



*Independent
Residents' Newsletter
June 2023*



Our Days Begin - Sunrise over Edwards Pond



by Dona Hams

OUR FEATURE ARTICLE FROM OUR MAY EVENTS

In Preparation for Memorial Day, May 29th –

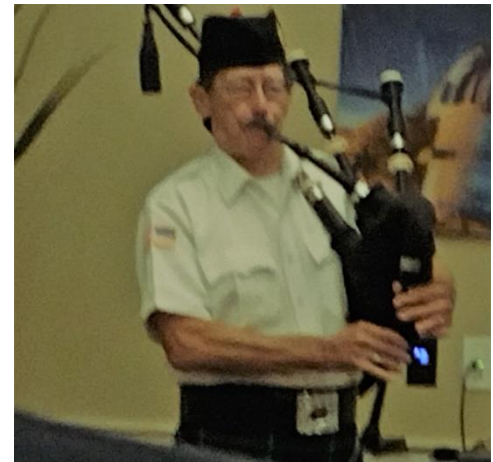
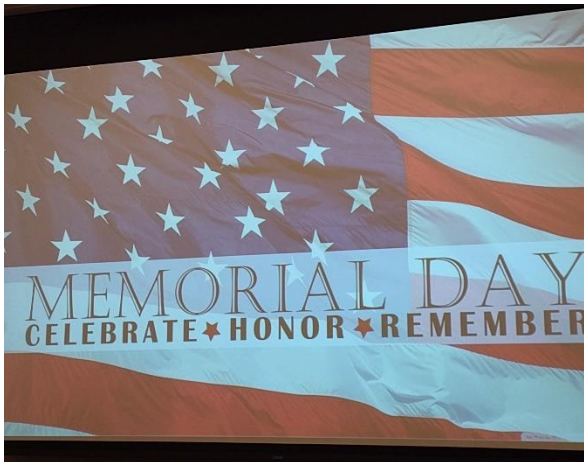
The day before Memorial Day a group of residents volunteered to put flags all around our entrance. There were 100+ flags, spaced perfectly thanks to measured twine created by Ina Hunt. The volunteers started in sunny cool weather until all the sprinklers came on suddenly resulting in many 'wet' volunteers. They persevered and everything looked great. Residents who took part in the flag planting were: Jonathan Wahl, Ina Hunt, Denise Tate, Ron Artinger, Ann Kirkendall, Frank Milmore, Donna Hams, Cindy DeWitt, Carol Huff, Frank Armetta, and Robert Browning.





The Memorial Day Commemoration

The Legacy Pointe residents who were Veterans organized, composed, and hosted the service in the auditorium which was attended by all the residents. The memorial began at 10 AM with some opening music performed by a solo Bagpiper to go along with some videos.



Colonel Larry Mitchel USAF was the Master of Ceremonies. 1/L T Jim Kraigh gave the invocation followed by the Pledge of Allegiance, National Anthem, and reading of the Medal of Honor Citation by Captain Karen Dennis.

The featured address of the day was given by Mr. and Mrs. Miller (Maureen and Phil), from Oviedo, in memory of their son Staff Sargent Robert (Rob) Miller who was killed in action and was awarded the Medal of Honor for his heroic actions. The Millers spoke lovingly about Rob and his dedication. They also spoke at length about what it means to be Gold Star parents.

MC Mitchel gave the Veterans Address which talked not only the sacrifices made to preserve our Democracy but the threat Democracy is under around the world and the divisiveness' which is present in our own Country.

The memorial closed with "God Bless America" sung by Neal Donoghue, followed by songs from each military service played by the solo Bagpiper.

Residents who are traveling celebrate Memorial Day

Nancy Cosgrove and Denis Wood went to the cemetery at Normandy to remember those Americans and others who did not return to their families. We had a very memorable day at the D-Day Museum and the American Cemetery overlooking Omaha Beach.

