



GiGi Assistant® (GiGi), is a free mobile app that acts as your personal concierge ready to assist you with what's happening in the community. We encourage you to download the app and get connected!



Scan to Download



Resident Referral Perk

Residents who refer a friend who moves in will receive one month free rent!*

Family Referral Perk

Family members who refer an individual who moves in will receive a \$2,000 referral fee!*

*Additional terms may apply. Contact our community for more information.

Share Your Experience!

We value and appreciate your feedback. Your online review can also assist other families who are exploring senior living options for themselves or their loved ones. Help us continue providing exceptional care by sharing your story on Google, or Facebook today!



Scan to Review Us



Good Life NEWS

AT LEGENDS OF SARASOTA

FEBRUARY 2026

TEAM MEMBERS

Executive Director
Julie Walton

Assistant Executive Director
Donna McGrath

Director of Nursing
Dawn Moran

Director of Sales & Marketing
Catherine Denninger

Life Enrichment Director
Marsha Fulmer

Life Enrichment Director of Memory Care
Ashley Martinez

Director of Culinary Services
Brian Hudson

Director of Maintenance
Carlos Lopez

Resident Care Coordinator
Todd Morrison

Sales Counselor
Janell Avilas



BIRTHDAYS

We want to wish the following residents a very happy birthday:

- Lee C. - 2/1
- Ken L. - 2/18
- Anne B. - 2/27
- Gilbert A. - 2/5
- Jeff J. - 2/22
- Carolyn C. - 2/27
- Lance W. - 2/7
- Roberta S. - 2/22
- Darlene S. - 2/28
- Patricia D. - 2/11
- Harold B. - 2/24
- Jon S. - 2/13
- Barbara L. - 2/25



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A NOTE FROM THE EXECUTIVE DIRECTOR

I hope your 2026 is off to a strong start. As we begin a new year and continue our transition with The Goodman Group, I want to extend my best wishes for good health, happiness, and meaningful experiences.



I am grateful to our residents and families for your continued trust and engagement—your involvement is vital to a thriving community. I also want to thank the entire Legends of Sarasota team for your hard work, compassion, and collaboration during this period of change.

February is a short month but offers many opportunities to celebrate and reflect. From Mardi Gras and Valentine's Day to Heart Health Month and Black History Month, there is much to recognize.

Heart Health Month serves as a reminder to prioritize cardiovascular wellness. Many risk factors for heart disease are preventable, and even small lifestyle changes—such as choosing nutrient-rich foods, reducing processed items and added sugars, staying active with our FIT Functional Fitness® programs, and managing stress—can make a meaningful difference.

Black History Month honors the significant contributions of African Americans throughout history. Leaders such as Dr. Martin Luther King Jr., who led the fight for civil rights through nonviolence, and Harriet Tubman, who guided enslaved people to freedom, as well as influential writers and innovators like Maya Angelou and George Washington Carver, continue to inspire through their courage, resilience, and creativity.

This February, let's embrace heart-healthy choices while learning from the achievements and stories that shape our world. Whether through our lifelong learning programs, books, documentaries, or conversations, we can celebrate history and support our wellness together.

Let's make February a month of reflection, growth, and inspiration—honoring both our health and our history.

Julie Walton
Executive Director

RESIDENT SPOTLIGHT

Meet Jeff!

Jeff J., editor of our campus newsletter, is a true Renaissance man.

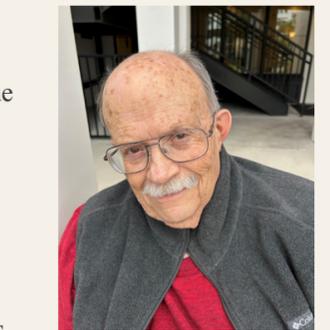
Not only is he a poet and novelist and a lover of opera and classical music, but he is also an artist and photographer. His interest in painting landscapes was kindled while he was in college at UCLA but was sidelined by marriage, a baby, and career obligations until he picked up a brush in earnest after moving to Legends of Sarasota.

He has now completed a number of oil paintings that are on display in a local gallery. Some of his inspiration comes from extensive photography taken during travels to Europe, and he also enjoys an extensive collection of beautiful Asian artifacts in his apartment.

A former U.S. Department of Defense deputy assistant secretary, Jeff is well-versed in the ways of government as well as the nuances of Chaucer and Shakespeare. His altruism prompted him to volunteer to lead the newsletter when needed two years ago.

Leaning on his creative and organizational skills, the newsletter has evolved into a professional publication presenting resident interviews, poetry, book reviews, displays of residents' art (inspired by a former art teacher), as well as articles about upcoming events and compositions designed to challenge and encourage senior adults.

Not only has the newsletter given Jeff a creative and purposeful way to contribute to the Legends community, but it has also become a valuable resource, point of connection, and monthly delight for all who live here.



Written by resident Jeanne B.



4100 University Parkway, Sarasota, FL 34243 | 941-259-8971 | legendsofsarasota.org



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PEARLS OF LIFE® NEIGHBORHOOD HAPPENINGS



Artistic adventures with Shaq



Balloon toss



A serious game of balloon toss!



Residents clapping to the music



Oh, my llama!



Happy hour in the Market Street



Secret Santa holiday party



Fall festival fun

MOMENTS MATTER. LIVE THEM WELL.

As we begin an exciting new chapter with The Goodman Group, it is a meaningful time to pause and reflect on what truly matters most in our lives and in our communities. The phrase “Moments matter. Live them well.” is more than a saying; it is a reminder of the value found in everyday experiences. In senior living, moments are created through connection, celebration, and shared joy, whether big or small.

