



*Legacy Pointe Independent
Residents' Newsletter
October 2023*



Our Day Begins – Here comes the sun



Pic over LP Pond by Dona Hams

OUR FEATURE ARTICLE the Brevard Zoo



Brevard Zoo is close by and has been voted the **No. 3 zoo in North America**, and the top zoo in Florida, in the USA Today's 10 Best Reader's Choice awards.

Brevard Zoo in Melbourne is about an hour away from Orlando. Brevard Zoo, is located on 8225 N. Wickham Road, Melbourne, Brevard Zoo is home to Treetop Trek, where guests young and old can zipline and get an incredible view of wetlands, alligators, and the park,

Other features of Brevard Zoo include kayaking around the attraction, feeding birds in the aviary and getting an up-close look at giraffes.



THE CONSERVATION HUB OF BREVARD COUNTY

In addition to doing our part to meet the environmental needs of our community, we're connecting our corner of the world to larger conservation efforts at the state, national, and global levels. Buy online and Save! Adults (12 & over) \$31.95 \$33.95, Seniors (65 & over) \$26.95 \$28.95



Edgewood Children's Ranch



We look forward to Saturday, October 7 when 20 Edgewood Ranchers are coming to Legacy Pointe for an Econ River walk followed by a Pizza Lunch at Legacy Pointe.

We are also working with Chick-fil-A owners to set dates for future lunches at The Edgewood Children's Ranch.

Look for announcements on dates for Legacy Pointe residents to sign up to travel to The Ranch and sit with the Ranchers as we enjoy lunch together.

A Name for our Newsletter - Our newsletter We still are 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 Uncensored News of LP."

"The LP Post."

"The LP Independent Post"

"The LP Residents Post"

"The LP Residents News"

"The Real News at LP."

"The LP Independent Sentinel"

"The LP Independent Times"

"The Inside Scoop at LP"

Submit your name for the Newsletter. We will call a vote for the best name in our November and December Issues and will start the New Year with our new name.

A Little Bit About UCF

President Alexander Cartwright spoke to L.I.F.E. members on September 12th. His one-hour-plus presentation only gave a hint of present life at U.C.F. and future plans for the University. From its opening as a commuter college in 1963 to an Educational giant with

over 70,000 students and over 12,000 faculty it has been called **“for the sixth consecutive time, (by)U.S. News & World Report ranks UCF as one of the most innovative in its annual list of best colleges”**.

U.C.F welcomed an incoming Freshman class who entered with a GPA of 4.23. UCF set new records for diversity in Fall 2022: 49.1 percent of students are minorities. With 28.2 percent Hispanic enrollment, Fifty-seven percent of first-time-in-college students graduate without any educational debt. It's one of the reasons Kiplinger, *Forbes*, The Princeton Review, and *U.S. News & World Report* all rank a UCF education among the nation's best values. Dr. Cartwright said tuition was \$6,400 per year.

From Dr. Cartwright's perspective, the future has unlimited possibilities. Engineering, Science, Medical, Simulation, and Digital all need skilled graduates. Many of these students stay working in Florida. For example, 29% of the Kennedy Space program are U.C.F. graduates and at Lockheed Martin, the number is 20%. Not only are they contributed their skills to various local companies but they are building a healthy economy for the future of Florida.

And more from the U.C.F. School of Nursing

The following week at L.I.F.E on September 19th Dr. Mary Lou Sole, Dean of the College of Nursing spoke about the “Future of U.C.F. Nursing. She spoke about the shortage of nurses and medical support staff nationally and then went on to be specific about Florida. By 2035 there will be a shortage of 37,000 nurses in Florida along with 14,000 medical support staff resulting in a shortage of over 59,000.

Shortages have been significant starting with the time of Covid-19. In 2022 over 32% of nurses were leaving creating a vacancy rate of 22% This has led to significant salary increases in an attempt to keep staff. In some areas of the country where nurses are in short supply a ‘traveling nurse’ could make up to \$7,000 per week.

U.C.F. is currently building a new School of Nursing at Lake Nona. When completed it will allow the college to double their enrollment, depending on the ability of the college to hire qualified instructors.

