

# The Southshore Falls Scoop

Love life to the fullest.

Volume: 6 Issue: 1

January 2012



No visitors will be allowed on the property without resident approval and will receive a dated pass. The pass must be placed on the dashboard while on the property. Please update information for the new year with Linda.

Please notify your guests that parking on the streets is not permitted.

Due to high printing costs and resident feedback, the printed newsletter is in abbreviated format. A more detailed newsletter can be found on the website at [www.southshorefalls.org](http://www.southshorefalls.org)

Submissions to the newsletter must be received by the 20th of the month and will appear on the online version only.

Remember that your Del Webb access cards are required for entry into the Wellspring Club and the Eagle Falls Courts.

Please see Cathy Sobrito with any questions about HOA dues.

If you have borrowed any books or magazines from the Fountains Fitness Center please return as soon as possible.



Laurel Falls

Brian & Melanie Richie

Seneca Falls

Susan & Arthur Bailyn

Sunset Falls

Lori Hyatt

*Del Webb*  
— SOUTHSHORE FALLS —

5831 Cascade Falls Drive  
Apollo Beach, FL 33572  
(813) 641-3616  
[www.SouthshoreFalls.org](http://www.SouthshoreFalls.org)

Sales Center Hours:  
Monday, Tuesday, Friday, Saturday:  
9:00 am to 5:00 pm  
Wednesday, Sunday:  
11:00 am to 5:00 pm  
645 - 5749

Wellspring Club Hours:  
Monday: 8:00 am to 9:00 pm  
Tuesday: 8:00 am to 9:00 pm  
Wednesday: 8:00 am to 9:00 pm  
Thursday: 8:00 am to 10:00 pm  
Friday: 8:00 am to 10:00 pm  
Saturday: 9:00 am to 10:00 pm  
Sunday: 9:00 am to 9:00 pm

Dominique Lusk, Lifestyle Director  
[DLusk@accessyourcommunity.com](mailto:DLusk@accessyourcommunity.com)

Cathy Sobrito, HOA Assistant  
[CSobrito@accessyourcommunity.com](mailto:CSobrito@accessyourcommunity.com)

John Anzilotti, Maintenance Director  
[SSFmaint@accessyourcommunity.com](mailto:SSFmaint@accessyourcommunity.com)

Kim Bittar, Community Manager  
[KBittar@accessyourcommunity.com](mailto:KBittar@accessyourcommunity.com)

Security Gatehouse  
641 - 8742

Pulte Warranty  
[Pultedelight@pulte.com](mailto:Pultedelight@pulte.com)

Garbage: Wednesday and Saturday  
Recycling: Thursday  
Yard Waste: Wednesday

## In this issue:

Kim's Korner- Page 2  
Lifestyle Program Guide- Page 3, 6-7  
Calendar of Events- Page 4-5  
Upcoming Events- Page 8  
New Year Fitness- Page 9  
GORED- Page 10  
Toys for Tots- Page 11  
Classifieds- Page 10

5831 Cascade Falls Drive, Apollo Beach, FL 33572

Dear Southshore Falls Residents:

Happy New Year to all!! I wish all good health and happiness in 2012 and the years to come!

I would like to thank all those who replied to the survey that was sent out in December. I received 214 responses, which is 42% of the emails we have on file! I am in the process of reviewing all of the responses. This will assist us with making a decision in the future for the newsletter and the coffee service in the Internet Café.

The coupon books for 2012 maintenance fees have been mailed and you should be in receipt of it. If you have not received your coupon book, please contact Cathy in the office. If you are on ACH, you will not receive a coupon book.

**Ongoing Friendly Reminders:**

- Please pick up after your pets! This issue continues to be a hot topic and we appreciate all pet owners being diligent over this very important matter!
- Parking on the street is not permitted. Please utilize all spots in your driveway and garage. We recently had an incident where an emergency vehicle had a very difficult time maneuvering down a street in the community where vehicles were parked on the street.
- If you utilize the Shady Glen Trails for walking, please do not cut through individual lots to return to the street. Since the community has developed on either side of the Shady Glen Trails, it is important to respect those owners whose lots are adjacent to the trails. Please enter and exit Shady Glen Trails from the access points on Sunset Falls Drive.

The next cycle of painting, pressure washing and preventive maintenance is in the process of being reviewed. More details to come in the next few weeks!

Warm Regards,

Kim Bittar, LCAM  
Community Manager  
[kbittar@accessyourcommunity.com](mailto:kbittar@accessyourcommunity.com)



Kim Bittar, LCAM  
Community Manager



*Happy Holidays and Happy New Year from all of the Staff here at the Wellspring Club.*

*Thank you for your thoughtful gifts and best wishes.*

# Lifestyle Program Guide

Happy 2012 everyone,

I hope you all enjoyed your Holiday season with your family, friends and neighbors. With this new year, this is a fresh start to try something different, meet new friends and attend more events. As we enter this new year of 2012, I'm reminded of several quotes given to me years ago, but very applicable today.

