

WATERMARK UNIVERSITY
WU

2018

Spring Semester
JANUARY THROUGH APRIL

 **THE FOUNTAINS**
AT GREENBRIAR



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,

Jason Barrett

Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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"C-Diff, How To Prevent It?"	Gail Chandler, LPN	January 8th at 1:30pm	Theatre
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Join us for an informational presentation with Gail Chandler, LPN from Interim Healthcare for a health topic discussion about C-Diff and how you can help to prevent this bacterial infection. Take this opportunity to engage in a health talk to learn some useful information that can help to keep you and your family healthy.

An Evening With Uncle Gene Austin	Lee Holmes	TBA February	Theatre
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If you are a fan of early 20th century blues, standards, and pop then no doubt you have heard of singer/songwriter Gene Austin. From some of his standards such as "My Blue Heaven" and "Lonesome Road" they were vital pieces that bridge different genres of music. Come learn about Gene from Resident and relative to Gene, Lee Holmes. He will be giving an intimate history of Gene as seen through the experience of his family. Also, you will get to listen to some of his famous and not-so-famous songs. Come take a trip down memory lane with Lee and Gene this semester!

Art History & Drawing	Jason Barrett	Thursdays at 10:00am	Second Floor Private Dining Room
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Join Community Life Director Jason Barrett about early 20th century art movements and learn how to recreate some unique artwork in the style of some of your favorite artist. We will cover such art movements as: Impressionist, Expressionist, Cubist, Art Nouveau, Contemporary, Surrealist, and Assemblage. Come express yourself with us this semester in a fun and creative way.

Baked Bites	Karol Swain	TBA April	Theatre
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If you are a fan of baked goods, but don't want to busy yourself with all of the laborious mixing, proofing, baking, cooling, and stuffing then join Community Life Assistant, Karol Swain for a no-nonsense baking class. You will learn some recipes that require no baking or can be cooked in your microwave oven. Also, there will be samples of the tasty sweet treats. Don't miss out on this opportunity to reinvent your baking skills!

Billiards 101	Don Eason	Thursdays at 2:00pm	Den
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If you've always wanted to learn how to play Billiards, then here's your chance this semester to learn how. Join Director of Facilities, Don Eason for a fundamental introduction to playing billiards. You will learn about technique, playing angles, ball placement, ball control, and many other useful tools for sharpening your shooting skills.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Chess Basics	Rod Crites	Thursdays at 2:00pm	Parlor
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Do you like games of strategy and wit? This the game for you! Join volunteer Rod Crites as he teaches the basic rules and gameplay of chess. If you are new to the game or an old pro, then take this opportunity to learn a new game or come refine your skills with Rod.

Coffee Coozies	Karol Swain	Every Other Tuesday at 2:00pm	Second Floor Private Dining Room
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Do you like to drink coffee? Do you like to crochet? How about pairing both together and you have Coffee Coozies with Karol Swain. Come learn how to crochet a thermal insulator and hand protector for your favorite winter beverage. There are endless possibilities to custom fit your sense of style to your favorite cup of joe these fun accessories are fun way to customize your favorite coffee cup. Come learn how to make a Coffee Coozie today!

Cooking w/ John	John Carillo	One Friday Per Month at 2:00pm	MPR/3rd Floor Dining Room
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Explore your culinary interests each month with our Dining Services Director, John Carillo. Every month he will be featuring a new recipe from his repertoire to share with you. You will learn some tasty new recipes while getting to try some tasty food too. Don' t miss out.

Cribbage	Rene Comtois	Thursdays at 1:30pm	Wine Bar
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Join community Driver, Rene Comtois for a fun and fast-paced card game that is part card game and part board game...Cribbage. Cribbage is a game played with a standard deck of 52 cards (minus the jokers) and hands are dealt and played to acquire points on your peg counter board. The first player that makes it to 121 points or supersedes 121 points, wins. You will pick-up quickly on this game, it's easy to learn. Come play with us this semester it will be a card slinging good time!

