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Summer 2024 Edition



ALLURE  
Lifestyle Communities



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# The Allure Family Continues to Grow!

*A warm welcome to Lakeview Senior Living, our newest Allure Lifestyle Community!*



We are excited to welcome Lakeview Senior Living into the Allure family of communities! Located in Lakewood, Colorado, just west of Denver, Lakeview offers stunning views of the Rocky Mountains and a lifestyle tailored to the preferences and needs of its residents. As an independent living community, Lakeview provides a range of amenities, including 24-hour emergency response, regular housekeeping, and a vibrant schedule of daily activities, all designed to promote an active and fulfilling lifestyle.

Recently, we celebrated the grand reopening of Lakeview Senior Living with a warm welcome to the community. The event was a fun-filled occasion, bringing together residents, their families, and our dedicated staff. The celebration featured live music, delicious food, and engaging activities, creating a joyful atmosphere that truly embodied the spirit of the Allure family.

Lakeview Senior Living boasts a gourmet demonstration kitchen, a wellness center with exercise equipment, and a sky lounge and deck, ensuring residents have access to everything they need within the community. Conveniently located near shopping, dining, and places of worship, Lakeview ensures residents stay connected to the people and places they love. Joining the Allure family, we remain committed to enhancing the high standard of care and lifestyle that Lakeview's residents cherish.

We look forward to further introductions to the Lakeview community in the next edition of the LIFE Magazine!





# 05

## CLEANING & DECLUTTERING

Dive into the refreshing world of decluttering and cleaning with insights from our residents, who share their tried and true strategies for maintaining a tidy and harmonious living space. From practical tips to inspiring transformations, these stories will motivate you to revitalize your home and your life.



Haven at Lewisville Lake

## Creative Storage Solutions with Kay Robinson

Kay Robinson, a resident of Haven at Lewisville Lake for three years, exemplifies how to creatively maximize apartment space. Encouraged by her children to bring all her shelves when moving in, Kay has effectively utilized these to enhance both functionality and aesthetics in her living space.

In the kitchen, she optimally uses tall, narrow shelves at the island's end to store spices and baking needs, while artfully displaying cookbooks and collectibles. Below, canisters hold essentials like flour and sugar, neatly arranged for easy access. Adjacent, a compact rack stores pantry items and dishware that doesn't fit in the cabinets.

Her resourcefulness extends into the sewing room, where door racks neatly organize threads, and in the utility area, S-hooks on a rack above the washer cleverly hold cleaning tools. Kay also innovatively uses shoe boxes and hat boxes for additional storage, proving that even small spaces can be neatly organized and stylish.

Kay encourages her fellow residents with a bit of advice: "Have fun shopping for all kinds of containers to make everything organized!" Her approach not only keeps her apartment tidy but also encourages others to explore fun and practical storage solutions. Kay's story shows that with creativity, organizing can transform a living area into a functional and inviting space.



Spring at Silverton

## Effortless Organization with Ms. Mary Pat Hoag

In Ms. Mary Pat Hoag's impeccably organized apartment, every item has a designated place, reflecting her philosophy that maintaining order is not just ideal but a practical way of life. Her approach is simple: items not in use are immediately discarded, which she credits for her clutter-free environment.

During a visit to her home, it was clear how her organizational strategies enhance her daily life. Notably, Ms. Hoag has adapted a shoe hanger on her bathroom door for toiletries. The clear pockets make items easily visible and accessible, showcasing her knack for practical use of space.

Moreover, Ms. Hoag uses baskets on top shelves for storage, keeping her space tidy and tranquil. These methods not only maximize her living area but also maintain a serene ambiance.

Ms. Hoag's home is a testament to the benefits of efficient organization. Her simple, proactive measures for maintaining order offer valuable lessons for anyone looking to streamline their living space and lifestyle. Through her example, Ms. Hoag demonstrates that a well-organized home can indeed lead to a more functional and peaceful life.



Atlas Point at Prestonwood

# Sustainable Spring Cleaning with Maryhelen Gonzales

Maryhelen Gonzales, a resident of Atlas Point since October 2023, is redefining spring cleaning with her eco-friendly and creative approaches to decluttering. Known for her commitment to sustainability, Maryhelen has introduced the community to her innovative 12-12-12 rule: identify 12 items to donate, 12 to throw away, and 12 to keep. This method simplifies the decluttering process, enabling residents to make quick and effective decisions about their belongings.

To further streamline the cleaning process, Maryhelen promotes the "one touch" rule, which helps to avoid procrastination by encouraging residents to make immediate decisions about each item. This approach ensures that decluttering becomes a quick and straightforward task. For those who find the task daunting, Maryhelen suggests breaking it into manageable five-minute bursts. This technique helps to maintain momentum without the process becoming overwhelming, making it more approachable and less intimidating.

Maryhelen's passion for repurposing extends her impact beyond just decluttering. She creatively transforms everyday objects to reduce waste, such as converting an old teapot into an elegant lamp and crafting decorative items like rabbits and bunnies from common household materials. Her innovative repurposing projects demonstrate how decluttering can also be an opportunity for creative expression. Additionally, Maryhelen emphasizes the importance of donating items to extend their life and benefit others. She points out that local animal shelters welcome old textiles, while organizations like Goodwill and the Salvation Army provide excellent avenues for giving clothing and furniture a second life.

Maryhelen Gonzales inspires Atlas Point residents with her practical and eco-friendly strategies for decluttering, proving that effective spring cleaning can also be green.



## Regency Crest

### The Art of Decluttering: Remove Clutter, Chaos, and Restore Order

Decluttering is more than just a chore; it's a transformative process that enhances both the functionality and aesthetics of living spaces. Duretha Smith, a resident at Regency Crest Apartments, has become well-known for her expert approach to creating organized environments. Through years of refining her methods, Duretha has perfected a technique that not only clears space but also brings a sense of renewal and clarity to her living environment.

Here are Duretha Smith's key strategies to guide residents on their decluttering journey:

#### 01 Start Somewhere Specific

Start with a clear focus by selecting a particular area or category to declutter first. This helps prevent the task from becoming overwhelming.

#### 02 Avoid Procrastination

Tackling clutter can seem daunting, but Duretha emphasizes the importance of diving in without delay. Procrastinating only adds to the challenge.

#### 03 Personalize Your Approach

There's no one-size-fits-all method to decluttering. Find a system that resonates with personal habits and lifestyle. Decisiveness is key—avoid creating a 'maybe pile' and make firm decisions about what to keep and discard.

