



## *Independent Residents' Newsletter MAY 2023*



### **Our Days Begin - Sunrise over Edwards Pond**



by Dona Hams

### **Legacy Pointe at UCF - When Was the Beginning?**

This was a question in our April Article trying to track the history of our community from the 'start' to current day. Bob Holmes who was the President of the UCF Foundation and later the President of the new CCRC for Legacy Pointe at UCF has agreed to edit the April summary and expand it to current day. So, Part Two of the article will await his submission.

In place of the part Two we will have a new feature article for May which also will add to our history.

## **OUR MAY FEATURE ARTICLE**

### **THE BUTTERFLY GARDEN, EARTH DAY, and NATIONAL WILDLIFE PLAQUE**

Earth Day was celebrated on April 22, from 10–12, at Legacy Pointe at UCF. Residents and guests gathered at the Gazebo for the opening of the Butterfly Garden and Earth Day Celebration, and the unveiling of the plaque designating Legacy Pointe at UCF as a member of the National Wildlife coalition.

Festivities started with a red ribbon cutting ceremony at the opening the butterfly garden which was done by Tony and Kathryn Mennella. Also participating were residents from the Grounds Committee and Garden Club. The president of the Resident Council, Kathy Weise, greeted a crowd of Legacy Point residents with congratulatory remarks and an invitation to tour the gardens and talk to the docent guides.



## THE BUTTERFLY GARDEN

All the plants in the five parcels were labelled and were accompanied by charts on display showing which butterflies preferred which plants. A special treat was the appearance of monarch butterflies and the start of their life cycle for their new offspring. The female monarch lays the egg on a milkweed leaf and the four-stage cycle starts. After a few days the egg hatches into a larva which starts devouring the milkweed leaves. As the larva grows it molts its skin at least four times. Then it moves its body to a position looking like a 'j' where it creates a cocoon which is called a chrysalis, this begins the pupa stage.



Monarch Chrysalis



Pupa Stage



New Monarch

About a week later the new Monarch Butterfly emerges, spends a couple of hours drying out and preparing its wings for flight. Then it is off and looks for flowers with nectar. Nectar is its food for the coming weeks.

**Note the winner of the drawing for the Monarch Butterfly Painting was Sarah Jebo, a Villa resident.**

## ARBOR DAY TO EARTH DAY

Earth Day did not grow magically from a nonentity to an international movement. For years and even centuries there had been a series of events in countries around the world that preceded Earth Day. Arbor Day was first celebrated in a small Spanish village in 1594. The village led by its mayor planted chestnut trees and continued this practice for many years. Later in 1805 in another small Spanish village, an area-wide custom was started by a parish priest and spread to neighboring villages where planting trees was a sign showing the importance of respecting 'nature'. The American Arbor Day was started in Nebraska on April 10, 1872 where 1,000,000 trees were planted.

The respecting of nature and planting of trees movement was growing at a rapid pace. Thanks to many national 'teach-ins,' a solid movement was born with the first U.S. Earth Day on April 22, 1970. The national coordinator, Denis Hayes, organized the International Earth Day movement in 1990. It has evolved to 141 nations.

A few years later the **Paris Agreement** was signed on Earth Day 2016 by the United States, the United Kingdom, China, and 120 other countries. This signing was a key ingredient to the climate protection treaty adopted by consensus of the 195 nations present at the 2015 United Nations Climate Change Conference in Paris.



Carol Goldsmith of the Garden Club helps to celebrate Earth Day in our Garden



Sarah Jebo the winner of the painting

## THE NATIONAL WILDLIFE PLACQUE

The National Wildlife Federation got off to a slow start under President Franklin D. Roosevelt in 1934. It floundered into 1935 with no interest or congressional budget. Finally, a last ditch effort was made by its director, Jay Norwood "Ding" Darling who convinced the President to call a North American Wildlife Conference which took place between February 3 and February 7, 1936. With over 1,000 in attendance, there were people from every U.S. state as well as one from Canada and one from Mexico. The National Wildlife Federation was established and grew and grew!

Our Legacy Pointe community received a plaque designating our residences as part of the "Backyard Wildlife Habitat" program which was started in 1973 with the purpose of showing people how to make their yards and their community friendly to local wildlife. The Certified Wildlife Habitat program, has as its membership criteria: providing food, water, cover, and places to raise young through the use of native plants and other features such as nest boxes and water gardens. The habitat can be certified by the NWF as an official Certified Wildlife Habitat site if these elements are provided. With the development of our Butterfly Garden we completed the criteria for membership.



