



# THE Villager

A NEWSLETTER OF SUNNYSIDE VILLAGE – COMMUNITY EDITION

Spring 2017

Therapy restores  
golfer's tee time.

PGS. 2-3



Resident Bill Yackey practices his swing at Sunnyside Village

# Feeling Better and Back on the Green

Sports have long been a part of Bill Yackey's life. Prowess on the football field, the baseball field and the basketball court earned him a place in his college's athletic hall of fame. Now two of his grandsons are following in his footsteps, playing as linemen in the NFL. The sport that Bill really enjoys most is golf and over the years, he has shot his age or better 159 times. When he injured his back last year, he didn't want to give up tee time.

"I had gone to a spine doctor and he recommended therapy after taking x-rays," Bill said. He chose Sunnyside Village's Therapy Department, and told the therapists he really wanted to get back to playing golf. "They said they

could work on that. And they sure did," he said.

Tom Grasso, a physical therapy assistant, said the goal was to build up Bill's core muscle strength in the abdomen and back while providing him more flexibility to allow a golf swing. "We had to make sure his lower back was stable to get him back to golf," Tom said.

Bill started on a regimen of isometric exercises that involved non-movement core strengthening of the abdominals and increasing the low back stabilizer. With Bill lying down, the teams worked the transverse muscles under the "six-pack" abs to reactivate those all-important muscles. Modalities were also used, such as hot and cold



Tom Grasso, PTA, demonstrates exercises to Bill Yackey.



packs, electrical currents to overload the sensory nerves and shut down the pain, and ultrasound to bring in mast cells to help heal the injured area of his back.

As Bill improved, he graduated to more active exercises, such as a series of progressions called “Dead Bug” exercises. He’d lie on a mat table and the therapist would move his legs and arms while he kept his transverse muscles activated. He’d pick up an exercise ball with his legs and hands.

Towards the end of his sessions, therapists worked on re-teaching him to rotate his hips and transfer the motion

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to his legs — integral to a golf swing. After three months, Bill was dramatically improved.

“When I started therapy, I felt miserable. The progress I made through my treatment reduced my pain and now I am able to play nine holes of golf,” Bill said. He added with a chuckle, “I don’t keep score so much but I enjoy playing with my friends.”



Revella Lee, member of the volunteer library committee.

## A committee lends more than books to the library

Whether a resident is looking for a new novel to peruse or interested in the daily newspaper, The Sunnyside Village library often provides a good read. Many residents enjoy the materials offered but what they may not realize is how much work occurs behind the scenes to keep the library operating efficiently and organized. That's where an energetic and committed group of residents volunteer their help.

"We're very grateful to have the library and I am happy to work in it. We all love books and love to read," said Revella Lee, who has been at Sunnyside for 11 years. "We used to have a librarian, but having a committee means we can spread the work around."

The volunteer library committee is essential to the operations. Joining Revella Lee in the work includes residents Harriett Corrigan, Lucille Kendall, Fran

Breunich, Marilou McCreddie, Rose Antrim, Paul Smith, Gracie Lamphere, Barbara Jackson, Linda Short, Dorothy Zeiset and Juanita Keller.

Most of the residents on the library committee worked in libraries at some point in their lives, either as a school volunteer or professionally. They get fulfillment from helping others while working with books.

"I like to volunteer. I find books on authors I never knew existed before," said Fran Breunich.

Harriett Corrigan, chair of the committee, said

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that the existence of the library on the campus is an enormous benefit to residents.

"We try to have books that appeal to everybody so they can take advantage of their own library," Harriett said. "Because residents who live here work in the library that gives them ownership, too."

The committee accepts donations of books from residents, benefiting both the library collection and booklovers. Most residents moving to Sunnyside have extensive book collections. Donating books allows the resident to share. The library was really lacking large print books and thanks to new resident Barbara Waters, who donated hers, the need has been filled.

"It gives residents a place to donate books so they are not overwhelmed with them once they move here," Revella said.

The library operates on an honor system. It is stocked with books of all genres, magazines, audio books, daily newspapers, DVD movies and music on CDs. The materials are free to the residents.



Lucille Kendall shelves books.



Volunteer library committee chair Harriett Corrigan highlights new book choices.



Gert Brown with daughters



Spring was a beautiful time to bargain hunt at the annual Sunnyside Foundation Sale. The benefit sale netted about \$9,000.00 to help residents in financial need who live at Sunnyside. The day's sale surplus items were donated to individuals in needs and charities including the Sunnyside Village Store, Family Promise, The Pines and the Mennonite Central Committee Attic thrift store.



Michael Smith, Reno Sartori, Chad Stutzman, J David Yoder



Jim and Rosemary Tantalo



Eileen Houseberg, Kelli Smith and Barbara Donaldson

# SUNNYSIDE'S *Appreciation Event*

Fun, food and family time among staff and residents abounded at Sunnyside's annual Appreciation Day event in March. The weather was perfect to enjoy outside games and a barbecue picnic dinner.



Dottie Peterson



Jayden Watson



Rina Favat, Activities Director Ann Chisholm and Ruth Muller



Betty and Jim Mills

# APPRECIATION EVENT



Resident Paul Smith enjoys time with Sunnyside Resident Liaison Debbie Smith and family.



John Stevenson with friends Dawn and Joanne



Audrey Grover and Morgan Hough, SCS Student



# APPRECIATION EVENT



Health Center resident Betty Mills with Rick and Jane Mills



Manor Activities Director Marcia Cruce and daughter Emily



Manor resident Glen King



# THE Villager

## Sunnyside Village

5201 Bahia Vista Street, Sarasota, FL 34232

941-371-4245, [info@sunnysidevillage.org](mailto:info@sunnysidevillage.org)

[www.sunnysidevillage.org](http://www.sunnysidevillage.org)



*Sunnyside is affiliated with Mennonite Health Alliance, Southeast Mennonite Conference, LeadingAge and LeadingAge Florida.*

**The mission of Sunnyside Village is to enrich the lives of residents, staff and the community by providing homes and facilities, services and programs in a Christian environment.**

## Check Your Settings

By Chaplain Jarvis Hochstedler



Sharing officiating duties for a memorial service at a local church prompted me to research video technology for the chapel. The church live streamed the memorial service across the country to family members unable to make the trip. Wanting to offer that service at Sunnyside, I spent many hours on research. We needed to upgrade the computer, install encoder software, find a live stream service provider, install a mini-recorder in line between the camera and computer and have the right drivers connected to run everything. And oh, did I mention the settings?

There are settings everywhere, in the camera, computer, software, and live stream provider. These settings all had to line up precisely or nothing worked. I will admit it was exasperating at times. I watched hours of “how-to” videos on YouTube and sent many emails for support. The answers were always the same, “have you checked your settings?” I wanted to scream!

This process got me thinking about relationships with others, myself and God. How often do we limp along through life, trying to connect with people, ourselves and God, yet completely frustrated because everything is out of focus, or even worse, the screen is just black? So I ask, “How’s your settings?” The setting of forgiveness, love, mercy, kindness, longsuffering, peace...well you get the idea!

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.” Galatians 5:22

Happily, everything fell into sync. You can watch the live chapel services on Sunnyside’s website at [www.sunnysidevillage.org](http://www.sunnysidevillage.org) by looking for the link under the Media page. Come join us.