#### 04 Plan Your Process

Without a clear plan, efforts can falter. Write down a step-by-step plan to help maintain focus and momentum, embodying the adage, "If you fail to plan, you plan to fail."

#### 05 Stay Focused and Energized

Decluttering can be tiring, so finding ways to stay motivated is crucial. Duretha suggests listening to music or taking regular breaks to keep energy levels up.

#### 06 Embrace the Mess

Sorting through belongings will increase disorder temporarily. Resist the urge to tidy as you go, which can distract from the main task and deplete energy.

#### 07 Act Immediately on Decisions

Once you decide to discard items, remove them from your space immediately to prevent second-guessing and reduce the chance of clutter creeping back.

#### 08 Take Incremental Steps

Decluttering as a series of small, manageable actions, making the task less daunting and more achievable.

#### 09 Remember Your Motivations

Keeping in mind why you are decluttering is important. Whether it's to reduce stress, improve aesthetics, or simplify your lifestyle, Duretha believes that your reasons can drive you forward.

#### 10 Avoid Comparisons

Decluttering is a personal journey, and progress can vary widely. Focus on your own achievements without comparing them to others.

#### 11 Acknowledge Your Progress

Any progress is good progress. Celebrating small victories along the way is crucial, and remembering that decluttering is a process, not a one-time event, is essential.

By adopting Duretha Smith's expert tips, residents of Regency Crest Apartments and beyond can tackle decluttering with confidence and success. The satisfaction of clearing out clutter and reclaiming space leads to a more organized and tranquil home environment.



# 10

## FAVORITE SUMMER ACTIVITIES

Summer is a season of joy and vibrant community engagement. From festive luaus to tranquil garden gatherings, join us as we celebrate the warmest months with activities that bring us together, creating memories that last a lifetime.

# A Hawaiian Luau to Remember



Hanover Place

At Hanover Place, the vibrant spirit of a Hawaiian luau recently captivated residents, transforming their gathering into a tropical paradise. Adorned with colorful leis and swaying to the rhythms of island music, the community embraced the festive ambiance with enthusiasm. The event featured an array of authentic Hawaiian delicacies that delighted the senses and brought the essence of the islands to their doorstep.

Guests enjoyed savory Hawaiian meatballs and tantalizing fruit kabobs, each bite infused with rich, island flavors. The menu also included macaroni salad and inventive chocolate volcano 'dirt cups,' ensuring a treat for every palate. These dishes not only satisfied cravings but also highlighted the residents' commitment to embracing diverse cultural experiences.

This summer soirée at Hanover Place was more than just a gathering; it was a celebration of community and cultural appreciation. By hosting themed events like this luau, Hanover Place encourages its residents to enjoy and live the Allure Lifestyle to its fullest, making every occasion a memorable one.

# Annual Pink Picnic Caps Off the Summer



Regency Crest

Regency Crest upholds a cherished tradition with its annual end of summer celebration, a festive event that marks the culmination of the season. Last year, the community embraced a vibrant pink theme for the party, turning the gathering into a visually striking and spirited occasion. Adorned with decorations in various shades of pink, the venue came alive as residents gathered to bid farewell to summer in style.

The Pink Picnic, as it was fondly called, saw a strong turnout with around 90 residents participating in the festivities. This event is not just a celebration but a pivotal moment for community bonding, allowing neighbors to connect and share joyous moments together.

Each year, the anticipation builds for this end-of-summer bash, which continues to be a highlight of the community calendar at Regency Crest, showcasing their commitment to lively and engaging resident activities.

# Garden Flourishes with Resident Participation



## Canvas Valley Forge

The Canvas Community Garden stands out as a cherished green haven at Canvas, where approximately 36 gardening enthusiasts, including some husband-and-wife teams, cultivate their own plots. Due to its popularity, there's an annual waiting list, underscoring the community's enthusiasm for gardening.

Residents at Canvas take pride in growing a variety of vegetables such as lettuce, tomatoes, peppers, peas, carrots, Swiss chard, spring onions, and spinach. The garden also features an array of herbs including basil, rosemary, thyme, and oregano, adding fragrance and flavor to their harvests.

This year, the Garden Club is excited to introduce a Community Table initiative. This new feature will allow resident gardeners to share the fruits of their labor with neighbors, fostering a spirit of community and generosity. Additionally, the garden includes designated areas with tables where residents can enjoy meals or relax with a book amidst the lush surroundings.

The Garden Group, led by a dedicated team of four residents, also provides a comprehensive handbook for the gardeners. This resource is packed with helpful tips and creative gardening ideas, especially beneficial for newcomers eager to dig into their gardening projects. The Community Garden not only enhances the quality of life for its residents but also strengthens community bonds through shared interests and collective efforts.

# Summer Delights with the Krausses



## Glenmont Abbey Village

At Glenmont Abbey Village, the warm summer days bring more than just sunshine; they bring a season filled with laughter, camaraderie, and cherished traditions. Long-term residents Richard and Annalise Krauss find deep joy in this time of year, as they reflect on the beloved memories that have defined their summers in the community.

Annalise Krauss, with eyes sparkling with nostalgia, speaks fondly of the summers at Glenmont Abbey. "We truly love it here," she says, her voice filled with warmth. "The friendships we've made and the memories we've created—it's truly special." For Annalise, summer is about embracing the simple pleasures of life—from lively barbecues with friends to relaxing afternoons on her porch, each day enriched by the sense of community and togetherness.

A particular highlight for Annalise is the village's summer concerts held in the parking lot. These events, featuring dancing and refreshments, encapsulate the spirit of joy and celebration that permeates Glenmont Abbey during the summer months.

Richard Krauss shares his wife's enthusiasm for community involvement, often volunteering to help with event preparations. "It's our way of giving back," Annalise explains. "Richard loves being able to support our wonderful staff, and we both enjoy contributing to the success of our community events."

Reflecting on previous gatherings, Annalise recalls a memorable outdoor chicken dinner barbecue that symbolized community spirit, complete with pony rides and a petting zoo for the grandchildren, creating joyous memories for residents of all ages.

Another tradition dear to the Krausses is the annual garage sale they organize, providing a perfect opportunity for residents to declutter and mingle. "It's a social event as much as it is a decluttering one," Annalise notes, smiling. "And sometimes, you might just discover a hidden treasure among the sale items."

