



Neighborhood News

Volume 3

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Message from Dr. Larry Lake



On behalf of all the administration and staff at BayView, I wish you a happy and healthy New Year. We hope you enjoy this third issue of the Neighborhood News, and that you find an article that could make your life a little easier and more enjoyable. Perhaps the article on simple home modification projects, or the one that helps you spot tell-tale signs that your parent may need some special help now. Maybe a new favorite recipe or a service you may need from the listing of more than 50 outstanding St. Augustine businesses that offer BayView Neighbors special discounts.

You should enjoy reading about Richard Seiwert, a founding BayView Neighbor who has been keeping a daily log of his wellness activities since he was 30, and has run in 13 New York City Marathons up until he turned 55. We also hope you enjoy the profiles of four of our preferred business members with special offers for you.

How can we help you? As a BayView Neighbor, help is only a phone call away. **808-9919**. This program has one simple goal - to help you live at home as long as you can. Everyone needs some help now and then. I do and you do, no matter what our ages. You can call us with a health or wellness question. Help with personal transportation. Help with a small yard project. Help lining up a service from one of our preferred business members. Help finding a service we don't even list yet.

By the way, we need **your** help! We want your opinions about how we can make this program more valuable to you. Jodi Kotrady-Hatin or Dick Trevlyn may be calling you to introduce themselves, find out if you need any help, if you understand the benefits of BayView Neighbors, and get your ideas of how we can make it more meaningful to you. Also let us know if you need another copy of our Business Members listing of discounts or if you have any feedback on your experiences with our current businesses.

Founded in 1920...

BayView Healthcare, also known to many as the St. Johns Welfare Federation, has maintained a long tradition and commitment of providing the highest quality health care services and charitable assistance to the citizens of St. Johns County and surrounding communities. BayView provides a multi-level continuum of care, including short-term inpatient and outpatient rehabilitation, skilled nursing, home health, assisted living, charitable assistance, education on healthcare services, wellness and prevention for aging individuals that facilitates reaching and maintaining the highest levels of functionality and independence.

Quality Programs of BayView Healthcare

*BayView Rehab at the Samantha R. Wilson Care Center,
BayView Home Health, BayView Assisted Living at the
Pavilion, BayView Assisted Living at Buckingham Smith,
BayView Charities, BayView Wellness and
BayView Neighbors*

www.bayviewhealthcare.org

When to Ask for Help?

Ten Tell-Tale Signs That Your Aging Parents Need Help

By: Clare Absher RN, BSN



- Not paying household bills on time or at all; Bills and important documents are not put away in appropriate places and left lying around
- Not recognizing need for, arranging, or scheduling necessary household repairs and maintenance; Lawn not mowed, trash disposed of, and mail retrieved with any regularity
- Driving safely becoming an issue such as increase in violations, accidents, easily becomes lost in familiar areas, and signs of deteriorating vision
- Not preparing meals, eating at regular times, or missing them completely; Poor selection of food is often on hand or old outdated food left in refrigerator
- Declining personal hygiene as indicated by unkempt hair, dirty or lengthy nails, poor oral hygiene, body or urine odor, unshaven, and wearing same clothes over and over
- Lack of interest in keeping up with housekeeping chores like laundry or cleaning or simply complains that it is too difficult or tiring to continue doing them
- Losing track of medications, missed doses, mistakes like overdosing or interactions resulting in health concerns if not hospitalizations
- Reluctance to leave the house, run usual shopping errands, visit friends and family, sleeping long periods, and uninterested in usual hobbies or activities
- Getting up and down stairs and in and out of home becoming difficult; Walking unsteady on level ground, complaining of dizziness, and falls are likely or have already occurred
- Not making sound decisions that are likely to cause self harm or danger to others such as leaving the stove turned on or cigarettes burning and not recognizing an emergency or knowing the appropriate response

Source: carepathways.com

Ask the Health Coach

ARE FRESH VEGETABLES AND FRUITS BETTER THAN FROZEN OR CANNED?

Unless you purchase your produce from the local farmer's market, frozen fruits and vegetables are just as nutritious, if not more so, than the fresh stuff. Produce found in your supermarket must be picked before it reaches its peak of ripeness so it can be packed and shipped hundreds and possibly thousands of miles to get to the store. When you bring this produce home, it likely sits on your counter or in your crisper for days before you eat it. Because fresh produce loses nutritional value from the time it's picked, what you're eating is not as nutritious as you think.