The statue (image below) represents the young Americans who rose out of the waves (to rescue France and Europe from Germany's tyranny)



Nancy and Dennis



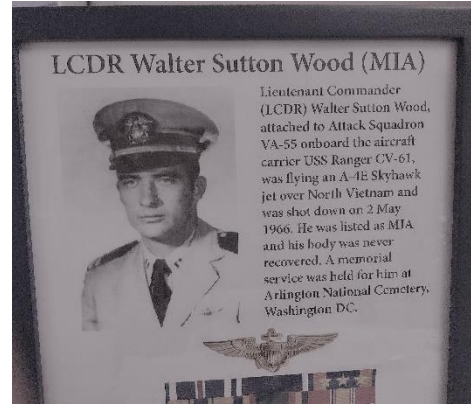
Statue

Story about MIA ceremony with Pics.

Part of the whole theme of Memorial Day is found in the word itself re-member. In the military memorial tradition, there is set up in each military dining facilities of the United States Armed Forces is set up an empty chair and table in honor of fallen, missing, or imprisoned military service members. So, on Friday May 26th the veterans offered a service to all who were missing and never found. A number of residents attended in the main lobby. A round table and empty chair were set in a traditional location, near the entrance to the dining room. The table then has a series of symbols to remind us of the MIA

- ☐ One or more head covers may be placed upon the table to represent the armed service of the missing persons
- ☐ A white tablecloth to symbolize the pure intentions of the service members who responded to the country's call to arms.
- ☐ A single rose in the vase symbolizing the blood that service members have shed in sacrifice to ensure the freedom of the United States of America. This rose also represents the family and friends who keep the faith while awaiting the return of the missing service members
- ☐ The red ribbon represents a love of country that inspired the service members to serve the country
- ☐ A slice of lemon on the bread plate that represents the bitter fate of the missing.
- ☐ Salt sprinkled on the bread plate that symbolizes the tears shed by waiting families.
- ☐ An inverted glass to represent the fact that the missing and fallen cannot partake.
- ☐ A lit candle symbolizes a light of hope that lives in hearts to illuminate the missing's way home.
- ☐ An empty chair to represent the absence of the missing and fallen.

The ceremony memorialized one of the missing. His name is Lieutenant Commander Walter Sutton Wood who is the brother-in-law of one of our residents Fred Jackson.



OUR FEATURE TRAVEL ARTICLE

The Legacy Pointe bus on May 2nd did not do a long journey. It only traveled a little distance to see wetlands. Whoever thought that going to the wetlands could be interesting. But Orlando FL has changed that perception.

The Orlando Wetlands Park is a man-made wetland designed to provide advanced treatment for reclaimed water from the City of Orlando and other local cities. The Park is 1650 acres in size and located in Christmas, Florida.

Orlando Wetlands Park has quite a history. It was originally settled in the 1830s. In 1837, Fort Christmas was erected by the Army. When the Civil War was over, settlers drained the land for agriculture. By the early 1900s, the land became an open range for cattle while red cedar trees and pine trees were being cut down for lumber. By the 1940s a dairy farm was operating on the property. With a growing population, the city of Orlando and surrounding communities needed a larger and more efficient treatment facility. The City of Orlando purchased 1650 acres from Fort Christmas, converted 1220 acres of pasture back into wetlands, and named it Orlando Wetlands Park.

Here are some pictures and stories about the Wetlands. There are many pages forming a collage of interesting sights and facts. They were taken, arranged, and described by Mary Catherine Ricks with technical assistance by Graham Ricks who also helped in the construction of this newsletter.

Orlando Wetlands Park Trip



On May 2, 2023, a group from Legacy Pointe visited this wetland park. We were greeted by our 2 guides, shown here. The tour began in a room where we were told about the development and implementation of the project. Displays of animals and pictures gave us an idea of what to expect on the trip.



In 1979, the city of Orlando constructed the Iron Bridge Regional Water Reclamation Facility.



That same year the Environmental Protection Agency mandated that several wastewater treatment facilities be consolidated into this project. EPA also wanted the sewer capacity in that area to be expanded.