Beyond the organized festivities, Annalise treasures the quiet moments spent with her family, whether it's cooking a meal or enjoying the tranquility of their home. "We've always prided ourselves on being a welcoming household," she remarks. "Being part of such a caring and loving community is truly a blessing."

As another summer unfolds at Glenmont Abbey Village, Richard and Annalise look forward to the activities planned and the chance to deepen connections with their neighbors. Each day, from the morning bird songs to the gentle evening breezes, reminds them of the beauty and blessings of life in their vibrant community.



# Summer Splash: Poolside Bash



## The Spring at Silverton

At The Spring at Silverton, a variety of summer activities light up the season, but one event in particular has left a lasting impression on the community, especially for Marsha Blankenship, a beloved resident of nearly twelve years. Reflecting on a standout memory, Ms. Blankenship recalls the summer of 2019, a vibrant celebration that took place by the community pool.

That summer, the poolside was transformed into a lively country and western scene, complete with a live band that filled the air with music and energy. Ms. Blankenship vividly describes the event with a sparkle in her eye, recounting how residents danced, laughed, and enjoyed the festive atmosphere. "The parties at the pool are so fun!" she exclaims, her words painting a picture of a community coming together in joy and celebration.

The event was well-attended, drawing a large crowd of residents who were eager to partake in the fun. The combination of live music, dancing, and the shared joy of neighbors created a memorable evening that Ms. Blankenship and many others still cherish. It's clear that these gatherings are more than just events; they are a vital part of the community fabric at The Spring at Silverton, bringing residents closer and creating cherished memories year after year.

# Sock Hop: A Blast from the Past



## King City Senior Village

Every July, residents of King City Senior Village eagerly step back in time to the lively 1950s with their annual sock hop event, a tradition steeped in history and fond memories. Originating in the 1940s as fundraisers during World War II, sock hops soared in popularity among American teenagers by 1948. Today, these dances continue to captivate the hearts of those who remember them well.

At King City Senior Village, the event is a highlight of the summer, bringing residents together for a day of retro fun and dance. Billie and the Rockets set the mood, playing classic '50s hits and more, as attendees twirl on the outdoor dance floor in their poodle skirts and saddle shoes. The atmosphere is electric, reminiscent of youthful days gone by.

Adding to the excitement last year, Al McFarling made a guest appearance as the iconic "Fonz," a character beloved by many. The event also featured classic treats like homemade cotton candy, cracker jacks, and ice cream, with a nostalgic lunch of burgers and hot dogs rounding out the day.

King City Senior Village's sock hop is more than just a dance; it's a carefree day that allows residents to forget their worries and immerse themselves in the joy and community spirit of a bygone era.



# Decade of Delightful Visits to Corpus Christi



Atlas Point at Prestonwood



For the last decade, Thom and Denise Balmer have regularly visited Corpus Christi, Texas, a tradition that began when their son lived there. Although he has moved, the Balmers continue to return, drawn by the coastal city's charm and their fond memories.

The couple stays at the Naval Air Station Corpus Christi in the Navy Lodge, enjoying the familiarity of the military setting which resonates deeply with both, given Denise's upbringing in a military family and Thom's ten years of service.

Their days are leisurely spent on the beach—sitting on the sand, wading in the water, watching birds, and walking hand-in-hand along the shore. They particularly love the tranquility of the National Seashore on weekdays when it feels like they have the beach to themselves.

Thom jests that Denise's spirit animal is a dolphin due to her love for the sea, while he identifies with a hawk. This playful notion highlights their deep connection to the natural surroundings, which is rejuvenated with each visit.

For Thom and Denise, these trips to Corpus Christi are more than just vacations; they are cherished escapes that refresh their spirits and deepen their bond, making each visit a meaningful part of their lives at Atlas Point at Prestonwood.



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## TRAVEL DIARIES

Embark on a journey through the vivid travel diaries of our residents as they recount adventures from the far corners of the globe to cherished local escapes. These stories are not just about places; they're about the transformative experiences that travel can bring, woven together with the personal insights and unique perspectives of each storyteller.

# A Love Story In Transit

## Vancouver Pointe

Vancouver Pointe residents Paula and Jack Clor are no strangers to traveling. Together they have traveled to 38 countries – not to mention multiple trips to France to visit relatives. With full passports and thousands of miles behind them, Paula and Jack reminisced on their journeys together.

Jack and Paula met in 1969 while they both worked in retail – she was an assistant buyer and he was a buyer merchandise manager for Halle Brothers (later becoming Saks Fifth Avenue). It wasn't long before they were married and had two curious boys. They began spending family vacations traveling to far away places which they found to be a great education for their boys.

When the boys grew older and left the nest, Jack and Paula continued voyaging to all corners of the globe. They finally unpacked their suitcases a final time in 2019 after three big trips that year: China, Egypt, and The Aegean Islands of Turkey.

The Clors built their lives in Wisconsin where winters are bitter cold and the summers are muggy and hot. To escape the harsh weather of summer, the Clor's voyaged to New Zealand. They found it to be the perfect escape as it was winter there, and much milder than the harsh midwest winters they knew all too well.

New Zealand offered breathtaking landscapes and charming cities. With local guides, the Clors found the quality of the restaurants, museums, and tours beyond their expectations. New Zealand is now their favorite summer getaway! There's no stopping a couple who loves to travel.



# The Artistic Odyssey of Miss Jackie: From Classroom to Museums to Galleries

## The Atwater at Nocatee



In the dynamic world of art, certain figures emerge as shining examples of creativity, passion, and expertise. One such figure is Miss Jackie, affectionately known by those at The Atwater at Nocatee. A former art teacher, museum tour guide, and a distinguished abstract watercolor painter, Miss Jackie's artistic journey epitomizes the power of passion and commitment to the arts.

Jackie's love for art began in the classroom, where she inspired a multitude of students as an art teacher. Her enthusiasm for nurturing creativity left a lasting impact on her students, and it was in this role that she discovered her profound connection to the transformative nature of art, a discovery that would fuel her lifelong devotion to artistic expression.

Elevating her passion, Jackie became a museum tour guide, where she immersed visitors in the rich tapestry of art history and its myriad forms. Her extensive knowledge and engaging storytelling made her tours not merely informative, but transformative experiences that deepened visitors' connections to art.

Jackie also pursued her own artistic endeavors as an abstract watercolor painter. Her personal collection of paintings serves as a vibrant testament to her unique artistic vision. Each brushstroke conveyed deep emotions and experiences, captivating those who viewed her work.

