

HARBOR LIGHT

December 2012

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



Join Us For
Cocktails, Dinner & Dancing
Monday ~ December 31st

Cocktails at 5:30 pm
Plymouth Rock
Cafe

Dinner at 6:30 pm
Mayflower
Dining Room



Music by The Bob Barnhardt Quartet
with Chris Brown, vocalist

\$70.00 per person

Payment takes place at the time of reservation
R.S.V.P. to Ext. 258 by December 21st
Please contact hostess for Tray Service

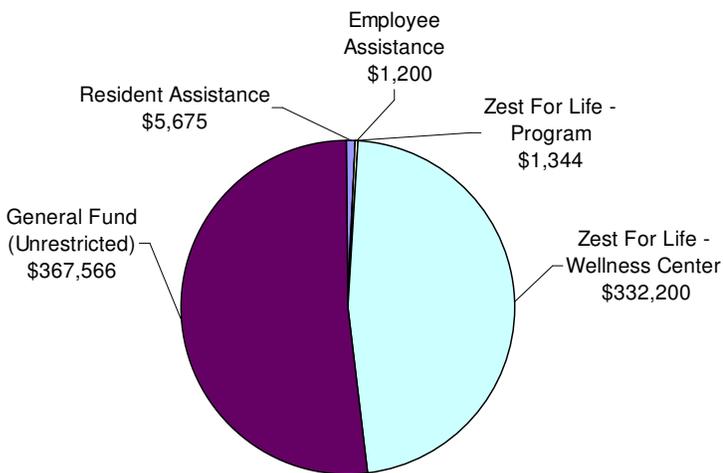


A Spirit of Philanthropy by Becky Pazkowski

Giving Takes Many Forms

As we approach the end of our first year of The Plymouth Harbor Foundation, there is so much to celebrate and so much to look forward to in the coming year.

Generosity takes many forms at Plymouth Harbor. We are thrilled to share with you that charitable gifts will exceed \$709,000 this calendar year. What a tremendous outpouring of generosity you have all shown to support life at Plymouth Harbor! The following pie chart shows the distribution of the gifts that have been received thus far in 2012.



In addition, we are looking forward to our constituents' (residents, management, trustees, families, business partners, and community friends) support through year end giving, a letter for which should be arriving in mailboxes soon. It is our hope that the letter will be both informational and fruitful in its results.

Thank you very much to everyone who has shown support in any way to The Plymouth Harbor Foundation. Every gift is important, and all are cherished.

A Creative Gift

We are very grateful to Phil and Barry Starr, who have made a creative gift to Plymouth Harbor. Phil's love of photography led him to take over 160 photographs around the campus of Plymouth Harbor. Then, using his technical expertise, he placed the photographs into video format, added music, and voilà ... another star is born ... a DVD of the grand campus of Plymouth Harbor on Sarasota Bay!

And, their gift did not stop there. Many suggestions were made as to how this DVD could be used, including showing the DVD in the Lobby to guests who would be able to get a full view of the campus. This inspired the Starrs to offer a donation to support the acquisition of a flat screen TV, DVD player, and moveable cart. Hopefully, this new gift, in its entirety, will be visible in the lobby area very soon.

Please join me in thanking Phil and Barry Starr for their thoughtful, generous, and creative gift to The Plymouth Harbor Foundation!

Reflections from Chaplain Jerry O'Connor ...

In this season of giving and receiving, have you ever thought about old age as a gift? Old age is supposed to be a golden age; others curse it, but as a part of life, given at birth, it could be the best gift we have ever received. I received this email recently, and it made me pause to remember what life has given me, there is much to celebrate — read it and consider the value of the gift known as old age.

“I would never trade my amazing friends, my wonderful life or loving family, for less gray hair or a flatter belly. As I’ve aged, I’ve become kinder to myself, and less critical of myself. I’ve become my own friend. I don’t chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn’t need, but looks so *avante garde* on my patio. I am entitled to a treat, to be messy, to be extravagant.

“I have seen too many friends leave this world too soon, before they understood the great freedom that comes with aging.

“Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon? I will dance with myself to those wonderful tunes of the 60s & 70s, and if I, at the same time, wish to weep over a lost love ... I will.

