

Choices

Fall 2013



10th Anniversary Celebration Edition!

Inside

- 2 Continuing to Evolve
- 3 The Right Ingredients
- 4 Celebrating Success

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by a Sarasota
Board of Directors

From First Class to World Class...

Since it opened in 2003 as the nation's first Life Fulfilling Community®, The Glenridge on Palmer Ranch® has continued to raise the bar for “retirement” living – leading...innovating...and fostering a strong, stable environment that's as forward-thinking as ever.

A Sound, Well-Executed Concept

Having chaired The Glenridge's Board of Directors and served as its CEO for seven years, General Howard Crowell knows everything there is to know about the community. And that speaks volumes about the fact that he and Sally, his wife of 58 years, decided to become members. “Having seen both sides, we certainly understand how this all works,” he says.

Indeed, the Crowells have literally witnessed The Glenridge take shape right before their eyes. “It's been thrilling to watch it come to fruition,” Howard notes. “In just 10 years, this community has made a huge difference in a lot of lives. It has become a vibrant, exciting place to live, and it just keeps getting better.”

Which comes as no surprise to the General – because from the first time he held the blueprints in his hands, he knew: The Glenridge was destined to be extraordinary. “Our Life Fulfilling Community® concept changed the mindset of a whole generation,” he says.

“We focused on values like lifelong learning, wellness and staying connected – long before others were even thinking about it. Because the concept was sound and well-executed, we were able to overcome both economic challenges and increasing competition over the years.”

Howard attributes The Glenridge's cachet to a combination of factors: stunning low-rise architecture, a country-club environment and friendly, engaged members. “The people who live here have created an atmosphere that's bubbly, vivacious, friendly and warm – exactly what we envisioned from the beginning,” he says.

More Than Bricks and Mortar

A former publishing executive whose family owns nine weekly newspapers in the Buffalo, New York area, George Measer is the ideal person to be “editor-in-chief” of *The Piper*, The Glenridge's internal newsletter. In that role – and as a community member for eight years – the former president of the New York Press Association has seen his share of “above-the-fold” milestones: the expansion of The Carroll Center, the addition of new programs, the debut of the Glenridge String Orchestra, arts festivals, theater performances, and numerous awards and accolades (including “Best Retirement Community” by *Sarasota Magazine* readers). And now... the celebration of the community's 10th anniversary.

Over the years, George has watched The Glenridge grow to an occupancy level that is among the highest in Florida.

He attributes that success to a simple factor: people. “It's not the bricks and mortar – although it is beautiful here,” he says. “It's the caliber of the members. They're accomplished, intelligent and friendly. They come from all over the world – but they don't come to ‘retire.’ They want to get involved, learn, socialize and make new friends.”

“Part of living here is also giving something back,” adds George, who says he inherited his sense of community service from a family that boasts four generations of volunteer firefighters. “I believe in treating people right – whether it's 50 years ago in suburban Buffalo or here in Sarasota. When I write newsletter articles or help to organize a party that brings members together, it's my way of repaying The Glenridge for the wonderful friendships it has given me.”



Former Glenridge board member and CEO General Howard Crowell and his wife Sally have been involved with the community since the blueprint stage. Pictured near the signature 1,500-gallon aquarium that Howard was instrumental in acquiring, they have now “moved into the dream.”



George Measer, editor of *The Piper* newsletter and member of the social committee and 10th anniversary committee, chronicles The Glenridge's milestones.

Continuing to Evolve

Constantly “thinking forward,” The Glenridge remains current and relevant for its community members who are involved, connected, in the know ...

The secret to healthy aging is a secret no longer. Research clearly indicates that you can live better – and longer – if you eat well, exercise regularly, stimulate your brain and maintain “social connectedness.” All of which, not-so-coincidentally, describes the philosophy that has distinguished The Glenridge from day one and continues to define it 10 years later – attracting members from all over the world who want to “live fulfilled.”

A New Adventure

It's a long way from the canals and windmills of Holland to The Glenridge on Palmer Ranch®, but Amsterdam natives and new members Kees and Fitan Loek have found common ground: an environment that fosters wellness and health.

“Fitness has always been important to us, no matter where we lived,” says Kees, who began long-distance cycling in high school – touring throughout France, Italy and Switzerland. Later, while living in the States, he completed nine 100-mile “century” rides.

