

WATERMARK UNIVERSITY

2018

Spring Semester
JANUARY THROUGH APRIL

 THE WATERMARK
AT EAST HILL



Hello and thank you for your interest in Watermark University!

The foundation of Watermark University (WU) is to provide meaningful opportunities to learn, teach and grow, resulting in a life of overall well-being. Research shows that learning and keeping our mind active and sharp supports healthy aging.

At Watermark Retirement Communities® we are committed to encouraging our residents and associates to lead balanced lives, full of meaning and purpose, grounded in self-awareness and infused with curiosity. Our Watermark University courses help achieve this goal.

By focusing on the Seven Dimensions of Well-being: Physical, Social, Intellectual, Spiritual, Emotional, Environmental, and Vocational we offer the opportunity to achieve a balanced life and we see the benefits across the country in every class, every day.

Sincerely,

Lauren Granata

Lauren Granata
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Ain't She Sweet	Lia Jill Levitt	Thursday, January 18th • 2:00pm	Auditorium
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This inspirational program will detail the love and lessons shared between a grandmother and granddaughter at a nursing home over 19 years. One of them turned 99 and left a legacy of love, wit, courage and passion for individuality that begs to be shared.

America's Place in this "New" World	Dr. Alfred Hunt	Tuesdays, February 6th, 13th & 20th • TBD	Auditorium
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Our foreign relations have changed dramatically over our lifetime, from global dominance after WWII to constant wars and competition from old enemies Russian and Chinese to new emerging states such as Iran, North Korea and stateless terrorism. These three lectures will address the question of what has been and what is now becoming America's place in this rapidly changing world, particularly given the changes in American political leadership.

Antiques Roadshow	Wayne Mattox	Tuesday, January 16th • 2:00pm	Auditorium
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Wayne Mattox is a local, renowned and trusted source for fine quality American and European antiques. He will join us at the Watermark for a presentation about some of his more unique antiques and at the conclusion of his presentation residents have the opportunity to bring in a small sized antique to be informally appraised by Mr. Mattox.

Art & Beyond	Denise Taylor	Every Thursday • 10:00am/11:15am	Springs/Villa
		2nd and 4th Monday • 10:00am/11:15am	Lodge/Inn

Therapeutic Arts Specialist Denise Taylor will offer opportunities to learn new techniques and approaches to art with a variety of materials and media. Art is beneficial in so many ways. It can relax, motivate, validate, promote empowerment, encourage fine and gross motor skills and make us feel good about ourselves.

Artsy Craftsy	Annarita DiFiori	Saturday, February 10th • 2:00pm	Villa
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Anna the crafting queen will share with you some pinterest inspired creative design techniques. Along with learning these techniques, she will do a practical demonstration and you will leave with your own homemade version of her craft. Come join us and enjoy a time with friends, while you create an arts & crafts masterpiece!

COURSES	FACULTY	DAY AND TIME	LOCATION
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As Seen on TV	Lauren Granata	Last Tuesday of the Month • 3:00pm	Meeting Room
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Ever wonder if those products on all the infomercials really do what they say they will? Join Lauren as we try out one of these advertised products each class and really find out if all the claims are true. We will watch the infomercial, and then put the selected product to the test! At the end of the class, the tested product will be raffled off to a lucky attendee!

Back To Natural Workshop: Homemade Lip Balm	Alysha Winiarski	Tuesday, February 20th • 11:00am	Art Studio
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Ever wonder what ingredients are in the lip balm you use every day? A lot of commercialized lip balm brands contain chemicals and test their products on animals. When we make our own they are eco-friendly, all-natural and of course cruelty free! Homemade lip balms provide deep conditioning and significant health benefits. For example, they frequently include vitamins and antioxidants. This means they don't just make your lips feel softer; they actually improve the health of your lips by providing nourishment. In this class we will learn the quick and easy steps to make your own lip balm at home; you might never want to buy another drug-store lip balm after you try your homemade one.

Back To Natural Workshop: Herbal Sleep & Dream Eye Pillows	Alysha Winiarski	Tuesday, April 17th • 1:30pm	Art Studio
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Feeling a little tense, stressed or fatigued? I know the perfect remedy....cover your eyes with an eye pillow and take a little break. The benefits of using an eye pillow are SIMPLY amazing. They shield the eyes from light and visual stimulus, relieve tension and eye strain and calm and rest the mind. Join us and learn how to construct your own personal eye pillow and experience all these benefits and more today!