In contrast, frozen fruits and veggies are picked at their peak and flash frozen so they retain more of their nutrients and flavor. Canned fruits and veggies are also picked at their peak but some of their nutritional value can be lost during the blanching (quick heating) process. In some cases, like with canned tomato products, the heating process releases more of the nutrients. So if fruits and veggies are canned in their own juices and without added salt, they can be a comparable alternative to fresh and frozen fruits and vegetables.

Purchasing frozen and canned produce also gives you more choices year round, and reduces the amount of produce you throw away.

BayView Neighbors Business Members

The following long-standing St. Augustine businesses have been selected to become our first 50 Preferred Business Members and were chosen on the basis of their good reputation, pricing, and service. A special service or discount has been arranged for you as a BayView Neighbors individual member when you present your membership card to them. You will see more information on each of these fine businesses, including the discounts for you, in the 2011 Business Directory. Many have websites giving you even more information about their specific services, products and pricing. We will be adding new businesses monthly and will keep you abreast of these additions. Please contact us if you have a new category or specific business you would to see in this list. We have done our best in choosing these businesses, but cannot guarantee their service or products.

- Anastasia Athletic Club
- Anastasia Auto Repair
- Anastasia Bowling Lanes
- Anastasia Storage Center
- Andy's Taylor Rental
- Arnett Inc.
- B and D Limousine
- Joseph L. Boles Jr., Attorney
- Carmelo's Pizzeria
- Century 21 St.
- Augustine Properties
- Cowan Financial Group
- Courtyard by Marriott
- Dennis Shepherd Electric, Inc.
- Devil's Elbow Fishing Resort
- Fairfield Inn and Suites
- Florida O & P Services
- 1st Coast Fitness Equipment
- Hamblen Hardware
- Hampton Inn at the Beach
- Hilton Garden Inn at the Beach
- Hilton St. Augustine Historic Bayfront
- Holiday Isle
- Oceanfront Resort
- Home Instead Senior Care
- Home Sweet Accessible Home
- Horizon Design Service
- Jacalone and Sons
- Mango Mango's
- M. Plum Home Improvements
- Pat Hamilton Construction
- Pirate and Treasure Museum
- Present Moment Café
- The Raintree
- Ripley's Believe It or Not
- Ripley's Sightseeing Trains
- Saltwater Property Group
- Shape Up With Gina
- Showboat Carwash
- Smoothie King
- Scotty Auto Body
- South Beach Grill
- Stewart's Market
- St. Augustine Taxi
- St. Augustine Team Realty
- Thibaults Electric
- Paul Thomas Concrete
- Pirate Ship Black Raven
- Thompson Baker
- Ward Medical Services
- White Lion Pub
- Yellow Cab
- Zhanra's

Business Resource Partners

- The Bailey Group
- Blue Cross/Blue Shield of Florida
- Council On Aging (COA)
- Flagler College
- Flagler Hospital
- St. Augustine Record
- St. Johns County Library System
- University of St. Augustine
- WFOY

Preferred Business Member Profiles

In each issue of the Neighborhood News, we will highlight specific preferred business members in no particular order or category. You will find a brief description of the company's history, services and products offered, and discounts afforded to BayView Neighbors. We have shown their contact information, but remember, you can call our concierge number at **(904) 808-9919** for more information or to arrange for a service. **Be sure to use your membership card when you do business with these firms, and please give us any feedback you might have.**

Arnett Heating and Air Conditioning was started back in 1932 by Mr. J.D. Arnett as a full service roofing and sheet metal company. Beginning in the late 30's Arnett expanded its scope of work to include the installation of oil space heaters in homes.

After World War II and into the 50's, residential heating systems were greatly improved with the advent of "central" heating equipment, which for the first time included metal ductwork. This

allowed for the even distribution of heat to all rooms in the house. And, with the introduction of air conditioning, they then started installing central heating and cooling systems.

The business was purchased in 1972 by Jerod Meeks – an MBA graduate from the University of Georgia – who proceeded to develop Arnett into a modern full-service company specializing in the design, installation and maintenance of heating and air conditioning systems for both homes and businesses.

Their modern service department provides repairs and maintenance 24 hours a day, 7 days a week and also provides written "maintenance agreements" for semi-annual or annual services. Pressures and temperatures are monitored, as well as airflow, electrical motors and filters.

