The Lively Mark Weekly Bulletin

St. Mark Village * Palm Harbor, FL

January 1, 2017

St. Mark Village is hosting a special Retirement Party for our wonderful Chaplain Kris. All Residents are invited to stop by the Club Room on Friday, January 13, between 3:00 p.m. and 4:00 p.m. to give Kris their well wishes. There will be a basket on the piano for cards. Come and wish Kris a Happy Retirement—the good news is she will be coming back in a month or so to work part-time assisting Ellen in the IL Life Enrichment Department!

A Little About Our New Chaplain Ray Strawn

The Reverend Raymond E. Strawn, Jr. was raised in New York and served in the military and in combat in Desert Storm as a combat/field medical corpsman with the First Marine Division. He has a BS, MBA, and Master of Divinity degree. Before being ordained he served as a jail chaplain, a youth director and with the refugee resettlement program for Lutheran Social Services. He was ordained in 1998, and served as pastor in congregations in California, New York, and Florida.

While in New York, Pastor Ray served as a congregational pastor and worked with the Evangelical Lutheran Church in America as a synod coach, mentor, and teacher. He served on Synod Evangelism teams and is an expert in Natural Church Development.

He and his wife Lisa have three sons and six grandchildren. His children and grandchildren still live in New York and California.

Come and meet Pastor Ray and get acquainted with him at the next Bible Study on Tuesday, January 3, at 10:30 a.m. in the Club Room.

Resident Telephone Directories

The new St. Mark Village Resident Telephone Directories will soon be out. Please use this issue as well as upcoming issues of The Lively Mark to keep your directory up-to-date.

Tableside Ordering

Beginning on Monday, January 16, we will switch to tableside ordering where Residents will order their meals at the table when seated in the Dining Room. Residents will receive a “menu-at-a-glance” for the upcoming week in their box on Fridays along with their weekly issue of The Lively Mark. On Monday, January 16, we will also begin “All Day Dining” where meals will be served from 11:30 a.m. to 6:30 p.m. continuously throughout the day. We ask that Residents be seated in the Dining Room by 6:30 p.m.

Holiday and Sunday hours will remain the same from 11:30 a.m. to 4:00 p.m. and breakfast hours will also remain the same from 7:30 a.m. to 10:00 a.m.

In addition, The Village Creamery will open at 9:00 a.m. instead of 9:30 a.m. effective Monday, January 16.

If you have any questions or comments, please contact Huseyin Isguzar, Chief Culinary Officer, ext. 1779.

Holiday Transportation Information

In consideration of the holidays, there will not be transportation on Sunday, January 1, or Monday, January 2.

Holiday Cancellations and Closures

On Monday, January 2, The Greeting Card Corner and all Offices will be closed (with the exception of Resident Services which can be reached for an appointment at ext.1706) . Please note that the Village Creamery will close at 4:00 p.m. on New Year’s Eve, Saturday, December 31.
Resident Birthdays and Anniversaries

Birthdays

Lester Fales       Rm. 1023     January 1
Sheena Watkins     Apt. 633      January 2
David Erdman      Apt. 322      January 3
Betty Smith       Apt. 3109     January 3
Donald Tidlund     Rm. 1010     January 6
Donald Dust       Apt. 440      January 7
Janice Ignaszewski   Apt. 415      January 7
Elizabeth Madison   Apt. 619      January 7

Anniversaries

Virginia & Raymond Cox   Apt. 504   January 2
Betty & Thomas Morrison  Apt. 252   January 2
Adelaide & Earl Roland    Apt. 335   January 2
Joanne & Fred Koester   Apt. 428   January 6

Trivial Pursuit

Test your knowledge and join us in the Hobby Room to play Trivial Pursuit on Monday, January 9, at 1:30 p.m. This game tests a player’s ability to answer general knowledge questions. The more questions you answer correctly, the more points you score for your team. Are you ready for the challenge? If so, come for a stimulating battle of the minds.