"Every year of my life I grow more convinced that it is wisest and best to fix our attention on the beautiful and good and dwell as little as possible on the dark and the base."

~Cecil

Warm Regards,  
Dominique Lusk

## Social Activities

### Bingo

Come out and try your luck at bingo! \$10.00 for 3 tickets or \$15.00 for 5 tickets.

**Date/Time:** first Wednesday, January 4 at 7:00 pm

**Location:** Islanders Internet Café

**Cost:** Free

### Café Connection

On Fridays come join your friends and neighbors in the Islanders Internet Café for some breakfast goodies and coffee. Breakfast items are also welcomed to share.

**Date/Time:** every Friday in January

**Location:** Islanders Internet Café

**Cost:** Free

### Football & Beer Sundays

Are you ready for some football? Watch your favorite teams play football while eating a hot dog and drinking a beer.

**Date/Time:** January 8, 15, 22 and 29 from 1:00 pm to 4:00 pm

**Location:** Seven Seas Grand Ballroom

**Cost:** Free

### Central Florida Dance Alliance

Come experience the talented Central Florida Dance team perform for our community.

**Date/Time:** January 7 from 3:00 pm to 4:00 pm

**Location:** Seven Seas Grand Ballroom

**Cost:** Free

### Guitar by the Fire with Chuck Cobb

Welcome Chuck Cobb back to Southshore Falls. He will be playing fireside while we cozy up next to our friends and loved ones for a relaxing yet chilly evening. Please bring blankets and lawn chairs if attending.

**Date/Time:** January 8 from 6:00 pm to 8:00 pm

**Location:** Poolside (weather permitting)

**Cost:** Free (feel free to BYOB)

### Pub Night

Get ready for some fun at Pub Night to celebrate the new year! It boasts live entertainment, cash bar, and a great evening.

**Date/Time:** Friday, January 13 from 6:30 pm to 9:30 pm

**Location:** Seven Seas Grand Ballroom

**Cost:** \$2.00 cover charge

(beverage cost: beer- \$2.00, wine- \$3.00, cocktails- \$4.00)

### The American Songbook LIVE

Celebrate with this live musical show. hors d'oeuvres and drinks will be available to enjoy during show. Sponsored by Del Webb.

**Date/Time:** Saturday, January 14 from 7:00 pm to 10:00 pm

**Location:** Seven Seas Grand Ballroom

**Cost:** \$20.00 (including drinks and appetizers)

### Special Preview: The Girl With the Dragon Tattoo

The Girl with the Dragon Tattoo is an award-winning crime novel by Swedish author and journalist Stieg Larsson. It is the first book in the trilogy known as the "Millennium series". This movie is the Swedish version with English subtitles.

**Date/Time:** Friday, January 20 at 6:00 pm

**Location:** Seven Seas Grand Ballroom

**Cost:** Free (next part of series will play in February)

Warning: contains graphic and adult content

### Music Through the Decades

This is a show with different musical stylings including Jazz, R&B, Broadway, Big Band, Folk, Classic Pop, Classical from the 1930's to present. There will be beer & wine for your enjoyment.

**Date/Time:** Saturday, January 28 from 7:00 pm to 9:00 pm

**Location:** Seven Seas Grand Ballroom

**Cost:** \$15.00 per person (including drinks)

### Mark Klein, Corporate Jester

Mark Klein will be coming to Southshore Falls to provide a clean and unique comedy that will have us rolling on the floor. He has been seen on CBS: 48 Hours-Profile Segment; A&E: Comedy on the Road-Comedy Act; Showtime: Comedy Club; Network: Comedy Act; Comedy Central; Comcast-Comedy Showcase; The Bob & Tom Show, Forbes magazine. For more information, check out Mark's website at <http://www.corpjester.com>. This event is sponsored by Del Webb.

**Date/Time:** Monday, January 30 from 7:00 pm to 9:00 pm

**Location:** Seven Seas Grand Ballroom

**Cost:** Free (feel free to BYOB)

If you have any suggestions for activities and/or clubs please see Dominique for more information.

# Calendar of Events

Mon

Tues

Wed

SOUTHSHOREFALLS

Please see the Lifestyle Program Guide for cost and description of all Lifestyle events. Be sure to register for events at the Wellspring Club.

See the Lifestyle department for any questions regarding events.