“I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon, if I choose to, despite the pitying glances from the jet set; they, too, will get old.

“I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

In this season, we celebrate the gift of a child, born in a manger, who changed the world; the joys of Hanukkah and the rekindling of Temple light. Regardless of your faith tradition, life is a gift, not to be taken for granted.

“Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or when somebody’s beloved pet gets hit by a car? But broken hearts give us strength, understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

“I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face.

“So many have never laughed, and so many have died before their hair could turn silver.

“As you get older, it is easier to be positive. You care less about what other people think. I don’t question myself anymore. I’ve even earned the right to be wrong.

“So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).”

Merry Christmas and Happy Hanukkah to you and yours

CELEBRATE: December 19, 3:00 pm RECEPTION in the CAFÉ
4:00 pm HOLIDAY SERVICE in PILGRIM HALL

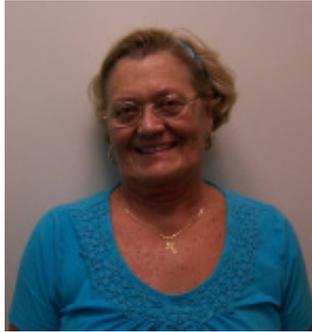
INTRODUCING

Janet L. Fassler

Move-In Date: August 16, 2012

Apt. N-207 Ext. 174

Janet has been ensconced in N-207 since August. Her life journey began in the small town of Lanham, WV, near Charleston, but her growing-up years were spent in Beckley, high in the coal country. She determined on nursing as a career and graduated from St. Mary's School of Nursing in Huntington, WV.



From there she went to work on her Bachelor of Science degree at the University of Cincinnati and its teaching hospital, during which time she met a young oral surgeon, widowed two years earlier, the father of two small boys.

Can you guess the rest? Yes, they were married and had four children together, making a total household of five boys and one girl.

While this was going on, her husband opened a practice in Middletown, OH, and Janet busied herself with their growing family, and worked part time in her husband's office.

But after they retired in 1987, moving to the Meadows in Sarasota, she plunged in again, serving as a volunteer at Sarasota Memorial Hospital until, as she says, the years of standing at an operating table took its toll on her knees.

Under "career achievements" she modestly lists the following: RN, wife, mother, and grandmother of 14 special grandchildren.

Put another way, a lifetime of service to others. Welcome, Janet Fassler! - Don Wallace

A Friendly Reminder Regarding Gifts & Gratuities

Maintaining high ethical standards is essential to ensuring your trust, which is vital to accomplishing our mission. As the holiday season approaches, we realize you may want to personally thank employees for their service. Please recall that employees are expressly forbidden, at any time during the year, from accepting any amount of cash, or money equivalent, including checks, money orders or gift cards. The exception to this policy is the Residents Gratuity Fund distributed in June and December.

Employees are also forbidden from accepting property worth over \$25.00 from residents and/or guests. Employees understand that they must report the

acceptance of any property to their supervisor within 24 hours. Food items may be accepted if they are shared with members of the employee's department.

We trust that you understand that the intent of this policy is to protect your interests and to ensure that no employee uses their work relationship with any resident for personal gain. It is also meant to protect employees from potential liability resulting from accepting property that is later challenged as not in keeping with the wishes of the resident and/or resident's family.

Please keep in mind that donations to the Plymouth Harbor Foundation are tax-deductible and can be designated specifically to benefit Plymouth Harbor employees.

- Tena Wilson, Vice President of Support Services -

INTRODUCING

Allen R. Holubar

Pauline Thoms

Move-In Date: May 21, 2012

Apt. T-1605 Ext. 523

He was a runner. He ran the quarter-mile and half-mile for Stanford varsity. Following graduation he ran competitively for the Olympic Club while working as a young engineer for the city and county of San Francisco. He so loved running and Stanford that Allen Holubar has informed his family he wants his ashes scattered



at the starting point of the Stanford track oval.

She was a runner, and a trekker. Once, 35 years ago, she was running a competitive cross-country race in Hawaii, missed a

turn just before the finish, doubled back and still finished second in her age category. Pauline Thoms and her then husband, climbed the foothills of Everest in Nepal in 1974, and met Sir Edmund Hillary on the descent.