Midweek Movie

The Midweek Movie for Wednesday, January 4, is I Am with Howard Zinn, Lynn McTaggart, Desmond Tutu, Thom Harmann, and Coleman Barks. I Am is the story of a successful Hollywood director, Tom Shadyac, who experienced a life threatening head injury, and his ensuing journey to try and answer two very basic questions: “What’s wrong with our world?” and “What can we do about it?”. With a crew of four, Tom visits some of today’s great minds, including authors, poets, teachers, religious leaders, and scientists searching for the fundamental endemic problem that caused all of the other problems, while simultaneously reflecting on his own life choices of excess, greed, and eventual healing. This 2010 video is 1 hour and 16 minutes long and will be shown at 11:00 a.m. and 6:30 p.m. in the Chapel. Not Rated

St. Mark Village, Inc. Membership

As a not for profit company, St. Mark Village, Inc. does not have stock holders but it does have members. To be a member of St. Mark Village, Inc. one must be a member of St. Mark Lutheran Church or a Life Care Resident of St. Mark Village. It is not necessary as a Resident to become a member, but if you wish to attend the Annual Meeting on Monday, January 23, 2017, at 4:30 p.m., you must be registered as a member. Corporate Membership forms are available in the Administration Office and need to be completed by Monday, January 16, 2017, so you will be included when notices go out.

Book Review by Gene Coppola

Gene Coppola, Director of the Palm Harbor Library, will present a book review in the Club Room on Thursday, January 5, at 1:30 p.m. He will review the book, “The Invisible Wall: A Love Story That Broke Barriers” by Harry Bernstein.

Piano Music by Kendrea Kappel

Come to the Elevator Lobby on Monday, January 2, at 6:30 p.m. to hear Kendrea Kappel play familiar hymns and tunes. Don’t miss out on this musical journey!

Gem, Mineral and Jewelry Show

Join us on Friday, January 13, at 10:00 a.m. as we head to Largo Cultural Center for the 41st Annual Gem, Mineral and Jewelry Show and Sale presented by the Pinellas Geological Society, Inc. Browse beautifully crafted gem trees, mineral eggs and spheres, crystals, Indian and Western jewelry, and more. A donation of $1.50 is suggested at the door. After a morning of shopping we will head to Johnnie’s Italian Restaurant for lunch “on your own”. If interested, please sign up in the Administration Office.

Florida State Fair in Tampa

On Tuesday, February 14, we will head to the Florida State Fair in Tampa. The cost is $8 for Senior Day at the Fair. The bus leaves at 9:30 a.m. for a day of fun and plan to stay until 3:00 p.m. The Fair offers one of a kind entertainment that is wild, wacky, and wonderfully weird; such as, rooster crowing contests, pig races, circus menagerie, a ‘Mooternity’ ward, and much more! Lunch will be “on your own”. There will be no refunds after Friday, January 20. If interested, please sign up in the Administration Office beginning on Tuesday, January 3, at 9:00 a.m.
Ruth Eckerd Hall’s ‘Adults at Leisure’

Residents signed up to go to Ruth Eckerd Hall to see “Elvis” on Sunday, January 8, are reminded to please be in the Front Lobby and ready to go at 12:00 p.m. Don’t forget your tickets!

Choice Hearing Solutions

Come to the Hobby Room on Wednesday, January 11, at 9:30 a.m. for a Hearing Clinic from Choice Hearing Solutions. This company will offer their services on the 2nd Wednesday of each month. Customer service and quality of life are just a couple of the goals of this company. A few of the services they provide include: ear wax removal; hearing screenings; hearing aid cleaning; minor hearing aid repairs; video otoscopy (used to check for ear wax); and one complimentary package of hearing aid batteries. They also offer individual consultations and in-home hearing testing should the need arise. Call (727) 576-6160 for more information.

Comprehensive Eye Exams

The Healthy Vision Institute and Dr. James Powers, Vitreoretinal Surgeon, will be offering on site comprehensive eye exams in the Hobby Room for the detection of macular degeneration, diabetic retinopathy, cataracts, and glaucoma. The Healthy Vision Institute uses the most advanced equipment available and the new portable retina imaging system.