Jerod is a past president of Rotary and YMCA and past chairman of the Flagler Hospital board. He has served on the Salvation Army and United Way boards. He is currently serving on the Board of Directors for the St. Johns Welfare Federation and as a Director at the Bank of St. Augustine.

In 2012 Arnett will celebrate its 80th year in business in the same location. Arnett Heating and Air proudly displays an old original sign showing the phone number as 4-3-3.

As a BayView neighbor and new customer, you will receive 10% off the service and repair of your existing system, or \$100 off the cost of a new system.

Jerod Meeks, Owner
Arnett Heating & Air Conditioning, Inc.
(904)829-3071

YELLOW CAB, ANCIENT CITY CAB AND ACE CAB

have been in operation in St. Augustine since 1933. Today these transportation companies are all owned and operated by Sharon Lawson and her daughter Angie, who purchased the companies in 2001. In a typical day, 600 to 700 trips are provided for residents throughout St. Johns County.

"We wanted to provide a safe, reliable, inexpensive taxi service for local residents. We are available 24/7 for personal transportation, package or food delivery. We provide the lowest rates in town" says Sharon. "We have no meters; all rides are based on flat rates." Typical rates are from as low as \$3.50 in the downtown area to \$8.00 to Publix, Winn-Dixie, or Flagler Hospital.

Service is important to Sharon and Angie. "We cater to a lot of seniors around our community, and our goal is to be available to them within 15 minutes." To accomplish this, they keep 18 taxis in their current fleet and have 15 licensed drivers on duty at any given time. "All our drivers must have background checks through the Sheriff's Department and be permitted through the City of St. Augustine."

All three cabs are available to BayView Neighbors members at a 10% discount.

Please call the BayView Neighbors concierge at 808-9919 and request a supply of the coupons shown on the right before you schedule a taxi. Present the coupon and your membership card to the driver at the time of the ride.

Yellow Cab, Ancient City Cab, Ace Cab
Sharon Lawson or Angie Gatewood
(904) 824-6888



10% off base rate

YELLOW CAB, ANCIENT CITY CAB AND ACE CAB

When calling, please let them know you are a
BayView Neighbors Member

Preferred Business Member Profiles



Carmelo's Marketplace is a very popular St. Augustine restaurant, deli, pizzeria, and convenience store all wrapped into one at the corner of King and Malaga Streets. Carmelo's prepares old world quality fresh foods using their own Italian recipes that go back to the Tringali family heritage. Special discounts are available to all BayView Neighbors.

In 1920 Carmelo Tringali immigrated to St. Augustine from Sicily. Like many other immigrants, he became a shrimper prospering from the bountiful harvests just off the shores here. Meanwhile, his wife prepared the famous family recipes of pastas and other Italian delicacies for her growing family and other shrimpers. In 1991 grandson Joe Tringlai purchased the Connors Shell Service Station, and in 2008 converted it to the present Carmelo's Marketplace. Joe wanted to showcase the family heritage of preparing old world quality foods in a very comfortable, convenient atmosphere. Today, Joe operates the business with his father Salvatore, his wife Cindy, and two daughters Brittany and Brooklyn.

Carmelo's offers ample parking, a convenience store, delicatessen, and comfortable restaurant. All recipes and foods are fresh using high quality ingredients, including hand picked cheeses, meats, and produce. Bread is prepared on site and cooking is done in their 500 degree brick oven. Of course, pizza is a specialty, but breakfast, sandwiches, Italian entrees, and salads are gourmet quality delights. There are no shortcuts, no prepared or frozen foods. Carmelo's was voted Best of St. Augustine for 2011 and Best of Jacksonville for 2011 for their pizza.

Joe Tringali is a popular and generous community leader. The family is proud of their time and contributions to local charities. The family's main focus is consistent support of local educational services, colleges, schools, particularly the Cathedral Parish School.

BayView Neighbors receive a 15% discount on all deli or restaurant receipts for dining in or out, excluding other special offers or discounts. They encourage you to follow their website for specials and to conveniently order on-line.

Joe Tringali, Carmelo's Marketplace
(904) 342-6844
www.carmelosmarketplace.com



Home Sweet Accessible Home is a unique remodeling service for the St. Augustine and Jacksonville areas offering special affordable rates to BayView Neighbors members. They specialize in products and services that allow homeowners to stay in their homes for years to come. They are specifically trained and licensed by the State of Florida as Certified Aging in Place Specialists (CAPS). They can create an environment in your home that is more comfortable, safe, and accessible so you can enjoy the place you love most for the rest of your life.