Baking In The New Year	Alysha Winiarski	Monday, January 8th • 10:00am	The Springs CK
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In most cultures, foods prepared on New Year's Day bring good luck. Which foods? It depends upon the culture. Recurring themes are the color green, gold & coins and pork/ham. This class will discuss the popular baked good recipes, the meaning behind them, and will allow us to bake some of our own to try.

Bible Study	Reverend Holden	Every 2nd, 3rd, 4th Monday • 11:15am	Meeting Room
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Join Reverend Holden as she discusses relevant and impactful Biblical verses and how their meanings and implications can have an impact on our daily lives.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Bubbe's Baking	Wanda Pacitto-Horenian	2nd Wednesday of the Month • 10:30am	The Inn
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Bubbe, Gram, Nana, Oma Memaw, Meme...Call them what you will, but the wisdom of a grandmother and the life lessons learned sitting around the table as she cooked is irreplaceable. Join Wanda to look at those pearls of wisdom that we all have received in younger years and examine how they have shaped our lives. As a bonus, each session we will also be learning some of Wanda's favorite homemade recipes and sampling them! After all, nothing tastes better with self-reflection and proverbs than fresh homemade baked goods!

Caregiver's Support Group	Denise Julian	Last Wednesday of the Month • 10:00am	Meeting Room
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The Director of Health Services, Denise Julian leads this monthly forum sharing new or different information for residents about the Watermark community. Each month, topics will be relevant to residents like you! Don't miss out on these lively, informative sessions.

Chair Yoga For All	Karin Terebessy	Fridays • 10:00am	Club
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Chair yoga is a gentle and restorative form of yoga, designed to increase flexibility, strength, balance, and circulation. Chair Yoga encourages proper breathing and better posture while also releasing stress, tension and balancing the body's systems for an overall sense of well-being. Each class includes breath work, stretching and strengthening, a brief stress reducing meditation and gentle neck and shoulder massage at the conclusion.

Climate Change	Dr. Mitch Wagener	Friday, January 19th • 1:30pm	Auditorium
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Dr. Stephen "Mitch" Wagener, professor and ecologist at Western Connecticut State University's Biology department, knows a lot about the natural world around us. Join him as he discuss climate change and how it impacts us and our world.

Connecticut Schoolhouses Though Time	Melinda K. Elliot	Tuesday, January 23rd • 1:30pm	Auditorium
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Melinda K Elliot, Director and Docent of the Bullet Hill School in Southbury, will discuss her recent book, Connecticut Schoolhouses Through Time. Her book features a glimpse of Connecticut's rich heritage of one-and two-room schoolhouses from 1740-1898 and how they look now.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Creative Watercolors	Ival Stratford Kovner	1st & 3rd Monday of the Month • 1:30pm	Art Studio
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Beginners and those with past knowledge in watercolors are welcome and encouraged to attend this fun and instructive class. Students will have the opportunity to become more familiar with the wonderful medium of watercolor.

Dean Martin: Everybody Loves Somebody...	Bill Tasco	January 10th • 1:30pm	The Inn
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"The sweet, sweet memories you gave-a me, you can't beat the memories you gave-a me" so the song goes. Dino Paul Crocetti, known to us as Dean Martin, gave us popular songs, comedy, and celebrity roasts as well as bringing his charismatic talents to all. He holds a place in history as a member of The Rat Pack. He was one of the most popular and enduring American entertainers of the mid-20th century. Come join us as we review his timeless charm and iconic presence through music that brings us back to the times we love to remember..."that's amore!"

DIY	Nancy Geary	Thursday, March 1st • 6:30pm	The Inn
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Be creative! Do it yourself! Join Nancy as she discusses projects and crafts that you can do with items you may already have in your home! You can complete them no matter your skill level!

Earth Day is Every Day	Ken Elkins	Tuesday, April 24th • 3:00pm	Meeting Room
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Simple changes around your house or yard can be better for birds— and for our climate. Mow less, avoid pesticides, think organic, and save water. We'll discuss choices we make at the grocery store, coffee shop, and pharmacy create a positive impact on the plants and animals we cherish.

Easter Symbols & Traditions; The Easter Egg	Alysha Winiarski	Monday, March 26th • 10:00am • 1:30pm	The Springs Lodge
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Brightly decorated eggs, Easter egg rolling and Easter egg hunts have become integral to the celebration of Easter today. However, the tradition of painting hard-boiled eggs during springtime pre-dates Christianity. In many cultures around the world, the egg is a symbol of new life, fertility and rebirth. Some claim that the Easter egg has pagan roots. This class will look into these claims and allow for participants to create a unique Easter egg all their own.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Ecumenical Bible Study	Reverend Pittman	First Monday of the Month • 11:00am	Meeting Room
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Interested in studying the bible, the meaning of gospel, and the history and background of biblical sayings? Come join Reverend Pittman from the United Church of Christ to explore and ask for clarification on all things bible related.

