

WU
WATERMARK UNIVERSITY

2019

Summer Semester
MAY THROUGH AUGUST

EAST VILLAGE PLACE

 A WATERMARK 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,

Diana Demers

Diana Demers
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Arthritis Exercise Class	Tyrone V. Buckner	Every Thursday • 9:45AM	Wellness Room
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Tyrone has been a certified arthritis trainer through the Arthritis Foundation Exercise Program for over ten years. This program is designed to help anyone who suffers from arthritis, related rheumatic diseases, or musculoskeletal conditions, allowing participants to perform activities of daily living. Residents are provided with enjoyable & safe exercises, social interaction, and an overall reduction of pain and stiffness. This class is done in a group setting. Experience a more active lifestyle, improved health, and increased sense of well-being.

Art Therapy	Carol Cherrington	2nd Saturday of the Month • 10:30AM	Activity Room
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For the past six years, Carol has been sharing her passion for painting in senior living communities. In her class, you will have the opportunity to explore your inner artist and embrace the joy that can come from an artistic experience. Carol brings all the necessary supplies; all you need to bring is your creative spirit!

The Art of Aromatherapy	Diana Demers	See Dates Below • 3:30PM	Activity Room
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Chances are you'd heard that lavender helps to calm and relax, but do you know about the hundreds of other essential oils and their benefits? The purpose of aromatherapy is to alter one's mood, cognitive, psychological or physical well-being. This is done through the use of aromatic plant oils and materials, which includes essential oils. Each class residents will learn about specific essential oils along with their benefits and uses.

Friday, May 24th: *"Combating Allergy Symptoms with Essential Oils"*

Friday, June 7th: *"Awake & Alert; Oils that Stimulate the Mind"*

Friday, July 12th: *"Time to Relax with Scents of Nature"*

Friday, August 23rd: *"Natural Remedies for Joint & Muscle Pain"*

Beer Connoisseurs	Jon Stavros	Last Monday of the Month • 3:30PM	The Pub
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Join us during Happy Hour as we taste test different beers and rate them according to their flavor! One of our residents, Jon, who is a self-proclaimed "beer connoisseur," will explain the differences between IPAs, lagers, ales, and more. At the end of the tasting, residents will vote on which beers they would like to try at the next class!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Bird Talk	Alyssa Werbicki	3rd Tuesday of the Month • 1:30PM	Pathways
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Join us as we learn and talk about a wide variety of our aviary friends. In this Bird Talk class we talk about a wide variety of local, foreign, and seasonal birds. Such birds include the Downy Woodpecker, Snow Goose, Blue Jay, Hummingbird, and the Pileated Woodpecker, just to name a few! We will be periodically updating the birds so that we always have a new one to talk about. This class is meant to be educational and entertaining for all!

Centerpiece Creations	Jackie Doyle	1st Tuesday of the Month • 2:00PM	Activity Room
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We want to keep our community looking good and festive. At the beginning of each month, residents will create new centerpieces to go on the dining room tables based on the season or special theme for the month. Join us to make these special centerpieces for our community!

Color Me Calm	Maryanne Fesko	Last Wednesday of the Month • 3:30PM	Activity Room
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Maryanne leads you through a wellness program designed around art and atmosphere. Join her as you relax with art and find your inner calm, complete with gentle music and aromatherapy. Through this you can find your inner aura and express your creative side.

Cultural Cooking	Various Associates	3rd Friday of the Month • 1:30PM	Activity Room
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Celebrate diversity by indulging in a new kind of cuisine! Each class will be led by a different associate and will highlight their heritage. Residents will have the opportunity to watch a cooking demonstration and try something new, all while learning about a different culture! This course will be a great learning experience for residents and associates alike. The first installment of this course will take place on Friday, May 17th and will be led by Solmaria Vega as she cooks up something that will showcase her Hispanic roots!

