

PASSAGES

The Mayflower

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A PUBLICATION OF THE MAYFLOWER RETIREMENT COMMUNITY

The Wisdom of Planning Ahead

You Can't Predict the Future...
But You Can Prepare for It.

No matter what happens along life's journey, The Mayflower can provide the security and peace of mind that come only from a continuing care retirement community. That's why moving here continues to be such a wise choice for so many people.

Security for the Future

For Bob and Nancy Klingler, The Mayflower had been part of a long-term strategy that they planned to implement "later on." And then life got in the way.

When Bob was diagnosed with multiple myeloma two years ago, the couple realized that the decision they thought would be years down the road was facing them now. "That moment, we started planning the next move – and we got on The Mayflower's wait list," says Nancy. "We always knew we'd come here eventually, but we fast-tracked the process after

the diagnosis. To be honest, we thought it would be just for me. Bob wanted to make sure I was taken care of."

When the Klinglers initially toured the community, they were impressed by the Villas. So when one became available, they accelerated their plans yet again. "We liked the idea of having our own home and saw how easy it would be to customize," Nancy says. "We wanted to come here together and spend good quality time in a place we love. Bob was tired of maintaining the house and the yard. He wants to spend his energy fighting the cancer."

The Klinglers are willing to share their story, albeit painful, because it illustrates the importance of planning ahead and making sound business decisions – something that Bob, a former bank CEO and software executive, did throughout his career.

"You never know what will happen in the future, so you have to prepare," adds Nancy. "And that's what we did. Now, when Bob comes home from treatments at the hospital, he has all the care he needs right here, while I have the support of wonderful neighbors and staff who have welcomed us with open arms.



The Mayflower provides a great sense of security for us and for our children."

Reassurance and Support

Marion Lawrence also understands the importance of preparing for the "what-ifs" in life. When her husband became seriously ill several years ago, they talked candidly about what she should do if the time came when she would be alone. "I considered staying in my home or moving to a condo – but we both decided that coming to The Mayflower was the smartest choice," she says. "Here, I'd have all the backup I needed. It's very reassuring. Because of my husband's illness, we had caretakers in the house 24/7. I knew I didn't want that anymore. I wanted to be taken care of, but not overwhelmed. That's exactly what I'll get here."

For Marion, another benefit of The Mayflower lifestyle is leaving the "headaches" of her house behind. "All the maintenance was just too much to handle," she acknowledges. "Here at The Mayflower,

it's worry free – and it feels wonderful! I'm taking my time to settle in – meeting my neighbors and going to some of the programs. So far, The Mayflower has not just lived up to my expectations – it has exceeded them, in fact. It's very easy living."



Bob and Nancy Klingler's move to the Villas was part of their long-term strategy.



Marion Lawrence is enjoying "worry-free" living at The Mayflower.

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Senior Class...

Moving into Its Second Year, the Rollins/Mayflower Partnership Continues to Provide Intellectual Stimulation for Those Who Know Learning Is a Lifelong Endeavor

Taught by Rollins professors, classes ranging from psychology to physics to music, theater and art bring residents to campus and the college to The Mayflower.

Back to School

When B.J. McKee says that participating in programs at Rollins College is “the best thing I’ve done since moving to The Mayflower,” that is saying something. After all, the vibrant Orlando native and businesswoman is the epitome of being active and involved. Still passionate about managing a portfolio of commercial real estate properties in Florida and Georgia, she says she does “all that I can to keep my mind active.”

For her, Rollins classes really fit the bill. “I’ve learned so much,” says the self-proclaimed “hard-working landlord,” referring to The Mayflower’s lifelong learning program. “I’ve always loved art, literature, books and grammar. But, the math side of my brain has been asleep all my life. Now I’m listening to



Understanding the importance of mental fitness, B.J. McKee has embraced the Rollins-Mayflower partnership.

college professors talk about physics, sound waves and astronomy – looking through a telescope at stars that are 28,000 miles away. It’s amazing!”

Like many of her Mayflower neighbors, B.J. understands how important it is to keep your mind active. And that’s the underlying reason why Jana Ricci, the community’s marketing director, initially spearheaded the relationship with Rollins, which began in the spring of 2010 and continues to thrive. “This is all about brain fitness,” she says. “Research tells us that if you ‘don’t use it, you’ll lose it.’ So, we’re on a mission here at The Mayflower to provide ongoing opportunities for intellectual stimulation.”