## RESIDENTS' COUNCIL HIGHLIGHTS



President's Report - In April, Kathy told residents about the possibility the RC having a seat and vote on the CCRC Board. She explained the composition of the Board: Seven are people not connected to UCF, two are alumni, six are appointed by the president of UCF. The current bylaws of the board do not allow for residents to have a seat. And, there is no statutory requirement that residents be included on the board of lifecare communities. Currently, Kathy speaks on issues of concern to residents and provides updates at the beginning of the Board meetings, then leaves. It remains the intention of the RC to continue to request resident representation on the CCRC Development Board.



Finance Committee –Questions: \$800,000 retainage- funds that were withheld from LeCesse; \$33,200,000 of bonds were redeemed with the release of the entrance fee escrow, resulting in a saving of \$100,000 per month in interest;



audited financial statements for 2022 will be available soon; skilled nursing license has been received and residents will move in very shortly.



Grounds Committee – The courtyard sod and beds have been replanted; planters are being filled and placed; the butterfly garden is complete and will open; Legacy Pointe has been designated as a National Wildlife Habitat. A motion was approved to purchase two Eastern Bluebird nesting houses.



Facilities Committee – Advanced Refrigeration has been addressing the problems with HVAC system in the main building and the medical center; new system for reporting maintenance issues: notify the concierge (Kay) at (407-278-1173) and send an email to the concierge email address as a follow-up; large gaps under apartment front doors should not be blocked to maintain the balance of air flow.



Culinary Committee – Ketch and Chef Taylor attended the April 17 meeting. The committee was concerned about the reservation system. Chef Taylor stated that a 2:00 cutoff for reservations is acceptable. Residents are asked to be specific in their comments on the comment cards. Motion approved: The RC request that dinner reservations may be made 48 hours in advance and that reservations be accepted until 2:00 on the day of dining.



Communication Committee - The welcome subcommittee completed the welcome packet which covers six major categories of information helpful to new residents. The buddy program will be launched for volunteers to welcome new residents. An orientation will be held on May 22.. The sunshine friends subcommittee goal is to be friendly to our fellow residents, in times of need. Motion approved: The RC recommends to the Marketing Department that they distribute the materials prepared by the Welcome Subcommittee to all new residents of LP in order to familiarize them with the opportunities and services available in and near our community, and that the Buddy program outlined by the Buddy subcommittee be implemented to assist new residents with their entry into our community.



Lifestyles Committee –There are two cruises planned for 2024: to the Panama Canal and transatlantic; Lifestyle needs volunteers to help plan events, including: New Year's Eve – holiday gala and the ball dropping; Shared Treasures returns on August 3 through August 10; donations for Knights Pantry are being collected in the alcove between the salon and the gym (including clean black plastic takeout containers); drop-off school supplies for Hope Helps in the card room in the last cabinet on the right; Lifestyles Coordinator in AL, Lucy Martinez, needs volunteers to work with residents in AL and MC; April 30 kicks off Derby week with lots of activities from a boat regatta on Edwards Pond to cooking demonstrations – culminating with the race on Saturday, May 6 and two seatings for dinner.



Health and Wellness - One AED defibrillator will be installed near the dining room; classes for Heimlich maneuver, first aid, CPR, and AED are being investigated; placing reflectors on parking spaces has been recommended; a daily monitoring system is being investigated; a meeting to inform residents about the transition from IL to AL is planned for May; a social worker is starting in May; a group fitness program will be established for group walks, exercise and

healthy eating; Dr. Ross from UCF School of Medicine is developing speakers on UCF health, volunteering for studies, drug trials and health topics.



Other Items: (1) Furniture for the alcoves on the individual floors of the towers has been ordered; expected delivery time is 12 weeks; (2) re the affiliations agreements with UCF – residents will be asked to complete a questionnaire to seek input about what they would like to participate in.

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*

#### ***Road Scholar in N.Y. - September 2022 - Carolyn Ruhe and Frank Russo***

Western New York state is the home of the Chautauqua Institution located on the land and lake that is the same name. It has a long adult education and artistic history that dates to the late 1800s. Today it continues its educational mission with its summer program.

But in the week before the traditional summer program starts and, in the week, after it closes the entire campus is turned over to another educational program run by Roads Scholar (formerly Elderhostel). The sessions focus on American Foreign Policy with topics presented by Ambassadors and Foreign Service officers of the American Foreign Service. The topics explore the complex issues of U.S. diplomacy with 'in-depth' lectures, and comments containing insider information. There were 4 sessions a day for 5 days many times running late into the night. Ambassadors and Officers sit at table for breakfast, lunch, and supper interacting with attendees each day in far-reaching discussions.

Getting there is a little challenging. You fly into Buffalo Airport on Sunday, rent a car, drive 60 miles to the Institute. Your hotel is the 160+ year old Athenaeum Hotel, a huge wooden structure, with a wrap-around porch overlooking Lake Chautauqua. As a participant, you receive three meals a day. The food quality and quantity could easily add twenty pounds to your existing weight. Friday after lunch, ends the formal program. As we left we noticed the Ambassadors and Officers still discussing with the attendees.

