

The Villager

Volume 3 | Issue 29

March 2019





**A S H Wednesday
Service**

**Wednesday, March 6
9:30 AM • RR I & II**

The beginning of Lent begins forty days of prayer and self-reflection in preparation for Easter, Sunday, April 21st.

There will be special music and the imposition of ashes in the sign of the cross will be placed on the foreheads of all who desire to receive them. Mark your calendar for the faith journey ahead.

MONTHLY GIFTS FOR VILLAGE PARTNERS!

Submitted by Don Hillerich, Chaplain

Residents may make an automatic monthly gift to the Village Partners program that helps purchase items not budgeted in the annual budget. A fixed monetary contribution is added to one's monthly statement by submitting a form indicating the gift. The amount can be added too or deleted at any time and every size gift is welcome. By this means, many gifts were made in 2018 to support the mission of Village On The Isle. To sign up, please stop by the Advancement Office (located off the Matthew Hall Library) or the Finance Office. All gifts are confidential and much appreciated.

RECYCLED CARDS

Submitted by Marian Balster

Effective March 1, the Recycled Cards will be sold for \$.35 each or three for a dollar. This will enable us to keep up with the increasing costs of paper, glue, envelopes and other supplies, such as scissors and card stampers. Easter Cards will be sold in the Matthew Hall lobby on April 5 from 9:30 AM-12:30 PM. Don't forget Easter is April 21.

MARCH CRAFTY CREATIONS

Submitted by Dolores Balla

Announcing the Crafty Creations Spring Bazaar to be held Friday, March 29, from 9:00 AM to 1:00 PM in the Matthew Hall Elevator Lobby.

Circle your calendars and come to this wonderful event. Plan to look for gifts for Easter, Mother and Father's Day.

The Annual Spring Jewelry sale has now been assumed by Crafty Creations in conjunction with the Spring Bazaar. Previously loved and new jewelry (such as the 23rd Psalm Bracelet) will be available.

Crafty Creation ladies have been busy making the Cancer Awareness Bracelets which can be purchased in the Wellness Office. Proceeds go to meet the Relay For Life goal.

On March 12, a third session will be held to make the origami peace cranes at the Crafty Creations Meeting.

MARY'S BOUTIQUE

Submitted by Pat Radcliffe, Secretary

Many thanks to all of you who shopped our "Buy One Get One Free" sale last month and made it such a success.

We have now restocked, so be sure to stop by Wednesday, Thursday or Saturday from 10:00 AM to 12:00 Noon. Thanks for all your donations.

Would you be interested in working as a salesperson for two hours one morning a month? Please contact Phyllis Brown at 5408 or Ann Johnson at 5400.

RESIDENT HANDBOOK CHAT

Wednesday, March 6 • 2:00 PM • RR I

Doug Feller and Susan Haley will be touching on the highlights of the handbook and can answer any questions you may have. This is an informal chat session and all handbook-related questions are welcome.

Getting To Know Your Neighbor

Submitted by Nancy Chatfield



Dave and Lenore Frederickson.

Lenore Marjorie Robertdahl was born on a farm in North Dakota. After High School she attended the Lutheran

Bible Institute in Minneapolis, Minnesota. Then she majored in Sociology and Speech at Minnesota State University, Mankato. After graduation she became a missionary of the Lutheran Church in Japan from 1955 to 1960. Upon her return to the US, she moved to Milwaukee, Wisconsin where she was a Parish Visitor at Our Savior's Lutheran Church. This is where she and David met at a Young Adult Group.

After their marriage in 1968, Lenore worked as a Social Worker for a Lutheran Retirement Community, much like Village On The Isle.

Dave was born in Milwaukee, Wisconsin, but his family moved to Wauwatosa, Wisconsin

shortly after that. In 1943 he graduated from high school and was drafted into the US Army where he served in the Philippines, as an amphibious tractor driver. After the war ended in 1945, he attended Wisconsin University and received a degree in Civil Engineering. He worked for the US Forestry Dept. This is where he began to enjoy downhill skiing. In 1954 he returned to Milwaukee and worked as a design engineer with the Wisconsin Department of transportation until he retired in 1988.

Dave and Lenore enjoyed many golf and beach outings on Hilton Head Island, in South Carolina. Because of their love for golf, they decided to move to Sarasota where they could golf "in the winter".

They lived at Stonyrock Golf and Country Club in Sarasota for 18 years. Their golf accomplishments are Dave's two Hole-in-Ones, and Lenore winning Stonyrock's Ladies Super Senior Golf Championship, in 2015, at 85 years old!

