



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 SAGEWYNN OF SARASOTA

JULY 2026

TEAM MEMBERS

Executive Director
Julie Walton

Assistant Executive Director
Donna McGrath

Director of Nursing
Dawn Moran

Director of Sales & Marketing
Catherine Denninger

Director of Life Enrichment
Valerie Rettig

Director of Culinary Services
Zachary Moody

Director of Maintenance
Michael Coffey

Spiritual Care Director
Marsha Fulmer

Resident Care Coordinator
Katarina "Kat" Anderson

Sales Counselor
Janell Avilas



BIRTHDAYS

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

- Edward B. - 7/6
- Michael S. - 7/8
- Jack E. - 7/10
- Linda T. - 7/11
- George C. - 7/14
- Michael D. - 7/15
- Nancy G. - 7/15
- Byrdia T. - 7/17
- Dorothy S. - 7/17
- Lorence S. - 7/17
- Robert K. - 7/19
- Melodee H. - 7/20
- Glenn O. - 7/26
- Constanza C. - 7/29
- Tom K. - 7/29
- Susan M. - 7/29



FOLLOW US ONLINE

facebook.com/SagewynnofSarasota
Instagram: @TheGoodmanGroupLLC

A NEW CHAPTER FOR OUR COMMUNITY

As The Goodman Group celebrates more than 60 years of leadership in senior living and health care, we are proud to announce an exciting new chapter for our community. Legends of Sarasota is now Sagewynn of Sarasota, a name that reflects both our proud heritage and our forward-looking vision.

Sagewynn represents a thoughtfully curated portfolio of communities designed to foster wellness, connection, and purpose. With an elevated approach to senior living, it brings together inspiring environments, personalized care, and a strong sense of belonging for residents and families alike.

The name itself carries meaningful roots. "Sage" honors wisdom, legacy, and trusted guidance, grounded in the vision of founder Sidney Goodman. "Wynn" reflects joy, blessing, and good fortune, celebrating a life well lived. Together, Sagewynn embodies a place where experience is respected and life

continues to flourish with purpose and joy.

While our name is evolving, the heart of our community remains unchanged. Our commitment to residents, families, and team members continues to guide everything we do. The care, connections, and sense of community you value today will remain the foundation of Sagewynn of Sarasota tomorrow.

We are grateful to have you as part of this journey and look forward to sharing more updates as we grow together into this exciting new future.



Julie Walton
Executive Director

RESIDENT SPOTLIGHT

Meet Bernie L.

It's almost time for our country's 250th anniversary celebration, so it's the perfect time to honor one of our oldest veterans who served in the Army during the end of World War II.

Bernie L. proudly wears his veteran's cap. A native New Yorker, he was drafted at the beginning of 1945, right out of high school. He was eager to serve his country, and the Army was preparing him and thousands of others to deploy to the war in Japan.

Just prior to shipping out, President Truman authorized the bombing of Hiroshima, which ended the conflict in the Pacific and saved many American lives.

Bernie was then sent to Fort Meade to help with the discharge of men returning from that conflict. Despite the

endless paperwork, the mood was jubilant as they prepared to return to their homes.

Many used the GI Bill to fund their college education, as did Bernie, who became an accountant. He eventually met and married Estelle, beginning a love story that lasted 57 years. One of their two sons eventually settled in Sarasota.



When the years of retirement on Florida's East Coast, filled with plenty of golf, came to an end, living alone was no longer feasible. Now, our community can recognize someone who served honorably. Thank you, Bernie!

Jeanne B.
Resident



4100 University Parkway, Sarasota, FL 34243 | 941-259-8971 | sagewynn.org/sarasota



MANAGED BY The Goodman Group

ALF License #: AL13560



REFLECTIONS OF JOY AND CONNECTION



Celebrating a birthday!



A game of Tailgate Toss



Preparing garlic butter cheesy crescent rolls



Dancing at Happy Hour



Competitive volleyball

MEET OUR NEW DIRECTORS

Director of Culinary Services Zachary Moody

Zach brings more than 25 years of experience in the culinary industry, with a diverse background that includes restaurants, senior living communities, and country clubs throughout New England and Florida. Most recently, he served as executive chef at The Barclay of Sarasota, a luxury senior living community. Prior to that, he spent eight years with The Sandbar Restaurant on Anna Maria Island, where he held several management roles. Zach and his wife, Courtney, have two young boys and two dogs. Zach is excited to begin this new journey and looks forward to meeting everyone and contributing to the continued success of our community.

Director of Maintenance Michael Coffey

Michael is a former Massachusetts Licensed Journeyman Plumber and Licensed General Contractor with extensive experience in construction and maintenance. A skilled and knowledgeable tradesman, he is known for his strong problem-solving abilities and customer-first approach. As the former owner of a high-end contracting business, Michael understands the importance of maintaining systems, equipment, and relationships to ensure facilities remain clean, organized, and in good repair. He also brings valuable leadership experience from a long and successful career with the Massachusetts State Police.

