

WATERMARK UNIVERSITY

2021

**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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<b>Adult Color Therapy</b>	<b>Associate Christiane Martineau</b>	<b>Wednesdays • 1:30</b>	<b>Art Breezeway</b>
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Adult coloring has become a hit as it lends itself to brain stimulation and creativity while in a setting that lends itself to socializing with others. We offer all the supplies or you are welcome to bring your own.

<b>Alzheimer's/Dementia Share Group</b>	<b>Resident Alice Schuckenbrock</b>	<b>3rd Friday • 2:00</b>	<b>Piano area near #4109</b>
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If you are interested in learning more about Alzheimer's and Dementia or you are a caregiver to a loved one who is walking this road, then this group is a perfect place to learn and share with other residents. This group regularly supports you with resources as well.

<b>Bible Study with Ralph</b>	<b>Resident Ralph Ehren</b>	<b>Weekly, Tuesdays • 10:00</b>	<b>Multipurpose Room</b>
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This class is offered by resident, Ralph Ehren, where he regularly teaches through a specific book of the Bible. Active discussion from participants is encouraged, or you can simply come in to listen, either way, it is a terrific opportunity to learn and grow while engaging with other residents of Parkview.

<b>Bible Study with Bill</b>	<b>Resident Bill Priebe</b>	<b>Weekly, Thursdays • 10:30</b>	<b>Multipurpose Room</b>
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Bill Priebe leads this wonderful group through studies of various books of the Bible. Come and get to know your Parkview neighbors on a deeper level as you encounter topics that reaches to the soul.

<b>Car Tune Up w/ Jose</b>	<b>Director Jose DeLeon</b>	<b>Monthly, 4th Tuesday • 10:00 - 12:00</b>	<b>Garage</b>
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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.

<b>Code Words</b>	<b>Resident Jerra Kitzmiller</b>	<b>Every Monday • 11:00</b>	<b>Game Room</b>
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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. This 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!

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>A Colorful Crowd</b>	<b>Resident Regina Globerman</b>	<b>Saturdays • 10:00 am</b>	<b>Art Breezeway</b>
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This art class, led by resident, Regina Globerman, includes multiple mediums of art for any level of participant. Once a month this group takes a virtual tour of either the MET in New York, or the Louvre in Paris as inspiration and growth in their knowledge of the arts.

<b>Conversational Spanish</b>	<b>Associate Jisselle DeLaCruz</b>	<b>1st Wednesday • 10:30 am</b>	<b>Theater</b>
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Come and learn simple conversational Spanish that you will be able to utilize right here at Parkview. Our fun-spirited dining staff associate, Gisselle DeLaCruz leads this lively class, so you are sure to have blast while you learn something new.

<b>Crafting/Up-Cycling</b>	<b>Associate Christiane Martineau</b>	<b>3rd Friday • 11:00 am</b>	<b>Bistro/Lounge</b>
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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.

<b>Cris and Yolanda's Cucina</b>	<b>Associates Criselda Herrera &amp; Yolanda Hernandez</b>	<b>3rd Wednesday • 10:30 am</b>	<b>Dining Room</b>
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These two lovely dining associates bring amazing recipes from their culture each month to share with residents. They walk through the steps of the preparation serve portions of the finished product along with a copy of the recipe.

<b>Dancing with Dorianne</b>	<b>Director Dorianne Cammarota</b>	<b>Thursdays • 10:15 am</b>	<b>Aerobics Studio</b>
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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!

<b>E4You</b>	<b>Director Dorianne Cammarota</b>	<b>Every 2nd &amp; 4th Thursday • 2:00 pm</b>	<b>Theater</b>
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Essence, enhance, engage, embody are 4 words that encompass some of life's most valuable attributes. Watermark has created a website for its communities to engage in a variety of posts that foster deeper thinking and open up opportunities for discussion.