In 1986, the city of Orlando purchased 1,650 acres near Fort Christmas, FL for \$5,128,000. An innovative plan was developed to create a man-made wetland system for advanced water treatment.



By July of that year, 1,220 acres of pasture land was converted to this man-made system.

This procedure has the hydraulic capacity to receive up to 35 million gallons a day of reclaimed water.



That water travels through a four foot diameter pipeline for about 17 miles where it is distributed in the wetlands. That area has 2.3 million wetland plants which includes 200,000 trees.



*A special thank
you to Sharon
Lovell & Franklin
Sturges for
suggesting this
trip to Legacy
Pointe and to
Tom Nixon for
setting it up.*



Orlando Wetlands Park Animals

During the trip to the Orlando Wetlands Park, far more birds than any other animal were spotted. However, a couple of reptiles were spotted and photographed, the alligators and a yellow-bellied slider turtle.

Link to view the Bird Video

[Legacy Pointe @ UCF visits Orlando Wetlands Park - Birds](#)



This turtle is a popular pet and can live up to 40 years as such. Very few of these “pets” like to be held but seem to like the company of humans! Even though they spend most of their time in water, they must be able to get out of it to dry off and rest. They eat first thing in the morning and then prefer to spend most of the remaining day basking in the sun.



Dragonflies are the fastest flying insect in the world, with the larger species reaching 35 miles per hour. (faster than a hummingbird). They live from a few months to 2 years. Asian cultures and Native Americans consider them a symbol of good luck.



Alligators have a u-shaped snout and all of the upper teeth fit outside the ones in the lower jaw. The large fourth teeth on the lower jaw fits into a socket in the upper jaw. They are carnivorous and live along the edge of lakes, swamps and rivers. Their average life span is 50 years.



Alligators are typically 6-12 feet long, with a maximum length of 19 feet being reported. Females lay 20 to 70 hard-shelled eggs. Alligators all hiss and the males can give loud roars that can be heard at noteworthy distances. Alligators have glow-in-the-dark eyes. You can tell how big and alligator is by the distance between its eyes (the greater the distance the longer the gator).

They cannot survive in salt water. Their sex is determined by climate instead of DNA. They have 75 teeth in their mouths at one time. Mother gators look after their babies for about 2 years which grow about a foot per year.



Orlando Wetlands Park - Plants & Structures



New Visitor's Center

Presently under construction.



It takes about 40 days for the reclaimed water to filter through these marshes before reaching the St. Johns River.



These wetlands are a habitat for many animal species, including over 200 bird species, alligators, deer, foxes, otters, snakes and turtles. There are also over 2 million aquatic plants.



The guide pointed out patches of hemlock.

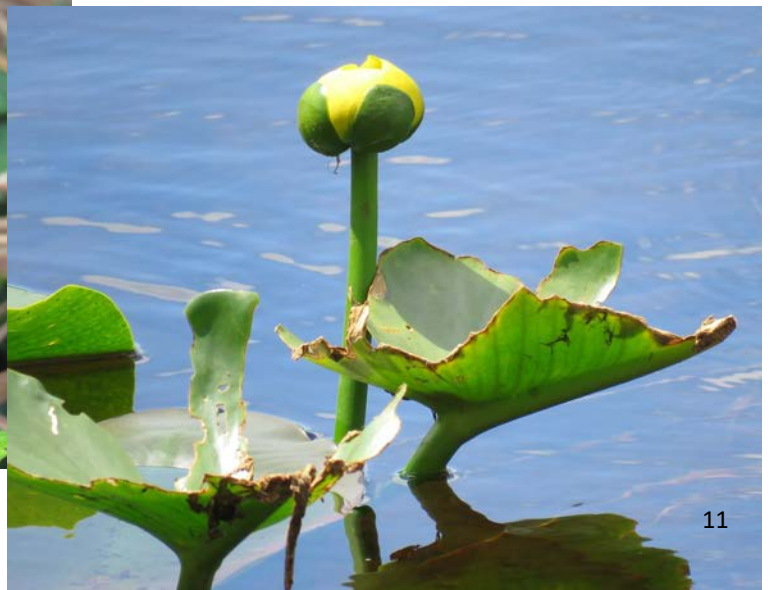


Spiderwort

Field Mushrooms



Sunshine Mimosa



Yellow Pond Lilies

The Month of May in Review

The Month of May was very active around our Legacy Pointe community. A quick look at some of the events and the days will document an event filled May. Here were the May events.