Current Events	Annalee Munson	Every Thursday • 1:30PM	Activity Room
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If you are interested in the local and national news, join us as we sit and discuss the most important news stories of the week. Will you be able to guess the “Person of the Week” from clues and biographical information? What country will we travel to during “Country of the Week”? Maybe you have been there before or maybe you have never even heard of it! Pay close attention because there will be a quiz at the end of every class!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Discovery Lecture	HealthPro Heritage	2nd Tuesday of the Month • 10:30AM	Activity Room
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Health is a dynamic process because it is always changing. We all have times of good health, times of sickness, and maybe even times of serious illness. As our lifestyles changes, so does our level of health. Those of us who participate in regular physical, social, mental, emotional and spiritual activities are apt to live a healthier lifestyle. Join us once a month as we will be covering different topics regarding health, fitness and overall well-being.

DIY Gift Jars	Community Life	Last Tuesday of the Month • 1:30PM	Activity Room
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Over the years, gift jars have increased in popularity and are perfect for any occasion. Not only are they easy to make, they're also cost-effective! Each class we will learn a new style of crafting that incorporates the use of jars. Some examples include homemade lotion, sugar scrubs, candles, and ready-to-bake recipe jars. Residents will have the opportunity to give their finished jar to a loved one, or choose to raffle it to an associate as a sign of appreciation!

Drumming Circle	Tim Kane	See Dates Below • 10:45AM	Wellness Room
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This therapeutic drumming class is led by a certified instructor, Tim Kane. Residents will learn about the history & culture surrounding African djembe drums, and additionally will learn different drumming patterns and rhythms. Drum circles are increasing in popularity and provide numerous benefits for participants including: increased energy, decreased anxiety & depression, improved joint mobility, and even stress relief. Not only is drumming a great form of physical exercise, but it also provides residents with an opportunity to make new social connections while having fun! *Class duration runs about an hour, and can have up to 20 participants.* This course is guaranteed to be extremely upbeat, *pun intended!*

Upcoming Drum Circle classes are as follows:

Friday, May 10th

Friday, June 21st

Friday, July 26th

Friday, August 30th

EASE: Education Against Senior Exploitation	ADA Anthony Gulluni	Monday, May 20th • 10:30AM	Activity Room
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Led by Hampden District Attorney, Anthony Gulluni, this class is part of a community outreach effort which will take place in the form of a one-hour presentation. The presentation is aimed at protecting seniors by providing the information needed to avoid becoming victims of financial exploitation & scams. Family members are more than welcome to attend.

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Flower Arranging	Jessica Szczepanek	1st Wednesday of the Month • 2:00 PM	Activity Room
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Channel your inner florist with this fun class led by Jessica. Learn how to create beautiful floral arrangements by coordinating color schemes and utilizing the space inside your vase. This Watermark University course has been quite popular in previous semesters, so we are all looking forward to making some bright and colorful Summertime arrangements. Whether the flowers are real or faux, you're sure to come out feeling like a pro!

Froyo 101	Diana Demers / Community Life	Last Friday of the Month • 1:30PM	Activity Room
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What is "froyo?" It's safe to say that almost everyone enjoys indulging in ice cream, but we all know that it's not exactly the healthiest treat! Frozen yogurt has increased in popularity over the years and is a healthy alternative when it comes to choosing desert. Froyo 101 is a hands-on, interactive class where residents will learn a new recipe and have the opportunity to assist in creating the treat using an innovative anti-griddle appliance. This is a great class for those that might be searching for sugarfree or dairy-free treats, or even those that are looking for a more nutritional way to satisfy their sweet tooth!

Fun with Fleece	Diana Demers	3rd Tuesday of the Month • 3:30PM	Activity Room
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Ditch the needle and thread! This course offering will allow residents the opportunity to try a new style of crafting that doesn't require sewing. "No-sew" projects have become quite the trend, yet the projects are relatively simple to create. All you need are fabric scissors and a little patience, as participants tie knots in the fabric to create "seams." The repetitive motion of tying knots is great exercise for fine-motor skills and hand-eye coordination. Some of our finished creations will be donated to various charities each month. Come have *Fun with Fleece* if you'd like to learn how to create simple handcrafted lap-blankets, pillowcases, scarves, and more!

