



***Independent
Residents' Newsletter
March 2023***



Sunrise over the Villas



BY MARCIA CALL

Our Resident Council - Our Feature Article

WHAT IS A RESIDENTS' COUNCIL?

Residents' Councils are authorized under Florida Statute 651 for the purpose of representing residents of Continuing Care Retirement Communities (CCRCs). The Residents' Council of Legacy Pointe (RC) is the sole residents' organization authorized to represent residents to the Board of Directors of the CCRC Development Corp. (Board), which is the governing body of Legacy Pointe (LP).

The RC provides a forum in which a resident may submit issues or make inquiries related to subjects that impact the general residential quality of life and cultural environment here. To accomplish this, the RC works in an advisory capacity, on the residents' behalf, with the Board and staff of LP. An RC does not have any statutory authority to levy fines or make rules. Its power lies in its ability to persuade, influence and negotiate with the Board and the staff of LP for the benefit of the residents.

As the first RC in a brand new CCRC, our current council is laying the foundation for the future. We have established seven council committees to align with the main areas of community life. Each committee works with a Legacy Pointe Director collaboratively, with the goal of achieving a standard for their respective areas. Clear and effective communication on both sides is critical to accomplishing this and remains our overall priority.

Achieving resident voting representation on the Board is a desired goal. Currently, the Florida Statutes do not require this, but a number of other CCRCs have moved in this direction. At this time, I participate at the beginning of the monthly Board meetings. This is an opportunity to provide feedback about LP on behalf of the residents, ask questions and make recommendations for improvement. There is active dialog with the Board members at these times, as well with representatives from Greystone Management Co., which manages LP operations on behalf of the Board.

Being the "pioneers" at LP has not been without challenges, but our first RC members are paving the way for our future, working diligently on behalf of our residents.

Kathy Weisé
President
Residents' Council of Legacy Pointe at UCF

LECTURES AND OTHER INFORMATION

Our Speaker Series

Dr. Deborah German

Sponsored by Legacy Point Lifestyles Director, Emily Bagushinski

We Have a Superstar – Dr. Deborah German, Dean of the UCF College of Medicine, spoke at Legacy Pointe on March 6 to a full auditorium of residents. She has amazing credentials - undergraduate in Chemistry at Boston University, M.D. from Harvard Medical School, Fellow at Duke, Faculty at Duke, Director at various Duke clinics and Associate Dean of Medical Education, Senior Associate Dean of Medical Education at Vanderbilt University. All throughout this time she continued her own private medical practice.

Doctor German joined the University of Central Florida in 2006. Here she started her dream project, building a College of Medicine from the ground on up. She started at Lake Nona in December of 2006.

The first part of her presentation centered around the history of the College from start to current. She accomplished all this on a 'shoe string' budget. UCF College of Medical received \$137.6 in State Aid. The national average is \$849.2 million. She chose to partner with other medical facilities such as the V.A. in Lake Nona, the busiest V.A. in the country. This way the medical students would gain a wealth of experience. This May the school will graduate its 1,000th doctor.

The second part of her presentation centered on the residents of Legacy Pointe. She was part of the original deans who pledged support to the future Legacy Pointe residents. Many other deans in this supporting group have either left UCF or retired. She told the residents that the original plan had failed to materialize and had fallen short of her goal and understanding. She committed herself to trying to renew the initial commitment that UCF had made to the future residents at Legacy Pointe. She then went further and asked those present for ideas of what we need here at Legacy Pointe. A good 20 minute of ideas were suggested.

Sean Farrell

Invited by Frankie Bratton-Jeffrey, Lifestyles Chair

Sean Farrell, Director of Advancement at the UCF Foundation, spoke to the residents on March 7 about Student Success and Wellbeing.

There are over 70,000 students on 12 campuses around central Florida. The average incoming student has a GPA of 4.23 and an average SAT of 1334. Almost 62% of graduating students have no debt. The school has over \$200 million in research grants.

The mission of 35 UCF departments is to ensure that students receive support in three areas: Mental Health, Hunger, and Homelessness.

Mental health is handled by a consortium of Counseling and Psychiatric Services called "CAPS". In addition to counseling they run programs promoting healthy lifestyle habits.

Hunger was the main point in his discussion. Food, toiletries, and over-the-counter medicines are urgently needed. They are distributed through a student run distribution center called Knights Pantry. Students come to receive help in food, toiletries or 'otc' medicine. No questions are asked. Their resources are

stressed. They have had an increase over the last two years of 400% needing help. They have more than 350 students visits per day.

The Lifestyles committee has a place for your donations to the Knights – in the cupboards outside the gym – open the doors and you will see the bins. Donations can be left there and are picked up and delivered weekly to the Knights Pantry. Sean stressed the need for healthy food that students would eat. Please nothing ‘expired’ or exotic. Toiletries, soap, razors, band aides, Tylenol, etc. are desperately needed as well as tissues and toilet paper. So, when you shop add a couple of extras to your cart and drop it off in the bins at the gym. It may be hard to believe we have hungry and homeless students. Remember over 350 per day come to the Knights Pantry. And Sean Farrell can detail the hundreds each month the students who need help to keep from being homeless. NOTE: Checks are also gratefully appreciated.

