

Winter 2015



Oak Hammock  
at the University of Florida

Live Fulfilled!

Oak Hammock at the  
University of Florida\*

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## Tools for Healthy Aging

Mounting research continues to underscore the correlation between brain health and active aging. In April, the results of a new national study will further confirm that connection. Sponsored by the McKnight Brain Research Foundation, the study examines non-Alzheimer's components of cognitive aging and age-related memory loss. Dr. Lee Dockery, Oak Hammock member and senior trustee of the Orlando-based Foundation, says this research – in combination with other studies – confirms the importance for older adults to engage in activities that offer intellectual, physical and

*“Oak Hammock is a one-stop shop for what you need in retirement.”*

emotional stimulation. And that's a big reason Lee and his wife, Barbara, have joined Oak Hammock.

“This community provides all the tools that encourage healthy aging,” says Lee, who is also a retired faculty member and former interim dean at the University of Florida College of Medicine. “Whether you're looking for comprehensive medical services, lifelong learning classes or opportunities to stay physically fit, Oak Hammock is a one-stop shop for what you need in retirement.”

During his time with the McKnight Brain Research Foundation, the organization partnered with the National Institute on Aging and established brain institutes on four university campuses, including UF, to support cognitive aging. Oak Hammock, too, enjoys a fully integrated partnership with the University that provides members with access to libraries, campus facilities, educational courses and cultural venues.

# Choices

## Interesting People. Interesting Place.

*At Oak Hammock, members live life to the fullest, and their stories illustrate a new generation of vibrant, engaged older adults.*

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*On many weekends, Hugh Wise and his 2006 BMW M3 can be found at high-performance driving events across the country. For local transport, he uses his 1988 Pontiac Fiero GT.*

“Living here makes us feel part of the university,” says Barbara, who volunteered with UF Health Shands Hospital when Lee was a faculty member. “At the same time, it gives us all the autonomy and independence we want. This is one of the smartest decisions we've ever made.”

## Pushing It to the Limit

When it comes to autonomy and independence, you can't find a better example than Hugh Wise.

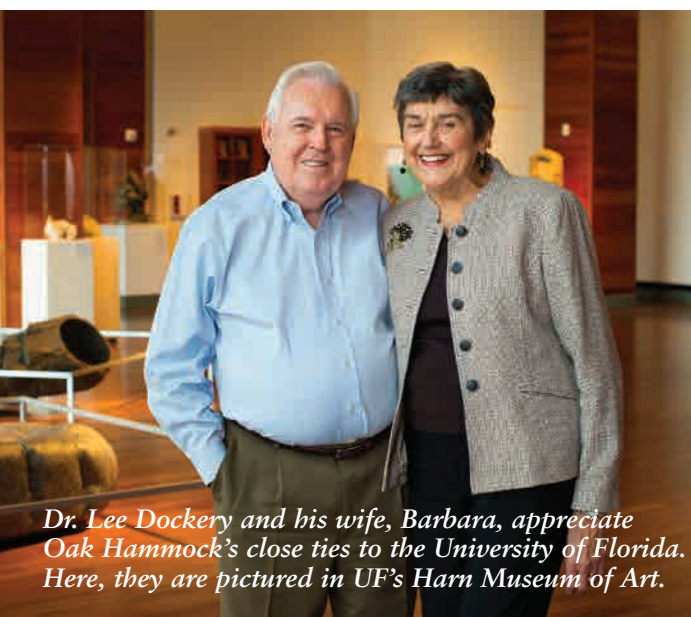
“Being a retired, lifelong bachelor living at Oak Hammock, I continue to enjoy the freedom to do whatever I want, whenever I want to do it,” he says.

On a typical weekend, Hugh and his 2006 BMW M3 can be found at high-performance “Driver Education” events at road course racetracks throughout the Southeast. These events technically aren't races, but when you hit 150 mph on the 31-degree banking at Daytona, or deftly maneuver at high speeds through the S-curves at Road Atlanta, it produces the same driving satisfaction as it did during Hugh's racing days. Despite his age he says, “I'm going to keep doing

it until I start making too many on-track mistakes, or it ain't fun anymore.”