Epistles	Jerry Rice	Fridays at 10:30am	Second Floor Private Dining Room
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Join retired Christian Educator and Resident, Jerry Rice for a Bible Study class centered around the letters ("Epistles") of the Apostle Paul to the early church. You will learn about the foundation of the Christian faith through the lens of 1st century church. Take this opportunity to learn about Christianity through the guiding values of love, humility, and faith. Come explore the beauty of the profoundly aweing grandeur of Yahweh and his son, Jesus.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Essential Oil Benefits	Tina Dietz	First Monday each month at 2:00pm	Multi-Purpose Room
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If you are interested in some homeopathic methods for medicine or home treatments, then come learn about "Essential Oil Benefits" with our Executive Director, Tina Dietz. Nature provides many wonderful treatments for pain, fatigue, inflammation, common cold, and much more and in this class you will learn just some of the many ways that we can use them in a healthful way. Come learn about essential oils with us.

Fall Prevention	Gail Chandler, LPN	April 19th at 1:30pm	Theatre
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As we all age one of the first things we discover is that our balance isn't always what it use to be. There are a myriad of reasons that can contribute to a fall (medicine interaction, balance, blood pressure, clutter, tripping hazards, wet surfaces, etc.) but there are also many ways that we can put up a first defense to ensure that we are avoiding a fall. Join Gail Chandler, LPN from Interim Healthcare for a health presentation about "Fall Prevention".

Film Appreciation	Quincy Davis/Dyllan Graves	Wednesdays at 2:00pm	Theatre
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Associates Quincy Davis and Dyllan Graves are both film enthusiasts. Their range of enthusiasm for film ranges from a variety of genres and especially about the history of filmmaking and art form. This semester you can join them in a weekly film viewing and discussion about the history and artistry of many different pieces of American film. We'll see you at the silver screen!

Fondue 101	Jill Hunt	TBA April	Theatre
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Business Office Associate, Jill Hunt will be sharing her passion for entertaining with fondue. You will learn about the varieties and versatility of this fun party food. From savory to sweet, fondue has an unlimited opportunity for creating a delicious meal for any kind of party. Come learn some delicious recipes and sample some tasty fondue as well!

Heart Health	Gail Chandler, LPN	February 15th at 1:30pm	Multi-Purpose Room
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Join in on a health presentation with Gail Chandler, LPN of Interim Healthcare for an informative presentation all about your heart. Learn about disease prevention and best practices. Also in conjunction with this class you can get a free complimentary blood pressure check and screening. Take this opportunity to help keep that ol' ticker...ticking!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Hebrew Scriptures	Jerry Rice	Mondays at 3:00pm	Second Floor Private Dining Room
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Join retired Christian Educator and Resident, Jerry Rice for a Bible Study class centered around the Hebrew Scriptures (Christian Old Testament) and how they convey the Word of Yahweh through the ancient Israelites and such patriarchs as Abraham, Isaac, Jacob, Noah, Moses, and King David through the biblical prophets. Each of these stories share a unique conveyance to the coming of Yahweh's "Anointed One", Messiah! This class is open to people of all faiths and denominations. Come learn about the majesty and wonder of the Mighty Creator, Yahweh!

Messages From Messiah	Jason Barrett	Wednesdays at 10:30am	Second Floor Private Dining Room
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Join Community Life Director, Jason Barrett for a Bible study class about the teachings of the Christian Messiah, Jesus of Nazareth. Learn about whom the world claims Him to be and whom he has proven Himself to be. This class will highlight an overview understanding about Messianic prophecy from the ancient Hebrew Scriptures and the fulfillment of that prophecy through the personage of Jesus the Nazarene in the Greek Septuagint Scriptures. You will learn a basic overview of the faith of the Biblical and historical figure of Jesus Christ through His teachings, and the early Christian disciples. Join us to learn what all of this means for your life. Class is open to all people of various faiths.