Flash Mobs from Around the World	Parker Moreland	First Sunday of the Month • 2:30pm	Meeting Room
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The flash mob phenomenon continues...Join Parker Moreland for these entertaining video compilations from all over the world.

January: Ever More Musical Flash Mobs (from around the world)

February: Still More Musical Flash Mobs (from around the world)

March: Singing Musical Flash Mobs (from around the world)

April: Dancing Musical Flash Mobs (from around the world) (4/8)

Garden of Beats Drumming	Jami Ray	4th Monday of the Month • 10:30am/1:00pm	The Springs/Meeting Rm
		4th Thursday of the Month • 2:00pm/3:00pm	The Villa/The Inn

Drum Therapy is an ancient approach that uses rhythm to promote healing and self-expression. From the shams of Mongolia to the Minianka healers of West Africa, therapeutic rhythm techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health. Current research is now verifying the therapeutic effects of ancient drum rhythms.

Gardening with Native Plants	Ken Elkins	Tuesday, March 13th • 3:00pm	Meeting Room
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Landscaped with native species, your yard, garden, patio, or balcony becomes a vital recharging station for birds passing through and a sanctuary for nesting birds. Growing bird-friendly plants will attract and protect the birds you love while making your space beautiful, easy to care for, and better for the environment.

COURSES	FACULTY	DAY AND TIME	LOCATION
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The Great Backyard Bird Count	Ken Elkins	Wednesday, February 7th • 3:00pm	Meeting Room
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Bird watchers of all ages count birds to create a real-time snapshot of where birds are. Count the birds you see during February 16-19 and report the tally to help scientists track the health of bird populations. During the count, you can explore what others are seeing in your area or around the world. Hang a bird feeder to draw them your way, or come count the birds at the Audubon Center for us!

Health Exchange	Kathleen Pye	3rd Wednesday • 10:30am 3rd Tuesday • 10:30am 4th Tuesday • 10:30am	The Inn The Villa The Lodge
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Everyone wants to be as healthy as possible. During monthly classes, Kathleen Pye, Nursing Supervisor for Health Services at Watermark, present relevant topics including, current research, discussion and reviewing good daily habits like eating well, exercising, fluid intake, sleep, social pursuits and many other pertinent subjects for overall optimal well-being.

Healthy You	Wanda Pacitto-Horenian	Last Tuesday of the Month • 10:30am	The Springs
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Each month, Wanda presents pertinent topics such as: How can you best prepare yourself for the best health, including seasonal talks on avoiding health pitfall, the importance of receiving vaccines, and regarding rehabilitation after surgery or other health related events. Wanda offers clinical information as well as tips for keeping in good health.

COURSES	FACULTY	DAY AND TIME	LOCATION
HealthPro Presents...	Jennifer Cangialosi, PT, DPT	2nd Monday of the Month • 1:30pm	Auditorium

Jennifer Cangialosi, Director of HealthPro rehab will conduct these interactive programs to discuss important health topics monthly, followed by a screening or physical clinic.

January: Open House--Short lecture on therapy services in the acute care, skilled nursing, outpatient, and home health settings. How are the services different, how are they paid for, and how are these services initiated? Meet your therapy team and learn more about their areas of expertise.

February: "Defying Gravity: What's your balance like?" Multi station fall and balance screening to determine your overall fall risk potential.

March: "Meditate For the Health of It!" Interactive discussion on the benefits of meditation and types of meditation available followed by a simple meditation session of seated yoga that can be replicated at home.

April: Walking--Interactive discussion on the key components of a walking program followed by a 15 minute group walk.

The History Of Scarfs & How To Wear Them	Alysha Winiarski	Monday, April 2nd • 10:00am • 1:30pm	The Springs Lodge
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As a symbol of femininity, the scarf is the ultimate chic fashion accessory oozing sophistication and elegance. As a garment worn for practical purposes, a scarf can provide the wearer warmth or keep them cool. But, how long have scarfs really been around? and where did they come from? This class looks back over the decades to the origins of the first scarf and the changes in their material. Then, we will learn and try the multiple ways to wear and tie a scarf.