FLiCRA What is it? Florida Life Care Residents Association (FLiCRA) is a statewide non-profit association of residents living in Continuing Care Retirement Communities (CCRCs). Under the leadership of volunteer residents and dedicated staff in Tallahassee, FLiCRA is a recognized voice before the legislature and state regulatory agencies.

The mission of FLiCRA is to promote and protect the rights of residents who live in CCRC's. FLiCRA accomplishes its mission through its relationship with legislators and state agencies.

Currently, FLiCRA has been working with the States Resident Councils to bring them up to date on all of the changes in the laws governing Continuing Care Retirement Communities CCRC.

They also have been studying and reporting on the huge turnover rates that CCRCs have been experiencing nationally. The annual turnover rate for all CCRC employees was 43.8%, led by dining services (52%), CNAs (48.6%), RNs (42.5%), and LPNs (39.7%). Top-level execs had the lowest turnover rate at 19.3.

Turnover problems persist even when salaries have increased substantially. Staff nurses (RNs), meanwhile, rose 5.75% to \$37.88 per hour while LPNs leaped 5.92% (to \$29.78). Administrator Pay has top execs making up ground in CCRCs. Executive directors rose an average of 4.2%, to \$196,666, and chief financial officers were nearly identical, with a 4.3% rise to \$177,522.

With signing bonuses and salary increases the vacancy rates still stood out ...with RNs (19.8%), LPNs (17.4%), and CNAs (17.3%) having the highest rates,

THANK YOU AGAIN and AGAIN

In our Community, so many people do so much volunteer work that it is hard to begin to thank them individually. Each month we will try to recognize some of the many volunteers.

(Editor Note: Send People who should be thanked to frankrusso2012@gmail.com).

This month we say a special thank you to our Resident Council led by President Kathy Weize. She and the rest of the council spend hours each month in a quiet and sometimes visible way trying to make our community better.

Thank you to the volunteer Water Team. For months the portable water coming from the County has been broken. L.P. residents stepped up to the challenge and kept hundreds of plants, bushes, and trees from dying.

Thank You to Vicki Tindall for all her efforts in organizing the Sharing Treasures event in September. The auditorium was filled to capacity with resident "stuff" that they shared with other residents. It took hours to put together, hours to supervise the distribution, and more hours to clean up afterward.

AED PRESENTATION

Who would have thought that 100+ residents would show up for two AED (Automated External Defibrillator) presentations on Tuesday, September 26th, and Thursday, September 28th? But show up they did. The presentations were done by the Seminole County Fire Department. The presentation stressed safety and the need to have and use AEDs.

Residents had many questions on all topics in the presentation but most of the questions involved using the AEDs. The presenters brought about a dozen 'practice dummies' for

residents to try. And try they did. The most difficult part of the practice was “getting up and down”, not to mention how much depended on arm and shoulder strength.

The two sessions were sponsored by the Health and Wellness subcommittee of the Resident Council led by Linda Parsons Rude.

The Health and Wellness Committee is also trying to find out from Residents if they feel there is a need for a Care Givers Group/Club. There are about a dozen ‘known’ caregivers in this community who may want to get together for coffee and talk. If you are interested please contact Linda Parsons Rude at 321-704-1723 or Lulubell303@gmail.com

An additional concern of the **Health and Wellness Committee** is for residents who live alone. There are a lot of safety concerns as well as social and physical needs. There may be a need for some organized form of communication. If you feel there is a form of communication that would benefit those living alone you can contact Linda Parsons Rude at 321-704-1723 or Lulubell303@gmail.com

Frank Rohter celebrates his 100 Birthday here at Legacy Pointe

Legacy Pointe opened its doors in September to Frank Rohter for a celebration of his 100th birthday. Frank was a charter faculty member and also an Athletic Director at FTC which eventually became U.C.F. He served the Athletic world from 1968 - 1974 He was also co-author of "Blue Collar Ironman" with Gerry Gergley. Mike Hynes who taught with Frank spearheaded the Party and provided the pictures.



