

The Villager



Volume 4 | Issue 29

April 2019

Easter Services

Good Friday Worship

Friday, April 19, 2019

9:30 AM • Renaissance Rooms I & II

"The Seven Last Words Of Jesus Christ"

Tolling Of The Bell For Each Word

Homilists: Six Guest Speakers

Special Music

Plan To Attend And Bring A Friend

Easter Monday Service

Monday, April 22, 2019

9:30 AM • Renaissance Rooms I & II

Special Anthems And Hymns (*Trumpet Fanfare*)

Holy Communion Will Be Offered

This Service Is Planned For The Celebration Of The Risen Christ Jesus;
in Addition, To One's Own Place Of Worship On Easter Sunday.



JESUS SAID . . . "I AM THE RESURRECTION AND THE LIFE"

Submitted by Don Hillerich, Chaplain

On Sunday, April 21, 2019 believing Christians throughout the world will celebrate and remember the greatest news for human kind: On the third day, after His crucifixion on the cross and His burial, HE ROSE FROM THE DEAD!

It is written in the Gospel of John 11:25:
"He that believeth in me, though he were dead, Yet shall he live".

Every person that believes in the Risen Christ Jesus has a new life beyond this earthly existence. Thanks be to God for His gift. Have faith and believe!

TREE OF LIFE

Submitted by Pat Radcliffe

The Tree of Life is located to the right of the doors into the Marketing Lobby. At present there is room available on every branch. You may donate funds (\$100.00 per leaf), which are tax deductible, in memory of a loved one, to honor someone, or to commemorate any special occasion, a birthday, a wedding, an anniversary, a graduation, a new baby in the family, etc.

There are numerous people and events to celebrate or honor with a leaf. For inspiration stop by and read some of the inscriptions.

The funds donated are used by your Auxiliary Committee to help fund various projects which benefit all VOTI residents.

For questions or more details, contact Pat Radcliffe at 5044.

READERS THEATRE STARTS REHEARSALS IN MAY

The Readers Theatre will begin rehearsals on Monday, May 6 at 11:00 AM in Renaissance Room II. Did you put on plays as a child? Maybe you've caught the acting bug. Join us, it's going to be fun!



APRIL CRAFTY CREATIONS

Submitted by Dolores Balla

Thank you for your participation at the Spring March Bazaar. We are looking forward to our Winter Bazaar in November. New items will be made during the coming months. Everyone is invited to come by on Monday afternoons from 1:00-3:00 PM to share in our crafty creative fellowship.

We are also happy to tell you that our ladies made 98 Cancer Awareness Bracelets and Key Chains to help the Relay For Life fundraiser. There are still some for sale in the Health and Wellness Office.

MARY'S BOUTIQUE

Submitted by Pat Radcliffe, Secretary

We really appreciate all your donations of gently used clothing, shoes, pocketbooks and jewelry. Also thanks to our many loyal shoppers. Be sure to contact Phyllis Brown at 5408 or Ann Johnson at 5400 with any questions regarding appropriate donations.

We are adding lovely Spring items weekly and a special new half-priced corner. Stop in and check it out.

Happy shopping!



SCHOLARSHIPS

Submitted by Jean Chapman

Please don't forget our commitment to our hourly employees. Your scholarship committee depends on your donation to continue to help those folks who want to further their education. Our recipients are from all over the campus. Some are waitstaff, some are workers at Luke, some are our technicians. You may be helping a worthy person who wants to continue his/her educational path. We hope you can help us meet their requests.

We Can Do Better!

The Gratuity Committee

Getting To Know Your Neighbor

Submitted by Nancy Chatfield



Shirley and Russ Schmike

Shirley (Stolberg) was born in Chicago, Illinois and graduated from Proviso High School in Maywood, IL and

Northern Illinois University in DeKalb, where she majored in elementary education.

Russ graduated from Steinmetz High School in Chicago and from Northern Illinois University, where he majored in business administration.

