

WU
WATERMARK UNIVERSITY

2019

Fall Semester
SEPTEMBER THROUGH DECEMBER

PINEBROOK

 A WATERMARK RETIREMENT 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,

Joy Frederick

Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Benefits of Power of Attorney	Aimee LaPine	TBD •	McCormick Room
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Legal documents like the Power of Attorney, can be confusing. Come to have your questions answered to make sure your wishes are followed.

Bengals. . .Who Dey!	Margie Krebs	TBD •	McCormick Room
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Join us on the football scene! Learn the history of the Bengals football team, the players and the unforgettable "Freeze" Bowl.

Bible Study	Hugh and Riona Smith	Second Sunday • 3:30pm	McCormick Room
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This Bible Study covers the lessons and teachings of Jesus. The class is focused on important facts that God wants us to know. Join together for an uplifting and inspiring semester.

Busy Hands	June Maggard	Thursdays • 10:00am	Creative Corner
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Hats for babies, blankets for hospitalized children, and items for women living in shelters are just some of the things members of this philanthropic group create and donate. Members create refrigerator magnets and beaded necklace napkin holders for residents. Residents receive handmade birthday, anniversary and get-well cards from class participants. All are welcome to work on these and other projects.

Caribbean Travel Talk	Alicia Sell	TBD •	Bijou Theater
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Alicia will share her travel experiences with participants as she highlights different destinations she has visited. Native foods, traditions and landmarks will be discussed. There will be time for questions and answers. Alicia will show photos from her trips.

Ceramics Class	Ellie Alexander	Thursdays, October 26 and December 5 • 2:00pm	Creative Corner
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Ellie and her sister Anna assist in creating ceramic art pieces that are decorative and utilitarian. Completed projects make thoughtful gifts or may become meaningful keepsakes. Ceramics are a forgiving medium that may easily lead to exploring ones' artistic side.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Characters of the Bible	Mike Goerlich	Fourth Sunday of the Month • 3:30pm	McCormick Room
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The story of the Bible is the story of characters like Job, Jonah, Peter and Thomas. Learn more about their story while learning more about the Bible.

Creative Design Class	Lori Lang	Twice a Month (Check Calendar)	Creative Corner
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Lori instructs a wide variety of different crafts which include jewelry making and seasonal decorative items. Check out the latest project a week in advance and sign-up to participate. The sign-up is located across from Creative Corner.

Documentaries	Community Life Associate	Mondays & Thursdays • 3:30pm	Bijou Theater
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Lifelong learners who are curious about the world around them are welcome to view selected documentaries. Two documentaries a week are shown; each are one hour or less. A short discussion follows, so come prepared to expand your mind, discuss, disagree and enjoy.

Fall Craft Class	Lisa Sefton	TBD •	Creative Corner
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Join Lisa in creating a fall decoration to brighten your home or to give as a gift to a loved one.

Fall and Christmas Crafts	Kelly Sears	TBD •	Creative Corner
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Join Kelly in creating decorative crafts for the Fall and for Christmas. Kelly is a patient teacher. She engages residents in leading creative craft projects.

Fall Wreath Class	Dorothy Sheehy	1:00pm • Wednesday, September 18	Cafe on Two
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Dorothy is a Registered Nurse who works in Assisted Living at Pinebrook. For more than fifty years, she has enjoyed sewing, needle work and crafting. Her love of sewing began with her first project, a sleeveless blouse. She entered it in the Clermont County Fair and won a blue ribbon! Crafting began the same year with the Girl Scouts when she made crafts at meetings. Dorothy has worked with mixed media and enjoys making seasonal decorations.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Fitness with Monica	Monica Stamper	Mondays • 10:15am & Thursdays • 2:30pm	All Purpose Room and Cafe on Two
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Have fun and move to music through a variety of exercises designed to help maintain balance, gain muscle strength and increase range of movement for daily living. This class has been specifically created with seniors in mind. All fitness levels are welcome.

