



While the Palm Harbor area is filled with fun activities all year long, there is so much to enjoy right here—without ever leaving your home. At St. Mark Village, our common areas are *uncommonly* convenient, accessible, and designed for maximum comfort and independence.

Each day, Residents can be seen making great use of the amenities that abound throughout the community's shared spaces. Whether Residents want to book an appointment for a manicure in the beauty parlor, delight in the natural beauty of the greenhouse and garden, grab a casual lunch with friends at the Creamery, or eat alfresco on the courtyard patio on a gorgeous fall day, the options are endless at St. Mark Village. The Hobby Room hosts various activities from a competitive game of Wii Bowling, which always draws a fun crowd, to computer classes where you can spruce up your skills amongst friends. For those looking to kick their feet up for some relaxation, poolside with a good book is ideal on a Fall day. Whatever the day brings, Residents can stay as busy as they'd like.

The best part of all? It's all right outside their doorstep!



STEP UP TO FALLING DOWN

Did you know one in three Americans over the age of 65 fall each year? Falls can occur any place, any time, and affect anyone. Falls are the leading cause of fatal injury and the most common cause of non-fatal, trauma-related hospital admissions among older adults.

The financial costs for older adults related to falls are also on the rise. In fact, the cost is expected to reach six billion dollars over the next five years. Those who fall can suffer various injuries including fractures, dislocations, lacerations, and paralyzing fears of falling again.

It's time to take a stand against our risk of falls and improve our balance and stability. As we age, our balance can always be improved. By doing so, we can decrease risk of poor posture,

lower back pain, and mostly importantly, lower our risk of falls.

Although falls affect many older adults, you can be proactive and we can help! Whether it is through our out-patient Village Rehabilitation or Betty Fresh Rehab - both providing physical, occupational, and speech therapy - all of the support you need is here! Residents step it up by participating in yoga and balance related workshops in our very popular Wellness Center, opened 7 days a week. Whatever the need, we've got you covered.

Here are five simple steps, recommended by our St. Mark Team, to help prevent yourself or loved one from falling:



"Falls can occur any place, any time, and can affect anyone."

- Dawn-Louise
Wellness Coordinator



BE ACTIVE & EXERCISE REGULARLY

Attend wellness classes and keep moving! It is important to exercise daily, focusing on all components of fitness, such as flexibility, strength, endurance, and balance.



FOLLOW UP

Speak with your doctor or pharmacist annually to review your medications and identify any medications that could cause side effects. These side effects (such as dizziness or drowsiness) could put you at risk for falling.



CHECK UP

If needed, get your eyes checked by an ophthalmologist at least once a year to update your eyewear prescription.



STEP SAFELY. MAKE SURE YOUR SHOES ARE SAFE. YOUR SHOES SHOULD CONSIST OF:

- > Firm heel to provide stability and prevent slipping
- > Textured, non-slip sole, tight pair of laces or Velcro to keep your foot secure in the shoe and to adjust easily
- > Supportive arch to accommodate the anatomical structure of your foot and increase comfort ankle support



PREPARE. KEEP YOUR HOME SAFE BY:

- > Reducing tripping hazards, such as large furniture or throw rugs
- > Improving the lighting in your homes
- > Adding railings on both sides of stairways
- > Adding grab bars in the restroom
- > Removing clutter and keeping pathways clear

These simple steps can make a substantial difference in decreasing your risk of falls and improving your quality of life. Falls have side effects that can directly impact your life and your loved ones as well. If you have fallen, your physician might refer you to see an occupational therapist or physical therapist to assess the safety of your home, to improve your balance, or to further educate you about making changes to prevent falls.



Interested in learning more about St. Mark Village?

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City

State

Zip

Phone

Email

Visit our website at www.stmarkvillage.org





See why
IT TAKES
A VILLAGE
to live life fulfilled

FALL FORECAST

With summer coming to a close and the holidays just around the corner, we all look forward to our favorite time of year at St. Mark Village. There is such a sense of community and tradition that it reminds me of my most treasured family memories, making me feel right at home. I absolutely love it!

The Fall festivities kick off in October as Huseyin, our Chief Culinary Officer, and his team present an amazing spread of authentic German cuisine for our annual Oktoberfest. As we all fill our bellies with brats, kraut and pumpkin pie galore, the tunes from a fantastic German band fill the air.

Halloween is only for the little ones you say? Not here at St. Mark Village. We are *all* young at heart, and it is evident when you see the creativity of our Residents and Staff as they dress up and compete in our hilarious Halloween Costume Contest. You might see Charlie Chaplin or



even Charlies Angels taking a stroll through the courtyard. Each year gets better and better, and is an event you just can't forget.

As the costumes get hung back up in the closet, we all pull out our stretchy pants as we get ready to feast on a culinary extravaganza called Thanksgiving, once again prepared by our amazing culinary team. I recently read a quote by cartoonist, Jim Davis, "Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie". It might not be a conventional diet, but what are the holidays all about anyway, right? November is a time of gratitude and togetherness, and there is nothing like sitting around the table with the ones you love sharing a Thanksgiving meal. We are *all* so grateful for each other and the bonds we have created here at St. Mark Village.