History of UFO's in CT: Past & Present	Michael Panicello	Saturday, February 10th • TBD	Auditorium
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Join Michael Panicello, State Director of the Mutual UFO Network (MUFON) of Connecticut for this presentation exploring some of the current and historical UFO sightings in our State, and in surrounding areas. People are often amazed to hear that Connecticut has a rich history of unknown UFO sightings and events. We will look at some of these cases and explain why they are unknown and what makes them excellent examples of potential non-humanoid, not of this world crafts.

COURSES	FACULTY	DAY AND TIME	LOCATION
Hot Topics	Marvin Worth & Guests	Fridays • 11:00am	Auditorium
<p>Come together each week to enjoy stirring, intelligent conversation and exchange of views with others. Discussions include what is going on in the news around the world, in our country, state & local levels. Have a topic you'd like to lead? Volunteer to lead a week of Hot Topics!</p>			
Holocaust Remembrance Month: T4	Mark Albertson	Monday, April 23rd • 2:00pm	Auditorium
<p>The Nazi attempt to Aryanize the German Race by ridding the Reich of its incurably physically handicapped and mental incompetents. Program will be broadened to include teenagers with mongolism, "afflicted with juvenile delinquency" and those polluted with inferior genes. Such terms as "useless eaters" and "racial hygiene" emerge here in a diabolical collusion of medicine, the SS and Nazi Party hacks. T4 will prove to be a blueprint for the Final Solution.</p>			
How Colors Affect You: What Science Reveals	Professor William Lidwell, Great Courses Community Life Staff	Thursdays • 3:00pm January 11th & 25th February 8th & 22nd March 15th & 29th	Cinema
<p>In this six-part series, from Great Courses, we will watch a 30 minute lecture from Professor William Lidwell, and then discuss the ways that colors impact and affect our lives.</p>			
Kindness Rocks	Kelly Mazza	Fridays • 1:00pm January 26th February 16th March 16th April 20th	Art Studio The Inn The Villa The Lodge
<p>Join the global phenomenon of painting kindness rocks with our own Executive Director Kelly Mazza. Explore your creativity, while spreading kindness and words of encouragement through painted designs and messages you paint on rocks! Become part of this movement sweeping the nation!</p>			
Microwavable Mug Creations	Theresa Mortis	Friday, January 12th • 2:30pm	The Springs
<p>When you are looking for something sweet, but have a lack of an oven to bake in--you have to "MacGyver" new ways to bake! Join Theresa to learn what different baking recipes you can make with just a mug and a microwave! From cookies to cakes to brownies, we'll try them all! Bring your sweet tooth!</p>			

COURSES	FACULTY	DAY AND TIME	LOCATION
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New Year's Resolutions for the Birds	Ken Elkins	Tuesday, January 9th • 3:00pm	Meeting Room
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This isn't just any new year, it's the beginning of the **Year of the Bird**. So if ever there were a year to break free from those "normal" resolutions like getting more exercise and waking up earlier, 2018 is it. May we humbly suggest the goal of getting to know the birds that share your home turf? (It could even help with those other two resolutions.) We'll discuss some great ways to get started.

New Years Superstitions From Around The World	Alysha Winiarski	Monday, January 15th • 10:00am • 1:30pm	The Springs Lodge
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New Year's Eve is one holiday that practically the whole world celebrates. It is a time to celebrate everything that you've accomplished in the past year, and reflect and learn from any mistakes that may have been made. It's a brand news start. People celebrate in different ways and have different personal traditions like deciding on resolution, having a festive meal, or kissing the person they love. With the whole world celebrating the same thing, there are bound to be countless differences in the way we celebrate. This class will explore what those differences are and the reason being those traditions.

Old Wives Tales	Nancy Geary	Thursday, February 8th • 6:30pm	The Inn
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Did your mom use to make you wait thirty minutes after eating before swimming? Did she tell you to stop making faces or your face would one day stay like that? So many old wives tales that may or may not be true! Nancy will help you to determine which are fact or fiction.

The Real Story Behind The Irish Song	Alysha Winiarski	Monday, March 5th • 10:00am • 1:30pm	The Springs Lodge
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Ever wonder what those traditional Irish songs we all know and sing to are about? This class looks into the hidden meanings and stories behind these popular Irish tunes; such as Danny Boy, I'm looking Over a Four Leaf Clover and many more. Join us as we explore the stories, read the lyrics and sing the Irish songs we love.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Saudi-Turkish Pivot to Moscow	Mark Alberston	Tuesday, January 30th • 1:30pm	Auditorium
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Saudi-Turkish Pivot to Moscow. Saudi Arabia and Turkey seem to be effecting closer relations with Moscow. Increased weapons purchases; business transactions; and the seeming reality of Assad maintaining his seat in Damascus. How does this developing situation affect the United States? Israel? Iran? Iraq? China?

