

WATERMARK UNIVERSITY

2020

Spring Semester
JANUARY THROUGH APRIL

PARKVIEW
IN FRISCO

 A WATERMARK RETIREMENT COMMUNITY



Hello and thank you for your interest in Watermark University!

The fundamental purpose of Watermark University (WU) is to provide residents with 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,

Dorianne Cammarota

Dorianne Cammarota
Community Life Director

COURSES	FACULTY	DAY AND TIME	LOCATION
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Bible Study with Ralph	Resident Ralph Ehren	Weekly, Tuesdays • 10:00	Multipurpose Room
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This class is offered by resident, Ralph Ehren, and active discussion from participants is encouraged, or you can simply come in to listen. They are studying the book of Romans.

Bible Study with Bill	Resident Bill Priebe	Weekly, Thursdays • 10:30	Multipurpose Room
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Bill Priebe leads this wonderful group through a study of the book of Psalms. Come and get to know your Parkview neighbors on a deeper level as you encounter a book that reaches to the soul.

Billiards	Various	Weekly, Wednesdays • 2:00	Pool Table Area, Bldg. Four
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Whether you're a novice or a seasoned pool player, guy or gal, you are welcome to join our Billiards group. Every game is different and no two weeks are the same, but it is always a lot of fun.

Bible Study/ Reflections	Ulrika Gustafson	2nd and 4th Sundays • 1:30	Assisted Living
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Ulrika has a weekly study of the Bible, including discussion and reflection. She takes a specific passage and then spends time talking about it, reflecting on it, and discussing it. She also gives ideas about how to keep the passage fresh all week long. There is plenty of opportunity for dialogue, fellowship, reflection, and growth.

Cake Decorating Hacks for the Home Baker	Associate Lily Witty	2nd Monday • 2:00	Bistro
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If you enjoy food and being creative, then this is the class for you! Each month, you will learn a few new techniques, or "hacks", for making stunning baked goods with only a handful of tools and ingredients. In this unique class, Lily will show you how to create decorations using everything from ice cream cones to bubble wrap, so get ready to be surprised and to have a "sweet" time. Lily is delighted to be able to teach a class after being here for only a year! She is an amateur home baker and is very passionate about it. She has picked up many tips and tricks over the years to be able to simply, but beautifully decorate cakes, cupcakes, and cookies! She can't wait to start sharing her passion with others! You won't want to miss this monthly class with our wonderful concierge as she shares new ideas each month that can be done with ease. This is also a great time to get to know her in a different setting.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Car Tune Up w/ Jose	Director Jose DeLeon	Monthly, 4th Tuesday • 10:00 - 12:00	Garage
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Come get your car looked at by our maintenance department. They can check fluids, tire pressure, etc and then recommend any other needs for your car.

Chair Yoga with Maribel	Instructor Maribel O'Brien	Every Monday • 2:00	Aerobics Studio
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Maribel, our massage therapist, brings a very unique form of chair yoga to Parkview. This form is known as restorative yoga, and it is a therapeutic style that focuses on breath work, simple, effective movements to shift you from tension/stress to deep relaxation. She has an enormous understanding of the human body and how to keep it fit, both physically and mentally. This class combines physical movements and stretches with that also impact the mind in an environment that brings a sense of peace and joy.

Code Words	Resident Jerra Kitzmiller	Every Monday • 11:00	Game Room
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You've probably heard that a healthy mind promotes a healthy body. It's true! Every week, Jerra holds a class on word games, including code-breaking, riddles, brain-teasers, and more. The group, also known as "The Bletchley Park Annex", welcomes new members, experienced wordsmiths, or novices, so if you're up for a challenge and some mental aerobics, come join them!

A Colorful Crowd	Artist Julie Stevenson	2nd and 4th Saturdays • 10:00	Art Breezeway
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This art class, led by artist and teacher, Julie Stevenson, will include multiple mediums of art for any level of participant. Julie has a great deal of experience and during each class she focuses on a specific artist and their works. Participants then follow that artists pattern of work to create their own pieces.

