Moving to The Next Stage: 
A Rejuvenation Campaign for Pilgrim Hall

Beginning in the fall of 2014 through the spring of 2015, several residents at Plymouth Harbor began to suggest that residents could benefit from an upgrade of Pilgrim Hall. Thus, recommendations began to surface, and a visioning and planning group was formed to help guide the process.

The group generated the following purpose statement to help guide the process:

Design an intimate, comfortable space to seat 100-120 people utilizing state-of-the-art technology, acoustics, and lighting to accommodate all residents, including those with hearing, mobility, and sight challenges.

Planning ensued throughout the summer. An architect was engaged, an A/V and acoustics expert was consulted, and a recommended plan was produced to improve the sight, sound, and space in Pilgrim Hall.

At the beginning of the planning, the question was raised as to how we would fund the project. Available capital was scarce with the imminent groundbreaking of the Northwest Building, which will house a new and much-needed assisted living and memory care center. After considerable discussion, The Foundation Board recommended that a capital campaign effort be launched to raise the funds needed to upgrade Pilgrim Hall. Thus, we began quiet discussions with potential donors who might have an interest.

On October 20, 2015, we were very pleased to present the recommendations to all residents of Plymouth Harbor. During the presentation, we shared the six requirements that were developed to help frame the rejuvenation of Pilgrim Hall:

- Comfortable, theater-style fixed chairs with high stage visibility from any seat.
- Professional stage and theater lighting to enhance sight and stage ambiance.
- Acoustics and sound system that amplify and enhance sound, and accommodate patrons with hearing challenges.
- Integrated video connection throughout Pilgrim Hall, with adaptations necessary for Club Room integration.
- Ability to view and participate in virtual podcasts from around the world.
- Expanded backstage accessibility, space, and storage.

(continued on page 2)
Also, on October 20, thanks to the work of the Foundation Board and some very generous donors, we were able to announce that over $477,000 had already been committed to this project, officially launching The Next Stage Capital Campaign to Rejuvenate Pilgrim Hall. Included in this amount is a partnership contribution from Plymouth Harbor, Inc. The goal of the campaign is $1,000,000.

A donor recognition plan approved by the Foundation Board, designed as a Donor Playbill, will be permanently displayed on the exterior wall of Pilgrim Hall. Additionally, all donors to the campaign will be thanked in the printed version of the Grand Opening Playbill, and in the annual Impact Report.

A sample Donor Playbill is pictured right, showing the available naming opportunities (theater, stage, acoustical design, video technology, integrated audio system, and house and theatrical lighting) as well as personal recognition levels (producers, directors, stars, cast, patrons). We are extremely grateful for the gifts that we have already received, some of which have been reserved and are reflected in the Donor Playbill, including the stage, acoustical design, and video technology.

A Campaign Committee is currently being formed and will be announced soon. We very much welcome the opportunity to speak with anyone who might have an interest in supporting this campaign. If you would like more information, please contact Becky Pazkowski at 361-7398 or at BeckyP@PlymouthHarbor.org.

—Becky Pazkowski
Spiritual Reflections by Chaplain Jerry O’Connor

“For everything there is a season, and a time for every matter under heaven…” Ecclesiastes 3:1

The above verse is one of my favorites. It is the beginning of a litany ending with verse 8. If you read all eight verses, you will know that every life, as well as relationship, has a beginning and an ending. This passage, often read at funeral or memorial services, has to do with more than the life cycle — it is also relevant to those times when one chapter in life ends and another begins.

Many have heard that I have made a decision to retire as Chaplain at Plymouth Harbor. Expressions of sadness have been abundant, but they have been accompanied with understanding and support. It is a grief experience for me, and for the many I have come to know and love in our shared journey. But, as a favorite cartoon illustration I have used on memorial service programs implies, with a butterfly breaking forth from a cocoon, the words declare, “Life has not ended, it has changed.” So it will be. When my last day in this community arrives, life will go on for me, and for those who make up this wonderful family — but it will be changed! Count it as an opportunity!