Season Of Love Balloon Decor	Alysha Winiarski	Monday, February 19th • 1:30pm	Lodge
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Learn to create one of a kind pieces in our February theme of love entirely out of balloons. In this class students will learn the balloon basics; focusing on centerpieces. Join us as we fill the room with hearts and of course, balloons!

The Science Behind The Hug	Alysha Winiarski	Monday, February 5th • 10:00am • 1:30pm	The Springs Lodge
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You probably use hugs to express your love for your family and friends. Maybe you also use them as a way of saying hello and goodbye when you meet good friends. And maybe you haven't thought further than that about hugs. I mean, what is there to think about? Well actually, there's a whole science behind them! Join us as we learn the health benefits and shocking truth about hugging.

SnackCrate: Snacks from Around the World	Theresa Mortis	TBD	Meeting Room
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Snack Crate is a monthly subscription program which sends out a monthly box of global goodies to your door step! Join Theresa to take a peak inside these monthly boxes, to uncover what's inside and to try out these snacks from around the world!

Spiritual Exploration	Chaplain Samuel Dexter	3rd Wednesday of the Month • 11:00am/11:30am	The Springs/The Inn
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Join Chaplain Samuel Dexter to connect with your own personal spirituality. That may be a traditional religion, a combination of beliefs, or a non-traditional spirituality. The flexibility and guidance that will be spoken of may help you reconnect with your spiritual self.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Superfood Smoothies	Theresa Mortis	Friday, March 23rd • 10:30am	Meeting Room
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Chocolate-Avocado, Blueberry, Chocolate & Peanut Butter, Tropical Green, Mixed Berry...Join Theresa to learn about all the different combinations of fruits, veggies, and grains you could use to make some very delicious smoothies. Learn about the health benefits of each smoothie and their added boosters and taste test each one as well!

Talks with Rabbi	Rabbi Polokoff	1st Thursday of the Month • 11:00am	Auditorium
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Jewish history and the central tenets of the Jewish faith will serve as a springboard to question and discussion. Rabbi will also engage participants in a discussion about faith and how Jewish Heritage and culture plays into our daily lives.

Technology Troublshooting	James Chaplin	Wednesdays • 2:00pm	Wall Street Room
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James Chaplin, technical educator and instructor is available in the Wall Street Room on Wednesdays. He can teach you how to clean up, set up, and revamp your computer equipment. Do you need to learn to use Wi-Fi? Maybe a new program is giving you are hard time? Or do you have questions about your smart phone? James can help!!

Title 19, Trusts and Probate Avoidance	Attorney Julia M. Brown	April 18th • 2:00pm	Meeting Room
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Attorney Julia M. Brown, founding principal of the Law Office of Julia M. Brown has been practicing law for over 25 years, focusing on elder law and estate planning. Join her in this presentation focusing on Title 19, Trusts and Probate Avoidance.

Take Me out to the Ball Game	Nancy Geary	Thursday, April 5th • 6:30pm	The Inn
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Take me out to the ball game...or better yet, lets reminisce about the history and legacy our our favorite baseball teams! In this multimedia presentation, we will watch clips from some of the best baseball moment and some of the worst that makes the game known as America's favorite pastime.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Uconn Women's Basketball Road to Success	Christine Woodman	January 27th • 12:00pm February 1st • 7:00pm February 12th • 7:00pm	Lounge
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Join Uconn Alum Christine Woodman in the Lounge on game days/nights to watch the University of Connecticut Women's basketball team face off against their opponents Tulane, South Carolina and Louisville respectively. Christine will discuss the rise of the women's team and their success and failures along the way that have made them historically one of the most successful women's basketball program in the nation. With 11 NCAA Division I championships, its easy to root for the women and and cheer them on to another championship this season!

Union Army Balloon Corps.	Mark Albertson	Tuesday, February 27th • 1:30pm	Auditorium
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This little regarded development in American history is intriguing . . . the first instance where the U.S. Army used airpower in war, our Civil War. And at the outset, President Abraham Lincoln will be the first head of state in history to accept an electronic message from an aircraft to the ground. Fascinating story.

Wine Tasting	Susan Schimmel	3rd Thursday of the Month • 3:00pm	Lounge
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Join Community Life Associate Susan as she introduces a vertical tasting of different types of wines. She will discuss the foundation and background of the basic properties of these wines and then compare and contrast the three wines offered. She will also discuss food pairings and focus on a different blend of wine each class.