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>Explore Frisco Nature Walking Group</b>	<b>Associate Diane Mabeley</b>	<b>2nd &amp; 3rd Wednesdays • 2:00 pm</b>	<b>Meet in Lobby</b>
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One of the best parts of walking is the scenery you get to enjoy in the process. Join Parkview residents for a different walking trail twice a month led by HR support associate, Diane Mabeley. We will load up the bus and head for a new destination each time.

<b>French 101</b>	<b>Associate Christiane Martineau</b>	<b>Monthly, 2nd Friday • 11:00 am</b>	<b>Bistro/Lounge</b>
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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.

<b>The History of Frisco</b>	<b>Director Dorianne Cammarota</b>	<b>Wednesdays • 1:00 pm</b>	<b>Memory Care</b>
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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.

<b>Journey into Genealogy</b>	<b>Resident Loyd Morris</b>	<b>2nd Tuesday • 10:30 am</b>	<b>Theater</b>
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If you have ever been curious about the study of genealogy, then this is the perfect class for you. Loyd has taken up this hobby of studying his personal genealogy over the past year and has found fascinating information and he is here to share it as well as give you guidance as to how you can begin your personal journey through your family tree.

<b>Life Application Book Group</b>	<b>Director Dorianne Cammarota</b>	<b>Mondays • 3:00 pm</b>	<b>Multipurpose Room</b>
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Join in on the fun and learning as this group delves into a wide variety of books that challenge your thinking and outlook on various aspects of life. Previous books have included 21 Days to Resilience, Me and White Supremacy, and currently Birth Order Book.

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
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<b>Live Your Best Life</b>	<b>Resident Pam Priebe</b>	<b>Wednesdays and Fridays • 2:00 pm</b>	<b>Game Room</b>
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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.

<b>Morning Exercise with Pat</b>	<b>Resident Pat Ferrell</b>	<b>Everyday Except Wednesday • 9:00 &amp; 9:30 am</b>	<b>Aerobics Studio</b>
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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!

<b>Music &amp; Memories</b>	<b>Resident Les Burgman</b>	<b>2nd and 4th Tuesdays • 2:00</b>	<b>Movie Theater</b>
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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!

<b>My Home Town</b>	<b>Executive Director David Gustafson</b>	<b>2nd Thursday • 2:00 pm</b>	<b>Theater</b>
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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.

<b>Opera Lovers</b>	<b>Resident Regina Globberman</b>	<b>Second Monday &amp; Tuesday • 2:30 pm</b>	<b>Theater</b>
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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.

COURSES	FACULTY	DAY AND TIME	LOCATION
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<b>Parkview Book Club</b>	<b>Resident Joan Lehrer</b>	<b>3rd Tuesday • 2:30 pm</b>	<b>Library</b>
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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 read it over the period of a month then come back for insightful discussion. 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!

<b>Parkview Church Fellowship</b>	<b>Bill Priebe/Ralph Ehren</b>	<b>1st and 3rd Sunday • 2:30 pm</b>	<b>Movie Theater</b>
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The first and third Sunday of each month, residents, Bill Priebe and Ralph Ehren bring us on-site church services. 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.

<b>Parkview Prayer Time</b>	<b>Director Dorianne Cammarota</b>	<b>Mondays • 2:00 pm</b>	<b>Sitting area near #5212</b>
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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!

<b>Poet's Corner</b>	<b>Associate Christiane Martineau</b>	<b>1st Friday • 1:30 am</b>	<b>Piano area near #4109</b>
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Join associate, Christiane Martineau, in a study of various works of poetry and the meaning behind the words. This is a very insightful time and offers open conversation about life, thoughts, and emotions that are common to all humans.

<b>Pray the Rosary</b>	<b>Resident M'Alice Peil</b>	<b>Thursdays • 10:00 am</b>	<b>Theater</b>
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Residents are invited to join in on our weekly praying of the rosary led by resident, M'Alice Peil. If you are not familiar with this, you are welcome to come and learn.