Communion & Readings	Volunteer Christi Lacey	Weekly, Fridays • 10:30	Gameroom
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This weekly session is a special time for Catholics to receive communion and listen to meditative readings. It is led by Christi Lacy from St. Francis of Assisi Catholic Church, who has served at Parkview for many years and has demonstrated great dedication to our residents.

COURSES	FACULTY	DAY AND TIME	LOCATION
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Crafting/Up-Cycling	Associate Christiane Martineau	Monthly, 2nd Saturday • 11:00	Bistro/Lounge
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Our very talented Christianne Martineau leads a crafting class once a month, always in keeping with the season and always a time of enjoyment. You do not need to have any crafting or art experience to come, just give it a try! We use items that others may throw away. All supplies and directions are provided at the beginning of the class.

Current Event Discussions	Volunteer Rabbi Howard Wolk	Monthly • 4th Monday 11:00	Theater
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Rabbi Howard Wolk, of Jewish Family Service of Greater Dallas, leads us in a time of thought provoking discussion focused on current events and culture. Everyone is welcome to engage in this meaningful time together.

Dancing with Dorianne	Director Dorianne Cammarota	Weekly, Thursdays • 10:15	Aerobics Studio
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Dancing is a way to exercise without even feeling like you are doing any work. Music is such a fun part of life and when you add dance to it, things only get better. Whether you're an old pro or you have two left feet and just want to have some fun while getting your body moving, this class is always a great time!

For Love and Art	Docent Sowmya Rajendran	Monthly Last Sunday • 2:00	Theater
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This Dallas based organization provides a docent who comes to Parkview and takes us on a virtual tour of a different museum each month, highlighting specific exhibits. The material presented always results in vibrant discussions leaving us with a new understanding and appreciation of the art we have viewed.

French 101	Associate Christiane Martineau	Monthly, 2nd Friday • 11:00	Bistro/Lounge
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Have you ever wanted to learn a new language and become familiar with another culture? This course will allow you to do just that. Designed with the beginner in mind, Christianne's course will take you on a journey covering the language, food, and traditions of France...you'll learn not only how to speak and understand basic French, but also what makes that country as great as it is, through the eyes of someone who grew up there.

COURSES	FACULTY	DAY AND TIME	LOCATION
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The History of Frisco	Director Dorianne Cammarota	Weekly Mondays • 1:30	Memory Care
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This class takes you on a trip through time as we learn about the history of our wonderful city of Frisco. From city development to hometown tales, this class will leave you with a greater understanding and appreciation of Frisco, while keeping you laughing with true to life stories shared from the perspective of former Frisco Mayor Bob Warren's book, Now and Then.

The Joy of Thinking	Resident Walter Hunter	2nd and 4th Fridays • 1:00	Multi-Purpose Room
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If you want to keep your mind sharp and participate in thought provoking discussions, then this group will be perfect for you! Walter Hunter, one of our newest Parkview residents, will be leading this seminar/discussion time focused on such topics as science, technology, and basic mathematics. This class will be highly participatory, so come ready to engage your brain.

Live Your Best Life	Resident Pam Priebe	Every Wednesday • 3:00	Game Room
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Licensed counselor and Parkview resident, Pam Priebe, leads this weekly group that engages in a new topic each week. Residents share and learn from one another as they discuss various aspects of how they are tackling life's challenges and taking control of their lives.

Morning Exercise with Pat	Resident Pat Ferrell	Everyday Except Wednesday • 9:00	Aerobics Studio
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Pat Ferrell will help you stay in shape with this great morning work out, designed with varying levels of fitness in mind. Most of the moves can be accomplished from a seated position. The music is invigorating and the group is very encouraging, so please come and give it a try!

