



***Independent
Residents' Newsletter
February 2023***

Welcome All residents to the first edition of the Independent Residents' Newsletter. The newsletter will be published monthly by, for, and about our residents. Along with the companion Resident Forum, you will receive important information. To newsletter will initially be emailed to you. Eventually it will reside only on the Resident Forum. You need to establish an account on the forum with your name and email. Only residents participate. We hope that you will contribute to both communication vehicles with the goal of keeping our residents informed and a forum for discussions.

Sunrise at Legacy Pointe at UCF



by Dona Hams

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Feature Article

by Frank Russo

It's Been a Year - How Did All This Happen?

Construction

Driving by several years ago, we saw different phases of construction and memorable milestones. Remember: the relocation of over 100 endangered 'gopher tortoises' at \$1,500 per tortoise.

Then clearing the land, digging the pond, laying out the roads, pouring of the slabs, and finally the buildings started to rise. The villas moved along quickly. The apartments, all five stories, moved slowly.

We got periodic updates and videos from the ground - and then magically drones took over, and we saw amazing aerial views, often accompanied by music.

As is typical in major construction, unforeseen delays immersed (but these were quite unusual): Covid-19, materials availability, building delays, and construction worker shortages. Wham!! Everything seemed hit

at once. The move-in date kept creeping out: August, September, October, November came and went. December saw a ray of hope with villas ready to house residents!!



Discovered By Jonathan Wahl

Move In

Move in was finally on the horizon. Congratulations to our villa neighbors for your one year of occupancy. Phase One residents received a New Year's present with a 60-day letter - and were thrilled when they started moving in late February/early March!! The wait was almost over – for some of our new neighbors, it had been almost five years. The long-awaited move date was happening – we were homeless no longer.

Many new residents had interesting stories about how we got here. . .selling our homes early, renting temporary housing, moving our stuff to storage, moving in with family – and waiting!! The anticipation was exciting and scary!!

Phase Two residents were still waiting, but their wait finally came to an end when they received 60-day letters in the spring. Our new neighbors started moving in in May and June.

During December, January, and February, the villa residents were treated to food at outdoor picnics, parties, and a food truck. In late February, a 'gang' of us moved in to Phase One and were treated to box lunches (also given to our movers). As the movers deposited our stuff, the results of our downsizing became evident. We had a roof, a kitchen, and our stuff. Many of us had too much of 'our stuff'



We Are Here– What's It Like

It has been a year of adjustment, surprises, and fun. The adjustment of coming from 'our own homes' to villa or apartment living was reminiscent of college dorm days. Apartment residents carry groceries from their cars, sometimes we hear voices in the corridors, many ride the elevators several times a day.

We had surprises - some very good: the bistro, the food, and comradery and the people we met. Some were a challenge: the swimming pool, delayed assigned parking, delayed dining room. And some were fun: new clubs and activities, game nights, July 4th, Halloween, Thanksgiving, December holidays, New Years. And some were meaningful: Veteran's Day, Employee Appreciation Day, and sharing events with other residents.

.Residents' Council Has Started

After the diligent work of a group of resident volunteers, the Residents' Council (RC) was established – first, the bylaws; and in November nine members were elected, and an organizational meeting was held to elect officers and appoint members to chair seven committees. Clearly the residents support the RC as evidenced by the turnout for voting twice: over 90% both times.

Members serve 3-, 2-, or 1-year terms

Three Years – Kathy Weise, Tony Mennella, Clare Pollard

Two Years – Carolyn Ruhe, Phil Easterling, Frankie Bratton-Jeffrey

One Year – John Boldt, Peg Dunmire, Sue Brown (resigned)

(Linda Parsons Rude has replaced Sue Brown)

Resident Employee Appreciation Fund

Because residents cannot tip staff members for their work, in August, a group of dedicated volunteers started working to define and organize a Resident Employee Appreciation Fund (REAF). Starting in October, generous residents donated funds (totaling \$80,000) to reward our 40+ hourly staff in December for their good work and dedication to our residents.

The REAF committee was committed to celebrate the staff and organized a festive party during which staff were served by residents. A group of volunteers set up – and cleaned up - the auditorium that was filled to capacity with staff and residents – what a happy afternoon!!

Veterans by Colonel (USAF-Retired) Larry Mitchell.

On November 11, 2022 Legacy Pointe at UCF held its first Veterans Day Memorial program to honor all veterans of the uniformed services who served or are still serving.

At the program a total of 41 Legacy Pointe veteran residents and staff members were honored. Of these, 39 are United States Navy, Marine Corps, Army, Air Force and Coast Guard veterans, two are veterans of U.S. allied nations, and two are civilian veterans of the Vietnam Conflict who served in support of U.S. military operations.

The Veterans Day program keynote speaker was Colonel David Smith (USMC-Retired), a 30-year Marine Corps veteran and combat helicopter pilot. Colonel Smith now serves as Florida House District 38 Representative.

The Master of Ceremonies for the program was Legacy Pointe veteran Colonel (USAF-Retired) Larry Mitchell. The University of Central Florida's U.S. Army ROTC "Fighting Knights Battalion" color guard presented the colors for the ceremony.