Shirley and Russ were married in 1961. Russ then joined the Army and was stationed in Germany for two years as a Chaplain's Assistant. He then transferred to an Army Security Agency in Virginia. While they were living in Germany, they were able to travel throughout Europe in a pup-tent and an old Volkswagon and visited Shirley's relatives in Sweden.

Shirley taught in an Army dependent school in Germany and also held teaching positions in

Virginia and Illinois. She was the Director of Education and Membership at two Lutheran churches in IL. She retired from management in insurance customer service, in Pennsylvania. They have three children, Margaret, Katie, and Carol who live in PA, NH and DC and they have five grandchildren.

Russ retired after 40 years, from The Insurance Company of North America (now Cigna) in a number of property and casualty claims positions at a number of locations.

In 2005 they moved to Venetian Falls in Venice and to VOTI in October of 2017. They have moved 14 times in all, but it has contributed much to their lives.

Russ has been an escort volunteer at the Venice Regional Hospital for 14 years and works as a volunteer at the Trinity desk.

At VOTI, Shirley serves as the co-coordinator for the Wednesday Morning Worship Services, teaches line dancing, and participates in Walk for Health and the Greeting Card Project. They are both active in their church, Emmanuel Lutheran. A GREAT couple lives here with us.

ANNUAL EVACUATION DRILL

May 21, 22 & 23 • Leesburg, FL

Residents are welcome to attend the Annual Evacuation Drill to Leesburg, FL, especially if they haven't gone before. We are taking 30 residents this year. We appreciate your enthusiasm to participate in this drill.

If we evacuate Village on the Isle, it is important that we will feel confident and calm in knowing what to expect and what to bring. You can be assured that this will be informative and also an enjoyable time in a peaceful setting. Please contact Kathleen Campbell in Activities or Chaplain Don Hillerich at 5429, if you would like to sign up.

APRIL FORUM

Monday, April 1 • 10:00 AM • RR I



Dale and Marilyn Provenmire will share their story of serving as US Department of State Foreign Service Officers.

The title of their presentation is "Diplomacy During the Cold War-Two Revolutions and an Invasion". Come hear how their job took them to Chile, Zanzibar, Paraguay, Portugal (Oporto and Lisbon), Venezuela, Cyprus, Rome and London.

Congratulations!

April Birthdays

APRIL

Bill Nies	Loft 210	13
Arnold Norelli	Loft 403	24
David White	Loft 412	29
Thelma Hufziger	MH 101	3
Dave Mercier	MH 231	4
Mary Brodeur	MH 417	6
Greg Kekopoulos	MH 329	7
Anna Fairley	MH 223	8
Betty Schmeling	MH 405	10
Dick Moro	MH 421	11
Shelagh J Spencer	MH 529	12
Diane Vanderkraats	MH 428	16
Lorilea Kaake	MH 622	20
Bettine DeLea	MH 232	21
Don Amundsen	MH 632	23
Diana Thuer	MH 410	24
Mary Miles	MH 519	29
Betty Miller	MH 509	30
Clyde Roberts	MH 408	30
Marvin Thomas	TH 150	6
Jacqueline Scibal	TH 257	18
Betty Naber	TH 559	19
B.J. Hogan	TH 360	24
Dotty Lee	CT 909	22
Jac'y Wall	CT 908	30

Welcome New Residents

David & Donna Rosengren	MH 208
Jim & Jeanell Peek	TH 355
Odile Bousquet	MH 328

MAY FORUM

Monday, May 6 • 10:00 AM • RR I

Are you prepared for the next recession?



Brian Grogan and Brent Hillerich from Crescent Wealth Partners will be coming in May to discuss

how you can prepare for the next financial crisis.