Guided Meditation	Joy Frederick	Tuesdays & Fridays • 11:00am	All Purpose Room
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Some view meditation as a purely spiritual practice. Others believe meditation is a mental exercise that only benefits the mind. Actually, research shows that what we think affects our emotions and our emotions affect our physical bodies. Meditation is a simple and accessible practice that anyone can enjoy. Meditation has been shown to promote stress relief, pain management and better sleep. Joy instructs meditation for the first time participant and for the experienced.

Harley Night	John Siddens	TBD •	Front Parking Lot
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John and members of his motorcycle club will visit Pinebrook. They will show residents features of their bikes and talk about the history of the Harley Davidson Motorcycle Company.

Heartfelt Greeting Cards	Kathy Bird	TBD •	Cafe on Two
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Who doesn't enjoy receiving a birthday or holiday card from a loved one? Kathy guides participants through the handmade greeting card process. These creations are just as practical as they are sentimental.

COURSES	FACULTY	DAY AND TIME	LOCATION
Historical Figures	Diane Shields	3rd Wednesday • 6:30pm (Unless Otherwise Noted)	All Purpose Room

Diane Shields is an *American History Moderator for the University of Cincinnati's Lifelong Learning Institute*. Listed below are the discussion topics for each month this quarter.

September- Battle of Midway Six months after the attack on Pearl Harbor, the United States defeated Japan in one of the most decisive naval battles of World War II. This victory allowed the United States and its allies to move into an offensive position.

October - Edgar Allen Poe Edgar Allan Poe was an American writer, editor and literary critic. He is best known for his poetry and short stories. Edgar Allan Poe was one of the most important and influential American writers of the 19th century.

November - Marquis de Lafayette He is known in the United States as Lafayette. He was a French aristocrat and a military officer who fought in the American Revolutionary War, commanding American troops in several battles, including the Siege of Yorktown.

December - Michelangelo Michelangelo was an Italian sculptor, painter, architect and poet of the High Renaissance. He born in the Republic of Florence and created an unparalleled influence on the development of Western art.

Hooks and Needles	Annabelle Baker	Fridays • 3:30pm	Creative Corner
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Residents and guests knit and crochet hats and squares for blankets for those in need. If you want to help but don't know how to knit or crochet, lessons are freely given.

How Nutrition Can Affect Your Outlook on Life	Michelle Morris	Friday, December 6 • 1:00pm	McCormick Room
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Much research has been done on how nutrition can affect our mood. Michelle shares some of the findings from this research with participants. Join her in learning how the foods you choose to consume may have positive and negative effects on your emotions.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Managing Your Medications to Feel Great	Sarah Francois	TBD •	McCormick Room
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Join Sarah as she explains how to help your medications work as effectively as possible. She will provide tips on how and when it is best to take medications, and she will also discuss possible harmful drug interactions. Bring your list of medications if you have specific questions.

Memory in a Jar Class	Donna Berlin	Tuesday, November 5 • 1:00pm	Creative Corner
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Participants select a personal photograph that holds a special memory. After sharing the story behind their selected photo, residents are instructed in creating a decorative Memory Jar. Photos are put in the jar so they can be seen easily and then glass marbles are added to secure the photo.

Menu Review	Mark Schugar	Mondays • 3:15pm	All Purpose Room
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Curious to know what's happening in the Pinebrook kitchen? Bring your suggestions and questions and join Chef Mark as he explains how menus are planned and executed.

Morning Devotional Bible Reading and Discussion	Riona Smith	Tuesdays • 10:30am	Creative Corner
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Participants read an inspirational Bible verse, followed by a group discussion. Chosen verses are encouraging and uplifting. Participating in this class is a great way to start the day. Students receive a free copy of the daily devotional publication titled "Our Daily Bread".

Painting with Watercolors Instruction	Lori Lang	1st and 3rd Fridays • 1:00pm	Creative Corner
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Participants view a completed painting. Lori provides instruction on how to complete their masterpiece. Her instructions are easy to follow even for those who have never painted before. One of Lori's greatest pleasures is seeing the joy in the faces of those who paint a picture that they never thought they could.

