



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

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
Katarina "Kat" Anderson

Sales Counselor
Janell Avilas



Resident Referral Perk

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

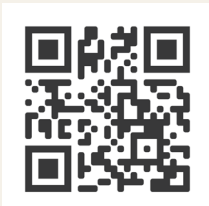
Family Referral Perk

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

MARCH 2026

A BODY IN MOTION

"A body in motion stays in motion. A body at rest stays at rest." Most of us have heard this simplified version of Newton's First Law of Motion at some point, but how does it apply to health and fitness?

Once you begin moving, whether through regular exercise, walking more often or simply stretching, your body adapts. Energy levels increase, joints feel more mobile, habits begin to form, and physical activity starts to feel routine rather than difficult. Simply put, when you are active, it becomes easier to stay active.

Unfortunately, the opposite is also true. Prolonged inactivity makes remaining at rest far easier. Muscles weaken, endurance declines, stiffness increases, and motivation becomes heavier the longer movement is delayed. Starting can feel difficult or even impossible.

So, what if you have been "at rest" for days, months or even years? Where do you begin?

The hardest part is starting. You don't need to go hard; you just need to go. A short walk, a light workout or even five minutes of movement can break "rest mode" and flip the switch to "motion mode." Here at Legends of Sarasota, we offer a variety of enjoyable activities designed to help residents get moving in ways that feel fun, social and approachable.

One of our most popular activities is seated volleyball. It has been wonderful to watch residents improve their hand-eye coordination and physical stamina. When the activity first began, many participants felt tired after just a few minutes of play and struggled to keep the beach ball in motion. Today, volleys last longer, reflexes are sharper, and abdominal muscles are stronger from laughing. Yes, laughing! As resident Wilma shares, "It's fun and gives you upper-body strength."

With 15 years of combined experience in group fitness coaching and personal training, I lead a Stretch & Strength class suitable for both beginners and more experienced, fitness-minded seniors.



Participants are encouraged to work within their comfort zone and range of motion, with modifications always available. Participation, not perfection, is the goal. As I often tell the group, the workout may never get easier, but with consistency, you will get stronger. Resident Dee notes, "Wonderful and different every day. It's fun. The fitness level is great. She pushes us, but not too far. There are people at all levels, and she takes care of everyone."

We also offer open-gym instructional sessions in the fitness studio. During these

Continued on page 2



LIKE US ON FACEBOOK
visit facebook.com/LegendsofSarasota

COMMUNITY HIGHLIGHTS



Learning something new at our lecture series



Playing Rummikub



Grooving to music



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



MANAGED BY The Goodman Group

ALF License #: AL13560



OUR PEARLS OF LIFE® SPOTLIGHT

Meet Tony, our Pearls of Life® Valentine's Prom King. Tony was born and raised in Bedford, Indiana. He is the oldest of four boys. Tony graduated from Indiana University, where he obtained a doctorate degree. He owned a very successful dental practice in Indiana. In 1996, he married his second wife, Sharon, and gained two stepdaughters, Jennifer and Buffy. They moved to Sarasota, Florida, in 1998.

Tony is a huge sports fanatic. He enjoys watching tennis, basketball and football. He continues to root for IU and the Colts. Tony has played tennis all his life and was ranked No. 5 in the Midwest. He still plays one to two times a week with some local friends. Tony enjoys reading *The Wall Street Journal* daily. You can find him out walking every day, as his routine consists of numerous laps around the neighborhood and through the courtyard.

Tony is thankful to have had such a great life. Team members were quoted as saying, "Tony is forever kind to everyone around him. He always greets team members and guests with a 'hey babe!' He is constantly helping other residents who are having trouble finding their way and gets them the help they need. He is an all-around great guy. So glad he is part of our community!"



MEET OUR "NEW KIDS ON THE BLOCK"

There are still a few boxes unpacked and a few pictures not yet hung, but our newest Legends of Sarasota residents in independent living graciously made themselves available for an interview. Having been here only a few weeks, they are ready to experience life in our busy community.

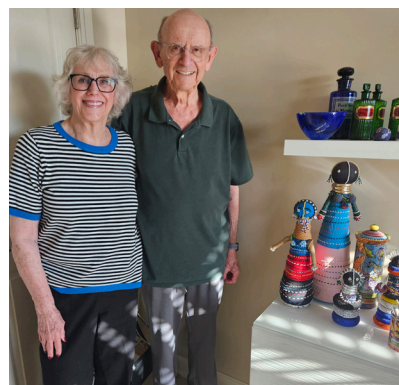
Stan and Adele T. have joined the 11 a.m. exercise class and have made new friendships in the Bistro. Spend a few minutes with them, and you will discover they are originally from South Africa. A short taste of America in 1978 eventually led to their family's emigration.

Stan was a pharmacist, and that first visit brought him into close contact with Mr. Walgreens in Chicago for training. Upon their return to the U.S., his career took a new direction, and he became a bookkeeper, while Adele established a practice as an X-ray technician. Their four children all prospered and have gone on to have successful lives, three in the United States and one daughter now in England.

Not only did they live in several cities (Deerfield, Illinois; Atlanta; and Sarasota), but they also spent some years in New Jersey. They exposed their young children to many travel experiences, starting with mini safaris in the Kruger Game Reserve (which is as large as New Jersey) several times a year. When the children were older, trips to Europe and Israel exposed them to history, art and culture.

