

WU
WATERMARK UNIVERSITY

2019

Fall Semester
SEPTEMBER THROUGH DECEMBER

LEGACY[®]
AT WILLOW POND
 A WATERMARK RETIREMENT COMMUNITY



Hello and thank you for your interest in Watermark University!

The foundation of Watermark University (WU) is to provide meaningful opportunities to learn, teach and grow, resulting in a life of overall well-being. Research shows that learning and keeping our mind active and sharp supports healthy aging.

At Watermark Retirement Communities® we are committed to encouraging our residents and associates to lead balanced lives, full of meaning and purpose, grounded in self-awareness and infused with curiosity. Our Watermark University courses help achieve this goal.

By focusing on the Seven Dimensions of Well-being: Physical, Social, Intellectual, Spiritual, Emotional, Environmental, and Vocational we offer the opportunity to achieve a balanced life and we see the benefits across the country in every class, every day.

Sincerely,

Anne Tubbs

Anne Tubbs
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
Art Talks	Penfield Art Association	October 3rd • 1:00 pm October 10th • 1:00pm October 17th • 1:00pm	Multi Purpose Room

"Art Talks" will take place during the Penfield Art Association Show and Sale at the Legacy, each week of the show. There will be three "talks" per session, with a variety of artists from the Penfield Art Association sharing some of their paintings and discussing various aspects of their work including where their ideas come from and their favorite subjects to capture. We hope you'll attend and ask questions and share your thoughts on these featured works of art.

Bible Study Discussion	Anne Tubbs	September 6th • 2:00pm and every Friday of each month thereafter	Media Room
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A person's religious faith is something uniquely personal to each individual. Join Anne as she hosts a Bible study where the group will explore verses, psalms, and books of the Bible that are sure to help everyone on their spiritual journey.

Dr. Suess in World War II	Rosemary Irwin	September 24th • 3:00pm	Media Room
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Was Yertle the Turtle inspired by Hitler? Theodore Geissel, A.K.A. Dr. Suess, created cartoons to convince the UN to join World War II and later to communicate important truths to the Allied troops. What Geissel created before and during World War II changed hearts and minds then and were the forerunners to our most beloved children's classics. Come hear this hidden, important story of Dr. Suess in World War II.

Elder Law Planning by Woods Oviatt	Anne Marie Short	September 13th • 1:00pm October 11th • 1:00pm November 1st • 1:00pm December 6th • 1:00pm	Multi Purpose Room
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The Elder Law Department of Woods, Oviatt and Gilman will be coming to our community to share different aspects of elder law. From asset protection to estate planning to special needs planning to guardianship: this four week program will feature a different topic each month.

Food Facts	Justin Young	September 10th • 3:00pm	Multi Purpose Room
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This course will introduce you to the newest foods that are on trend right now. Do you know what quinoa is? Have you tried it? It is just one of many "newer" foods available right now and Justin will talk to you about some of these new healthy foods that will soon be offered through dining services.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Fraud, Scams and Identity Theft	Debra Kostiw	October 1st • 2:00pm	Multi Purpose Room
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If you're over 60 years old, be careful. Criminals take more than \$36 billion from older Americans every year through financial abuse and outright fraud. U.S. Sen. Susan Collins called financial fraud against the elderly "a growing epidemic." In this class, we'll examine why older Americans may be more vulnerable than other segments of the population, the kinds of identity-theft scams often used against the elderly, and how you can help protect yourself.

Guided Meditation	Cork Dinan	September 3rd • 2:00pm and every Tuesday and Thursday thereafter	Media Room
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We live in the fast lane of an ever-changing world, running in place while trying to catch up with ever-changing technology. Everyday we face enormous challenges juggling finances, family, and relationships which is exhausting because it can feel like we're running on empty. But how do we get from a place of stress and anxiety, to connect with that place of peace and power within? How do we restore balance and reclaim our innate life force to live freely and fully? Meditation! Meditation is a practice of aligning your mind, body and spirit by going deep within to access the power of your belief to create what you truly desire. Guided meditation, deep relaxation and mind-body techniques are not passing fads, trends, or new age nonsense. They are researched and proven approaches that have lasting benefits for radiant health, happiness and self-empowerment.