Good News Only	Diana Demers	1st and 3rd Monday of the Month • 1:30PM	Activity Room
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Do you like to keep up with the news, but you're constantly disheartened seeing negative events that occur all-to-often? If so, this class is for you! *Good News Only* is an uplifting and informative class where residents will learn about positive, heartwarming stories that make the headlines. This course will be offered on a bi-weekly basis, ensuring residents are caught-up on the great things happening around the world. We guarantee the stories we share will restore your faith in humanity and you will leave this class with a smile on your face!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Green Thumb Society	Community Life	2nd Friday of the Month • 3:30PM	The Courtyard (weather permitting)
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If you enjoy gardening and being surrounded by nature's beauties, then this class is for you! Residents will learn all the tips & tricks for growing a bountiful garden, and will further demonstrate their abilities in helping maintain a community garden in the courtyard. Classes will meet outdoors, weather permitting. This course will also foster opportunities for residents seeking leadership roles when class is not in session, including watering, weeding, pruning, or simply providing some TLC to the plants. Two (*green*) thumbs up!

Hearthside Book Club	Community Life	See Dates Below • 10:30AM	Pathways & Our Place
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The **Hearthside Book Club** is unique course offering for memory care residents. The book club is recommended by the Council of Certified Dementia Practitioners, and is a groundbreaking new approach in reading & discussion activities designed for participants with memory impairment.

Each week, the book club will learn all about a new topic. The reading material is interesting, engaging, and age-appropriate and also encourages residents' to actively participate in meaningful discussions.

Pathways book club will meet **every Thursday at 10:30AM**

Our Place book club will meet **every Friday at 10:30AM**

Historic Tours of Western Massachusetts	Community Life	Dates Vary, Be Sure to Check Your Monthly Calendar!	Resident Outing
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All aboard the travelling classroom! Historic Tours of Western Massachusetts is a unique course offering where residents will venture out on a scenic drive to explore local landmarks and historic regions in nearby surrounding towns. Community Life associates will be your trusty tour guides, as we narrate the drive by explaining interesting facts & history. Even if you're familiar with the destination, we guarantee you will learn something new!

History in the Making	Alyssa Werbicki	2nd Wednesday of the Month • 3:30PM	Activity Room
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Journey through time with Alyssa, as we explore the constant-evolving technology and inventions over the decades. How have telephones changed since you were a child? Do you remember the cost of your first television set? Did you know that now there are cars that drive themselves? If these questions pique your interest, be sure to attend this course to learn all about the ever-changing history of common everyday items.

COURSES	FACULTY	DAY AND TIME	LOCATION
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History of Sports: New England Teams	Alyssa Werbicki	See Dates Below • 10:30AM	Activity Room
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If you're an avid sports fan, chances are you are passionate about at least one of New England's notorious teams! This class will be taught once a month and will feature a different sports team. We will be covering the history of the sport, as well as notable players over the years, memorable championship games/tournaments, and more!

Upcoming class schedule is as follows:

Wednesday, May 22nd: *The Boston Red Sox*

Wednesday, June 19th: *The New England Patriots*

Wednesday, July 24th: *The Boston Bruins*

Wednesday, August 28th: *The Boston Celtics*

Horticulture Class	Jeff Eleveld	2nd Wednesday of the Month • 10:00AM	Activity Room
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Horticulture is the science and art of growing fruits, vegetables, flowers, and ornamental plants. It provides needed therapy that relieves tension and aids in physical and emotional health. Come plant with Jeff "The Plant Guy." His abundance of knowledge will astonish you.

