



*Legacy Pointe Independent
Residents' Newsletter
December 2023*



Our Day Begins – Here comes the sun



Sunrise Pic over LP Pond by Jonathan Wahl

‘Walkin’ LP at Sunrise

By Jonathan Wahl

Up just before sunrise, out the door, and down the stairs. Got to go. Out the south door and heading for The Pond. Edwards Pond that is.

It's "first light" on the eastern horizon and the scattered clouds have a hint of orange and pink. The pond fountains are already busy sending watery plumes skyward that reach their crest and dramatically fall as they send out a fine mist in all directions. It's a beautiful 68-degree morning with a soft north wind. I'm inspired to walk and I've only traveled two-tenths of a mile.

I'll head for our gazebo peninsula that is surrounded on three sides by the pond and encircled by our beautiful volunteer resident-planted butterfly garden. Today, as almost always, I'm greeted by three tall sandhill cranes standing at the water's edge. One crane pauses its feeding ritual to face away from the others and stand guard. The other two ignore me as I circle the gazebo and head back to the pond path. I'm reminded that on occasion these elegant red-capped birds come swooping in from the sky while sounding their call: a loud, rolling, trumpeting sound that can be heard from one end of Legacy Pointe to the other.

Next on my circuit are the raised garden beds. They are lovingly tended by our garden-minded residents and literally burst with vegetables, herbs, fruits, flowers, and even a banana tree. There's a garden shed too and I hear it's home to rakes, shovels, a wheelbarrow, hoses, and assorted plant food and fertilizer. The gardens face east to the pond and appear ready to greet the sunshine and show off their overnight growth.

Along the way I pass little "half-loops" that host nice wooden benches that are perfect for just sitting and admiring the scenery. And wildlife too. There's an Anhinga spreading its wings atop a Cyprus or oak tree. It's drying out its wings because, without oil on its feathers, it sinks up to its neck when it swims. Some people call these beauties "snake birds." We have turtles that occasionally crawl out of the water and sun themselves on the shore. Some of these amphibians are more adventurous and crawl across the road, perhaps to lay eggs near the woods. Four or five ducks sail smoothly across the pond. Overhead I see crows, ravens, and red-tailed hawks. Once I was certain I spotted a bald eagle atop a tall pine. An ambitious resident erected bluebird boxes next to the path and I can't wait for these pretty little flyers to arrive and move in. And I always keep my eye out for a grass-nibbling deer along the north treeline.

I can't forget the human inhabitants. They're out here watering flowers, walking, strolling, taking their pooches for their AM constitutionals, or hanging out on a bench. I see lots of big smiles as I move along and exchange passers-by chit chat: "Hi how are you", "Good Morning Pippin", "Beautiful sunrise, eh?", "T-shirt weather today", "Love that hat", and "See you on the other side."

By now the sun has escaped the horizon and I round the bend towards our big yellow building. This feels so good I think I'll grab another lap. Why don't you join me? The more the merrier and I'm sure the cranes won't mind a bit.



Sunrise Pic over LP Apartments by Marcia Call

OUR FEATURE ARTICLE

THE RESIDENT APPRECIATION EVENT FOR OUR HOURLY STAFF

On Wednesday, November 29th residents at Legacy Pointe celebrated all the hourly employees who serviced them throughout the year. Kitchen staff, Servers, Housekeeping, Maintenance, Concierge, Drivers, and their guests were invited to the lunch held in the auditorium at 3:00 PM. The food and drinks were provided by Domenica Wehmann.

When the guests walked in they were greeted by a team of residents who would be their host for the afternoon. Here are the resident servers:



When our guests had their food and drinks and were seated, our residents entered the auditorium to participate in the event. It was a full house. The food, laughter, and fun

continued for a while until it was time for the announcement of the distribution of funds to our hourly employees.

Our guests were served, thanked, and praised over 1,000 times. Each department was called out and an uproar of applause erupted. Each employee received an envelope with their amount based on the hours that they had worked during the previous year. Some of the employees received a hefty check. The total amount contributed by residents was \$127,223.18 added to a previous from 2022 of \$21,278.57 resulting in a total of \$148,501.75.



Frank Armetta who was in charge of finances for the event made the total amount public. He released the full breakout of the collection and distribution process. We have included Frank's breakdown below.

