

Choices

Fall 2014



Live Fulfilled!

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A Not-For-Profit
Community governed
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Flourish at The Glenridge

Intangible Ingredients Create a Culture of Well-Being

In a community that has always been ahead of its time, The Glenridge on Palmer Ranch® continues to challenge the status quo – taking traditional retirement living to a whole new dimension... creating a culture where members truly thrive... and racking up the accolades to prove it.

Maybe it's the breathtaking natural beauty of the place... the warm and welcoming ambience... the energy that permeates the social scene... or the abundance of smiles on members' faces. But, there's something about The Glenridge on Palmer Ranch that continues to set it apart – and make others take notice.

In 2014 – for the 5th consecutive year – The Glenridge was named “Best Retirement Community in Sarasota” by readers of *Sarasota Magazine*. This, of

course, comes as no surprise to CEO Jim Cater, who knows that from its very inception, The Glenridge was *designed* to be in a league of its own.

“As the nation’s first Life Fulfilling Community®, The Glenridge was architected to commune with nature; provide challenging, engaging, member-driven programming; and create a therapeutic environment where social and cultural forces positively shape the lives of the people who live here,” says Cater. “And every day, we see proof that the concept is working!”

Interestingly, the philosophy and approach pioneered by The Glenridge

back in 2003 is rooted in science – and it's all about helping people live their best lives. According to Dr. Martin Seligman, an innovator in the field of positive psychology, five elements must be present for individuals to flourish: Positive emotions, Engagement, Relationships, Meaning and Accomplishment – or **PERMA**, for short – the permanent building blocks for a life of profound fulfillment.



“Here, we actually put **PERMA** into practice – all of those elements are engrained in our culture,” explains Cater. “We call it The Glenridge Effect. I’ve seen it positively impact so many people who move in and just get a ‘second wind.’ They really do flourish here.”

Fellowship and Camaraderie

Jean Eich knows firsthand about “The Glenridge Effect” – and it’s made her think differently about the future. “I’ve become more positive about aging,” she says. “The camaraderie is like joining a family – and since moving here, life is a happy, fun experience.”

A former nurse who started her own home health agency, Jean retired to Siesta Key in 2000 with her late husband and moved to The Glenridge about two years ago.

“Coming in as a widow, I wanted to encourage other singles to get acquainted and enjoy the fellowship that exists here,” she says. “So I helped to start our Singles Dining Committee so that each new member has the opportunity to dine with different people.”

“Having a social outlet is healthy for seniors,” she adds. “It’s an enlightening experience to meet new friends and hear their stories. At The Glenridge, friendliness is a prime factor. It’s all about making people feel welcome.”

Security, Freedom and Fun

For Natalie and Robert Leffert, who moved to The Glenridge in 2013, “flourishing” begins with feeling safe,

secure and free to enjoy the many activities that the community offers. “This is the safest place I’ve ever lived,” says Natalie. “We can walk out of the house and not lock the door; I’ve never been able to do that.”

Taking full advantage of that security, the couple is always on the move. Natalie can be found each morning doing water aerobics, while Robert heads to the Fitness Center.

“Living here is fun, and it’s easy,” adds Robert. “And by this time in our lives, we deserve fun and easy.”



Twice a day, Natalie and Robert Leffert enjoy a relaxing stroll with their mini dachshund, Frankie.



Jean Eich, who says coming to The Glenridge is like joining a family, helps new members get socially acquainted.

Live Life. Be Happy. Flourish.

How and why do members flourish at The Glenridge? For some, it's about optimizing physical health. For others, it's pursuing a lifelong passion for learning, discovering new outlets for creativity, community involvement or social interaction. In any case, The Glenridge provides a thriving, vibrant community where everyone has the opportunity to live with renewed vitality.



Dr. Wallace and Pamela Smith are Fitness Center regulars.

Adding Years to Your Life

Achieving optimum health and wellness has always been a priority for Glenridge members. So much so that the community's 9,000-square-foot Fitness Center and Spa is one of the most popular spots on campus. When members aren't working out on the state-of-the-art treadmills or elliptical equipment, they can be found doing Pilates and yoga ... serving aces on the tennis court ... or making a splash in water aerobics class in the 75-ft. heated lap pool.