Cinco de Mayo May fifth.

Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on Friday, May 5 in 2023, is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations. Here at Legacy Pointe supper in the dining room took on a Mexican theme.

Kentucky Derby

The Derby has a long history. This was the 149th running of the Derby at Church Downs at Louisville, Kentucky. The distance is one and a quarter run by 3 year old thoroughbreds. Church Hill Downes is turned into an adult playground for the elite of the racing world. Outrageous designed hats are seen on every lady. Every man is dressed in near formal attire or costume like outfits that you would never see on the street. And all had their mint julep drinks.

Here at Legacy Pointe we may have outdone the derby crowd. Frankie Bratton-Jeffry was the MC for the event. She knows Kentucky and gave us the history of everything about the derby. Many residents created special 'derby foods' which all enjoyed. And most obvious at our event were the 'derby hats'. Dozens of 'hats' were created by Dona Hams for the ladies, and some men. A few others created their own. A pre-race buffet was set out by the kitchen staff and was a special treat. Here are some pictures:



Dona Hams enjoying her hats



More Hats



Food, Bourbon, and more hats

Boat Races

Our Edwards Pond may look small but it was just the right size for the first miniature sailboat regatta sponsored by Legacy Pointe enthusiasts held on May 7th. Their boats were set against a racing club from Oviedo. A number of residents brought out their chairs and lined the pond. The weather and wind cooperated. And the Oviedo Club won the regatta. Link to boat race video with residents watching

<https://mail.google.com/mail/u/0?ui=2&ik=b4e58dcac1&attid=0.1&permmsgid=msg-f:1765626143561243726&th=1880c39f751c5c4e&view=att&disp=safe>

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



Residents enjoying the boat races.

History of Memorial Day

May 17th UCF speaker Barbara Gannon Professor of History spoke on the history of Memorial Day. Currently, she is the coordinator for UCF's Community Veterans History project, an oral history program, and a co-principal investigator on the Veterans Legacy Program, an initiative of the National Cemetery Administration, Department of Veterans Affairs.

Resident's Council Meeting

The Resident Council meeting took place on May 18th at 2:30 in the Auditorium see notes below under Resident Council highlights.

Town Hall May 25th

On Thursday May 25th at 2:30 the Resident Town Hall meeting was held at 2:30 in the Auditorium. The meeting opened with a presentation by the Fire Marshall of Oviedo. He stressed many safety steps to be taken in different situations. Some of his remarks had to do with the following:

1. Always, always, evacuate the building when you hear a fire alarm go off. Take it seriously.
2. If a fire alarm goes off always check your door to see if you can feel if it is warm or hot. If either stay in your apartment, put wet towels around the door opening and head for your balcony. Wait there to be rescued.
3. If your door is cool leave and head to the nearest stairway and try to exit the building. Meet in an agreed upon place at least 100 feet from the building.
4. Do not use the elevators under any conditions.
5. Learn to use your fire extinguisher using the memetic **PASS**- Pull the **Pin**, **Aim**, **Squeeze**, **Sweep** fire as you back away to safety.