Her talent recognized far beyond her personal studio, Jackie's paintings were displayed in prestigious galleries in both Detroit and Sarasota. These exhibitions allowed her to showcase the depth of her artistry, inviting viewers to delve into the mesmerizing interplay of colors and shapes that characterize her paintings. In these galleries, her work transcended cultural and geographical boundaries, resonating deeply with a diverse audience.

Jackie's ability to articulate complex feelings through watercolors has not only earned her wide acclaim but has also cemented her status among contemporary artists. Her journey from the classroom to prominent galleries highlights the transformative impact of art and underscores the significant influence one individual can wield in the broader artistic landscape. As the art world evolves, Miss Jackie continues to serve as a beacon of inspiration, reminding everyone of the profound and enduring magic inherent in the act of painting.

# “I Haven’t Been Everywhere, But It’s on My List”

## Canvas Valley Forge

Highlighting the places she has traveled, Barbara talks about Bali, Indonesia; Dubai, UAE and Singapore, Southeast Asia. While she enjoyed all three places, she says there’s no place like Bali! It’s a magical blend of colorful culture, friendly people, stunning nature, countless activities, tropical weather, culinary delights, vibrant nightlife, and beautiful accommodations. In Barbara’s opinion, Bali is one of the best travel destinations in the world. There’s something for everyone to explore and discover - the good food; plus, the Indonesian Rupiahs to US dollars exchange rate makes it affordable.

Her favorite spots to visit in Bali are Ubud, known for its Monkey Forest, Hindu temples, art museums and lush countryside. Nusa Dua and Seminyak, both popular for their luxury villas, beaches, nightlife, amazing food and shopping, were also among some of her favorite spots to visit. Among other exciting activities, Barbara and her girlfriends enjoyed listening to live music and dancing the night away at Potato Head Beach. They dined at Bebek Tebasari, a floating restaurant in Ubud, and relaxed at both the Kanvaz Village Resort and Four Seasons Hotel in Seminyak. As for her favorite Balinese food delights, her all-time favorite is Pepes Ikan, a fish dish with rice and sambal (chili sauce).

Her visit to Dubai was a great experience rounding up her trip to Bali, Indonesia. That was Barbara’s third trip to Bali but first to Dubai. Dubai is a city and emirate in the United Arab Emirates known for luxury shopping, modern architecture, great food, it’s desert and a lively nightlife scene. All the things she and her girlfriends wanted to top off their three-week girl’s trip!



## “I Haven’t Been Everywhere, But It’s on My List”

### Canvas Valley Forge

The highlights of their adventure included a visit to the Burj Khalifa, Dubai's famous tall skyscraper, enjoying the jets and lights choreographed to music at the Dubai Fountain; and shopping in the Dubai Mall, also known as the home of the Dubai shopping festival. Their favorite was the roller coaster ride in the Dubai desert sand dunes and enjoying the calmness of the Dubai desert on a camel ride. A couple favorite dishes were Harees, made up of crushed wheat and minced meat with onions and ground cumin, Khuzi and other dishes containing roasted lamb, rice, veggies, and nuts.

Their visit to the Dubai Mall was certainly an experience. This huge leisure centre with 1,200 department stores, an ice rink, aquarium, cinema and 360-degree views of the city from the world's tallest building – The Burj Khalifa called for a second day of touring to take it all in.

Another memorable girl's trip event was the week they spent in Singapore on the way home from Bali. They were already on the other side of the world so why not? Singapore's diversity of cuisine was a good reason to visit this beautiful country. The street food vendors offered the best variety of good food including Chinese, Malaysian and Indian food. Two street food stalls in the city are the first in the world to be awarded a Michelin star. This beautiful district is the only Chinatown in the world to boast a Buddhist temple, mosque, and Hindu temple along a single street.

They enjoyed an evening at the Gardens by the Bay with its greenhouses and waterfront parks containing super trees lined with solar cells, and enjoyed their stay at the luxurious Fullerton Hotel and toured the Marina Bau Sands resort. As in the title of Barbara's story, “I haven't been everywhere, but it's on my list,” Barbara has recently added Cape Town, Johannesburg and South Africa. She'll see you soon!

# Exploring the World: Adventures of Christine Allgeier

## Glenmont Abbey Village



Amidst the inviting atmosphere of Glenmont Abbey Village, resides a cherished member of our community whose life story is as rich and vibrant as the colors of a sunset. Meet Christine Allgeier, a warm and welcoming presence whose tales of travel and discovery illuminate the beauty of exploration and the joy of connecting with others.

Christine's journey began during her teenage and college years at the rustic charm of a family cottage within the wilderness of Quebec, Canada. Picture this: twenty miles away from the nearest main highway, accessible only by a dirt road, with no electricity or running water. It was a haven of simplicity, where days were spent sailing on a small boat, fishing, and engaging in spirited card games. Chris fondly recalls learning the intricacies of bridge from her parents and relishing the camaraderie of games like pinnacle.

As an adult, Christine's adventurous spirit led her across the globe, embarking on escapades that would etch memories to last a lifetime. One such escapade took her to the bustling streets of Beijing in the 1970s, where she and her friends, searching for a unique experience, set their sights on encountering China's beloved pandas. Lost in translation, they found themselves in the Bamboo Forest, anticipating panda sightings. A chance encounter with a local revealed their folly, leading to laughter and a memorable excursion to the zoo, where the pandas awaited.

Russia beckoned next, courtesy of the People-to-People Organization, offering Chris a glimpse into the rich tapestry of Russian culture. A highlight of her visit was a memorable stay with a Russian family renowned for their exceptional vodka in their town—a taste of local hospitality that left an indelible mark on her memory. From the grandeur of Moscow to the cultural treasures of St. Petersburg, Chris savored every moment, enriching her understanding of the world and its diverse inhabitants.