(NOTE if employees left their positions before the end of the November period, each employee was encouraged to sign up for a PRN which would keep them inactive but still on the payroll. All they needed to do was return for a few hours before the November cutoff date and they would be eligible for the distribution based on prior hours worked.)

Here is a total breakout of the funds as reported by Frank (Please note that due to a special check run by the outside check processing company, the 'admin' costs are high as well as our payroll tax costs)

Financial Summary 2022 Previous Balance \$ 21,278.57 2023

Resident Contributions \$ 127,223.18 Total \$ 148,501.75

Minus 10% Reserve \$ (14,850.18)

Balance to Disburse before Costs \$ 133,651.38

Minus Payroll Costs at 17.15% \$ (19,569.02)

Balance Distributed to Employees \$ 114,082.36

How Funds were Distributed: \$200 Base to each employee (51) \$ 10,200.00

\$500 for ea employee over 1 yr Continuous Service over 1,000 Hours (13) \$ 6,500.00

\$250 for ea employee over 1 yr Continuous Service under 1,000 Hours (5) \$ 1,250.00

Total Base and Continuous Service Credit Distributed to Employees \$ 17,950.00

Balance Distributed based on Hours Worked to Total Hours \$ 96,132.36

Total Distributed to Employees \$ 114,082.36

Range of Employee Gratuities:

3 Employees received between \$5,000 and \$6,300

9 Employees received between \$4,000 and \$5,000

10 Employees received between \$2,000 and \$4,000

12 Employees received between \$1,000 and \$2,000

17 Employees received between \$225 and \$1,000

Footnotes: * Approximately 95% Resident Participation * Rounding may cause slight number variance from actual distribution Submitted by Frank Armetta, Co-chair on behalf of REAF Committee *Co-chairs Frank Armetta*, Carole Goldsmith, Mary Ellen Hynes, Ann Kirkendall, Robyn LaBreck, Jon Rogovin, Linda Rude, Carolyn Ruhe*, Frank Russo, Judy Simonet*, Joe Solymossy, Lynn Worthington 11/29/2023 * The amount of reserves held includes payroll costs; therefore the amount to employee would be less than the amount being held in reserve. The amount may change slightly after Reconciliation w/ LP payroll. Resident Employee Appreciation Fund (REAF) Preliminary Financial Report 2023 * The dollars distributed after base and continuous service credit were equal to \$2.194 per hour worked for each employee. * Reserves held for the possible return of employee('s) before year-end, and any additional costs.

Farewell and Best Wishes

Domenica - Our Executive Director Domenica Wehmann is sailing into retirement this month. We hope her seas will be calm and her journey an enjoyable one. Domenica was faced with a monumental task over her time at Legacy Pointe. She opened a building in February of 2022 that was half complete and without having many permits completed or kitchen or dining room facilities. Creativity was needed and patience by the truckload. She had to deal with half the work being completed and some of it done poorly. Her staff and budget problems were many. Yet she and us residents managed to survive the uphill climb. We hope Domenica has a long rest and an enjoyable retirement.

Emily – Our Life Styles Director Emily Bagushinski is off to a new position in Pennsylvania where she will be close to her family. She worked a large responsibility mostly ‘solo’ and had many responsibilities ‘in-house’ as well as trying to handle a broken relationship with U.C.F. again in a ‘solo’ effort. We wish Emily the best.

A Name for our Newsletter - Our newsletter still is nameless.

We have had a few suggestions emailed to us over the last few months. Here is a sample:

—
"The Unofficial Newsletter of Legacy Pointe"

"The Underground News at LP." ,

"The LP Post."

"The LP Residents Post"

"The Real News at LP."

"The LP Independent Times"

"The Inside Scoop at LP"

"L.P. Our Home"

"Sand Hill Crane News"

LEGENDARY LEGACY

LEGACY LEGENDS

"The Uncensored News of LP."

"The LP Independent Post"

"The LP Residents News"

"The LP Independent Sentinel"

"The LP Residents' Monthly"

"Legacy Revealed"

L.P. Our Legacy"

L.P.. News, Stories, Pictures, and More

LEGENDS OF LEGACY

We would like to have a name by our January issue so select one of the names above or do a ‘write-in’ and email it to FrankRusso2012@gmail.com

RECENT ACTIVITIES

The Brass Band of Central Florida

The Band performed on December 1 at 7 PM in St Luke’s. The Band is definitely a ‘not to be missed’ experience. Composed of 33 players including just brass and percussions cleverly melded into a soft entertaining medley of holiday music.