Barbara and I will be heading to West Bend, Wisconsin, and will become residents in Cedar Community, a retirement facility related to the United Church of Christ. It was founded as a faith-based organization in 1956, on a 98-acre property that was gifted to the Benevolent Society of the Wisconsin Synod of the Evangelical Reformed Church in 1953. It began as an 18-bed rest home for seniors, and over the years it expanded, with more purchased land (for a total owned acreage in excess of 600). Every facet of life care is available at Cedar Community, as it is at Plymouth Harbor. An added dimension to our joining this community is our daughter being the Spiritual Director. For the first time, since our children left the nest, we will be living within close proximity to family. As we both passed the 80-year mark, it became obvious that what began September 2001, should (and will) end in January 2016 – a new chapter for us, for the Plymouth Harbor community, and for whomever is privileged to become chaplain after me.

November is a time when we focus on Thanksgiving. Stories of the first Thanksgiving will be retold about settlers and Native Americans sharing their abundance, stories of survival, and the beginnings of what we have become as a nation. In the midst of world confusion and chaos, immigrants clamoring for the freedoms we take for granted; and for the many blessings we have received (individually and corporately), I pray we will all pause and give thanks to God, by whatever name God is known to you and yours. I know I will overflow with gratitude for my 15 years among some of the most interesting, caring, and generous people I have ever known. I have shared in your lives and bid over 400 adieu, whose names are listed in our Memorial Book(s) kept in MacNeil Chapel. “For everything there is a season, and time for every matter under heaven,...” Our gratitude to God for the privilege of sharing in so many lives is abundant!

I invite you to come and share in our Thanksgiving Celebration on Wednesday, November 25, at 10:00 a.m., in MacNeil Chapel. A reception will follow on the Mezzanine. Come, and give thanks for all the blessings you have received in this past year, and in all the years of your life, as individuals, and as members of this wonderful community you now call home.

We Remember
Serge Oliel
October 1, 2015
Naomi Wittenberg
October 16, 2015
Ann Burroughs radiates energy. Just moved in and only two days after knee surgery, she sat there cheerfully, answering my questions and filling me in on her very active life.

Ann has been an artist all her life — an oil painter, a printmaker, and, for forty some years, a metal smith working with gold, silver, brass, and copper. Her work with metal has ranged from heavy casting to jewelry. Her apartment is a treasure trove of her own and other artists’ work. In the entry hall are two of her mono prints, which, as she explained, require both etched plates and painting. Throughout the living room are examples of her cast metals: her children’s heads, a chalice, a planter, and others.

Born in Flint, Michigan, Ann attended Mount Vernon Seminary as a boarding student in Washington, D.C. She received a BFA (Bachelor of Fine Arts) from both the University of Colorado and the Center for Creative Studies in Detroit, and is a member of Delta Phi Delta, an art honor society.

Grand Rapids, Michigan, was her base location, but she has traveled worldwide (with Laos, Cambodia, and Myanmar among her favorite spots) and has lived in San Francisco and Boulder, Colorado, and wintered in Longboat Key for the last 20 years. She still maintains her summer home in Whitehall, Michigan, where she enjoys sailing and kayaking.

Ann raised three children, a son who lives down the road in Venice, and two daughters — one now living in Kansas City, and one a professor at Florida Gulf Coast University. She also has a granddaughter at the University of Tampa, one grandson in high school in Naples, and another who is a graduate student at the San Francisco Arts Academy. Her talents and intelligence seem to have descended unto the third generation.

Ann’s energy has not, however, been confined to artwork and family. In Grand Rapids, she was steadily involved in her community. She was on the founding boards of three important organizations: Home for Runaways, Educational TV (now PBS), and Project Rehab.

Her ongoing interests include water sports and fitness activities. She plans to take full advantage of our Wellness Center. Knee surgery is obviously not going to slow this lady down. “I am not retired,” she corrected me at one point in our interview. She intends to continue with her jewelry making in a space that has been set up for her in the wood shop. What I saw of her jewelry work was striking, from delicate large-ringed gold chains to bold metal cuffs.

Ann chose Plymouth Harbor partly because she already had friends among us. With her talent, liveliness, and evident good nature, she will soon have many more.

Above: One of Ann’s sculptures on display in her apartment.

—Celia Catlett
In 1986, President Ronald Reagan first proclaimed November 15 to be National Philanthropy Day. Since then, communities across the country and in Canada have come together on or about this date to celebrate the donors, volunteers, leaders, and others engaged in philanthropy. While philanthropy departments and foundations celebrate donors and volunteers on a daily basis, this day was set aside for a wider, grassroots effort for entire communities to recognize the huge impact gifts of time, talent, and treasure make every day of our lives.