One event is worth mentioning. During the week we were in N.Y. the state of Florida was hit by hurricane Ian which devastated the entire state. And, we missed it!!



160+ year old Athenaeum Hotel

**Question: Do I have to go to N.Y. to participate in the American Foreign Policy lectures?**

Luckily the answer is NO! Road Scholar runs the same or similar program in January and February in St. Petersburg, Florida. The 2024 dates are: January 14, January 28, and February 18. Check out: RoadScholar.org

### ***Local Adventures***

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

- **Out Door and Nature Activities**  
<https://www.visitflorida.com/things-to-do/outdoors-and-adventure/?view=list&sort=qualityScore&bounds=false>  
(hold the control key and click on the link or copy it and paste it into your browser)
- **Florida Getaways Beaches and Weekends**  
<https://www.visitflorida.com/things-to-do/romance/getaways/?view=list&sort=qualityScore&bounds=false>  
(hold the control key and click on the link or copy it and paste it into your browser)

## **HEALTH AND MORE**

Each month, here are articles about social fitness, physical fitness, and nutritional fitness.

### **Social Fitness**

Did you know that there was such an event as International Happiness Day? Well, yes, there really is such a day. And it tracks how happy people are across 32 markets representing significantly more than 32 countries. It looks at multiple factors such as 'income', 'education', and many more. Once common element is a person's social fitness. When you read the article, you will see how much your social interactions affect your happiness.

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

<https://www.ipsos.com/en/data-dive-keys-happiness>

### **Physical Fitness**

**Have you ever heard of 'mnemonic time-travel effect?'** This month we have another article that mentions physical fitness in its fifth section. When you read it be very careful? Only try it if someone is with you. Here is what the author, Bill Riley Jr says. Read it and then the article and you will see why we urge caution.

"I love it because it's so unexpected and quirky. But, researchers at the University of Roehampton in London came up with the idea of testing whether simply walking backward could trigger better recall. Sure enough, it worked. "Motion-induced past-directed mental time travel improved mnemonic performance for different types of information," said one of the study leads. "We have named this "mnemonic time-travel effect."

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

<https://www.inc.com/bill-murphy-jr/keep-forgetting-things-neuroscience-says-these-5-simple-habits-boost-memory-learning.html>

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

### **Nutritional Fitness**

**Doctor and longevity expert Dr. Mark Hyman swears by these five foods to age well, live longer, and reduce the risk of chronic disease.**

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

<https://fortune.com/well/2023/03/16/5-foods-mark-hyman-longevity-expert-eats-to-stay-biologically-young/>

## **CELEBRATION AND EVENTS**

*We have noticed the same people giving of their time in many different ways. We say a big 'thank you' to those residents who have contributed so much so we can as a community have a better life here at Legacy Pointe*

**-Thank you to all the subcommittees of the Resident Council.** You and your committees have contributed hundreds of hours to making our community better, safer, and more enjoyable.

**- Thank you, Tony and Kathryn Mennella and the Garden Club along with the Grounds Committee** for all the work that you did to bring the Butterfly Garden, the National Wildlife Placque, and Earth Day to the residents of Legacy Pointe at UCF. The hundreds of hours that you all contributed have truly shown the creativity and dedication that will continue to make our community a great place to live.

**- Thank you, Doug** Two additional benches will soon appear in the Dog Park and hopefully outdoor waterproof sail shades. ng outdoor waterproof sail shades in the dog park. Doug will be working with the administration for other enhancements to the dog park.

**- Thank you, Dona Hams** The displays to kick off Derby Week look great. They took time and creativity. Also thank you to all our residents on the committee who are working to make this event enjoyable. There is special extended 'thank you' to Dona who is always ready to create a great time whenever a celebration is in order.

**- Thank you, Tom Nixon,** for the scheduling and coordinating the Wetlands Trip and so many other events.

**- Thank you to Ross and Mary Lynn Williams** for volunteering their time to interview residents for the Marketing Newsletter.

# DO YOU NEED TO GET OUT AND DO SOMETHING?

## Check out these possibilities:

- **A trip to the Orlando Wetlands** is scheduled for Tuesday May 2<sup>nd</sup> 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

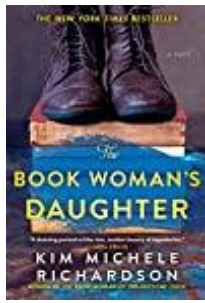
## IF YOU DO NOT WANT TO GO OUT, THESE ARE OPPORTUNITIES IF YOU STAY IN?