Taught by faculty and staff, the on-campus enrichment series features hands-on learning experiences and small classes that cover subjects ranging from art, music, theater, writing and

history to physics and environmental sciences. Over the past year, participants have enjoyed improv at the Annie Russell Theatre, tours of the Cornell

Fine Arts Museum and lectures from some of Rollins’ finest – including Dr. John Sinclair of Bach Festival fame, who chairs the college’s department of music.

Resident Roz Levitt says The Mayflower is “blessed” to have the partnership with Rollins. “It’s fantastic to stay alert and keep up with the world,” she says. “It’s so good to live in a community where learning is valued.”

Physics for the Rest of Us

One of the most popular classes in the program was *Physics for the Rest of Us*, which was taught by Rollins physics professors Thomas Moore and Christopher Fuse. During the four-week course, subject matter ran the gamut from “everyday” physics (energy, momentum, etc.) ... to the science of sound ... to astronomy (featuring a lecture delivered by a Rollins astrophysicist).

The last session, an evening class, featured two high-tech telescopes that allowed participants to do some star gazing.

“The whole sky lit up,” says B.J. McKee. “It was spectacular. I’d relive that moment in a heartbeat.”

“*Physics for the Rest of Us* was a real crowd-pleaser,” adds Ricci. “It touched on everything from how a cat lands on its feet to how satellites work ... to how musical instruments make sound. Everyone loved it because it explored physics in such a unique and practical way.”

Dick Jansson, engineer, technologist and acknowledged “space junkie” agrees. “Of course, I’ve always been interested in science,” he says. “So this was a wonderful review of information I studied years ago. I’m actually working on a satellite design project right now, so this was right up my alley. But, you didn’t need a technical background to enjoy the class. It was interesting for everyone.”

A True Win-Win

For both The Mayflower and Rollins, what began as a lifelong learning “experiment” has become far more meaningful and mutually beneficial.

“From a Rollins perspective, this program gives our students a chance to interact with people who have *such* different life experiences,” says Dr. Moore. “It’s important for them to not only get to know people of their own background, but others as well. It’s also important to demonstrate that you can continue to learn – even after you leave college. The Mayflower residents are a perfect example of that. They are very intelligent and interested in the subject matter. The interaction excites them, and it’s good for our students as well.”

Adds Micki Meyer, director of the Office of Community Engagement at Rollins:

“Academic experiences like these are both transactional and transformational. When we’re young, we spend our time trying to create purpose and meaning in our lives. And when we’re older, we *reflect* on the purpose and meaning in our lives. Intergenerational learning enables us to understand and help each other, and we ultimately find that we are more closely linked than we originally thought.”

Mayflower resident Ed Cole agrees. “The whole concept of getting retirees and students together is a definite win-win. The intergenerational aspect is truly phenomenal. It’s so much fun, after 60 years, to be back in college again!”



ROLLINS

KNOWLEDGE IS
POWER

The old saying “knowledge is power” may be truer than you think. Especially when it comes to brain health. According to Dr. Paul Nussbaum, clinical neuropsychologist and professor at the University of Pittsburgh School of Medicine, research shows good brain fitness can lead to a sharper memory, faster processing of information, better attention and improved cognitive skills. For all of those reasons, The Mayflower has always promoted continuing education, accelerating programs in that area over the past several years.

Brain Builders

In addition to its partnership with Rollins College, The Mayflower offers brain-building programs of its own including:

- Toastmasters
- Think Tank
- French class
- Bible study
- Mystery Lovers Club
- Musical and cultural performances
- Lecture Series – including regular presentations from the Orlando Museum of Art.

This summer, guest speakers have discussed topics ranging from sculpture to American architecture to the “real” Florida. “We try to find subject matter that is interesting and diverse,” says Community Relations Director Betty Nelson. “Just like our residents.”



Biography Series

From Thomas Jefferson to Sigmund Freud to Dwight Eisenhower ... and from Cleopatra to Eleanor Roosevelt to Gypsy Rose Lee ... the famous (and infamous) have all been part of The Mayflower’s “Biography Series,” which was launched earlier this year.



Bill Cline recently presented a program on Charles Lindbergh.

“As part of this activity, residents select a personality, study his or her life, and develop an in-depth biographical presentation,” says Wellness Coordinator Elyse Baclar, who is in charge of the program. “They spend a lot of time on research; it’s like going back to college and preparing assignments for class.”