Home Sweet Accessible Home is professionally equipped to handle major projects like total kitchen or bathroom remodeling, or smaller work such as constructing ramps, barrier free showers, special bath fixtures, grab bars, lifts, walk-in tubs, lifts, and modified doorways, low-level lighting, and automatic door openers.

Home Sweet Accessible Home is a family operated business founded by Scott Ross. In 2006 Scott was the project supervisor for a large senior community, Fleet Landing, in Atlantic Beach. The project spanned four years and included building 33 accessible homes. Scott met with each individual homeowner to access their particular personal needs and requirements before construction. He found a new passion - to help others to live more comfortably in their present home. He and his wife Eve recognized a need in the Jacksonville and St. Augustine areas for a remodeling company dedicated to remodeling existing homes for seniors or handicapped and formed Home Sweet Accessible Homes.

Scott will visit your home and provide a complete FREE home evaluation as a BayView Neighbor. If you decide to proceed with any work recommended, you will receive a 15% discount.

Scott Ross
(904) 342-6844
www.homesweetaccessiblehome.com

Meet Your Neighbor: Richard Siewert



Each issue the Neighborhood News highlights one of its members who lives a daily life of wellness. Someone who might inspire habits to help us live well longer. A person that shows us the benefits of eating well, exercising, keeping active with friends and neighbors, and living out our passions. This issue features **Richard Siewert**, who has been actually keeping a daily log of his wellness activities since he was 30 years old. Does this guy look 63?

“I believe in fitness and wellness. It’s been my passion and hobby since I turned 30. I think everyone needs to develop a fitness and social interest awareness early on. It’s the major lifestyle for me and my family. It influences how we eat, how we exercise, how we interact”.

“I try not to have a day where I don’t have some form of exercise, whether it’s my regular workout at the Anastasia Athletic Club (varied mixtures of free weights, spin classes, aerobics, and circuit training classes for 45 to 60 minute sessions), gardening, a long walk, Tai Chi, or four hours of outdoor cycling”.

Richard hails from New York City and graduated from Fordham University, where he received a master’s degree in Social Work. He retired from a managerial position with the NYC Transit Authority. He was an avid runner in New York, having competed in the NYC Marathon 13 times over 25 years until he was 55. “Since we moved here 8 years ago, I have replaced competitive running with bicycling, having entered the MS-150 for the last 6 years. It follows a looping course from St. Augustine to Daytona and back. It’s great exercise, social interaction, and raises money for a good cause – Multiple Sclerosis”.

Richard enjoys living in St. Augustine with his wife Debra, daughter Rafaela, and their two miniature Schnauzers, Jack and Brooster. Although Richard is retired, he keeps mentally alert by helping his wife run her business, Puddy Mud, a very popular ceramics studio in our community. Richard also volunteers once a week at the St. Johns County Jail , as a group counselor to non-violent convicts.

As if this weren’t enough, Richard even cooks all the meals for his family. “We strive to eat well-balanced natural, organic foods. Everyday we include green vegetables, steamed or grilled, and never processed food or anything from a can. And we make sure we all eat together at the dinner table if we’re home”.

Richard symbolizes the philosophy of BayView Neighbors – **Living Well Longer. At Home.**

YOUR HOUSE, YOUR TOWN. YOUR FRIENDS ARE HERE, ITS HOME.

BayView Neighbors is a new membership service that gives you the help and support you need right in your home. For those who want to remain in the homes they love, BayView Neighbors is a way to easily take care of the tasks of day-to-day living, while staying connected with others and involved in the community.

Your AT HOME membership gives you all this and more:

- Trusted service providers to assist with practical, day-to-day tasks
 - Discounts on local services and providers
 - Health & wellness programs
- Social, cultural, and educational activities
 - Volunteer opportunities

Program Contacts

Dick Trevlyn, rtrevlyn@bay-view.org

Jodi Kotrady Hatin, jhatin@bay-view.org

The Right Exercises for Seniors

Written by: Mark Myers

Senior fitness requires exercise, but it must be the correct exercise. If seniors exercise incorrectly they can cause great harm. Here are the right exercises for seniors.