- **Kentucky Derby** week kicks off Sunday, April 30, and continues throughout the week. Derby day is Saturday, May 6, with events in the auditorium around 4 p.m., but probably going on most of the day. You may have noticed a series of Derby displays in key spots around the first floor. You can't miss the Hats. Dona Hams has headed up and designed the fancy toppers to be worn on Derby Day. Come and have fun and wear your hats. The Saturday night meal on May 6 will be a buffet with two servings: one at 4:30 which will get you back for the start of the race at 6 p.m.. The second serving will be later and continue into race time. Plan carefully.
- **Model Boat regatta and race will beheld** here at Legacy Pointe in Edwards Pond. The event will now take place on Sunday, May 7, at 12 p.m.
- **Plant based eating**. A presentation by Jim Mullen and Margaret Wineman will be held on Tuesday May 2 from 2 – 4 in the card room.
- **Creative Writing Class** Friday, May 5, from 1 – 2:30 in the card room presented by Jess Inman
- **UCF Speaker**, Dr. Barbara Gannon Professor of History will discuss the history of Memorial Day and the UCF Veteran's History Project and Veteran's Legacy Program. The discussion will take place in the auditorium on Wednesday, May 17, from 2:00 to 3:30
- **Estate Planning** an educational presentation by Attorney Geoff of Family First Firm will take place in the auditorium on Tuesday May 23 from 2:00 to 3:30.
- **Veteran's Special Interest Group** meeting on Friday, May 26, in the Card room. All veterans are invited to attend.
- **Reminder:** Town Hall is every other month and is scheduled for the last Thursday of May at 2:30 in the Auditorium. Additional notice will be posted as we get closer to the date. Town Hall Comment and Question Cards are available at the Club House Concierge Desk.

## BOOK CLUB

We invite you again to come to the meeting of the Legacy Pointe book club. May's book is **The Book Woman's Daughter** by **Kim Michele Richardson**. Join us on the third Tuesday in May, the 16th, at 3:00 in the card room. Bestselling historical fiction author Kim Michele Richardson is back with the perfect book club read following Honey Lovett, the daughter of the beloved Troublesome book woman, who must fight for her own independence with the help of the women who guide her and the books that set her free.





## ROCKET LAUNCHES SEEN FROM LEGACY POINT AT EDWARDS POND



## SPACE LAUNCHES AT KENNEDY SPACE CENTER FOR MAY



**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 Space Coast launches:**

**DATE:** Projected to launch in May **VEHICLE:** SpaceX Falcon 9 **MISSION:** Starlink 6-2 **LAUNCH SITE:**

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

**DATE:** Projected to launch in May **VEHICLE:** SpaceX Falcon 9 **MISSION:** Axiom Space Mission  
**2LAUNCH SITE:** Kennedy Space Center **LAUNCH WINDOW:** TBD

**DATE:** Projected to launch in May **VEHICLE:** Atlas V N22 **MISSION:** CST-100 Starliner crewed flight test  
**LAUNCH SITE:** Cape Canaveral Space Force Station **LAUNCH WINDOW:** TBD

**DATE:** Projected to launch in May **VEHICLE:** SpaceX Falcon Heavy **MISSION:** Jupiter-3 **LAUNCH SITE:**  
Kennedy Space Center **LAUNCH WINDOW:** TBD

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

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**DATE:** Projected to launch in May **VEHICLE:** SpaceX Falcon 9 **MISSION:** Turksat 6A **LAUNCH SITE:**  
Cape Canaveral Space Force Station **LAUNCH WINDOW:** TBD

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## **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](mailto:frankrusso2012@gmail.com)**

See Links below

1. **Amish Communities usually shy away from any type of technology.** What a surprise to see that many of the Amish Communities are allowing a recent technology update to replace their standard mode of transportation.

<https://www.thecooldown.com/green-business/amish-transportation-e-bikes-lancaster-pennsylvania/>

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

(Relevant Question what will happen to the Amish when they hear of Tesla?)

2. **Can I protect my assets when I have to go into a nursing home?** This question has crossed everybody's mind from time to time along with a follow-up question "How am I going to leave something to my family, or people, or organizations that I care about?". We are told to consult with our Tax Attorney, Financial Advisors, etc. which we strongly advise. Check the link below for some other types of advice.

<https://finance.yahoo.com/news/revocable-trust-protect-assets-nursing-130017711.html>

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

## YOU CAN TELL IT'S 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.**

o



Deer along our Back-Road



Deer along our Back-Road

By Marsha Call



Warning sign on bench in the gazebo



Sand Hill Cranes with growing baby



Monarch Butterfly Chrysalis on bench in the Gazebo

## Our Days End – Sunset over Legacy Pointe at UCF



Feedback? Stories? Photos?

Send to Frank Russo at [frankrusso2012@gmail.com](mailto: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](mailto:47ipsd@gmail.com) or Ina at [utgrad@attglobal.net](mailto:utgrad@attglobal.net).