Upcoming dates for the summer semester are as follows:

Wednesday, May 8th

Wednesday, June 12th

Wednesday, July 17th

Wednesday, August 14th

The Ins and Outs of Dining Services	Jeff Ross	4th Wednesday of the Month • 10:30AM	Dining Room
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Ever wonder what goes on behind the scenes when it comes to dining? Ever ask yourself why some things are done the way that they are done? If you have, then this is the WU class for you. Jeff Ross, the Dining Service Director will take you behind the scenes of the dining department. Jeff will discuss the roles of the Associates, the Dietitian, the State, and Watermark's Standards as they pertain to Dining Daily along with what the new THRIVE DINING program does for residents. Jeff will also give a tour of the kitchen where you will see the kitchen areas and the staff in action prepping and plating meals for the residents. This course will happen once a month and space is limited to 4 residents per class. Jeff will keep track of who comes so that everybody who wants to attend will have a chance to participate.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Mixology 101	Community Life	Last Thursday of Every Month • 3:30PM	The Pub
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This course offering will cater to any residents who wish to indulge in a specialty cocktail at Happy Hour! Community Life will demonstrate how to make unique & creative beverages that will be sure to delight your palette. Residents in attendance will not only be able to taste-test the drinks, but also receive a printed version of the recipe to take home. Come learn how to mix the perfect drink for a special occasion... after all, it's five o'clock somewhere!

Music Moguls	Community Life	Last Monday of the Month • 1:30PM	Activity Room
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Each installment of this class will focus on one popular musician who stole the spotlight in the 20th century. Participants will learn about their early childhood, rise to fame, career accomplishments, and personal life. During the informative lecture, we will also be listening to samples of their music and watching clips of their notable performances. If you're a music lover, you'll be sure to leave this class feeling *well-versed!*

National Parks & Historic Places	Patti Castelli	3rd Wednesday of the Month • 1:30 pm	Activity Room
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Join our favorite tour guide, Patti, as she brings us on spectacular virtual getaways to some of our country's most beautiful locations! This semester we will journey The Appalachian Trail from Maine to Georgia and see the sweeping vistas and rugged trails & forests all along the way. In Michigan we will venture through Lake Superior and Pictured Rocks National Park. We will also visit the Monticello, home of Thomas Jefferson, located in Virginia. Our last stop will be Nevada where we will explore Death Valley National Park, showcasing a diverse environment of desert, canyons, sand dunes and mountains.

Paint & Sip	Community Life	See Dates Below • 3:30PM	Activity Room
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Join Community Life for a laid-back painting class where participants indulge in a glass of wine as they create their newest masterpiece! Each class will feature wine from a specific country/region, and the subject of the painting will also be a piece from the same origin.

Friday, June 14th: *France the Night Away* (inspired by Van Gogh's "Starry Night")

Friday, August 23rd: *Feeling Free in Italy* (inspired by the landscapes of Tuscany)

COURSES	FACULTY	DAY AND TIME	LOCATION
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Painting with Pam	Pam Skiba	Every Tuesday • 10:00AM	Activity Room
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Learn about painting using various brushes and other items to create a unique, one-of-a-kind piece of art. Have fun with colors and let your imagination take you away. We will be using acrylic washable paints, so don't worry about the clean up. Learn about different and complimentary colors using a color wheel. Use a palette knife to create texture on your canvas. There are no skills needed to take the class; just bring your imagination and be ready to have fun!

Philosophy 101: Morals & Ethics	Diana Demers	2nd Monday of the Month • 1:30PM	Activity Room
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This course offering encourages participants to tap into their conscience and express their thoughts & views in the form of an active discussion. Residents will be presented with various scenarios in which they will be given the opportunity to share their insight from life experiences. We will analyze advice columns and 'what would you do' situations that pertain to a variety of topics such as etiquette, morals, interpersonal relationships, family values, conflict resolution, and more. This class always gets people talking!