Director of Life Enrichment Valerie Rettig

Valerie brings more than 20 years of experience in senior living, with expertise spanning independent living, assisted living, and memory care, as well as event planning. She is passionate about creating engaging programs and meaningful experiences that help residents feel valued, connected, and celebrated. Known for her compassionate leadership, creativity, and ability to build strong relationships with residents, families, and team members, Valerie has made a lasting impact in every community she has served. Her commitment to enriching lives and fostering purpose and joy is at the heart of all she does.

Spiritual Care Director Marsha Fulmer

With the addition of Valerie, Marsha Fulmer, our current director of life enrichment, will begin transitioning into her new role as spiritual care director. No matter how spirituality is expressed, Soaring® represents The Goodman Group's unique approach to spiritual care. The Soaring® program is designed to support residents' emotional and spiritual well-being, helping them find peace, purpose, and meaning in their daily lives. To learn more about Soaring®, please visit The Goodman Group's website.



Valerie, Michael and Zach

Tuesday, July 21: Just Breathe – Techniques to Calm, Center and Balance



The simplest and most powerful technique for optimum health of mind and body is free and literally right under your nose. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and help strengthen your back and abs from the inside out.

Presented by Janice Novak

See activity calendar for time and location.

SOARING®: SUPPORTING THE SPIRIT



An Attitude of Gratitude

We have all met those people — the ones always looking on the bright side, through rose-colored glasses. It is easy to assume they are out of touch with reality. After all, life is not all easy, good and perfect, is it? So how do they do it?

I propose that, somewhere along the way, they discovered how gratitude can transform their mindset and even their health. Gratitude can enhance mental, emotional and physical well-being, and increase overall happiness. It can reduce stress and negative emotions by shifting focus from what's lacking to what is available. Gratitude teaches one that what they have is enough, life is good enough to be happy about, and the future is bright with possibilities.

Gratitude focuses on abundance rather than scarcity. It has been linked to better relationships and increased life satisfaction, and can help individuals cope with adversity and build resilience. It can also lead to better physical health, lower blood pressure and improved sleep quality.

An attitude of gratitude comes through practice. Cultivating gratitude involves conscious effort. To practice gratitude daily, start by setting aside time to reflect on positive things, making an effort to notice both big and small things throughout your day. Add to this practice by keeping a gratitude journal where one reflects on the positive and expresses appreciation for the good things in life. Or possibly create a gratitude jar with written notes recording these newly discovered items of joy. Feeling joy is the simplest form of gratitude. By recognizing and embracing these moments of joy, even in adversity, we can maintain a sense of gratitude that sustains us through difficult times.

Author Melody Beattie states it more succinctly: "Gratitude unlocks the fullness of life." Developing a heartfelt appreciation for what we already have can significantly alter our mental and physical well-being and transform our lives from ones of discontent to ones full of beauty.

Dorothy Tufte
Spiritual Care Director
The Inn on Westport, Sioux Falls, SD

MANAGING EXPECTATIONS: BUILDING PARTNERSHIPS IN CARE

Understanding and managing expectations is one of the most important components of a positive experience in assisted living and skilled nursing communities. When residents, families and team members begin their relationship with a shared understanding, it fosters trust, improves satisfaction and creates a more supportive environment for everyone involved.



Each resident is unique. Factors such as medical conditions, cognitive changes, behaviors and personal preferences can influence care needs and outcomes. Open discussions about these situations help everyone understand what can be provided, what challenges may arise and what goals are appropriate and achievable. Establishing realistic expectations early can prevent misunderstandings and create a stronger partnership.

One of the best ways to support this partnership is through active participation in care plan meetings. These meetings provide an opportunity for residents, family members and team members to discuss progress, address concerns and adjust plans as needs change. Open communication allows everyone to stay informed and remain on the same page throughout the care process.

Families also play an important role in maintaining accurate contact information and communication preferences. Identifying a primary contact and a backup decision-maker helps ensure timely communication, especially during emergencies or unexpected changes in a resident's condition.

Above all, open and honest communication builds understanding and is essential for a successful partnership. Communities strive to act in residents' best interests every day, and mutual trust allows expectations to be addressed early, problems to be resolved collaboratively, and care relationships to remain positive, productive, and strong over time.

By working together with shared expectations, residents, families and team members can create a safer, more supportive and more satisfying experience.

Tammy Talley
Health Services Director of Survey Readiness
The Goodman Group

Follow @TheGoodmanGroupLLC on Instagram!

We're excited to announce the launch of The Goodman Group's official Instagram page! As our management company, this platform will share highlights that reflect the care, culture, and connections across managed communities that shape everyday life for residents and their families in meaningful ways. Follow along to stay connected!