APRIL MID-WEEK WORSHIP

Wednesdays • 9:30AM - 10:00 AM • RR I

April 3

Rev. Donald Burlock
Englewood United Methodist Church

April 10

Rev. Ken Lentz
Retired Lutheran Pastor
Vocal Duet: Residents Gail and Jerry Authier

April 17

Pastor K.C. McCay
Congregational Church of Laurel
Harpist: Kathleen Donkus

April 24

Pastor Gary Koch
Church of the Nazarene

CHURCH BUS SCHEDULE

Fall Schedule

8:15 AM	First Baptist
8:15 AM	Epiphany Cathedral
9:15 AM	St. Mark's Episcopal
9:30 AM	Emmanuel Lutheran
10:30 AM	Venice Presbyterian
10:45 AM	Grace United Methodist

WELLNESS HAPPENINGS:

Blood Pressure Clinics:

Matthew Hall: MH 3rd Floor Lounge

Friday, April 5 - 1:00-1:30 PM

Friday, April 19 - 1:00-1:30 PM

Trinity Hall: Phoenix Room

Wednesday, April 10 - 1:00-1:30 PM

Medical Gardens Hearing Clinic:

Meals on Wheels Room in the Loft

Tuesday, April 9 - 1:00-2:00 PM

Contemporary Hearing Clinic:

Meals on Wheels Room in the Loft

Monday, April 15 - 1:00-4:00 PM



WATER MOVEMENT RESUMES

Water Movement Classes will start again Friday, April 5 at 8:45 AM at the pool.



Submitted by Susan Haley, Resident Service Coordinator

Excerpted from AgingCare.com

Part one of a two part series.

Dietary supplements used to refer to vitamins and minerals, but today this industry makes and sells products containing vitamins, minerals, antioxidants, fiber, amino acids, herbs, probiotics or hormones in them. Supplements come in the form of pills, capsules, powders, gel tabs, extracts or liquids. You can find them added to drinks and snacks like energy bars to increase their nutritional value or to prevent health problems. A prescription from a doctor isn't even necessary to buy these products.

Many seniors and their caregivers think, "If these 'healthy' products are so widely available and have such incredible benefits, why not give them a try? It can't hurt, right?" The truth is that not everyone needs to supplement their diet and the benefits may not be as impressive as the industry would have you believe. Furthermore, in some cases dietary supplements can be detrimental to a person's health.

Do Seniors Need Dietary Supplements?

Ads for supplements usually promise to make you feel better, keep you from getting sick or help you live longer. Often there is little, if any, scientific support for these claims. In fact, some supplements can interact with other medications and cause adverse reactions. Others are a waste of money because they don't actually provide any health benefits.

Even medical researchers have a difficult time proving the benefits of dietary supplements. A recent study on highly touted omega-3 fish oil concluded that it wasn't effective in reducing a person's mortality risk or their risk of suffering a heart attack or stroke.

These results were contrary to the popular notion that omega-3 fatty acids may help prevent and manage heart disease.

So, what are consumers to do when faced with all this conflicting information? Your best bet is to consult an expert. A doctor or registered dietician should be the only sources for information and advice on dietary supplementation. A friend, neighbor, employee at a health food store or sponsor on a commercial shouldn't be trusted to provide sound guidance regarding these products.

Another rule of thumb is that no pill can replace a balanced diet. "My motto is always 'food first,'" says Rachel Berman, RD, Director of Nutrition for Calorie Count. "Foods found in nature are always more nutritious because our bodies are used to processing vitamins and minerals that come from natural sources."

Unfortunately, older individuals may have a difficult time planning and adhering to a healthy diet. This is where supplements may actually be necessary.

Dietary and Nutritional Issues Are Common in Seniors

Berman does acknowledge that supplements may be beneficial for individuals who eat unvaried or restricted diets. This is especially common in seniors as there are a variety of issues that can affect their diet. Changes in the ability to taste and smell food can lead to a loss of appetite. Allergies and ailments such as Crohn's disease and celiac disease can cause discomfort and wreak havoc on an elder's ability to digest and absorb nutrients from what they eat. Painful dentures or a weakened swallowing reflex (dysphagia) can also severely limit the foods a senior can consume safely and comfortably.

If you're worried that you are not getting complete nutrition through food alone, take your concerns to your primary care physician. Ask about natural, food-based alternatives to supplementation first, and be sure that your physician is aware of all prescription and OTC medications you are taking before adding any supplements to your regimen.

