



2655 Nebraska Avenue,
Palm Harbor, FL 34684
www.stmarkvillage.org



I have been a member of the St. Mark family for the past 19 years as the Independent Living Life Enrichment Director. I have planned and organized many activities covering every inch of our 12 acre community, including our Assisted Living, Memory Care, and Skilled Nursing Facility. In recent years, I have noticed a shift in our population. As our Residents trend younger and younger so do the activities and it has been an exciting change of pace. We take off campus adventures to some of the best local restaurants in the area, Ruth Eckerd Hall for theatre and concerts, sporting events, museums, and Hard Rock Casino, just to name a few. I do my part keeping up with the times, but I happily take Resident requests and enjoy planning those that are rather unique. My favorite recent outing was a trip to the local landfill. A total of 66 people signed up, one the highest attended events, and to accommodate we had to make two bus trips. The landfill was such a success that requests to go back soon followed. I am also available to assist our Residents that wish to start their own organizations here on campus. We have Thrilling Tales-an adult story time by Jane, line dancing with Katherine, internet 101 class by Evelyn, Wii bowling teams and many more. My passion is to assist our Residents in any way I can to maintain quality of life keeping the mind and body active. I can't wait to see where the future requests lead us in years to come.



YOU ARE INVITED TO JOIN US UPCOMING EVENTS

You are invited to an informal, informational luncheon to learn more about our exciting and unique community, St. Mark Village. Enjoy great food and good conversation as you discover why people just like you are calling St. Mark Village home.

PLEASE CHOOSE FROM ONE OF THESE DATES:
**TUESDAY, AUGUST 9 OR AUGUST 16TH
11:00 AM**

To reserve your seat or for more information
please call 727.785.2580.

THE ST. MARK VILLAGE *View*

NEWS & VIEWS FROM THE SUNCOAST'S PREMIER
CONTINUING CARE COMMUNITY



SWINGIN' INTO SUMMER

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THE GRADUATE

P2 TRAVEL: THE BEST MEDICINE
FOR THE MIND, BODY AND
SPIRIT

P3 LIVING LARGE
IN STUDIO STYLE



ST. MARK
VILLAGE
A HERITAGE OF FAITH | A LEGACY OF TRUST | AN INSPIRED FUTURE

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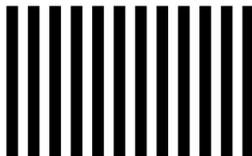
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YOU'RE NOT GETTING OLDER, YOU'RE GETTING STRONGER

MARIA TAYLOR - REHAB GRADUATE

By Lisa Laub

"I saw a tree on the roof of this tall building from my home in Palm Harbor and always wondered, what is that place?" says Maria Taylor, a Resident of St. Mark Village since 2012. After attending one of our informational luncheons with a friend, she walked away contemplating the message she heard from Doug Fresh, at the time our Sales and Marketing Director. He said, "Imagine a community where people are living in harmony, sharing stories and life experiences. A place where employees can't do enough for you. It's a community where you feel more independent as you age and continue to challenge your body, mind and spirit each day. You're not getting older, you are getting stronger". She knew from that moment where she wanted to be.



Maria has been a member of the St. Mark Village family for four years and can attest to Doug's message. Maria and her daughter Pat have the peace of mind and comfort knowing that if anything should happen we are here to care for her, when needed. During Maria's regular visit to our Wellness Center, Homa, our Independent Nurse Manager, noticed her blood pressure was considerably high and immediately sent her to the emergency room. After a 5 day hospital stay and a diagnosis of congestive heart failure, Maria was discharged back to our Betty Fresh Rehab & Spa. Our skilled therapists worked with her one on one and taught her how to manage her new diagnosis independently. Once she returned to her apartment in Independent Living, she continued her therapy on an outpatient basis with the same therapists that she knew well. Maria's apartment was across from my office and I got to witness her road to recovery, every day challenging herself as she did her daily laps on the second floor. Her resilience was inspiring many.

The time came when she realized that if she could eliminate certain responsibilities like shopping, laundry and light cooking that she could focus more of her time on a full recovery. Maria, her physician, daughter and our staff concluded that a move to our assisted living would benefit her overall well-being and it certainly did. Maria's transition allowed her to get the care she needed to flourish and now, it is hard not to notice her physical and spiritual transformation. I not only see her in assisted living, but dining and socializing with friends in Independent Living. Maria is still "living" the initial message she heard on her first visit. She feels it is the support throughout this journey is what makes St. Mark Village so special. It was a tree that perked her curiosity and led her through our doors. In return Maria brought a tree to us, planted in our courtyard for us all to watch it grow strong.

