

# THE FRIDAY FLASH

A weekly newspaper for Laurel Lake Retirement Community ☺ Hudson, Ohio ☺ February 18, 2011

## Piracy on the High Seas: Laurel Lake hosts special program



British warship *HMS Northumberland* crew member stands guard as a ship loaded with World Food Program cargo sails out of Mombasa, Kenya.

Pirates are striking farther afield as the U.S., European Union and other nations crack down on piracy off the coast of Somalia. The International Maritime Bureau reports that Somali pirates now hold 31 vessels and 700 hostages.

On Feb. 23 at 1 p.m. in the Community Room, Laurel Lake will host a special videoconference with anthropologist and author Carolyn Nordstrom. “**Piracy in the Waters of Globalization**” is sponsored by the Cleveland Council on World Affairs.

Piracy on the high seas has a long history going back several centuries. Dr. Carolyn Nordstrom has spent three years tracking the

routes of illegal trade and piracy, talking to pirates, observing traffic in major ports of Africa and Asia, and tracking the flow of goods around the world.

A member of the Notre Dame faculty since 1997, Nordstrom is at home in lecture hall and war zone alike. She studies wars, the illegal drug trade, gender relationships, and war profiteering. Her research has made her an eyewitness and scholar of worldwide urban and rural battlefields as well as of the shadowy worlds of diamond, drug, and arms and smuggling. She is the author of “Global Outlaws: Crime, Money & Power in the Contemporary World.”



## NYT bestselling author to speak at Laurel Lake

Jennifer Chiaverini will bring the latest in her New York Times best selling “Elm Creek Quilts” series to Hudson Feb. 25 at 7 p.m. at Laurel Lake. The event is free, but space is limited. Call The Learned Owl at 330-653-2252 to register.

Chiaverini’s new novel, “The Union Quilters,” is a tale of love and sacrifice set during the Civil War. In 1862 the men of Water’s Ford, Pa. answer the call to arms, spurring the women of the Elm Creek Valley into their own battle to preserve the nation. Soon it will fall to these women to care for wounded veterans and run farms and businesses.

Copies of Chiaverini’s new book will be available for sale at the event. Judging by previous turnout, the event will fill up quickly so please reserve seats today.

## Call for nominations

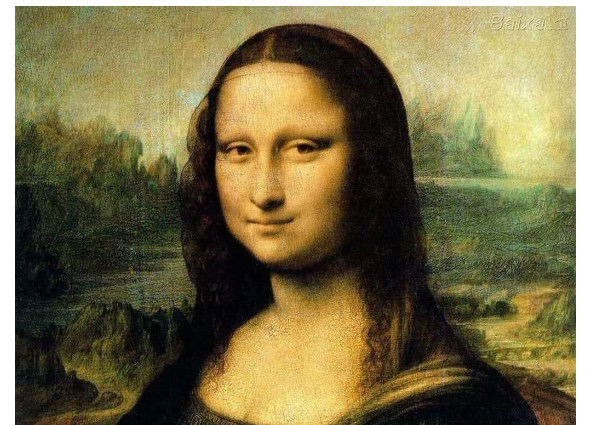
In April, Laurel Lake will once again honor individuals who have enhanced quality of life for residents and the community through their dedicated volunteer service. Nominations for the **Volunteer Awards** will be accepted from Feb. 21 to March 7. Categories include Outstanding TLC Volunteer, Community Volunteer, Laurel Lake Resident Outreach Volunteer, Laurel Lake On-campus Volunteer, and Special Service Award.

Pink nomination forms will be available at the Front Desk and in the Mission Office starting on Feb. 21. While residents and staff may nominate more than one award-worthy volunteer, each nomination must be on a separate form.

## Hear VOICI on March 6

On Sunday, March 6 at 5 p.m., Music from the Western Reserve brings you **VOICI** (pronounced VO-Chee, an Italian word meaning many voices). Formerly known as Voices of Canton, VOICI is dedicated to engaging adults in the performance of choral and vocal works in various genres. Originating in 1939 as the Canton Civic Opera, VOICI has been performing opera, operettas, musicals, major works, madrigals and musical reviews for 70 seasons. Loren C. Veigel is the group’s Director.

