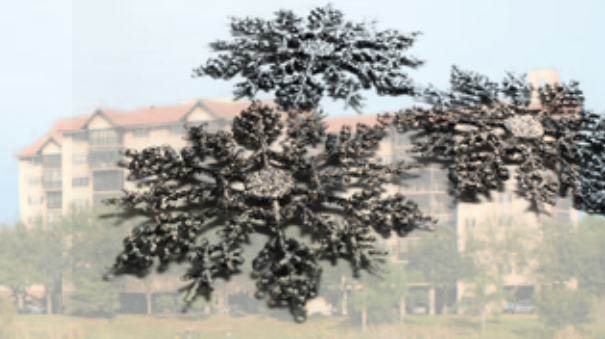




**UNIVERSITY  
VILLAGE**  
A Westport Senior Living Community  
*The Window To Your Future*



• A View into Campus Life at University Village •

Winter 2010



*The Window  
To Your Future*

***Uniquely Masterpiece Living***

*A successful aging culture based on research, experts, and a Mayo Clinic partnership*

***partnering***



How is successful aging at University Village different than other communities? The Masterpiece Living initiative and the unique partnership with the Mayo Clinic provide our residents with assessment tools to live a vibrant lifestyle that encourages growth, learning, and staying at one's very best.

The Mayo Clinic Health Risk Assessment asks questions related to medical risk factors as well as lifestyle risk factors such as food choices, fat intake, physical activity, seatbelt use, and stress. The Mayo Clinic prepares a personalized feedback report providing each resident with detailed information, suggestions, and recommendations to minimize any potential risks and enhance health improvements.

Shana Sons, Masterpiece Living Coordinator, is available for one-on-one feedback sessions to help each resident understand the full meaning of the review results and to further guide each resident on his/her journey to becoming well in all areas of life. Whether it is physical, intellectual, social, or spiritual, residents choose and commit to their own growth.

Shana is a coach and cheerleader as well as a leader, teacher and facilitator in health, exercise, and nutrition. She has formed alliances with area hospitals and health organizations such as the West Central Florida Area Agency on Aging to bring outside expertise and classes to further enhance wellness offerings at University Village. Tampa General Hospital and Dr. Patel, University Village's in-house physician, both offer once a month education and information sessions.

University Village has fostered a culture that supports successful aging and offers support strategies that maximize the human potential. Residents have the support from Shana, the entire staff and management as well as from other residents who offer encouragement and believe in your ability to stretch and grow.

University Village has made achieving a rich, well-rounded, engaging lifestyle into a reality for any resident. "We love getting our residents involved. University Village goes all out for the residents. Everything is here to succeed and grow," Kay Bates, Lifestyle Committee Chairman boasted.



*University Village is a Masterpiece Living Community*



## *Vibrant Lifestyles at University Village*



John and Ann Laffan

University Village has developed a community culture that lives and breathes spiritual, physical, mental, and social enrichment. The Lifestyle Committee is the pulse of the community offering residents extraordinary choices to be active in all aspects of their lives.

Kay Bates, University Village's Lifestyle Committee Chairman, leads by example. Her life is active and vibrant also serving on the Scholarship Committee, the Friends of Marketing, and she holds the position as Vice President of the Resident Association. She is a community cheerleader encouraging others to become involved because she is testimony that the Masterpiece lifestyle is beneficial and rewarding.

John and Ann Laffan accepted Kay's request to direct the Village Players theatre group. The first production involving over 30 residents was a hit and

the next play is scheduled for spring 2010. Engagement in these productions creates excitement, growth, learning, fun, and a community buzzing with enthusiasm.

Kay has rejuvenated the interest in shuffleboard every Thursday morning. This interactive physical exercise that has more punch than you might realize. Anytime you can integrate physical, emotional, intellectual and social activities you are stimulating the brain to stay sharp.

Kay and the Lifestyle Committee volunteers work with the staff from the Lifestyles and Transportation departments to host special guests, events, day excursions, and weekly activities to spark interest and curiosity for every resident. Other University Village vibrant lifestyle choices that spark the brain are dance, yoga, Tai Chi, water aerobics, music, writing groups, educational travel, volunteering plus creative arts including painting, quilting, and woodworking to name just a few.

With over seven years of Masterpiece Living experience, University Village continues to keep their culture fresh by introducing creative initiatives. Residents here have a zest for life and have found classes, clubs and new skills that they are passionate about. Find your next passion and make University Village "The Window to Your Future!"