Women's History Month: Margaret Sanger	Mark Albertson	Tuesday, March 20th • 1:30pm	Auditorium
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Margaret Sanger brings much to the table with regards to birth control, eugenics, and, is another one of these ladies early in the 20th century raising the bar in American society for women. Margaret Sanger will set the foundation for what will latter be known as Planned Parenthood. She will put her stamp on American society for years to come.

Writer's Workshop	Michael Ruscoe	Wednesdays • 1:30pm	Meeting Room
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In this weekly workshop, we work together as a community to explore the writing process and how we can master it. Under the direction of author and university writing instructor Michael Ruscoe, workshop students will learn to hone their craft and express themselves in the written word. You are free to write fiction, non-fiction, poetry, creative non-fiction, life journals, family history, memoirs or any genre that engages your mind and creativity. Writers of all levels of experience are welcome!

COURSES	FACULTY	DAY AND TIME	LOCATION
Yale Peabody Museum		Thursday, March 8th • 1:30pm	Auditorium

The mission of the Peabody museum is to serve Yale University by advancing our understanding of Earth's history through geological, biological, and anthropological research, and by communicating the results of this research to the widest possible audience through publication, exhibition, and educational programs. Join the educators from the Peabody museum as they present highlights from exhibitions in the museum through a multimedia presentation.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Dr. Alfred Hunt, Professor

Professor Emeritus of History at SUNY, College at Purchase where in addition to a full teaching schedule he served as Dean of the College of Letters and Science and hosted an award-winning current events cable show. For the past four years, Dr. Hunt has taught at the University of Virginia semester-at-sea program where he sailed around the world teaching college students. He has lectured at Heritage Village and Heritage Hills for over 20 years and at Pomperaug Woods for the past six years.

Annarita DiFiore, Controller

Annarita joined The Watermark Community as our new Controller in June 2012. With her, she brings experience and enthusiasm for the position. When not working hard, Annarita enjoys many outdoor activities including gardening, camping, hiking, kayaking and rounds out the day with a good book. She gets her inspiration from various sources, mostly family and friends.

Alysha Winiarski, TRD/Community Life Associate

Alysha has always loved artwork. It relieves stress and promotes positive energy. The whole process of creating something and finally seeing what you have created from a distance makes you feel a sense of accomplishment. Having something beautiful to look at in a room can change your mood right in that moment, and that is what I have always loved.

Bill Tasco, Transportation

Bill joined The Watermark team in May 2016. He enjoys the everyday conversations with the residents as he brings them to their destinations. He likes to bowl, play chess and watch sports on television. On weekends, he spends time with his family and loves to visit his grand daughter.

Christine Woodman, Human Resource Director

Christine brings over 10 years of human resource experience to our community. She enjoys playing softball, bowling and rollerblading, and she listens to all different kinds of music, but prefers country and anything from the 60s-80s. Christine loves all kinds of animals, particularly her three cats: Bosley, Bailey and Moo.

NAME OF INSTRUCTOR

CLASS NAME

**Denise Julian
Director of Health Services**

Denise has been a member of the staff since the community's inception 25 years ago. Her inspiration comes from "working with our residents who are so eager and willing to share their life experiences and knowledge with us." She has certification for working as a Certified Alzheimer's Disease and Dementia Care Trainer and enjoys providing support care to families and residents who are dealing with the effects of Dementia.

Denise Taylor, Therapeutic Art Specialist

With a Master's Degree in Expressive Arts Therapies from Lesley University, Denise specializes in developing therapeutic arts programs for seniors and individuals of all ages, as well as those needing assistance. Her classes stimulate cognition, strengthen communication, boost self-confidence and empowerment, and provide coping strategies through the creative process.

**Dianne Pimentel, RN
Administrator, The Springs**

Diane is a registered nurse and the Administrator of The Springs. When she is not working, she enjoys knitting for a quick and easy divisional activity.

Ival Stratford Kovner, MS, MFA

Ival is a professional artist and educator with decades of teaching experience and has exhibited both nationally and internationally at venues that include: Oxford University, Harvard University, Wellesley College, Rivier College, Boston University and in NYC galleries including her last solo exhibition at Blue Mountain Gallery in Chelsea, NYC entitled, Horse Drawn. She loves painting both oils and watercolors and has written an eight lesson book that allows students of all levels and all ages to become familiar with watercolor and find their own unique expressive selves withing the medium.

James Chapin, Technical Educator & Instructor

James has been working with Chapin Business Services since 2010 as a Field Technician. He also volunteers at the Southbury Public Library and Pomperaug Woods answering questions, giving instruction and solving technical issues.

