

# The Villager

Volume 3 | Issue 27

January 2019

*January  
2019*



## THANK YOU—THANK YOU

*Submitted by Garland Reedy and the  
Gratuity Committee*

I wish to thank the residents and friends of VOTI for making a most rewarding Gratuity Party for our hourly employees.

We have received many “thank you” notes, had conversations and calls from our employees thanking us for your help in making this a very memorable Christmas for them.

Again, thank you—God bless you and have a very Happy New Year!

MR. REEDY,  
PLEASE SHARE WITH THE GRATUITY  
COMMITTEE MY SINCERE THANK YOU  
FOR THE GENEROUS GRATUITY GIFT  
FROM THE V.O.T.I. RESIDENTS.  
IT IS A PLEASURE BEING PART OF  
THE TEAM SUPPORTING THE V.O.T.I.  
COMMUNITY.  
BEST WISHES FOR A JOYOUS  
CHRISTMAS AND THE REST OF  
NEW YEARS.  
BEST REGARDS,

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### Gratuity Committee Report

Total Residents	274
Total Employees	273
Total Checks Received	177
Total Monies Collected	\$103,154
Average Donation	\$585
Total Employee Hours	318,524
Gift Range	\$30-647

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### AARP SAFE DRIVING COURSE

The AARP Smart Driver course is the nation’s first refresher course specifically designed for drivers age 50 and older. Drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. If you are interested in taking this course at VOTI, please contact Kathleen in the Activities Dept.

## SINCERE THANKS

*Submitted by Don Hillerich, Chaplain*

On behalf of all residents, staff, friends, families and members of the Board of Trustees of VOTI, we express our thanks to everyone who contributed to the Village Partners program in 2018 with designations to the VOTI, Foundation, Inc., the Resident Assistance Fund and other areas of the program. Contributions in the form of cash (checks), stocks and bonds were received by outright giving, monthly pledges, planned estate gifts, pay roll deductions and bequests in wills.

By “Giving from the Heart”, VOTI generous donors were able to support items outside the annual budget while assisting all residents and undergirding various programs.

The New Year will provide other unexpected needs for VOTI. The Village Partners program welcomes everyone to its membership. If you are not already a member, please consider joining. All inquiries are confidential. Thanks again. Chaplain Don Hillerich, 486-5429.

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### CELL PHONE ETIQUETTE (From Reader’s Digest)

With the beginning of the year, I thought it would be a good time to run this reminder again.

1. Put your phone away at the dinner table.
2. Turn off the phone in places such as a church, temple, or theater.
3. End phone conversations when paying for purchases.
5. Avoid talking on the phone in a waiting room, but if you must, leave the area first.
6. Avoid using a phone on public transportation.
7. Lower your voice when using your phone in public. Never shout.
8. Don’t take a call in the middle of a face-to-face conversation
9. Never text or talk and drive
10. Avoid texting in work meetings.

# Getting To Know Your Neighbor

Submitted by Nancy Chatfield



## Dotty Smith

Dorothea Langlotz was born in Valley Stream, Long Island, New York. She was baptized in a Lutheran church because it was the closet church to where they lived and she still

remains active in the Lutheran faith today. She had two sisters, Theodora “Dodo”, 12 years older and Elaine, seven years older.

Dotty attended Valley Stream Center High School, where she met her future husband, Lewis Suprima. After graduating in 1948, she attended Adelphi College and taught all subjects in junior high school, emphasizing “be observant”.

Dotty has a daughter, Okim, a professional counselor in Smyrna, Georgia and a son, Jeffery, a college professor, in Bradenton.

They left New York and moved to Winter Haven, where they taught their children to water ski.

After 24 years of marriage, Dotty and Lewis divorced. Eventually, she met and married William Smith. His daughter, Shirley Bergman lives near West Palm Beach. William passed in 2011 and Dotty moved to Nokomis and then to VOTI in 2012. Over the years, Dotty was lucky to be able to travel to many foreign countries. She also enjoys checking out books in our library and inherited the volunteer job of Librarian, which she did for six years.

Dotty doesn't have as much energy as she once did and now believes in living one minute at a time and in the three “L”s – Live, Love and Laugh!! Great gal!

## MARY'S BOUTIQUE

Submitted by Pat Radcliffe, Secretary

Mary's Boutique will reopen Wednesday, January 2 at 10:00 AM and will resume regularly scheduled hours of Wednesday, Thursday and Saturday from 10:00 AM to 12:00 Noon.

As we start a new year please check your closets for gently used items. We especially need jackets, purses and shoes. Your generous donations help keep us successful. Thank you.

We are also happy to have new volunteers. Please contact Phyllis Brown at 5408 or Ann Johnson at 5400 if you are interested in working in the boutique or making a donation.

