



THE LP INDEPENDENT TIMES

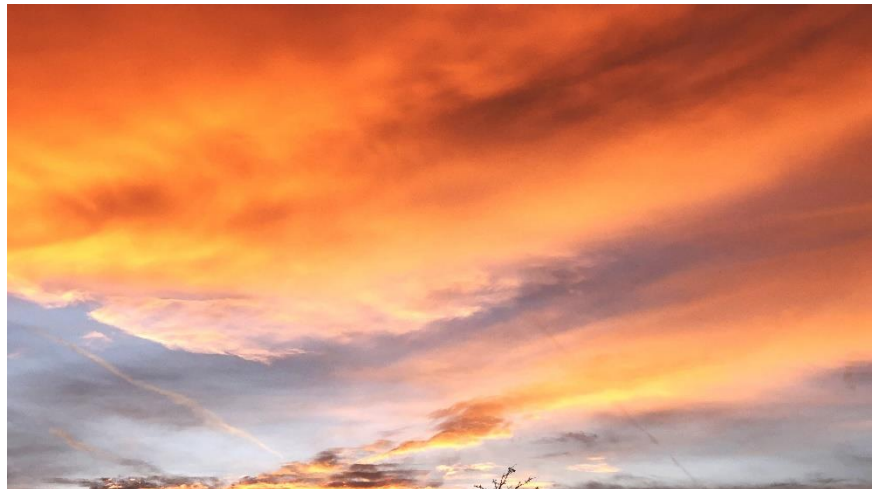
NEWS. STORIES. PICTURES. AND MORE



The blue and yellow represent Legacy Pointe's colors, and the green (growing higher) represents the continuing growth provided by our residents. By Jonathan Wahl

JANUARY 2024

Our Day Begins – Here comes the sun



By Marsha Call

OUR FEATURE ARTICLE

The New Year – Resolutions Yes / No

It is a new year and even though we do not make New Year's resolutions anymore we do spend a minute thinking about making them. So why not make some very practical ones for this year? We are going to suggest that we all make resolutions that will help us live a little longer; be a little healthier and feel a lot

better. You will have a lot of support. And your resident monthly newsletter is going to support you throughout the year with many ideas and some quarterly checkups on how you are doing.

So, let's get started! First, what do I need to do to make my life better or at least more interesting? Well, let's start with the basics. Am I getting out of my room each day and for how long? And this does not mean going down to pick up my supper bag in the bistro and heading directly back to my room. Resolution – I will eat in the dining room for lunch or supper at least two days a week. (Did you miss the announcement that the dining room is open for lunch with a full menu?).

Oh! A question for the dining pros who are there every night? Resolution – I/we will try to eat with a new person or persons at least once a week. Invite somebodies. It may be the little push they need to get them out and help them get started.

So, what about activities? There are dozens of them! You can find many on TouchTown. There are several updates each week from the Resident Council Lifestyles Committee where Frankie Bratton-Jeffery lists all the activities for the week in her email blasts to all residents. There are many. Take your pick. But pick one for each week.

How is your physical self? Could you use a little more of that nasty word exercise? Well, there are some not-so-nasty –quite nice – physical activities from chair yoga to formal Physical Therapy sessions. We have them all. So, this year make a start.

Each month the newsletter will feature some activity and will continue on its pages to present articles on the Social, Physical, and Nutritional aspects of 'senior living'.

The Tech Corner by Joe Solymossy

As many of you know, after I retired I accidentally became involved with a group of volunteers working on restoring computers with Microsoft operating systems. The computers were destined for schoolchildren in Knoxville and Loudon Counties, TN. Twenty years later I continue to be fascinated with the latest computer gadgets, and how they operate, from smart TVs, cell phones, Wi-Fi modems, laptops, tablets, and whatever is coming next. It is clear that technology development that took five years to occur during the three decades we were active in our careers, has been occurring in 2 to 3 years, during the past decade. The huge leaps now occurring in Artificial intelligence (AI) and the potential of quantum computers, technological development is likely to happen in months not years during the next decade.

Along with such rapid development comes the increased influx of scams, viruses, and identity theft that many of us have experienced. So far, the industry has not been able to prevent the bad actors from behaving badly, but we, the user can ensure that we do everything to ensure our equipment is set up correctly for our purposes. This includes making sure we always have the latest operating system updates, program/app updates and system driver updates. Always ensure you have appropriate antivirus and other security programs operating. Ensure you have a backup program that periodically saves and stores the data (files, pictures, music and videos) you really do not want to lose.

