

THE ST. MARK VILLAGE



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



FUN IN THE FLORIDA SUN



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

GETTING TO KNOW US SALES MANAGER - MATTHEW FRESH



Matt graduated from the University of South Florida with a Bachelor of Science Degree in Business Administration, majoring in Finance. He has over 16 years of experience advising seniors about their finances. He specialized in assisting our elders with planning for retirement, presenting options for present and future healthcare needs, and educating about the vast array of insurance options available to them.

Matt was born and raised in Dunedin, Florida and is among the third generation of the Nolan and Fresh families to make Pinellas County their home. Matt lives in Dunedin with his wife, Erica, and two children, Justin and Brooke. He has a passion for his family, boating, fishing, golf, renovation projects both big and small, AND, of course,

carrying on the legacy, and tradition of excellence, at St. Mark Village, that make us all so proud to be a part of this special community.

He literally grew up around St. Mark and all four of his grandparents have lived here, including his wonderful Grandma Betty, who still currently resides in Independent Living at The Village.

Recently, Matt made a major decision. He says he listened to his heart and felt "compelled" to join the St. Mark Village staff. Matt will continue to strive towards the goals set, and to emulate the ideals of his family, including Pastor Jim, Betty, Dave, Doug and Carla. Welcome Matt!

WE'RE IN THE HEART OF IT ALL.

St. Mark Village is a well landscaped sanctuary, set back from hectic city life, yet within walking distance of everyday conveniences such as banks, major grocery stores, department stores, restaurants, and pharmacies. In addition, it's an easy driving distance to the best the area has to offer. Cultural opportunities, performances, beautiful beaches, and sporting events throughout the Suncoast are all within easy reach.

Centrally located, The Village affords you the opportunity to share in the very best that our area has to offer. You're just a stones throw away from everything.



YOU ARE INVITED TO JOIN US UPCOMING EVENTS



You are invited to an informal, informational luncheon to learn more about the 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.

TUESDAY, APRIL 12TH GOURMET GALA & PARADE OF HOMES 1:30 - 3:30 PM

Space is limited so please call to RSVP at (727) 785-2580 www.stmarkvillage.org



LOOKING ONLINE? WWW.STMARKVILLAGE.ORG

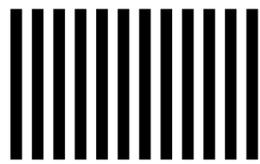


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P1 JOAN & HARRY KREUTZBERG THE GRADUATES

P2 MIND, BODY, SPIRIT GETTING & STAYING HEALTHY

P3 LIVING LARGE THE 'GRAND' EXPERIENCE

# JOAN AND HARRY KREUTZBERG – 64 YEARS TOGETHER

REHAB GRADUATES



Joan and Harry Kreutzberg

Joan Griffenberg was born in Riverton, New Jersey and Harry Kreutzberg was born just down the road in Camden, New Jersey. They met in High School in Palmyra, New Jersey and by all reports it was NOT love at first sight. In fact, Joan says she thought that Harry was a bit “conceited” and Harry says he thought Joan was “fickle”. By senior year however, they had become friends but Harry was dating Joan. Not Joan Griffenberg but another Joan. At least Harry was on the right track. Speaking of track, Harry was a talented athlete and ran on the track team and also played football. Joan was a cheerleader, performed in musical theatre, and both were involved in student government.

After high school, Harry joined the Marine Corp in 1951 and attended Muhlenberg College on a football scholarship. During college he was drafted by the Pittsburgh Steelers. Joan and Harry married in 1952 and Harry was discharged from the Marines in 1954. Son, Keith, was born in 1955. Harry suffered some injuries playing college football and was now a family man, so he decided on a path other than athletics. Joan worked at Muhlenberg College in the Education Department and Harry graduated in 1956.

Harry immediately started working for the DuPont Corporation, learning everything he could about the textile industry. The family kept on growing and soon included Kirk, Kyle, Kim and Kipp. He was a fast learner and soon his company trusted him now to oversee operations abroad and the Kreutzberg family moved to the North of England, London and Geneva, Switzerland.

The family returned to the United States in 1978, first to New York City, then Princeton Junction, New Jersey and finally Wilmington, Delaware. In the 1980’s, Harry retired from DuPont with a golden parachute, and then worked for Hanson Trust for six years. Harry and Joan decided to move to a condo in Bradenton, FL in 1981, exploring what it would be like to live in Florida. They decided Florida was a good fit and purchased a home in Highland Lakes, next door to St. Mark Village. Joan and Harry were very active in the Highland Lakes community. They both performed in little theatre, sang, Joan with the Highland Lassies, and Harry in a barbershop quartet.

Harry’s mother, Mary Lee, moved to St. Mark Village in 1991 and lived here ten years, so the Kreutzberg’s got to know The Village very well and in 2006 moved in. They continued to use their musical talent to entertain the Residents. Always generous with their time, they sang in the St. Mark Village choir, volunteered at large open houses, participated in photo shoots, and could be counted on to assist the Residents and staff at St. Mark, whenever they were asked. Harry is also a talented painter and has recently shown his work in our annual art show.

Recently, both have spent short stints in Betty Fresh Rehab & Spa. As they recovered they told me how wonderful it was to come back HOME for rehab, where they know and trust the staff, can easily visit each other, and receive support and encouragement from many friends, who just have to walk through the hallways of The Village to check on them. Both Joan and Harry describe their years at St. Mark as “outstanding and thrilling”. “There are so many things to do, our family loves visiting us here, and we have made some very, very, special friends.” I think we can all see why.