## *University Village Employee Profile – Chef Gary Rogers*

## *cooking*



Sizzle, zest, and color are bountiful on the University Village dining plates. Eating regular well-balanced and nutritious meals is another important aspect of healthy living and successful aging. The chefs, kitchen and wait staff make eating a pleasurable and nutritious experience.

Chef Gary Rogers has been serving University Village residents for over 16 years. His long spanning career began here when he was in his early twenties. He has trained and mentored under Chef Fred Lucardi and worked his way up from line cook, to head cook, and is now Su Chef which includes purchasing everything related to dining at University Village.

Preparing meals seven days a week for the University Village residents takes a coordinated team effort. Chef Gary schedules the 25 employees ensuring coverage each day and for each mealtime. Residents choose lunch or dinner and have a choice of the Grand Buffet dining room or four other full service dining rooms.

Chef Fred and Chef Gary have spent the last six months working on a project to specify the nutrition for each item on the menu. The Chefs offer new recipes, variety, and tweak the old ones to conform to new standards for lower salt and healthy dining. The nutritional information will be available for all residents to view to make it even easier to make healthy and balanced meal choices.

Chef Gary has seen the evolution and transition of what residents like and request on the menu. Years ago they experimented with soft ice cream; however, back then residents preferred traditional ice cream. Now the soft serve frozen yogurt machine is a huge hit!

Chef Gary loves his job and says that no matter what other fields he tried in the past, he always returned to the kitchen. University Village is grateful to have him and looks forward to many more years of his dedicated service.

## Resident Profile – Rhudy Bell

Rhudy and Janet Bell moved into University Village in the Fall of 2009. They were acquainted with the community because many of their friends from the Forest Hills Presbyterian Church are residents here.

Rhudy has met with Shana, Masterpiece Living Coordinator, and taken his lifestyle reviews. His big question to her was, “Can Masterpiece Living give me more hours in my day?” This former teacher and civil engineer has many interests including his love for sculpting and painting.

When stepping into Rhudy and Janet’s apartment, one immediately sees art—art everywhere—watercolor paintings on the walls and sculptures on pedestals. Rhudy is an active member of the Tampa Realistic Artists group at the Life Enrichment Center in Old Hyde Park. On Thursdays a group of sculptors work at their art from morning to mid-afternoon. Most of Rhudy’s sculptures are done in clay and then painted a patina of his choice.

Rhudy is a history buff studying the life of Abraham Lincoln and other American leaders that he admires. Many of his sculptures are these historical figures including busts of Abraham Lincoln, Martin Luther, Franklin Roosevelt, and General Robert E. Lee. Rhudy’s pride and joy is the commissioned bronze sculpture that he created of General Oliver Otis Howard, which graces the campus of Lincoln Memorial University in Harrogate, Tennessee.



“Watercolors are the least expensive paint medium but they can be the most challenging,” Rhudy explained. “I am a purist and I never use white paint,” he continued. Rhudy’s landscapes are settings in Florida, Ohio, Tennessee or perhaps something that came from his imagination.

Rhudy has taken many classes over the years and has studied a broad variety of techniques. University Village has an active group of resident artists. He has offered to teach a drawing class and welcomes residents of all experience levels. “Some people draw well naturally, but everyone can learn,” Rhudy commented. Another learning opportunity unfolds for 2010 at University Village.

# introducing



 **CUT OUT RECIPE!**

### Recipe of the Month from Chef Fred

#### Red Lentil And Vegetable Soup

*(Meal-in-a-bowl brims with fill-you up soluble fiber; thanks to the lentils)*

1 tablespoon olive oil	4 medium carrots (chopped)
1 small onion (chopped)	1 teaspoon ground cumin
1 can (14 ½ ounce) diced tomatoes	1 can (14 – to 14 1/2 –ounce) vegetable broth
1 cup dried red lentils	2 cups water
¼ teaspoon salt	1/8 teaspoon ground black pepper
1 bag (5-ounce) baby spinach	

1. In 4-quart saucepan, heat oil on medium until hot. Add carrots and onion, and cook 6 to 8 minutes or until lightly browned and tender. Stir in cumin; cook 1 minute.

2. Add tomatoes, broth lentils, 2 cups water, salt, and pepper; cover and heat to boiling on high. Reduce heat to low and simmer, covered, 8 to 10 minutes or until lentils are tender. Stir in spinach. Makes about 7 ½ cups.

# tasting



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University Village

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