

WU  
WATERMARK UNIVERSITY

2017

**Fall Semester**  
SEPTEMBER THROUGH DECEMBER

 **THE FOUNTAINS**  
AT LAKE POINTE WOODS



**Hello and thank you for your interest in Watermark University!**

*The foundation of Watermark University (WU) is to provide meaningful opportunities to learn, teach and grow, resulting in a life of overall well-being. Research shows that learning and keeping our mind active and sharp supports healthy aging.*

*At Watermark Retirement Communities® we are committed to encouraging our residents and associates to lead balanced lives, full of meaning and purpose, grounded in self-awareness and infused with curiosity, our Watermark University courses help achieve this goal.*

*By focusing on the Seven Dimensions of Well-being: Physical, Social, Intellectual, Spiritual, Emotional, Environmental, and Vocational we offer the opportunity to achieve a balanced life and we see the benefits across the country in every class, every day.*

**Sincerely,**

*Jenny Welch*

Jenny Welch

Community Life Director

The Fountains at Lake Pointe Woods

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<b>COURSE</b>	<b>FACULTY</b>	<b>DATE &amp; TIME</b>	<b>LOCATION</b>
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**The Art of Mindfulness**     **Peggy Beasley**     **Wednesday, November 8<sup>th</sup> 2:00PM**     **2**

Mindfulness can be described as the state of being conscious or aware of something. It's a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feeling, thoughts and bodily sensations. The mental state is often thought of as a positive mental therapeutic exercise. Peggy has been studying "Mindfulness" for over a decade and she would love to share her knowledge with you. Please join us for this class and find out how using these simple techniques can improve your life, change your outlook and strengthen your relationships.

**Brain Fitness**     **Chandra Tribit**     **Every other Wednesdays, 1:30PM**     **AL/AR**

The Brain Fitness class features brain games to stimulate learning processes, enhance memory and help prevent boredom and stagnation. Chandra is a Speech-Language Pathologist who works at the Springs. She uses brain fitness as a proven exercise to sharpen cognitive skills. Have fun while learning to think faster, have a higher level of focus and remember more.

**Butterfly Garden Lecture**     **Jill Moreno**     **November**     **AL/Garden**

Learn about the different plants that attract butterflies and the process of butterfly gardening. Acquire knowledge of the plants specific caterpillars like to eat and plants that adult butterflies feed on. Each unique plant has a color and nectar that attracts butterflies to bring forth a beautiful garden and habitat for them.

**iPad/iPhone Training**     **Jim Cerny**     **Monday, three times monthly**     **CR**

Jim will be teaching you how to master your Smartphone or tablet and how to take advantage of useful tools that can make your life a little easier. He will be teaching you how to use all the pre-programmed operations, change the settings and install applications.

**Florida Butterflies**     **Jo Hanson**     **Tuesday, September 26<sup>th</sup>, 1:00PM**     **TL**

Do you know what a Monarch Butterfly looks like? Jo Hanson will be presenting a slide show on the many Florida butterflies, skippers and moths. She will discuss their ever-changing life cycles and habitats that they live in. She will cover what butterflies you may see here at The Fountains as well!

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**Fishing with Greg**     **Greg Linnell**     **Wednesday, December 6<sup>th</sup>, 10:00am**     **Beneva Bridge**

This is an interactive experience where you will be learning, first hand, to prepare tackle, what kind of bait to use and overall how to catch fish right here at the Fountains! It involves a little strategy, a little patience and a whole lot of fun catching fish! Whether you already know how to fish or would like to learn for the first time, we implore you to join us for this class. We will be fishing off the Beneva Bridge. Greg will provide the rods, the bait and the advice.

**Influential Rock & Roll**     **Carolyn Davis Band**     **Saturday, September 16<sup>th</sup>, 7:30pm**     **L**

This will be a narrated live presentation by The Carolyn Davis Band. This will be a performance of personal artist portraits accompanied by live music hit songs from each artist. We will be introduced to music from pioneers of the 50's & 60's such as Elvis Presley, Jerry Lee Lewis, Buddy Holly & many more!

**Interactive Kitchen Tour**     **Paul Ebaugh**     **Wednesday, Once Monthly**     **L**

Enter the secret world of our fabulous chefs. See where the magic is created and our culinary team slices, dices and brings forth their masterpieces that you see at every meal. After your tour, you will enjoy a taste of Chef Paul's plates with a specialty lunch. Limit of 12 residents per class.

