

# The Lively Mark



2655 NEBRASKA AVE | PALM HARBOR, FL 34684 | WWW.STMARKVILLAGE.ORG

JANUARY 21, 2018

## ST. MARK VILLAGE, INC.

### Annual Meeting

If you have recently signed up to become a member of St. Mark Village, Inc., please be sure to attend the annual meeting on Monday, January 22, at 4:00 p.m. in the Chapel. Please be sure to join us for fellowship and refreshments in the Club Room following the meeting.

### Attention 5th Floor Residents

The 5th Floor Lounge renovations have been completed the Lounge is now open.

### For Your Safety

Please wait until the Club Room has been fully set up for Bingo before you enter to set up your Bingo cards. Thank you for your cooperation.

### Pardon Our Dust

#### Breezeway Game Area Coating Project

Due to a Floor Coating Project the Breezeway will be temporarily closed and the ping pong and pool tables will be removed from the area on Monday, January 22, through Wednesday, January 24. The Breezeway will reopen on Thursday, January 25. Thank you for your patience during this improvement project.

### Attention 3rd Floor Residents

The 3rd Floor Lounge will be shut down due to renovations beginning Monday, January 29, until February 19. Please see Ellen Wade, IL Life Enrichment Director, if you need meeting space while your Floor Lounge is being renovated.



### Wellness Clinic Moving to 2nd Floor

The Wellness Clinic is moving to the second floor next to the Resident and Concierge Services Office on Monday, January 22. The Wellness Clinic will be open each day from 1:00 p.m. to 2:00 p.m. with the Resident Nurse checking vital signs such as blood pressure, heart rate, assisting with eye drops and ear drops; assisting with minor dressing changes; reviewing lab work; assisting with calling physicians or pharmacies; and assisting with scripts for therapy. On Tuesday mornings, BayCare Laboratory Services will draw lab work from 7:00 a.m. to 8:00 a.m. in the 2nd Floor Wellness Clinic.

This new location offers more privacy than where it was located in the Wellness Center. The Wellness Center will also benefit from a larger space and more available hours to schedule classes.

### News From the Greeting Card Corner

Valentine's are now available in our St. Mark Village Card Shop, located in the Library. We welcome all donations of Greeting Cards. They are priced very reasonably and can be found on our two sales shelves. —Glenna Burnham, Card Shop Manager



### Transportation Chat

A Transportation Chat will be held on Tuesday, February 6, from 1:00 p.m. to 2:00 p.m. in the Chapel. Come and join us for another informative discussion about our transportation system.

## The Lively Mark

For the Residents of St. Mark Village

Doug Fresh, CEO

Editor: Ellen Wade

Layout and Design: Tina Glandis

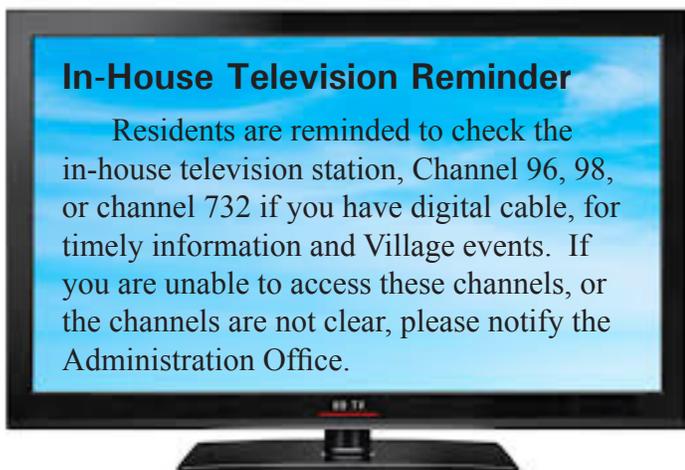
Layout and Design: Marlene Di Maria



Downton Abbey is a British drama series that follows the lives of the Crawley family and its servants in the family’s classic Georgian country house. The series begins with the 1912 sinking of the Titanic, which leaves Downton Abbey’s future in jeopardy, since the presumptive heirs of Robert, Earl of Grantham—his cousin James, and James’ son, Patrick—die in the catastrophe, leaving the family without a male offspring to take over Downton when the current lord dies. Come to the Chapel at 6:30 p.m. and watch this fascinating story unfold! On Monday, January 22, Season 4, Episodes 2 and 3 will be shown, and on Monday, January 29, Season 4, Episodes 4 and 5 will be shown.