Pour Paintings	Stephen Michon	Last Tuesday of the Month • 1:30PM	Activity Room
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Also known as fluid art, pour paintings are a fun, creative way to make abstract art. By mixing a pouring medium into acrylics, the paint becomes liquified and is applied to canvas by various dripping or pouring techniques. This style of painting is newest craze to sweep the DIY art community; pour paintings are not only beautiful but also very simple to create. No two paintings are alike!

Reflections of Retired Heroes	Community Life	3rd Wednesday of the Month • 10:30AM	Activity Room
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Calling all Veterans! This course will give Veterans an opportunity to learn about what their peers experienced in various branches of the service. Using multimedia we will view short documentary clips which will be followed by an active discussion. This course is open for all residents to attend, as we hope to foster meaningful conversations between both Veterans and civilians while learning about the trials and tribulations those have experienced during their active duty.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Sensory Science	Community Life	Every Tuesday • 10:30AM	Pathways
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Sensory Science is a new Watermark University offering for residents on Pathways. Sensory stimulation has scientifically proven to have a positive affect on mood, self-esteem, and overall well-being. This class will be a fun way to explore all 5 senses. From homemade lava bottles to “guess the scent” games, we will be sure to fascinate curious minds!

Therapeutic Art	Sterling Porchelli	Dates Vary, please refer to monthly calendar!	Activity Room
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While studying therapeutic arts, Sterling gained experience with many different materials including paints, drawing materials, collage, photography, printmaking, and woodworking. She uses these methods & materials in her art therapy projects in a way that allows attendees to feel a sense of expression through art rather than feeling the need to make a masterpiece. She believes in the theory of positive psychology, focusing on “what works” rather than “what doesn’t.” Her classes will focus on ways of creating that allow people to explore and express rather than follow rules. Get in tune with your creative side and become more attuned to yourself with this expressive series of Watermark University classes led by Sterling!

Wine Around the World	George Bertorello	1st Thursday of the Month • 3:30PM	The Pub
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Join George in the Pub for a wine tasting as he explains to fellow residents the origin and history behind each specific kind of wine. Wine has been produced for thousands of years, and can be found in many forms such as red, white, rose, fruit, mead, and more. Some variations may be fruity and sweet, while some may be bitter and dry. Come learn more about wine and see which kind appeals to your tastebuds!

Virtual Vacations	Community Life	Last Friday of the Month • 3:30PM	Activity Room
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Dreaming of travelling someplace warm & tropical? Look no further! This course will provide you with a virtual getaway experience without the hassle of packing your suitcase. Each class will focus on a different location, which is open to requests! Residents will learn about the history, climate, culture, and popular landmarks of each destination. This class also allows for residents to reminisce their favorite vacations, as well as encourages for residents to request a destination that they once traveled to. No passports needed!

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Alyssa Werbicki

Various Classes

Alyssa is a Community Life Assistant here at East Village Place. She grew up in Chicopee, Massachusetts and attended Chicopee Comprehensive High School. After graduation she received a scholarship "Student of Character" at American International College. After receiving her scholarship, she received a 4 year paid tuition and earned her Bachelor Degree in Psychology. She has 2 brothers and enjoys playing soccer and hiking.

Annalee Munson

Current Events

Annalee has been with East Village Place as the Memory Care Coordinator since 2003. Becoming a nurse at age 19, Annalee knew her calling for as long as she can remember. Annalee acquired her nursing license in Bridgeport, CT, with clinical training at Yale Hospital in New Haven. Annalee is also a Certified Dementia Practitioner and works closely with residents & their families in order to establish the perfect care plan for each individual. Annalee runs a monthly support group for families. She states, "The Support Group allows me to help guide family members through coping with the challenges and triumphs when caring for a loved one with Alzheimer's or Dementia. I'm able to let families know that what they are experiencing is normal." In her spare time, Annalee loves to be with animals & work on her old farm house in Suffield, CT.

