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Dive into Summer with Aqua Exercise!

By Meghan Wilhelmsen-De Valencia, Wellness Coordinator

Did you know that exercising at least two and a half hours per week OR thirty minutes a day can decrease your risk of chronic illness? Many studies have shown the great benefits of water exercise. One of the most important benefits, individuals can exercise longer in the water without increased effort or pain.

At St. Mark Village, we support and encourage aquatic exercise in our open air, heated (84 degrees) Olympic sized pool all year long. We offer Cardio Waves Aquatics classes led by highly credentialed physical and occupational therapists to help Residents reach their personal wellness goals while promoting a healthy mind, body, spirit.

Here are some of the benefits specific to aquatic exercise according to the CDC.

Improvements of Mental Health. Swimming has been proven to improve one's mood and self-efficacy to complete tasks that they may not be able to complete on land. For example, for those who suffer with fibromyalgia, exercise in the water can decrease anxiety and depression.

Variation of Resistance. The resistance in the water can range from 4-42 times greater than on land against the air. The amount of resistance is dependent on the speed at which the exercise is completed.

Improvements and Off-Sets of Chronic Illnesses. For people with arthritis, aquatic exercises can improve the use of affected joints without worsening symptoms and decrease pain from osteoarthritis.

Effect of Buoyancy. The buoyancy of the water eliminates the effect of gravity applied to the body – supporting 90 percent of the body's weight for reduced impact and greater flexibility.



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

YOU are Invited to Join Us

Upcoming Events

You are invited to an informal, educational 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 joining the St. Mark Village family.

Tuesday, July 11th
Tuesday, August 8th
Tuesday, September 12th

Luncheons will start at 11am.
Space is limited so please call
(727) 785-2580 to RSVP.

SUMMER 2017



ST. MARK
VILLAGE

View

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



St. Mark Village celebrates

37

years of excellence



A HERITAGE OF FAITH | A LEGACY OF TRUST | AN INSPIRED FUTURE

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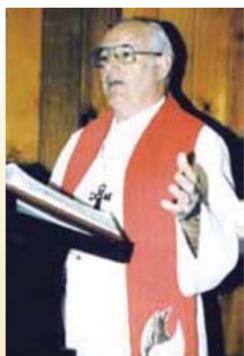
St. Mark Village turns 37

By Doug Fresh, CEO



Doug Fresh, CEO

It must have been 40 years ago now, I remember sitting in the first pew at church waiting for this special meeting to start. Being in my late twenties, I had my own business that kept me busy ten hours a day, six days a week, and Sunday was a day of rest. This Sunday was special however. My dad, Pastor Jim, was going to unveil plans for a community where its Residents could remain independent longer because of the extra services and care available by dedicated staff right on campus. I had an inkling of what was about to happen, but no way was I prepared for what was to come.



Pastor James Fresh
Founder

where you feel more independent as you are getting older, because of the extra things employees do for you, the safe and secure environment, the camaraderie amongst Residents. You continue to challenge your body, mind, and spirit each day. You're not getting older, you're getting stronger. You've worked hard all your life; you deserve to feel special in these special years."

As the meeting started with a full church, you could tell the parishioners were wondering what was Pastor Jim up to next. In 11 short years, St. Mark Lutheran Church had already grown to be the largest LCA congregation south of the Mason Dixon line, built a Christian school on the church site, and sponsored a Missionary Church in Haiti. Pastor Jim made the appropriate introductions of the folks on stage. A developer, a banker, an architect, a builder, and even a marketer, they were all there. As usual, he was well prepared. For 1977 the slide show was well done, but it was the words my Dad spoke that got me choked up. He said, "Imagine a community where people are living in harmony, sharing stories and life experiences, where you are never alone, where the employees can't do enough for you. A community

There was a break in my Dad's presentation, and I couldn't guess what was coming next. A short pause and he asked for questions, concerns, comments. I couldn't believe myself; I just jumped up with my hand in the air and said I want to work there. There was a silence. I am guessing everyone thought it was planned, but by the look on my Dad's face, everyone knew it wasn't. He was speechless. Being my Dad's son, I just kept talking, explaining what I meant. Who wouldn't want to work here? A community of my Grandparents getting along, sharing memories, maturing in their years together; I was too young to live there, but who wouldn't want to work there and be a part of such a place?



Where it all began 47 years ago, St. Mark's Lutheran Church in Dunedin, FL 1980.

Well, there were more questions and a few concerns, but the motion passed to move forward with this community called St. Mark Village. Property was purchased, a community designed, and sales began. (No, I didn't start working there, that came 12 years later.)

"You're not getting older, you're getting stronger. You've worked hard all your life; you deserve to feel special in these special years."