### Village Forum

The next Village Forum will be held on Friday, January 26, at 10:00 a.m. in the Chapel. Please come with your questions and comments. For those of you who are uncomfortable presenting questions in this type of setting, you may submit your questions to the Administration Office in advance of the meeting. Doug Fresh, our CEO, will answer these questions the same as he would a question from the floor. Please join him for this informal meeting.



### In-House Television Reminder

Residents are reminded to check the in-house television station, Channel 96, 98, or channel 732 if you have digital cable, for timely information and Village events. If you are unable to access these channels, or the channels are not clear, please notify the Administration Office.

### Hearing Clinic

A representative of *Bay Area Hearing Care* will be here on Monday, January 22, at 9:00 a.m. in the Hobby Room. Please stop by if you have questions regarding your hearing aid or need your hearing aid repaired. Hearing tests are available by appointment in your apartment by calling Rosemary McKinney at (727) 446-8392.

### Trash Disposal Reminder

Residents are reminded that glass bottles and other trash should be placed in a plastic or paper bag and sent directly down the chute with the exception of newspapers, which should be placed in the recycle bins. Broken down boxes, magazines, and any other clean paper items may also be placed in the newspaper recycle bins if you wish to have these items recycled.

### Ruth Eckerd Hall’s *‘Adults at Leisure’*

Residents signed-up to see “Modern Gentleman” show at *Ruth Eckerd Hall* on Sunday, January 28, are reminded to please be in the Front Lobby and ready to go at 12:00 noon. Don’t forget your ticket!



### Ruth Eckerd Hall’s *‘Coffee Concert’*

Residents with tickets to see the “Florida Orchestra Coffee Concert” at *Ruth Eckerd Hall* on Wednesday, January 31, are reminded to please be in the Front Lobby and ready to go at 9:30 a.m.

### Postage Rate Increase Reminder

The cost of one First-Class Forever Stamp will be 50¢ and a sheet of twenty First-Class Forever Stamps will be \$10 effective Sunday, January 21.

There has been some confusion with the use of Forever Stamps. Forever Stamps are always good for mailing a one-ounce letter anytime in the future regardless of price changes (so it is not necessary to add a 1¢ stamp when using any “Forever Stamp” you may have purchased in the past).



## Midweek Movie

The Midweek Movie for Wednesday, January 24, is *Nicholas Nickleby* starring Jamie Bell, Anne Hathaway, Charlie Hunnam, Christopher Plummer, Timothy Spall, and Juliet Stevenson. When the Nickleby family is betrayed in their hour of need, young Nicholas must save the day. Join him on a remarkable journey that is a joy to watch. This 2002 movie is 2 hours and 12 minutes long and will be shown at 11:00 a.m. and 6:30 p.m. in the Chapel. **Rated PG-13** for some thematic material involving some violent action and a childbirth scene.



## Book Review with Gene Coppola

Gene Coppola, Director of the *Palm Harbor Library* will present a Book Review on Thursday February 1, at 1:30 p.m. in the Club Room. He will review the book “The Underground Railroad” by Colson Whitehead. Cora is a slave on a cotton plantation in Georgia. Life is hellish for all the slaves but especially bad for Cora; an outcast even among her fellow Africans, she is coming into womanhood—where even greater pain awaits. When Caesar, a recent arrival from Virginia, tells her about the Underground Railroad, they decide to take a terrifying risk and escape. Matters do not go as planned and, though they manage to find a station and head north, they are being hunted.

In Whitehead’s ingenious conception, the Underground Railroad is no mere metaphor—engineers and conductors operate a secret network of tracks and tunnels beneath the Southern soil. Cora and Caesar’s first stop is South Carolina, in a city that initially seems like a haven—but the city’s placid surface masks an insidious scheme designed for its black denizens. Even worse: Ridgeway, the relentless slave catcher, is close on their heels. Forced to flee again, Cora embarks on a harrowing flight, state by state, seeking true freedom.

## Francis Wilson Playhouse Reminder

Residents signed-up to go to the *Francis Wilson Playhouse* to see “Rumors” on Saturday, January 27, are asked to please be in the Front Lobby and ready to go at 1:00 p.m.



Test your knowledge and join us in the Hobby Room to play Trivial Pursuit on Monday, January 22, 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.

