

WU
WATERMARK UNIVERSITY

2021

Spring Semester
JANUARY THROUGH APRIL

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,

Judy Gagnon

Judy Gagnon
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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3 Dimensional Art	Charlotte Fields	1st & 3rd Wednesday • 2:00PM	Activity Room
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With the use of recycled newspaper and glue take an opportunity to express yourself through 3 dimensional art, where we will create our very own spirit animal. After the basic structure is made we will then use pictures from magazines and fabrics to complete the project. This course is open to individuals of all levels of artistic experience.

Brews Around the World	Bob Sheets	3rd Thursday of the Month • 3:30PM	Door to Door
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Join us during Happy Hour as we taste a variety of beers from around the World. Bob will share the history, development, and differences between the International beers offered. Each month, a new beer will be experienced with the opportunity for taste testing, followed by discussion on the quality and flavor.

Bucket Drumming	Trevor Pitts	2nd & 4th Monday • 3:00PM	Activity Room
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A virtual course, instructed via Zoom with Trevor Pitts from the Community Music School of Springfield, will get you into the rhythm of the season. Learn drumming techniques using a common utility bucket and drum sticks. You will see how the different parts of the bucket produces different sounds. No previous drumming experience is needed, so come join in the fun.

Fitness with Bay Path	Student Interns	Every Friday • 9:45AM	Wellness Room
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Brittany & Louisa, Occupational Therapy Student Interns, from Bay Path University will be leading a comprehensive exercise program that focuses on health and wellness. They will be addressing joint pain, strengthening muscles and helping residents increase endurance. They will offer alternative methods of exercise to accommodate disabilities or problematic areas of movement. They will individualize the class for each person's needs.

Handmade Cards	Judy Gagnon	4th Friday of Every Month • 2:00PM	Activity Room
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Join Judy in creating unique hand made greeting cards to share and send to your loved ones. Materials will be provided for this class. The only thing better than crafting is sharing it with those you love. Different mediums will be used to create these cards; such as card stock, colored pencils, paint, embellishments, ribbons and brads. No prior knowledge of making cards is required for this class, just enthusiasm and your creative spirit.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Hatching Chicks	Charlotte Fields	Mid -April • 3:30PM	Activity Room
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Experience the wonder of life. Join us in nurturing our cluster of eggs as they hatch into life in our incubator. Learn about the care and needs of chickens. Due to the fragility of the newly hatched chicks, we need to time their arrival so that the weather is warm enough for them to survive at their future farm home. We will meet each week after the eggs arrive to check on the chicks progress. See April's calendar for more specifics.

Home & Garden Crafts	Steve Michon	1st Thursday of Every Month • 2:00PM	Activity Room
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Join Steve in creating fun and seasonal crafts to show off to your friends and family. In January, create a natural homemade bird feeder to help support the native song birds. February, use your eye for design to create beautiful quilt patterns out of decorative paper. In March, you will design a Spring wreath to display on your apartment door. For April, you will collect little bits, here and there, from nature to create a classy natural shadow print.

Horticulture Class	Jeff Eleveld	3rd Thursday of Every Month • 9:45AM	Activity Room
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Horticulture is the science and art of growing fruits, vegetables, flowers, and ornamental plants. Horticulture is a therapeutic activity that helps to relieve tension and aids in physical and emotional health. Come plant with "Jeff the Plant Guy." Jeff holds an abundance of horticultural knowledge that he will love to share with you. For this class we will have plant cuttings to nurture with fertilized soil, water and instructions on sunlight needed. This is a virtual class through Zoom.

Inspired Art	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 complimentary colors and the use of the color wheel. Use a palette knife to create texture on your canvas. Be sure to bring your imagination and prepare to have some fun.