Among Fitness Center regulars are Dr. Wallace Smith and his wife, Pamela, whose daily regimen helps them maintain and improve their health. She participates in group classes while he does cardio and weights.

"There's a significant amount of socialization that goes on at the Fitness Center," Wallace says. "The interaction keeps us active and happy. I hear from friends all the time that there's no question The Glenridge, with all of its amenities, has added years to their lives. That's what I call flourishing!"

Fitness Takes Center Court

Dick Fleming will be the first to admit his tennis game isn't what it was 40 years ago. But he's still pretty light on his feet ... and his mean baseline forehand has been known to extend a rally or two.

"I'm only 5-foot-7," Dick says, "so I need to be fast to stay in the

game and make my contribution. I'm not one of those tall guys who can stay at the net and never move around."

Each Monday and Wednesday morning, Dick and his friends play doubles on one of The Glenridge's two Har-Tru® courts. "We really enjoy the green clay surface," he says. "It's easier on your legs than concrete or asphalt."

In addition to tennis, Dick supplements his workout routine with a brisk 1.25-mile walk on the Fitness Center treadmill. And when the weather cools down a bit, he plans to squeeze in one more tennis match each week. "The companionship at The Glenridge carries over from fitness activities to every aspect of life," Dick says.

"Whatever drives you, you're sure to find other people who share the same passions."

Riding the Legacy Trail

For Glenridge members who want to ramp up their fitness levels – and take in the beauty of nature at the same time – the nearby Sarasota-to-Venice Legacy Trail offers the best of both worlds.

One of the cyclists is Allan Miller, who has a special connection to the route he travels at least twice a week. After moving from Fort Myers to Sarasota in 2004, the county commission appointed him to a bike committee that tackled the trail's land acquisition, design, construction

and financing. Now, he gets to enjoy the finished product. "I bike for around two hours at a time – about 12 miles," he says. "It's good for my breathing. My doctors say 'keep riding, Allan,' so I do."

Along the 10-mile trail, Allan has come across all sorts of wildlife, including alligators, deer, the elusive Florida scrub jay ... even a gopher tortoise or two. But he and riding companion Kristin Collevchio were surprised when five baby otters recently darted in front of their path.

"You see all sorts of animals," adds Allan. "Riding the trail south, you have no traffic and never have to worry about cars. It's wonderful to commune with nature and breathe the fresh air."



Dick Fleming and tennis partner Mary Lou Ludwig play several times a week on The Glenridge's Har-Tru® courts.



Kees Loek, Dr. Wallace Smith, Kristin Collevchio and Allan Miller are among The Glenridge members who bicycle along the nearby Legacy Trail.

Flourish!

al and mental well-being.
or finding new meaning in
transformative “ecosystem” –



Sheila Shortley, Natalie Leffert and Idamae Sablosky enjoy water aerobics at The Glenridge.

5 Ways to Flourish at The Glenridge



Get going.



Get smart.



Get creative.



Get involved.



Get social.



Dr. Sanford and Susanna Figdor enjoy The Glenridge's intellectual environment and abundance of activities.

How Do You Measure Happiness at The Glenridge? *In Smiles!*

Dr. Sanford and Susanna Figdor describe their first year at The Glenridge as “joyful, wonderful and happy.” In other words, they’re flourishing . . . which is very much in character for this remarkable couple.

Susanna, who fled Europe in 1941 to escape Hitler’s occupation of the Czech Republic, spoke no English when she arrived in a cramped New York City apartment with her parents and two siblings. Overcoming adversity, she went on to graduate from college and blaze a trail in real estate. Living in Indiana at the time, she was the first woman in state history to top \$1 million in annual sales. Leveraging that success, she became a highly sought-after motivational speaker.

Thirty years ago this summer, Susanna married Sanford, a Navy veteran who spent 38 years as a scientist for Pfizer, inventing and developing new drugs. They settled in Connecticut, moved to Sarasota in 1992 and to The Glenridge in 2013.

“It took me about three hours to get adjusted,” Susanna jokes. “We’re people-oriented and very positive about The Glenridge. Socializing, water aerobics and reading are my favorite things to do. I’ve also joined the social committee, the movie committee and The Glenridge Singers.”