**Water Aerobics**     **Colette C. Alexander**     **Tuesdays, 1<sup>st</sup> & 3<sup>rd</sup> Friday, 10:00AM**     **PS**

Want to get fit without breaking a sweat? Hop in the pool! Collette Alexander leads a fun and heart-pumping water aerobics class. Water aerobics classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. ( Weather Permitting).

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**Artist in Studio      Resident Artists      Wednesdays, 10:00AM      AS**

Fountains artists gather for compelling discourse, mentoring, honest feedback, and to meet with fellow artists who can help one another through the creative process. If you are an experienced or budding artist, take advantage of the Art Studio. Let your imagination guide you with other residents to a world of art without boundaries.

**Farm to Table      Paul Ebaugh      Wednesday, October 11<sup>th</sup>, 10:00am      \*Bus Trip/PS**

Travel to the Phillippi Creek Farmer’s Market to learn about local products and farms in the area! Chef Paul Ebaugh will be touring the market to find the freshest ingredients to create a one of a kind meal that evening. You will receive a hand’s on experience with those ingredients and a lesson on the health benefits of each menu item. Once the menu has been created by Chef Paul at the market, those items will be purchased and transported back to the kitchen for preparation. That evening you will be able to taste the culinary experience from that morning’s shopping adventure!

**Comedy at the Movies      Allen Wolfe      Every Thursday of the Month, 1:30PM      C**

This series will be showing an extensive, comedy movie collection from the 1930’s and 1940’s. Before the showing there will be a brief description about the characters and plot. Following the movie, you will be able to discuss your likes and dislikes of each movie among your fellow residents.

**Life at The Inn      Beth Suarez      Thursday October 5th, 2PM      AL/L**

For anyone who is interested in learning more about assisted living at The Inn, Nicole will be taking a group on a tour and answering any questions you may have about the assisted living lifestyle. All residents are welcome to attend, but there will be a sign up prior to this event. Valet will be available to drive Town Center residents back and forth.

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**Amazing Akrotiri                      Bob King                      Wednesday, October 4<sup>th</sup>, 10:00AM                      C**

Travel across the world with us as we discover the Amazing Akrotiri. Akrotiri is a Minoan Bronze Age settlement on the volcanic Greek island of Santorini. The settlement was destroyed in the Theran eruption about 1627 BC and buried in volcanic ash, which preserved the remains of fine frescoes and many objects and artworks. The settlement has been suggested as a possible inspiration for Plato's story of Atlantis. Bob King had the pleasure of visiting Akrotiri and would like to share his knowledge and pictures of the settlement with us.

**Spanish Class                      Priscilla Espinal                      Once Monthly (\*Starting October)                      AL/ICP**

This is a great opportunity for you to learn basic Spanish. Even if you have never tried it before, the pictures and words will help you to identify each word and use them daily. Each month we will learn new vocabulary words and review the previous lessons.

**The Castrati                      Baila Miller                      Wednesday, September 27<sup>th</sup>, 1:00pm                      KWA**

A castrato (Italian, plural: castrati) is a type of classical male singing voice equivalent to that of a soprano, mezzo-soprano, or contralto. The voice is produced by castration of the singer before puberty, or it occurs in one who, due to an endocrinological condition, never reaches sexual maturity. We will discuss the history and the European classical traditions of the Castrati.

**Dames of the Cinema                      Jenny Welch                      Wednesday, October 25<sup>th</sup>, 12:30PM                      C**

During this spooktacular month, we will be highlighting a female star from Hollywood. The film that we will be showing is The Bride of Frankenstein from 1935. The lead actress that we will feature is Elsa Lanchester. We will discuss the actresses claim to fame and her role in this particular film. Before we show the movie, we will enjoy a Halloween themed beverage in the Cinema Lobby!

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**Feathered Friends of the Fountains**   **Kristin Buswell**                      **November**                      **C**

Have you ever wondered who is flying above us here at the Fountains? Come identify the different bird species native to Florida and the ones found right here on campus. We will view many photos, migration patterns, song identification, traits and much, much more.

**The Flora and Fauna of the Fountains**   **Jo Hanson**                      **Tuesday, November 21<sup>st</sup>, 1:00PM**                      **TL**

Do you wonder what all those trees and shrubs around our campus are? Join Jo for a brief slide presentation followed by a walk/ride around the campus (weather permitting) to identify the plants, birds and other critters.

**DIY Holiday Crafts**                      **Paige Cohen/Lorraine Chimento**                      **December**                      **TL**

Looking for a crafty holiday gift? Join us as we cut, glue and decorate the perfect DIY Holiday Craft! We will provide the tools, supplies and knowledge you will need to create a gift for those closest to you. All you will need to bring is your holiday spirit and a smile.