A highlight was a solo cornet of “Ave Maria” played by Robert Chambers. He dedicated it to his wife as they celebrated their wedding anniversary.

The second highlight was a 27-minute animated film called “The Snowman” (produced and filmed in London). The Band provided the background music matching the many different tempos created by the animated characters in the film. A local 12-year-old boy, Camilo Meledev, performed a choral accompaniment at a soprano voice level.

A third highlight was the band's rendition of the “12 Days of Christmas”.

After intermission, there was a series of holiday songs and hymns that in its conclusion led to a long-standing ovation which led to a long encore of “We Wish You a Merry Christmas”.

The next concert is another 'not to be missed' afternoon experience featuring the U.C.F. Symphony Orchestra on Saturday February 17th at 2 PM. Save the date!

The Children's Choir

On Monday, December 4th at 10 AM, residents started to gather in the Auditorium awaiting the arrival of a choir from Wedgfield Elementary School. Dona Hams – who has played many different roles at Legacy Pointe – donned her Santa elf outfit and was the official greeter at the front door.

But 10 o'clock came and went. We learned that the 'Grinch' stole the bus driver. The children were stranded at school. Finally, a new bus arrived and at 11:30 the choir arrived and was greeted by the L.P. 'elf'. The children were 4th and 5th graders. So young! So full of energy! Aah!

As they entered, we were surprised to see them carrying 30* buckets of what appeared to be empty drywall paste containers. They stacked them at the front of the auditorium.

The teacher 'choir conductor' introduced the children and surprisingly introduced her grandmother who is a resident of L.P. The children donned their 'Santa Hats' and started their performance. They sang lovely and fun songs. There was a brief intermission. We still could not figure out the mystery of the buckets.

Bucket Mystery solved! All of a sudden, the children grabbed a bucket and 4 drumsticks and headed for their audience. They adopted a resident and soon the resident and their adopter were practicing tapping on the bucket, now with a covering top, in a rhythm that started like a 'wave' across the audience. Led by the Director along with background music some 30 drums and 60 sticks filled the Auditorium with a series of 'beats' that were driven by the tempo of the music. The beat went on for almost 20 minutes.

It was a cheerful, friendly, and delightful morning. The children left with candy canes, smiles, and a promise to return in the spring. Residents were also smiling realizing they also had a great time and a cardio workout (with the drumsticks).

Gift Wrap Wow the Card Room has become a gift wrap room. The Life and Activities Committee has set up this service. And it has had many customers. And they are happy customers. The volunteer wrappers are creative and have done original designs. Donations are accepted and will be put to good use in the L.P. community.

Holyday and Holiday Greetings to all.

We are in a month filled with many holydays and holidays that are celebrated around the world. Here are just a few

[Advent](#): usually the first 4 weeks in December

[Hanukkah](#): usually falls anywhere between late November and early January.

[Winter Solstice](#): on or about 21 December

[Christmas](#) 25 December

[Boxing Day](#): 26 December

[Kwanzaa](#): 26 December–1 January – [Pan-African](#) festival celebrated in the US

[New Year's Eve](#): 31 December – last day of the [Gregorian year](#)

[Epiphany](#) on January 6th

Our Entrance and the Credenzas on Each Floor



Our Front Entrance

It is worth taking an elevator trip to each floor of the Independent Living apartments to look at the Credenza on each floor. There is a definite hint of real artistry on each floor. It is not only done in good taste but it is worth a visit.



First Floor



Second Floor



Third Floor



Fourth Floor



Fifth Floor

L.P. RESIDENT TOPICS AND OPINIONS

L.P. RESIDENT EDITORIALS

Several residents have mentioned to me that it would be great if some residents would write editorial opinions about happenings that affect us here at Legacy Pointe. So, this month we will carry an editorial and hopefully, it will be a topic for our residents to think about and continue this topic in our Resident Forum for a month of discussions.