On December 19, 2023, Apple sent out;

OS 16.7.4 for iPad Pro(1st) and iPad (5th gen) and iPhones 8 and X

OS 17.2.1 for iPhones and OS 10.2 for the Apple Watch.

Linda and I have at least one of each eligible for the update, and we have automatic update selected, yet none of them has the updated OS installed. This morning (Jan 9th) I manually started the install. Each of these gadgets are plugged into the charger every night and should have completed the update by now. Please check your old gadgets and the new ones you got for Christmas to ensure they have been updated.

Apple considers all watches, iPhones, iPads, and iPod Touches with OS 1 to 15.8 to be obsolete. However, any iPhone with OS 12 to 15.8 will continue to receive Apple Rapid Security Response updates iOS 16.5.1(c). These security updates make it safe to continue to use your phone as a phone. You may not be able to use the full capability of all third-party apps. I would not recommend using your iPhone or iPad as a computer to access your financial organizations, retrieve financial data, or transfer any sensitive data unless it has OS 17.2.1.

Look for next month's Tech Corner to talk about Microsoft WIN 11 with the "new" Outlook for 2024.

RECENT EVENTS

The Legacy Pointe Christmas Party

On Tuesday, December 12th at 7 p.m. the auditorium came live with some Christmas 'spirit'. The occasion was the Legacy Pointe Resident Christmas Party. Some 150 residents filled the auditorium for some fun and cheer. Hors-d'oeuvres, desserts, and drinks helped an already happy group feel even happier. Santa didn't arrive but that didn't seem to matter. A lively DJ was present and a portable dance floor was almost worn out by residents showing their stuff.



The Legacy Pointe Christmas Dinner

Come December 25th the reservations had been made and the time raced to the noon hour. It was Christmas Buffett Lunch at Legacy Pointe. Although opened for less than two years Friendships at Legacy Pointe have taken deep roots. This was evident at the Christmas Buffett. The food was excellent and overwhelming. The discussions around the dining room were merry which fitted the occasion wonderfully.

Legacy Pointe Recorder Ensemble Open House



The Legacy Pointe Recorder Group held an Open House on December 20th. The group played an assortment of Christmas classics plus compositions from Medieval and Modern times.

The group consisted of Jim Mullen (group leader, tenor, bass, soprano, and alto recorder), Kathryn Mennella (tenor, bass), Ina Hunt (alto), Carolyn Hoglin (alto, soprano), and Carol Huff (soprano). Lynn Frazier (alto), was unable to play but provided a haiku reading and moral support.

Jim described the history of the recorder which preceded the flute. Each group member held up the different types of recorders which varied in size and pitch.

The room was full for two sessions and appreciative applause was frequent.

Residents, whether they have a musical background or not, are invited to join the group. The Beginner class meets every Wednesday from 1-2 pm followed by the Intermediate class from 2-4 pm.

“Make music – Be happy.”



Ina Hunt Alto Recorder



Kathryn Mennella Tenor Recorder

New Year's Eve Party



New Year's Eve came to Legacy Pointe much earlier than the 'ball' dropping at Times Square in NY City.

We started our festivities in the Auditorium just after sunset. Originally some L.P. residents had started planning the celebration. But somehow a decision was made that the L.P. staff would plan and pay for the event.

Within a few minutes of the doors opening the auditorium was almost full. One quick look would tell you that L.P. residents were dressed up to celebrate. There were pictures, music, food, desserts, drinks, and very loud conversations.

Mitch Mitchell summarized the past year. He hit all the high points and the low ones as well. Here are his words:

2023! 2023!! What a wonderful year!!

In late 2021 the first pioneers arrived at Legacy Pointe, building their campfires in the wilderness – a wilderness now lovingly known as “The Villas.”

In 2022 new settlers arrived and began the process, in long stages, of establishing a new lakeside village on the shore of what came to be known as Edwards Pond.

But, ahhh, in 2023 massive changes took place as The Villas and the lakeside village truly merged and became a small town, with a swelling community of new residents. The community has prospered as its active, expert members have thrown themselves into the task of not just allowing Legacy Pointe to become a series of structures warehousing residents, but in making Legacy Pointe the HOME OF LIFE for us -- its residents -- a home that embraces and nourishes the large, interactive and happy extended family that cares for, and looks out after, one another. With our vibrant community the work will continue to enhance the safety nets of our Legacy Pointe “lifeboat” -- our Ark in the Sea of Life.