Music & Memories	Resident Les Burgman	Monthly, 2nd and 4th Tuesdays • 1:30	Movie Theater
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Join Les for a lively time of listening and discussing various styles and genre of music from the 40's, 50's, 60's, and beyond. For each piece, the group talks about the artist, the lyrics, the genre, and the culture of the time. It's a great time with something for everyone!

COURSES	FACULTY	DAY AND TIME	LOCATION
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My Home Town	Executive Director David Gustafson	Monthly, 2nd Wednesday • 2:00	Theater
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This class gives you the opportunity to learn about different places while you learn so much about your Parkview neighbors. Each month a different resident or staff member will lead the class by presenting fun facts and memories about their hometown. This is always a great time of learning and laughter, so be sure to try it out.

National Number Knockout	Director Dorianne Cammarota	2nd & 4th Wednesdays • 2:00	Bistro Lounge
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If you want to activate your brain, this is the perfect class! This simple math facts based game is a great way to challenge your thinking skills while working with others to get the most out of the roll of the dice. Feel a sense of accomplishment as you mark off each number on your board as you utilize math facts.

Opera Lovers	Resident Carol Hamner	First Tuesday & Thursday of the Month • 2:30	Apartment #2109
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Whether you're a novice or a seasoned opera fan, you'll enjoy this wonderful group of like-minded folks. Each month, Carol chooses an opera to listen to, and provides background information and commentary prior to playing the DVD. The group has enjoyed a wide variety of selections from "Madame Butterfly" to "Tosca", and many others in between.

Parkview Book Club	Resident Pat Gougenheim	Monthly, 3rd Tuesday • 2:00	Multipurpose Room
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The Parkview Book Club is a group of avid readers who collectively choose a book for each month of the year, assigning a discussion leader for each meeting. The books are chosen from a variety of genres, according to the input of the group. They welcome new members at any time of the year! Please consider joining our club, where you'll learn new things and be a part of interesting discussions each month.

Parkview Prayer Time	Director Dorianne Cammarota	2nd and 4th Mondays • 2:00	Library
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This prayer time will be focused and purposeful as we share our needs with others in our community and take them to the one who sees it all. We will not just sit and chat, but we will get after it during this hour!

COURSES	FACULTY	DAY AND TIME	LOCATION
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Scrapbook with Sheree	Associate Sheree McKinley	Monthly, 2nd Thursday • 2:00 pm	Assisted Living
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Would you like to preserve your memories? If so, join Sheree's Scrapbook Club. It's a special method, as well as an art for preserving, presenting, and arranging personal and family history in the form of a book, box, and card. You will be glad you came!

Speed Mentoring	Director Dorianne Cammarota	Monthly, 3rd Saturday • 10:00	Bistro Lounge
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This class is a terrific opportunity for you to impact the lives of teenagers in the area of wisdom and knowledge for their future regarding finances, career choices, relational issues and more. Residents are paired up with local teens for 10 minute rotations of mentoring. You, as residents, have a lifetime of experience to share with those who are walking the road behind you, so step up to the opportunity to potentially be a game changer in someone's life!

Stonebriar Church Service: Parkview Fellowship	Various	1st and 3rd Sunday • 2:30	Movie Theater
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The first and third Sunday of each month, our local Stonebriar Community Church comes to Parkview to bring us an on-site church service. It is a well-presented time of singing, worship, and learning together, open to all who would like to attend, regardless of denomination. If you are unable to get out to attend your own church, this group may be just what you're looking for! We'd love for you to join us.

A Taste of the Holy Land	Resident Suad Abughazaleh	Monthly 3rd Saturday • 10:30	Apartment #1208
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If you have never tasted Middle Eastern food, now is your chance. Suad is a master in this area serving everything from appetizers, to pastries and sweets, as well as salads and dips and so much more. Each month Suad invites you to come and watch a cooking demonstration and sample foods of all types.