The technician gently positions the camera directly over your eye and takes a picture. No pain and no dilation, and no cost! This service will be Thursday, January 12, from 10:00 a.m. to 12:00 p.m. If you are interested in this screening please sign-up on the bulletin board. There will be 15 minute increments per person and each screening takes 10-12 minutes. This service will take place on the second Thursday of each month from 10:00 a.m. to 12:00 p.m. in the Hobby Room.

Organ Music by Dick Rydberg

Dick Rydberg will play organ music on Tuesday, January 3, from 6:30 p.m. to 7:00 p.m. in the Elevator Lobby. Indulge in an evening of musical enjoyment!

Resident Safety Council Meeting

The next Resident Safety Council meeting will be held on Friday, January 6, at 10:00 a.m. in the Club Room. All Residents are welcome.

Der Dutchman Amish Restaurant

Our 2nd trip to the Der Dutchman Amish Restaurant in Sarasota for lunch “on your own” has been scheduled for Wednesday, January 25. Residents that weren’t able to make the first trip and were placed on the waiting list will get to enjoy the tour! All Residents on the waiting list will get the chance to go first.

Eating is a simple blessing, shared with family, in fellowship, for celebration. From meat-and-potatoes meals to scratch-made pastries and pies for take-home, this is the place to savor the bounty of genuine Amish kitchen cooking.

There’s nothing like browsing an Amish Country shop. After our delicious lunch we will have time to browse the gift shop. There you will find timeless treasures, homemade treats, and handcrafted heirlooms. The bus leaves at 10:45 a.m. If interested, please sign up in the Administration Office beginning on Tuesday, January 3, at 9:00 a.m.

2017 Wii Bowling Leagues Are Forming

Is Wii Bowling right up your alley? If so—mark your calendars! On Monday, January 9, and Tuesday, January 10, a sign up sheet for Wii Bowling Leagues will be posted on the bulletin board. Any new Residents or new Resident teams that are interested may sign up for the league at this time. If you are signing up as a new Resident team, please remember there are two Residents per team. One of the two players can not be someone who has previously participated in the Wii Bowling League.

From Wednesday, January 11, until Friday, January 13, all other teams may sign-up. Only 10 teams can be accommodated on each league. If you aren’t able to make it onto a league you can always sign-up to be an alternate. If a member of the league is unable to bowl on their scheduled day or make up their missed game, you may be called on as an alternate to bowl in their place. Please note: There is a $1 fee per person to be on the league.

What Goes Up Must Come Down

On Tuesday, January 10, at 10:00 a.m. we will begin to take down, pack up, and put away our beautiful Christmas decorations. This may take a couple of days, so many hands will be needed. Please call Ellen at ext. 1743 to schedule a time and day to lend a helping hand.
The Ladies Luncheon will be held on Thursday, January 5, at 12:00 noon in the Banquet Room. There will be a speaker/singer and a delicious lunch. The cost for lunch will be $4 payable at the door. Please sign-up on the bulletin board if you are interested in attending. Seating is limited to 32 people. If you have any questions about this event please call Virginia Adams, Apt. 125.

Peace of Mind Tours

Do you like to travel? If you answered ‘yes’, you may want to attend this Peace of Mind Tours presentation on Friday, January 6, at 1:30 p.m. in the Chapel. Every Peace of Mind Tour is accompanied by experienced flight paramedics or nurses who stay with your group throughout your tour. At this informative presentation you will find some peace of mind and learn to take the worry out of travel!

Extra Goods and Services Rate Sheet

Distributed with this week’s issue of The Lively Mark is an “Extra Goods and Services” rate sheet. Prices are effective beginning January 16, 2017.

Armchair Travel

On Monday, January 9, plan to sit back, relax…. and travel to South America. First stop, the Inca Trail in Lima, Peru. Travel through amazing cities including Oroya and Cusco before arriving at the ultimate unparalleled mountain kingdom of Machu Picchu.