Music Appreciation	Dyllan Graves	Every Other Thursday at 1:00pm	Theatre
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Join music enthusiast and Greenbriar Associate, Dyllan Graves for a class dedicated to the appreciation of music. You will learn a little bit about music theory and composition and what makes our favorite melodies sound the way they do. Each class you will be listening to a variety of musical genres and exploring the themes such as: variation, pitch, tempo, composition, and much more. Come this semester to appreciate music with Dyllan.

Navigating Nintendo Wii: Wii Bowling	Stephanie Garland	Wednesdays at 1:30pm	Multi-Purpose Room
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Join us for a weight-free bowling experience that simulates bowling, but no ball required. Join Receptionist, Stephanie Garland will be using the Nintendo Wii to create a virtual bowling experience. This computer gaming console bowling experience is just as fun as the real thing. It requires skill, speed, control, movement, and a firm hold (of the controller that is). Take this opportunity to learn how to bowl using the Nintendo Wii.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Pen Pal Club	Traci Wood	Every Other Friday at 1:00pm	Second Floor Private Dining Room
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Come for an opportunity to practice the art of the written letter in this class paired with the Independence School District's Korte Elementary School. You will be practicing and learning some old reflexes about letter writing such as personal narrative writing, introductions, salutations, and most importantly connecting with local area grade school children who in turn use this opportunity to practice their writing skills too. This is a great opportunity for an intergenerational exchange of thought and familial connection. Join Traci for this awesome opportunity!

Pet Therapy	Vanessa Barrett	One Sunday per month at 2:00pm	Multi-Purpose Room
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Who doesn't like furry and cuddly dogs, right? No one I know! This semester join volunteer Vanessa Barrett who will be helping our hearts to soar with a little bit of puppy love. You will learn the benefits animals can have on your overall physical and spiritual health while also getting to cuddle with Vanessa's furry little friend, Jack. Come this semester for a healthy dose of puppy RX.

Poly-Pharmacy And You	Gail Chandler, LPN	March 15th at 1:30pm	Theatre
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What is Poly-Pharmacy you may ask? Good question! Join us this semester with Gail Chandler, LPN with Interim Healthcare to learn more about this health related topic. Good chances if you take a few different medications, then you will want to learn how poly-pharmacy affects you. Come learn more with us.

Texas Poker	Chuck Couch	Wednesdays at 1:30pm	Parlor
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Anty up! Join Resident, Chuck Couch for his favorite card playing game, Texas Hold'em Poker. In his class Texas Poker you will learn how to pair cards to create winning hands and learn the basic rules of poker play. Take this opportunity to pick up on a new card playing game with your Greenbriar friends and family.

The Bible: What Is Its Message?	Don Eason	Wednesdays at 3:00pm	Craft Room
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Join Don Eason as he uses a practical and relatable approach to understanding the message of The Bible and what it means for our lives. You will learn about the Hebrew Scriptures and Greek Scriptures and how combined they create an over-arching truth of who Jehovah is and how Jehovah has sought to rescue and bring His creation back to perfect restoration. Come learn how this reality is unfolding today, and how you can be a part of Jehovah's coming Kingdom. Don't miss out on this opportunity to reconnect with our Creator.

COURSES	FACULTY	DAY AND TIME	LOCATION
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The Golden Days of Radio	Lee Holmes	TBA March	Theatre
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Join Resident Lee Holmes, a former radio repairman and avid radio collector. As he teaches us about the "Golden Days Of Radio", and how this technology has contributed to many other subsequent technologies that we use today. You will learn about all of the infamous radio personalities and how wireless communication had transcended the way that we communicate today. Come learn with Lee this semester.

Virtual Reality Tour	Austin Whitaker/Bethany Waddle	January 21st at 2:00pm	Theatre
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Virtual reality is a new technology that is becoming more and more available to technology users and this semester you can learn how "VR" (virtual reality) is an easy integrated technology that is not available on many new phones. Dining Room Associates, Austin Whitaker and Bethany Waddle will be teaching you about this new technology and giving a virtual tour with "VR" goggles. Come learn about the future of social interactions and how we will view the world around us.