# LET US HELP YOU GET AND STAY HEALTHY

At St. Mark Village, we embrace a holistic approach to Wellness, striving for MIND, BODY, and SPIRIT health. As part of this philosophy, we have created a WELLNESS, REHAB, WELLNESS circle comprised of our Wellness Program and our Rehab Department. Our main focus is to ensure that the Residents of St. Mark Village are healthy and strong in mind and body.

In October 2015, our Wellness Center was renovated and new equipment was purchased to better serve our Residents on their path to living a healthy lifestyle. Recently, we have started a program to ensure that each Resident receives proper instruction on how to use the new equipment to help them meet their goals.

In addition, we offer various group classes that accommodate all levels of fitness, and foster fun and camaraderie. Some examples of our classes, with yet more to come.



- Sit & Fit Class
- Strong & Steady
- Aerobic Dance
- Water Aerobics
- Circuit Training

An integral part of our WELLNESS, REHAB, WELLNESS continuum is our Rehab Department comprised of a highly skilled team specializing in Physical, Occupational and Speech therapies. So, should a Resident find themselves needing

these services following surgery, an injury, or a serious illness, the Rehab Department will create a plan to restore optimum strength and confidence as they assist you in planning your transition back to WELLNESS.

As part of our LifeCare Agreement, we guarantee a place for you at whatever level of care you need, even on a temporary basis. This promise is especially important when our Residents experience a major change in their health status and are in need of inpatient rehabilitation. That pledge gives the Residents and their loved ones a peace of mind beyond measure. When you are at your most fragile and vulnerable, you will come back HOME from the hospital to Betty Fresh Rehab & Spa, at St. Mark Village. Home among your friends, the staff you know, and the Rehab Team members who you already trust from their participation as leaders of your Wellness Program. So as you can see, an integral part of our WELLNESS, REHAB, WELLNESS continuum is our Rehab Department. Our Residents and their therapists form a special relationship during this stressful time as a personalized therapy and wellness plan is developed. As part of this plan, the therapists accompany their patients to appointments with physicians providing an extra set of ears, expertise, customer service and perhaps most importantly a caring and trusted hand to hold.

# LIVING OPTIONS

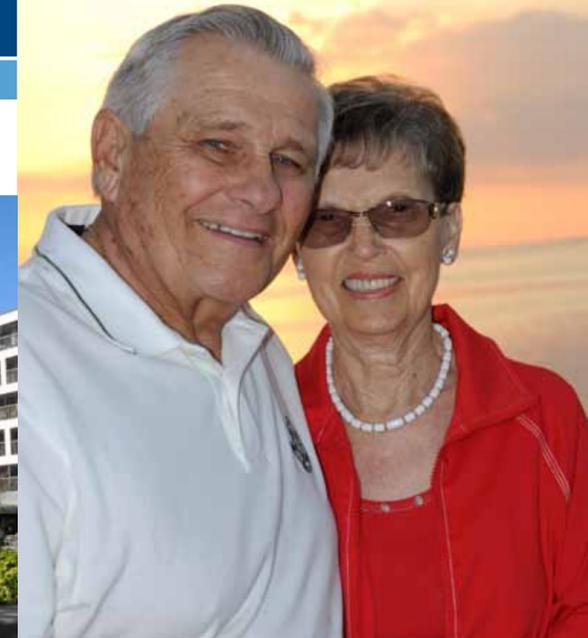
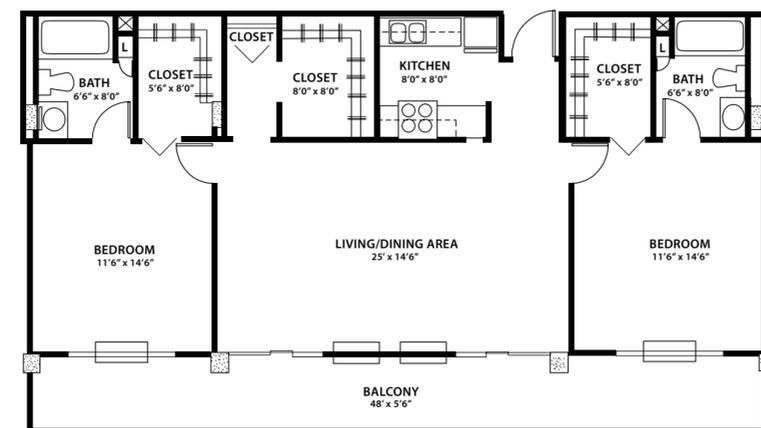
CHOICES FOR EVERY LIFESTYLE AND BUDGET

## LIVING LARGE AT ST. MARK VILLAGE



The two-bedroom apartments are an especially great value at St. Mark Village. “At up to 1,200 square feet, our large apartments are spacious enough to accommodate family gatherings and yet the perfect size to comfortably downsize your lifestyle,” says Carla Fresh, Chief Marketing Officer. You’ll enjoy the open floor plan with plenty of room for entertaining friends and keeping up with your busy retirement lifestyle.

With many quality amenities being standard, these gracious residences have been thoughtfully designed to accommodate your every expectation. We also provide assistance and resources to customize your home to suit your personal taste and style.



Interested In Learning More About St. Mark Village?

For more information complete and mail the information below.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Visit our NEW website at [www.stmarkvillage.org](http://www.stmarkvillage.org)