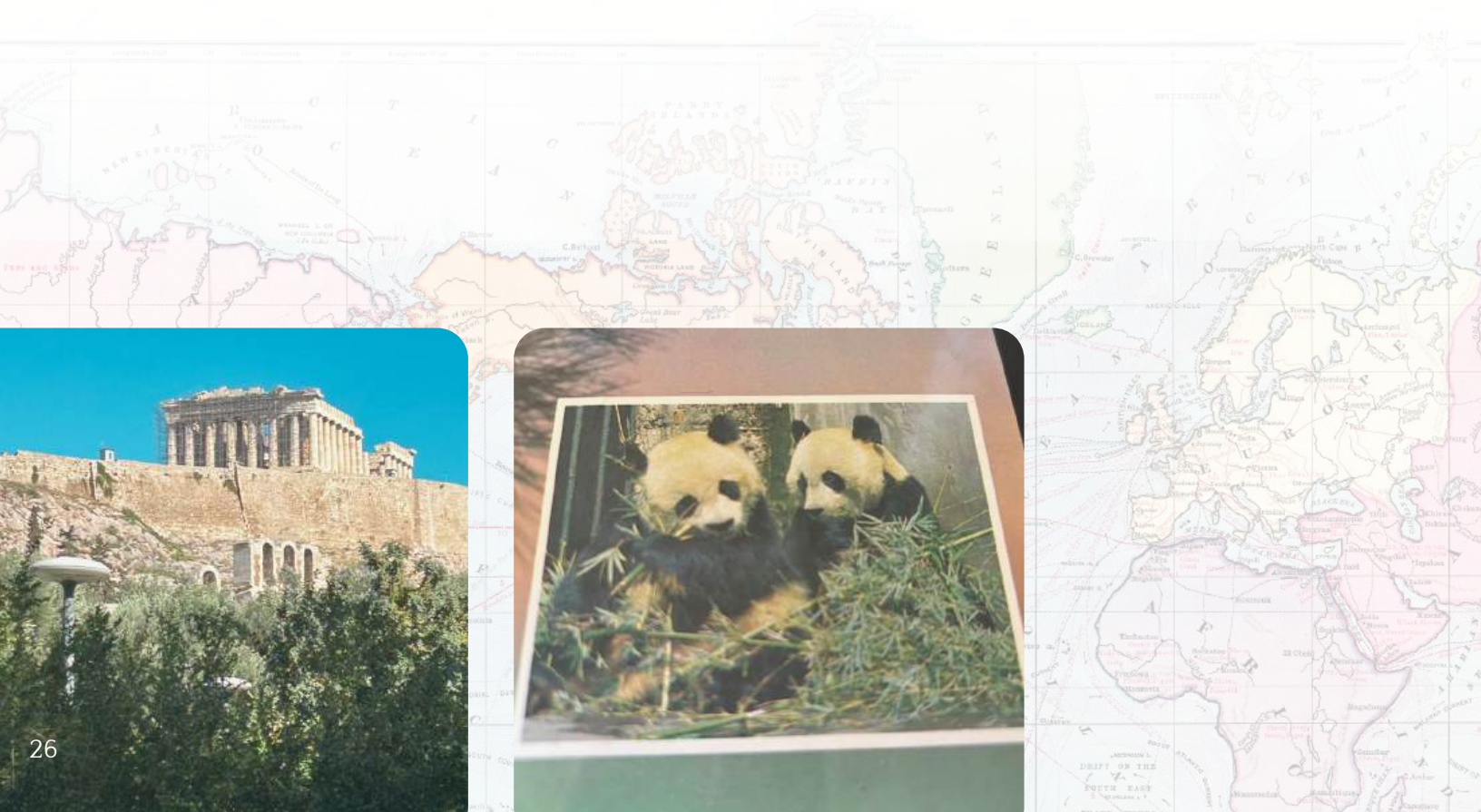
# Exploring the World: Adventures of Christine Algeier

## Glenmont Abbey Village

But her adventures aren't just about exploration; they're also about giving back to communities in need. A trip to St. Thomas with the Delmar Reformed Church stands as a testament to her compassionate spirit. In the aftermath of a devastating hurricane, Chris and her fellow volunteers rolled up their sleeves, lending a helping hand to those in distress. From repairing roofs to restoring water systems, their efforts brought hope and relief to an elderly couple and countless others affected by the storm's fury.

Reflecting on her travels, Christine shares that while she may not journey alone, she seeks out organized tours that offer a blend of structured excursions and free time for independent exploration. For her, the essence of travel lies in connecting with people from different walks of life and immersing herself in the beauty of diverse cultures.

Sitting down with Chris is akin to embarking on a voyage through time, as she regales us with tales that transport us to far-flung destinations and warm our hearts with the kindness she has shown along the way. In her stories, we find not only a celebration of adventure but also a reminder of the boundless joy that comes from embracing the unknown and embracing the world with open arms. Christine Algeier's adventures serve as an inspiration to us all, urging us to seize every opportunity to explore, connect, and make a difference in the world around us.



# Bob's Summer Quest for the Halibut of Kodiak

## Mountain Lakes Estates



Bob, a long-time resident of Mountain Lakes Estates in Reno, Nevada, was born in North Dakota. After serving in the Army in Korea and a career as a fire boss with the Bureau of Land Management, Bob settled down in Cheyenne, Wyoming. He began a summer tradition that has been going on for 30 years now. Fishing expeditions to Kodiak Island, Alaska, alongside his three sons and now his grandsons. Their primary pursuit: the formidable halibut, a species renowned for its size and strength.

Each summer, Bob and his kin ventured into the frigid waters surrounding Kodiak Island, where the abundance of marine life offered promising opportunities for anglers. Armed with sturdy fishing gear and a wealth of experience, they navigated the choppy seas, their sights set on reeling in a catch worthy of their dedication. It was in 2019 that Bob encountered his most memorable challenge – a halibut weighing a staggering 180 pounds. The battle between man and fish was a test of endurance and skill, as Bob and his sons grappled with the powerful creature beneath the waves. After an intense struggle, Bob emerged victorious, hoisting the massive halibut aboard their boat amidst cheers of triumph.

Bob's annual pilgrimages to Kodiak Island are more than just fishing trips; they are a testament to the enduring bond between generations and a reverence for the natural world. Each summer, amidst the rugged beauty of Alaska's wilderness, Bob has imparted his love for fishing to his sons and grandsons, passing down not only techniques but also a deep appreciation for the outdoors.

Bob moved to Mountain Lakes in 2020. Still every August, Bob heads north with his family. He is busy planning his trip for this year. "Nothing can beat that trip," he exclaims.

# From Pensacola to Misawa: A Global Journey in the Air Force

Schuyler Commons

Gary Walker's decision to join the Air Force in 1976 was shaped by a mix of local economic challenges and admiration for the military's discipline and uniform. His service journey began at basic training in San Antonio, Texas, a demanding introduction to military life that prepared him for a career filled with discipline and dedication.