## ACTIVE MINDS LECTURE

Thursday, January 3

2:00 PM • RR I

Topic: Alexander Hamilton

Join Active Minds as we journey back to our nation's early history and visit the life and times of Alexander Hamilton, his friends, his enemies, and the principles he fought (and perhaps died) for.

some questions that will be covered: How did Hamilton's early life experiences shape him as an adult? What does Hamilton have in common with other Founding Fathers? In what ways is he different? What are some differences between Hamilton's life and the way Lin Manuel Miranda portrayed it in the musical?



## SOUTH KOREAN CHILDREN'S CHOIR

Saturday, January 12 • 2:00 PM • RR I

We are honored to welcome back the FEBC children's choir from South Korea. The children range in age from 9 to 13, sing in four part harmony and mix their concerts with perfectly choreographed dance. They have to audition for these choirs, as it is a real honor to become a member. They travel all over the world proclaiming the name of Jesus Christ in song and dance. Don't miss this wonderful concert.

# Congratulations!

## January Birthdays

JANUARY

Barbara Barnes	MM 304	14
Jack Drda	MH 614	02
Elaine Oetting	MH 115	04
Dotty Smith	MH 409	04
Kathryn Parry	MH 530	07
Ruth Wittig	MH 618	10
Peter Hurley	MH 616	12
Betty Feder	MH 106	13
Jean Mosby	MH 424	14
Jodie Newton	MH 214	14
Marqueta Landis	MH 102	15
Frances Klock	MH 207	16
Madeline Horvath	MH 517	24
Jean Mead	MH 520	25
Bob Plough	MH 331	28
Leonard Brodeur	MH 417	29
Helene Pribnow	MH 317	30
Diane Brown	TH 451	01
Rudy Reif	TH 362	18
Caroline Giambattista	TH 357	21
Dorothy Brown	TH 252	22
Keith Backhaus	TH 553	24

## Welcome New Residents

Bill and Marie Tolley TH 151  
 Bob and Dorothy Harold TH 256

## JANUARY FORUM

Monday, January 7 • 10:00 AM • RR I

We are fortunate to have Christine Kasten, Executive Director of the Venice Symphony. She will tell us about the symphony as it celebrates its 45th year of providing music appreciation that integrates quality musical performances, accomplished musicians and educational opportunities to enrich the experiences of the community.

## SAVE YOUR CAN TABS



Can tabs are collected in Venetian Room I and given to the American Legion to purchase wheelchairs for handicapped children.

## JANUARY MID-WEEK WORSHIP

Wednesdays • 9:30AM - 10:00 AM • RR I

### January 2

Rev. Scott Hill  
 Venice Bible Church  
*Vocalist: Susan Phipps Littlehales*

### January 9

Rev. Esther Ziegler  
 Guest and Sister of Resident Jean Mosby  
 Ordained Minister of United Church of Christ  
 Frederick, Maryland

### January 16

Rev. Steve Winemiller (retired)  
*Vocalist/Pianist: Wilsie Wilkins*

### January 23

Rev. Kyle Cannon  
 Peace Christian Fellowship

### January 30

Rev. Nichole Bell  
 Salvation Army

## 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, January 4 - 1:00-1:30 PM

Friday, January 18 - 1:00-1:30 PM



**Trinity Hall: Phoenix Room**

Wednesday, January 9 - 1:00-1:30 PM

### Medical Gardens Hearing Clinic:

**Meals on Wheels Room in Mark Manor**

Tuesday, January 8 - 1:00-2:00 PM

### Contemporary Hearing Clinic:

**Meals on Wheels Room in Mark Manor**

Monday, January 21 - 1:00-4:00 PM

# January **WELLNESS**



## **New Year, New Goals**

*Submitted by Susan Haley, Resident Service Coordinator*

*by Katie Callahan*

The New Year can bring a lot of new stresses into your life, but it can also be a time for starting fresh and setting off on the right foot. This New Year could be the next step for you to really set your priorities and create some healthy resolutions that can last for the rest of your life. Here are 10 ways you can prep for the New Year and achieve your goals.

**1. Make sure you maintain good eating habits.** The American Geriatrics Society's Health in Aging Foundation recommends that older adults follow the USDA's MyPyramid for Older Adults and eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats. The society also recommends taking a multivitamin to be sure you're getting your daily values in.

**2. Make realistic goals.** Senior Living Magazine offers this advice: try not to do too much at once. Start with one resolution at a time and then set deadlines on your calendar for the next resolutions to give you something to look forward to. If you don't reach that goal, adjust the calendar and keep working toward the goal until you reach it.

**3. Get tech savvy.** Older adults occasionally struggle to use technology because it can seem intimidating and outside their comfort zone. Now might be the time to change that. Trade pictures and letters over email, have face-to-face conversations with Skype or Facetime. Stay in touch with friends by using Facebook.