The Kindness Rock Project	Anne Tubbs	September 3rd • 3:00pm	Multi Purpose Room
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The Kindness Rock Project is a trend where people paint rocks and leave them for others to find and collect. The rocks have positive messages on them for people to take when they need one, or to give to a friend who is in need of a pick me up. Join Anne in starting this project here at Willow Pond. We will be painting rocks and writing inspirational messages on them in hopes to cheer people up. One message at the right moment can change your whole day or your outlook on life!

London	Rosemary Irwin	November 26th • 3:00pm	Media Room
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The crown jewels! Buckingham Palace! Camden Market! In London, history collides with art, fashion, food, and good British ale. A perfect day is different for everyone! Rosemary Irwin will take us to London and not just the museums but the changing life of the city itself, from observations of Chaucer to the new Brexit nation.

COURSES	FACULTY	DAY AND TIME	LOCATION
Manifest Destiny: How America came to be Sea to Shining Sea	Dan Cody	October 24th • 3:00pm	Multi Purpose Room
<p>How did 13 former British colonies that were sandwiched between the Atlantic Ocean and the Appalachian Mountains reach across an entire continent? What were the events and who were the people that made this possible?</p>			
Medicare 101 and 2020 Updates	Phillip Provenzano	October 17th • 3:00pm	Multi Purpose Room
<p>We will review how Medicare works with Medicare Supplement (MediGap), Medicare Advantage Plans and explain the Donut Hole. The new Medicare Advantage Plans will be available to discuss on October 1st with Annual Enrollment beginning October 15th. The meeting will review choices of health care options and information to make informed decisions for 2020. It is important to understand the array of coverage offerings by the insurance carriers and associated cost sharing obligations in order to make the best choice that fits your needs and lifestyle.</p>			
The Music and Life of Frank Sinatra	Larry Shearer	September 26th • 2:00pm	Media Room
<p>Jusy can't get enough of this famous singer's beautiful voice...This program is designed to entertain, educate, and rekindle happy memories. The program will consist of original recordings, videos of concert, film and TV appearances as well as biographical and historical information.</p>			
New Testament Exploration	Cork Dinan/Anne Tubbs	November 13th • 1:00pm and every Friday of each month thereafter	Media Room
<p>Discover how historical research can illuminate the New Testament - the most widely read book in history - in this riveting course that combines biblical scholarship, archaeological discoveries, and literary analysis.</p>			
Open Enrollment as Easy as 1-2-3	Jim Knipper	October 8th • 3:00pm	Multi Purpose Room
<p>Medicare Open Enrollment is October 15th to December 7th!! Learn the basics about Medicare and what is important in finding proper Health Care coverages for yourself. Attend an easy to understand 45 - minute educational presentation regarding Medicare. Licensed Medicare Broker, Jim Knipper, will present general information on selecting the right Medicare plans to assist you with your health plan coverage. All residents and family members are welcome.</p>			

COURSES	FACULTY	DAY AND TIME	LOCATION
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Painting With Diana	Diana Furman	September 7th • 1:00pm and the 1st Saturday of each month thereafter	Multi Purpose Room
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Do you love art? Whether you are a beginner or advanced student this course is for you. Designed to bring out the talents of all participants, painting with Diana will leave you with a smile on your face and a work of art in hand. Learning the use of color schemes while working on a 5x7 canvas ensures every participant creates a masterpiece to love every time!

Penfield Hamlets Cont.	Kathy Kanauer	October 29th • 3:00pm	Multi Purpose Room
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Have you ever wondered about the history of the community you live in? What was it like years ago before active development? Come listen to the Penfield Historian as she describes "old" Penfield and the changes that have taken place over the years. Last semester we started to explore the different hamlets in the area. This course is a continuation of that.

Quest for Colonies: The War with Spain	Dan Cody	December 19th • 3:00pm	Multi Purpose Room
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It is amazing to learn that America as a former colony developed a foreign policy in which it would itself become a colonial master. Learn when, where and how America acquired our own colonies. Do we still have colonies today?

The Secrets of Central Park	Rosemary Irwin	October 22nd • 3:00pm	Media Room
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While New York City's Central Park is one of the most famous public places in the world, it supports a wild, beautiful world of its own. Learn the Metropolitan Park's larger history and the secret wonders discovered by modern day explorers.