At age 84, Hugh is always the oldest driver at these events – a trait that endears him to the younger drivers. He loves telling them how, as an amateur racer 45 years ago, he and Mike Rahal (father of IndyCar champ Bobby Rahal) teamed up for a class win in the 1970 “12 Hours of Sebring.” Competing in Mike's Porsche 906, they finished 23rd overall – but first in class – in the legendary endurance race that saw Peter Revson and co-driver actor Steve McQueen narrowly finish second to Mario Andretti.

Hugh, who holds a Ph.D. in chemistry from the University of Florida, was a career industrial scientist. He has been a founding member at Oak Hammock since retiring in 2005. Hugh says, “I really like the community's amenities, such as having access to the high-speed Internet, medical assistance with any health issues that might arise, and daily exercise sessions at the Fitness Center.”



*Dr. Lee Dockery and his wife, Barbara, appreciate Oak Hammock's close ties to the University of Florida. Here, they are pictured in UF's Harn Museum of Art.*



# A New Chapter

*After successful careers marked by service to others – whether in combat ministry, medicine, education or law – three couples have started new lives at Oak Hammock. The paths that brought them here are as inspiring as the community where they now live.*



*Hank Wake, a retired Army chaplain, often reads with his wife, Mary, in Oak Hammock's tranquil outdoor areas.*

## Meant to Be

As a retired chaplain in the U.S. Army, Col. Hank Wake knows a “God wink” when he sees one. Call it coincidence, a small-world moment or a nudge from the Almighty, but Hank and his wife, Mary, say they are at Oak Hammock for a reason.

In 1986, Hank reported to Dick Martin, senior chaplain for the U.S. Army in Europe. They were friends but had lost touch over the years. In fall 2013, when the Wakes were considering moving to Oak Hammock, a representative asked if they would like to speak with a member who shared Hank’s military background.

Sure enough, that man was Dick Martin.

“That just convinced

us we were on the right track,” Hank says. “Suddenly, we had someone we really trusted. When we came for our first visit, we signed on the dotted line and never looked back.”

The Wakes, who relocated from the Celebration area south of Orlando, appreciate the peace of mind that accompanies living at Oak Hammock, especially when it comes to quality health care and 24/7 security. They also enjoy getting to know other members while dining, serving on committees and taking classes through the Institute for Learning in Retirement (ILR).

“Making friends here is very easy,” says Mary, who has headed more than 40 volunteer organizations and still works part-time as a bookkeeper for Disney Vacation Club.

During Hank’s career, he ministered to the 101st Airborne

in combat outside Hue, Vietnam, and supervised all religious activities at the Pentagon’s “Camp Unity” support area after 9/11. At one point, he oversaw the ministry of more than 250 chaplains and their support staff.

Mary and Hank attend Westside Baptist Church and volunteer at the Fisher House, which supports the families of wounded military veterans.

## Coming Home

In contrast to the Wakes – who relocated 30 times before moving to Oak Hammock – Dick Cofer lived near the nation’s capital since graduating UF with a pharmacy degree in 1968. Still, he and wife, Margaret, always knew they’d eventually put down roots in the Sunshine State.

About a year ago, the Cofers made it official. Less than a week after Dick retired from Inova Alexandria Hospital in Virginia,

they moved to Oak Hammock, attracted not only by its affiliation with the University but also by an opportunity to – quite literally – start new chapters in their lives.

Margaret, who is writing a book on understanding empathy, taught nursing classes for 25 years at George Mason University. The native of Cuthbert, Georgia, has adopted the Gators as her favorite team – even traveling to Nashville to watch the football game against Vanderbilt.

“Oak Hammock allows me to be Southern,” Margaret says with a smile. “I enjoy the sweetness of the environment. It’s a very comforting place, and everybody is just as nice as they can be.”