<p>8:15 am Zumba 10:00 am Zumba 1:00 pm Bridge 1:00 pm Canasta 6:30 pm Mah Jongg Basics</p> <p style="text-align: right;"><b>2</b></p>	<p>8:00 am Smile &amp; Breathe 9:00 am Meditation 9:00 am <b>FITNESS KICK OFF</b> 10:00 am Get Fit 1:00 pm Bridge 1:00 pm Mah Jongg 5:00 pm <b>FITNESS KICK OFF</b> 6:30 pm Pinochle 7:00 pm Line Dancing</p> <p style="text-align: right;"><b>3</b></p>	<p>8:15 am Zumba 9:00 am Bike Club 10:00 am Zumba 10:30 am Fantasy Football 1:30 pm Euchre 6:45 pm <b>Bingo</b></p> <p style="text-align: right;"><b>4</b></p>
<p>8:15 am Zumba 10:00 am Zumba 1:00 pm Bridge 1:00 pm Canasta 6:00 pm Bowling for Fun 6:30 pm Mah Jongg Basics 7:00 pm Let's Talk Sports</p> <p style="text-align: right;"><b>9</b></p>	<p>8:00 am Smile &amp; Breathe 9:00 am Meditation 10:00 am Get Fit 10:00 am Singles Club 1:00 pm Bridge 1:00 pm Mah Jongg 6:30 pm Pinochle 7:00 pm Line Dancing</p> <p style="text-align: right;"><b>10</b></p>	<p>8:15 am Zumba 9:00 am Bike Club 10:00 am Zumba 10:30 am Fantasy Football 1:30 pm Euchre 6:30 pm Old Time Game Night</p> <p style="text-align: right;"><b>11</b></p>
<p>8:15 am Zumba 10:00 am Zumba 1:00 pm Bridge 1:00 pm Canasta 6:30 pm Mah Jongg Basics</p> <p style="text-align: right;"><b>16</b></p>	<p>8:00 am Smile &amp; Breathe 9:00 am Meditation 9:00 am Gun Club 10:00 am Get Fit 1:00 pm Bridge 1:00 pm Mah Jongg 6:30 pm Pinochle 7:00 pm Line Dancing</p> <p style="text-align: right;"><b>17</b></p>	<p>8:15 am Zumba 9:00 am Bike Club 10:00 am Zumba 10:30 am Fantasy Football 12:00 pm <b>SSFWSC January Luncheon &amp; Pajama Party</b> 1:30 pm Euchre 6:00 pm <b>Social Security 101</b> 7:00 pm Book Club</p> <p style="text-align: right;"><b>18</b></p>
<p>8:15 am Zumba 10:00 am Zumba 1:00 pm Bridge 1:00 pm Canasta 6:30 pm Mah Jongg Basics</p> <p style="text-align: right;"><b>23</b></p>	<p>8:00 am Smile &amp; Breathe 9:00 am Meditation 10:00 am Get Fit 10:00 am Singles Club 1:00 pm Bridge 1:00 pm Mah Jongg 6:30 pm Pinochle 7:00 pm Line Dancing</p> <p style="text-align: right;"><b>24</b></p>	<p>8:15 am Zumba 9:00 am Bike Club 10:00 am Zumba 10:30 am Fantasy Football 1:30 pm Euchre 6:30 pm Old Time Game Night 7:00 pm Canasta</p> <p style="text-align: right;"><b>25</b></p>
<p>8:15 am Zumba 10:00 am Zumba 1:00 pm Bridge 1:00 pm Canasta 6:30 pm Mah Jongg Basics 7:00 pm <b>Mark Klein</b></p> <p style="text-align: right;"><b>30</b></p>	<p>8:00 am Smile &amp; Breathe 9:00 am Meditation 10:00 am Get Fit 1:00 pm Bridge 1:00 pm Mah Jongg 6:30 pm Pinochle 7:00 pm Line Dancing</p> <p style="text-align: right;"><b>31</b></p>	