Teas Around the World	Anne Tubbs	September 12th • 3:00pm	Multi Purpose Room
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Drinking tea is a tradition that's said to date back to 2737 BC, when, according to legend, Chinese emperor Shennong found his hot water was greatly improved when a dried leaf fell from a plant into his cup. Since then, tea drinking has spread around the world, its recipes and preparations evolving along the way. Here's how to enjoy a cup around the globe while in a tea party setting.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Thoughtful and Silly Poems by Mr. T.	Mr. T.	October 3rd • 3:00pm	Media Room
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Mr. T's poems are not lyrical and will not make you swoon. The hope is to make you think, smile and laugh. Some may call it "poetry light".

Total Body Fitness	Anne Tubbs	September 3rd • 11:00am and every Tuesday and Thursday thereafter	Fitness Room
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"It hurts to move." **"IT HURTS MORE NOT TO!"** Great words to live by! Come join Anne as she gives you a workout from the tip of your head to the tip of your toes - and all while seated in a chair! Exercise for about 30 minutes using weights (optional) and balls and walk away refreshed and ready to face the rest of your day.

Travel with Beth - Ancient Civilization of the Indus Valley	Beth Brancato	November 7th • 1:00pm	Media Room
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Indus Valley civilization lies at the very heart of subsequent civilizations that arose in the region of the Indus Valley. This civilization flourished in areas extending from what is today northeast Afghanistan to Pakistan and northwest India. Along with ancient Egypt and Mesopotamia, it was one of three early civilizations of the ancient world, and of the three, it was the most widespread; covering an area of 1.25 million kilometers.

Travel with Beth - Awesome Celebrations Around the World	Beth Brancato	December 5th • 1:00pm	Media Room
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As fall slips into winter, peoples around the globe begin to celebrate. This season brings Christmas, of course, and it is also the time for Jewish, Buddhist, African-American and pagan celebrations! Let's celebrate!

Travel with Beth - Italy	Beth Brancato	September 5th • 1:00pm	Media Room
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Few countries have been on such a roller-coaster ride as Italy. The Italian peninsula lay at the core of the Roman Empire One of the world's greatest monotheistic religions, Catholicism, has its headquarters in Rome and it was largely the dynamic city-states of Italy that set the modern era in motion with the Renaissance. It is no wonder it is one of the world's top travel destinations.

COURSES	FACULTY	DAY AND TIME	LOCATION
Travel with Beth - Halloween Lore	Beth Brancato	October 31st • 1:00pm	Media Room
<p>Ghost, goblins and witches dominate the landscape in October. Learn how this holiday became one of America's favorite days. We will also dive into the Salem witch trials...and, of course, chocolate!</p>			
The War with Mexico: Mr. Polk's War	Dan Cody	November 21st • 3:00pm	Multi Purpose Room
<p>Since the very first European set foot on the eastern shore of North America, they have always looked west. The young American nation was no different but the sovereign nation of Mexico stood in the way of American expansion west. President Polk (and others) had a resolution to this problem.</p>			
Weather 101	Glenn Johnson	September 18th • 10:00am	Media Room
<p>Meet Glenn Johnson, chief meteorologist at 13 WHAM! He is known for his great personality and knowledge of meteorology and will be here to give us the inside scoop of being a Weatherman and will talk about broadcasting and all that it entails. Glenn will show videos, provide demonstrations and answer questions throughout his presentation. Glenn sure has a passion for weather and loves to share his knowledge with others!</p>			
Why a Revolution?	Dan Cody	September 19th • 3:00pm	Multi Purpose Room
<p>What went wrong between America and the Motherland? Our founding fathers just didn't wake up on July 4, 1776 and decide to seek independence from Great Britain. It was the accumulation of years of events which brought the colonists to such a drastic and treasonous decision. Learn about what led up to that fateful decision.</p>			
Woodworking with Denny	Dennis Brunner	• 2:00pm	Multi Purpose Room
<p>Join craftsman Denny Brunner to create a beautiful wood project with your own two hands. He will teach you how to sand down the wood, varnish, and put together a piece you can be proud to display or give as a gift. Keep an eye in that month's calendar for the price of the class, which covers the cost of supplies. Please sign up with the Concierge as space is limited.</p>			
Working with Alcohol Ink	Anne Tubbs	November 19th • 3:00pm	Multi Purpose Room

Alcohol inks are, as the name suggests, an alcohol-based, highly pigmented ink that can be diluted with isopropyl alcohol (IPA). Learn how to use these special inks while completing your own special project.