In the spirit of philanthropy that is ever present here at Plymouth Harbor, let us take a few minutes this month, perhaps even on November 15th, to turn to our neighbor, friend, housekeeper, caregiver, pastor, family member, whomever you might consider important in your life, and say “thank you for being in my life.” We all have gifts to give, and none of us could do it ourselves.

Below are over 1,213,000 things that the Plymouth Harbor Foundation is profoundly grateful for so far this year. Thank you for all you do to make Plymouth Harbor the best it can possibly be!

- 304 residents
- $546,000 in current gifts
- 16 Trustees of Plymouth Harbor, Inc.
- 148 donors who made over 271 gifts
- $515,000 in commitments to rejuvenate Pilgrim Hall
- 7 high school students who volunteered 75 hours for the eTEAM
- 202 employees
- $152,000 in deferred gifts
- 11 Trustees of The Plymouth Harbor Foundation
Wellness

OnBoard: A Closer Look

In October, we shared that OnBoard, Plymouth Harbor’s new employee wellness program, received LeadingAge Florida’s Best Practice Award. This month, we’d like to provide a closer look into OnBoard and why it was formed.

OnBoard incorporates comprehensive wellness programs within each of the seven dimensions of wellness — Environmental/Community, Emotional, Intellectual, Physical, Professional/Vocational, Social, and Spiritual. Our inspiration for building this program came not only from our employees, but also from our residents. Building a strong sense of community and creating an outstanding living environment depends, in no small part, upon our success in recruiting, hiring, retaining, and developing the highest quality workforce. It is the combination of residents, employees, and services that makes Plymouth Harbor one of the nation’s top Continuing Care Retirement Communities.

OnBoard was implemented as a formal program in September 2014. Throughout the planning process, it was evident that many current benefits (like scholarships, complimentary flu vaccinations, volunteer programs, etc.) fell within the framework of a defined employee wellness program. But we also recognized a great opportunity for growth. Therefore, we formed a small planning group and set to work developing a program that would build stronger, healthier employees; encourage mentoring relationships with residents and employees; and contribute to overall employee happiness.

To do this, OnBoard focuses on achieving whole-person wellness, rather than on one specific area, such as fitness or exercise. For that reason, we offer numerous programs within each wellness dimension. Pictured right are just a few of the many programs and events that OnBoard is responsible for. We’re excited to offer this program to our employees and will strive to improve it with each passing year.

Want to learn more about OnBoard?
Get a detailed brochure at the front desk or Wellness Center!
Health Chat

Wednesday, November 18
9:30—10:00 am
The Wellness Center

BIODEX Balance System
Testing/Screening Demo

Occupational Therapist, Gina Kanyha, and Wellness Director, Chris Valuck, will demonstrate the Biodex testing protocol.

If you would like to volunteer as a test subject during our demo, please contact:
Chris Valuck at Ext. 377

Join us!

Hot off the press!

Plymouth Harbor’s first edition Fitness Exercise DVDs

Take a DVD of the exercises from your favorite class with you when up head up north for the summer, or simply perform the exercises from the comfort of your own home!

BOCCE

Every Thursday at 4:00 pm

Come play a casual pick-up game with your neighbors or come cheer on your fellow residents. No sign ups necessary!

Outdoor Pool Closed for Renovations!

October 26th—December 20th

Non-aerobic, arthritis-type aquatic classes will be conducted in the INDOOR pool during this time.
Resident safety is the primary concern of Plymouth Harbor staff. If you fall within Plymouth Harbor, then we ask that you have someone call 555. Home Care staff are on call to respond immediately.

*Home Care staff is licensed and trained* to offer advice regarding your need for further treatment. In addition, Home Care staff are trained in the appropriate body mechanics to help you up, if it has been determined that you do not need further medical attention. *Asking a neighbor to help you move is putting both of you at risk for further injury.* Your Home Care staff is ready to help you in an emergency or whenever you need a helping hand!

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**2015 Civic Beautification Award**

We're proud to announce that on October 14, 2015, Plymouth Harbor received the **2015 Civic Beautification Award** at the Sarasota Garden Club for our landscaping excellence!