**4. Enjoy life to the fullest.**

It's a new year! Time for new beginnings. Now could be the time to get out and enjoy the community,

whether that be an education or recreational program or courtesy transportation to get to activities. Pick up a good book and change your setting, playing card or board games with a neighbor or friend and changing your hair or look.

**5. Plan "me" time.** You need time for yourself and that could mean asking for help now and then or making sure you set aside time so that you can enjoy yourself.

**6. Exercise.** Exercise in the New Year is good for overall health and wellness. Start with a 5-10 minute walk and go from there.

**7. Be on guard about the big stuff.** The American Geriatrics Society's Health in Aging Foundation states that elderly should toast with a smaller glass, guard against falls, quit smoking and make sure you see a doctor for a complete physical at least once a year.

**8. Get enough sleep.** This one is pretty simplistic. To be effective every day and to maintain your health, you need to get an adequate amount of sleep. WebMD states that experts recommend seven to nine hours of sleep every night. Keep track of how you feel; if you feel energized and alert, you are probably getting enough sleep. If not, WebMD recommends a consistent bedtime, turning off electronics before bed and avoiding afternoon naps.

**9. Talk about the difficult things.** Saratogian News calls older adults to get their affairs in order by collecting and organizing all the important documents: insurance, will, financial information and assets. Doing this may feel odd or uncomfortable in the moment, but will be a relief once it's over.

**10. Spend time with family.**

Spending time with your loved ones virtually or in person can make all the difference. If you can't get to them, email, Facebook or Skype your loved ones to let them know you are thinking of them and to make sure that everything is going well for them. The New Year is an opportunity for new things. Embrace change and try something new. Ditch old habits; make new ones. This year is your chance to start fresh.

## JANUARY CRAFTY CREATIONS

*Submitted by Dolores Balla*

Blessings to all of you this New Year as we remember to write 2019.

Thanks to all who participated in our Christmas Bazaar—whether you made items, donated to the silent auction, bought things, brought family and friends or baked goodies. We are happy to report \$2,800 was raised for the VOTI Auxiliary.

Our next event will be the Spring Bazaar on Friday, March 29, in combination with Mary's Boutique Jewelry Sale.

The Crafters meet again on Monday, January 7 from 1:00-3:00 PM in the Venetian Room. Also, Bonnie Hurley (5159) will be teaching us how to make a traditional paper crane the symbol of peace and happiness, on Monday, January 14, from 1:00-2:30 PM. All are welcome.

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## JOIE DE VIVRE

*Submitted by Pat Radcliffe*

Hopefully we all experience joie de vivre while living here at VOTI. Perhaps you might like to express your “joy” in a tangible way. A tax deductible donation of \$100.00 to purchase a leaf for the **Tree of Life** will do just that.

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

Leaves may be purchased for many different reasons, not just memorials but to commemorate other special occasions and to honor friends and/or family members or perhaps thanks for special blessings or for special people.

Take a few minutes to check out the variety of inscribed leaves on the **Tree of Life** located to the right of the entrance into the marketing lobby in Matthew Hall. Please consider purchasing a leaf and donating to this worthy cause. You may contact Pat Radcliffe at extension 5044.

## RESIDENT COUNCIL IN ACTION

*Submitted by Helen Crompton,  
President, Resident Council*

The Resident Council will begin the New Year under the leadership of President, Maryann Franzen; Vice President, Gail Authier; Secretary, Betty Arnold and Treasurer, Peter Hurley.

At the first meeting on January 17, 2019, the agenda with includes a brief review of the newly adopted Convent and By-Laws and highlights of the new Resident Handbook.

Newly elected Floor Chair people and Standing Committee Chairs will also bring us up to date with brief reports.

Mark your calendars and come to welcome the newly elected people.



## VENICE HISTORICAL SOCIETY

Tuesday, January 15 • 6:15 PM

Topic: “Our Local Treasures: Warm Mineral Springs And Little Salt Spring” With Presenter Steven H. Koski, Sarasota County Archaeologist

First in a series of five lectures with the theme “Southwest Florida’s Native-Americans”.

Mr. Koski is an archaeologist with the Sarasota County Dept. of Historical Resources who specializes in “underwater prehistoric sites.”



## Help us Celebrate 2019

Join us for Appetizers • Prizes • Cheer

Wednesday, January 9 • 9:00 AM

Kim, Sue, Ginny and Janet

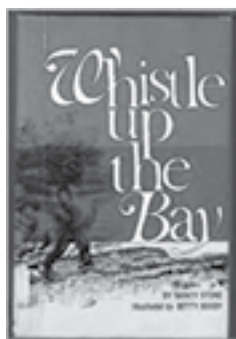
# NEWS FROM YOUR LIBRARIES



## MATTHEW HALL NEWS

*Submitted by Jean Mead and Bonnie Hurley,  
MH Librarians*

Matthew Hall Residents, have you met our new green fuzzy library resident? Our new resident “Bookworm” arrived, thanks to Patsy to keep an eye on things in our library. We need help in naming this cute addition to our library. Drop off your suggestions in the jar on the check out desk.



