

Choices

Spring 2009



Oak Hammock
at the University of Florida

Oak Hammock at the University of Florida

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A Not-For-Profit Community
affiliated with the
University of Florida

Still Going Strong...

Despite a troubled economy, Oak Hammock at the University of Florida is secure, stable and nearly 100% reserved. What is it about this Life Fulfilling Community® that makes it so desirable? Just ask our members.



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When Forrest Met Sally

Forrest Crawford and Sally Foote were drawn to Oak Hammock as they planned their future together. "It was the right decision at this stage of our lives," say the recently married couple. "There were just so many positives, and the opportunity to establish our home in a university-related community clinched the deal."

The couple first met at the Sarasota Opera's double-bill *I Pagliacci-Cavalleria Rusticana*. Through their mutual love of opera — along with sightseeing outings, discussing books (especially those by Alexander McCall Smith), and dinners with family and friends — their friendship grew. "I proposed to Sally in the fall of 2006," Forrest recalls. "We were married in October 2007."

Freedom and Flexibility

"What we really love about Oak Hammock is the freedom and flexibility it gives us," says Sally, who continues her law practice, commuting from Gainesville to her office in Clearwater each week.



Forrest Crawford and Sally Foote, pictured here with Gillie, say moving to Oak Hammock was the right decision at the right time.

Forrest, who retired 17 years ago from United States Steel Corporation, stays actively involved in life at Oak Hammock, attending the Institute for Learning in Retirement (ILR) classes in Opera and serving on several community committees. He also enjoys natural history field trips, walking and biking. Although they're living in "Gator country," Sally and Forrest, a Penn State grad, make regular visits to "Happy Valley," in addition to a busy travel itinerary that has included trips to Australia, New Zealand, Italy, Ecuador and the Galapagos Islands.

"Oak Hammock accommodates virtually any type of lifestyle," adds Sally. "I'm still working, so 'maintenance free' living is a big plus. The staff are very attentive and helpful. We can spend our time tending to our garden of native plants and entertaining new friends, without worrying about chores. In addition, we have the security of knowing that if we ever need long-term care, it is available on site. That's liberating for us."

Affiliation with UF and Shands Sets Oak Hammock Apart

In planning for their future, Walter and Janie Kalaf looked at communities around the state. But, after studying all the options, they knew Oak Hammock was the right place. The main reasons: the community's connection to the University of Florida and Shands Hospital. "We were impressed by the quality and accessibility of excellent medical care," says Walter. "But, we were also drawn to Oak Hammock because it fosters lifelong learning."

Walter serves as chairman of curriculum for Oak Hammock's Institute for Learning in Retirement (ILR), where he organized the committee into two sub-committees, one for science and

technology, and the other for humanities. "We offer a comprehensive variety of courses," he says. "It's intriguing."

Another benefit of being university-related: intergenerational interaction. "Here at Oak Hammock, we're able to meet students at the Fitness Center and even in the Dining Room," adds Janie. "It's a great aspect of the community — keeps us young!"



Oak Hammock's commitment to lifelong learning attracted Walter and Janie Kalaf.

Award-winning Member Satisfaction

Oak Hammock members aren't the only ones who acknowledge the positive attributes of this Life Fulfilling Community. In fact, the Florida Life Care Residents Association (FLiCRA) — a statewide non-profit comprising residents who live in CCRCs — recently honored Oak Hammock with its "Top Gun" award for having the *highest reported member satisfaction* and retention of FLiCRA affiliates.

"This award is important to us because it is really a testament to our overall member satisfaction," says Jim McGrady, president of the Oak Hammock FLiCRA chapter. "We are very proud of our community, and it comes as no surprise that we have won this award based on the excellent amenities and services this community provides."

Just What the Doctors Ordered

Drs. Mira and Gabriel Rinzler Know First-Hand the Importance of Planning for the Future

Drs. Mira and Gabriel Rinzler, both specialists in rehabilitation medicine, understand more than most the health issues that can come with age. The Romanian-born, NYU-educated physicians established a rehab facility in White Plains, New York, where they practiced together for nearly 30 years before retiring to Naples, Florida in 1995. “We saw with our own eyes what can happen when people don’t plan ahead for possible healthcare needs,” says Mira. “A fall, a broken hip or a stroke can happen to anyone — and if you haven’t considered that possibility, you won’t know where to turn. We wanted to prevent that from happening to us.”

Gabriel adds, “We also had a friend, an orthopedic surgeon, who felt he was protected because he had long-term care insurance. But, both he and his wife became ill — and home health aides couldn’t give them the 24-hour support they eventually needed. We watched what happened to them, so we knew the issues that were involved.”

Even so, it was the Rinzlers’ son, a physics professor at the University

of Florida, and daughter-in-law who first introduced them to Oak Hammock. “At the time, we weren’t thinking of leaving our home in Naples,” says the couple. “But, we did some serious thinking and changed our minds. We didn’t want our children to worry about ‘taking care’ of us, and we wanted to maintain our independence.”