NAME OF INSTRUCTOR

CLASS NAME

Jami Ray, Garden of Beats

Jami has been facilitating drum circles for over ten years. He created the Garden of Beats to bring people together and share in one of his life's greatest pleasures, hand drumming. Garden of Beats is not about one person, a few or even a lot of people. It is about all people of all walks of life, communicating universally through rhythm. Every culture throughout history has had some form of drumming. It is a language we can all understand no matter what our background is. In every person there is a heart, in every heart there is a beat.

**Jennifer Cangialosi, PT, DPT
Rehab Director PROHEALTH**

A graduate of Northeastern University in Boston, Ma, Jennifer has 9 years of experience as a Physical Therapist and Rehab Director. Jennifer has been with Healthpro-Heritage since 2010 and here at the Watermark since January 2017. She lives in Danbury with her husband, and outside of work enjoys spending time with family and friends, cooking and baking. Jennifer also volunteers with Guiding Eyes for the Blind as a puppy raiser.

Karin Terebessy, Certified Yoga Instructor

Karin believes Yoga is accessible to anyone. She has had a wonderful time teaching Yoga to seniors, pregnant women, moms, babies, kids, teenagers, folks living with chronic conditions and everyone else in between. Karin believes Yoga should always make you feel better about yourself and your place in the world. Laughing and smiling are big with Karin and she looks forward to sharing her passion with all.

**Kathleen Pye, RN, BSN
Supervisor of Assisted Living Services**

A graduate of Stony Brook University, Kathleen has almost thirty years' experience in the nursing field. Kathleen loves caring for our residents and is inspired by the dedication and care provided by her fellow associates. When she is not at The Watermark, Kathleen enjoys working as a holistic nurse with her husband, a Naturopathic physician. She also is blessed with being the mother of two teenagers, two dogs and a very talkative parrot!

NAME OF INSTRUCTOR

CLASS NAME

Kelly Mazza, Executive Director

Kelly Mazza began as the Executive Director of The Watermark at East Hill in July of 2017. Kelly and her children enjoy painting rocks and placing them around their town as part of a community-wide program to spread kindness and joy to others. While Kelly isn't a great artist by any means, she loves how therapeutic and enjoyable rock painting can be. There is something very calming about painting rocks and they are so fun to find when you are out and about. Kelly hopes residents will join her in painting rocks that will be placed around our campus for residents and visitors to find. In addition to rock painting in her spare time, Kelly loves traveling, cooking, reading, dancing, and spending time with her two young children.

Ken Elkins, Education Program Manager Audobon

Ken holds a degree in Environmental Biology and started his career in conservation education at Westmoore Park and quickly moved onto the Connecticut Audubon Society. Ken now serves at the Education Program Manager at the Audubon Center at Bent of the River in Southbury.

Lauren Granata, Community Life Director

Lauren joined the Watermark Community in October 2017 as the Community Life Director. Lauren holds her Certificate in Therapeutic Recreation, a Bachelor's Degree in Sports and Leisure Management and a Master's Degree in Park and Recreation Administration. In her free time she enjoys spending time with her family and friends, especially her husband, her 7 year old twins, and her dog Brooklyn.

Mark Albertson, Educator & Historian

Mark is both an author and a professor of History at Norwalk Community College for the Lifetime Learners Institute. In May 2005, he was presented with a General Assembly Citation by both houses of Congress in Hartford for his efforts in commemorating the centennial of battleship Connecticut. He is the historical research editor at Army Aviation Magazine, and has been a longtime member of the United State Naval Institute.

Marvin Wurth, Resident

Marvin and his wife Estelle moved into The Watermark in January of 2016. As he has made his career working in IT, it may have been surprising to find that he has an active interest in public debate, current events, and active political discussions. But he has jumped right in to Hot Topics here at East Hill. Perhaps growing up in the Bronx has made him unafraid of differing opinions, but Mr. Wurth shies from no topic and has rejuvenated the minds of many peers.

NAME OF INSTRUCTOR

CLASS NAME

Michael Ruscoe, Writing Professor

Micheal is an author, journalist, and university instructor who began his career as a reporter with the Connecticut Post in 1985. The author of the novel You'll Do Anything and the anthology Baseball: A Treasury of Art and Literature, Ruscoe is a member of the English Department faculty at Southern Connecticut Sate University where he has taught writing for more than 25 years. He has also taught at Quinnipiac University and Brooklyn College of the City University of New York and has written several education texts. Ruscoe live in Middlefield with his two beautiful children and goldfish.