So....2023...a year of building, activity, development, progress

Joe Solymossy got everybody ready for the new year. Here are words of hope from Joe:

Joe; "And what will 2024 bring? Do we continue as pioneers, struggling to settle into a new environment, or have we become a settlement, ready to write the chapters of the rest of our lives? I do not know what the chapters will be, but they should be filled with words of hope..., faith..., health..., patience..., kindness..., love..., and memories of new friendships and new accomplishments!"

Mitch; "Ladies and gentleman, our friends and Legacy Pointe family -- let us drink a toast to the year we leave behind.."

Joe; "...and toast the year that lies before us. May we ask God's blessing on us all and for our nation...Have a great day!!"

Nobody made it to midnight! True to 'senior tradition' 9 o'clock was the new midnight. So, by 9:15, the auditorium was almost empty. But before the breakup started the residents called for all the staff to come to the front of the auditorium. Led by Taylor, and Renata the eight young staff followed to the front. Residents responded with 5 minutes of cheers and applause.



Japanese Embroidery Exhibit at Polachek Garden



Achamma and George Cheryan who are new residents at Legacy Pointe in Apartment 132 along with their daughter, Sarah, and several residents from Legacy Pointe visited the Japanese Embroidery exhibit at Polachek Gardens just before the holidays. Artists start at a very young age, sometimes at 5 years. They spend many years understanding composition. And then they learn to draw their interpretations of various scenes before they are allowed to pick up a needle and thread. They may be in their mid to late teenage years before the thread happens. And it may take another few years before they complete their first embroidery.

Below are samples of embroidery.



Japanese Embroidery Exhibit at Polachek Garden

Carolyn Ruhe's 80th Birthday Celebration



It is a birthday party



Carolyn says "Thank You"



Enter here for party



C & F discuss B. CARD

Legacy Pointe Residents love to party. And party they did on Wednesday, January 10th for the 80th birthday of Carolyn Ruhe. Balloons of all sizes and shapes, flowers, and decorations filled the auditorium. The event was orchestrated by Dona Hams and her creative group of volunteers. There was piano music before and at the beginning of the party followed by our favorite disc jockey David who put on an hour-long songfest.

Residents danced, sang, and applauded. The auditorium was packed and some staff joined in the fun a little later in the event. Our new Executive Director even joined in the festivities.

The guest of honor, Carolyn Ruhe, spoke briefly thanking everybody for the celebration. She also thanked them for their ongoing kindness and help as she struggled with her new disease which caused her blindness.



Welcome to the Party



Let the Dancing Begin



And the Fun goes on

Road Scholar Presentation 3:00 PM

Your Legacy Neighbors met Sunday, Jan. 14 at 3 PM in the Auditorium for a presentation by a Road Scholar Ambassador. It was a 1 hour presentation on their extensive worldwide travel program for folks like us. After hearing it you may want to take a trip to Asheville N.C., or Austria, or Australia.

After the presentation, there was a potluck supper at 4:30 PM.

Bon Voyage

Sunday Morning January 14th was a cold start for 13 residents and family guests heading to Fort Lauderdale for a trip to the Panama Canal. The outside temperature was going to warm up a bit. But the bus temperature would quickly warm up. The reason is that instead of a bus there was a 14-passenger van along with an attached U-Haul trailer for luggage sent to pick up the group which included 2 wheelchairs and a couple of walkers. It was a very tight fit. It would be a long ride with several planned stops.

Hopefully, the ship will be spacious and relaxing. They will be gone for 12 days.



Residents waiting for a bus which turned into a Van



Getting 13 people into a van took some time

Farewell and Best Wishes Part Two

Our Executive Director Domenica Wehmann officially said “Good Bye” to Legacy Pointe at UCF at a “farewell party” on January 4th celebrating her last day at our community.

The Auditorium was packed with residents and guests. The event started with words from the president of the Resident Council, Kathy Weise.

Our CCRC Board Chair, Bert Francis, praised Domenica for getting Legacy Pointe off the ground and up and running while construction on Phase Two was still in progress.

Next came Edward Thorne, the Vice President of Operations at Greystone, He in turn praised Domenica for getting Legacy Pointe started amid some mighty challenges including not having certificates of occupancy – issued late by the County to not having kitchen facilities operational for weeks of resident occupancy. Domenica had to solve the problem by having ‘box lunches delivered daily.

Domenica’s tenure here was marked by many such examples involving construction shortcomings to operational challenges. Many stories by residents of these occurrences highlighted the rest of the evening’s activities. She is sailing into retirement this month. We hope her seas will be calm and her journey an enjoyable one.