Carol Cherrington

Art Therapy

Carol Cherrington studied Painting at the School of the Museum of Fine Arts as well as Tufts University in Boston, where she earned a bachelor of fine arts degree in painting and became licensed to be a public school Art teacher. Carol was a substitute teacher and personal care attendant for elderly and handicapped individuals. She began giving watercolor classes to senior citizens, seemingly by accident when a close friend asked if she might like to give classes at the nursing home where that friend was an assistant to the activities director. That was in August of 2010 and it has been more and more rewarding, inspiring, and fun ever since. Carol has also been working full-time since 2009 as a Special Education Para educator at Amherst-Pelham Regional High School. She devotes her Saturdays to giving watercolor Art Therapy workshops at nursing homes, assisted living residences, and memory care residences. "I must insist that I always receive more than I give during my water watercolor workshops. It is deeply rewarding to see people light up with pride and satisfaction when they create a beautiful, original painting!"

NAME OF INSTRUCTOR

CLASS NAME

Diana Demers**Various Classes**

Diana is the Community Life Director at East Village Place. She was born & raised in East Longmeadow and graduated college from Bridgewater State University in 2013 with her Bachelor's Degree in Psychology. She previously worked in a large skilled nursing facility for 4 years as a Therapeutic Recreation Director, and is also a Certified Dementia Practitioner as well as a Certified Reiki Master. One of her biggest inspirations in life is her grandmother, who started her own business when she was 98 years old. Diana believes that you have the ability learn & try something new, no matter what age you are!

Jackie Doyle**Centerpiece Creations**

Jackie began volunteering at East Village Place in 2016. After retiring from MassMutual as a manager & test director for 33 years and prior to that as a math teacher, she thought she would go back to her teaching roots and work with children. That all changed when her Dad became a resident at East Village Place. She fell in love with the residents and knew she found her special place. You can find Jackie conducting Remember When or Famous People/Places classes when she's not singing along & dancing with the residents when guest performers entertain. Jackie lives locally with her husband Ed and loves visiting her two daughters in Boston, watching the Patriots & Bruins, and playing games.

Jeff Eleveld**Horticulture Class**

Jeffrey Eleveld, CHT: He is Certified Horticulture Therapist, lovingly named and referred to by his communities as Jeff, the plant guy. Jeff has over forty five-years' experience in horticulture. He is an avid bonsai enthusiast and plant collector boasting over 300 plants in his personal collection. He has traveled extensively across Europe visiting gardens alone the way. Jeff is a published author. Jeff has written articles for the Hartford Courant, The Green Thumb Print and Knox Park Foundation. He is an adult education instructor. Jeff is a past founder of the Petit Foundations Michaela's Garden. Jeff, the plant guy brings his therapeutic horticulture workshops to over 1250 people each month in assisted living communities, senior centers, skilled nursing homes, libraries, garden clubs and hospitals across Connecticut, Western Massachusetts, Western Rhode Island and Eastern New York.

Jeff Ross**Ins & Outs of the Kitchen**

As food service Director and Executive Chef Jeff brings over 35 years of local restaurant and hotel experience from such companies like the Marriott and Sheraton to the residents here at East Village Place. Jeff always tries to create menus and weekly features that have a home cooked feel of the entire family coming together at the dinner table every night. In his spare time Jeff enjoys spending time with his wife and their 2 children, rooting for the Boston Sports Teams, Restoring late 60's Mopar Muscle Cars and hitting the links for 18 holes with his brothers and friends on Sundays.

NAME OF INSTRUCTOR

CLASS NAME

Jessica Szczepanek**Flower Arranging**

Jessica has been the Director of Marketing at East Village Place since 2005. She holds a bachelor's degree in Consumer Studies from The University of Massachusetts, Amherst. Jessica has been working in the senior living field since college and has an enthusiasm and spark for guiding families through the various options available in senior services. She grew up only miles from the community and has her roots firmly planted in Western Massachusetts. Jessica, her 3 young children and husband live close by in neighboring Longmeadow and enjoy getting outdoors, traveling and spending time with family and friends.