A longtime competitive swimmer, Fitan is also a former rower who trained on Holland's Amstel River and was later a member of the Sarasota Scullers rowing club. The Loeks, who met in high school, came to the U.S. in 1959 when Kees joined Burroughs International. His position as a sales executive took the couple



Originally from Holland, fitness enthusiasts Kees and Fitan Loek say they're still living “the adventurous life.”

all over the world – from Canada to England, the Pacific and Latin America, finishing his career at the NCR Corporation. Eventually, after coming to Florida for family vacations, the couple fell in love with Sarasota and retired here. They have two daughters and four grandchildren who frequently visit them at The Glenridge.

But, wherever they lived, the Loeks brought their passion for staying active with them. It remains intact today at The Glenridge, where Kees cycles up to 40 miles, three times a week. Meanwhile, Fitan swims 20 laps, three afternoons a week in the community's “terrific pool” and works out in the Fitness Center, doing yoga and Pilates. “The longer you can stay mobile and limber, the better it is!” they say.

Lifelong performing arts enthusiasts, the Loeks were also drawn to The Glenridge's cultural offerings, the Performing Arts Center and the friendly members. “We enjoy living here, and we're always on the go,” they say. “We look forward to having a good time for years to come.”

Staying Engaged

Like the Loeks, Art and Beverly Kunberger are health-conscious.

“Thirty years ago, my health problems indicated that I needed to exercise regularly, so fitness quickly became an essential part of our lives,” says Art, a retired oil-company executive and Army veteran whose career took the family to France, Colombia and Brazil.

“We recognized how important it was to stay mobile for as long as possible.”

The Kunbergers have been cycling and walking for years – and after moving to Sarasota 10 years ago, they watched The Glenridge being built, paying close attention to the construction of the Fitness Center. “When we saw the excellent facilities, we thought this would be the perfect spot for us,” Art explains. “We made up our mind and didn't need to look around.”

Since moving in earlier this year, Art has been hitting the Fitness Center six times a week to lift weights. Both he and Beverly use the treadmill (he often reads a Nook while walking) – and she plans to enroll in classes to support balance, flexibility and strength. “Exercising just makes you feel good about yourself,” she explains. “And here, there are so many options, like Tai Chi and water aerobics. It's hard to choose.”

The Kunbergers are active in other ways, too. A longtime volunteer, Beverly now participates in her church's outreach activities. Meanwhile, Art serves on The Glenridge's finance committee, and he enjoys the Foreign Affairs class through The Glenridge Academy because of his extensive travel experience. “We like to stay engaged and on the move,” Art explains. “That's who we are, and The Glenridge supports and enhances that in every way.”



From a state-of-the-art Fitness Center to a walkable, bikeable campus, Art and Beverly Kunberger say The Glenridge is “perfect all the way around” for people who like to exercise.



ed relevant for and on the go.

A Sense of Belonging

A lifelong “people person,” Anne Sbarounis used her knack for socializing to build a successful family-style diner, “Bob and Anne’s,” outside Chicago. She and her late husband ran the restaurant for 30 years before retiring, and their picture still hangs behind the cash register. “We watched little girls and boys grow up and bring their children back to see us,” Anne recalls. “We were part of the fabric of that community. We belonged.”

As a member at The Glenridge, Anne has recaptured that feeling. “It’s wonderful to have a ready-made community where you are surrounded by interesting, friendly people,” she says. “I belong *here* now.”

Impressed by the community’s “wonderful freedom of choice,” Anne keeps a busy calendar. In addition to golfing three times a week and volunteering at The Glenridge library, she relishes her role as a party planner. As chair of the social committee and member of the anniversary and welcoming committees, she organizes galas, holiday soirées and other gatherings – recently welcoming an incoming “class” of 43 new Glenridge members. “We have a reputation for being a friendly place, and that’s partly because we’re very intentional about bringing people together,” she says.



Anne Sbarounis says *The Glenridge* is a “fun place” where there’s always something to learn and explore.

Along with new friendships, Anne delves into intellectual pursuits as a board member of The Glenridge Academy. “Every quarter, I take a class called ‘How Novel,’ and the instructor selects books I never would have chosen on my own,” she says. “The discussion is amazing!”

She has also taken acting classes and participated in several productions as a mime. “I’d never been on stage before,” she recalls with a laugh. “After so many years of being too busy for hobbies, I’m really enjoying the chance to try new things. That’s the beauty of this community – there’s always something new to learn and explore.”



Executive Chef Tim Pheasant, left, and Director of Dining Services Garry Franko have been with *The Glenridge* since it opened and continue to keep the culinary experience deliciously fresh.

The Right Ingredients

With creatively prepared dishes and a wide variety of choices, The Glenridge’s restaurant-style dining has gotten rave reviews for years and recently earned a 98% member satisfaction rating.