— Pastor James H. Fresh

come alive and become a reality. What I had said 12 years earlier, when I jumped out of the pew was so correct – I want to work there.

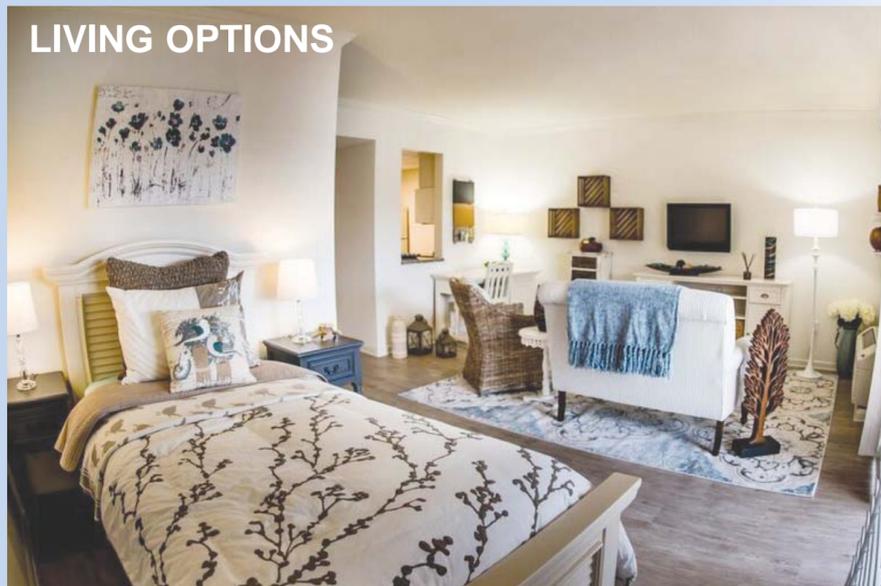
However, not until January 2013, when I was asked to step up to the position of CEO, did I fully understand the family of Residents and staff that exists here at St. Mark Village. We are one family, loving and caring for each other, each day. The Residents are a blessing to the staff, and the staff are a blessing to the Residents. May we continue to grow and nurture each other as we bless all those we come in contact with. Happy 37th Anniversary to all the family members and future family members of St. Mark Village.

— Doug Fresh, CEO

In 1980, the community was ready for occupancy on July 1st with 321 independent apartments and a 60 bed nursing home. Over the next 8 years the community prospered. What developed throughout the country in the late 1980's was a care level called Assisted Living and another special one for Alzheimer's Care. By 1988, St. Mark Village completed their 34 apartment Assisted Living Center and a 51 bed Michael Bilirakis Alzheimer's Center with a dedication by President Bush April 27th 1989.

St. Mark Village expanded again in 1990, with the purchase of 66 Assisted Living apartments in Highland Lakes. It was around this time that I joined the management staff of St. Mark Village as the Director of Sales and Marketing. In my job position from December 1989 to January 2013, I was able to be influential in many Resident's lives that came to live at St. Mark Village. I saw my Dad's dream

Living Large in Studio Style

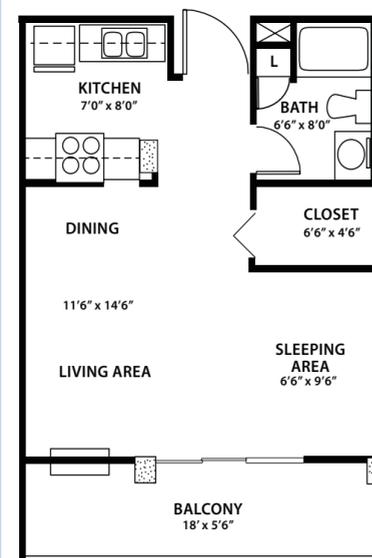


Here are a few reasons why St. Mark Village Residents are delighted to call our gorgeous 12 acre campus HOME. Right outside your apartment door is one of the best restaurants in town, an Olympic-sized pool, jacuzzi, fitness center and beauty shop. There is also a garden, green house, cafe, chapel, library, and more. So why not live in less and make more of your lifestyle?

Studio apartments are the perfect option for people who are single, don't require much space, on a budget or just want to cut back on living expenses. OUR studios are the best value in retirement living today.

We have a great selection of apartments to choose from and offer downsizing assistance, as well as interior decorating and move in management services. We will even help with the cost of your move!

Now is the time to come pick out your studio apartment and start living the St. Mark Village lifestyle filled with new opportunities, new friendships, and plenty of choices. Call us today for a personal tour. 727-785-2580.



Interested In Learning
More About St. Mark Village?

For more information complete
and mail the information below.

Name _____

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Visit our NEW website at
www.stmarkvillage.org