COURSES	FACULTY	DAY AND TIME	LOCATION
National Parks and Historic Sites	Patti Castelli	Every 3rd Wednesday of The Month • 3:30PM	Activity Room
<p>Join everybody's favorite tour guide, Patti as she brings us on a spectacular virtual getaway to some of our country's most beautiful locations! As we travel from coast to coast learning about all the fantastic vistas and locations, we will get a specialized look at our amazing country without leaving the comfort of our home.</p>			
Reflections of Retired Heroes	Community Life Staff	4th Thursday • 10:30PM	Activity Room
<p>Calling all Veterans! Join your fellow Veterans in building a common camaraderie. Enjoy guest speakers and special outings as well as videos featuring past battles and military memorabilia.</p>			
Scrumptious Delights	Sherry Mayer	1st Thursday of Every Month • 10:30AM	Activity Room
<p>Sherry will bring her joy of cooking and share with us by demonstrating tasty new recipes. Once a month Sherry will present a delectable recipe and teach us how to prepare and serve it. Samples to taste will be delivered to your door following the program. Some of the recipes featured will include:</p>			
Seasonal Baking	Judy Gagnon	2nd Friday of Every Month • 2:00PM	Activity Room
<p>Spring holidays and celebrations trigger memories and feelings of home and loved ones. We rekindle these emotions with tastes, smells, and the act of baking seasonal recipes. Be a part of researching and choosing the recipe, as well as preparing the food and delighting in the outcome. Some may say that tasting the final product is the best part, but the feelings evoked and the sense of accomplishment can't be beat.</p>			
Sharing Short Stories	Annalee Munson	2nd & 4th Thursday of Every Month • 2:00PM	Activity Room
<p>Do you love to read? Join your friends and neighbors in intellectual book discussions. Join Annalee for this all inclusive journey through the pages of a great book. Annalee will read short stories and poetry from a number of the great writers.</p>			
Strange Facts About Our Bodies	Maryanne Fesko	2nd Wednesday of Every Month • 10:30AM	Activity Room

Have you ever wondered why your body does the things it does? Join Maryanne in discovering new and interesting facts about your body and it's functions. Explore the world of home remedies and whether or not they are effective. Topics such as; sleep disturbances, thyroid conditions and others will be covered in this class. This course is sure to be a great time filled with substantial discussions and a number of laughs.

COURSES	FACULTY	DAY AND TIME	LOCATION
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The Butterfly Experience	Sam Skiba	One Monday Per Month • 10:30AM	Activity Room
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Discover the wonder of the beautiful butterfly. Join Sam on this exciting journey as we hear about the Monarch Butterfly, the Swallow Tail Butterfly and some of the other butterflies common to our area. As March arrives we begin to prepare our butterfly garden, starting our plants from seed this Spring. Along with seeding and planting the garden, you will have the opportunity to witness the miracle of the butterfly through all stages of it's life. The dates are as follows: Jan. 11th, Feb. 8th, Mar. 22nd, & Apr. 19th.

Timely Topics Throughout the World	Community Life	Every Monday • 1:30 PM	Activity Room
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Stay informed weekly of major National and global events each week. This program presents interactive features including "Faces and Places," "The Country of the Week," "Remember When," and a multitude of individuals and relevant topics. Join in on the discussion!

Virtual Reality	Community Life	Every Tuesday • 2:00PM	Activity Room
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Interested in swimming with whales? Exploring space? Embarking on an African safari? You can experience all of these activities, without leaving your chair, with our virtual reality system. Experience today's technology like never before as you explore parts of the world that were once out of your reach. Gather with us to participate in one of these immersive experiences.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Annalee Munson

Sharing Short Stories

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 licence in Bridgeport, Ct with clinical training at Yale Hospital in New Haven. Annalee is also a Certified Dementia Practitioner and works closely with residents and 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 and work on her old farm house in Suffield, Ct.

Bob Sheets

International Brews

Bob has worked for East Village Place for 15 years. Prior to working for EVP, he worked at American Saw. He grew up in East Longmeadow and currently lives there now. He is married with two grown children. In his spare time, he enjoys reading and cooking, as well as, sitting out on his deck enjoying beer.