Three Sheets	Director Russell Shields	Monthly, 3rd Thursday • 3:00	Private Dining Alcove
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This monthly course will explore a wide variety drinks of all types. During each session, Russell will select several different drink options and discuss the background, how and where it is crafted, and the traits for which it is known. Come and learn how to recognize the subtle differences in taste and personality of these special labels.

COURSES	FACULTY	DAY AND TIME	LOCATION
War of Words	Associate Diane Mabeley	Monthly, 4th Thursday • 3:00 pm	Gameroom

Join Diane in reading the book and discussing the workbook for War of Words: Getting to the Heart of Your Communication Struggles. Few of us really think about the power, the blessing, the gift, the effect, and the danger of our words. This book will make you think before you speak.

Faculty Biographies

NAME OF INSTRUCTOR

CLASS NAME

Suad Abughazaleh/Resident

A Taste of the Holy Land (Palestine)

Suad was born in Palestine and had high hopes of becoming a dentist, but due to her father's passing at an early age, she chose to follow the road of education in order to more readily help her family. She taught English, Physical Education, and Art in Kuwait, where she met her husband. She came to the U.S. in 1961, but had the opportunity to go back to Lebanon for 7 years so that their children could learn their native culture. She had the opportunity to teach in Lebanon and later lived in London and finally ended up in Texas in 1979 working alongside her husband in the business industry.

Les Burgman, Resident

Music and Memories

Les Burgman spent his early years on Long Island, New York. He and his wife Sylvia (married 69 years) lived and worked together in New York, after which they retired to Tucson, Arizona. After living there for 28 years, they moved to Frisco in 2013 to be closer to family. Les has loved music of all kinds for as long as he can remember, and enjoys helping other people to enjoy it, too.

Dorianne Cammarota, Community Life Director

Dance, Speed Mentoring, Prayer Group, National Number Knockout, Frisco History

Dorianne is passionate about developing relationships and encouraging those around her. Her husband of 21 years, 4 children, life long friends and new friends are things that she counts as most valuable and influential in her life. She loves to cheer on her kids in their sports and activities, loves comedy, good music, and chips and salsa.

Jose DeLeon, Maintenance Director

Car Tune-Up w Jose

Jose is a light-hearted person with an excellent work ethic which makes for a terrific team member. He grew up in Guatemala and moved to the United States when he was 20 years old. Jose has been married for over thirty years and has three children and is looking forward to an upcoming trip to Rome with his family.

Ralph Ehren, Resident

Bible Study with Ralph

Ralph retired from pastoral ministry after 32 years. During those years, he served as Adjunct Professor for Southern Baptist Theological Seminary. After retirement, he was elected to the staff of Houston Baptist University, and taught for 15 years at the Korean Bible College in Falls Church, Virginia, and 2 years at the Korean Bible University in Seoul, South Korea. He holds a BA and MEd degrees as well as MDiv and PhD degrees from Southwestern Baptist Theological Seminary, Fort Worth, Texas.

NAME OF INSTRUCTOR

CLASS NAME

Pat Ferrell, Resident

Morning Exercise with Pat

Pat was born and raised in Colorado. After marrying her wonderful husband, she moved to California. During her career, Pat was Vice President of a bank for over 15 years. Then, in 2016, she made the decision to move to Parkview in Frisco to be closer to her children. She really enjoys exercising and believes that it helps her in her overall health. She is very excited to be teaching exercise classes for our residents.

Pat Gougeheim, Resident

Parkview Book Club

Pat is excited to now be leading the Parkview Book Club. She loves to read and discuss books from a wide variety of genres, and appreciates the Book Club for the opportunity to become familiar with books and authors that are new to her.

David Gustafson, Executive Director

My Home Town

Ever since taking his first steps in Tuscaloosa, AL, Parkview's Executive Director David Gustafson has had a four-legged best friend following him around. While growing up in Lake Dallas, Texas, David had Beau to join him on forest and lake excursions. Beau was followed by several other beloved best buddies, and today David has two golden retrievers (Sandy and Felix) faithfully at his side or trying to sit in his lap. Apart from these two joyful goldens, David's family also includes his lovely wife Ulrika; together they live in Frisco.