Work Out With Myron	Myron Frye	Fridays at 9:45am	Multi-Purpose Room
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If you are walking through the Multi-Purpose Room on a Friday and you hear the sound of Michael Sembello's "Maniac" or Michael Jackson's "Beat It", then you know that you are in the right place! Join Resident personal trainer, Myron Frye for a healthy portion of chair aerobics and calisthenics. One this is for certain with Myron's class you can't help but thrive with the infectious energizing regimen of exercising fun. Come check it out on any Friday morning. We hope to see you there!

Zumba Dance	Julie Clark	Saturdays at 10:00am	Multi-Purpose Room
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If you love to exercise and stay fit, then you will love volunteer, Julie Clark's Latin Dance inspired aerobic class called "Zumba Dance". This energizing class uses traditional dancing techniques to create a choreographed work out. While you are learning a new way to exercise you are actually learning some dance moves too! Before you know it you will be doing your workout like a dancing pro! This class is tailored to all varying degrees of fitness enthusiast. Join in on the dance!

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Jason Barrett

Messages from Messiah / Art History & Drawing

Jason is the Community Life Director at The Fountains at Greenbriar. He loves to spend his free time with his wife Kelli, his son Judah, and two dogs Primrose and Truman. He graduated from the University of Missouri-Columbia with a BA emphasis in commercial art (photography/illustration). When not spending his time with his family he enjoys reading The Bible and teaching others about Jesus.

Vanessa Barrett

Pet Therapy

Vanessa is a volunteer at The Fountains at Greenbriar. She loves to volunteer her time with the Residents. She works in the Fort Osage School District as well is a certified aerobics and yoga instructor. She teaches yoga classes at an area yoga studio and enjoys connecting with people. She would say that she is a people person.

John Carillo

Cooking w/ John

John is the Dining Services Director at The Fountains of Greenbriar. He comes to us with a plethora of knowledge and experience in the food and beverage industry. He enjoys spending his time with family and his furry friends too. He is a fan of many foods, but he would definitely consider himself a taco aficionado.

Gail Chandler, LPN

"C-Diff, How To Prevent It?" / Heart Health / Poly-Pharmacy and You / Fall Prevention

Gail is an licensed practicing nurse with Interim Healthcare. She has been working in the industry for many years and finds that her most rewarding part of her job is helping others to thrive and learn more about their health.

Julie Clark

Zumba Dance

Julie is a volunteer at The Fountains at Greenbriar. She is the daughter-in-law of former Resident Pat Westman. She loves volunteering her free time to help out with exercise classes at Greenbriar. She has been certified to work with senior adults and she has a passion for helping people.

Rene Comtois

Cribbage

Rene is a former North Kansas City School District teacher who came to Greenbriar as a volunteer and now has been working in the Transportation Department for 4 years as a Driver. He likes to travel with his wife, Nancy and he even gets his grandson, Evan to accompany his volunteering spirit with teaching Watermark University travelogue classes.

NAME OF INSTRUCTOR

CLASS NAME

Chuck Couch**Texas Poker**

Chuck is a Resident at The Fountains at Greenbriar. He is a life-long avid card player and poker tournament enthusiast. He is very active in the community and can always be seen out and about with his wife, Peggy.

Rod Crites**Chess Basics**

Rod is a volunteer at The Fountains at Greenbriar. He is a retired pastor that has developed a bad habit for chess. He volunteers his time with outreach at the City Union Mission and helps to organize youth chess classes and tournaments. When he isn't busy as a bee buzzing around he loves to volunteer his time here at Greenbriar teaching Residents...you guessed it...chess!

Quincy Davis**Film Appreciation**

Quincy is a Kitchen Associate at The Fountains at Greenbriar. He is self-pronounced movie buff. With a movie collection spanning in the thousands there isn't to many movies that he hasn't seen. Quincy also likes to volunteer his time helping with youth mentoring and spending time in his local church.