# January 2012

Thurs

Fri

Sat

Sun

			<p><b>1</b></p> <p>Happy New Year!</p> <p>The Wellspring Club is closed for the New Year</p>
<p><b>5</b></p> <p>8:00 am Cardio Strength 9:00 am Meditation 9:00 am Gun Club 10:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jongg 6:00 pm Poker 7:00 pm Poker 7:00 pm Mexican Dominoes/ Dominoes</p>	<p><b>6</b></p> <p>8:15 am Zumba 9:00 am Walking Group 9:00 am <b>Café Connection</b> 10:00 am Zumba 7:00 pm <i>The King's Speech</i> <b>Movie Night</b></p>	<p><b>7</b></p> <p>9:00 am Bike Club 1:00 pm Gin Rummy 3:00 pm <b>Central Florida Dance Alliance</b></p>	<p><b>8</b></p> <p>1:00 pm Football &amp; Beer 6:00 pm <b>Guitar by the Fire with Chuck Cobb</b></p>
<p><b>12</b></p> <p>8:00 am Cardio Strength 9:00 am Meditation 10:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jongg 6:00 pm Poker 7:00 pm Poker 7:00 pm Mexican Dominoes/ Dominoes</p>	<p><b>13</b></p> <p>8:15 am Zumba 9:00 am Walking Group 9:00 am <b>Café Connection</b> 10:00 am Zumba 6:30 pm <b>Pub Night</b></p>	<p><b>14</b></p> <p>9:00 am Bike Club 1:00 pm Gin Rummy 7:00 pm <i>The American Songbook</i></p>	<p><b>15</b></p> <p>1:00 pm Football &amp; Beer</p>
<p><b>19</b></p> <p>8:00 am Cardio Strength 9:00 am Meditation 10:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jongg 6:00 pm Poker 7:00 pm Poker 7:00 pm Mexican Dominoes/ Dominoes</p>	<p><b>20</b></p> <p>8:15 am Zumba 9:00 am Walking Group 9:00 am <b>Café Connection</b> 10:00 am Zumba 7:00 pm <i>Special Preview: The Girl With the Dragon Tattoo</i></p>	<p><b>21</b></p> <p>9:00 am Bike Club</p>	<p><b>22</b></p> <p>1:00 pm Football &amp; Beer</p>
<p><b>26</b></p> <p>8:00 am Cardio Strength 9:00 am Meditation 10:00 am Yoga 1:00 pm Bridge 1:00 pm Mah Jongg 6:00 pm Poker 7:00 pm Poker 7:00 pm Mexican Dominoes/ Dominoes</p>	<p><b>27</b></p> <p>8:15 am Zumba 9:00 am Walking Group 9:00 am <b>Café Connection</b> 10:00 am Zumba 4:00 pm <b>Women's Wellness Workshop</b></p> <p><b>Private Rental</b></p>	<p><b>28</b></p> <p>9:00 am Bike Club 7:00 pm <i>Music through the Decades</i></p>	<p><b>29</b></p> <p>1:00 pm Football &amp; Beer</p>

## Life Enrichment

### Johanna's Painting Class

Welcome back Johanna! This class provides instruction on how to paint with acrylics.

**Date/Time:** January 6, 13, 20 and 27 at 10:30 am

**Location:** Artesian Arts & Crafts

**Cost:** \$25.00 per class

### Social Security 101

Elijah and Mara are back at it this New Year! Teaching us about social security. Whether your knowledgeable about the system or not, this class is a great tool to understanding the in and outs of Social Security.

**Date/Time:** January 18 at 6:00 pm

**Location:** Islanders Internet Cafe

**Cost:** Free

## Fitness & Health

### Fitness Kick-Off

Start the New Year off right with some tips from the pros. Don't know where to start? Start right here in your community.

**Date/Time:** Monday, January 2 at 9:00 am and 5:00 pm

**Location:** Seven Seas Grand Ballroom

**Cost:** Free

### Line Dancing

**Date/Time:** every Tuesday at 7:00 pm

**Location:** Seven Seas Grand Ballroom

**Cost:** \$5.00 per class

**Contact:** Janette Ulics at 634-6226

### Zumba

**Date/Time:** every Monday, Wednesday and Friday at 8:15 am and 10:00 am

**Location:** Seven Seas Grand Ballroom

**Contact:** Joanne Fullerton at 740-632-9477

### Get Fit

**Date/Time:** every Tuesday at 10:00 am

**Location:** Seven Seas Grand Ballroom (except 2nd & 4th Tuesday will be located in the Yoga Room)

**Contact:** Peggy Retsch at 645-9309

### Yoga

**Date/Time:** every Thursday at 10:00 am

**Location:** Seven Seas Grand Ballroom

**Contact:** Peggy Retsch at 645-9309

### Meditation

**Date/Time:** Tuesday and Thursday at 9:00 am

**Location:** Yoga Room

**Contact:** Peggy Retsch at 645-9309

### Smile and Breathe

This class focuses on core conditioning, muscular strength and body awareness for all fitness levels.

**Date/Time:** every Tuesday at 8:00 am

**Location:** Seven Seas Grand Ballroom

**Contact:** DP Fitness at 731-8767

### Cardio Strength

This class mixes classic strength training moves with cardio blast sessions for a total body workout.

**Date/Time:** every Thursday at 8:00 am

**Location:** Seven Seas Grand Ballroom

### Circuits with Jeff

Jeff will guide you through a total body workout. Each attendee will be given a workout sheet to take personal notes.

**Date/Time:** TBA

**Location:** Fountains Fitness Center

**Cost:** Free

### Women's Wellness Workshop

"Take Control" is the subject of this workshop and focuses on discovery, getting started in fitness and taking your first steps.

**Date/Time:** Friday, January 27 from 4:00 pm to 6:00 pm

**Location:** Artesian Arts & Crafts

**Cost:** \$5.00 per person

### Walking Group

Stretch your legs and walk for your health.