Gary's first assignment misunderstood as "Pepsi-Cola" turned out to be Pensacola, Florida, at NTTC Corry Station, a Navy base, where he was trained in Morse Code and other classified skills. This marked the beginning of a series of postings that would take him around the world. His memorable overseas posting to San Vito Air Base in Italy allowed him not only to engage in his job but also to explore European cultures.



Life took a romantic turn at Plattsburgh AFB in New York, where Gary met Anita, also serving in the Air Force. Their relationship blossomed into marriage after several heartfelt proposals, leading them together on further assignments, including a significant time in Misawa, Japan, and later in Hawaii. These postings offered them unique experiences in diverse settings, enriching their lives and expanding their worldviews.

Extending his service to ensure stability for his children's education, Gary retired after 26 years in the Air Force. Post-retirement, Gary and Anita initially worked as independent contractors within the military community. Their final move to Schuyler Commons in Mohawk, New York in 2007 was driven by the desire for a tranquil community life. They were captivated by the beauty of the clubhouse at an open house, which swiftly led to their relocation.

Since 2016, Gary and Anita have relished their life at Schuyler Commons, where they enjoy a stress-free environment with no maintenance worries and a vibrant social calendar. Celebrating their 43rd wedding anniversary recently, they reflect on a journey that has brought them from the vigor of military life to the serene embrace of community living, full of peace and contentment. Gary's story is a testament to a life well-lived through service, adventure, and finding community.

# Alaska: What's to Love?

## Regency Crest



For many years, Paula, resident of Regency Crest, and her family and friends have chosen cruising as their preferred mode of vacationing, with Alaska emerging as one of their most cherished destinations. The majestic land of glaciers and untamed wilderness offers something for everyone, whether you are a nature enthusiast, history aficionado, or culinary explorer.

Alaska is a place where visitors can fully engage with their surroundings. Nature lovers are drawn to its vast landscapes, abundant wildlife, and breathtaking national parks. History buffs can delve into the rich past of the region, exploring stories and sites that are as layered as the geological strata that define its rugged terrain. For foodies, Alaska presents a unique culinary adventure, featuring fresh seafood and local delicacies that can't be found anywhere else.

The experiences that Alaska offers are not only diverse but also deeply enriching. It's a state where every activity and sight promises a deep connection to the natural world and an appreciation for the simpler, rawer beauty of an environment that remains largely untamed by human hands.

What's to love about Alaska? According to Paula and her companions, everything. Each visit is unforgettable, marked by extraordinary adventures in the great land of glaciers and scenic vistas that etch themselves forever in the memory of those who traverse this wild, spectacular state.

# Best Day of Wade Fishing in West Galveston Bay

## The Spring at Silverton

In the days before Stewarts Road existed on the western edge of Galveston Island, adventurous journeys to the bay were a family tradition for Lyle Oelfke. They would drive down the beach, navigating across the end of the island where the sand was often loose and challenging, due to the scarce rainfall that year. When their car bogged down in the sand, they employed a resourceful method of recovery: using a bumper jack to lift the car and smoothing the sand under the rear wheels with boards washed ashore. Snow tires were even added to the car to facilitate these treks.

Upon reaching the bay, usually on a Friday afternoon, they would set up camp. The first order of business was to gather dry cow manure with dip nets and stash it under the car, a precaution against rain in the absence of available wood. The next morning, they would embark on a wade fishing adventure, enjoying the solitude provided by the loose sand that deterred others. They experimented with a new lure, the Plugging Shorty, which was clear with green, red, and silver flakes that mimicked a shrimp. This proved exceptionally effective, as they caught numerous big speckled trout and some reds, at a time when there were no catch limits.

The catch was displayed on a barbed wire fence for a triumphant photo before returning home. On the way, they scooped up blue crabs with their nets, filling a bucket with clean bay water. After cleaning the crabs and adding crab boil, they cooked them over a fire made from the cow manure, culminating in a delightful feast. The fish they brought back were shared at a large family fry, with extras given to friends and neighbors.

Reflecting on these cherished memories, Lyle expressed a poignant regret at no longer being able to wade fish, a pastime that had brought so much joy and adventure to his life.





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## SUN-KISSED CUISINE

Savor the flavors of summer with a collection of cherished recipes shared by our residents. These dishes are more than just meals; they are a celebration of seasonal ingredients, communal cooking, and the joy of sharing food with friends and family.



Glenmont Abbey Village

## Culinary Journeys: Chef Kermith

Nestled within the vibrant community of Glenmont Abbey Village is a culinary maestro, Chef Kermith Drew, whose passion for cooking ignited at the tender age of nine and has since flourished into a lifelong endeavor. Kermith's journey in the culinary arts began in his youth at a family-owned pizza place, where he mastered the art of kneading dough and crafting perfect pies, developing a profound appreciation for the culinary arts.

Kermith's career took him to various esteemed kitchens, including Wendy's at Cypress Gardens in Winter Haven, Florida, during the 1990s. Reflecting on the era, Kermith notes the high standards of freshness and quality that marked his early culinary experiences. His journey continued at The Swan Hotel at Disney, where he enchanted guests against a backdrop of Disney magic with dishes like lasagna, lobster bisque, and gourmet burgers. Kermith hints at his unique steak seasoning, a secret he coyly suggests discovering at Glenmont Abbey.

Further honing his skills, Kermith attended Le Cordon Bleu College of Culinary Arts in Orlando, where he refined his techniques and began compiling his personal cookbook. This period marked a significant evolution in his culinary style, blending tradition with innovation, and ensuring each dish narrated a flavorful journey.

Kermith's favorite dishes to prepare during the summer include steaks on the grill, hearty lasagna, and stir-fried chicken, each recommendation bursting with flavor and crafted with passion. His culinary excellence has not only delighted local diners but also a roster of celebrities, including Steven Tyler and Hulk Hogan, enhancing his reputation as a chef of both skill and versatility.

Today, Kermith continues to share his culinary prowess with the Glenmont Abbey Village community, leaving a lasting impact on all who savor his dishes. With a legacy built on passion, creativity, and a dedication to culinary arts, Kermith Drew remains a celebrated figure in his community, embodying the essence of hospitality and culinary excellence.