Maryanne Fesko**Color Me Calm**

Maryanne is the Resident Care Director and has worked at East Village Place since 2006. Maryanne is a Licensed Practical Nurse and Certified Dementia Practitioner with over 20 years of experience in Assisted Living, Long Term Care and Hospital settings. Maryanne prides herself in creating individualized care plans for residents which allows each person to maximize their strengths and enhance their daily independence. Maryanne lives locally with her husband and has 3 grown children and 4 grandchildren who she loves spending time with.

Pam Skiba**Painting with Pam**

Pam Skiba, Executive Director, has been at East Village Place since 2004. Pam has over 20 years of nursing experience specializing in the mental health field and is a certified Dementia Practitioner. Pam strives to provide the residents and their families the highest quality of care and customer service in a warm, inviting and accepting environment. Her priority is making East Village Place the community that all others should be measured against. In her spare time Pam enjoys spending time with her grandchildren, ballroom dancing, oil painting and playing the piano.

Patti Castelli**National Parks & Historic Places**

As the Business Office Manager at East Village Place, Patti brings over 25 years of experience in Administration and Human Resources. Her transition from working in a corporate office setting to a smaller residential community has been a welcome bonus. When changing careers, she was pleasantly surprised to find she would be interacting with the residents daily and has found this to be one of the highlights of the position. Patti enjoys cooking, skiing, kayaking and time spent with family and friends. Patti is also a big fan of UCONN Women's basketball!

NAME OF INSTRUCTOR

CLASS NAME

Sterling Porchelli**Therapeutic Art**

Sterling Porchelli is a Community Life Assistant, working at East Village Place since October of 2018. Sterling found her passion for Activities while attending Springfield College and in her first job following School. She is an artist who studied Art Therapy, and has been both painting & drawing all of her life. Her passion strives from her desire to provide residents with new opportunities, as well as improve/assist in finding new enjoyments in life. She has worked with children, adults, and older adults providing empowering activities including but not limited to art therapy.

Stephen Michon**Pour Paintings**

Stephen has been a chef at East Village Place for over five years now. He is constantly creating new recipes and intricate desserts that are a delight to both the tastebuds and the eyes! Stephen recently discovered a new outlet for his creative energy through the art of pour paintings. After creating many canvases, he began getting requests from other associates for paintings with custom color schemes. That's when he got the idea to not only share his art with coworkers, but with residents as well! We are excited to have Stephen as a Watermark University faculty member for this upcoming Summer semester.

Timothy Kane**Drumming Circle**

Tim is a professional music instructor, long-time trombonist, drum set player, percussionist and songwriter. His business involves hosting public and private hand drum djembe and percussion group circle jams for non-profit groups, family celebrations, summer camps, schools, senior living centers and private businesses all across Massachusetts. Tim brings a variety of authentic Djembes made in Ghana, West Africa as well as USA-made models, drums of all sorts, and domestic percussion instruments and accessories for groups as large as 20 members. Tim enjoys demonstrating the many ways people benefit from drum circles through his passion for music and teaching.

Tyrone V. Buckner**Arthritis Exercise Class**

Tyrone has been a certified arthritis trainer through the Arthritis Foundation Exercise Program for over ten years. His program is designed to help anyone who suffers from arthritis, related rheumatic diseases, or musculoskeletal conditions, allowing participants to perform activities of daily living. Residents are provided with enjoyable, safe exercises, social interaction, and an overall reduction of pain and stiffness. This class is done in a group setting. Experience a more active lifestyle, improved health, and increased sense of well-being.

EAST VILLAGE PLACE

 A WATERMARK COMMUNITY

ASSISTED LIVING • TWO LEVELS OF MEMORY CARE

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