

Choices

Fall 2015



Live Fulfilled!

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Now Is the Time

With world-class amenities and a culture where members truly thrive, it's no wonder more and more people are opting for The Glenridge lifestyle ... sooner rather than later.

A Fantastic Place to Live

Art and Mady Kaufman represent a growing trend at The Glenridge. In their early 70s, they've chosen to live in an award-winning, Life Fulfilling Community® simply because they *wanted* to ... not because they *had* to.

"People might think we're a little young to be here," Mady says, "but for us, it was the perfect time to make the move."

Indeed. With customizable living spaces, lifelong learning opportunities and stimulating programs that promote physical, mental, emotional and spiritual well-being, The Glenridge appeals to people who want to define life on their terms.

The Kaufmans, who lived in Philadelphia before coming to Sarasota, are a prime example. To give the couple a new home that reflected their own personality and individual needs, The Glenridge completely remodeled their 2,240-square-foot apartment before they moved in this summer – installing all-new floors, light fixtures, appliances and showers – as well as quartz countertops and plantation shutters to create a contemporary style with an island flair. "They took care of it all, even down to the lightbulbs," Art says, "and they finished ahead of schedule. Plus, they paid for movers to help us transition stress-free."

Enjoying a cocktail with her husband at the Thistle Stop lounge – where drinks are free on Wednesdays for new members –



Art and Mady Kaufman toast The Glenridge's joie de vivre at the Thistle Stop lounge.



Before the Kaufmans moved in, The Glenridge fully renovated their 2,240-square-foot apartment.

Mady likens the atmosphere to a well-run country club, with beautiful grounds, delicious food and excellent service.

"We wanted to position ourselves for the future in the best way possible," she says. "Here, we have everything we need – and Sarasota is an absolutely fantastic place to live."

The Best Choice by Far

Throughout their marriage, Bev and Stew Peet – an outgoing pharmaceutical sales rep and a high-flying airline and Air Force pilot – had always been popular fixtures on the social scene. But even they stand amazed by the overwhelming number of members who have befriended them since moving to The Glenridge in October 2014. "In the first nine months, we had 117 dinner invitations and another 25 for parties," Bev says. "We'd never seen anything like this."

"It seemed every time we met somebody, they asked us to join them for

dinner – which we did!" adds Stew. "We finally found the perfect place to fit our active lifestyle."

At The Glenridge, the couple is thriving in health-related areas, too.

After retirement, the stress of keeping up with a big house that needed lots of repairs was taking its toll on Bev. But less than six months after moving in, her cholesterol level dropped 59 points – something she attributes to a newfound peace of mind, going for regular swims in the pool and working out in the Fitness Center.

"We have a wonderful standalone house and 90 acres of beautiful grounds to walk our Golden Retriever, Ritzie," Bev adds. "We looked at 15 or 16 continuing care retirement communities – some as far away as Arizona. But we kept coming back here. The Glenridge was the best choice by far."



Bev and Stew Peet enjoy working out at The Glenridge and go for regular swims in the 75-foot heated lap pool.

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Less Stress ... More Freedom ... Abundant Opportunities to Flourish

It doesn't take long for new members to appreciate what makes The Glenridge such a special place to live. Here, friendly neighbors extend the warmest of welcomes and a responsive staff treats everyone like a VIP ... creating a culture that promotes happiness and fosters fulfillment.

Feeling Right at Home

As an ambassador at The Glenridge who also presides over the Members Association and sits on the community's board of directors, it's Bob Ackerman's job to make sure new members feel right at home, right away.

"People immediately agree that the service levels here are excellent," Bob says. "There's no need to take care of anything, whether it be plumbing, electrical or cleaning. It's all done quite professionally and in a timely manner – and that really contributes to a stress-free lifestyle."

Bob and his wife, Glenna, moved to The Glenridge five years ago from New Jersey, where he worked as director of purchasing for a billion-dollar manufacturing organization and traveled the globe as a consultant for Fortune 50 companies.

Staying up to date on international events is a big priority, so Bob regularly attends the foreign affairs lectures sponsored by The Glenridge Academy. One recent course even included best practices for navigating the iPad.

"I enjoy keeping my mind active and learning new things," he says. "The Glenridge offers classes with some of the area's brightest instructors across a number of academic disciplines. In addition, with convenient access to tennis, golf, swimming and the

Fitness Center, it's never been easier to get the physical exercise I need on a daily basis."

Nurturing Mind, Body, Spirit

When it comes to keeping fit and reducing stress, Gillette Piper opts for a more alternative approach. For this retired psychotherapist, yoga and meditation present the best way to nourish mind, body and spirit – especially when performed in the tranquil setting of her Club Home's verdant backyard.

Gillette, a member for just over a year, considered three other retirement communities before making her selection and moving from Miami.

"The Glenridge's gracious, dignified and compassionate approach to health and long-term care really made it stand out," she says. "Plus, being close to my daughter makes my new life all the more enjoyable."

"Here, I'm surrounded by the most welcoming people," Gillette adds. "Even if you're single, you're never alone at The Glenridge.

Members are always looking out for one another and checking in. And that gives me a wonderful sense of security and belonging."



Gillette Piper practices yoga in the solitude of her Club Home's peaceful backyard.