Ulrika Gustafson, Volunteer

Bible Study/Reflections

Ulrika, a native of Sweden, lives with her husband David and their two Golden Retrievers in Frisco, Texas. An attorney by trade, Ulrika enjoys spending her days off exploring the country with her family, developing her passion for photography, or trying out new, tasty baking recipes. She also has an extensive background in city management, which led her on an adventurous career path that eventually landed her in Texas.

Carol Hamner, Resident

Opera Lover's

Carol Hamner has had three great passions in her life: Robert Hamner, books, and music. She and Robert have been married for 54 years and figure that 54 more ought to be just about enough. After almost 30 years as a librarian, books continue to draw her even here at Parkview where she volunteers in our library and is in the Book Club. Only a mediocre pianist in her younger days, she has found her greatest joy in music as a listener. Most recently she has finally had time to study a few operas and loves sharing what she is learning with friends in the Opera Group.

NAME OF INSTRUCTOR

CLASS NAME

Walter Hunter/Resident

The Joy of Thinking

Walter Hunter is new to Parkview and is a pro in the fields of science and technology. He received his Doctorate from the University of Colorado at Boulder in Physical Sciences: Chemistry and Physics. His academic experience includes teaching, research, writing, and Academic Dean. He also served as Professor Emeritus at the University of Missouri in Columbia. He served in the U.S. Marine Corp during both WWII and the Korean War. He has been married to his wonderful wife, Irene, for 72 years! They have three daughters, seven grandchildren, and seven great grandchildren.

Jerra Kitzmiller, Resident

Code Words

Jerra is a graduate of Texas Tech University with a Bachelor's Degree in Business Education. She and her husband, Jack met in Odessa, TX and married in 1982. During one of their travels to Russia, she actually had the opportunity to be in Moscow when Gorbachev announced the end of the Soviet Union. Jerra worked as the Lead Instructor of a program for at-risk youth, and later at Odessa College as the Coordinator of Adult Basic Education.

Christi Lacey, Volunteer

Communion and Reading

Christi Lacey is a dedicated, active member of the St. Francis of Assisi parish here in Frisco. She has years of experience working with Parkview in Frisco, bringing communion, assisting with Mass, and providing special entertainment for various seasonal events.

Diane Mabeley, Business Office Assistant

War of Words

Diane is an amazing person, who has a desire to consistently grow and mature in all areas of life. She is up for taking on a tough challenge and her choice in this book is a clear example of this. She has recently transitioned from our front desk concierge into the new role of Business Office Assistant. You will be blessed by your time with her as you tackle a tough topic together.

Christianne Martineau, Community Life Associate

Crafting with Christiane, French 101

Christianne was born in Fraipont, on the border of France and Belgium, and completed her undergraduate education in French language at the University of Paris, Sorbonne. She went on to study three more years to complete her doctorate in French, in Belgium. From her youth, Christianne was interested in genealogy, having researched back into 32 generations. For the past 18 years, she also has had a passion for crafting and home decorating (which she studied for two years), and loves to share her skills. She has worked here at Parkview for over eight years, first in the restaurant and now as our Community Life Assistant. Christianne is grateful every day to be able to work with the residents at Parkview and she learns something from each of them. She likes to call Parkview "home".

NAME OF INSTRUCTOR

CLASS NAME

Sheree McKinney, Community Life Associate

Scrapbooking

Sheree has worked here at Parkview, in our Assisted Living and Memory Care building, for three years. She has a wonderful husband and two grown children. Sheree really enjoys crafts and scrapbooking. Her passion for seniors is amazing and shows in everything she does.

Maribel O'Brien

Chair Yoga

Maribel was introduced to yoga after a sports injury. After her first class, she felt invigorated and was hooked. She completed her 500 hour RYT training in 2015 and has been teaching restorative yoga classes ever since. She is our Parkview massage therapist and her demeanor is a perfect combination of joy and calm.