COURSES	FACULTY	DAY AND TIME	LOCATION
Introduction to Mahjong	Rose Gulley	September 23rd • 3:00pm September 30th • 3:00pm October 14th • 3:00pm	Country Kitchen

Mahjong is a tile-based game that was developed in China during the Qing dynasty and has spread throughout the world since the early 20th century. It is commonly played by four players and is played with a set of 144 tiles based on Chinese characters and symbols. This is a three-week introductory course to the game in hopes of continuing on with a Mahjong group in the future.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Beth Brancato

**Italy
Halloween Lore
Ancient Civilization of the Indus Valley
Awesome Celebrations Around the World**

Beth Brancato has been traveling since she was an AFS student in Greece as the age of 16. Since then, she has traveled to dozens of countries, has a small tour company and is starting her very own project called Before we disappear...connecting with cultures that have not yet embraced the Western world. She currently lives in Victor with her two pups, 11 chickens, and 2 goldfish and when Beth is not traveling, she's sharing the world with people via photos, demonstrations, and cultural artifacts.

Denny Brunner

Woodworking with Denny

Making useful and decorative wooden items for family and friends has been a passion for Denny since he was a young adult. Denny spent 36 years at General Motors as a Mechanical Engineer designing "car parts", while woodworking in his spare time. After retiring in the fall of 2008, he was asked to demonstrate his woodworking skills at a local senior living center. Believing that a "hands-on" approach is better than just watching a demonstration, he developed a project for the participants to build under his supervision. That was the beginning of ArborArt Workshops. Since March of 2009, ArborArt has been conducting workshops for 4-H groups, schools, senior centers, scout troops, recreation departments and libraries on weekly, monthly or one-time bases. Each session has been created to give participants the opportunity to build useful items from wood, using a variety of skills in assembling, sanding, drilling, nailing, gluing, staining and finishing. The workshops promote sense of accomplishment from building attractive and useful projects, of which now the number has grown to over thirty.

Dan Cody

**Why a Revolution?
Manifest Destiny
The War with Mexico
Quest for Colonies**

Daniel D. Cody is a lifelong resident of the Rochester area. Dan earned his M.A. in American History from the College at Brockport, SUNY. Dan is very busy sharing his passion for history as the Collections Manager/Registrar of the Rochester Historical Society, and as an Adjunct Lecturer of American History at Finger Lakes Community College, Genesee Community College and Rochester Institute of Technology. He is passionate about the history of Rochester and is looking forward to sharing more about Rochester with us and igniting great discussion.

NAME OF INSTRUCTOR

CLASS NAME

Cork Dinan**Guided Meditation
Exploring the New Testament**

Cork is a very active resident at Willow Pond. When he is not helping other residents practice mindfulness or guiding a meditation, he can be seen around the building "fixing things". He and his wife, Nancy, have been residents since 2015.

Diana Furman**Painting With Diana**

Diana has been sharing her creative talents with the Legacy at Willow Pond over the past 15 years. Growing up, Diana had always expressed a love for art but was never able to fully explore her interests until she was able to retire. Now, with over twenty years of experience as an artist, Diana has perfected her own unique style of teaching, using common color schemes and specific size canvas to create beautiful works of art. Diana's favorite part about being an instructor is the look of amazement when her students see their final product, she believes everyone has talent and bringing that talent forth brings a happiness like no other.

Rose Gulley**Introduction to Mahjong**

We are happy to welcome Rose as one of our newest instructors and teacher of the game of Mahjong. You may already recognize her as she is one of the members of the group that plays every Friday morning in the Country Kitchen. Rose has been playing Mahjong for four to five years and is eager to get Willow Pond up and going with our own Mahjong group.

Rosemary Irwin**Dr. Seuss in World War II
The Secrets of Central Park
London**

Rosemary Irwin lectures throughout our local area on topics as varied as health care, history, art, and technology. She has also facilitated classes created by Harvard, Stanford, and Humanities New York, translating complex material into lively non-academic discussions. Since 2012, her mission has been "to give lifetime learners a reason to be in the room."