As the concert’s sponsor, all Laurel Lake residents will be admitted to this performance for free. The concert will be held at the Knight Fine Arts Center on the campus of Western Reserve Academy. Please register at the Event Desk today if you would like to enjoy this inspiring choral performance by our neighbors to the south.



## Attend art lecture on Leonardo da Vinci

On Feb. 24 at 7 p.m. in the Community Room, Laurel Lake will present “**Through the Eyes of the Artist: Leonardo da Vinci.**” The program is free and open to the public.

Few people know the amazing story behind genius inventor and artist Leonardo da Vinci, a man often described as the embodiment of the Renaissance. Join local art historian **Felicia Zavarella Stadelman** as she uncovers fascinating details about the life and works of da Vinci, using music, prints and images to tell the artist’s story.

## COFFEE with David

Friday chats at 10:00 AM with David Oster, Executive Director

February 18 – “Financial Year in Review” and “Women’s Shelter.”

March 4 – “Capital Projects,” “Security” and “Therapy Services.”

# YOUR HEALTH

## APPLE IPAD CHANGES LIFE FOR GLAUCOMA SUFFERER

A 100-year-old woman with glaucoma just bought her first ever computing device – the Apple iPad – and is telling the world through a YouTube video how it changed her life.

As an English literature graduate from Reed College, Portland, Virginia Campbell always loved reading and writing, with a particular interest in writing poems. The onset of glaucoma, however, meant that these activities became much more difficult – until she discovered the iPad.

The iPad, says Campbell, has helped her by making text legible thanks to its ability to adapt the brightness and contrast of the display and enlarge text size. Virginia even wrote a limerick:

*To this technology ninny it's clear  
In my compromised 100th year,  
That to read and to write  
Are again within sight  
Of this Apple iPad pioneer.*

The YouTube video shows Virginia using the iPad, and it's clear that she is anything but a "technology ninny."

## PERSONAL TRAINING: AN INVESTMENT IN YOU!

A personal trainer is a coach, a mentor, a cheerleader, a teacher, a listener, and a friend. A personal trainer looks at your present fitness level and helps you set realistic goals, then helps you to achieve them. A personal trainer is there to make you accountable for completing your exercise plan and is there to motivate you when you'd rather quit. A personal trainer understands that not everyone likes to exercise, that we all start at different places, and then takes over the program planning.

A personal trainer can help you in one session or one hundred sessions, depending on your objectives and life demands. Yes, a personal trainer charges a fee for this assistance, but aren't you worth it? Personal training is an investment in your future wellbeing. Move forward by making a call today to **Jill Rango**, Laurel Lake's personal trainer, at ext. 1781.

## Give me that old time rock and roll!

Laurel Lake's first distance learning program with the **Rock & Roll Hall of Fame** was a huge success. How fun to see all those heads bobbing to the heavy metal beat of Metallica, and hear the class create their own orchestral arrangement for The Beatle's "Because." Get ready for two more exciting programs!

■ **BIG BANG: THE BIRTH OF ROCK & ROLL** – February 21 @ 3:30 pm. In the early 1950s, a new form of music exploded on the scene, exciting a growing teenage audience. Popularized by disc jockey Alan Freed, the term "rock and roll" came to describe a new form of music steeped in blues, country and gospel. Teenagers fell in love, listening to it on transistor radios and buying it in record stores, while many parents believed it was simply noise with a negative influence. Examine the impact of geography, race, technology, and teen culture in shaping rock and roll music in this remarkable era. Watch vintage performances by Hall of Fame Inductees Chuck Berry, Jerry Lee Lewis, Elvis Presley and Little Richard.