## Monday Morning Menu Chat

Huseyin Isguzar, our Chief Culinary Officer, wants to get to know you and understand your culinary needs and desires. His Monday Morning Menu Chats will help accomplish just that. Each Monday (*excluding the 1st Monday of the month*) at 10:00 a.m. in the Dining Room he will meet with you to discuss last week’s menus and what special requests you might have for the coming weeks. The next Monday Morning Menu Chat will be held on Monday, January 22.

## ORGAN MUSIC by Dick Rydberg

Dick Rydberg will play organ music on Tuesday, January 23, from 6:30 p.m. to 7:00 p.m. in the Elevator Lobby. He will play familiar tunes for you. Indulge in a pleasant evening of musical enjoyment.

## Please Remember...

In order to maintain a secure building, please report lost or stolen access cards and FOBs to the Operator or Administrative Office immediately.



## Miniature Show at Dunedin Fine Arts Center and Lunch at Bon Appétit

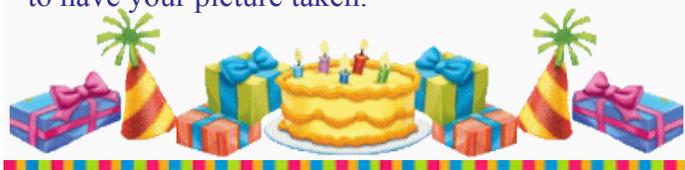
Residents signed-up to go to the Miniature Show at the *Dunedin Fine Art Center* on Wednesday, January 24, and lunch “on your own” at *Bon Appétit* are reminded to please be in the Front Lobby and ready to go at 10:00 a.m.



## BIRTHDAY AND ANNIVERSARY CELEBRATION

January's Birthday and Anniversary Celebration will be held on Friday, January 26, at 7:00 p.m. in the Chapel. The entertainment will be provided by Christiana Drapkin and her pianist. Christiana is a jazz musician and singer! Don't miss this musical treat!

Residents celebrating a birthday or anniversary during the month of January are asked to please sign up on the main bulletin board and to come down a little early on the night of the show to have your picture taken.



## RESIDENT BIRTHDAYS

Bessie Panagakos	Apt. 3103	January 21
Jack Shaw	Apt. 3314	January 21
Mary Henry	Apt. 422	January 22
Ruth Snyder	Apt. 324	January 25
Teresa Beaver	Apt. 429	January 26
Judy Corrello	Apt. 361	January 26



Because time itself is like a spiral, something special happens on your birthday each year: The same energy that God invested in you at birth is present once again. ~Menachem Mendel Schneerson

## Museum of Fine Arts and MFA Café

Calling all fine art buffs! On Wednesday, February 7, we will head to St. Pete to see the collection at the *Museum of Fine Arts*. First, we will have lunch "on your own" at the *Museum of Fine Arts Café* better known as the "MFA Café" at 11:00 a.m., then after a delicious meal we have a 1:00 p.m. docent tour which last approximately 1 hour and 30 minutes. The cost of admission is \$12 per person. The Village bus leaves at 10:00 a.m. If interested, please sign up in the Administration Office by Wednesday, January 31.

## Keep Us Informed, So We Can Keep You Safe

One of our daily Security Checks is to confirm that IL Residents have eaten their Meal of the Day. Since we no longer hand out menus, we now check off Resident's names on a daily roster. Therefore, it is very important that you check in with the Hostess each day and have your name checked off to avoid receiving a call from the Operator or a visit from Security. We also ask that each Resident checks in personally with the Hostess and that Residents do not check other Residents in since some may change their mind and decide not to dine on a particular day.

Please notify the Front Desk Operator (not the Hostess) if you will not be dining in the Dining Room on a particular day. Also, if you plan on being away from the Village overnight for any length of time, please inform the operator on your way out and again when you return. This information will assist us in our daily security checks. Thank you.

## Seated Line Dancing

Kathryn Hall, St. Mark Village Resident, will teach a Seated Line Dancing Class in the Elevator Lobby on Monday, January 22, at 2:00 p.m. This will be a forty-five minute class. There will be fun, friendship, and a little bit of frolicking. No prior dance experience necessary!