For Dick, living at Oak Hammock means he’s in better shape than before the move, thanks



*Part of Dick and Margaret Cofer’s exercise routine includes regular visits to the Fitness Center.*



to an expert training staff that customized his workout routine to address strength, balance and flexibility. “They interact with people our age just beautifully,” says Dick, who swims and exercises at the Fitness Center. “Everyone knows your name.”

The Cofers also stay active by taking dance classes with instructor Angie Ferkovich, and Margaret has pursued her love of English literature by taking ILR courses.

“Oak Hammock has so many stimulating activities that just aren’t available elsewhere,” Margaret says. “When you consider our easy access to health care, entertainment, delicious food and the UF campus, this is a fabulous way to spend your life.”

park and on-site clinic sponsored by the University’s College of Veterinary Medicine. In addition, the couple’s freestanding Club Home includes a fenced yard that’s perfect for the dogs to roam and play.

“They’re exceedingly friendly with people,” Harvey says.

The Zieglers lived in Miami until 1998, where Harvey’s law practice focused on banking, bankruptcy and real estate litigation. Upon moving from Key Largo to Oak Hammock in January 2014, Harvey discovered one of his marquee cases – *Hollywell v. Bank of New York* – was being taught in a law class at UF.

“That case went to the Supreme Court six times and the Court of Appeals 40 times,” he says.



*Harvey and Missy Ziegler enjoy living in a pet-friendly community with their dogs, Rosie and Roxie.*

## Pets Love It, Too

Like so many Oak Hammock members with ties to UF, alumni Harvey and Missy Ziegler have come full circle by moving back to Gainesville. This time, though, they brought two new members of the family.

Rosie and Roxie – part Belgian Shepherd, part Mastiff – were rescued from Friends Forever Humane Society in Miami. The Zieglers appreciate how Oak Hammock is a pet-friendly community that provides a dog

“It had everything you could ever wish to study.”

At Oak Hammock, the Zieglers take an ILR class on short stories, work out at the Fitness Center and volunteer once a week at the nearby Jungle Friends Primate Sanctuary.

“We’re happy we moved here while we were in our early 70s so we could enjoy all the amenities,” Harvey says. “Being with a group of compatible people, as well as the sense of community here at Oak Hammock...those were big features for us.”



# Healthy Growth

*A \$10.2 million expansion and renovation project is transforming the Health Pavilion*

Furthering its commitment to excellence in long-term care, Oak Hammock recently broke ground on an expansion and renovation of the community’s Health Pavilion.

The \$10.2 million, multiphase project includes expanded assisted living, skilled nursing and rehabilitation services, as well as renovation of the existing facility. Construction is scheduled for completion in November 2015, and all renovations should be finished by June 2016.

“At Oak Hammock, we always strive to make improvements that enhance the lives of our members,” said CEO Catherine Ferguson. “The expansion and renovation of our Health Pavilion is part of that ongoing process. It will add space, provide more amenities, and incorporate new technology and equipment – all of which enable us to continue delivering the high-quality, long-term care services that people expect from us.”

Designed to blend seamlessly into the fabric of the community, the 14,865-square-foot skilled nursing expansion includes 31 new private units (for a total of 73) and adds two exterior courtyards. The assisted living expansion, approximately 5,800 square feet, enlarges the existing dining area, creates an exterior courtyard and adds nine residences. Post-expansion, Oak Hammock will have 70 assisted living residences, with 24 of them dedicated to memory care.

The project also includes a significant renovation of the current skilled nursing facility, adding private showers to each unit while updating the kitchen areas, activity areas and dining rooms. New technology – including an emergency call system and kiosks for entering medical records – will be installed in the skilled nursing addition as well as in the current building.



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## THE BON APPÉTIT AFFAIR

You and your guest are invited to join us for an evening of wine tasting, making new friends and enjoying a variety of culinary delights prepared especially for you by Chef Jon. Experience a slice of life at Oak Hammock ... it will leave you wanting more!

*You're Invited*

Wednesday, March 11, 2015  
5-7 p.m.

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