We’d like to extend a huge thank you to:

**Jim Myers**
Director of Environmental Services

**Marcos Franca**
Landscaping

**George Salley**
Chair of the Grounds Committee
Plymouth Harbor embarked on an ambitious expansion plan in the mid-1980s, prompted by the financial necessity of adding more apartments to ensure our financial viability. The North Garden complex, designed by architect Stuart Barger, was built to complement the Tower with its open-air atrium. When it opened in 1988, a big selling point was the long waiting list for Tower apartments—which the North Garden did not have.

“I didn’t have any sales tools! What I did have was a long waiting list for Tower units. I used that to talk to people about the North Garden,” says Margaret Wierts-Parrinello, a staff member at the time. The Board wanted the new apartments filled as soon as possible so that the future residents could pick their paint colors, carpeting, tiling, etc., and help the architect complete the building.

The new Health Center (now Smith Care Center) and the 32-unit North Garden are completed and occupied.

The Residents Association’s “White Book,” detailing its bylaws and committee functions, is revised.

The Plymouth Harbor pavilion and boardwalk are constructed.

The ground floor of the south corridor is further developed as a resident activity center, including a new sewing room, art room, and exercise room.

The Mezzanine Art Gallery is also established.

The Board of Trustees appoint J. Mark Vanderbeck as Executive Director.

A landscape master plan is developed to serve as the framework for future landscaping.

The Florida Association of the American Institute of Architects recognizes Plymouth Harbor with the “Test of Time” Award.
Conservation at Plymouth Harbor

Conservation Tips:

November is the “Save Water Month”...Challenge yourself! How many ways can you find to save water? A teaspoon, a quart, it all counts.

Do you remember why using electricity in “off-peak” hours is important? Because electricity costs half as much on weekends and mid-day. November 1st marks the change for Winter peak hours.

Remember September 10th?
If you live high up in the Tower, you will remember. If you live elsewhere, you may not. That was the day when, all of the sudden, there was no water. A quick fix down at the Vue and some water was restored. Our amazing maintenance staff worked their magic, so what had been promised — total lack of water—was avoided.

The first word was that we might not be able to shower, drink, wash a dish, brush our teeth, or flush the toilet for three days. As it turned out, for Tower residents, there was not much water. But after a while, there was a trickle.

We learned that, with no water, it would not matter how many bottles of drinking water we had stashed, it was not going to be enough. We now realize how totally dependent we are on large amounts of water.

The Larger Lesson
Florida’s supply of water is at risk. The water table is changing. The natural springs are drying up. You have heard it all before. However, we go on wasting water as if it were 1950.

Each of us knows what we could or should do, but most of us don’t put it into practice. At the next colony meetings, could we spare some time to remind each other what we should do? The Conservation Committee would like to hear ideas and ways that we may not have considered. Then we will harangue you some more.

It would be a big change to plant less grass and to water it less. However, it may be big adjustments like this that will provide the largest water savings. So let’s talk about it. In the meantime, load up with more gallons of water at the store!

— Ish Pedersen

Bus Outing To...

Sarasota County Landfill
Lunch at The Breakfast Cottage

Friday, November 6
Bus Departs: 10:00 am
Cost: $10 plus Dutch Treat Lunch

Come tour the Central County Solid Waste Disposal Complex (CCSWDC), which is centrally located within Sarasota County in Nokomis and accepts residential, municipal, and commercial garbage from the unincorporated areas of Sarasota, and from three municipalities (cities of North Port, Sarasota, and Venice). Here, Sarasota County collects, processes, and disposes of different types of waste with a focus on recycling and sustainability.
Investing In Our Future

On Tuesday, October 27, Plymouth Harbor attended The Greater Sarasota Chamber of Commerce’s 4th Annual Salute to Business Awards luncheon. This event recognizes Chamber member employers who demonstrate growth, commitment, years of service, and high levels of achievement within three categories: Hiring Our Neighbors, Investing in the Future, and Reaching a Milestone Anniversary.

There are three honorees in each category, and we are excited to announce that Plymouth Harbor was named an honoree in the Investing in the Future category this year! Matter Brothers Furniture and Sarasota Ford are also honorees in this category.