**Date/Time:** every Friday at 9:00 am

**Location:** In front of the Wellspring Club

## Clubs & Groups

### Bike Club

**Date/Time:** Wednesday and Saturday at 9:00 am

**Location:** Wellspring Club

**Contact:** Kent Rasmussen at 746-1050

### Gun Club

**Date/Time:** first Thursday and third Tuesday at 9:00 am

**Location:** Islanders Internet Cafe

**Contact:** Bob Douglas at 641-0258

### Book Club

*Let's Take the Long Way Home* by Gail Caldwell

**Date/Time:** third Wednesday at 7:00 pm

**Location:** Lakes Library

**Contact:** Irene Levine at 478-0357

### Bridge

**Date/Time:** every Monday at 1:00 pm

**Location:** Artesian Arts & Crafts

**Date/Time:** Tuesday and Thursday at 1:00 pm

**Location:** Lakes Library

**Contact:** Roz Hensor at 383-6185

## Pickleball Club

**Date/Time:** every Tuesday and Thursday at 9:00 am  
**Location:** Eagle Falls Courts  
**Contact:** Dick Dykeman at 649-9672

## Scrabble Club

**Date/Time:** every Monday at 10:00 am  
**Location:** Lakes Library



## Canasta

**Date/Time:** every Monday at 1:00 pm and  
 fourth Wednesday at 7:00 pm  
**Location:** Lakes Library  
**Contact:** Rita Woolley 938-3996

## Euchre

**Date/Time:** every Wednesday at 1:30 pm  
**Location:** Lakes Library  
**Contact:** Mary Kay Snider at 645-3559

## Poker

**Date/Time:** every Thursday at 6:00 pm  
**Location:** Artesian Arts & Crafts  
**Contact:** Howard Cohn 645-1212

## Poker

**Date/Time:** every Thursday at 7:00 pm  
**Location:** Seven Seas Grand Ballroom  
**Contact:** Mike Jordan at 203-809-2782

## Mah Jongg

**Date/Time:** Tuesday and Thursday at 1:00 pm  
**Location:** Artesian Arts & Crafts  
**Contact:** Marsha Cohn at 645-1212

## Mah Jongg Basics

**Date/Time:** every Monday at 6:30 pm  
**Location:** Artesian Arts & Crafts  
**Contact:** Norma Ruckey at 860-335-8733

## Mexican Dominoes/ Dominoes

**Date/Time:** every Thursday at 7:00 pm  
**Location:** Seven Seas Grand Ballroom  
**Contact:** Peggy Retsch at 645-9309

## Singles Club

**Date/Time:** second and fourth Tuesday at 10:00 am  
**Location:** Seven Seas Grand Ballroom  
**Contact:** Diane Stange at 938-5204

## Pinochle

**Date/Time:** every Tuesday at 6:30 pm  
**Location:** Lakes Library  
**Contact:** Gerry Kelley at 645-1486

## Old Time Game Night

**Date/Time:** second and fourth Wednesday at 6:30 pm  
**Location:** Lakes Library  
**Contact:** Pam Scott at 260-3963

## Film Critics Corner

The January Movie Critic's Club will be a Stanley Kubrick retrospective. His films include: *Eyes Wide Shut*, 2001: *A Space Odyssey*, *The Shining*, etc.  
**Date/Time:** fourth Monday at 7:00 pm  
**Location:** Lakes Library  
**Contact:** Glenn Thistlethwaite at 938-3263

## Fantasy Football

**Date/Time:** every Wednesday at 10:30 am during football season  
**Location:** Islanders Internet Café  
**Contact:** Don Whiteman at 641-7117

## Gin Rummy

**Date/Time:** first and third Saturday at 1:00 pm  
**Location:** Lakes Library  
**Contact:** Don Whiteman at 641-7117

## Movie Night

**Date/Time:** first Friday at 7:00 pm *The Kings Speech*  
**Location:** Seven Seas Grand Ballroom  
**Cost:** Free (complimentary popcorn)

## Bowling for Fun

**Date/Time:** second Monday at 6:00 pm  
**Location:** The Alley in Riverview  
**Cost:** \$6.00 per person pre-paid and \$1.50 shoe rental  
**Contact:** Leuberta Scott at 645-7267

## SSFWSC January Luncheon & Pajama Party

**Date/Time:** January 18 at 12:00 pm  
**Location:** Seven Seas Grand Ballroom  
**Cost:** \$10.00 per person (cash only)  
**Contact:** Betty Alexander at 645-9109