Second, travel to the Amazon, the largest river in the world! Encounter young Amazoan boatmen, air-taxi pilots, and the fishermen who live along the water. Visit Marajo—an island where buffalo roam freely and visit Manaus, nicknamed “Paris of the Tropics”.

Third, is Patagonia—a magical land at the end of the world. Patagonia’s beauty goes hand in hand with its wild and inhospitable environment. View Ushuaia as it unfolds like a brilliant picture postcard. This video is from 2009 and is 2 hours and 36 minutes and will be shown at 6:15 p.m. in the Chapel.

Caregiver Support

St. Mark Village is hosting another Caregiver Support Group in the Club Room on Tuesday, January 3, from 9:00 a.m. to 10:30 a.m. The group focuses on and provides emotional support, personal growth, education, resources, and will help you to gain new perspectives on how to be a better caregiver while bonding with others in similar situations. The facilitator is Karen Truman, Ph.D. Karen is the President of Dementia Caregiver Resources, Inc. This group meets on the first and third Tuesday of every month.

Men’s Breakfast Club

The Men’s Breakfast Club will meet on Tuesday, January 3, at 8:00 a.m. in the Banquet Room. This week Dick Rydberg will talk about his life and his music. All men are invited to come and enjoy a delicious breakfast and an interesting program.

Additional Guest Room Added

We are pleased to announce that a fourth Guest Room has been added to accommodate your friends and family. Our Guest Rooms include Apt. 214; 431; 435; and 601. Each room sleeps two guests. However, a rollaway bed may be added for a third guest. Guest Rooms may be booked during business hours by stopping by or calling the Administration Office at extension 1700. If an emergency arises after business hours and you need a Guest Room immediately, contact the Operator by stopping by the Front Desk or dialing “0”.

New Year’s Housekeeping Schedule

Residents scheduled for Housekeeping Service on Monday, January 2, will be serviced on Tuesday, January 3.

Residents scheduled for Housekeeping Service on Tuesday, January 3, will be serviced on Wednesday, January 4.

Residents scheduled for Housekeeping Service on Wednesday, January 4, will be missed.

Residents scheduled for Housekeeping Service on Thursday, January 5, and Friday, January 6, will have their regular Housekeeping Service.

Installation of Officers

The Annual Residents Meeting and Installation of Officers will be held in the Chapel on Monday, January 9, at 1:30 p.m. This meeting takes the place of the January Floor Meetings.
Vinyl Enclosures

Effective, January 1, 2017, balcony vinyl enclosures will no longer be permitted. Those of you with enclosures are grandfathered in. You certainly can repair and maintain your enclosures, but you are not permitted to replace or add new enclosures.

Midweek Worship

On Wednesday, January 4, we welcome Rev. Jim Sisk from Open Door Church to lead our Midweek Worship at 2:30 p.m. in the Chapel. All are welcome to this non-denominational gathering.

After Dinner Music by Judy Marti

Come and listen to Judy Marti play the piano on Wednesday, January 4, at 6:30 p.m. in the Elevator Lobby. Come show her your support and join in the musical fun!

Michigan Club

The next Michigan Club meeting will take place on Monday, January 2, at 7:00 p.m. in the 5th Floor Lounge. Come with program ideas! If you have any questions regarding the Michigan Club please call Murray Smith in Apt. 527.

Lost & Found

The following items were found and turned in to the Administration Office last week.
Calculator and Planner in Black Case
Earring; gold-tone, dangle, multiple hoops
Reading Glasses; black and silver-tone frames
Sunglasses; w/blue sport band strap

If you believe one of these items may be yours, please stop by the office to identify it.