To be eligible for this recognition, Plymouth Harbor completed and submitted an application in August 2015 regarding years served in the community, number of full-time employees, and capital investments. As a result, Plymouth Harbor was recognized for this award because of past and future capital investments. Our Northwest Building Expansion will officially kick off in December with our groundbreaking ceremony.

The event was held at the Hyatt Regency, with over 500 attendees, including local media and business professionals. In addition to recognizing the top nine honorees within each of the three categories, the Sarasota Chamber of Commerce also presented certificates of recognition to those members that reported positive gains within the same categories.

As a part of the event, Plymouth Harbor was also asked to participate in a short video that features our President & CEO Harry Hobson, as well as footage of the campus and design plans for the Northwest Building. The video will soon be available on Plymouth Harbor’s website, and Facebook page at: [www.facebook.com/PlymouthHarbor](http://www.facebook.com/PlymouthHarbor).
Thanksgiving Service

Date: November 25
Time: 10:00 a.m.
Location: MacNeil Chapel

Café Chats
Chat with Chef René
Tuesdays
2 pm, November 10, 24
10 am, November 17

Champagne Brunch!

Sunday Brunch in November and December just got a little fancier!

Join us on Sundays in the Café for fabulous food and entertainment! During this time, our delicious brunch menu will be offered at the standard brunch price, along with a complimentary glass of champagne. November entertainment will include:

- November 1: Classical Guitarist Dean Miller
- November 8: Caren Traynor, Harp
- November 15: Rod Keiser, piano
- November 22: Classical Guitarist Dean Miller
- November 29: Mike Markaverich, piano

Health Matters:
Visual and Verbal Representations: What’s Up Doc?

How we educate medical students in today’s educational system.

Presentation by: Lois Nixon, Ph.D.

Dr. Nixon is a professor at the University of South Florida. She has published several medical-related books, and received both her Ph.D. and Master of Public Health from USF.

Date: November 18th
Time: 3:00 p.m.
Location: Pilgrim Hall

What’s New in Dining Services

Date: November 4
Time: 3:00 p.m.
Location: Pilgrim Hall

Low Vision Meeting
Demonstration of Equipment

Date: November 16
Time: 3:00 p.m.
Location: Club Room

Plymouth Rock

Jim Myers on Keyboard
November 5th & 19th
5:15—6:15 pm

Paul Pazkowski on Guitar
November 12th & 23rd
5:30—6:30 pm

Harbor Happenings

Thanksgiving
Saturday Night Live
November 5th & 19th
8:30—11:00 pm

What’s New in Dining Services

Date: November 4
Time: 3:00 p.m.
Location: Pilgrim Hall
Here, There... and Everywhere

Cirque Du Soleil
La Nouba
DVD, 90 minutes
Thursday, November 12
7:45 pm Pilgrim Hall
Filmed live at Walt Disney World Resort

Bus Outing to...
Ringling Museum
Royal Taste Exhibit
This exhibit offers a unique glimpse into the luxurious lifestyles and religious practices of princely courts in early- and mid-Ming China (1368-1644).

Paul Rudolph Guest Houses
A small exhibition on the guest houses Rudolph designed/built in Sarasota. These are early examples of Rudolph’s innovation and daring.

Monday, November 2
Bus Departs: 2:00 pm
Cost: $10 (Monday: free admission)

Veterans Services Discussion
Veterans Service Officer Terry Acton will discuss local services available to Veterans.

Thursday, November 5
3:00 pm Pilgrim Hall

French Film Series
Avenue Montaigne
Saturday, November 21
7:00 pm Pilgrim Hall

Save The Date...
50 50
Friday, December 4
4:00 pm Pilgrim Hall

A musical performance by:
Paul Goodwin-Groen
Son of Paul & Macky Groen

After the performance, all are invited to a 50/50 Celebration Reception on the Mezzanine!

Hosted by Paul and Macky Groen and Mac and Gerda Maceikonis, each couple celebrating 50 years of wedded bliss!

Remember:
Set your clock back one hour on Sunday, November 1, 2015!
ART & ARTISTS

The Impressionists: The Final Flourish
Georges Seurat

Wednesday, November 25
3:00 pm Pilgrim Hall

Mezzanine Art Reception:
Harriet Eisner

Tuesday, November 3rd
4:30-6:00 pm
Exhibit: November 3-29

Looking Ahead...