Nancy Geary, Community Life Associate

Nancy joined the Community Life department this year. She enjoys being around people of all ages. Seeing people smile and happy brightens her day. When she is not a Watermark, she is wither doing this with her son or nieces and nephew.

Parker Moreland, Resident

Parker Moreland and his wife Wini, after living in Danbury, CT for 41 years, moved to The Watermark in Sept. 2014. After training as a physicist, Parker has done basic research, managed industrial R & D, and taught high school physics. He has been using computers since 1956 and is currently a heavy user of his iPad, iPhone, and MacBook. Having dabbled with astronomy since earning his PhD, he started doing more serious amateur astronomy while teaching and has been a founding volunteer of the John J. McCarthy Observatory at New Milford High School since 1999. He leads the Observatory's outreach program teaching astronomy topics in the New Milford & Brookfield public schools, and coordinates its monthly public star party/lecture.

Rabbi Eric Polokoff, B'nai Israel of Southbury

Rabbi Eric Polokoff is the founding Rabbi of B'nai Israel of Southbury. He has been active in the local Jewish and general communities for more than two decades. He's long been involved as a regional and national board member of the Anti-Defamation League. His is the informal moderator of the Southbury Clergy Association, sits on the St. Mary's Hospital and Waterbury Hospital Ethics Committees and is the Associate Jewish Chaplain of the Taft School. Rabbi Polokoff's rabbinic ordination, Master's Degree and Doctor of Divinity are from the Hebrew Union College-Jewish Institute of Religion in New York. He received his Sacred Theology Master's from Yale DBivinity School and his undergraduate degree from Johns Hopkins University.

NAME OF INSTRUCTOR

CLASS NAME

Reverend Cyndie Holden, United Christ Church in Southbury

Reverend Holden is Minister of Pastoral Care and Adult Education at the United Church of Christ in Southbury. Cyndie and her husband, Richard have lived in Southbury for 30 years. Cyndie was formerly a Pastor in Southington and is a graduate of Yale Divinity School.

Reverend Samuel Dexter, United Church of Christ

Reverend Dexter is an ordained minister of the United Church of Christ and is a licensed clinical social worker. He is the manager of the Spiritual Care Program at Regional Hospice and Homecare in Danbury, CT. Samuel lives in Middlebury, Connecticut.

Reverend Walter Pitman, United Church of Christ

Reverend Walter Pitman is a graduate of Newtown High School and he attended American International College in Springfield, MA. He received a Bachelors of Arts in Speech and Theater with a minor in Psychology from Western Connecticut State University in Danbury and a Masters of Divinity from Andover Newton Theological School. For the past 22 years he has been the Senior Pastor of the United Church of Christ Southbury. He and his wife Stephanie and their two son reside in Southbury. He is the proud son-in-law of Watermark resident Allen Hall.

Dr. Stephen "Mitch" Wagener

Dr. Stephen "Mitch" Wagener, professor and ecologist at Western Connecticut State University's Biology department, knows a lot about the natural world around us. At WCSU for just over 20 years now, the professor has recognized his calling – aside from teaching college students that is. Over the past eight years the professor has made educating students and the public at large about climate change a priority. Dr. Wagener has researched and explored many aspects of ecology over the years, having obtained both his Master's in Stream Ecology and his PhD in Soil Ecology at the University of Alaska-Fairbanks.

Susan Schimmel, CPT, Community Life Associate

Susan is a certified personal trainer, Pilates, yoga and aqua aerobics instructor. Her passion for the senior population led her to focus on that demographic for the past eighteen years. Her belief that everyone is an individual is brought to each class. Susan has worked as a trainer/instructor at the Heritage Health Club for seventeen years, Pomperaug Woods for eight and with individuals in their homes for the past ten years.

NAME OF INSTRUCTOR

CLASS NAME

Theresa Mortis, TRD/Community Life Associate

Theresa began working in the Watermark community this past December and she is the new Community Life Associate/TRD in The Springs. Theresa loves cooking, baking and crafting. She finds these hobbies to be her best stress relievers. Theresa enjoys spending her free time with her husband, two sons (3 years old and 1 year old) and their dog, Diesel.

**Wanda Pacitto-Horenian, RN
Director of Nursing, The Springs**

Wanda began her career as a CNA in the 1980's for 22 years, and has been in the field for 27. She met a nurse who mentored her and Wanda was convinced to go back to school to get her nursing license. She became a floor nurse and then night supervisor, then a unit manager. She is now the Director of Nursing of the Springs. In her free time, she enjoys being outdoors and spending time with her grandchildren.



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