The Editorial this month is about the results of our survey presented to us after the Resident Council meeting on Thursday, November 16th. It is written by the newsletter editor Frank Russo

We all hoped the survey was going to be presented by the survey Company Align. Many people had spent a significant amount of time discussing their concerns and also the survey itself. We all wanted our comments to be presented along with our ratings.

This editorial will look at 4 sections of the survey presentation: the survey results and how they were presented; the presenters of the survey; the survey results; the residents' reaction and the aftermath.

The Survey Presentation:

The 'survey' was presented by a representative from Aiign, the survey company, She was brief and to the point. Some sections of her presentations were easy to understand. It gave the initial numbers of residents' participation in the survey and how Legacy Pointe compared to the average scores of other C.C.R.C.s. However, when the concept of the Domain Priority Map was presented the presentation was confusing and limited to just 2 sections of the A, B, C, D, Map. The presentation of residents' comments was limited.

The Survey Results:

The survey was sent to all residents. The response rate was 84%. The average response rate at other CCRCs was 68%. L.P. residents had much to say. In major categories, L.P. rates were 20 to 30 points below the average for these same categories in other CCRCs. In one case of staff training the rate was 40 points below the other averages(53 – 93). For example, the category of services was rated at 58% against an average of 99%. Residents recommending others was at 69% versus the average of 93%. Residents rated training at 53% versus the average of 93% and transportation at 60% versus the average of 90%.

The Residents' Reaction:

Edward Thorne, who is Greystone's Management's Operations representative to Legacy Pointe opened the meeting up to resident comments. And there were many comments. Some were directed at Greystone's whole management or lack thereof at Legacy Pointe.

Mr. Thorne was told point blank that Greystone had totally lost the confidence of the residents. Initially, major problems were slow to be addressed and often done two or three times before being done correctly. There was a big concern about the financial impact of these shortcomings and concern about who was going to be paying the bills.

Mr. Thorne was told several times that residents at L.P. were highly skilled and quite capable of giving some constructive input into developing solutions not just for the physical problems but also in other areas of shortcomings such as communications which is a huge problem. He also heard again that we are active, capable residents who were also investors in Legacy Point to the sum of over \$65 million and we had a significant interest in being concerned about our future and Legacy Pointe's ability to honor our Future Service Obligations.

As the discussion went on It was disappointing that Mr. Thorne mentioned at least five times that he only had a few minutes left because he had to catch a plane. Our comments and time did not seem as important as his schedule.

The Aftermath and Our Future:

Finally, there seems to be a general concern that there are some serious problems at Legacy Pointe. A group made up of Board members, Administration, and Residents (members of the Resident Council) will be meeting about the survey results. Kathy Weise, the President of the R.C. will be depending upon the members of the different R.C. committees to get suggestions and solutions from their committee members which can be passed through to our representatives to be brought to group meeting on the survey results.

This is where we as residents can make a difference. Every R.C. subcommittee meeting should be packed with residents. It is our investment and our community. Both could be in danger if we do not get involved. We are retired! We have the time! We have the skills! We need to commit to get involved. Remember a few cannot carry the load for the many.

I am asking Jonathan Wahl and Ina Hunt who are the contacts for the L,P. Forum, (which is 'online' for all residents to discuss topics and issues), to set up a category called Survey Results where you can discuss the results of the survey and your suggestions.

So please discuss this editorial and the issues involved immediately by going to the Forum and starting the whole process. Do not reply to this newsletter. We are a monthly presentation. We need a daily discussion.

Here is the L.P. Forum information.

Sign up for the **LP Residents Forum**: <https://lpresidentsonline.org/smf> **You can easily set up your login and password.** The Forum is a place for you and your neighbors to come together . . . To create a knowledge base . . . To go beyond a community to becoming a family. We hope to see you online soon. If you need help contact by email Jonathan or Ina.

Email Jonathan at 47ipsd@gmail.com or Ina at utgrad@attglobal.net.

HEALTH AND MORE

Each month, here are articles about social fitness, physical fitness, and nutritional fitness. They are for your interest. We do not make any claims or recommendations

Social Fitness

263 of the world's longest-living people share their 8 'non-negotiables' for a long life.

When you read their story below, note that in addition to the physical and nutritional suggestions all of these centenarians share, they are all set in a very social environment.

