



COLONY NEWS

A Weekly Newsletter for Members and Staff of Meredith Bay Colony Club

#23

February 18, 2011

OUR NEW FLAG!



A special Thank You from all of us is due to Member John Eaton who donated the American Flag that is proudly displayed in the Bistro. John noted that for special events and gatherings that we were lacking The Colors, and man of action that he is – stepped in to correct the situation! Thank you John!

TV CHANNEL SURVEY UPDATE....

Attached are the actual results compiled by Naella of all the surveys that were returned --- and as you will see, we had a very good response rate. A special thanks to all of you who took part. Next to be done is to get a determination of exactly how many additional channels we can get (approximately 12) and then make the selection relying heavily on the survey data but with an eye to achieving balance. The survey data is very helpful in that it takes the guess work out. Soon you will have even more choices!

EMAIL WITHOUT A COMPUTER? WE CAN DO THAT!

Yesterday we became the first Retirement Community that I know of that makes it possible for your friends and family to send you an Email – even though you don't have a computer or an email address! How is that possible? All your friends/family have to do is go to our Website and right on the 'Front' page on the right is a button labeled 'Connect' and all they need to know is your name. They type in a message for you – it comes to us, we print it off and deliver it right to you! All for Free! Think of it as the modern day version of a telegram. For those of you who do not have a computer or email – please encourage your friends and family to use this as a way to get a message to you. When a phone call isn't possible – this is a great alternative!

MONTHLY LECTURE SERIES?

We are always looking for new and different ways to bring people together and recently I have received a couple of requests to bring in informative guest Speakers. What do you think about having a gathering once a month (with summers off) where we could invite in a speaker that could share any manner of information with us. I have had requests for history, nutrition & health, but it could include areas as diverse as bird watching or hearing about updates on local events and projects. Once again I will ask for your opinion --- and your suggestions: What topics or speakers would you like to be considered? When and what day would be best for you? Our first thought was that it should be a set day/time each month: The 2nd Wednesday at 2p for example..... Let me know what you think

“PRIDE AND PREJUDICE” Movie Tonight (Fri 2/18 at 7:30p)

Featuring Brenda Blethyn, Judi Dench and Donald Sutherland this novel by Jane Austen is both refreshing and delightful. Why not come on down to the first floor Community Room to watch.

DINING NOTES.....

UPCOMING CULINARY EVENTS IN WHAT IS LEFT OF FEBRUARY:

- Chop Night on Thursday the 17th.
- Tappas Night on Tuesday the 22nd.
- Breakfast Buffet on Saturday the 26th.

MBCC Trivia Continued One Week!

By popular request the Trivia Contest has been continued one week – and for those of you who have misplaced your questions --- a new set is attached.

To be eligible your entry must be received no later than 5p on Friday February 25th at the Front Desk!

THIS AND THAT.....

INN/GARDEN Entrance Modification under consideration: Our architect is looking into various solutions for the INN/GARDEN entrance including a covered walkway to the curb.

Hang on to those tissues! They do tend to fly around the parking lot especially by the entrance to the INN and GARDENS.

How many of you think that the timing of Easter has anything to do with the Moon? How many days are there between Ash Wednesday and Easter?

The Dining Survey has not been forgotten! It just hasn't been done yet! Be thinking of the suggestions that you want to make --- What kinds of things would you like to see on the menu? How would you like to see things prepared? What kind of culinary events would you like to see us offer?

Lately a few people have asked about trips and I would like to start putting together a list of places, events and activities that you would like to go to. Please share with me your lists and I would suggest that we begin with places/events that are within 90 minutes or so of travel time to make things easy. (yes we can include Portland!) Let's make a list and then we can go to survey!

The Resident Directory is now at the Layout and Design Stage! That is just a fancy way of saying that today I started the process of bringing Photographs and Narratives together. Now that I have the tentative layout and process down --- I am hopeful that a first draft will be available for your review shortly.

