes Not Rated