A Life Enriched by Helping Others

At her 50th college reunion this summer, Mary Rainey received an award for a lifetime of humanitarian work with organizations like the Peace Corps and Red Cross. Since retiring to The Glenridge in December 2014, she's found a receptive new venue to serve others – all the while maintaining an active role in natural-disaster relief.

Every day, Mary scans the newspaper to see where her services might be needed. Ten years ago, she deployed to Louisiana and Alabama in the aftermath of Hurricane Katrina. Most recently, in June, she traveled to Houston, helping flood victims find food, shelter and other resources. In between, there have been numerous other assignments across the U.S.

As committed as ever, Mary continues to volunteer in external relations for Sarasota's Red Cross chapter, which covers five counties. Before hurricane season, she even organized a storm preparation/storm watch workshop



Through a course offered by The Glenridge Academy, Bob Ackerman and fellow members learned how to navigate the iPad.

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Renata Sawyer moved to The Glenridge with her poodles, Asta and Alfie, eight years ago. You can find all three frequently strolling along the community's walking trails.

for fellow members of The Glenridge.

"I like to see people take initiative instead of waiting for things to happen to them," Mary says. "And that's especially important when we face dangerous tropical weather and widespread flooding."

As for her new surroundings, "It's like living in a luxury hotel," Mary says. "The renovations are elegant, we have a beautiful swimming pool, the views are majestic, and the activities are top-notch. Best of all, it's easy to connect with new friends. Everyone has such varied backgrounds and amazing life experiences. What's not to like?"

No Pet Peeves Here

For decades, research has shown that owning a pet can have significant health benefits ... like relieving stress, lowering blood pressure and improving psychological well-being. Of course, The Glenridge has known that all along ... which is why the community has always been a pet-friendly environment.

A former flight hostess for New Zealand National Airways and self-described "corporate gypsy," Mary Flynn has visited, and lived in, all corners of the globe. When it came time to put down retirement roots, she wanted a place where her bichon, Abby, could also be a welcome part of the community.

"The fact that The Glenridge is pet-friendly was a major selling point," says Mary, who relocated from Seabrook Island, South Carolina, in October 2014. "I wouldn't have moved without Abby."

At The Glenridge, pets and their owners have access to several outdoor amenities. Walking paths, nature trails, open spaces and abundant green areas provide the perfect setting for members to spend time with their canine friends.

"We're walking companions – every day," says Mary, whose Club Home also features plenty of space for her dog to run and play – both inside and out. "Abby loves spotting rabbits around The Glenridge."



Mary Flynn and her bichon, Abby, on her home's sun patio.

Corgies Cassie and Fergie – who belong to Dr. Robert and Judith Heisey – also appear to enjoy life at The Glenridge.

Earlier in retirement, the Heiseys hit the road six months each year for cross-country adventures in their RV. Of course, their pets were right by their side, soaking in all the excitement.

Robert and Judith retired to the Venice area after raising four children on a 14-acre farm in Pennsylvania. Upon moving to The Glenridge in 2004, the couple found a pet-friendly environment where their dogs were free to frolic.

"We did a lot of planning for our future, and The Glenridge fit all our needs," says Robert, a retired OB/GYN. "The people here are kind and good. Best of all, it's wonderful to live in a place where Cassie and Fergie can still be a big part of our lives."



Dr. Robert and Judith Heisey with their corgis, Cassie and Fergie.



As a longtime Red Cross volunteer, Mary Rainey is always tracking the news to see where she might be needed next.



So Many Options, All in One Place

In addition to a full roster of programs and amenities geared to independent living, The Glenridge offers the guarantee of on-site long-term care for life.

Dr. Irving Bennett and his wife, Trude, lived independently as long as they could. But four years ago, when Trude entered the beginning stages of dementia, it was time to find a community that fit both their needs.

“I chose The Glenridge because it provides so many options, all in one place,” says Irving, an avid golfer who enjoys the sprawling campus’ mix of activities, fitness and art. “I keep our apartment and visit my wife every day in the

memory support suites. Without living together, we are still able to be close to each other – and that’s very important to me.”

An optometrist by profession, and a self-proclaimed journalist by desire, Irving was founding editor of *Optometric Management*, a magazine-style publication, which he began 50 years ago. In addition to publishing four other eye care magazines over the course of his career, he just wrote a book titled “Irving Bennett: An Autobiography 92 Years in the Making.”

At The Glenridge, members know Irving from his one-page “Be Well” newsletter, which provides “bite-size” health tips distributed in their mailboxes each month.

“The Glenridge allows me to stay active in retirement while being able to care properly for my wife,” he says. “I appreciate that the memory care team listens to the patients and

Retired optometrist and magazine publisher Irving Bennett appreciates the on-site Memory Support services that provide care for his wife and peace of mind for him.

their advocates. The staff is proactive and always responds quickly. They treat people like family.”

Before moving to The Glenridge, the Bennetts spent 30 years splitting time between Sarasota and Beaver Falls, Pennsylvania. Irving is a native of Witherbee, New York, and Trude relocated to America after fleeing Nazi Germany. They have been married 70 years.

The Glenridge staff provides comfort and companionship, along with the highest quality of care.



The Glenridge offers assisted living, skilled nursing and memory support in a nurturing, positive, dignified atmosphere.



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