The regular Town Hall meeting started at 3:05 The following items were reported:

1. Current occupancy status – 128 units occupied (74.4%)
2. In May there are two depositors and one hold.
3. Financial Overview –
4. Dining Committee is redesigning the survey.
5. Shade sails are being looked at for the dog park, memory care courtyard, pool area.
6. Scheduled transportation. The 12 mile limit was reinforced, New bus for assisted living, Car or Uber for individual needs.
7. Flagpole and flag will be installed.
8. Lifestyles and UCF To register for classes starting August 21st go on line for catalogue. Registration end of July.
9. Board of Directors Social with residents on June 19th from 4 – 6 PM

Birding

SAS members had a great bird survey morning at Econ River Wilderness Area (ERWA) on Friday May 5th! Thirty-two species were identified including a Yellow-billed Cuckoo, Great Crested Flycatcher, and Eastern Towhee. Several species were observed feeding nestlings or fledglings. This was the fourth survey on the property completed for the Greenways and Natural Lands Division of Seminole County Leisure Services Dept. One of the Division's goals is to document bird species on each of the Wilderness Areas in Seminole County through monthly surveys focusing on one Wilderness Area each year. So far, the SAS survey team led by Chuck Honaker has documented over 63 species and 683 individuals.



Residents at Econ Trail

RESIDENTS' COUNCIL HIGHLIGHTS



President's Report for May – President Kathy Weise continued reporting on residents of CCRCs having a seat on their Board of Directors. A new law passed in May 2023 has been codified into Florida law and hopefully that will allow a resident of Legacy Pointe to have a seat on the Board. Several topics were reported to our CCRC. They are the following: A request to lease ½ acre of land for a Pickle Ball court; Contract with an engineering company to evaluate some of the structural issues at the Independent Living building. Contract with Advanced Refrigeration to deal with maintenance on the A/Cs in Villas and Independent Living.



Finance Committee – Chair Carolyn Ruhe reported on the difficulty of setting up bank accounts to handle resident business. Finally Greystone has agreed to maintain the account for the Resident Employee Appreciation Fund. (REAF). Additionally the Resident Council needs an account to contain the occasional funds that come from various. The Finance Committee will be setting up a 501 c 7 social club so that they can obtain an EIN number.



Grounds Committee – Chair Tony Mennella reported that the irrigation system has been down for two months. The system uses reclaimed water from Seminole County. Flowers and young trees are being watered by hand through the generosity of volunteer residents.



Facilities Committee – Chair John Boldt announced that Advanced Refrigeration has been addressing the problems with HVAC system in the main building and the medical center. The committee made a request that an independent group review the 'as built' in both the independent living and villas.



Culinary Committee – Chair Phil Easterling reported on the 'great work' that Ketch, Chef Taylor, and Renata were doing.



Communication Committee Chair Peg Dunmire reported that the 'welcome' packet has been put on Touchtown and the orientation for "buddies" is scheduled.



Lifestyles Committee – Chair Frankie Bratton-Jeffery had a number of committee members to recognize as follows: Dick Huff for his work on the boat regatta, Tom Nixon on the upcoming cruises, Toby Robinson for arranging the representatives of different drama groups to come and talk to residents. Frankie moved that the residents be surveyed for bus transportation to worship services.



Health and Wellness – In the absence of the Chair Linda Parsons-Rude, Kathy gave a brief report which involved a defibrillator to be placed near the dining room, fire issues, yellow reflectors for IL parking spaces, CPR training.



NOTE: Complete minutes of RC and committee meetings are on TouchTown.

TRAVELING

Traveling is an integral part of many residents plans each year. Each month we plan to feature a long-distance adventure and a local adventure. We would love to hear about your adventures, so let us have an article about your favorite trip.

Long Distances Adventures

Several of our resident are off on their adventure. We hope they will be writing up their story for the future.

Local Adventures

Some suggestions for local Florida adventures - perhaps you'd like to get away for a day or a little longer.

Did you ever think of riding a train – Well you maybe interest in a train ride from Orlando to Miami or a number of points in-between. If you are interested here is a wonderful opportunity to board a new train called the **BrightLine**. It leaves from their new station at Terminal “C” in the Orlando Airport. It is very reasonable and will speed you to your southern destination at 100+ miles per hour. For all the information check the Link below

<https://www.floridatoday.com/story/lifestyle/travel/2023/03/10/brightline-florida-faq-how-much-are-tickets-parking-stations-how-fast-do-trains-go-mco-opening-date/69992980007/>

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

Florida Getaways Beaches and Weekends - Grayton Beach: A Beautiful State Park In Florida. You may never have heard of Grayton Beach. It is not close by. It is up in the ‘Panhandle’. So it is not a day trip but mid-week with a couple of overnights It is very reasonably priced - \$5 per day with a great many activities from walking, biking, water sports, etc. to just relaxing on the beach. For the information check the Link below.