**Lifestyles of the Fountains & Artistic**   **Jenny Welch**                      **December**                      **C**

This year, we have had the pleasure of viewing exquisite art pieces from most of our resident artists. This presentation will serve as a recap of those talented artists. We will take a look back on the artists that were featured as the Artist of the Month in each Thrive Newsletter. We will not only take a look at some photos that were not featured in the newsletters, but also touch on the stories behind each artist.

**Photography as Art**                      **Jules Altenberg**                      **3<sup>rd</sup> Tuesdays, 3:30PM**                      **C**

Learn to crop, edit and enhance your photographs. Prerequisites: students must be computer literate enough to send emails with attachments, have some type of photo editing software, such as light room or Photoshop elements, and must have either a cell phone camera or other digital camera.

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**Knitting Gals                      Lorraine Chimento                      November & December                      TL**

Research has shown that seniors who engage in knitting or other mind stimulating activities were 30 to 50 percent less likely to have mild cognitive impairment than those who did not. Knitting may help build up “cognitive reserves.” Whether you’ve knitted for fifty years or fifty minutes, join this group. Items are knitted for charity and sent where they are most needed. Everyone has a great time as they knit and purl the hour away. Needles and yarn are provided to get you started.

**Tour of The Springs    Brian Parsons                      Thursday, October 12<sup>th</sup> 2:00PM                      Springs Lobby**

Join Brian Parsons, Administrator of The Springs at Lake Pointe Woods, for an informational session about Skilled Nursing. Brian will be able to explain what Skilled Nursing is, why someone could benefit from Skilled Nursing services, how Skilled Nursing is paid for, and more. Please bring your questions as he will also host a Question and Answer session. The visit to The Springs will culminate with a tour. Meet in the Springs lobby. Valet will be available to drive Town Center residents back and forth.

**Celebrations Around the World    Jenny Welch                      Tuesday, October 31<sup>st</sup>, 1:00PM                      C**

Have you ever wondered how some of our neighbors around the world celebrate the different holidays? With the start of this lecture series we will get to see how other countries celebrate Halloween! We will take an in depth look into the festivals, rituals and attire that is worn for these celebrations

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# WATERMARK FACULTY BIOS

**Peggy Beasley**, LPW Executive Director, has enjoyed living in Florida for 45 years with all the activities it has to offer. Peggy enjoys kayaking, motorcycling, the beach geocaching and also reading and relaxation. She has been researching and reading about “Mindfulness” for over a decade. Peggy feels fortunate to have worked in the residential and senior housing market for almost 15 years.

**Chandra Tribit** is a Speech-Language Pathologist who has worked at the Springs for over 10 years. She has 2 children, Kellan, who is 3 years old and Riley who is 6. She loves boating, reading, snow skiing and the beach. Her Brain Fitness classes are a big hit!

**Jill Moreno** is the Director of Nursing at the Inn. She has a green thumb and has researched all the plants for our Butterfly garden. Jill also enjoys the outdoors and spending time with Bella.

**Jim Cerny** moved to Sarasota in 1999 from Naperville, Illinois, where he worked for AT&T and then Lucent Technologies for a total of 32 years. He volunteers teaching computer classes at Fruitville Library and also Sarasota Personal Computer Users’ Group.

**Brian Parsons** has worked in the Health Care field since 1980 starting as a Food Service Director, he became a Nursing Home Administrator in 1996 after getting involved in Nursing Home Administration and truly enjoys the interactions with residents and families. He has worked in several skilled nursing centers over the past 20+ years. Prior to coming to the Springs, he worked for Brookdale Freedom Village in Bradenton as the Health Center Administrator. He and his wife were originally from Syracuse, NY and moved to Florida in 2005 to be closer to family.

**Paul Ebaugh** is the Director of Dining Services. Paul has been in the kitchen since he could remember. His gifts and talents stem from his mother and grandmother, from whom he received his love of cooking and knowledge of his heritage and other cuisines. He attended Baltimore International Culinary Academy for a time, but left to pursue his degrees in Political Science and Economics at Towson State University. Paul married his College sweetheart in 1998, and returned to his first love of the kitchen, taking a position at The Windows on the Green as Executive Chef / General Manager.

# WATERMARK FACULTY BIOS

**Jo Hanson** and her husband, Joe, have been residents of The Fountains since December, 2015; they moved to Osprey in 1998 from St. Louis. Jo has been a University of Florida/Sarasota County Extension Master Gardener for 16 years. She has taught rain barrel, Florida Friendly Landscaping and pesticide safety classes. She also volunteers for the Florida Department of Elder Affairs in the Long-Term-Care Ombudsman Program.