Circus Sarasota
February 17, 2016
7:00 pm Performance
We have the best VIP box seats in the house on hold. Call Ext 252 to reserve your seat.
Cost: $65 (Includes transportation)

The Forsyte Saga

In October, we began Series One of the Forsyte Saga — a 6-episode mini-series chronicling the lives of three generations of the upper-middle-class British family, the Forsytes.

In November, we’ll complete Series One, and continue with Series Two through December.

Mondays
7:45 pm Pilgrim Hall
Series One: November 2, 9
Series Two: November 16, 23, 30 & December 7

November Water Color Classes

Instructor: Sue Lynn Cotton
Cost: $80 (all four classes)

Tuesdays
9:30 am — 12:30 pm
November 3, 10, 17, 24
Art Studio
Call Ext 252 to sign up.

DOLLAR-A-DAY BOYS

Bill Jamerson
Dollar-A-Day Boys and the CCC
Monday, November 23
4:00 pm Pilgrim Hall

A musical tribute to the Civilian Conservation Corps

Since 1992, Bill Jamerson has researched the CCC. He produced a documentary, recorded a CD, wrote a historical novel, and presents "Dollar-A-Day Boys."

Cuba and Florida: Charting a New Course

Thursday, November 19
7:45 pm Pilgrim Hall

Presented by: John Parke Wright IV

Mr. Wright is a Naples-based businessman and rancher whose family lost land when Fidel Castro rose to power. In Havana, Mr. Wright works in a number of philanthropic efforts to build economic prosperity, conservation and world peace.
New in the Library

**DVD HIGHLIGHTS**
- Akeelah and the Bee
- Ball of Fire*
- The Benny Goodman Story
- The Best of Men
- Chihuly Outside*
- Day of the Falcon
- Far From the Madding Crowd
- Homeland: Season Two*
- Love & Mercy (Beach Boys)
- Manon of the Springs*
- The More the Merrier*
- Pitch Perfect 1
- Pitch Perfect 2
- Second Best Exotic Marigold Hotel
- Two Days, One Night
- With a Song in My Heart*
- The Razor’s Edge*

**FICTION — REGULAR PRINT**
- *After You* by JoJo Moyes (2015)
- The Apple Orchard* by Susan Wiggs
- Circling the Sun* by Paula McLain (2015)
- Come Rain or Come Shine by Jan Karon (2015)
- The Fixer* by Joseph Finder (2015)
- Miracle in Seville* by James A. Michener
- One True Sentence* by Craig McDonald
- Saturn Run* by John Sandford (2015)
- The Scam by Janet Evanovich (2015)
- Undercover* by Danielle Steel (2015)
- X by Sue Grafton (2015)

**FICTION — LARGE PRINT**
- Perfect Touch* by Elizabeth Lowell (2015)

**NON-FICTION — REGULAR PRINT**
- Sisters In Law by Linda Hirshman (2015)

**November Book Discussion**

*All the Light We Cannot See*
By Anthony Doerr

**Discussion led by:** Ellen Harrison
Friday, November 13
3:00 pm in the Club Room
Call Ext 252 for a copy of the book ($16)

**WINNER OF THE PULITZER PRIZE**
From the highly acclaimed, multiple award-winning Anthony Doerr, the beautiful, stunningly ambitious instant New York Times bestseller about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.
NOVEMBER MOVIES

Sundays at 2:00 & 7:00 pm

November 1
The Golden Bowl
(2000) Color 131 minutes R

November 8
Max
(2015) Color 111 minutes PG

November 15
A Little Chaos
(2014) Color 113 minutes R

November 22
Wind
(1992) Color 126 min PG-13

November 29
Ever After
(1998) Color 121 min PG-13

Tuesdays at 7:45 pm

November 3
The Last Five Years
(2014) Color 94 minutes PG-13

November 10
The Big Chill
(1983) Color 106 minutes R

November 17
The Vanishing of Patò
(2010) Color 98 minutes NR

November 24
The Cincinnati Kid
(1965) Color 102 minutes NR

GET THIS ISSUE ONLINE!

You can view select articles from this month’s Harbor Light as well as Weekly Flyers, news updates, videos from the new Insights Program and much more on the News tab of the Plymouth Harbor website at: plymouthharbor.org/news

Full, archived editions of the Harbor Light can be found at: plymouthharbor.org/newsletter

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