TEAM VOTI ACS RELAY FOR LIFE

For the second consecutive year, Village on the Isle will have a team participating in the Venice Relay for Life on Friday, April 26th, sponsored by the American Cancer Society. This community-wide fundraising and activities event at the Venice Airport Festival Grounds features a 24-hour vigil walk, speakers, music, and display booths set up by various organizations. VOTI pledged to raise \$5,000 for the American Cancer Society this year and by the time you read this, Team VOTI believes that goal will have been reached. THANK YOU!

The fundraising events have all been arranged by a team comprising VOTI cancer survivors and caregivers co-chaired by Jan Aker and Charlie Gorgoglione with staff support from Resident Services Coordinator Susan Haley, Luke Haven Activities Coordinator Marianne Kocur, and Luke Haven Staff Development/Infection Preventionist Lisa Robins.

A second VOTI breakfast is planned on Thursday, April 25th, featuring some testimonials regarding the help the American Cancer Society has given to some of us. Also at the breakfast a silent auction of a chair donated by Marian and Billy Pell (through the efforts of Renata Boebert) and decorated by Hazel Pollard will be held. A donation of \$10 to the ACS will guarantee you a seat at the breakfast table. Sign up on the sheets near the Hibiscus Dining Room or in the Trinity Lobby.

The day of the Relay, Friday April 26th, VOTI will supply transportation to and from Venice Airport several times between 5:15 and 9:30 PM. Team VOTI's Survivors and Caregivers 'lap' around the track will be around 7:00 PM. Team members will carry a VOTI banner designed by Susan Haley. If you have questions, call Jan at 5369.

RESIDENT COUNCIL IN ACTION

*Submitted by Maryann Frazen,
President, Resident Council*

Recently I have been hearing the name "The Lofts" used frequently. So the term has been bouncing around in my head and I sought out some information. What is a loft and of what are they used for?

So, of course I first went to the dictionary where I found it as an attic, an upper room or floor. Often an industrial space converted to apartments is referred to as lofts. I also checked a Bible Dictionary and found a reference to I Kings 17:19, an upper room of the house in which Elijah was a guest, to which he took the dying son of the widow for healing. It seems the term loft definitely refers to a familiar living space.

One of our newer residents said that when she heard of The Lofts here at VOTI she thought of a building where each floor would be a neighborhood-like living space where people live, share, laugh, play and care for one another. And I thought doesn't that represent the whole of what we are here at Village on the Isle?

Yes, we all miss the old name Mark Manor, but we also honor the past by continuing the mission begun under that honorable name. We show honor by employing good stewardship in maintaining and keeping current the best care available; by practicing the newest technologies and skills; and by continuing the loving tender care that has always been provided.

Change is difficult, but I rather like the neighborly feeling of the name "The Lofts."

Living in several buildings around campus we are also a neighborhood, where we all live, share, laugh, play and care for one another.

"It's a beautiful day in the neighborhood!"

I look forward to seeing you at the next General Residents Meeting on April 18.

NEWS FROM YOUR LIBRARIES



MATTHEW HALL NEWS

Submitted by Jean Mead

Spring Cleaning

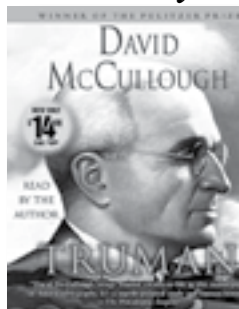
It's time to phase out some of the rarely used sections in our library to make room for the popular fiction, paperback fiction, and large print books. Thanks to generous donations, we are running out of shelf space.

Watch for a table full of miscellaneous, and unwanted books on display outside of our library. If you would like any of these books for your own personal library, feel free to take them and enjoy them in your own apartment.

Left over books will be donated to charity. Thanks for your help.