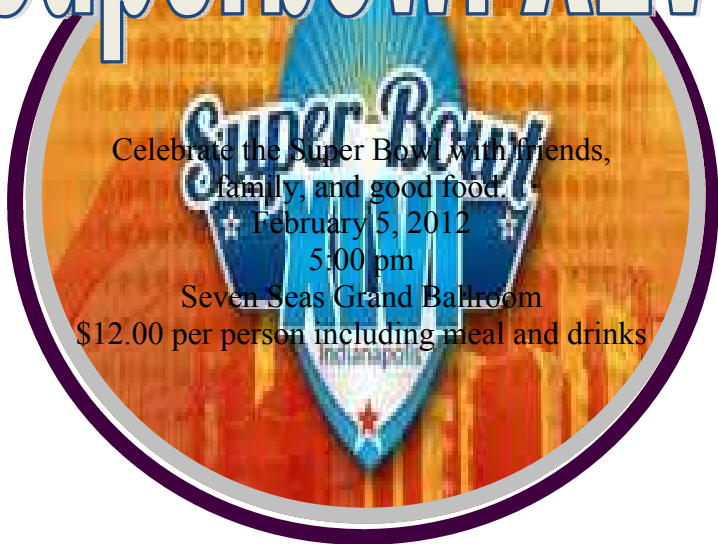
## Travel Club

Travel seminar from Rick Simonson about the "Voyages to the Heartland of America"  
**Date/Time:** Monday, January 23 at 7:00 pm  
**Location:** Seven Seas Grand Ballroom  
**Contact:** Pat Lea at 938-5580

If you are interested in starting a group or club, please contact Dominique for more information.  
[DLusk@accessyourcommunity.com](mailto:DLusk@accessyourcommunity.com)

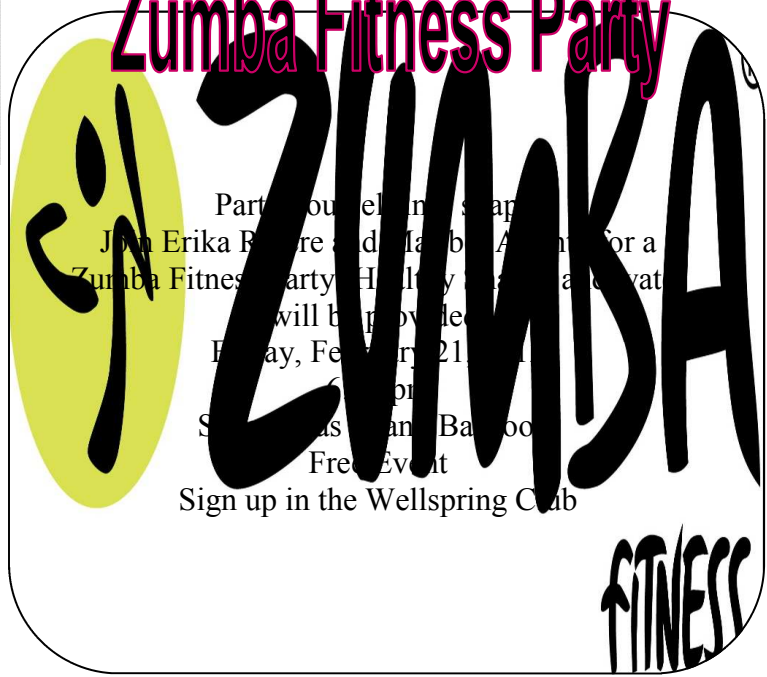
# Upcoming Events

## Superbowl XLVI



Celebrate the Super Bowl with friends,  
family, and good food.  
February 5, 2012  
5:00 pm  
Seven Seas Grand Ballroom  
\$12.00 per person including meal and drinks

## Zumba Fitness Party



Part of our celebration is a party  
Join Erika Broder and Malibu Avenue for a  
Zumba Fitness Party. Healthy fun and great  
will be provided.  
Friday, February 21, 2012  
6:00 pm  
Seven Seas Grand Ballroom  
Free Event  
Sign up in the Wellspring Club

## Drum Magic

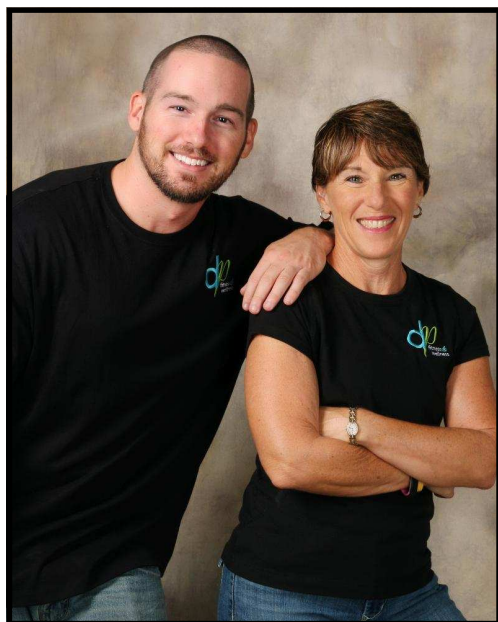
Jana Broder is coming back to Southshore Falls for another Drum Magic session. Do not miss out on this invigorating, stress-relieving and very popular activity.  
February 27, 2012  
6:30 pm sharp  
Seven Seas Grand Ballroom  
Free Admission