Alison Issen

Sponsored by Legacy Point Lifestyles Director, Emily Bagushinski

EASING THE TRANSITION



On Friday, March 3, Alison Issen started a three-part series of presentations to help residents make the transition to living in a CCRC.

Transitions are changes to our own circumstances – and start with ending a phase of life – transitioning to a neutral (empty) state – and finally a new beginning. She compared this phasing as “living between trapezes.” Our move to Legacy Pointe at UCF created an internal adjustment for us and may have triggered us to redefine who we are.

We may have encountered losses (space, a yard, furniture, a garage, stuff, change of church, no pool in the backyard). We may have protested, become angry or irritable. Eventually, we settle in and adjust (and some people adjust more readily than others).

She asked us to think about and talk about what new identity we formed (if we feel that we did) when moving into senior living – acknowledging that some of us may have had two moves, met new people, or giving up something that created an identity.

To ease the transition, Alison recommended that we find:

- Something to do (to keep active, engaged, and mentally stimulated)
- Something or someone to love (friends, - family that become more important than before)
- Something to hope for – beyond ourselves

We must continue to evolve and grow.

Tentatively, Alison is scheduled to join us again on Friday, March 10, 1:00 – 2:30 in the auditorium – Creating a Balanced Life in a New Place, The Rollercoaster: Grief, Joy, Control, and Relief.

TRAVELING

Traveling is an integral part of many residents plans each year. Each month we will try 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

Mary and Ken Meeker recently traveled to Argentina and Brazil via Viking Ocean Cruises.

We departed Miami to Buenos Aries on January 3, 2023 for a trip planned in 2020 for 2021, postponed twice and eagerly anticipated for 2023. There were several sea days because of the miles we had to cover.

We had great lecturers from Great Britain—an astronomer, a historian, a woman adventurer who had crossed much snow and ice, and a formula 1 race car driver.

Highlights for us were city tours by bus with stops at points of interest in Buenos Aries, Valparaíso and Santiago; separate excursions in Puerto Madryn (a Welsh Tea) and the Valdes Peninsula, a wildlife sanctuary; Port Stanley's history; the dramatic topography and activity in Ushuaia, southernmost city in the world with expedition ships arriving from and departing for Antarctica; walking in Puerto Arenas with its windy weather and interesting history; sailing near the Amalia Glacier, the largest glacier in the Southern Patagonia Ice Field; exploring Puerto Montt in the Lake District with inactive, snow capped volcanoes providing a dramatic backdrop; and Valparaíso and its neighbor Santiago, the capital.

We departed for home on the 21st arriving on the 22nd (long tiring trip home).

Local Adventures

These are some suggestions for local Florida adventures - perhaps you'd like to get away for a day trip. . . .

Here is a link to an article that appeared in Florida Rambler.com

"Hidden gems: 12 of the best Florida State Parks to Discover" By Bonnie Gross

(copy and paste the link below into your browser).

<https://www.floridarambler.com/florida-state-parks/best-florida-state-parks-hidden-gems-2/>

JOHN HITT, OBITUARY



John Hitt, the former president of UCF, died Monday February 20 at his adopted home in Wisconsin where he and his wife Martha resided after his retirement. They wanted to live close to their two children and grandchildren.

John oversaw UCF for almost 25 years during which time the University grew from 22,000 to over 70,000 students. A commuter campus became a city. During his tenure more than 100 new buildings were erected along with a medical school, a football team, and a downtown UCF campus dedicated to

digital technology. UCF became famous for admitting first time college students from families with no prior college graduates.

One of the projects he fully supported was the establishment of a Continuing Care Retirement Community (Legacy Pointe) sponsored by and in collaboration with UCF. He was planning to make his retirement home there until health issues forced a change in their plans.

(Read in the April Edition of this newsletter a little more about Dr Hitt and Legacy Pointe. Who really started Legacy Pointe?)

HEALTH AND MORE

Each month, we will feature articles about social fitness, physical fitness, and nutritional fitness.

Social Fitness

Harvard University has produced volumes of studies over its almost 400-year history. In 1938, Harvard researchers embarked on a decades-long study to find out: What is the secret to a happy life? Contrary to what we think, it's not career achievement, money, exercise, or a healthy diet.

The authors describe the no. 1 thing that makes us happy in life by saying: “*The most consistent finding we’ve learned through 85 years of study is: Positive relationships keep us happier, healthier, and helps us live longer. Period.*” They summarize the entire process as “**Social Fitness**”

Check out the full report in the link below.