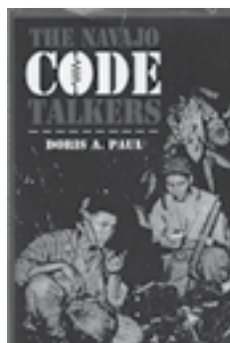
We recently lost one of our ‘Resident Authors’, Nancy Stone. If you want to take a trip back to the 1870’s, read one of her children’s books about the lumbering industry in Michigan. Her three books are based on Michigan history as seen

through the eyes of three different pioneer families and their struggles to survive. These books are written for young readers but the message of survival is universal and the simplicity of children’s literature speaks to us all. Nancy was a professor of Children’s Literature at WMU as well as writing a number of professional articles. Her books are, *The Wooden River*, *Whistle Up the Bay*, and *Dune Shadows*. These can be found on the Resident Author shelf in the back of Matthew Hall library. Her gentle smile will be missed but her talent lives on.

## TRINITY HALL NEWS

*Submitted by Marian Pell*

Trinity Library received three most interesting non-fiction books. The first one, *The Navajo Code Talkers*, by Doris A. Paul “is the single most comprehensive account of the contribution of the Navajo Native Americans in World War II” and is highly recommended. Another WWII book,



*The Girls of Atomic City*, by Denise Kiernan tells the story of the numerous young girls who traveled to Tennessee to work on the secret atomic project hidden in the hills of the Appalachian Mountains. Lastly, *The History of the Snowman*

by Bob Eckstein is a humorous account of the snowman. It is a “riveting history that reaches back through centuries and across cultures”—to the “white trash years” (1975-2000). Be sure to check one out for some interesting reading.

## LIBRARY BOOK CLUB

Tuesday, January 15 • 3:00 PM • MH 424



Michelle Moran’s *The Heretic Queen* will be the book discussed by the Library Book Club. Nefertiti, the niece of a former Egyptian queen now branded as a “heretical” is pushed aside and all of Egypt opposes her marriage to the

Crown Prince who falls in love with her. Despite political adversity, they marry and she becomes the wife of Ramses the Great, destined to be the most powerful Pharaoh in Egypt, who must confront the most famous exodus in history.

## SNOOK HAVEN TRIPS

Venice Museum & Archives & The Train Depot  
Wednesday, Jan. 30 • 10:15 AM • FREE

Snook Haven & Logan Boat Tours

Thursday, Jan. 31 • 9:45 AM • \$18.50 +LUNCH

The Venice Museum & Archives has an exhibit on Snook Haven: The History of Music, Mischief and Music on the Myaaka. Then on Thursday, we’ll go to lunch, hear the banjo players and take a boat trip with Logan tours.

# VOTI'S WILD SIDE

Submitted by

Paula Gorgoglione and Bonnie Hurley



Pictures of a wintry scene with everything covered in a fresh blanket of snow and brilliant red birds dotting the field of white

probably adorned many cards VOTI residents received last month. We don't get snow but our campus does have the bright red male Northern Cardinal and his more modestly colored mate. These non-migratory birds nest in all US states east of the Rockies. Seven of them name the Northern Cardinal as their state bird.

Audubon called these birds "Cardinal Grosbeaks" and their thick, conical bills tell us they are seed eaters, though they also eat insects and tend to feed their nestlings more protein-rich caterpillars and insects than seeds. Their crests and the color of the males reminded American colonists of Roman Catholic Cardinal regalia, thus their name. Cardinals appreciate bird feeders with fruit and seeds and are comfortable building nests low in suburban shrubs, vines, and trees. Both sexes look for nest sites but the female makes the final decision. He brings her nest materials and she builds the nest and does all the egg incubating. He feeds her when courting and when she's on the nest and they both feed hatchlings and even fledglings, who cannot fly far and are vulnerable to cats. Hormonal changes during breeding season can cause male Northern Cardinals to become aggressive defenders of their territory and attack even their own reflections in shiny reflective surfaces.

Sweet Northern Cardinal calls (Cheer! Cheer!) come from both sexes, making female cardinals quite special among songbirds. Her song while she's warming eggs on the nest can be more complex than the male's and probably tells him she's hungry. Their "metallic" chip note is made when they forage for food in bushes.

As we cope with hair loss with age we can sympathize with temporarily "bald" cardinals who are seen often enough to be studied! Scientists have not found a single factor for this phenomenon. Google "Bald Cardinals" for truly 'bad hair' bird images.

## 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 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.