Poetry Class	Cathleen Mahaffey	Wednesday, October 16 • 11:00am	McCormick Room
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Participants will compare and contrast different styles of poetry. Samples of classic and modern poetry will be read and discussed. Students write a Haiku poem, a traditional Japanese style poem.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Seasonal Floral Creations	Lori Lang	Monthly (Check Calendar)	Creative Corner
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Arrange your own little vase of seasonal flowers. Your arrangement will brighten up your home. Lori teaches basic flower arranging techniques.

The Reader's Journey	Community Life Associate	First Tuesday • 3:30pm	Creative Corner
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After reading a selected book, members share their opinions and insights. Books can pull you out of your world, allowing you to escape into a whole new world. Readers exchange and challenge ideas.

The Splinter Wood Carving Group	John Brackett	Tuesdays • 7:00pm	Creative Corner
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Join Pinebrook resident John Brackett and friends to create artworks carved from wood. Learn basic wood-carving techniques. This class is open to all who are interested in wood carving.

TED Talks	Community Life Associate	Wednesdays • 3:30pm	Bijou Theater
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Technology, Entertainment and Design, better known as **TED**, is a global set of short conference videos run by a private nonprofit organization. Their slogan is "Ideas Worth Spreading". After viewing the talk, residents share their thoughts. This class strives to help residents stay informed about our ever-changing world.

Yoga (chair)	Joy Frederick	Tuesday & Friday 11:00am	All Purpose Room
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Practicing Yoga allows the mind to harmonize with the body, increasing flexibility and balance. Join this beginner's approach to Yoga and reap it's many benefits.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Aimee LaPine

Benefits of Power of Attorney

Aimee LaPine is Sales Director at Pinebrook. She resides in Northern Kentucky and is a graduate of Northern Kentucky University. In her spare time, Aimee enjoys hiking and canoeing with her daughter, Piper. They love attending art shows. Aimee has lead several craft class with Pinebrook residents.

Alicia Sell

Caribbean Travel Talk

Alicia has traveled the Caribbean numerous times. She is an extensive traveler. Traveling is Alicia's hobby, along with going to the theater, spending time with her three pets and attending Cincinnati sporting events. Alicia graduated from Xavier University, where she gained her B.A. in Communication Arts. She is a Certified Activities Director. She has worked with seniors for over seven years.

Annabelle Baker

Hooks and Needles

Annabelle is a Pinebrook resident known for her artistic abilities. She is the backbone of this class. She enjoys working with others in creating beautiful yarn works. Annabelle is a gifted and patient instructor.

Cathleen Mahaffey

Poetry Class

Cathleen is a native of Cincinnati. She received her B.A. in Public Relations from Eastern Kentucky University where she studied Communications. One of her favorite college classes was Modern Poetry. She shares her knowledge of Poetry and some of her favorite poems with participants in her Poetry Class.

Diane Shields

American History

Diane is an American History Moderator for the University of Cincinnati's Lifelong Learning Institute. She is an educator at heart and a genuine student of all history. Diane holds a B.S. degree in Education from the University of Cincinnati (Magna Cum Laude), followed by studies in History at the University of South Florida. She taught American History, European History and American Government to high school students in Ohio and Florida.

Donna Berlin

Memory in a Bottle

Donna is Pinebrook's Move-In Coordinator. In her spare time along with golfing, gardening and cooking. Donna finds and completes creative craft projects for her home and family.

NAME OF INSTRUCTOR

CLASS NAME

Ellie Alexander**Ceramics**

Ellie's love of ceramics started nearly forty years ago, when her mother began creating ceramic works. Now, she and her sister enjoy making items for themselves and for others. Together they share their passion and instruct students on creating ceramics they can be proud of.

John Brackett**Woodcarving**

Shortly after moving to Pinebrook, John joined the Woodcarving Class. He uses his artistic talents to create works of art out of blocks of wood. He shares what he has learned with other students.