HEALTHY LIVING

TRAVEL: THE BEST MEDICINE FOR THE MIND, BODY AND SPIRIT.

By Shannon Roberto

There are many studies that show travel can keep brain and bodies healthier as we age. A lower risk of heart attack, decrease in depression and stress, promotes brain health - sounds like accomplishments of a new medication but a boarding pass may be the ticket. St. Mark Village is a community made of vibrant, active and engaged Residents and like a family, we support a healthy mind, body, spirit to keep those retirement travel dreams alive. It's no secret that maintaining a healthy lifestyle will prolong the ability to take active vacations, but why not be the healthiest you can be and throw adventure into the mix. Unlike prescriptions, studies also show the benefits of travel are almost immediate - the most impactful results are those trips taken with family and friends. Surrounded by an extended family of friends here at the Village, you discover others that share the same belief in the benefits of travel, health, and companionship.



Jane and Leona enjoying the walk along the Sea of Galilee in Israel

Two of our Resident travel bugs recently returned from Israel and attest to this philosophy. Jane, 95 and founder of our welcoming committee, met Leona, 77, a couple years ago during her move to St. Mark. The friendship was sealed with a hug, issued through Jane's 'welcome' hug license. One day, Jane went through her bucket list and said to Leona, "Let's go to Israel!" Leona stomped her foot and said "Let's go!" The energetic Jane grabbed her gold walking shoes, plane ticket, travel buddy, and off they went.

They followed the footsteps of Christ through the Holy Land and were thankful for their participation in our cardio and aerobic classes. Day one, Jane and Leona walked 8 hours and continued 10 more days, never lagging behind. They nourished their bodies with lots of delicious veggies, Leona said, "even a simple dish of carrots tasted like ambrosia." Leona's first sight of the Sea of Galilee, Jane's touch of Christ's hand imprinted on stone while carrying the cross, and the majestic view of Masada fed their souls with spiritual presence. The "wow" moments, the non-stop laughter, singing and jitter bugging in the street accomplished exactly what travel is intended to do. When they safely returned they were happily greeted by their St. Mark family and felt the presence of home. That's what it's all about!

LIVING OPTIONS

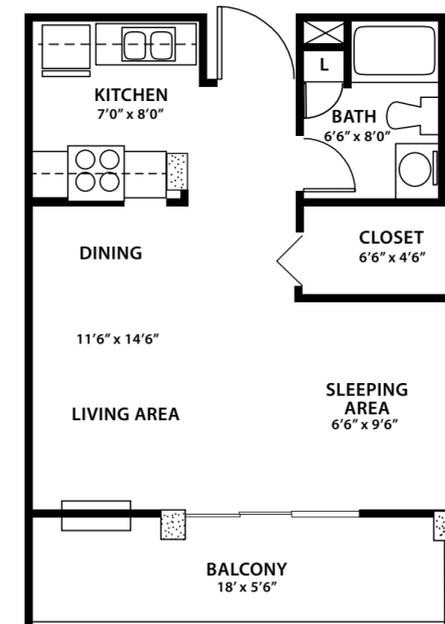
CHOICES FOR EVERY LIFESTYLE AND BUDGET

LIVING LARGE IN STUDIO STYLE



There are many advantages to living in a studio apartment. They're a great option if you're on a budget, require just a little space to call home, and perfect for those who can look beyond a smaller floor plan to focus on life with new opportunities, new friendships, and plenty of choices. . While our campus is located on 12 acres and our quaint neighborhood of Palm Harbor is yours to explore. You can be as busy as you like - pursue your hobbies in the greenhouse, garden, and woodworking shop, or if you wish, just relax in your cozy studio or in the library with a good book. There is a wealth of shopping, dining, medical offices, banking and other convenient services, all within a short walk from your home. So, if you spend your day discovering what retirement living offers, what more do you need?

St. Mark Village has a great selection of studio apartments and offers interior decorating and downsizing assistance as well as move in coordination services. Call us today for a personal tour.



Interested In Learning More About St. Mark Village?

For more information complete and mail the information below.

Name _____

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