## Go Red Weekend

Southshore Falls first GO RED Weekend Fundraiser Event  
2 events to help the **American Heart Association** save lives  
February 3-4, 2012  
February 3-GO RED luncheon \$13.00 per person  
(including lunch and speakers)  
February 4-GO RED Walk 1k/5k \$15.00 per person  
(including t-shirts and walk)  
**If attending both GO RED events**  
**\$23.00 per person (\$5 discount)**  
Proceeds will go to the  
American Heart Association  
Sponsored by Del Webb and DP Fitness

# New Year New You



Personal Trainers  
Jeff Cunningham and Deb Peters



## New Year New You

Did you know??? Four out of five people who make New Year's resolutions eventually break them and one third won't even make it to the end of January.

In a time of daily distractions and constant demands, we often neglect what we know is most important, settling for resolutions rather than results when it comes to ...creating the healthy lifestyle we desire and deserve.

So why do we keep making ourselves the same promises over and over—and risk ending up disappointed and discouraged?

It's simple, really: Resolutions require only words. Results take action. Act now and ensure you have the energy and good health you need for success in 2012.

Take advantage of some of DP Fitness & Wellness programs being offered right here in your

## Fitness Activities

Tuesday 8:00 am Smile & Breathe

Wednesday 9:00 am Circuit Training- Introductory to the Fitness Machines

Thursday 8:00 am Cardio Strength

Fitness Kick off - Monday, January 2nd 9:00 am

Come and pick up some tips on fitness and wellness. Not a class but an informative hour.

Training groups being formed for the Gasparilla Weekend, March 3 & 4- compete in your first 5k, 15k, or half marathon.

Women's Wellness Workshop - Friday, January 27, 4:00 pm-6:00 pm, \$5.00 per person

This workshop is titled, "Take Control". It focuses on discovery, getting started and taking your first steps. Light snacks will be served.



# Thank you Southshore Falls

**Thank you to everyone who helped, contributed and gave to such a great cause.  
This year was a great success and we look forward to the years to come!**

### **MISSION OF TOYS FOR TOTS:**

The mission of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted.

### **GOAL:**

The primary goal of Toys for Tots is to deliver, through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive, patriotic citizens.



# GO RED Heart Weekend



Southshore Falls first GO RED Weekend Fundraiser Event  
2 events to help the **American Heart Association** save lives  
February 3-4, 2012

GO RED luncheon \$13.00 per person (including lunch and speakers)

GO RED Walk 1k/5k \$15.00 per person (including t-shirts and walk)

**If attending both GO RED events \$23.00 per person (\$5 discount)**

Proceeds will go to the American Heart Association

Friday, February 3, 2012

**Go Red Luncheon** at 12:00 pm

\$13.00 per person

Guest Speakers: DP Fitness and American Heart Association

Extras: Blood Drive and Blood Pressure



Saturday, February 4, 2012

**Go Red Heart Walk** at 8:00 am sharp, 7:45 am warm up

\$15.00 per participant

Proceeds to American Heart Association



Sponsored by:





## *Let's Talk!*

*By Nurse Ruth*

Let's talk about who's in charge. I know, in my house, it's Bob the cat. However, when it comes to my health and well being, I know I'm always in charge, which brings me to the purpose of this article. Picture this...I recently received a call from a gentleman who was in a nursing home. He had completed his rehabilitation and decided he did not want to remain there long-term. He wanted to look at going home or to an assisted living facility. We considered all the basics; cost, safety and health concerns. In my nursing assessment, I found this gentleman competent, physically able to transfer himself and walk. I saw no reason he shouldn't be discharged. We then called his Trust Officer who was also his Power of Attorney. She informed me all arrangements and decisions had been made. I then realized this client was not in charge nor had he been informed of any arrangements or decisions that had been made for him. I'm here to tell you that if you have not been declared incompetent in a court of law, YOU are always in charge! It makes me think, do some people in authoritative positions take advantage of their power? Are the financial lines blurred?

Here's another scenario for you to think about, I'll call this one abuse of power. My 96 years young, financially sound client, has over the years repeatedly expressed that he will not go to a nursing home. His wishes are to remain at home. Because he is entitled to free days through his contract, his financial advisor who is also his POA made arrangements for him to be placed in a nursing home where he still resides. My client believed he has no authority to change this. The decision made in this case was a financial decision. As the patient's advocate, I can tell you my frustration and sadness at times is more than I can bear. The selection of a POA is of the utmost importance. Many times we can select the wrong person who will always look first at the dollar over the wishes of the client; this is a conflict of interest. Worn down by bullying, my client did not realize HE was still in charge!