Calendar of Events

Sunday, January 1, 2017
Happy New Year!
Each age has deemed the new-born year
The fittest time for festal cheer. —Walter Scott
No Transportation Today
10:00 Worship Service - Chapel
1:00 Resident Nurse in the Wellness Center until 2
6:30 Village Movie - Chapel

Monday, January 2, 2017
All Offices Closed with the exception of Resident Services (call for appointment)

(continued on page 6)
Thursday, January 5, 2017  (concluded from pg 5)
9:30 Catholic Mass - Chapel
10:00 Sit-n-Fit Exercise Class - Wellness Center
10:45 Strong & Steady Exercise Class - Wlns Ctr
12:00 Ladies Luncheon - Banquet Room
1:00 Resident Nurse in the Wellness Center until 2
1:30 Book Review until 2:30 - Club Room
1:30 Open Pinochle - 3rd Floor Lounge
6:30 Cribbage - 5th Floor Lounge
7:00 Village BINGO - Club Room

Friday, January 6, 2017
10:00 Craft Class - Hobby Room
10:00 Move & Groove Seated Dance Class-Wlns Ctr
10:00 Safety Council Meeting - Club Room
11:00 Aerobic Dance Class - Wellness Center
1:00 Greeting Card Corner until 3 - Library
1:00 Resident Nurse in the Wellness Center until 2
1:30 Peace of Mind Tours Talk - Chapel
6:30 Village Movie - Chapel

Saturday, January 7, 2017
10:00 Exercise w/Shirley Appell - Wellness Center
10:00 Fun Chorus - Elevator Lobby
1:00 Resident Nurse in the Wellness Center until 2
1:00 Village Movie Matinee - Chapel
6:30 Open Bridge - Club Room
6:30 Village Movie - Chapel

Snowflakes are kisses from heaven.
—Author Unknown

Resolutions
Let us try to be good and content,
Kind to each other,
Healthy and gentle and brave,
Obedient to Mother,
For of such were the heroes of old—Patient in Learning,
Seldom rude, seldom cross, never cruel,
From the truth never turning.
—A. E. and M. Keary

The People of St. Mark Village

A warm welcome is extended to:
Bernice Alissandratos, Rm. 1105; Delores Hellenbeck, Rm. 1107; Joanne Merz, Apt. 3113; and Gloria Squitiro, Apt. 3204.

In Care Center:
Gisi DeMarco Betty Fresh Rehab & Spa
Margaret Harper Betty Fresh Rehab & Spa
Sarah Heffernan Betty Fresh Rehab & Spa
Margaret Mollenhauer Betty Fresh Rehab & Spa
Carol Moore BayTree
Barbara Parker Betty Fresh Rehab & Spa
Helen Rutter Manor Care
Mary Stevens Betty Fresh Rehab & Spa
Barbara Vieira Betty Fresh Rehab & Spa

In The Hospital:
Virginia Adams North Florida Hospital
Bernice Alissandratos Mease Countryside
Charles Gustafson Mease Countryside
Edward Krisa Mease Dunedin
Bessie Panagakos Mease Countryside
Norma Peebles Florida Hospital
Olive Pocius Mease Countryside
Arthur Ternes Mease Countryside

Returned to Apartment:
Chuck Carter Apt. 2022
Pat Gravatt Apt. 627
Lee Lauer Apt. 546

Transfers:
Gaye Caffery Apt. 625
Olive Pocius Apt. 3106
Bill Wright Apt. 3104

Upcoming Events

Jan. 8 Adults at Leisure-Bus 12p
Jan. 9 Armchair Travel-6:15p
Jan. 9 Installation of Officers-1:30p
Jan. 9 Trivial Pursuit-1:30p
Jan. 10 Undecorating Begins-10a
Jan. 11 Choice Hearing Solutions-9:30a
Jan. 11 Columbia & Chocolate Tour-Bus 10:45a
Jan. 12 Healthy Vision Talk-10-12
Jan. 13 Gem, Mineral, & Jewelry Show-10a Bus
Jan. 13 Chaplain Kris’ Retirement Party-3p-4p
Jan. 23 St. Mark Village, Inc. Members Only Annual Meeting-7p
Jan. 25 Der Dutchman-Bus 10:45a
Feb. 14 Florida State Fair-Bus 9:30a

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