<https://www.onlyinyourstate.com/florida/beautiful-park-small-town-fl/>

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JUNE ACTIVITIES

June 6th at 10 AM in the Auditorium. Speakers from local theaters. They are from Shakes, Winter park Playhouse, etc.

June 13 at 9:30 – 11:30 Orlando Wetlands Tram Tour. Bus seating is sold out.

June 20 at 2 – 3PM in the Auditorium TMC presentation Aging in Place: hospitalization and Rehab.

June 23 and 24 at 1 – 4PM in the Auditorium Safe Driving Course

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 Here are some ideas from a woman who is a Doctor and also is 102 years old and rides her trike every day.

- ☐ **Know your purpose.** And if you don't know it, seek it. **"We have to always keep reaching for our sense of purpose, our unique contribution to the world around us that brings us joy, meaning, and what I call 'the juice,'" she says.**
- ☐ **Be fluid.** "Life is always moving, and we have to be sure to focus on the ways we're moving with it," she says.
- ☐ **Love deeply.** That old saying that love makes the world go round? According to Dr. McGarey, there's truth in it. "It's crucial to remember that love *is* life, and that putting our attention on love brings us health and well-being," she says.
- ☐ **Build community.** At the end of the day, the world is so much bigger than ourselves. "We can't forget the role that community plays in amplifying our life force," Dr. McGarey says.
- ☐ **There are always lessons to be learned.** Some people will say that once they reach a certain age, they're set in their ways, or there's nothing left to learn. Dr. McGarey disagrees. "Everything that happens in our life is here to teach us something, to show us the way forward," she says.
- ☐ **Prioritize people, places, and things that make you feel your best.** "When we invest our energy in the things that give us energy back," says Dr. McGarey, "life force courses through us, quite literally keeping us alive."

. For all her 'tips' check the Link below:

<https://www.wellandgood.com/longevity-tips-from-centenarian/amp/>

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

Physical Fitness - Exercise and the Brain: The Neuroscience of Fitness Explored – in Neuroscience News. It is tempting to sit around and watch TV, or nap, or read or 'surf the web' But read this article and you will definitely want to get up off the couch. For all the information check the Link below

<https://neurosciencenews.com/fitness-neuroscience-23228/>

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

Nutritional Fitness If you are looking for diet information you will find thousands of articles on the web, in newspapers, magazines, etc. Everything is out there from fads to flops. We mention these monthly articles not to help you loose weight but to think about your nutritional needs which could impact your health and longevity. This months article talks about the benefits of the Mayo Clinic Diet – Comparisonsmaster. For all the information check the Link below

https://comparisonsmaster.com/articles/benefits-of-mayo-clinic-diet?dc=gdn&subid4=st-us-a-mayoclinicdieten-cmp-383489-sd270423-v274-search-to&gclid=Cj0KCQjwu-KiBhCsARIsAPztUF2DgIR3ZmekJGzomMGcx3pzbj_CdCDtJmaNHg53u_ptfdVWUJ2CIf4aAoPZEALw_wcB

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Don't miss the Aqua Fit Classes in our pool – Wednesday's at 2:30 – sign up with the Concierge.

DO YOU NEED TO GET OUT AND DO SOMETHING?