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

[An 85-year Harvard study found the No. 1 thing that makes us happy in life: It helps us 'live longer' \(cnbc.com\)](#)

Physical Fitness (An article from the Washington Post)

Want to live to be 100? Here’s what experts recommend.

Independent living requires the ability to perform the activities of daily life — bathing or showering, dressing, getting in and out of bed or a chair, walking, using the toilet and eating.

Doing these things takes four physical attributes: cardiorespiratory fitness (how well the cardiovascular system and breathing apparatus supply oxygen during physical exertion); muscle strength and power; flexibility; and dynamic balance, meaning the ability to remain stable while moving.

Check out the full report in the link below.

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

[Muscles weaken as people age, but strength training can combat that - The Washington Post](#)

And, don’t miss the **[Aqua Fit Classes](#)** in our new pool – Wednesday’s at 2:30 – sign up at the Concierge Desk.

Nutritional Fitness – (A New Study Hints That 38% of Cognitive Decline Risk Is Impacted by These Lifestyle Factors)

Whether you have family history of dementia or not, you'll want to study up and watch what you do eat and do not eat.

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

<https://www.eatingwell.com/article/8029793/study-cognitive-decline-impacted-lifestyle-factors/>

UCF ORCHESTRA AT ST. LUKE'S CHURCH



St. Luke's Lutheran Church on State Route 426 in Oviedo (very close to LP) was founded in 1926. In the early 1990s with a new sanctuary with excellent acoustics, the congregation made a commitment to share their facility with the community in the form of free music performances!! And, the concert series was born. From September through April, St. Luke's offers 14 concerts.

On February 18, a group of LP residents attended the UCF Symphony Orchestra concert – and we were overwhelmed with the quality of the musicians and the guest conductor. They played three pieces – and it was the final piece that was of great interest - Symphony No. 1 in E Minor composed by Florence Price in the 1930s.



Price is the first African-American woman to be recognized as a symphonic composer, and the first to have a composition played by a major orchestra. She composed over 300 pieces but was not well known – until 2009 when a substantial collection of her works and papers was found in her abandoned summer home.

The final concert of the season is on Friday, April 28, at 7:00, at which the Orlando Philharmonic Orchestra will perform.



DO YOU LIKE THE CONVENIENCE OF VOTING BY MAIL?



Yes, you can vote by mail in Seminole County. It is easy, safe, and convenient. But before you are eligible, of course, you must register to vote and let the election office know that you want to vote by mail. The phone number is: 407.585.8683

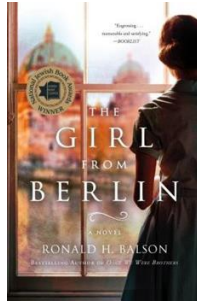
IF you were registered to vote my mail before, don't assume it is still valid. Your mail designation has probably expired. It is wise to check with the election office. And, beware, if you look at the Seminole

County voter website, you may be registered to vote, but not have a “vote by mail” designation. Check it out.

<https://www.voteseminole.gov/>

BOOK CLUB - March

We're here again – March's book is *The Girl from Berlin* by Ronald Balson. Join us on the third Tuesday in March – the 21st at 3:00 in the card room.



This is the memoir of Ada Baumgarten, a young virtuoso violinist who comes of age in Berlin in the 1930s. Ada's memoir holds the key to resolving the mystery of Gabrielle's emotional attachment to the property, her relationship to Ada, and the rightful ownership of the villa and land.

FESTIVE OCCASIONS

February was Month for Celebration

(Thank you to our Lifestyles Committee and Staff)

The Souper Super Bowl Game – Sunday, February 12 – residents gathered in the auditorium to celebrate the super bowl game – accompanied by yummy soups, chilis, and other dishes and snacks,

Mardi Gras – Tuesday, February 21 – another celebration organized by a great group of residents! Complete with items to masquerade and a fortune teller.

The Valentine Concert – Dolores Rutledge (apartment 208) surprised us with a delightful hour of romantic piano music accompanied by a base violin played by Robert Swing.



YOU CAN TELL IT'S SPRING

Wonderful pictures are all around us. Take a walk. Bring a camera. And send us your best photo with a little story.

This picture is of sand hill cranes -companions of our early morning walkers. Be looking for their babies soon.



Our gardeners have been hard at work – they have given us some wonderful color – as well as veggies.



Have you visited our new gazebo? And, seen the immerging butterfly garden?



UPCOMING FESTIVE EVENTS

St. Patrick's Day – Mix and Mingle coming on March 17th. **Pool Splash Party** Sat 3/11 at 1PM

THE SUN SETS AND THE MOON RISES OVER LEGACY POINTE AT UCF



Moon rising with Jupiter and Venus nearby by Marcia Call

Feedback? Stories? Photos?

Send to Frank Russo at frankrusso2012@gmail.com

REMEMBER sign up to the LP Residents Forum: <https://lpresidentsonline.org/smf> **You can easily set up your login and password.** Forum is the 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.