Charlotte Fields

Various Courses

Charlotte is a Community Life Assistant here at East Village Place. Originally from Eastern Mass, Charlotte received her bachelors degree in Psychology at Westfield State College and simultaneously fell in love with Western Massachusetts. A resident of Agawam, Charlotte is an appointed member of the Agawam Historical Commission. A woman of many interests, Charlotte is a volunteer at Storowton Village, attends weekly blacksmithing classes and is an avid gardener. In her spare time Charlotte enjoys crocheting, building doll houses, and snuggling with her cats.

Jeffrey Eleveld

Horticulture Class

Jeff Eleveld, Certified Horticulture Therapist, is lovingly named and referred to by his communities as Jeff the Plant Guy. Jeff has over 45 years experience in horticulture. He is an avid bonsai enthusiast and plant collector, boasting over 300 plants in his personal collection. He has travelled extensively across Europe visiting gardens along the way. Jeff is a published author; he has written articles for the Hartford Courant, The Green Thumb Print, and Knox Park Foundation. Jeff is a past founder of the Petit Foundations Michaela's Garden. An adult educator, Jeff the Plant Guy brings his therapeutic horticulture workshops to over 1,250 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.

NAME OF INSTRUCTOR

CLASS NAME

Judy Gagnon**Various Courses**

Judy, the Community Life Director, was raised in Wilbraham, Ma and currently resides in Springfield. She attended Springfield College and earned a Bachelor's Degree in Community Recreation. Judy has worked with the senior population for over 25 years and finds them to be the most enjoyable group to work with. She enjoys music, arts and crafts, baking, and spending time with her dog a Corgi named Clifford.

Maryanne Fesko**Strange Facts About Our Bodies**

Maryanne is the Resident Care Director and has worked at East Village Place since 2006. Maryanne is a Licensed Practical Nurse and a 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 allow individuals to maximize their strengths and enhance their daily independence. Maryanne lives locally with her husband and has 3 grown children and 4 grandchildren whom she loves spending time with.

Pam Skiba**Inspired Art**

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 leisure time Pam enjoys spending time with her grandchildren, ballroom dancing, oil painting, and playing the piano.

Patti Castelli**National Parks and Historic Sites**

As the Business Office Manager at East Village Place, Patti brings over 25 years of experience in Administration and Human Resources. Patti's transition from working in a corporate office setting to a smaller residential community has been a welcome bonus. Patti has found that interacting with East Village Place's residents on a daily basis has become one of the highlights of her position. Patti enjoys cooking, skiing, kayaking and time spent in the company of family and friends. Patti is also a big fan of the UCONN Women's basketball team.

NAME OF INSTRUCTOR

CLASS NAME

Sherry Mayer**Scrumptious Delights**

As our Sales Director, Sherry brings 12 years of experience in the marketing fields, mainly for Skilled Nursing Facilities. She spends most of her days with her 12 year old son, Carson. She has lived in five states, but Massachusetts is her favorite. Sherry also loves football and has seen the Patriots play in 4 different states. She won volunteer of the year in 2019 at the River Mills Chicopee Senior Center. Some of Sherry's interests include travelling, dining on tasty food, listening to music and spending time with her family and friends.

Steve Michon**Seasonal Crafting**

Steve has been a chef at East Village Place for over five years and has now taken on the role of Food Services Director. He is constantly creating new recipes and intricate desserts that are a delight to both the taste buds and the eyes!

Trevor Pitts/Community Music School of Springfield**Bucket Drumming**

Trevor Pitts is the instructor for Bucket Drumming. He is an employee of the Community Music School of Springfield. He has played drums at his church and in a number of bands. He has played music from many different genre's.

Brittaney & Louisa/BayPath University**Healthy Exercise**

Louisa and Brittaney are student interns from BayPath University. They are excited about meeting the residents and involving them in a healthy exercise program. Both girls are Occupational Therapy majors completing their requirements for their graduation. Each semester we look forward to more student interns, who will teach a variety of classes that residents have shown interest in from a survey.

EAST VILLAGE PLACE

 A WATERMARK COMMUNITY

ASSISTED LIVING • TWO LEVELS OF MEMORY CARE

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