## SAFETY REMINDER

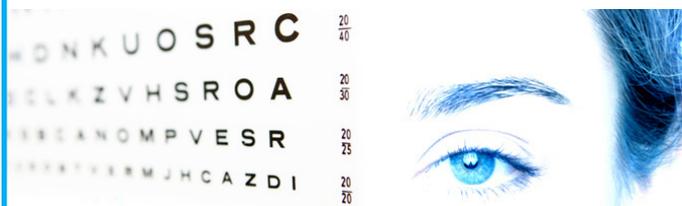
Please do not store paper products on or near the stove or in your oven. If burned food in the apartment causes excessive smoke, open the patio doors, **not** the corridor (hallway) doors, for ventilation.

## Inspire Photo and Design

Come to the South Hall on Monday, January 22, from 10:00 a.m. to 2:00 p.m. to browse Pam Kotoch's (former Front Desk Operator) collection of photography greeting cards with inspirational sayings and designs. The greeting cards range in price and start at \$3.50. Check out her inspirational greeting card display.



## HEALTHY VISION EYE SCREENINGS



The *Healthy Vision Institute* and a representative from the office of Dr. James Powers, Vitreoretinal Surgeon, will offer on-site comprehensive eye exams in the Hobby Room for the detection of macular degeneration, diabetic retinopathy, cataracts, and glaucoma. *Healthy Vision* 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, no dilation, and no cost! Each screening takes 10-12 minutes. Screenings are held each month from 10:00 a.m. to 12:00 p.m. in the Hobby Room. Please sign-up on the bulletin board if you are interested in the next screening on Thursday, February 1.

### Men's Breakfast Club

The Men's Breakfast Club will **not** meet on Tuesday, January 23. Please join them when their meetings resume on Tuesday, January 30, at 8:00 a.m. in the Banquet Room. —Klaus Koch

### Ladies Luncheon

A Ladies Luncheon will be held on Thursday, February 1, at 12:00 noon in the Banquet Room. The Historic Society of Tarpon Springs will have a representative talk about the history of Tarpon Springs and a delicious lunch will be served. The cost for lunch will be \$5 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. 128.

### Piano Music by Kendrea

Come to the Elevator Lobby on Monday, February 5, at 6:30 p.m. to hear Kendrea Kappel play familiar hymns and tunes. Don't miss out on this musical journey!



## Cold and Flu Precautions and Reminders

With cold and flu season in full swing, here are some tips for keeping the aches, pains, sniffles, and sneezes of the cold and flu at bay.



If you do become sick, stay home and rest. Drink plenty of fluids and cover your mouth and nose with a tissue when you cough or sneeze. Staying home when you are sick limits your exposure to others and lessens your chance of infecting them.

If you have additional questions in this regard, please contact Homa Kadivar, IL Resident Nurse Manager, at extension 1734.



## Income Tax Preparation Assistance

In years past AARP has sent volunteers to assist with tax preparation. This year has been especially difficult for AARP to recruit volunteers for their program. In order to accommodate your tax preparation needs we will have transportation take you to the tax aide site at the *Clearwater Countryside Library* on Mondays at 9:00 a.m. This site is open from 10:00 a.m. to 1:30 p.m. This site does not take appointments, as it offers a first come, first serve approach. There could be long wait times and long lines, so please plan accordingly. The Village bus will pick up at these sites at 10:30 a.m. and 1:30 p.m.

The checklist below includes items you need to bring when you visit a Tax-Aide site or preparer to prepare your tax return(s)

- Last year's tax return(s).
- Social Security cards or other official documentation for yourself and every individual on your return.
- Photo I.D. required for all taxpayers.
- Checkbook if you want to direct deposit any refund(s).
- Income.
- SSA-1099 Form showing the total Social Security benefits paid to you for the year, or Form RRB-1099, Tier 1 Railroad Retirement benefits.
- 1099 Forms reporting interest (1099-INT), dividends (1099-DIV), proceeds from sales (1099-B), as well as documentation showing the original purchase price of your sold assets.
- 1099-R Form if you received a pension, annuity, or IRA distribution.
- 1099-MISC Forms.
- Information about other forms of Income.
- State or local income tax refunds

If you chose not to have your taxes done with AARP and don't mind paying a nominal fee (\$50-\$75) you can call Ellen Wade in the

Hobby Room at ext. 1743 and make an appointment for Frank Shible, Bookkeeping and Accounting Services and Tax Return Preparer to pick up your tax information, (i.e., last year's return, and any other pertinent documents) and meet with you on a Tuesday from 10:00 a.m. to 1:00 p.m. in the Village Room. Frank can see three Residents each hour and will spend approximately 15-20 minutes looking over the information given to him. He will then take your returns home and bring them back the next week and schedule an appointment in the afternoon from 1:00 p.m. to 4:00 p.m. to go over your taxes with you. This will start on Tuesday, February 6, in the Library from 10:00 a.m. to 1:00 p.m. He will then come each Tuesday from February 13, and run until Tuesday, April 10, in the Library.