She doesn't paint, but Adele is an avid art enthusiast; there isn't yet a museum she hasn't liked. She has been able to collect some exceptional African pieces that adorn their walls. Stan, on the other hand, is quite proficient on his computer, but they both have carved out time for charitable work.

Two couples they knew had retired to Sarasota and, in 2015, invited Stan and Adele to visit. That brief encounter led to an almost instant retirement in Lakewood Ranch, until simplifying life enticed them to join the Legends of Sarasota community. Please join me in giving them a warm welcome!



A BODY IN MOTION

Continued from page 1

times, residents can learn how to safely and effectively use strength equipment, including proper adjustments and basic goal setting. While this is not personal training, it is an excellent opportunity to build confidence and knowledge, especially for those interested in increasing muscle mass, an important indicator of overall health.

Cardio Drumming uses a large exercise ball placed in a bucket as a "drum." Participants play along to familiar, uplifting music with drumsticks. Resident Pat shares, "It's a lot of fun beating the drums. It's not too strenuous, and you're still getting a workout. It's nice that you can sit or stand."

For those who enjoy outdoor activity, water aerobics is led by Barbara. This pool-based class provides strengthening for various muscle groups while being gentle on the joints. Resident Vickie says, "It provides extra strengthening for different muscle groups. Barbara is lovely and funny, and you enjoy her singing. It's not hard, but still challenging — and you get plenty of vitamin D from the sun."

Residents can also participate in bowling, a low-impact activity that improves balance, coordination and muscle strength while encouraging friendly competition. As resident Charlie explains, "Bowling is a great sport. You have to use your mind, athletic ability and creativity to figure out how to get a spare."

Ultimately, my goal for you is functional fitness — the ability to get in and out of a chair, bed or vehicle with confidence; to lift a grandchild safely; to reach overhead cabinets; or even to place carry-on luggage in an overhead compartment while traveling. Whatever your motivation, there is no better time than now to become a body in motion.

Danyel L.
Life Enrichment Assistant



UPCOMING LEARNING OPPORTUNITIES



FIRST LADIES UNCENSORED

Join us on Friday, March 13

A virtual presentation provided by Adriana Collado

They planned state dinners, but also ran the country in secret, launched social revolutions, and told their husbands exactly where to stick their veto pen. Equal parts history lesson and gossip session, we'll delve into the triumphs, tragedies, and yes, personal styles, of first ladies well-known and lesser-known. Because the truth is, these women were far more interesting than their china patterns suggest.

SOARING®: SUPPORTING THE SPIRIT



I'm a Midwestern girl with a heart for the tropics. I've lived my whole life in South Dakota or Minnesota, but I can tell you for certain that if I ever have a winter without snow, I would not be disappointed. When the first snow arrived in early November, I woke to four inches on the ground and looked out the window in disgust.

Moments later, my 5-year-old comes sleepily shuffling into the living room and instantly comes alive when her eyes adjust to the world outside our window. There is a sense of beauty as what was once shades of brown has now been blanketed in pure, fluffy white snow. Although I was annoyed by the snow, she saw the best day ever and immediately my mood changed.

Does that ever happen for you? How one moment you are frustrated, and the next you have changed course and now see something beautiful? Her joy for the new snow changed my mind instantly.

There are days when the dark views of life can weigh heavy in our hearts and minds, and we fail to see the beauty that is around us. What if, instead of repeating our grumbles of winter, we change just one quick thought to, "What in my life is good, beautiful or joyful today?" Would it change your mood? Would it change your approach to the day? Could it change how you feel at the end of the day?

As you reflect on each day, I challenge you to name what has been good or beautiful. There is good. May you find it and embrace it!

Bailey Landa
Spiritual Care Director
Legends on Lake Lorraine
Sioux Falls, SD

THE IMPACT OF GRATITUDE

Join us on Tuesday, March 31

A virtual presentation provided by Cyndi Rubin

Come join us as we uncover a pivotal secret to happiness. Engaging in gratitude work has been researched and proven by scientists to elevate mood, self-esteem, improve relationships and increase happiness. Cyndi Rubin, an award-winning professor from Brooklyn College of CUNY, will teach you the important proven tools on how to obtain these benefits for yourselves and others.

See activity calendar for time and location.

NURSING NOTES

Advance Directives

An advance health care directive, also known as a living will, personal directive, medical directive, advanced decision, or POLST, is a document where a person specifies what actions should be taken for their health if they are no longer able to make decisions due to illness or incapacity. In the United States, it has a legal status on its own.

A power of attorney, or health care proxy, is a document that authorizes another person (an agent) to make decisions on someone's behalf if they become incapacitated. People are often encouraged to complete both documents, although they may be combined into a single form like the Five Wishes. The POLST is another form that provides end-of-life care instructions, specifying treatment if a patient is found without a heartbeat or respirations, including whether CPR is to be initiated.

There are three types of power of attorney: financial and estate; medical; and durable, which covers both financial and medical decisions. These documents are often completed with the assistance of an attorney but can also be obtained online.

Regardless of the form used, conversations regarding advance directives are important to have, though some find them difficult. At communities managed by The Goodman Group, residents are encouraged to complete an advance directive to ensure their wishes are followed. Team members are available to assist if needed. In the health and rehabilitation communities, a nurse or social services team member can help. In the assisted living communities, the nursing team can direct residents to the appropriate resources. Advance directives can and should be reviewed periodically and may be changed at any time.

Tammy Talley
Health Services Director of Survey Readiness
The Goodman Group