But as with all runners, age walks in, and hips, knees and other parts commence to complain. But for Allen and Pauline, other interests and careers demanded running and competing in different arenas.

Allen joined the Army in 1953 as the Korean War continued. He was given a direct commission and served in Korea with the 76th Combat Engineers. After service, he decided he was more interested in building things and joined a commercial contracting business. He worked at building large projects in and around

San Mateo, CA, for more than 30 years and was president of the company when he retired.

Pauline and her husband, J. Robert Thoms, who died in 2001, started a wholesale business out of their home in New Hampshire. With her help as chief organizer and partner, the business grew with a national sales staff. They had to travel nationally and internationally to deal with artisans at the source. Much of their product was sterling silver jewelry from Mexico.

Pauline and Allen found each other eight years ago through a complex group of friends who knew a “nice lady” in Florida, or conversely her friends who knew a “nice man” who retired to Hawaii. Emails started the relationship, followed by Allen traveling to Las Vegas, where Pauline was vacationing with her family. They both say Allen passed that scrutiny. They have been together since.



The couple spends summers at her house in Freeport, ME, and part of the winter at his home in La Quinta, CA. They have become Rays baseball fans and social and family events are cancelled when Stanford football is on television.

Pauline has three children, three grandchildren and four great-grandchildren. Allen has four children and six grandchildren. Get to know Allen and Pauline, great additions to our Plymouth Harbor family. - David A. Beliles

Welcome New Resident

Mary Lou Paul

Apt. T-2214 ... Ext. 390

November 13, 2012



Landfills & Recycling

There is no “Away” any more!

“I don’t care what you do with it just ... Throw it away!” For much of our lives we have just thrown things away ... but there really isn’t an ‘away’ anymore. Let’s stop thinking about where waste can go but rather what it can do. Let’s re-imagine waste — as a resource.

Did you know that recycling a single aluminum can saves the same amount of energy needed to power a TV for four hours? It takes 90% less electricity to produce aluminum from recycled cans than from virgin sources.

When everyone works together, we can make the best use of our planet’s natural resources. When you recycle the products you use every day, like cardboard boxes, milk jugs and soda cans, you give new life to items that used to be thrown away, saving energy and helping lower greenhouse gas emissions in the process.

At the October Colony Meetings, we all heard that Jim Myers and the Environmental Services team has enabled us to begin turning more and more of our waste into a resource. Be sure you check the latest list on the wall of the trash room and see what you can add to the pile. They have brought Waste Management Services to our campus. Waste Management is the largest recycler in the USA. Their CEO, David Steiner, says that communities all across the country are seeking ways to keep as much trash out of the landfills as they can and Waste Management is anxious to help where they can and will make money while they do it. Right now they pick up twice a week. Let’s all work toward making that three times a week starting the first of February. With staff and residents working together we’ll be there in no time.

Be sure to stop by our Conservation Table in the Lobby on Wednesday, December 12, between 9:00 am and 6:00 pm. We’ll be there to answer questions and help each one of us make waste into a resource. Don’t throw it away! We can help each other save money, reduce the landfill and save our planet.

- A Gift from the Conservation Committee -

SILL Music Monday Preview

**Featuring June LeBell in person
Monday, December 3
3:00 pm in Pilgrim Hall**



Lobster Dinner Thursday, December 6

**Reservations are Essential!
Call Ext. 258 by 5:00 pm on December 3
- Hosted by Jack & Carol Pregont -**

Showing in the Mezzanine Gallery

Through the Eye of a Needle

by **Jeanne Baum**

December 4 - January 19, 2013



You Are Invited to Meet the Artist

Opening Reception

Tuesday ~ December 4

4:30 to 6:00 pm on the Mezzanine

Needlework is the ornamentation of fabric with raised design and it encompasses a wide range -- embroidery, needlepoint, tapestry, quilting and applique. You will marvel at the beauty and intricacy of the fabric art on display in the *Through the Eye of a Needle* display featuring the work of Plymouth Harbor resident, Jeanne Baum.

Art & Artists Series ...