There are four basic components to correct exercise for seniors that will lead to healthy living: cardio, strength, flexibility and balance. There actually is a fifth component which leads to healthy living, even though it is not exercise, but it is worth mentioning here. That fifth component is a regular diet of the right foods-avoiding processed foods and eating lots of fruits and green leafy vegetables.

Cardio Training

Cardio training is any activity that increases the heart rate. Good exercises that are appropriate for seniors include: walking, swimming and bike riding. Becoming involved in this form of exercise three or more times per week is essential.

Strength Exercise

Strength building exercises are also important for seniors. As we age our muscles slowly begin to decline in their size. The more a muscle is not used the more it will shrink. As a senior it is important to exercise with light weights a few times each week to keep muscles strong. For weight training, seniors can buy weights at many locations. The best are those made of rubber. These are less likely to cause damage if dropped and while in use.

Flexibility and Stretching Exercise

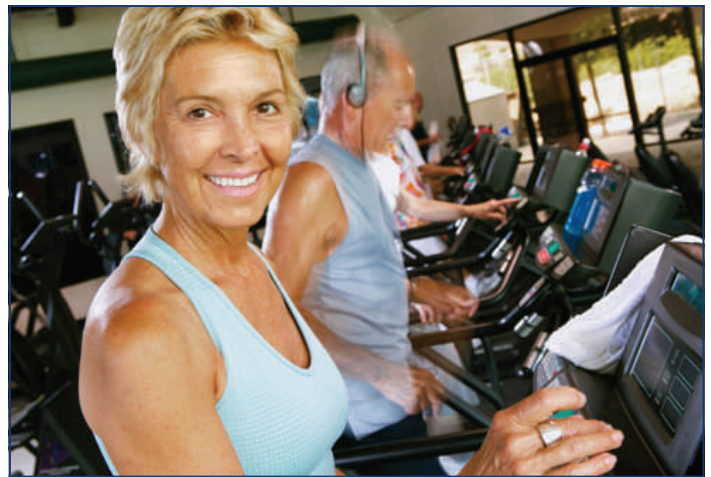
For good posture and healthy joints it is important for seniors to undertake a few minutes each day or every other day a regime of stretching exercises. Exercises that involve stretching help keep the body flexible.

Balance Exercise

Finally, it is necessary for seniors to do some sort of balance exercises. This is an area of exercise that is often overlooked, yet very important. Slip and fall accidents are the number one category of injury for the elderly. The reason is because as we age we also lose our sense of balance and become more vulnerable to falling. By doing balance exercises this will help prevent fall accidents.

As with any exercise activity, especially as a senior, it will be critical to consult with a physician first before anything is started. That way they can assure that the activities are safe and proper for the health of the individual.

Keep in mind these four components of proper exercise for seniors. Senior fitness is important and should not be ignored if one is to have a happy and healthy life during their later years. But it must be done right and include all four of the mentioned components.



Source: www.seniorslist.com

Benefits of BayView Neighbors

Benefits of BayView Neighbors include but not limited to:

- A Concierge Help Line (904) 808 –9919 - **One** phone number to call for assistance or for help in coordinating services
- Prompt, friendly and professional customer service from dedicated BayView Neighbors staff
- Discounted Community Services

- Updated Health & Wellness Information
- Newsletter
- Safety net
- Peace of mind



Fresh and Healthy: Spinach and Quinoa Salad



Ingredients:

2 cups water
1 cup quinoa, rinsed
1 package (6 oz.) fresh baby spinach, torn
½ cup dried cranberries
½ cup chopped pecans, toasted

Dressing:

3 Tbsp. olive oil	1 garlic clove, minced
2 Tbsp. orange juice	½ tsp. salt
1 Tbsp. red wine vinegar	1/8 tsp. pepper
1 Tbsp. maple syrup	1 green onion, finely chopped
	½ cup chopped pecans, toasted

Nutritional analysis:

¾ cup equals 171 calories; 9g fat (1g saturated fat);
0 cholesterol; 136mg sodium; 20g carbohydrates;
2g fiber; 3g protein.

Directions:

In a small saucepan, bring water to a boil. Add quinoa. Reduce heat; cover and simmer for 12-15 minutes or until water is absorbed. Remove from the heat; fluff with a fork. In a large bowl, combine the warm quinoa, spinach and cranberries. For dressing, in a small bowl, whisk the oil, orange juice, vinegar, maple syrup, garlic, salt and pepper. Stir in onion. Pour over quinoa mixture; toss to coat. Sprinkle with pecans. Makes 10 servings.



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