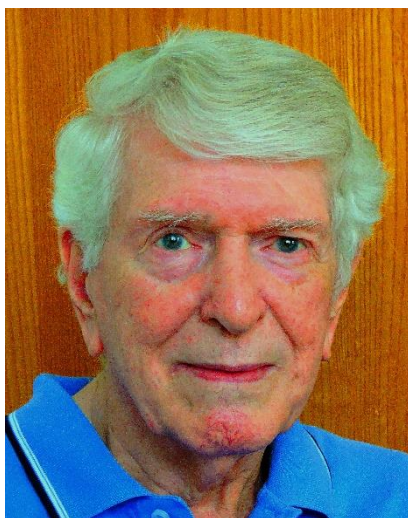
OCTOBER ACTIVITIES

Eva Weingarten Band Performance

Emily Bagushinski sent out an email about a special musical event. She said “ Please join us for an evening of live music! We will be welcoming Eva Weingarten and her band who specializes in crafting a musical tapestry that transcends generations and genres. From the heartfelt ballads of Billie Holiday's 'All of Me' to the infectious melodies of The Beatles' 'I

Wanna Hold Your Hand,' we curate an unforgettable musical experience that appeals to diverse tastes. With an extensive repertoire featuring classics by iconic artists like Dolly Parton, Frank Sinatra, Elvis, and more, their performances blend soulful ballads, upbeat classics, and everything in between. Expect the soul-stirring notes of 'At Last' by Etta James, the timeless allure of 'Fly Me to the Moon' by Frank Sinatra, and the heartwarming nostalgia of 'Stand by Me' by Ben E. King! This event will be a BYOB and residents are encouraged to bring their own beverages as this performance will be taking place during dinner hours. This performance will be taking place on Friday, October 13th at the outdoor Bistro patio area from 5 PM- 7 PM."

SAVE THE DATE FOR THE NEXT
NIALL DONOGHUE CONCERT



Again with

THE OJO QUARTET**

SATURDAY OCTOBER 14, 2023 3-4 PM

AUDITORIUM

**REMEMBER THEM?

THE ORLANDO JAZZ QUARTET!!

Leader Greg Parnell, Drums

Michael Kramer, Piano

Terry Myers, Sax

Ben Kramer, Bass

SAVE THE DATE

UCF Student ID Event

Emily Bagushinski has reminded us of the following service – our pictures being taken to officially identify L.P. residents as students at U.C.F. This is important for our present and future relationship with U.C.F.

Here is what Emily says “Team members from the UCF Card Services Department will be at Legacy Pointe at UCF issuing UCF Student ID Cards for first-time users! Headshots will be taken and the cards will be processed and printed right here in the community! ID Cards can only be printed for FIRST-TIME Student ID cardholders. This means if you have a UCF ID Card through the LIFE at UCF program or by being a UCF student or faculty member, you would not be receiving a card on this day. However, we still encourage all residents to participate on this day for a dose of UCF spirit! Please contact Emily Bagushinski for any other questions!

Orlando Wetlands Tour Because of this event and to ensure residents have the opportunity to participate and receive their ID cards, we will be rescheduling the next Orlando Wetlands Tour from October 18th to an undetermined date in November. Stay tuned for updates!”

Author Jeanne Farmer Presentation

Join us in the Auditorium on Monday, October 23rd from 1 PM - 3 PM as we welcome local author Jeanne Farmer! How Far Would You Go To Find Your Missing Child? Book 1 of new Shamrock Beach Series by Jeanne Moon Farmer centers on the secrets that send a mother into the dangerous world of human trafficking to find a missing daughter. St Augustine, FL Sept 2023 Jeanne Moon Farmer's latest series is set in a beautiful coastal and fictional Florida town named Shamrock Beach.

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 is a different approach to our social expectations from an old friend of Warren Buffet – Charlie Munger. Charlie has Less-Than-Optimistic Advice: 'I Think the Best Road Ahead to Human Happiness Is To Expect Less'

<https://finance.yahoo.com/news/charlie-mungers-less-optimistic-advice-170012282.html>

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

Physical Fitness

Try walking it is relaxing and a great way to start getting into shape. And here at L.P. we have plenty of benches to stop and sit for a moment. Check out the link.