# Rainbow Flatbread Pizza

Recipe provided by Sandy Engel

Canvas at Valley Forge



4 servings



20 minutes

## Ingredients

- 1 package (2-piece) Stonefire naan
- ½ cup pizza sauce
- ½ cup shredded part-skim Mozzarella cheese
- 4 cups chopped colorful veggies (broccoli florets, yellow peppers, orange peppers, grape tomatoes, red onions, thinly sliced purple potatoes)
- 2 tsp. olive oil
- 1 tsp. Italian seasonings
- Optional toppings: grated Parmesan cheese, red pepper flakes

## Directions

1. Preheat your oven to 425 degrees F.
2. Arrange both pieces of naan in a single layer on a large baking sheet.
3. Evenly divide the pizza sauce between the two naan pieces, using a spoon to spread it across the naan.
4. Sprinkle the shredded Mozzarella cheese over the sauce.
5. Arrange the chopped vegetables in a rainbow pattern on top of the cheese.
6. Drizzle or mist each pizza with olive oil, then sprinkle with Italian seasonings.
7. Bake for about 20 minutes, or until the vegetables are tender and the crust turns slightly golden.
8. Remove from the oven and add any optional toppings such as grated Parmesan cheese or red pepper flakes if desired.
9. Slice, serve warm, and enjoy



Sandy's go-to recipe for summer gatherings is her delightful Rainbow Flatbread Pizza. Celebrated for its vibrant colors and simplicity, this dish serves as both a tantalizing appetizer and a light dinner option. Not only is it quick and easy to prepare—so straightforward that even her husband has mastered the recipe—but it also doubles as a colorful centerpiece, brightening up any table setting. Perfect for any summer occasion, Sandy's Rainbow Flatbread Pizza promises a healthy, tasty, and visually appealing treat for all.



# Scalloped Potatoes

Recipe provided by Judith Heggan

The Spring at Silverton



8 servings



20 minutes prep; 1 hour baking

## Ingredients

- 4 cups raw potatoes
- 2 cups white sauce
- Salt to taste

## White Sauce Ingredients

- 2 tbsp butter
- 2 tbsp flour
- 1/8 tsp pepper
- 1/4 tsp salt
- 1 cup hot milk or cream

This classic scalloped potatoes recipe is a perfect side dish for family dinners, offering creamy, tender potatoes with a rich, flavorful sauce. Enjoy your meal!

## Directions

Make the White Sauce:

1. In a saucepan, melt the butter over medium heat.
2. Add the flour, stirring constantly to prevent lumps.
3. Gradually add the hot milk or cream, continuing to stir. Add 1/4 tsp salt and 1/8 tsp pepper. Keep stirring until the sauce thickens.

Prepare the Potatoes:

1. Wash, peel, and soak the potatoes.
2. Cut the potatoes into 1/2 inch slices.
3. Butter a baking dish and arrange a layer of potato slices on the bottom. Sprinkle with salt.

Assemble the Dish:

1. Pour some of the white sauce over the first layer of potatoes.
2. Repeat the layers, alternating between potatoes and white sauce, until all ingredients are used, finishing with a layer of white sauce on top.

Bake:

1. Preheat your oven to 350°F (175°C).
2. Cover the baking dish with foil and bake for 1 hour, or until the potatoes are tender and the top is slightly golden.
3. Remove the foil in the last 10 minutes of baking for a golden top.



# Pig Lickin' Good Cake

Recipe provided by Lori Ware  
The Spring at Silverton



12 servings



1.5 to 2 hours

## Ingredients

- 4 eggs
- 1/3 cup vegetable oil
- 1 large can Mandarin oranges with juice
- 1 box Duncan Hines Yellow Cake Mix
- 1 large tub Cool Whip (8 oz)
- 1 large can crushed pineapple with juice (reserve 3/4 cup strained pineapple for cake topping)
- 1 tsp vanilla extract
- 1 large package Jello instant vanilla pudding (5 oz)

## Directions

1. Preheat your oven to 350°F (175°C).
2. Lightly spray a 12x9x2 inch non-stick coated cake pan with extra virgin cooking oil.
3. In a large mixing bowl, whisk together the eggs, vegetable oil, and the entire can of Mandarin oranges with their juice.
4. Gradually whisk in the yellow cake mix, being careful not to overmix.
5. Pour the batter into the prepared cake pan.
6. Bake for approximately 25-30 minutes, or until a toothpick inserted into the center comes out clean.
7. Allow the cake to cool in the pan for about 1 hour.

### Frosting

1. In a large bowl, combine the Cool Whip, crushed pineapple with its juice (except for the reserved 3/4 cup), and vanilla extract.
2. Whisk these ingredients together until well combined.
3. Gradually whisk in the vanilla pudding mix until smooth.
4. Once the cake is completely cooled, spread the frosting evenly over the top.
5. Decorate the top of the cake with the reserved 3/4 cup of strained pineapple.
6. Refrigerate the cake for at least a few hours before serving to allow the frosting to set.
7. Serve chilled for a refreshing and delicious dessert.



Lori making her delicious cake!



# Honesty Whole Wheat Bread

Recipe provided by Becky Fisher

Haven at Lewisville Lake



15 servings



35-45 minutes baking time

## Ingredients

- 3½ to 4½ cups white bread flour
- 2½ cups whole wheat flour
- 2 packages quick-rising dry yeast
- 1 tablespoon salt
- 1/3 cup honey
- 3 tablespoons margarine
- 2½ cups very hot water

## Directions

1. In a large mixing bowl, combine 2 cups of white bread flour, dry yeast, and salt. Stir well to mix.
2. Add honey and margarine to the flour mixture.
3. Pour in the very hot water and beat at medium speed with an electric mixer for 2 minutes.
4. Add 1 cup of white bread flour and ½ cup of whole wheat flour to the bowl. Beat at high speed for 1 minute.
5. Gradually stir in the remaining whole wheat flour and enough of the remaining white bread flour until the dough starts to leave the sides of the bowl.
6. Turn the dough onto a floured surface and knead for 5 to 10 minutes until smooth and elastic.
7. Cover the dough with a clean cloth and let it rest for 20 minutes.
8. Punch down the dough and divide it into two equal portions.
9. Roll each portion into an 8x12 inch rectangle. Roll up each rectangle tightly, starting from the short end, and seal the ends.
10. Place each roll into a greased loaf pan. Brush the surface of each loaf with oil and cover loosely with plastic wrap.
11. Refrigerate the shaped loaves for 2 to 24 hours.
12. Remove the loaves from the refrigerator and let stand for 10 minutes while you preheat the oven to 400 degrees F (200 degrees C).
13. Just before baking, puncture any bubbles that appear on the surface.
14. Bake in the preheated oven for 35 to 45 minutes, or until the loaves are golden brown and sound hollow when tapped.
15. Remove from pans and cool on a wire rack.