Shirley Pope, Resident

Tours and Travels

Shirley is a resident at Parkview who plans tours and travel and assists in activities for the Community Life Department. She was a Director of Sales & Marketing for Hilton Corporation in California, owned Advantages, (an advertising & marketing agency), and for the last 36 years she has traveled around the world – including taking part in over 250 cruises. She is now the owner of “Sail Away Cruises”, a travel agency. Shirley loves working with our residents, and loves to take them on outings.

Bill Priebe, Resident

Bible Study with Bill

Born in Russell, Kansas, and raised in Houston, Bill is a Texas Aggie who received his Bachelor of Science degree in Chemical Engineering as well as a Master of Science degree in Environmental Engineering. He and his wife, Pam, have been married since 1970. Bill retired from both ARCO and Exxon Mobile which allowed him to travel extensively enabling him to meet what he calls "the finest Christian men I have ever had the privilege to know." He and Pam are both lifetime members of the Gideons International and he enjoys playing Mexican Train on Friday nights here at Parkview.

Pam Priebe, Resident

Parkview Grief Support Group

Parkview's own Pam Priebe is the current facilitator of the Grief Support Group. She is a Licensed Professional Counselor (LPC) with several decades of experience. Prior to retirement, she was a counselor with several MHMR agencies, facilitated depression and grief groups with older adults in a hospital setting, and had her own private practice with a focus on women's issues. Additionally, during her internship, she was a counselor at a battered women's shelter. She enjoys empowering people to be all they want to be.

NAME OF INSTRUCTOR

CLASS NAME

Sowmya Rajendran, Art Angel

For Love and Art

Sowmya is an art angel with For Love and Art, a non-profit organization that partners with museums around the world to bring the art experience to residents around the nation. Sowmya, an artist herself, and a graduate of the Arts & Technology program at UT Dallas, loves sharing the art experience with others and making meaningful connections through the power of art.

Russell Shields, Director of Dining Services

Three Sheets

Russell Shields has served at Parkview for seven years as Dining Services Director. He learned his craft at Glen Eagles Country Club, and strives to set a standard of excellence for each resident's dining experience. Outside of work, Russell enjoys hunting, Scouting, and drawing. He has three sons, and a beautiful wife.

Julie Stevenson, Artist

Artist's Corner

Julie Stevenson has been in the art field and teaching for over 2 decades. Originally from New Jersey, she has been a Texan for 30 years now and has 2 grown sons. Julie holds a BA in Graphic/Fine Art and a MEd in Adult Education. She seeks to bring her knowledge and enthusiasm to students of all ages, developing enriching curriculum within the visual arts, while having fun in the process.

Rabbi Howard Wolk

Current Event Discussions

Rabbi Wolk attended Hebrew Academy of North Queens, MTA High School, and Yeshiva University. Wolk is the founding rabbi of the Young Israel of Patchogue in Suffolk County, NY, and served there for nine and a half years. He is also the founding rabbi of Congregation Shaare Tefilla and JFS community chaplain, and was recently named Rabbi Emeritus of the Modern Orthodox congregation. He is currently on the leadership team at Jewish Family Services of Greater Dallas.

Lily Witty

Cake Decorating Hacks for the Home Baker

Lily is relatively new to Parkview, but we could not imagine life without her here now! She grew up in the Dallas area alongside her mother, younger sister, and gaggle of childhood pets, fueling her love of animals. Besides baking, and pets, Lily's other passions include trying new restaurants around DFW, keeping up with the Dallas Stars hockey team, and taking naps. Lily is delighted to be able to teach a class after being here for only a year! She is an amateur home baker and is very passionate about it. She has picked up many tips and tricks over the years to be able to simply, but beautifully decorate cakes, cupcakes, and cookies! She can't wait to start sharing her passion with others!

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