■ **ROCK MUSIC AND SOCIAL CHANGE IN THE 60'S AND 70'S** – February 28 @ 3:30 pm. The history of rock and roll encompasses some of the most turbulent times in U.S. history – the Vietnam War, the Civil Rights movement and Women's Liberation. This class features songs from artists including Bob Dylan, Jim Hendrix and Jefferson Airplane, showing ways that popular musicians have used messages of revolution, protest, and empowerment to question society and effect change.

## Dining Services Committee at your service

In addition to culinary staff, the Dining Services Committee is "stocked" with wonderful resident volunteers. Currently serving are Betty Cable, Alice Caldwell, Bob Farwell, Frank Fisher, Thelma Leppo, Stuart Murray, Mary Ellen Sheridan, Pegg Spring, Lola Rothmann and Inge Strach, with Ed Lutz as chairman. Each person is committed to making your dining experience special.

## Call the Hotline for home maintenance

When you need to report a maintenance problem or request routine work in your home, who should you call? The **Work Order Hotline** (1915) is the number to call so that your request can be properly logged and prioritized. All requests should come through this single source. In the event of a maintenance emergency, please call the Front Desk immediately at #1418.

A WARM WELCOME  
TO OUR NEW NEIGHBOR!

**Mary Hoffman**  
Brecksville, Ohio  
Eastwood 181 / 330-528-6181

## SPIRIT-FILLED LIVING

### ■ SUNDAY VESPERS

Sunday Feb. 20, 4:00 PM in Serenity Chapel.  
Rev. Dick Hasler, Hudson Congregational Church.

### ■ SERVICES AND PROGRAMS

**Episcopal Communion** – Every Sunday 10:30AM Hive Chapel, led by Charlie Haake.  
**Morning Prayer** – Tues. 9:30am, Hive Chapel.  
**The Book of Acts** – Monday 10:00AM in Mixing Place.  
**Congregational Conversations** – Tuesday at 1:30 PM, Mixing Place.  
**Women's Spirituality Luncheon** – Thursday at 11:30AM, Small Dining Room. Call Valerie (6200) to attend. Cost \$5.  
**Men's Spirituality Luncheon** – Friday at 11:30, Greenwood Private Dining Room. Call Bill Fissinger (6105) to attend. Cost \$5.  
**Scripture, Prayer & Music** – Saturday, 10:00 AM in Boardroom. Led by Helen Mainelli.

### ■ CATHOLIC SERVICES

**Communion** - Sunday at 11:00AM in Serenity Chapel.  
**Rosary** - Monday at 4:00 PM, Hive Chapel with Tom Cracolici.  
**Friday Mass** – 4:00 PM in Serenity Chapel.

### ■ CHAT WITH THE CHAPLAIN

Monday at 1:30 PM in Mixing Place.

## Caregivers Circle to meet

The **Caregivers Circle** will meet Wednesday, Feb. 16 at 2 p.m. in Mixing Place II.

## New lingo for Verbomaniacs

*Words of the Week:* Big media, cool hunter, megachurch, meme, microblog, own, social media, turducken, tweet, webisode.

## Early retirement and memory

A recent study in the *Journal of Economic Perspectives* finds that those who leave their jobs for early retirement also go into "mental retirement."

The National Institute on Aging surveys more than 22,000 Americans over age 50 every two years and administers memory tests. The memory test looks at how well people recall a list of 10 nouns immediately and 10 minutes after they hear them. A perfect score is 20. Among similar tests conducted in different countries, retirees in the U.S. did the best with an average score of 11. Those in Denmark and England scored 10. The average score in France was 8, Italy scored 7, and Spain scored 6.

The researchers found a straight-line relationship between the percentage of people in a country who are working at age 60 to 64 and their performance in memory tests. The longer people in a country keep working, the better, as a group, they do on tests when they are in their early 60s.

**TJM Handmade Jewelry** will host a sale on Thursday, Feb. 24 from 10 a.m. to 3 p.m.

**Weekend Managers on Duty** – Saturday: Charlene Kulesza, Executive Assistant #1410. Sunday: David Oster, Executive Director #1400.

**Questions or comments?** Contact editor Donna Anderson at #1436 or info@laurellake.org. To receive the Flash via email, contact Donna.