I had a friend in the nursing home over the holidays. She was miserable, depressed and wanted to go home. She was told she could not go home and the nursing home refused to obtain orders for discharge. My friend was so depressed and physically weakened, she didn't have the stamina to stand up for her rights. As her advocate, in this case I had to seek legal advice from her attorney and eventually, (unfortunately after the holidays) got her discharged. Worn down by a system that sometimes doesn't recognize a 93 year old individual can make their own decisions and live their life the way they choose, my friend and the system, forgot SHE is in charge.

The common denominator in all of these scenarios: All three competent individuals did not realize they were **still in charge**. As a nurse case manager my concern is the above scenarios are becoming all too common and people still don't realize they are in charge. Let's talk and remember, drive your own boat!

If you have a concern, viewpoint or comment with regard to this subject matter, I would love to hear from you. So, *Let's Talk!* You are welcome to e-mail me at [ruth@rmfhomecare.com](mailto:ruth@rmfhomecare.com).

Provided by Ruth Fanovich, RN, LHRM, Owner, Care Placement Home Health Agency, Inc. and RMF Care Management, Inc.



# New Years Eve Mardi Gras Gala December 31, 2011



# Eddie Michael & Dina Martin

## Presenting: The American Songbook

January 14, 2012  
7:00 pm to 10:00 pm

**The American Songbook's** high energy, themed musical show, features the keyboard wizardry of the great Marc Paul with the talented vocals of Eddie Michael and Dina Martin.

They will be presenting their newest show called:

**The American Songbook**, which will take you through the best of music of the decades. For more information, check out Eddie and Dina's website at <http://eddiemichael-dinamartin.com/>

This event starts at 7:00 pm sharp in the Seven Seas Grand Ballroom.

This event is \$20.00 per person including hors d'oeuvres, beer and wine.

The deadline to sign up for this event is January 11, 2012.

This event is partially sponsored by

*Del Webb*®

Love life to the fullest.



Eddie Michael / Dina Martin

Buy? RENT? Sell Now?  
 New Home? Bank Owned Home?  
 Short Sale? Resale? Sell Later?

**Let us help you sort it all out... and SOLVE the puzzle!**

With over 2 decades of experience and award winning service in the Southshore area, we can help!

**Let's Talk!**

**Kathy & Steve Lieberman**  
 "The Lieberman Team"

Office: 813-643-9935 [liebermanteam@tampafllhomes.com](mailto:liebermanteam@tampafllhomes.com)  
 Direct: 813-335-6559 [www.tampafllhomes.com](http://www.tampafllhomes.com)  
 Your neighborhood experts because WE LIVE HERE!



**Remain Independent in Your Home**

*Caring is our Business!*

One-time • As Needed • Daily Care  
 Assistance with Personal Care • Respite Care  
 Meal Preparation • Light Housekeeping  
 Transportation Services

**CARE PLACEMENT HOME HEALTH AGENCY**

Ruth Fanovich, RN, Owner  
[www.RMFHomeCare.com](http://www.RMFHomeCare.com)  
 813-884-6100 • 727-787-8677

Se Habla Espanol

Long Term Care Insurance, Visa & MC accepted  
 Hillsborough Lic#299992495 • Pinellas/Pasco Lic #299992330

**COSTCO MEMBERSHIPS!**

Sign up today for a new Costco membership and receive up to a \$20 cash card. Call Nancy Sanney at 368-7145 or email at [W358mkt04@hotmail.com](mailto:W358mkt04@hotmail.com). Offer does not include renewals.

**CLASSIFIEDS**

*Shopping and Errands*

I will volunteer my help to food shop or do errands if you are sick or laid up. Call Hedy Sacco at 973-216-0107

**Celebrating Home**

Home & Garden Party  
 Home Interiors & Gifts  
[www.celebratinghome.com](http://www.celebratinghome.com)  
 Call for catalogs & information:  
 Carolyn Plotts  
 813-938-1284  
[plotts42@comcast.net](mailto:plotts42@comcast.net)

**Plumber**

Thomas M. Flynn  
 Master Plumber  
 Licensed, Bonded and Insured  
 10% discount to SSF Residents  
 813-777-0558

*Notary Public – State of Florida*

Carol Spagnolo  
 (813) 746-1207  
[www.SouthShoreNotary.com](http://www.SouthShoreNotary.com)  
**Bonded and Insured!**  
*Available evenings and weekends!*

**PET SITTING**

CONTACT: LUCIA DIAS  
 PHONE: 362-2922  
 EMAIL: [LUMI56@GMAIL.COM](mailto:LUMI56@GMAIL.COM)