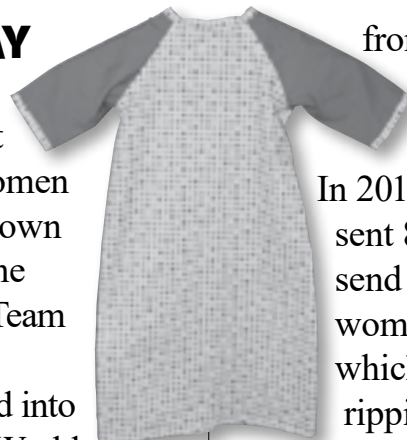
They moved to Village On The Isle in May, 2016 and have enjoyed all of the residents and their interesting stories.

BABY GOWNS ON DISPLAY

Submitted by Jean Mosby

From March 1-6 you can see about 30 baby gowns made by eleven women on the Village On The Isle Baby Gown Team. They will be on display in the Matthew Hall Elevator Lobby. The Team partners with Emmanuel Lutheran Church, where the gowns are packed into layette kits and sent on to Lutheran World Relief. From there they go to disaster areas and refugee camps all over the world to be given to mothers of all faiths, colors, and cultures.

Fabric came from two Thrivent Financial grants of \$250 each, also children's pillow cases donated



from Johns Hopkins Children's Hospital in Tampa, and the Quilting Circle at Emmanuel.

In 2018 our Village On The Isle team sent 87 gowns to Emmanuel and will send over 100 gowns in 2019. Each woman contributes her special skill, which includes cutting out patterns, ripping pillowcase seams, sewing, pinning, ironing, folding, delivering to Emmanuel, and assembling the layette kits.

God's Work! Our Hands!

Congratulations!

March Birthdays

		MARCH
Herbert Higley	Loft 209	07
Theresa Petretti	Loft 310	12
Peggy Focht	Loft 410	13
Lois Kaiser	Loft 307	14
Jean Sell	Loft 316	19
Evelyn Heden	Loft 416	31
John White	MH 107	03
Richard Sicard	MH 229	04
Carol Bell	MH 109	07
Joyce Gibson	MH 612	11
Barbara Plough	MH 331	17
Nettie Roberts	MH 408	18
Tom Langevin	MH 318	20
Billie Grayson	MH 110	21
Fin DeMoss	MH 301	26
Mevelyn Matchmaker	MH 212	27
Renata Boebert	MH 514	28
Carolyn Boudreaux	MH 313	28
Elaine Cunningham	MH 609	28
Nancy Chatfield	MH 108	29
Bonnie Hurley	MH 616	30
Sally Lowry	TH 260	07
Marian Pell	TH 450	07
Ann Rhode	TH 454	09
Shirley Nicholson	TH 352	15
Peg Sanborn	TH 554	21
Jinny Grosjean	TH 461	24
Nell Morse	TH 552	25
Carol Schweitzer	TH 152	27

Welcome New Residents

Rose Marie McFarlane	MH 228
Gregory/Louisa Kekopoulos	MH 329

MEETINGS TELECAST ON CH 195

If you are unable to attend the General Resident Meeting and the Resident Town Hall Meeting in person, you can always watch it on our in-house channel 195.

MARCH MID-WEEK WORSHIP

Wednesdays • 9:30AM - 10:00 AM • RR I

March 6-Ash Wednesday Service

Chaplain Don Hillerich,
Village On The Isle Chaplain
Music and Refreshments

March 13

Deacon Keith Backhaus
Village On The Isle Resident

March 20

Rev. Ashley Nichols
St. Paul Lutheran Church, Sarasota
Vocalist: Peter Cunningham, VOTI Resident

March 27

Rabbi Juda Hungerman
Beth Messiah Messianic Synagogue

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

MARCH FORUM

Monday, March 4 • 10:00 AM • RR I

Our speaker will be Gene Stover, who has been a Mote Marine animal volunteer for over 20 years. Since 1997 he has volunteered with Mote



Marine in several capacities, even capturing dolphins as far north as Panama City. For the past nine years he has found time to be on turtle patrol on the beaches with the Sea Turtle Conservation and Research program. Gene also saw a need for helping to paint, store and supply the yellow stakes that are used on 35 miles of Venice Beach. He and his team now paint 15,000 yellow stakes at Grace United Methodist Church every year.



Submitted by Susan Haley, Resident Service Coordinator

By Ashley Huntsberry-Lett

Part two of a two part series.

What Home Care Services Does Medicare Cover?

The primary objective of Medicare’s home care program is to provide seniors with short-term skilled services in the comfort of their own homes as an alternative to recovering in a hospital or skilled nursing facility.

Skilled nursing services are those that must be provided by a qualified health professional, such as a Registered Nurse (RN) or a Licensed Practical Nurse (LPN).