St. Mark Village is assisting Residents as a courtesy. We do not have any information on any of the volunteers utilized by AARP and cannot vouch for their reliability and accuracy. Frank Shible, is an independent contractor and has no relationship with St. Mark Village, Inc., legal or otherwise. We have merely agreed to assist Residents who wish to make an appointment with him and to give him space on our premises to meet with our Residents who wish to do so. St. Mark Village cannot and does not have an opinion on the quality or accuracy of any outside party assisting our Residents. It is your responsibility to ensure that the person doing your taxes has proper credentials and training.



## Let Resident Services Ease Your Stress

The beginning of a brand new year often brings many things including tax preparation. Our Resident Services Director, Karla Lindeen, can assist you and ease stress by helping you organize your tax papers. For more information please call Karla at ext. 1706.

## Resident Medical Deduction

For those Residents with an Admissions Agreement (Continuing Care Agreement) who itemize their deductions on schedule A of IRS Form 1040, the deductible amount for monies paid to St. Mark Village during the year is being computed by our accounting firm. If you need this information, a letter outlining this deduction will be available in the Administration Office late February or early March. We will notify you when this information is available.

## Michigan Club

Residents who are interested in being part of a Michigan Club the first meeting to determine programs will take place on Monday, February 5, at 7:00 p.m. in the 5th Floor Lounge. Come with program ideas! If you have any questions regarding this club please call Murray Smith in Apt. 527.

### Lost & Found

The following items were found and turned in to the Administration Office last week.

- Mug, ceramic, white
- Pen; purple and silver-tone
- Plush Toy, tiger
- Reading Glasses; brown frames
- Reading Glasses; pearlescent frames

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

## Calendar of Events

### Sunday, January 21, 2018

- 10:00 Worship Service - Chapel
- 1:00 Resident Nurse in the Wellness Center until 2
- 6:30 Village Movie - Chapel

*(continued next column)*



### The Space Between Us



Fri. 1/19; Sat. 1/20; Sun. 1/21\*      6:30 p.m.  
 Saturday Matinee, 1/20\*              1:00 p.m.

**Director:** Peter Chelsom.

**Cast:** Gary Oldman, Asa Butterfield, Carla Gugino, Britt Robertson.

As the first Mars-bred human, 16-year-old Gardner Elliot is now ready to venture toward Earth to pursue an online romance. As he plots his journey, he uncovers more about his mom, who died in childbirth, and his dad, who's never been identified. Adventure, Drama. 2017; 2 hours.

**Rated PG** for brief sensuality and language.

\*Closed caption programming if available.  
 Star ratings (4 star scale) from *RogerEbert.com*

### Monday, January 22, 2018

*(concluded from previous column)*

- 9:00 Hearing Clinic - Hobby Room
- 9:00 Simply Stretch - Wellness Center
- 10:00 Inspire Photo and Design until 2 - South Hall
- 10:00 Monday Morning Menu Chat - Dining Room
- 11:00 Be Balanced & Strong - Wellness Center
- 1:00 Greeting Card Corner until 3 - Library
- 1:00 Prayer Group - Club Room
- 1:00 Resident Nurse in the Wellness Clinic until 2
- 1:30 Trivial Pursuit - Hobby Room
- 2:00 Aqua Aerobics - Pool
- 2:00 Seated Line Dancing - Elevator Lobby
- 4:00 Annual Meeting - Chapel
- 4:30 Refreshments after Annual Meeting-Club Rm
- 6:30 Downton Abbey - Chapel
- 6:30 Open Bridge - Club Room

### Tuesday, January 23, 2018

- 7:00 BayCare Laboratory Svcs til 8-Wellness Clinic
- 10:00 Sit & Fit - Wellness Center
- 10:30 Bible Study - Club Room
- 10:30 Needlers & Hookers until 12 - 3rd Floor Lng
- 1:00 Resident Nurse in the Wellness Clinic until 2
- 2:00 Yoga Level 1 - Village Room
- 6:30 Organ Music by Dick Rydberg - Elevator Lby