Tina Dietz**Essential Oil Benefits**

Tina is the Executive Director at The Fountains at Greenbriar. She come to us with many years of experience working with senior adults. She originally hails from our adjacent friends from the east St. Louis, Missouri. She loves to spend her free time with family and friends.

Molly Dowell**Bridge 101**

Molly is a retired teacher and Resident at The Fountains at Greenbriar. She love to play card games and she even has taught some of our Greenbriar Residents over 20 years ago how to play one of her favorite games, Bridge.

Don Eason**Billiards 101 / The Bible: What Is Its Message?**

Don is the Director of Facilities at The Fountains at Greenbriar. He loves to spend his free time active in his local church and with his wife, Deborah. A little known fact about Don is that he is an avid pool/billiards player and is quite accomplished at his skills.

NAME OF INSTRUCTOR

CLASS NAME

Myron Frye**Work Out With Myron**

Myron is an area personal trainer that specializes in senior fitness. His company "Fitness For Life" is just that a holistic approach to exercise at any age. He loves to work with senior adults that most. He said it is always rewarding to see great expressions of the human spirit when they do something that they didn't think they could. Myron is great at motivating and energizing everyone he encounters.

Stephanie Garland**Navigating Nintendo Wii: Wii Bowling**

Stephanie is a Receptionist at The Fountains at Greenbriar. She loves to spend her free time with family and her husband who is a working musician in his free time. Prior to coming to Greenbriar she spent her career as a florist store owner. She is accomplished at floral arrangements and has an artistic gift for design. Up until recently Stephanie loved to bowl in her local bowling league, and she still has an excitement and drive for the lanes.

Dyllan Graves**Film Appreciation / Music Appreciation**

Dyllan is a Dishwasher at The Fountains at Greenbriar. He loves to spent his free time watching and critiquing movies and hanging out with his friends. He enjoys listening to music and is an avid fan of many different genres.

Lee Holmes**An Evening With Uncle Gene Austin / The Golden Days of Radio**

Lee is a Resident at The Fountains at Greenbriar. He is a retired radio repairmen, ham radio operator, and antique radio collector. He has spent a great amount of time dedicated to seeking out radios and repairing them for his own personal collection and for other collectors.

Jill Hunt**Fondue 101**

Jill is the Business Office Assistant at The Fountains at Greenbriar. She loves to spend her free time with her husband and two boys. She has an Associates degree in Architectural Photography from The Metropolitan Community Colleges of Kansas City. She enjoys cooking and hosting parties with her family and friends. She like to travel a bit too and she would say that she is definitely a fan of the more tropic climates such as Cozumel, Jamaica, and Cancun.

NAME OF INSTRUCTOR

CLASS NAME

Jerry Rice

Hebrew Scriptures / Epistles

Jerry is a Resident at The Fountains at Greenbriar. He loves to spend his free time with his wife, Winnie and his family. He is active in his local church and volunteers his time in chaplain services visiting people in the hospital. He is a retired Christian Educator and Christian School Administrator. He spent over 30 years in Christian Education and he loves to put some of his skills to good use at Greenbriar with his Bible study classes.

Karol Swain

Coffee Coozies / Baked Bites

Karol is the Community Life Assistant at The Fountains at Greenbriar. She loves to spend her free time with her husband, Jerry and her three grown children Josh, Joel, and Kim. She is active in her local church and loves to volunteer her time with community outreach. She among many things is an accomplished knitter and baker!

Bethany Waddle

Virtual Reality Tour

Bethany is a Server at The Fountains at Greenbriar. She loves to spend her free time with her husband, Austin. She is quite the fan of technology and popular culture.

Austin Whitaker

Virtual Reality Tour

Austin is a Server at The Fountains at Greenbriar. He loves to spend his free time with his wife, Bethany. They enjoy video gaming, technology, and popular culture.

Traci Wood

Pen Pal Club

Tracy is the Human Resources/Business Office Director at The Fountains at Greenbriar. She is originally hails from Kansas. Traci loves to spend her free time with her son, Ashton. She is an accomplished stain glass maker and loves a variety of different hobby interests.



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