One Mayflower resident – Tom Polgar, a former CIA agent – presented his autobiography to the group. Another, General John Raaen, was able to share his personal recollections of former President Eisenhower, under whom he served during World War II. Most recently, former Air Force pilot Bill Cline took on the persona of famed aviator Charles Lindbergh, giving fellow residents a glimpse into “Lindy’s” legendary 1927 New York-to-Paris transcontinental flight.

“Who better to present a biography of Lindbergh than Bill?” says Elyse.

Indeed. With 8,000 hours of flying to his credit, Bill has piloted 27 different types of aircrafts ranging from Piper Cubs to B-29s. Most of his time was spent flying rescue helicopters – including 532 combat missions in Vietnam. For his bravery, he was awarded numerous medals, among them two distinguished flying crosses.

“At The Mayflower, we have many fascinating people like Bill, who have impressive backgrounds and like to share their stories,” adds Elyse. “We have living history here. Plus, we are a very intellectual community, and our residents love to learn. It’s an ideal combination.”



Dr. John Sinclair, Chair of the Rollins College department of music, chats with Mayflower resident Jesse Lunin.

Jean Lunin and Roxanne Szal work on their Memory Book project. Pictured below: Michael Gallace with John Eis.



Dr. Thom Moore explains the science of sound to Mayflower residents in his “Physics for the Rest of Us” class.



Mayflower resident Fred Rosenthal looks on as Rollins student Casey Barker sets up telescope for star gazing.

LEADERSHIP LEGENDS

Chamber Program Expands to Include Seniors, Encourages Community Involvement

From the day The Mayflower first opened its doors more than 20 years ago, the community has always maintained close ties to its hometown. "We are part of Winter Park, and it is part of us," says CEO David McGuffin. "It's who we are."

And that's one of the reasons that Mayflower residents have been so enthusiastic about *Leadership Legends*, a new initiative that's part of the Chamber's *Leadership Winter Park* program.

"*Leadership Winter Park* has been around for about 22 years, and it's very popular among executives and business people," says Chamber president Patrick Chapin. "We've even expanded it to include high school students. But, when it

came to older adults, we really didn't have anything geared to them."

Chapin decided to fill the void. Partnering with the Winter Park Health Foundation, which provided funding and support, the Chamber developed a program specifically for seniors. "A large number of Winter Park residents fall into the 65+ demographic, and they have wonderful life experiences to share," notes Chapin. "*Leadership Legends* is for them."

Pilot Programs Are a Success

Two pilot programs were launched this past spring, with the goal of engaging participants and getting them involved in the community. Sessions are limited to about 15 people each. So far, nine

Residents from The Mayflower joined other Winter Parkers to observe art and culture in their home town.

Mayflower residents have taken part – including Shelby and Sylvia Reaves, who say that the program was "enlightening, exciting and fun."

"It was a great way to meet people who are part of growing Winter Park, and it was fascinating to get an inside look at how our community functions," they say.

So far, *Leadership Legends* activities have included:

- Learning about the history of the city and its founding fathers
- Visiting the public safety building
- Meeting the City Commissioners
- Focusing on arts and culture by touring the Morse Museum, Winter Park Institute and Polasek Museum
- Covering health and wellness topics with help from the Winter Park Health Foundation, the YMCA and Winter Park Memorial Hospital.

"Winter Park is a small town, so participants are able to meet and talk directly with elected officials like the Mayor and City Commissioners," says Chapin. "That adds to the depth of the experience. People who go through the program

The Albin Polasek Museum and Sculpture Gardens was one of the stops on the "Leadership Legends" Winter Park tour.

develop a cohesiveness and continue to remain friends after the sessions are over. For the Chamber, it's very rewarding. It builds social capital for individuals with a lot of life experiences."

So far, Chapin has observed that participants have really appreciated the program. "Some were born and raised in Winter Park and are still learning about the inner workings of the city," he says. "The goal is to build awareness of the community and its issues, and provide an opportunity for the older adults of Winter Park to be active, engaged and involved in their city. After all, we're not only a Chamber of Commerce, we're a 'chamber of community.' The older population is a resource of experience, worldliness and perspective – and we need to tap into it. We're not a true community if *all* the people in it are not involved."



Mayflower residents Shelby and Sylvia Reaves said it was a privilege to be part of "Leadership Legends."



I WANT TO KNOW MORE ABOUT THE MAYFLOWER!

- I'm interested in The Villas. I'd like to schedule a tour. Please call me. Please send me general information about The Mayflower.
 I'm particularly interested in the Health Center. Please call me. Please contact me regarding The Mayflower Waiting List.

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