TRINITY HALL NEWS

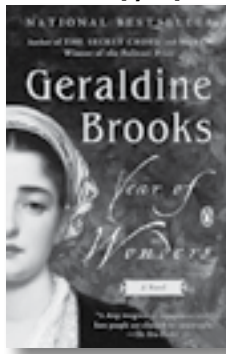
Submitted by Charlie Gorgoglione



This is a book review of the biography of president Harry S. Truman entitled: *Truman* by David McCullough. You may find this book in the Trinity Library. It traces the former president's life from his birth on May 8, 1884 in Lamar, Missouri to his taking over the presidency upon the death of President Franklin D. Roosevelt on April 12, 1945, to his many accomplishments while in office. He was totally unprepared to take over the presidency and was known as a "common man" who never attended college and had many financial difficulties. Nevertheless, he is rated among the top presidents by many, although controversy still exists as to his decision to drop the atomic bombs over Japan, a decision for which he took full responsibility. It is an extraordinary tale in American history.

LIBRARY BOOK CLUB

Tuesday, April 16 • 3:00 PM • MH 424



The Library Book Club will meet to discuss Geraldine Brooks *Year of Wonders*, a novel that confronts the questions of good and evil, faith and faithlessness, and God or no God. In 1665 the residents of a small English village make the selfless decision to quarantine themselves when Bubonic Plague strikes. But as death strikes every household, the villagers turn from prayer to murderous witchcraft.

WRITERS WANTED

Here's your chance to be published! *The Villager* is looking for writers who are interested in contributing articles. Contact Kathleen at 5469.

DON'T FORGET TO SIGNUP FOR TRANSPORTATION



VENICE HISTORICAL SOCIETY

Tuesday, April 16 • 6:15 PM

Topic: "The Seminole: Past, Present and Future" Presented by David Scheidecker

Mr. Scheidecker is Research Coordinator at the Tribal Historic Preservation Office for the Seminole Tribe of Florida. David will explore the Seminole name and why these Native Americans came to Florida. Visuals will show the culture and their relationship with escaped slaves. He will discuss the wars between the Seminole tribes and the U.S. Military and today's Seminoles. He holds a BA in anthropology and history from Florida Atlantic University and an MA in anthropology from Texas Tech University.

VOTI'S WILD SIDE

Submitted by
Paula Gorgoglione and Bonnie Hurley

CEDAR WAXWING



In mid-February, a flock of beautiful Cedar Waxwings descended on VOTI treetops filling the air with thin, high-pitched whistles. Their scientific name, *Bombycilla cedrorum*, connotes “silky tail in the cedars;” the common name turns silk tails into wax wings.

A sleek, medium-sized songbird with a crest that often lies flat over the back of its black-masked head, the Cedar Waxwing’s pale brown upper body blends into a pale yellow belly. Its gray tail looks like it was dipped in bright yellow paint. Waxwings truly do have waxy secretions on their secondary wing feathers, colored by a carotenoid pigment. The function of these red tips is unknown but their number increases as the birds age – signaling maturity and perhaps social status.

Cedar Waxwings range from Southern Canada and across the northern US from late spring to late summer where they build their nests in the forks of trees near ripening fruit supplies. In summer, waxwings include insects in their diet and feed their young protein-rich bugs at first but their principal food is berries of all types, including Eastern red cedar (a juniper). In Florida, they can survive on fruit alone all winter. If a clump is on the end of a twig they can hover briefly to snatch the fruit. Social birds that form cohesive flocks, they have been known to line up on a branch that has a hard-to-reach clump of berries at the end, passing the berries down the line until all are fed.

Just as it is rare to spot just one Cedar Waxwing, we can’t expect to see these visitors hang around VOTI. Waxwing flocks never stay in one area but keep on the move.

They are not endangered but they did suffer when DDT was used to kill insects in summer; now mainly window or car crashes pose human dangers to them. More naturally, some have eaten too many overripe fermented berries – becoming deathly intoxicated!

Don't Miss All Of The Fun

Look at all of the fun that your neighbors are having. Don't forget to sign up outside the Hibiscus Dining Room and Trinity Hall Elevator Lobby and join in all the events.



Village
On
The Isle

Village On The Isle MISSION STATEMENT

VILLAGE ON THE ISLE is a not-for-profit continuing care retirement community affiliated with the Evangelical Lutheran Church in America.

We are committed to sharing God's love by promoting individual growth and dignity, enhancing the quality of life and meeting the human and spiritual needs of our residents, staff and community.