Here is their story:

<https://indianexpress.com/article/lifestyle/life-style/world-longest-living-people-non-negotiables-9047404/>

(hold the control key and click on the link or copy it and paste it into your browser).

Physical Fitness

Are you sitting still (or lying down) then you may be interested in what scientists say you need to do in terms of exercise to keep your body functioning.

Scientists Calculated How Much Exercise You Need to 'Offset' a Day of Sitting

<https://www.sciencealert.com/scientists-calculated-how-much-exercise-you-need-to-offset-a-day-of-sitting>

(hold the control key and click on the link or copy it and paste it into your browser).

Nutritional Fitness :

A new study on the Mediterranean diet offers the strongest proof yet that it's associated with brain aging

Adhering to the Mediterranean diet as one ages appears to reduce the risk of cognitive decline, a new study finds [yet another study](#)—one scientists say provides the strongest proof yet of its benefits.

<https://fortune.com/well/2023/11/24/mediterranean-diet-lowers-alzheimers-dementia-risk-study/>

(hold the control key and click on the link or copy it and paste it into your browser).

DO YOU NEED TO GET OUT AND DO SOMETHING?

Check out these possibilities:

IF YOU DO NOT WANT TO GO OUT, BELOW ARE OPPORTUNITIES IF YOU STAY IN.

CHECK OUT TOUCH TOWN JOIN a CLUB

Check out Touch Town on your phone. There are over a dozen clubs here at Legacy Pointe that would love to have you join. Also in the Card Room there are many activities each day some starting at 7 AM

Here are just a few available The Legacy Pointe Book Club, Garden Club, Chess Club, and many others. Check Touch Town for dates and times of many others.

The Legacy Pointe Book Club

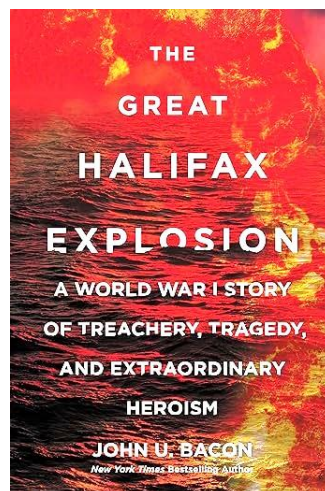
December:

We invite you again to come to the meeting of the Legacy Pointe Book Club on **(note the change of date)** Tuesday, December 12, 2023, at 3 PM in the Card Room.

We invite you to come to the meeting of the Legacy Pointe Book Club on **(note the change of date)** Tuesday, December 12, 2023, at 3 PM in the Card Room.

Our Book for this month is called. The Great Halifax Explosion: A World War I Story of Treachery, Tragedy, and Extraordinary Heroism by John U. Bacon /

After steaming out of New York City on December 1, 1917, laden with a staggering three thousand tons of TNT and other explosives, the munitions ship Mont-Blanc fought its way up the Atlantic coast, through waters prowled by enemy U-boats. As it approached the lively port city of Halifax, Mont-Blanc's deadly cargo erupted with the force of 2.9 kilotons of TNT—the most powerful explosion ever visited on a human population, save for Hiroshima and Nagasaki.



January 2024:

We invite you again to come to the meeting of the Legacy Pointe Book Club on **(note the change of date)** Tuesday, January 16, 2024, at 3 PM in the Card Room.

***Our Book for this month is called* House Rules by Jodi Picoult**

From the #1 New York Times bestselling author of Small Great Things and the modern classics My Sister's Keeper, The Storyteller, and more, comes a “complex, compassionate, and smart” (The Washington Post) novel about a family torn apart by a murder accusation.

When your son can't look you in the eye...does that mean he's guilty?

Jacob Hunt is a teen with Asperger's syndrome. He's hopeless at reading social cues or expressing himself well to others, though he is brilliant in many ways. He has a special focus on one subject—forensic analysis. A police scanner in his room clues him in to crime scenes, and he's always showing up and telling the cops what to do. And he's usually right.



HINT about RESOLUTIONS what we need to do starting in January

Guess what? The New Year is just around the corner. That means we start thinking about all the things that we should do and all the resolutions that we should make at the start of the new year. Well, don't worry about it this year. We have you covered. We will make some of your resolutions for you and each month do a checkin to see how you are doing. So see **our feature article in January** and don't worry it will make life more enjoyable.

SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR NOVEMBER



Photo by Joyce Swing

For list of all launches, check this website

Space calendar 2023: Rocket launches and skywatching dates | Space

December TBD: A SpaceX Falcon Heavy rocket will launch the USSF 52 mission with the [X-37b](#) spaceplane for the [U.S. Space Force](#).

Firefly's Alpha FLTA004 [Fly the Lightning](#) mission will launch a payload for [Lockheed Martin](#) in [low Earth orbit \(LEO\)](#).

ROCKET LAUNCH

Progress MS-25 launch

Dec. 1: Russia will launch a Soyuz rocket carrying the Progress MS-25 spacecraft to the International Space Station on a cargo and resupply mission.

ROCKET LAUNCH

SpaceX Falcon Heavy USSF-52 X-37B launch

Dec. 10: A SpaceX Falcon Heavy rocket will launch the U.S. Space Force's secretive [X-37B](#) space plane on its 7th mission to space. Falcon Heavy will launch from Launch Complex-39A, at NASA's Kennedy Space Center, in Florida. This marks the first time that the X-37B will launch on a Falcon Heavy. Delayed from Dec. 7.

SKYWATCHING

New Moon Dec. 12: The [new moon](#) will arrive at 6:32 p.m. EST (2332 GMT).

SKYWATCHING

Geminid meteor shower peaks Dec. 14: The [Geminid meteor shower](#) peaks tonight! The shower is active between Dec. 4 and Dec. 17.

SKYWATCHING

Winter Solstice Dec. 21: Today is the [winter solstice](#) for the Northern Hemisphere and the [summer solstice](#) for the Southern Hemisphere.

SKYWATCHING

Ursid meteor shower peaks. Dec. 21: The [Ursid meteor shower](#) peaks tonight! The shower is active from Dec. 13 to Dec. 24.

ROCKET LAUNCH ULA Vulcan Rocket first launch.

Dec. 24: A United Launch Alliance Vulcan Centaur rocket will launch on its inaugural flight with the Peregrine commercial lunar lander for [Astrobotic](#). It will lift off from Space Launch Complex 41 at Cape Canaveral Space Force Station in Florida.

SKYWATCHING

December's full moon, the Cold Moon. Dec. 26: The [full moon](#) of December, known as the Cold Moon, will occur at 7:33 p.m. EST (0033 GMT on Dec. 27).

SURFING THE INTERNET

You could spend your whole day just sitting and surfing. If you do this your entire body will fall apart from lack of exercise. So, our newsletter is asking its readers who spend just a few minutes a day surfing to send along some links to articles that may be interesting or funny or extremely important. Send links to Frank Russo at frankrusso2012@gmail.com

A Fun Web Story – Do you remember the McCaughey Septuplets? Well if you do, then check them out as the travel through life and are now 22.

https://yoursportspot.com/americas-favorite-septuplets-em-ext/?utm_source=taboola-em&utm_campaign=em-us-d-yss-septuen-071223-c408-cpa&utm_medium=tb31585969_1035891&utm_term=sciencealert

(hold the control key and click on the link or copy it and paste it into your browser).

Did You Travel to Peru? – Especially Machu Picchu? Well as we are finding out there are numerous other ancient ruins that could be visited some centuries older. It may be a little challenging but it can be done. Read the article contained in the link below.

<https://www.travelandleisure.com/northern-peru-amazonas-region-guide-8406133>
(hold the control key and click on the link or copy it and paste it into your browser).

Our Day of Photos



Rainbow on Pond by Polly del Vero



Beaver Moon over Pond by Anita Ford



Rainbow Photo by Marsha McCall

Feedback? Stories? Photos?

Send to Frank Russo at frankrusso2012@gmail.com

REMEMBER sign up for the **LP Residents Forum**: <https://lpresidentsonline.org/smf>
You can easily set up your login and password. The Forum is a place for you and your neighbors to come together . . . To create a knowledge base . . . To go beyond a community to becoming a family. We hope to see you online soon. If you need help contact by email Jonathan or Ina.

"And in case you missed any issues, click the following link to access the complete Newsletter Archive:"

LP Residents Forum - Residents Newsletters (lpresidentsonline.org)

Email Jonathan at 47ipsd@gmail.com or Ina at utgrad@attglobal.net.