<https://www.eatthis.com/daily-walking-workout-for-women-to-get-fit/>

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

Nutritional Fitness

Blue Zones are regions of the world where people regularly live about a decade longer than US or Western Europe on average. It is where a remarkable number of people live 100. Residents live with intention, have lifelong friends, and eat lots of vegetables.

Okinawa, Japan is one of five Blue Zones, and home to the world's longest-lived women, according to researcher Dan Buettner.

Check out the link below

<https://www.insider.com/okinawa-blue-zone-and-its-longevity-secrets-2023-9>

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

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

Stay Fit

There is something special on Saturday morning in the Yoga room at 10 AM with Nadya from MET Fitness. Chair One Fitness is a seated interactive, total body workout that moves to music. These sessions will combine easy-to-follow movements using the chair to increase strength, stability, range of motion, and balance.

DO YOU NEED TO GET OUT AND DO SOMETHING?

Check out these possibilities:

Join LIFE at UCF it is educationally interesting and also filled with fun as the pictures below of L,P. residents will prove as they celebrate the years of fun with the 'Parrot Head' Jimmy Buffett.



Welcome Jimmy Buffett

The Lifestyles Committee has dozens of activities that they are planning for the month. All you have to do is select one of these activities to get started.

OR

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.

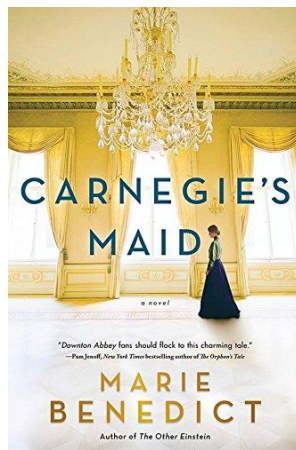
Here are just a few available The Legacy Pointe Book Club, Garden Club, Chess Club, and many others. Again, check Touch Town for dates and times.

The Legacy Pointe Book Club

We invite you again to come to the meeting of the Legacy Pointe book club on Tuesday October 17, 2023 at 3 PM in the Card Room.

Our Book for this month is called. Carnegie's Maid by Marie Benedict

An impoverished Irish immigrant in the industrial 1860s takes a job as a lady's maid in the home of prominent businessman Andrew Carnegie, with whom she falls in love before going missing, triggering Carnegie's search for answers and the establishment of his enduring legacy.



SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR SEPTEMBER



Photo by Joyce Swing

For list of all launches, check this website

Space calendar 2023: Rocket launches and skywatching dates | Space

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

Oct. 6: Virgin Galactic will launch its fourth commercial spaceflight, Galactic 04, carrying three private passengers to the edge of space in the company's VSS Unity spaceplane.

Oct. 8: The [Draconid meteor shower](#) peaks tonight! The shower is active between Oct. 6 and Oct. 10.

Oct. 11-12: The Economist's [Space Economy Summit](#) -- To help highlight the new opportunities that a [space-based economy](#) will provide, The Economist is launching its first-ever [Space Economy Summit](#). The event will be held Oct. 11-12 in Los Angeles, California and can be attended both in person or virtually.

Oct. 12: A SpaceX Falcon Heavy rocket will launch NASA's [Psyche asteroid mission](#). The spacecraft will travel to the asteroid Psyche and enter orbit in 2029. The launch is scheduled for 10:38 a.m. EDT (1438 GMT) from the Kennedy Space Center, Florida. Delayed from October 5.



Photo Collage by Sandy North

Oct. 14: The [new moon](#) will arrive at 1:55 p.m. EDT (1855 GMT).

Oct. 14: An annular [solar eclipse](#) will cross North, Central and South America today!

Related: [Solar eclipses 2023: When, where & how to see them](#)

Oct. 20: The [Orionid meteor shower](#) peaks tonight! The shower is active between Sept. 26 and Nov. 22.

Oct. 28: The [full moon](#) of October, known as the Hunter's Moon, will occur at 4:24 p.m. EDT (2124 GMT).