Examples of these services include:

- Monitoring of a patient’s vital signs and overall health
- Wound care for a pressure ulcer or surgical incision
- Administration of intravenous drugs or nutrition therapy
- Injections
- Catheter changes
- Patient and caregiver education

Skilled therapy services are those that must be provided by or under the supervision of a licensed physical therapist, occupational therapist or speech-language therapist.

- Physical therapy exercises typically focus on improving and restoring strength, balance and range of motion for optimal physical function.
- Occupational therapy assists in regaining the ability to independently engage in activities of daily living (ADLs) and adapting these tasks or the surrounding environment to improve functionality and accessibility.

- Speech-language therapy helps patients regain the ability to speak and communicate as well as overcome swallowing difficulties (dysphagia).

It is important to note that the above services will only be covered if they are deemed specific and effective treatments or maintenance methods. Additionally, Medicare standards will determine the eligible frequency and duration of the treatments. Once the level of care exceeds part-time or “intermittent” skilled care, Medicare is no longer a payment option. In Medicare’s eyes, home health care services are meant to prevent or delay placement in an assisted living or skilled nursing facility, not completely replace them.

Does Medicare Cover Unskilled Home Care Services?

Medicare will not pay for unskilled home care if those are the only services needed. Personal home care services (assistance with activities of daily living) or homemaker services (e.g. light housekeeping and laundry) will only be covered if they are part of the skilled services detailed in the care plan. Medicare does not cover around-the-clock home care of any kind or meals delivered to the home.

How Much Will I Have to Pay if I Qualify?

With Original Medicare coverage (Part A and/or Part B), eligible seniors will pay nothing for home health care services that are ordered by a doctor and provided by a certified home health agency. Any additional services provided outside of the approved care plan will not be covered and must be paid for out of pocket.

Be aware that before services begin, the home health agency should provide an itemized receipt or plan of care that identifies what is eligible for Medicare coverage and what is not. A written notice called the “Advance Beneficiary Notice of Non-coverage” (ABN) will detail any services and durable medical equipment that Medicare will not pay for as well as the costs the patient will be responsible for.

March's flower is the Daffodil which means "Unequaled love".

RELAY FOR LIFE TEE-SHIRTS AVAILABLE



It's that time of year again. The money raised for the sale of our Team VOTI Relay For Life tee-shirts will go towards our overall team fundraising goal of \$5,000. Please help by wearing your beautiful aqua-colored tee-shirt every Thursday until April 26. You can purchase one for a suggested \$10.00 donation from Susan Haley in the Health and Wellness office, Room 112.



FOOD FOR THOUGHT FRIDAY, MARCH 1 11:30 AM • RR I

Topic: Memory Loss/Brain Health: "A Recipe for Life"

Richard Rogers, "The Forgetful Chef™", provides hope to others with a serious, sentimental and humorous look at memory loss and brain health. Relating his experience in losing, then regaining much of his cognitive abilities and memory function, he discusses the latest information on how to improve brain health at any age.

VOLUNTEERS AND SUBS NEEDED

In the Village Store on Mondays and also at the Trinity Desk on Thursday and Friday. Contact the Activities Department, 5469, if you are interested.

WELLNESS HAPPENINGS:

Blood Pressure Clinics:

Matthew Hall: MH 3rd Floor Lounge

Friday, March 1 - 1:00-1:30 PM

Friday, March 15 - 1:00-1:30 PM

Trinity Hall: Phoenix Room

Wednesday, March 13 - 1:00-1:30 PM

Medical Gardens Hearing Clinic:

Meals on Wheels Room in the Loft

Tuesday, March 12 - 1:00-2:00 PM

Contemporary Hearing Clinic:

Meals on Wheels Room in in the Loft

Monday, March 18 - 1:00-4:00 PM



RESIDENT COUNCIL IN ACTION

*Submitted by Maryann Frazen,
President, Resident Council*

"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." This is a section of our Mission Statement that seems to me to be at the very heart of our life together here at Village on the Isle. This also expresses what we, the Resident Council, work toward as we meet to discuss the issues and needs that have been brought to our attention. So, please reach out to us, your representatives that serve on the Council. We can't search for answers unless we know the questions. If you don't know, find out who it is that serves as your representative on your floor or in your building. We are here to work for you. We look forward to opportunities to "enhance the quality of life" towards building a strong, loving community.

Don't forget to attend the General Resident Meeting on March 21, at 2:00 PM. This is your chance to hear a report from our Administration, and reports from each standing committee as well as information from the floors and buildings. See you all there!

DON'T FORGET TO SIGNUP FOR TRANSPORTATION



VENICE HISTORICAL SOCIETY

Tuesday, March 26 • 6:15 PM

Topic: "The Seminole Wars." Presented by Authors John and Mary Lou Missall.