Listening to What Matters

An important part of creating meaningful moments is listening. Through ongoing conversations and resident feedback, we heard a common concern: For some individuals, evenings can feel long and lonely once the day’s activities wind down. We take that feedback seriously and are excited to introduce a new “Night Owl” group designed to bring connection, conversation, and companionship to those who prefer or need evening engagement. On Feb. 7, we will meet to discuss options for the group.

Resident Conversations

On the first Wednesday of each month at 10 a.m., Marsha, the life enrichment director, meets with residents to discuss upcoming activities and ideas for future events.

Celebrating Together

Our commitment to special moments also comes to life through shared celebrations. This season, residents will enjoy a Valentine’s Day sing-along led by Tom K. and Tom O., along with raffle prizes for added fun. We will also host a Mardi Gras happy hour, complete with Hurricane drinks, tasty appetizers, a local band, and a photo opportunity to capture the spirit of the celebration.

Staying Active and Well

Staying active is an essential part of healthy aging, supporting strength, balance, independence, and overall well-being. Our fitness and life enrichment coordinator, Danyeil, is available to assist residents in the fitness center, offering guidance and encouragement tailored to individual needs and abilities. Whether starting a new routine or maintaining a current fitness level, residents are encouraged to take advantage of this valuable resource.

As we move forward together in the year ahead, we look forward to many more opportunities to connect, celebrate, and truly live each moment well—because moments matter.

SOARING®: SUPPORTING THE SPIRIT

Agape Love Runs Deep

As February arrives, I am reminded of love. There are many types, but of them all, *agape* surpasses the rest.

Agape love is a profound, nonjudgmental form of affection and benevolence. Distinct from the passionate love of *eros* or the familial love of *storge*, agape is an unconditional, selfless love that gives freely without expectation of return. It extends beyond personal bonds, encompassing a universal concern for the well-being of all others.

This love manifests as a deliberate commitment to act for the good of others, even in challenging circumstances. It is characterized by empathy, compassion, and steadfast dedication to justice and fairness. Humanitarian aid, advocating for social equality, or performing simple daily acts of kindness often embody agape. Its focus is purely on the essential value of others, driven by deep respect for shared, intentional humanity.

Agape encourages treating others with dignity and values people for who they are, not what they can offer. If we embrace agape love, our communities will be stronger and better for it.

Brad Kelly
Spiritual Care Director
The Village Senior Residence
(Missoula, MT)

NURSING NOTES: FALL PREVENTION

Research shows that 33% to 55% of people ages 75 to 89 sustain falls. Rates are higher for residents in assisted living or health and rehabilitation communities due to chronic conditions, recent hospitalizations, cognitive loss, or dementia, which can affect awareness of physical limitations.

Causes of falls at home are similar to those in communities. Physical factors include lower-body weakness, balance or gait issues, vision problems, medication side effects, chronic health conditions, poorly fitting footwear, and pain. Environmental risks include clutter, throw rugs, uneven surfaces, poor lighting, lack of grab bars, unsafe furniture, and reaching for items out of reach. Most falls result from a combination of factors, regardless of living setting. Falls can happen anytime—alone, in a crowd, or next to someone. While not all falls can be prevented, there are steps we can take to reduce risk.

For private residences, physical activity that improves balance, strength, and flexibility is important. Discuss all medications, prescribed or over-the-counter, with your provider, and have eyes and hearing checked annually. Poor vision, cataracts, or glaucoma can impair depth perception and hazard detection.

In assisted living or health and rehabilitation communities, the Life Enrichment department offers programs like FIT Functional Fitness® classes, and nursing or social services can help with vision, hearing, and medication reviews. If a fall occurs, the primary care provider is notified, and pharmacy consultants may review medications for potential concerns.

Recommended home and community safety modifications include removing clutter, books, clothing, and cords from high-traffic areas; securing rugs with tape; using night lights; placing lamps and switches within reach; installing grab bars and handrails; using non-slip mats; and adding raised toilet seats, shower chairs, or bath benches. A reacher can help avoid bending or overreaching.

If a fall occurs, identifying the cause and implementing interventions is critical. Research shows 50% of older adults who fall once will fall again. While not all falls can be prevented, taking precautions protects residents and ourselves. Fall prevention takes a team—we need your input to keep residents safe.

Tammy Talley
Health Services Director of Survey Readiness
(The Goodman Group)



UPCOMING LIFELONG U™ LEARNING OPPORTUNITIES



SUPER BOWL ADS

Join us on Tuesday, February 3

A virtual presentation provided by Mark Jensen

We’ll take a close look at some of the most powerful and effective Super Bowl ads of the last 50+ years. Why were they effective? What made them notable and special aside from the fact that they aired during the Super Bowl? We’ll also go behind the scenes to see how one of the most famous ads of all time—Apple’s “1984” commercial—was developed.

See activity calendar for time and location.

THE OLYMPIC GAMES: A HISTORY

Join us on Friday, February 20

A virtual presentation provided by Sylvia Gurinsky

The first Olympics in Ancient Greece honored Zeus. The Roman Empire brought an end to the ancient Games, but beginning in 1896, the modern Olympic Games have thrilled millions of sports fans with diverse sports and athletes. Hear about the rise and fall of the ancient Olympics and the evolution of the modern Olympics with challenges such as wars, illness, politics, drugs and commercialism.