Oct. 28: A partial [lunar eclipse](#) will occur today! Some parts of the partial lunar eclipse should be visible over Europe, Asia, Australia, Africa, North America, North/East South America, the Pacific, Atlantic and Indian Oceans, the Arctic and Antarctica.



Launch Photo by Mike Hynes

Related: [Lunar eclipses 2023: When, where & how to see them](#)

October: SpaceX is planning to launch the second test flight of its Starship rocket. The full launch vehicle was [stacked](#) last month, and [SpaceX](#) CEO Elon Musk posted on X, formerly known as Twitter, saying, "Starship is ready to launch, awaiting FAA license approval." FAA responses later indicated October as a more likely timeframe for Starship's next flight. SpaceX unstacked the rocket in mid September.



Launch Photo over the L.P. by Sandy North

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

What Is the ‘Blue Zone’? No, it is not some newly discovered outer space galaxy where strange creatures reside. The Blue Zones are areas around the world where people tend to live to around 100 years old. The author, Dan Buettner, has successfully modeled this holistic approach in cities and towns across the US, with stunning success. Read his article in the link below. There may be ideas for our community at L.P.

<https://www.businessinsider.in/science/health/news/the-man-who-unlocked-the-worlds-secret-to-living-to-age-100-says-you-can-skip-the-gym/articleshow/103250617.cms>
(hold the control key and click on the link or copy it and paste it into your browser).

Sugar or Sugar Substitutes

Sugar substitutes, artificial sweeteners, low-calorie sweeteners, nonnutritive sweeteners ... no matter how you refer to them, they're not without controversy. If sugar is "bad," but artificial sweeteners are "chemicals," what are you supposed to do when you want the taste of sweet, but a piece of fruit just isn't going to cut it? Check out this link below:

<https://www.seattletimes.com/life/wellness/are-you-a-long-time-user-of-sugar-substitutes-it-may-be-time-to-change/>

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

What Is the Average Retirement Savings Balance by Age?

Are you on track to have enough money for retirement? See how your savings stack up against your peers. Check out the link to the article below. **BUT BEWARE** look out for the different advertisements in the article especially "annuities" . Read the statistics skip the enticements on how to invest your money.

<https://money.usnews.com/money/retirement/articles/average-retirement-savings-balance-by-age>

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

Blindness in Seniors

As Florida ages, it's time to talk about vision health. The three leading causes of non-correctable blindness nationwide are age-related: macular degeneration, glaucoma, and diabetic retinopathy.

The following article was submitted by Vickie Carpenter.

http://digitaledition.orlandosentinel.com/infinity/article_share.aspx?guid=7308c781-f650-4cc3-a113-2e4caff5df88

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

Remember we are designated as a wildlife preserve. (Send your pictures of our wildlife so you can share your captured moments with other residents)

Our Day Ends

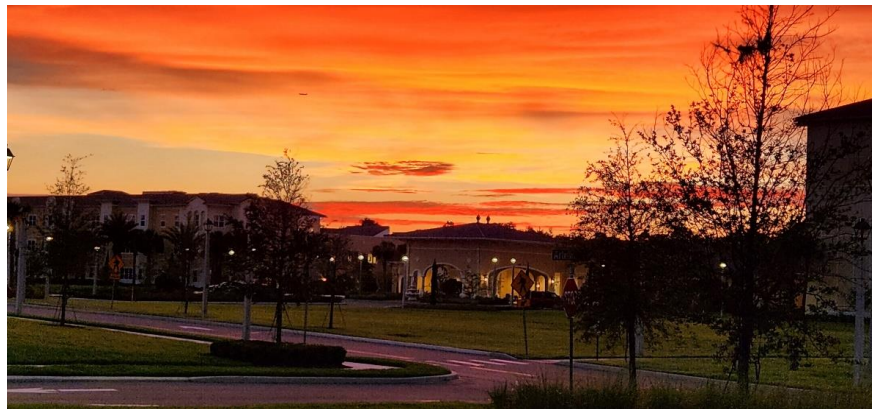


Photo by Polly del Vero

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.