Welcome to David Kremer

If you are going to meet David you had better be awake at 7 AM. That is his arrival time at Legacy Pointe. His departure is much later than the standard 8 hours.

His presence has been felt throughout all of Legacy Pointe from Independent Living to Skilled Nursing.

David has instated a once-a-month event called ‘Coffee with David’. And again, you had better be up early. Residents started gathering on Thursday, January 4th in the Bistro around 9 for his coffee meeting which started at 9:30 The schedule called for the meeting to end at 10:30 but it was extended.

David arrived with a pen and a large pad of paper. He answered questions and took a large quantity of notes. Later he sent out an email summarizing the meeting and listing all the resident questions. Residents remarked after the session that it was refreshing to be listened to.

Throughout his first two weeks, David has attended several subcommittees, met with numerous residents, and attended a boisterous party.

He is off to the start we need. We hope that his energy level continues.

New Lifestyles Director

Kristina Ferry Is our new Lifestyles Director. Her office is next to the Auditorium and she would be delighted to stop by and say “Hello”. Or you can email her for an appointment at

Kristina.Ferry@legacypointe.ucf.com

L.P. RESIDENT TOPICS AND OPINIONS L.P.

RESIDENT EDITORIALS

This month's editorial is about the 2024 budget and several items that were approved to be included in the budget. Some of the items could be understood as a response to the resident survey of 2023. But some were a surprise to the residents. For example:

Fencing in the entire property \$113,000 – Editorial Comment. I presume that this was included in response to “safety concerns” from the residents. However, most residents did not suggest “fencing” as the answer. They were concerned about lighting in the covered parking area and better quality cameras that would produce a clearer picture if there was an intruder. We had asked that Salto locks to be installed and opened by a fob on the two doors in the breezeway between the elevators and the hallways leading to the gym, mailroom, etc. This had been requested numerous times back in 2022.

So are we wasting \$113,000 for fencing the ‘whole’ property or would a reduced fencing strategy save money and still accomplish ‘safety’.

Dining Room and Acoustic upgrades \$50,000 and \$50,000 – Editorial Comment. I agree that there is a sound problem in the dining room and the auditorium. But residents including several of our resident engineers suggested getting an engineer skilled in sound to study our problems first before spending on partial fixes for example adding table clothes to the dining tables for \$50,000.

So are we wasting \$50,000

Guard House Personnel Phase One \$110,000 – Editorial Comment. I wonder about this one. The very title is misleading. What is a guard going to do? Is the guard armed? Is the ‘guardhouse’ equipped with the proper technology to alert police or residents or the front door about an intrusion? So the title is misleading. Legally the term should be called a “staffed gate” But this begs the question. Does a staffed gate at \$110,000 for 12 hours improve security? Especially when the pedestrian gate has no security code and anyone can just walk right in.

So are we wasting \$110,000 this year and \$100,000 next year for 24/7 coverage? What becomes of the security person that we currently have and does an hourly patrol inside and out at approximately every hour?

Bus Transportation - \$87,000 Editorial Comment - I think this is a difficult item to discuss. We had been promised in pre-2022 advertising that there would be a UCF bus coming to Legacy Pointe several times a day. But in reality, this never happened. After months of discussion, the Men’s Group determined that there were not enough residents to utilize this service. So they proposed an alternative that would be well used. They wanted the UCF bus to come only on Tuesday at 8 am to take residents to LIFE and return at 12 to bring them back. However, since the buses are run by a business apart from UCF a new contract would have to be signed. It looks like the only way we could get a bus for LIFE is to have a new route

exclusive to Legacy Pointe residents. This would provide bus service to UCF (and maybe more) several times a day for five days a week.

If that is the case then “We asked for a little and got a whole lot more”. Time will tell whether residents will utilize this service. It may take some time but I think ridership will increase when the schedule and routes are announced. Stay tuned for a February announcement.

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

Social, Physical, and Nutritional aspects of ‘senior living’.

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:

Spend plenty of time with friends and family instead of worrying. This is the advice of Janet Gibbs who is now 102 years old. This sounds like pretty good advice. Read her article below for a more in-depth story of her life.

<https://www.insider.com/longevity-tips-centenarian-who-played-golf-younger-friends-2023-11>

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

Physical Fitness

This one sounds interesting except for cold and hot immersion and cold showers. Even if I were 55 again this part of her article is not for me but the rest of the article sounds interesting. Read it and judge for yourself!