Meanwhile, Sanford – a long-time tennis player – plays three times a week, works out regularly in the Fitness Center and serves on the board of The Glenridge Academy. “We’re comfortable here,” he says. “We like the

intellectual environment, as well the abundance of social and fitness activities. “It’s been a very rewarding experience.”

Customizing Your Lifestyle

Fellow member Milton Richter shares that sentiment. “Since moving in, I’ve become a lot more active,” he says. “I’m fit and in better condition. I also eat healthier, and I feel like I’m part of a family.”

In customizing his new lifestyle at The Glenridge, Milton redesigned his apartment (which he describes as “modern and minimalist”) to include a private sitting room, office space and room to house his collection of diverse artwork and décor from Africa and Europe.

As eclectic as his art collection, Milton is an avid hiker and die-hard Yankees fan. The native New Yorker who imported high-end women’s shoes estimates he’s made 135 trips to Italy – one every quarter for 30-plus years.

While he still travels frequently, he also keeps a busy calendar at The Glenridge. In addition to taking computer and stained glass classes at The Glenridge Academy, Milton works out at the Fitness Center, performs short plays with the Playreaders’ Café, and takes in Sarasota culture by attending the opera, ballet and comedy club.

“It wasn’t until I moved in, met the staff and members, that I knew this was the best decision I could have made,” he adds. “I love to get out and do things . . . and The Glenridge has a lot more to offer than any other place around.”



Milton Richter says he feels like he’s “part of a family” at The Glenridge.

Intellectual and Creative Expression...

From cultural to cerebral stimulation, The Glenridge offers a wealth of ways to flourish

Want to join a chorus? Two are available. Got a flair for the stage? There's a 260-seat Performing Arts Center, with ample opportunities to explore your inner actor.

Interested in academia? Every quarter, The Glenridge Academy offers 20 to 25 lifelong learning classes that include current affairs, art, archaeology, religion, brain health, Japanese culture, how to use an iPad and Facebook, to name just a few.

As associate director of member life, Ben Turoff facilitates what he calls "an incredible rainbow of opportunities" for members to connect with their passions. "Whatever you love to do," Ben says, "chances are we're already doing it. But if members ask for something different, that's okay, too."

For those who enjoy the Sarasota arts scene, concierge Cris Donovan helps arrange trips to

the Asolo Repertory Theatre, the orchestra and ballet – as well as sporting events and nearby restaurants. "We have people here with such varied backgrounds," she says, "and it's heartening to see them maintain their interests through engaging activities."

Ben agrees. "Study after study shows that as you age, the best thing you can do to keep your quality of life high is to keep training your brain to learn different things," he says. "That's why we're always planning something new."

Artful Living

Mary Brummett lives life with a flourish that is often expressed by putting paint brush to canvas. "In my work, I try to create a joyful, evocative mood that I can share with the viewer," she says.

Mary, who began to pursue art after retirement in 1991, spent six weeks studying and painting in the garden of impressionist Claude Monet in Giverny, France. "That extraordinary experience forever changed the way I perceive light, color and form," she says. "The painted scene frequently becomes a place where I have traveled in my mind."

At The Glenridge, Mary – who donates much of her work to charity – has attended a number of art classes, including oil painting and the popular Art and Lunch, which combines a region's art history with its cuisine. Two of her works (both depictions of Appalachian scenery) are on display in the community – and she



Artist Mary Brummett thrives in The Glenridge's creative atmosphere.

held an art show recently with fellow oil painter Bill Cutler.

"Living here is like living in a garden," she says. "It's a warm, welcoming and rather joyful feeling to take part in the arts activities because you get so much feedback and support. The encouraging atmosphere stimulates you to go on and do better things."



Anne Sbarounis, Dr. Phillip Nelson, Milton Richter and Virginia Baldau rehearse for an upcoming performance.



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SARASOTA
MAGAZINE
**BEST OF
2014**

2014 WINNER:
*Best Retirement
Community in Sarasota*



5TH YEAR IN A ROW
– *Sarasota Magazine*

The honor was bestowed on the basis of *Sarasota Magazine* readers' votes in the 2010, 2011, 2012, 2013 and 2014 Readers' Choice polls.