The ceremony, aided by a patriotic audio-visual presentation, began promptly at 11:00 am and started with the solemn ringing of 11 chimes of the bell to highlight the end of World War I on the eleventh hour of the eleventh day of the eleventh month, 1918. (Note: This holiday originated in 1919 when President Woodrow Wilson proclaimed the first Armistice Day on November 11th. In 1954 Congress changed the name of the holiday to Veterans Day.)

During the program a short military biography for each veteran was presented along with their "then" photos. Additionally, immediate family members of residents who are current active duty veterans were recognized and honored. The program concluded with audience participation in singing "America the Beautiful."

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What's Happening Now?

Bert Francis, President of the CCRC Development Corp. Board of Directors

The CCRC Development Corp. is the organization that is responsible for developing and operating Legacy Pointe at UCF. Bert Francis is the president of the Board of Directors. At the Resident Council (RC) annual meeting on January 19, Bert took questions and comments from many residents, ranging from complaints, suggestions, and praise/compliments. Even though much has been accomplished during the past five years, everyone agrees that work still needs to be done. Bert heard residents and promised to work closely in addressing many of the residents' concerns.

The Pipes Have Arrived

The water problems that have plagued first floor residents may be coming to an end soon. A professional contractor has been hired. The problem has been moved from the responsibility of a landscaping company who was not able to offer a permanent solution to a professional construction company who has done similar work on the campus of UCF.

Things looked different from day one with the new company. Many staff were on site including engineers taking measurements around the apartment complex. Next equipment started to arrive and finally pipes. There were many pipes varying in size from six to twelve inches in diameter. This was all very promising because the force of water coming from the gutters through the downspouts could not be handled by the four-inch drain pipes originally installed. An onsite supervisor has kept a careful eye on the work,

We are still several months away from our rainy season so hopefully the work will be complete and new plantings will be in place.



The Big Splash

Have you heard it yet? Our pool still awaits its first test by our residents. We have waited through several pool contractors, city and county inspections, attempts to pass inspection, and recently the operation of the pool heaters. It has been twelve months, and the wait is almost over. Some of our residents are so looking forward to doing therapeutic exercises in the pool. We await the 'big splash'!

Tables, Umbrellas, and Fire Pits

Have you tried them yet? This is the perfect time. The weather is great. The seats are comfortable, and the umbrellas provide just the right amount of shade. And the fire pits. Makes you want to get out the marshmallows for a quick toasting. BUT please DON'T! These fire pits are not meant for toasting marshmallows or cooking, just looking. Enjoy the view!

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Travel

Local – by Tom Nixon

Nights of Lights in St. Augustine

Twenty residents traveled by motor coach to St. Augustine on January 18 to view the Christmas lights, shop, and dine. We were successful at all endeavors. Three hours of walking and fine dining, and a pleasant hour on a trolley travelling around the town to see the lights. This was the first “official” Legacy travel event, with many more to follow.



Hope Heals “Christmas in the City”

In December 18, eight residents participated in the annual Hope Helps “Christmas in the City” event for homeless and needy families in Seminole county. Allyn Stearman used her language skills to guide Spanish speaking families through the process of selecting gifts and essential items. Frankie Bratton-Jeffery helped hand out essentials, including socks and undies that were collected at Legacy. The Armettas and Nixons worked with Santa to help families pick out toys and games. At the end of the day the Lesnicks came in to help with shutdown. All agreed it was an inspiring day. We look forward to more Legacy Pointe participation next year



The Armettas



The Nixons

Adventure Travel by Frank Russo

Traversing the Panama Canal Amazed Us

Carolyn and I had always wanted to travel through the Panama Canal, so in early December, we ventured out on a cruise. We had no idea of how long and complicated it was.

We thought that going through the canal from our side means that you enter on the Atlantic and just quickly exit on the Pacific, but we didn't realize that our ship had to cross a lake and the crossing would take the entire day. Yes, a whole day because once we left the Atlantic locks, we had a 36-mile lake to cross to the Pacific locks. The engineering feat of making the lake meant excavating 36 miles of mountains deep enough for large ships in the early 1900s, which was technologically unfathomable.

As we were starting into the first lock at 5:15 AM, a narrator joined us - and stayed with us for the entire day. He was extremely knowledgeable - and gave us so many facts about the construction and the operation of the entire system. He shared the history of the original construction in 1914 and then the story of the newer construction of another lock 100 years later. It is truly remarkable!!

He told us that this new canal will accommodate 95% of the ships in the world, including the mega ships currently in operation. But, of course, that leaves the 5% of ships that are recently built and are so large that they cannot pass through the newer canal - so there may be talk about building another set of locks.

We asked several questions - one in particular is startling. How much does it cost to go through the canal? It depends on the weight of the ship and its cargo (which could be people). Since our ship was not entirely full, he estimated that it cost the cruise line about \$600,000 for the day. Some of the huge container ships fully

loaded could pay up to \$1,000,000. and we learned that shipping companies must reserve months and months in advance.

At the end of the Atlantic locks, ships enter the Gatun Lake - for about 36+ miles to the Pacific locks. Ships were creeping along very slowly.