**Colette C. Alexander** is a Registered Nurse with a B.A. in Psychology. Colette's career has featured work in the Open Heart, ICU and CCU area of local hospitals, and she has also had extensive experience as a neuromuscular therapist with specialized training in assisted isolated stretching. As a Personal Trainer for seniors, she is an expert in improving and maintaining the personal flexibility, strength and stamina needed for fulfilling activity in daily living.

**Baila Miller** completed a Bachelor's, a Master's degree, and post graduate work in the area of Instruction and Curriculum Development at the University of Memphis. Through her company, Miller Music and Fine Arts Programs, she has been presenting college level courses that explore the role of literature, paintings, architecture, sculpture, cinema, photography, as well as, orchestral and operatic influences in the development of European, Jewish, and modern American culture. Ms. Miller currently teaches at the Ringling College of Art and Design in Sarasota, Florida.

**Paige Cohen** is the Program Director of the Inn at Lake Pointe Woods. She was born and raised in Sarasota, Florida. Paige has been a nurse for over 14 years. She married her best friend, Matt Cohen, and they have a beautiful daughter named Layla. In her spare time, she enjoys spending an afternoon at the beach, reading a good book, and trying new foods.

**Jenny Welch** is the Community Life Director at the Fountains. She was born in Newport News, Virginia and moved to Sarasota, FL when she was 9 years old. Jenny has a Bachelor's Degree in Sports Management and Recreation from Florida International University. In her spare time, Jenny enjoys spending the day playing softball, visiting with family and relaxing with her fur children.

**Lorraine Chimento** is the Director of Human Resources at the Fountains. She grew up in Connecticut and married her high school sweetheart. Lorraine enjoys knitting in her spare time. She knits for her grandchildren and to relieve stress. She never leaves her home without her knitting!

# WATERMARK FACULTY BIOS

**Bob King** is a retired electrical engineer. He has traveled extensively including three around-the-world tours on a private jet. Bob enjoys singing in various local choral groups. He has given several lectures at the Fountains about different points of interest around the world, most recently, Machu Picchu.

**Kristin Buswell** is the Community Life Assistant at the Town Center. She was born in Mansfield, OH and moved to Bradenton/Sarasota, FL when she was 10 years old. Kristin attended the University of Florida where she received a degree in Recreation Parks and Tourism. After graduating, she moved to Ormond Beach, FL where she lived for the last 21 years raising her two children. Recently, Kristin moved back to Sarasota, FL to start a new adventure in life. She loves to swim and do anything outdoors.

**Beth Suarez** is originally from Miami, FL. It was in Miami where she met her husband and together they owned and operated a northern Italian restaurant for 8 years. Once Beth's parents retired to Sarasota, they soon found out that Sarasota was paradise. They moved to Lakewood Ranch in 2002 to raise their children here and Beth began her career in the senior living industry. Over the past 15 years, she has gained extensive industry and area experience that has contributed to her success at the Fountains. Beth enjoys traveling, spending time with her family and her dog, going to the beach, exercising and eating healthy.

**Allen Wolfe** and his wife, Paula, have been residents of the Fountains since June 2015. Allen was a computer programmer and analyst before retiring. Since moving here, he has focused on working out, reading, listening to music and sharing his extensive movie collection.

**Priscilla Espinal** was born and raised in Rockaway Park, New York. Priscilla has been living in Florida for over 12 years. She has been married to her spouse for 16 years and they have four beautiful children. When she is not working, Priscilla enjoys spending time with her kids and teaching them how to cook, making crafts and watching movies together. Her mother spoke regularly to her grandmother in Spanish and that is how she developed an understanding of the language to teach our residents!

**Jules Altenberg** is a retired dentist with a passion for photography, including shooting, processing and printing. Jules has loved being in the darkroom since the age of 12! He served as photography editor of his high school newspaper and yearbook. In college, he worked as a staff photographer for the Daily Illini newspaper at the University of Illinois, Champaign/Urbana.



You can become a Watermark University Faculty Member!

Anyone is welcome to teach a class. If you have a passion or talent – you can become a Watermark University faculty member! Faculty members might be volunteers from the local community, residents, family members, or associates. Contact Jenny Welch in Community Life to become a Watermark University Faculty member.

# NOTES



**INDEPENDENT LIVING • ASSISTED LIVING**  
**SKILLED NURSING AT THE SPRINGS, OPERATED BY SUMMIT CARE INC.**

This advertisement is NOT an offer of a CCRC contract.

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