Check out these possibilities:

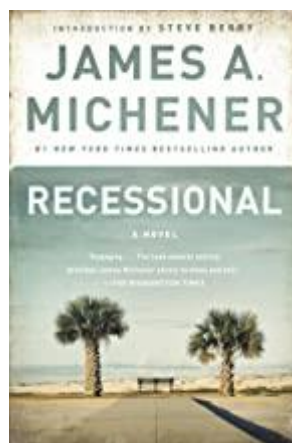
- **A trip to the Orlando Wetlands** is scheduled for Tuesday June 13th leaving from the front door at 9 AM. Car pools are needed. Sign up for the car pools and the Legacy Pointe bus at the Concierge desk. Space is limited. The Park has become a favorite visiting place thanks to the completion of the half mile long Cypress Boardwalk. Orlando Wetlands Park is the 'gem' of the City.
- **The Lifestyles Committee** announced that two Spring 2024 Holland America cruises are available for residents and their friends: Panama Canal, January 14-26 and a Transatlantic, May 11-25. Residents can discover all the details on the travel agent's website. A Lifestyles email with the agent's information was sent to all residents.

OR

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

READ A BOOK

One of our residents, Helene Michlowitz, has suggested a book to read. The author is James Michener. The book is titled "**Recessional**". It is a novel about life in a Florida retirement home. The retirement home is very active. Michener uses his own experiences to illuminate the challenges of aging and the folly of youth. As the new director of a Florida retirement home known as the Palms, Andy Zorn suffers no shortage of loving support from his "elders," a group of five passionate, outspoken residents. The book was written in 1994 but it is reflection of what can happen today.



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.

SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR JUNE



For list of all launches, check this website

<https://www.fox35orlando.com/news/list-heres-every-rocket-launch-happening-from-florida-through-the-summer>

If you've never watched a launch live and in person, here's a list of upcoming June Space Coast launches:

DATE: DATE: Projected to launch in June **VEHICLE:** SpaceX Falcon 9 **MISSION:** Dragon CRS-2
LAUNCH SITE: Kennedy Space Center **LAUNCH WINDOW:** TBD

DATE: Projected to launch in June **VEHICLE:** SpaceX Falcon 9 **MISSION:** Transporter 8
LAUNCH SITE: Cape Canaveral Space Force Station **LAUNCH WINDOW:** TBD

DATE: Projected to launch in June **VEHICLE:** SpaceX Falcon 9 **MISSION:** Nova-C IM-1
LAUNCH SITE: Kennedy Space Center **LAUNCH WINDOW:** TBD

DATE: Projected to launch in June **VEHICLE:** SpaceX Falcon 9 **MISSION:** OSAM-2

LAUNCH SITE: Cape Canaveral Space Force Station LAUNCH WINDOW: TBD

DATE: Projected to launch in June VEHICLE: SpaceX Falcon 9 MISSION: Nova-C IM-2

LAUNCH SITE: Kennedy Space Center LAUNCH WINDOW: TBD

DATE: Projected to launch in June VEHICLE: SpaceX Falcon Heavy MISSION: USSF-52

LAUNCH SITE: Kennedy Space Center LAUNCH WINDOW: TBD

DATE: Projected to launch in June VEHICLE: United Launch Alliance Atlas V

MISSION: USSF-51 LAUNCH SITE: Cape Canaveral Air Force Station LAUNCH WINDOW: TBD

Keep in mind that these launch dates are tentative and schedules are subject to change due to technical reasons, weather or any other factors that could affect liftoff.

This list will be updated as launches are added, changed and confirmed.

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 our editor **Frank Russo at frankrusso2012@gmail.com**

Recently there have been a number of scientific articles on the web regarding new research into the role of 'Gut Bacteria'

See Link below

<https://www.sciencealert.com/changes-in-gut-bacteria-are-present-long-before-signs-of-parkinsons-appear>

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

YOU CAN TELL IT'S STILL SPRING?

Nature makes sure that spring produces many baby animals all around us. Look and you will see.

The deer are still here in the early A.M.



New Born Deer along our Back-Road

Young deer, Mother is coming to get you

Pictures By Marsha Call

**Our Days End – Instead of our Sunset Picture
We are displaying a reminder of our freedom.
A Picture of the USS Contitution (Old Ironsides)
Courtesy of our resident Knud Knudsen**



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

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