A Culinary Adventure

After a decade as the Executive Chef at The Glenridge, Tim Pheasant still sees every day as a culinary adventure. He and his team create 12 different menus a year and regularly brainstorm new signature dishes like Eggplant Rollatini, Coconut-Crusted Shrimp with Mango Chutney, and Sliced Pear Salad with Candied Pecans. “We take pride in using fresh, seasonal ingredients and introducing new flavors that excite the taste buds,” explains Tim, a Johnson & Wales-trained food connoisseur with more than 25 years of culinary experience.

Adding even more creative choices, the menu has gone global – incorporating entrées from other cultures. “In the past few months, we’ve done Italian, Chinese, German and Spanish nights . . . and that’s just for dinner!” says Director of Dining Services Garry Franko. “At lunch, we’ve also featured English, French, Greek and Egyptian cuisines served buffet- and ‘tapas’-style.”

All of this has been a big hit with members, who recently gave The Glenridge’s dining experience a 98% satisfaction rating. Among those offering kudos is former restaurateur Anne Sbarounis.

“The flavors are fresh, the presentation is beautiful and the staff provides excellent service,” she says. “It’s truly a 5-star experience.”

Something for Everyone

Although many ingredients combine to make Glenridge dining exceptional, Tim and Garry say that “listening closely to members” is one of the most important. “They told us they’d like to see more home-style meals, like meatloaf or spaghetti and meatballs, so we introduced those,” Tim recalls. “Two years ago, we began offering more vegetarian entrées – and by that, I don’t mean just a plate of steamed vegetables . . . I mean dishes like veggie burritos, stuffed bell peppers and vegetable strudel.”

Meanwhile, meat lovers have a special tradition of their own. Every Friday is Prime Rib Night – the most popular dinner of the week. Heart-healthy salmon, lobster tails and filet mignon are popular, too.

But, whatever options members select, Garry says one thing remains constant: “Everything coming out of the kitchen is coming out fresh. It’s all prepared to order – and you won’t find that in other communities.”



Exquisite food, elegant surroundings and attentive service make dining at *The Glenridge* a 5-star experience.

Celebrating Success

From a member-created art collage... to a sophisticated anniversary gala... to a flag-raising ceremony to honor the community's veterans, Glenridge members are commemorating a decade of milestones – and making new memories in the process.

Life at The Glenridge, say some members, is like being on a perpetual cruise, where having a good time is part of the package. So, when the community's 10th anniversary rolled around, it provided the perfect platform for even more fun.

"Since September, we've held a party on the 18th of each month, leading up to the actual anniversary on November 18," says George Measer, a member of the anniversary committee that has been spearheading the festivities. "You can feel the anticipation and excitement in the air!"



A time capsule holding mementos of life at The Glenridge will be buried at the community's front entrance.

Among the events and tributes:

- A *time capsule* marked by a plaque will be buried near the front entrance. It includes letters written to future members, a dining room menu, an issue of *The Piper* newsletter and other mementos of life at The Glenridge in 2013.
- *Kaleidoscope*, a collage of member-created art depicting 20 different perspectives of life at The Glenridge, will be hung in the atrium. The piece will feature a variety of media including watercolor, oils and papier-mâché.
- A *60-foot flagpole* will be dedicated near the Glenridge Performing Arts Center, followed by a flag-raising ceremony to honor the community's military veterans.
- An indoor "*picnic lunch*" at the popular Thistle Stop bar and lounge will bring members, staff and guests together for informal reminiscing.
- Two *maps* have been hung near the dining rooms, noting the many nationalities and backgrounds of members and staff, who hail from more than two dozen countries and five continents.
- Members and staff are wearing "*I Am Glenridge*" buttons to display their enthusiasm for the community.



Two maps displayed at The Glenridge celebrate the array of backgrounds and nationalities represented by members and staff.

Anniversary activities will culminate with an evening gala featuring dancing, live music and fireworks over the lake. The Glenridge Harmonaires will perform the community's anthem, composed in 2004 by Paul Rubenstein.

"The anniversary celebrations are meaningful for new and longtime members alike," says Ben Turoff, Associate Director of Member Life. "Newcomers are getting a lesson in Glenridge history and gaining a perspective of what's happened here so far. For those who have been here for a while, it's a trip down memory lane and a chance to relive all the great times we've had over the years."



Members distribute customized "I Am Glenridge" buttons. ▶



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Thursday, November 7, 2013, 1:30 – 3 p.m.
Registration at 1:15 p.m.

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