Everything We Were Looking For

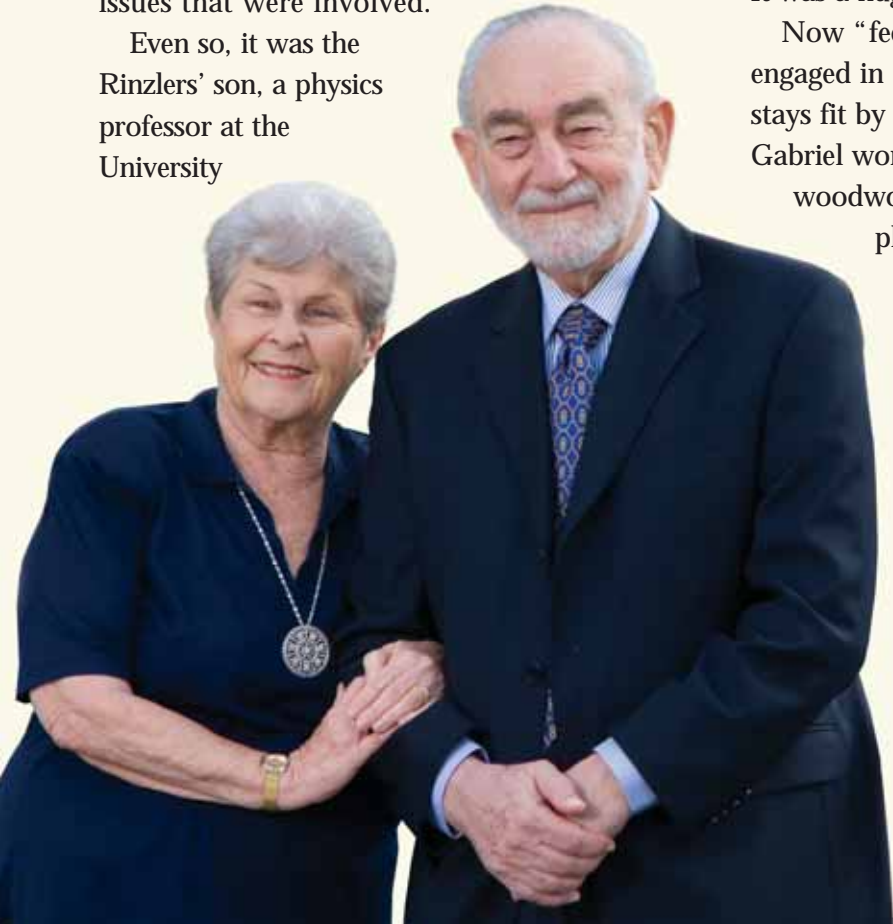
From a healthcare standpoint, Oak Hammock had everything the Rinzlers wanted: onsite rehabilitation, assisted living and skilled nursing care. “We’ve already taken advantage of those services,” says Mira. “Last spring, I was hospitalized with a kidney stone and needed physical therapy. Because we have on-site rehab, I was able to leave the hospital earlier and go right to the Oak Hammock Health Pavilion. It was a huge plus!”

Now “feeling great,” the Rinzlers are actively engaged in Oak Hammock’s programs. Mira stays fit by swimming in the indoor pool. Gabriel works out in the Fitness Center, loves woodworking and serves as the community’s

photographer. The couple participates in the Oak Hammock travel club and the Institute for Learning in Retirement. “We love that the community is filled with such intellectually stimulating people and that it is affiliated with the University of Florida,” they note.

“Oak Hammock has exceeded expectations,” Gabriel adds. “We feel secure here in so many ways.”

Rehab specialists Drs. Mira and Gabriel Rinzler say Oak Hammock provides multiple layers of security.



Position Yourself Ahead of the Curve

Our Stimulus Programs Address Economic Concerns

Star Bradbury, Director of Life Planning at Oak Hammock, understands as much as anyone that economic times are tough. Despite that, she says, “The outlook here is very positive, and we’re nearly 100% occupied. Our members are forward-thinking, and they know this is the place to be to ensure both healthcare security and financial stability over the long term.”

Oak Hammock has developed several programs to address today’s economic concerns. “If you want to move here immediately, we have several Club Homes and one apartment open,” Bradbury notes. “If you want a specific floor plan that’s not available now, we offer a ‘Temporary Residence’ program that enables you to move in immediately, but pay the entrance fee for the home you’re waiting for. Plus, there’s a delayed entrance fee program for those who qualify.”

The bottom line is this: Now is the time to get on the wait list and position yourself ahead of the curve, so that when the economy rebounds, you won’t be left out.

Call 888-311-6483 to find a program that works best for you.

ASSISTED LIVING RESIDENCES AT OAK HAMMOCK: No Entry Fee . . . and No Place Like It!

When it comes to Assisted Living and Memory Support, The Pavilion at Oak Hammock will change the way you think about long-term care. From our caring staff to our neighborhood settings, you can see and feel the difference. Members in Assisted Living enjoy exceptional benefits, including:

- All-private one- and two-bedroom garden and patio residences
- 24-hour nursing staff
- Restaurant-style dining
- Walk-in Wellness Clinic with nurse practitioner
- On-site dental clinic
- Beauty & barber shop
- Complete physical therapy services on site
- 20,000-square-foot Fitness Center/pools
- Pets welcome — UF vet clinic on site

Best of all: There are NO Entry Fees or level-of-care fees for a direct admission into Assisted Living — and we are open to anyone, not just Oak Hammock members, UF alumni or staff.

Come and see the Oak Hammock difference for yourself. To arrange a *private tour* and a *complimentary lunch* for up to five people, contact us at **352-548-1133**.

Assisted Living License # AL10493 88174 PRAD SNL 5/2009



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