Glenn Johnson**Weather 101**

Glenn Johnson is the Chief Meteorologist at 13 WHAM-TV in Rochester, NY, and an alumnus of the SUNY College at Brockport. While at Brockport, Glenn discovered his talent for broadcast meteorology through his major in Earth Science and his minor in Communication, as well as his extracurricular activities. He was voted "Best Reliable Weatherperson" in City Newspaper's 'Best of Rochester' awards in 2009.

NAME OF INSTRUCTOR

CLASS NAME

Kathy Kanauer**Hamlets of Penfield**

Kathy is the Town Historian for the Town of Penfield. She brings her knowledge to Willow Pond in the hopes of starting a regular series on the history of our community.

Jim Knipper**Open Enrollment as Easy as 1-2-3**

Jim is a Licensed Health Care Plan Broker with access to Medicare approved Health Care Plans. He represents 5 major Plans and does so by achieving yearly certifications. Given that he has been in Healthcare for many years, he is able to offer information on additional Benefits that one otherwise might not know about.

Debra Kostiw**Fraud, Scams and ID Theft**

Debra Kostiw President of Home Helpers of Rochester has been speaking for nearly a decade and brings passion to her presentations. While specializing in Alzheimer's and elder abuse Kostiw has large repertoire of topics for any gathering. As one of only a few certified Alzheimer's trainers in the area, she brings a unique twist to her presentations and gets the audience thinking and engaged. Debra's own mother had Alzheimer's and was then abused and eventually killed by a family member. This lead Debra to pursue several certifications in elder abuse and has made it her mission to bring awareness to to this increasing public health hazard. As a leader in the homecare arena, Kostiw has been interviewed several times by 55 + magazine and the Rochester Democrat and Chronicle as the local expert in elder abuse and dementia. She has also been a regular guest on the Seniors Rock radio show. Debra has long earned her reputation as a dynamic speaker. Regarded Nationwide as a passionate advocate for older adults. Testimonies from Debra's past performances speak for themselves.

Phillip Provenzano**Medicare 101 and 2020 Updates**

Phillip Provenzano is passionate about improving the lives of all those he comes into contact with. His mission is one that is solely dedicated to the senior population. Since becoming an adviser, Phillip has dedicated his career to helping seniors and their families all around the United States protect their hard earned wealth, provide detailed Medicare planning and incorporating a holistic financial plan which ensures long-term financial wellness for their future generations.

NAME OF INSTRUCTOR

CLASS NAME

Larry Shearer**The Music and Life of Frank Sinatra**

Larry Shearer is a retired college professor who presently resides in the Rochester suburb of Brighton. As a young man Larry began collecting and extensively researching American popular music. Upon retiring in 2007 he decided to share his music and his knowledge with others. Since then he has been presenting music programs at a number of area senior communities. Larry focuses on 20th century popular music, from the '30s and beyond. His presentations feature recordings as well as radio, motion picture and television appearances of many notable performers. In addition to the music, at each program he also presents biographical information, interesting stories and historical/cultural information relating to these great entertainers from the past.

Richard Terboss**Thoughtful and Silly Poems by Mr. T.**

Richard was born in a converted one-room schoolhouse in the tiny hamlet of Mountain Valley, PA. Eventually he came to Rochester to work for Xerox Corp. He worked there for thirty-seven years minus a stint in the Army Intelligence Corps. When illness no longer permitted he and his wife (Dorothy) to continue with their travels and volunteer work, he turned to writing poetry. When he is not doing that, he can be found enjoying the Rochester Red Wings and watching college basketball.

Anne Tubbs**The Kindness Rock Project
Teas Around the World
Online Grocery Shopping
Working with Alcohol Ink**

Anne has been married for 37 years to Scott and is the mother of three beautiful daughters, Rachel, Heather, and Melinda. Her favorite past times are spending time with family and with her dog, Buddy. She has been at Willow Pond since November, 2017 - Starting out as a Concierge and then moving to the role of Community Life Director in April, 2018. Anne feels as if she has found her niche by interacting with all the people and helping to plan fun activities and adventures. ***"I think in this life it's important to be kind, be thankful, and always be creative."***

Justin Young**Food Facts**

Justin is Willow Pond's Executive Chef and Dining Services Manager. Being a chef is his passion and he has been creating meals for approximately 15 years. Although, when he is not in the kitchen or perusing the market, he can be found spending as much time as possible with his adorable daughter, Luna. And, in his "spare" time, he can be caught on the sidelines coaching football.

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INDEPENDENT LIVING

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