John Siddens**Harley Night**

John has ridden and owned motorcycles since he was six years old. Over the years he has purchased eight motorcycles manufactured by Honda, Triumph and Harley Davidson. John is Pinebrook's Maintenance Director. He and his wife have taken many trips on their motorcycles.

Joy Frederick**Yoga and Meditation**

Joy is Pinebrook's Community Life Director. She has a special interest in programs benefiting mind, body and spirit. Having learned the benefits of Yoga and Meditation, and becoming a Yoga Instructor, Joy shares her expertise with residents. "There are many types of Yoga. Yoga doesn't have to be difficult. It can be restorative and gentle. Yoga and Meditation are effective tools to reduce stress and anxiety, manage physical pain, and are beneficial for deep relaxation".

June Maggard**Busy Hands**

June worked as Deputy Clerk at the Preble County Treasurer's Office and at a flower shop. In 1999 she opened her own flower shop called "Flowers by June". She created beautiful flower arrangements for many weddings.

Kathy Bird**Heartfelt Greeting Cards and Crafts**

Kathy is a State Tested Nursing Assistant with more than twenty years experience helping seniors. She has worked as a volunteer and is currently employed at Pinebrook. Kathy attended the Dayton Art Institute and studied Graphic Arts. She instructed classes in creating yarn works at Southern Hills Vocational School in their Special Interest Adult Education program. She also taught at the Milford Civic Center.

NAME OF INSTRUCTOR

CLASS NAME

Kelly Sears**Fall and Christmas Crafts**

Kelly is the Executive Director of Pinebrook Retirement Community. She enjoys cooking at home and shopping at local craft shows. She supports local restaurants and artisans.

Lisa Sefton

Lisa is Pinebrook's Office Manager and Human Resources Director. Before working at Pinebrook, she was employed in the finance industry.

Lori Lang**Paint, Craft and Floral Design**

According to Lori's mother, as a small child, Lori was always creating something. Lori graduated from Cincinnati State where she studied Civil Engineering. After working for many years in Information Technology and Drafting, she retired and started her own business. Now Lori uses her creative talents to instruct residents in various art projects. She travels and teaches at several area retirement communities.

Margie Krebs**Tailgating and the Bengals**

Margie is a lifelong Cincinnati. Margie loves sports, the outdoors and reading. She attended the "Freeze Bowl" and has been a loyal Bengals fan ever since.

Michelle Morris**How Nutrition Can Affect Your Outlook on Life**

Michelle is a Licensed Practical Nurse. She has been in the nursing field for over 23 years. She counsels patients about appropriate food choices and life style changes.

Mike Goerlich**Characters of the Bible**

Mike received an Associate's degree in Information Systems Administration from I.T.T in Cincinnati, his B.S. Degree in culinary Arts from Johnson & Wales and his Master's Degree in theology from Southern Baptist Theological Seminary. Mike is an Ordained Independent Baptist Minister.

Monica Stamper**Fitness**

Monica is a Certified Personal Trainer who helps seniors improve their health and fitness through exercise. She leads participants in a variety of exercises designed to increase muscle strength and range of movement for daily living. No matter what your level of fitness is, you are most welcome to attend!

NAME OF INSTRUCTOR

CLASS NAME

Sarah Francois

Managing Your Medications to Feel Great

Sarah is a Registered Nurse and serves as Pinebrook's Program Director. She is a patient and kind teacher. Sarah started working for Pinebrook at age sixteen and has held several positions.

Riona and Hugh Smith

Bible Study

Hugh and Riona married in Scotland and then in 1967, immigrated to New York City. Hugh received his PhD in Chemistry from the University of Glasgow, Scotland. From 1972 to 1988, Hugh was a licensed Minister at Northern Hills Bible Church in Cincinnati. He was later the District Chairman of the Evangelical Free Church of America.

Riona gained her degree in Dietetics from Queen's College in Scotland. For sixteen years she was the Director of Assimilation at Faith Church in Milford. Riona has led many women's Bible Studies and has years of experience in Women's Christian leadership.

PINEBROOK

 A WATERMARK RETIREMENT COMMUNITY

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

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