*(continued on page 6)*

## Wednesday, January 24, 2018 *(concluded from pg 5)*

- 10:00 Be Balanced & Strong-Wlms Ctr
- 10:00 Bus leaves for Dunedin Fine Arts Center
- 11:00 Midweek Movie Matinee - Chapel
- 1:00 Greeting Card Corner until 3 - Library
- 1:00 Resident Nurse in the Wellness Clinic until 2
- 2:00 Yoga Level 2 - Village Room
- 6:30 Midweek Movie - Chapel

## Thursday, January 25, 2018

- 9:30 Catholic Communion - 4th Floor Lounge
- 10:00 Sit & Fit - Wellness Center
- 11:30 Interval Training - Wellness Center
- 1:00 Resident Nurse in the Wellness Clinic until 2
- 2:00 Circuit Training - Wellness Center
- 6:30 Cribbage - 5th Floor Lounge
- 7:00 Village BINGO - Club Room

## Friday, January 26, 2018

- 9:00 Walking Club - 4th Floor/Outside
- 10:00 Craft Class - Hobby Room
- 10:00 Village Forum - Chapel
- 11:30 Aqua Aerobics - Pool
- 1:00 Greeting Card Corner until 3 - Library
- 1:00 Resident Nurse in the Wellness Clinic until 2
- 1:00 Wii Bowling League B - 3rd Floor Lounge
- 1:00 Wii Bowling League A - 6th Floor Lounge
- 7:00 Birthday & Anniversary Celebration - Chapel

## Saturday, January 27, 2018

- 10:00 Exercise w/Shirley Appell - Wellness Center
- 10:00 Fun Chorus - Chapel
- 1:00 Bus leaves for Francis Wilson Playhouse
- 1:00 Resident Nurse in the Wellness Clinic until 2
- 1:00 Village Movie Matinee - Chapel
- 6:30 Open Bridge - Club Room
- 6:30 Village Movie - Chapel



- Upcoming Events**
- Jan. 28 Adults at Leisure at REH-12p
  - Jan. 29 Downton Abbey-6:30p
  - Jan. 30 Miller's Dutch Kick'n-Bus-10:20a
  - Jan. 31 Coffee Concert at REH-9:30a
  - Feb. 1 Book Review-1:30p
  - Feb. 1 Healthy Vision Eye Screenings-10a
  - Feb. 1 Ladies Luncheon-12p
  - Feb. 5 Piano Music by Kendrea-6:30p
  - Feb. 5 Michigan Club-7p
  - Feb. 6 Transportation Chat-1p
  - Feb. 7 Museum of Fine Arts-Bus10a
  - Feb. 17 TS Performing Arts Ctr-Bus 6:50p



## THE PEOPLE OF ST. MARK VILLAGE

### A WARM WELCOME IS EXTENDED TO:

Joseph Antonetti, Rm. 1106; Rose Garcia, Rm. 1109; Marvin Luntz, Apt. 3304; and Marian Palmer, Apt. 1109.

### In Care Center:

Richard Brounley	Betty Fresh Rehab & Spa
Dorothy Chapman	Health Care Center
Raymond Cox	Health Care Center
Betty Donner	Betty Fresh Rehab & Spa
Everett Highley	Betty Fresh Rehab & Spa
Grace Jorgensen	Highland Lakes Assisted Lvg
Jane Kaempfer	Betty Fresh Rehab & Spa
Jean Parker	Betty Fresh Rehab & Spa
Gail Simon	Highland Lakes Assisted Lvg
Leo Summers	Betty Fresh Rehab & Spa
Maria Taylor	Betty Fresh Rehab & Spa
Mildred Ternes	Health Care Center
Pat Walker	Betty Fresh Rehab & Spa
Miriam Work	Betty Fresh Rehab & Spa

### In The Hospital:

Richard Bobbitt	Mease Countryside
Audrey Nolley	Mease Countryside
Olive Pocius	Mease Countryside
Russell Zych	Mease Countryside

### Returned to Apartment:

Janice Benes	Apt. 3402
Miriam Biglow	Apt. 353
Anne Brooks	Apt. 403
William Brown	Apt. 1221
Marilyn Manovill	Apt. 3416
Elizabeth Marthens	Apt. 1203
Margaret Sarka	Apt. 140
Ginny Sewell	Apt. 3409
Judy Young	Apt. 223

### Transfers

Joseph Antonetti	Rm. 1106
Dorothy Chapman	Rm. 1028