We left our viewing point over 12 hours later, and we had just gone into the second lock on the Pacific side - into Panama City. It was an adventure!!

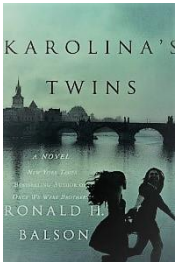
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Club News and Activities

The Book Club

DO YOU LOVE TO READ? SHARE YOUR THOUGHTS AND IMPRESSIONS WITH US.

Each month, some of your friends at Legacy Pointe gather to discuss a book each month. We have friendly, lively, and thoughtful discussions each month led by a different reader. Join us on the third Tuesday, at 3:00 in the card room. **February's book is Karolina's Twins by Ronald Balson.** Save the date February 21 at 3:00 in the card room.



Karolina's Twins by Ronald Balson

Resident Fitness Activities

TAI CHI IS A WONDERFUL WAY TO WAKE UP ON SATURDAY MORNING

What is Tai Chi? A series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Sometimes it is called meditation in motion because it gives serenity through gentle movements.

Your Legacy Pointe friends wake up early every other Saturday and come to the yoga room at 7:00 to be greeted by Joy and Scott who start us with gentle stretches and end with mild movements. No experience is necessary – Joy and Scott coach us every step.



Our Instructors Joy and Scott

DOES A GOOD STRETCH FEEL GOOD? WEEKLY SEATED YOGA HELPS YOU STRETCH AND RELAX

Yes, every Friday morning at 11:00 in the yoga room, for an hour you can enjoy stretching, strengthening, and balance – sitting down. No need to worry about yoga on the floor – yes, you can do yoga while sitting. Sometimes, we use bands to increase the stretch – all the time recognizing that each of us has different levels of comfort – and that's all right!!



Our Instructor Michelle

SILVER SNEAKERS FIT

Geared to seniors 65+ at all levels, this is a fitness and wellness program offered twice a week in the yoga room from 1:00 – 2:00 on Tuesdays and Thursdays. Don't worry if you can't stand for the entire hour – the first 30 minutes is seated – the second 30 minutes is standing for a more intermediate level of workout.

DO YOU LIKE TO DANCE – AND WORK OUT AT THE SAME TIME?

Two opportunities for you to get your groove on with lively music – Zumba with Marie and Line Dancing with Marie. Check TouchTown and the TV monitors for specific times and locations

.PICKLEBALL IS LIKE TENNIS, TABLE TENNIS, AND BADMINTON – ALL ROLLED INTO ONE GAME

Join fellow residents on Saturday mornings at 8:30 at Round Lake Park (891 Broadway). A warning in Touch Town – this sport can be addictive!!

THE CRAFT ROOM by Glenda Donoghue

The Art Group of Legacy Pointe at UCF meets on Thursday mornings in the Creative Arts Room. We gather from 9-noon, bringing with us current art work and tools so that we can share the experience of painting together. Many different types of art are performed. We all learn from one another's artwork as it evolves and from talking about our art experiences.

On November 17, 2022 we held our first Art Show in the Creative Arts Room. Watercolor and pastel paintings, hand-thrown clay pots and gel pen creations on archival black paper were displayed by the Club members, and other residents who do wood carving, painting on metal and oil painting brought examples of their work to be seen.

We are currently identifying artists in the Legacy Pointe community who might like to display their work when we do our next Open House in April 2023, and encouraging artists to join us for an hour or two or three on Thursday mornings.

WALKING AROUND OUR “RESORT”

Did you Know? If you try to get in your daily steps, here is some interesting details. These are approximations but are good information. . .It is approximately one mile: If you walk around the outer perimeter of our property and then walk the streets of the villa. IF is too hot or too cold, you can walk ALL the corridors and the stairs (up or down) of the apartments – that is also about one mile.

THE LEGACY POINTE SUNRISE CLUB by Dona Hams

Several of us meet almost every morning about 6:00 a.m. because we are all early risers. Another reason is members of the group have dogs that need to do their duty and ... Well, you get the idea! So Jillian, Pippin, Palmer, Sammy and sometimes Jasper and Tanner all need to do their daily constitutional. Who are we? Karen and Margaret from the Villas, Dick, Anita, Dona, John, Sharon and anyone else who happens to walk by the courtyard park bench near Edwards Pond and the water fountain. This is where we get together. We have lovely conversations before we go about our busy days. It has been a wonderful way to get to know our

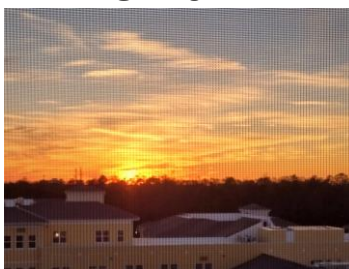
neighbors better. P.S. Jillian comes to my lanai door and whines if I don't come out. All of this is "weather permitting



Dick Simonet and John Bushey
With Jillian and Jasper

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Sunset at Legacy Pointe at UCF



by Frank Russo

Send pictures, articles or travels to: frankrusso2012@gmail.com – if you want them included in future issues.