How many more days until Christmas? It doesn't come soon enough for us since December at the Village looks and feels like the North Pole, minus the cold of course. You would think Santa actually lived here, in fact, you just might see him peeking around one of our 20 themed Christmas trees. I am

always in awe when I see the miniature Christmas Village on full display with the elaborate scenes that look like a traditional Dickens Christmas. As you walk through our front doors, a beautiful Nativity scene and majestic 13-foot Christmas tree fills the lobby with spirit and the sweet smell of Frasier Fir. Our Courtyard Lighting is a very special ceremony and shines extra bright on this night. Landscaped with laser lighting, candle light and beyond, it is a perfect setting as you listen to the dazzling holiday sounds of the Tota Music & Theatre Conservatory Youth Choir, alongside our own St. Mark Village Choir. There is no better time for friends and family to experience the warmth of our community than a St. Mark Village Christmas.

As a member of the Sales and Marketing team for almost 6 years now, it is no surprise to me that each year we welcome more Residents during these Fall months than any other time of year. It makes perfect sense, it is a time for families to be together and we are just that – A Family.

- by Lisa Laub
Director of Sales and Marketing



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UPCOMING EVENTS

YOU ARE INVITED TO JOIN US!

You are invited to join us!

Join us for an informal, educational luncheon to learn more about our exciting and unique community. Enjoy great food and good conversation as you discover why people just like you are joining the St. Mark Village family.

Tuesday, October 9th
Tuesday, November 13th
Tuesday, December 11th

Luncheons will start at 11am.

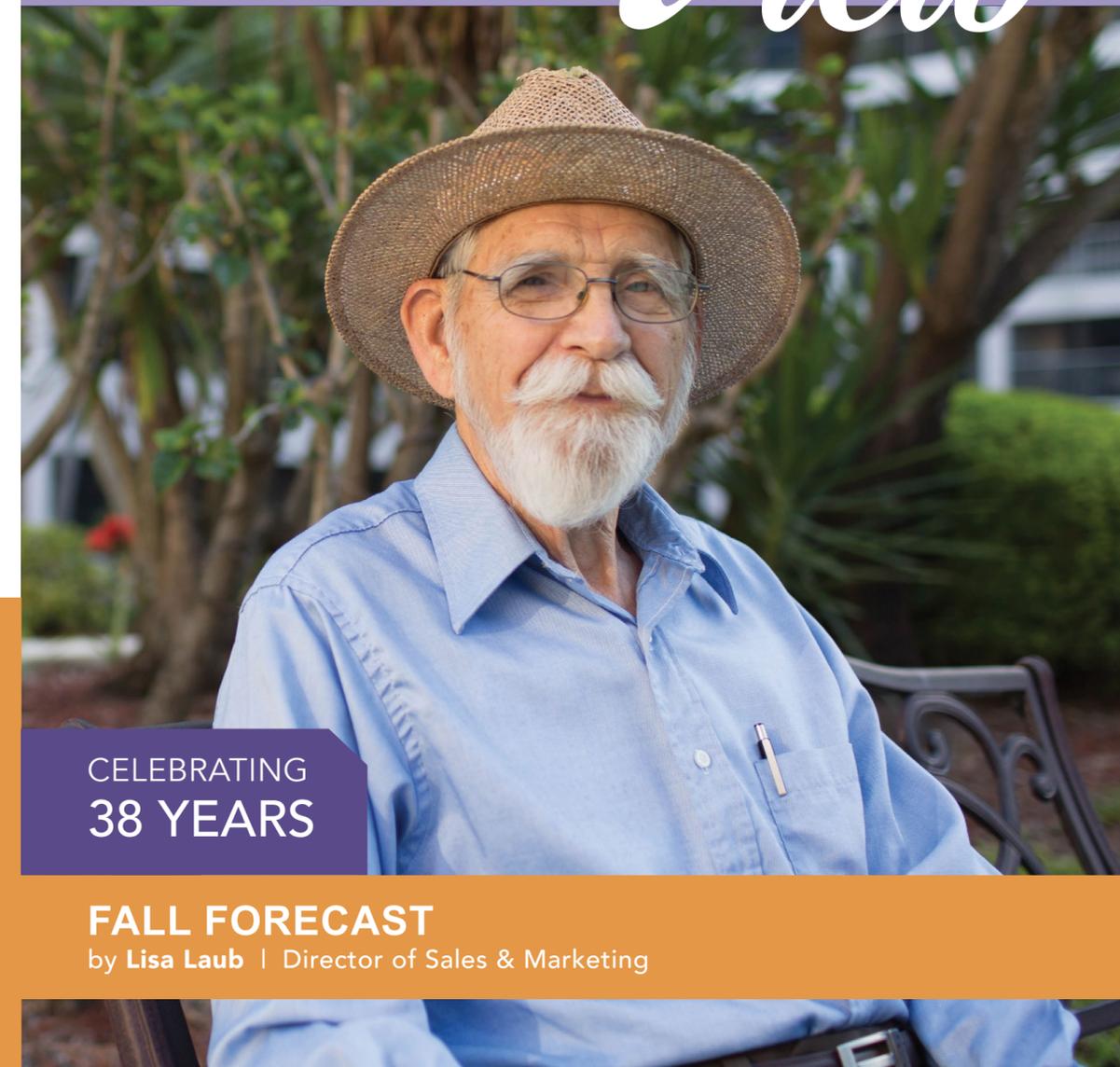
To RSVP, call (727) 785-2580. Space is limited!



FALL 2018

View

St. Mark Village



CELEBRATING 38 YEARS

FALL FORECAST

by Lisa Laub | Director of Sales & Marketing