Third in a series of five lectures with the theme "Southwest Florida's Native Americans". John and Mary Lou are historians and award-winning authors who specialize in the Seminole Wars. The Missalls will present a comprehensive overview of all three Seminole Wars and the political, social, and economic forces that drove them.

NEWS FROM YOUR LIBRARIES



MATTHEW HALL NEWS

Submitted by Patsy Wilson

Mathew's library mascot, a cuddly green book-worm, has been voted an official name, "Booker". His name was selected from several other possible choices by the patrons of Kelly's Kafe and our library.

Keep your eyes out for him as he loves to wiggle around looking for delicious books. (Who said library patrons were stodgy?)

A gift certificate will be given to the patron of "Booker's" name which can be used in the Village store. Please call Patsy Wilson at 5146 to claim your prize.

Thank you to all who participated in our wee bit of fun.

Our library still needs at least one volunteer. The job would entail that you look in on the library a couple of times one day a week and shelve books that have been returned. Please contact Bonnie Hurley 5159 or Jean Mead 5132 to offer your time. We can always use more donations of 'newish' fiction and engaging non fiction, especially large print books.

TRINITY HALL NEWS

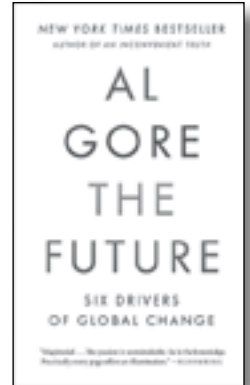
Submitted by Marion Pell, Trinity Librarian



Politics! A never ending topic! The recent donation of the book, *The Residence: Inside the Private World of the White House*, by Kate Andersen Brower. You hear the voice of the resident workers in the White House.

Beginning with the Kennedy's and ending with the Obama's. Another book donation, *Fascism* by Madeleine Albright is a

"personal and urgent examination of Fascism in the twentieth century and how its legacy shapes today's world." Lastly, Al Gore's book, *The Future: Six Drivers of Global Change* explores the political, social and economic forces that are shaping what America and the world will become in ensuing decades. All three books are sure to keep your mind thinking and meditating for some time.



A reminder to those who still have DV players, the library has a large assortment of DVD discs located on the shelves near the books!

LIBRARY BOOK CLUB

Tuesday, March 19 • 3:00 PM • MH 424



Sarah's Key by Tatiana de Rosnay's will be discussed. In Paris, July 1942: Sarah, a ten-year-old girl, is taken with her parents by the French police, as they go door-to-door arresting Jewish families in the middle of the night. Desperate to protect her younger brother, Sarah locks him in a bedroom cupboard and promises to come back for him as soon as they are released.

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.



NEW MEDICARE CARDS

Don't forget to provide a copy of your new Medicare Card to Health & Wellness.

VOTI'S WILD SIDE

Submitted by

Paula Gorgoglione and Bonnie Hurley

FLORIDA COTTONTAIL RABBIT



Two species of rabbits occur in Florida, the Florida eastern cottontail (*Sylvilagus floridanus*) and the marsh rabbit (*Sylvilagus palustris*). We have seen only the Florida cottontail on the VOTI campus. The marsh rabbit needs year-round wetlands to thrive and is not happy being a city/suburban resident. Our rabbits hide during the day in shrubs or in weeds and briar patches they may find in open lots. We see them most often in early morning and late afternoon, while they forage for greens: grass, herbs, leaves.

Florida cottontails are grayish-brown with a distinctive white “powder puff” tail. They are 14 to 17 inches long and weigh two to four pounds. Marsh rabbits are slightly smaller, darker brown, and have shorter ears and coarser hair than cottontails. Their small, in-conspicuous tails are dingy white on the underside.

Rabbits truly do breed like rabbits! Ours do not have underground warrens as European rabbits do. Instead, a female chooses a well-camouflaged spot to make a cup-shaped depression in the ground, then lines the nest with grass and soft breast fur. She covers the nest with grass when she is away foraging. Three to six helpless young are in each litter and they grow quite rapidly, despite being fed mother’s milk, only once a day, for about three minutes. Such infrequent adult visits to the nest keeps the young fairly well hidden from predators (hawks, owls, cats, foxes and coyotes, who have become accustomed to living near human habitation). As soon as the young are born, female cottontails are ready to mate again, and in Florida, they breed year round. They may be pregnant while feeding a brood!

You may have had a ‘lucky rabbits foot’ in your pocket. This idea came from a European tradition of keeping a hare’s foot to ward off evil, which hares were believed to be. Germans coming to the US told a traditional tale of a fantastic hare, that could lay colored eggs! This “Osterhase” or “Oschter Haws” evidently became the basis for the Easter tradition of having a bunny deliver treats to well-behaved children.

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.