Care Management Update Visits to Begin! This is under the category of here I come like it or not. Periodic group meetings are important but so are personal visits – and with your permission I will be scheduling visits to meet with you privately to review not only what we can be doing differently organizationally – but also what we can be doing differently for you personally. Our needs change over time and so every so often (ideally once a year) I would like to build in this kind of informal opportunity to meet with you. There will be no particular order of these visits. My hope is to be able to do about 3 per month – So don't be surprised when you hear from me!

What's that Golf Cart doing in the Garage? In theory by the time you receive this we will have a 'People Mover' sitting in the Garage just waiting for Spring. We need to test it out a bit to be sure that it is capable of taking a full load not only down the hill towards the water --- but back up again as well. When the good weather returns we want to have multiple different ways for all of our Members to get out and enjoy it --- and a 'People Mover' is a great way. How did we come to do this ----- that you will find out next week!



The Rumor is True --- The INN is Full! Now that doesn't mean that you shouldn't continue to recommend us to your friends for Assisted Living. We do have some Members who are here for 'Respite' which is a short term stay and so we know we will have some apartments coming back available soon. We already have one person on the Wait List --- so now is the time to have your friends get in touch with us!

Piano News: On Valentine's Day I was at a wonderful Party going on downstairs in the INN Dining Room when a Member mentioned to me that the piano could really use a tuning – and I expect that by the time you are reading this that Will Truit will have been in (he is supposed to be here at 1p) and our piano sound even better! Special thanks to Helen for both having a good ear and for not being too shy to let us know!



That's about it for now.....

Have a great weekend!

Howie

MBCC TRIVIA

1. How many cats are sharing our apartments?
2. How many dogs?
3. How many steps from the garage to the third floor?
4. How many rooms in the entire building?
5. How many tables in the dining room?
6. How often do the men meet for breakfast? What day?
7. What day did MBCC open for business?
8. Who were the first people?
9. How many people on staff- including nurses?
10. How many surnames begin with M?
11. What is the most common women's name?
12. What person moved in from the farthest distance?
13. How many meals are prepared each day?
14. How many fire doors are there?

Count your score and bring back to Howie.
The winners will win a free something . Wait and see.

Next Week at Meredith Bay Colony Club

Friday February 18th (Full Moon)

7:30p	MOVIE: -- In the 1st Floor Community Room
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Monday February 21st President's Day (MBCC will be Open)

9:15	Water Exercise with Jackie
10:30 - 11:15	Arthritis Association Aquatics with LuAnn Martin

Tuesday February 22nd

9 - 10a	Supervised Pool Time with Christine Buhrman
12 - 1	Supervised Pool Time with Judy Boquist
	Tappas Night

Wednesday February 23rd

9:15	Fitness Center Class
9:30 - 10:30	Supervised Pool Time with Marie Kelly
10	Art Class with Larry Frates

Thursday February 24th

8:30	Men's Club Breakfast in Private Dining
9:15	Water Exercise with Tammy
10:30 - 11:15	Arthritis Association Aquatics with LuAnn Martin
2p	Mah Jongg -- Beginner's Welcome

Friday February 25th

8:30a	Men's Exercise Group
9a	Tai Chi with Russ Jones
10:30 - 11:15	Arthritis Association Aquatics with LuAnn Martin
7:30p	Movie Night

DIRECT TV SURVEY RESULTS ----- FEBRUARY 2011

	Channels	Not Interested	Moderately	Very Interested
1	101 Network	14	5	9
2	Biography Channel	6	12	11
3	Bloomberg	18	8	2
4	CBS College Sports	14	3	9
5	CMT	21	3	4
6	Comedy Central	14	6	7
7	C-Span	10	10	7
8	C-Span2	15	5	7
9	Discovery Health	17	5	7
10	E!	14	9	4
11	ESPNU	17	2	8
12	Fine Living	19	5	3
13	Fit TV	19	7	2
14	Food Network	18	6	4
15	Fox Business	17	1	10
16	Fox Movie	4	10	15
17	Gems TV	23	2	0
18	GOD Tv	22	4	1
19	HistoryInternational	8	8	12
20	IFC	16	7	4
21	Lifetime	8	7	12
22	Military	16	4	7