THE CENSUS AT BETHLEHEM Pieter Bruegel the Elder

Wednesday

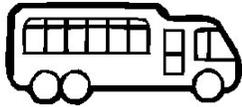
December 26

3:00 pm in Pilgrim Hall

December 2012 Employee of the Month Margaret McFarlane of Smith Care Center

Margaret is a wonderful, caring, and a compassionate nurse. She comes to the rescue when needed to fill in for call offs or to fill in on the 3-11 shift. She always works well with other employees and the residents in the Smith Care Center and does it with a positive attitude, never complaining. Margaret definitely goes the extra mile. She deserves to be Employee of the Month because of her dedication.





PLACES to GO ... Call Ext. 252 to sign up
Minimum 10 participants for all outings

SHOP TILL YOU DROP!
INTERNATIONAL PLAZA in Tampa

Friday, December 14
Cost: \$15.00 trip fee
On your own for lunch



Bus departs at 9:15 am (Return to Plymouth Harbor around 4:00 pm)



Bus Tour of Holiday Lights

Monday, December 17
Tuesday, December 18

Departs 7:30 pm

No charge for this holiday trip!



Health Matters

Sponsored by the Health Committee



As for Blood Matters, Does Age Matter?

An update on blood transfusions, uses of blood products,
how you can help, and how the system works

presented by Mark Magenheim, MD, Medical Director
Suncoast Communities Blood Bank

Wednesday ~ December 12 ~ 3:00 pm ~ Pilgrim Hall



New in the Library

(* indicates a gift)

FICTION - Regular Print

The Racketeer* (©2012) by John Grisham

The Ravenscar Dynasty*

by Barbara Taylor Bradford

Silent House* (©2012) by Orhan Pamuk

NONFICTION - Regular Print

The Lean* (©2012) by Kathy Freston

Tubes* (©2012) by Andrew Blum

NONFICTION- Large Print

The End of Your Life Book Club* (©2012)

by Will Schwalbe

FICTION- Large Print

Confessions of A Murder Suspect* (©2012)

by James Patterson

An Outlaw's Christmas* (©2012) by Linda Lael Miller

NYPD Red* (©2012)

by James Patterson & Marshall Karp

To the Grave* (©2012) by Carlene Thompson

Wyoming Fierce* (©2012) by Diana Palmer

DVDs New in the Media Library

Albert Nobbs

Love Never Dies

The Magic of Belle Isle

The Prince and the Showgirl*



REMINDER: BOOK DISCUSSION

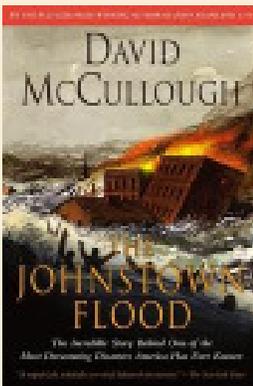
*In the Garden of Beasts: Love, Terror and
an American Family in Hitler's Berlin* by Erik Larson

Discussion led by Don Wallace

Friday, December 7 at 3:00 pm in the Card Room

January Book Discussion

***The Johnstown Flood* by David McCullough**



In 1889, Johnstown, PA, was a thriving coal and steel river town populated by hardworking families. In the mountains some 15 miles upstream, an earthen dam was hastily built to create an exclusive summer lake resort for the tycoons of coal, steel and banking industries of Pittsburgh (including Andrew Carnegie, Charles Schwab, Andrew Mellon and Henry Clay Frick). The dam broke after heavy rains, sending a wall of water thundering down the mountain, smashing through Johnstown, taking 2000 lives.

Discussion led by Jim Griffith

Friday, January 11

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

News from the Wellness Center

Just a reminder – There will be no group fitness classes on December 25th, **Christmas Day**. Also, be sure to check the Group Fitness Class Calendar for *additional* schedule changes in December!

Are you interested?

If you are interested in any of the following special classes and events, please **leave your contact information on the bulletin board** in the hallway outside of the group fitness room or call my office at Ext. 377. Signing up is *not* a commitment to participate, just a show of interest to let me know if I should pursue each event.

Meditation Class – A 20 minute meditation class conducted by our Tai Chi instructor, Rosann Argenti, just prior to her Tai Chi class on Monday mornings (offered free of charge).