# Italian Lemon Ricotta Cake

Recipe provided by Shirley Duran  
Sunstone Village



10 servings



45 to 55 minutes

## Ingredients

- $\frac{3}{4}$  cup (1  $\frac{1}{2}$  sticks) butter, softened
- 1  $\frac{1}{4}$  cups sugar
- 15 ounces whole milk ricotta cheese
- 3 large eggs
- 1 teaspoon vanilla extract
- Zest and juice of 2 medium lemons
- $\frac{1}{2}$  teaspoon salt
- 1  $\frac{1}{2}$  cups all-purpose flour
- Powdered sugar for dusting

## Directions

1. Preheat your oven to 350 degrees F (175 degrees C).
2. Grease a 9-inch springform pan with butter and dust it with powdered sugar.
3. In a large mixing bowl or using a stand mixer, cream together the butter and sugar until well combined.
4. Blend in the ricotta cheese and mix until light and fluffy, about 4-5 minutes.
5. Add the eggs one at a time, fully incorporating each before adding the next.
6. Mix in the vanilla extract, lemon zest, and lemon juice until combined.
7. Stir in the flour and salt until just combined.
8. Pour the batter into the prepared springform pan.
9. Bake for 45-55 minutes, or until the cake is set and a toothpick inserted into the center comes out clean.
10. Allow the cake to cool in the pan for 15 minutes before removing the collar and base of the pan.
11. Transfer the cake to a wire rack to cool completely.
12. Once cooled, dust with powdered sugar before serving.



# Farmhouse Apple Crisp

Recipe provided by Jennifer Pratt-Walter  
Vancouver Pointe



6-8 servings



10 minute prep; 30 minutes cooking time

## Ingredients

- 4 to 5 cups peeled, sliced green Gravenstein apples, cut into bite-sized pieces (ensure the apples are firm, not soft and sweet)
- 2/3 cup dark brown sugar
- 1/2 cup all-purpose flour (gluten-free flour can be substituted)
- 1/2 cup old-fashioned oats (avoid instant or quick oats)
- 1 tsp. cinnamon
- 1/2 tsp. allspice
- 1/3 cup softened butter or margarine
- Optional: a sprinkle of cardamom for topping

## Directions

1. Preheat your oven to 375 degrees F (190 degrees C).
2. Arrange the sliced apples in a glass baking dish or a deep-dish pie pan.
3. In a separate bowl, combine the brown sugar, flour, oats, cinnamon, and allspice. Mix well.
4. Cut in the softened butter or margarine until the mixture resembles coarse crumbs.
5. Evenly sprinkle the topping mixture over the apples in the dish. Gently press the topping down to cover the apples.
6. Optionally, sprinkle a little cardamom on top for added flavor.
7. Bake in the preheated oven for about 40 minutes, or until the topping is golden brown and the apples are soft.
8. Allow the apple crisp to cool slightly before serving. This dish can be enjoyed warm or at room temperature.



Jennifer with her husband, Craig.



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## BEAUTIFUL PATIOS

Step outside into the beautifully curated patios of our residents, where each space tells a story of personal style and outdoor living. These patios are not just extensions of our homes but expressions of individuality and creativity, crafted to enhance every serene summer moment.



Canvas at Valley Forge

## Barbara Easterling's Zen Retreat

Barbara Easterling's patio at Canvas at Valley Forge is a perfect example of tranquility and thoughtful design. She has transformed her outdoor area into a Zen retreat, blending simplicity and natural elements harmoniously. Soft, flowing curtains provide privacy while still inviting the gentle summer breeze, and a minimalist water feature enhances the peaceful ambiance with the soothing sound of trickling water. The patio is minimally adorned with elements like a small Buddha statue and potted bamboo plants, promoting a calm and relaxing atmosphere.



Barbara's choice of furniture, featuring low, comfortable seating, complements her Zen theme, encouraging relaxation and reflection. Evenings on the patio are a cherished time for Barbara, often spent sipping wine and enjoying the gentle illumination from solar-powered lanterns, creating an ideal setting for unwinding after a busy day.



Canvas at Valley Forge

## Boyle's Colorful Oasis

Bill and Janet Boyle's patio at Canvas at Valley Forge is a celebration of vibrant colors and a love for gardening. The patio bursts with a variety of colorful flowers, from geraniums to petunias, all thriving in decorative pots and hanging baskets that not only save space but also add visual interest to the space.

The narrative reveals how the couple has enhanced the beauty of their garden with outdoor rugs and cushions that feature bold patterns, echoing the vivacity of the blooming flowers. A small fountain introduces a refreshing sound, contributing to the tranquil atmosphere of the patio. The Boyles often entertain guests here, hosting al fresco meals under a brightly colored umbrella that provides a cool shade, making their outdoor gatherings delightful.



This story from Canvas at Valley Forge showcase how residents personalize their patios, turning them into beautiful extensions of their homes where they can enjoy the outdoors and express their unique styles during the summer months.

# Picturesque Retreats

Ms. Sue Maxwell has transformed her balcony into a beautiful and inviting outdoor retreat. Adorned with comfy chairs and an adorable table perfect for resting summer drinks, her space is ideal for enjoying sunny mornings. Ms. Maxwell enhances the ambiance with an array of beautiful plants and bright flowers, creating a vibrant and welcoming atmosphere. This picturesque setting is a testament to her love for elegant outdoor living, making her balcony a perfect spot for relaxation and enjoyment.



## The Spring at Silverton

Joy Mason has turned her patio into a vibrant oasis of color and life. Known for her keen eye for design, Joy has skillfully decorated her outdoor space with an array of vivid colors and plants. Her patio serves as a lively backdrop for both relaxation and entertainment, reflecting her joyful and creative spirit. This enchanting setup not only enhances her home's appeal but also makes it a favorite gathering spot for friends and family, showcasing her flair for blending aesthetics with comfort.



## Sunstone Village



## Mountain Lakes Estates

# Vibrant Community Life

At Mountain Lakes Estates, the community patio is the heart of social life, buzzing with energy and camaraderie. This lively hub is renowned for its frequent parties and live music events that bring residents together to revel in good company and great entertainment.

With its picturesque setting, the patio also offers a serene beauty that residents enjoy whenever they get the chance, whether it's for a morning coffee or a sunset gathering. This vibrant communal space perfectly encapsulates the spirit of Mountain Lakes Estates, making it a cherished spot for residents to connect and create lasting memories.





ALLURE

Lifestyle Communities