<https://fortune.com/well/article/reverse-aging-habits-daily-routine-single-mom-budget/>

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

Nutritional Fitness :

Check out the world's healthiest breakfast. And it does not contain bacon and eggs. The recipe may not be what you were expecting but the ingredients are available to us – in a slightly altered form. And how can you be skeptical about what a scientist has discovered after spending 20 years of studying nutrition? Take a look at the article below.

<https://www.cnn.com/2023/12/02/i-spent-20-years-studying-how-100-year-olds-eat-this-is-the-worlds-no-1-healthiest-breakfast.html>

(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.

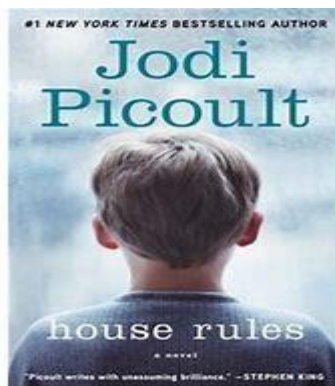
CHECK OUT TOUCH TOWN JOIN a CLUB

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.

January 2024: We invite you to come to the meeting of the Legacy Pointe Book Club on Tuesday, January 16, 2024, at 3 PM in the Card Room.

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

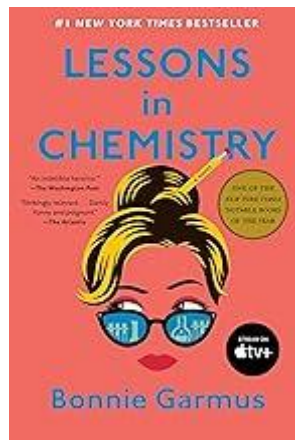


From the #1 New York Times bestselling author of *Small Great Things* and the modern classics *My Sister's Keeper*, *The Storyteller*, and more, comes a “complex, compassionate, and smart” (*The Washington Post*) novel about a family torn apart by a murder accusation.

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.

Our Book for February is called *Lessons in Chemistry* by Bonnie Garmus



Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results.

February 2024: We invite you to come to the meeting of the Legacy Pointe Book Club on Tuesday, February 20, 2024, at 3 PM in the Card Room.

SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR JANUARY 2024



Photo by Joyce Swing

For list of all launches, check this website

Space calendar 2024: Rocket launches and sky watching dates

Jan. 3-4: The time of the shower's peak is set for about 4 a.m. EST on Jan. 4, which favors eastern North America, as [previously reported on Space.com](#). Viewing conditions for the Quadrantids is good for 2024 as there will be a 47% illuminated waning crescent moon in the [constellation Virgo](#) during the peak, providing much less of a hindrance to meteor viewing compared to 2023.

Jan. 8: 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.

Jan. 10: Axiom Space's third private astronaut mission will launch to the ISS from NASA's [Kennedy Space Center](#) in Florida, using [SpaceX](#)'s Crew [Dragon](#) spacecraft and [Falcon 9](#) rocket. The four crewmembers include a former [NASA](#) astronaut, a [European Space Agency](#) reserve astronaut and a passenger who flew to suborbital space with [Virgin Galactic](#) earlier this year.

Jan. 12: A SpaceX [Falcon 9 rocket](#) will launch the IM-1 mission with the Nova-C lander built and owned by Intuitive Machines from the Kennedy Space Center in Florida.

Jan. 25: January's full moon, known as the Wolf Moon, or Micro Moon, will rise.

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 Science Story???

We are so used to great stories of scientific breakthroughs being announced by our country or other industrialized nations that we usually do not hear about 'scientific breakthroughs coming from smaller 'less advanced countries'. Read the article below and travel to Kenya in Africa, You will learn how one scientist has solved the huge problem of what to do with all our plastic which is mounting up everywhere.

<https://www.thecooldown.com/green-tech/plastic-waste-kenya-recycled-building-material/>

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

Wow there were skilled sailors living 450,000 years ago!

That headline in a news story will certainly get your attention. And it may be true if the latest Ample archaeological and geological evidence has now been uncovered that suggests archaic humans were building boats and crossing the Aegean Sea as long as 450,000 years ago, What else are we going to find out in the next ten years. Check out the article below.

<https://greekcitytimes.com/2024/01/04/archaic-humans-sailed-aegean-islands/>

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

Travel and Leisure has come up with some new trips in Peru.

This Region of Peru Has Incredible Ancient Ruins — Without Machu Picchu's Crowds. Many of us have been to Machu Picchu and have seen the crowds of tourists. These newly discovered regions have very few tourists. You may have to be a little on the rugged side but it may be worth it.

<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).

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.