Kayaking Trip – A kayaking event similar to the popular event held this past spring. There is a \$50.00/per person charge that is entirely for the kayak rental and guided tour that leaves from South Lido Beach (or we may choose another “put-in” location).

Kayaking (residents who own their kayaks) – This would be a casual *group* paddle from Plymouth Harbor’s “backyard” around the mangroves ... or anywhere we choose!

PD in Motion – This is a free, weekly class offered downtown on Lemon Street Wednesdays between 11:30 a.m. - 12:30 p.m. for persons with Parkinson’s Disease. If you attended the recent Parkinson’s event at Sarasota Memorial Hospital, you may have stayed for the demonstration conducted by the New York dance instructor. It looks like fun and we could go as a group (on the Plymouth Harbor bus). Caregivers are welcome to attend and participate too!

Caroling around the Harbor ...

Stop by the Card Room at 3 o’clock on Sunday afternoon December 9 to enjoy holiday music by carolers from Christ Church of Longboat Key.



The Bay Haven School of Basics Plus Chorus will sing holiday songs on Thursday, December 13 at 12:15 near the Plymouth Rock Cafe.

Program & Civic Affairs Committee events ...

Ca d'Zan's "Honey-Do" Man, Ron McCarty Thursday, December 6 at 7:45 pm in Pilgrim Hall



Maintaining one of the largest and most important houses in Florida is the job of Ron McCarty, keeper of Ca d'Zan. On his short list: repointing exterior grout, repainting, maintaining doors and windows, recovering from summer rains and pounding water on the seawall, not to mention the roofs!

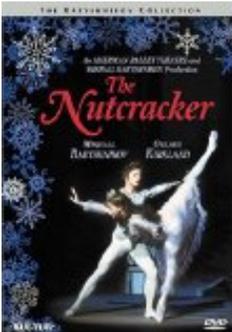
Riverview High School Chorus

Thursday ~ December 13
7:30 pm in Pilgrim Hall

Please note early start time!



Always a hit! We're lucky to get them on our schedule again. One of Florida's best choral groups will treat us again to a fabulous performance.



The Nutcracker

Thursday, December 20 at 7:45 pm in Pilgrim Hall

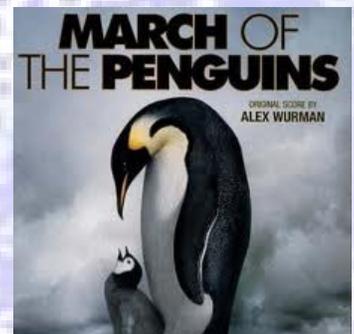
This perennial holiday favorite tells the magical and lighthearted story of a small girl's dream on Christmas Eve. Mikhail Baryshnikov and Gelsey Kirkland are showcased at the height of their careers. DVD:78 minutes

Brrrrrrr! Ready or not, it's time for snow!

Well, we can always dream.

March of the Penguins
will put you in the mood!

Thursday ~ December 27
7:45 pm in Pilgrim Hall



DVD:80 minutes



Tom Hopkins

Chairman, Board of Trustees

Harry E. Hobson

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Senior Vice President/CFO

Gordon Okawa

Vice President
Marketing & Community Affairs

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Maryanne Shorin

Resident Services Coordinator

Biography Committee

Peggy Schwarz, *chair*

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 December

Sundays at 2:00 pm & 7:00 pm

- December 2** *Grumpy Old Men*
1993 Color 103 minutes PG-13
- December 9** *The Apartment*
1960 B/W 125 minutes Not Rated
- December 16** *The Dark Knight Rises*
2012 Color 165 minutes PG-13
- December 23** *Hope Springs*
2012 Color 100 minutes PG-13
- December 30** *Darling Companion*
2012 Color 104 minutes PG-13

Have a movie request? Call Ext. 252.

Tuesdays at 7:45 pm

- December 4** *The Yellow Rolls-Royce*
1964 Color 122 minutes Not Rated
- December 11** *Moonrise Kingdom*
2012 Color 94 minutes PG-13
- December 18** *Marty*
1954 B/W 90 minutes Not Rated
- December 25** *Miracle on 34th Street*
1947 B/W 96 minutes Not Rated