<b>Quilter's Corner</b>	<b>Resident Alice Schuckenbrock</b>	<b>2nd and 4th Wednesdays • 10:00 am</b>	<b>Art Breezeway</b>
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Quilting is among the most unique of art forms and anyone can learn this craft as all supplies are provided including sewing machines. Resident Alice Schuckenbrock leads this time, and she is an excellent instructor.

<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Reminiscing with Rhonda</b>	<b>Director Rhonda Luker</b>	<b>2nd Thursday • 1:00 pm</b>	<b>Library</b>
<p>The definition of reminisce is to indulge in enjoyable recollection of past events. Join HR Director, Rhonda Luker for a time of just that! You are welcome to bring photos, memorabilia, or simply your spoken words ready to share and hear from one another about meaningful moments in your lives.</p>			
<b>Scrapbook with Sheree</b>	<b>Associate Sheree McKinley</b>	<b>Monthly, 2nd Thursday • 2:00 pm</b>	<b>Assisted Living</b>
<p>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!</p>			
<b>Stitch &amp; Chat</b>	<b>Various</b>	<b>Saturdays • 9:30 am</b>	<b>Sitting area near #5212</b>
<p>Whether you want to learn or you are already a pro, come to this time to crochet, needlepoint, and more. We have supplies or you can bring your own and regular attendees are happy to help you get started if you are new to this type of craft.</p>			
<b>A Taste of the Holy Land</b>	<b>Resident Suad Abughazaleh</b>	<b>Monthly 3rd Saturday • 10:30 am</b>	<b>Apartment #1208</b>
<p>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.</p>			
<b>TED Talks</b>	<b>Director Dorianne Cammarota</b>	<b>1st and 3rd Thursdays • 2:00 pm</b>	<b>Theater</b>
<p>TED stands for technology, education, design. These short talks are given by professionals or individuals who have done extensive research or have lived through specific experiences worthy of sharing. Each talk is highly engaging and covers a wide variety of topics which foster learning and discussion among residents.</p>			
<b>Three Sheets</b>	<b>Director Russell Shields</b>	<b>3rd Thursdays • 2:00 pm</b>	<b>Dining Room</b>
<p>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.</p>			



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<b>COURSES</b>	<b>FACULTY</b>	<b>DAY AND TIME</b>	<b>LOCATION</b>
<b>Virtual Reality</b>	<b>Concierge Adam Miranda</b>	<b>Wednesdays • 2:00 pm</b>	<b>Theater</b>

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Are there places that you've always wanted to travel to, but never had the chance? Are there places that hold special memories for you that you'd love to revisit? Whether it's the pyramids in Egypt, rainforests or your old address from when you were a kid, our new virtual reality program has something for everyone! Let this headset take you to far away places or deep into the ocean for an adventure right within our own theater.

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## Faculty Biographies

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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***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, Prayer Group, TED Talks, E4You, Book Group,  
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.

***Jisselle DeLaCruz, Dining Associate***

**Conversational Spanish**

Jisselle joined the Parkview dining team in the summer of 2020. She is fluent in both English and Spanish and attended a bi-lingual school as well as your typical American school which enhanced her language skills. Her parents first language is actually Mayan! She is currently studying business at Collin College.

***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.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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***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.

***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.

***Regina Globerman, Resident***

**Opera Lovers, A Colorful Crowd**

Regina took on both the Opera Lovers group and the Colorful Crowd art class this year as change found its way to both of these groups due to COVID and a resident's move. Regina took no time in letting these groups flounder, but instead took the lead and kept them going. She has a background in fashion design and special education and she is passionate about many things and is always up for trying something new.

***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.

***Yolanda Hernandez, Dining Associate***

**Cris and Yolanda's Cucina**

Yolanda, also known as Yoli, has been a part of the dining staff for 6 years now and loves it. She came on board upon the recommendation of her long time friend Griselda. They now team up to lead a class that brings their culture to our residents. Yoli and her husband have 3 sons and they are now empty nesters, but are very proud of the very hard work of their sons.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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***Griselda Herrera, Dining Associate***

**Cris and Yolanda's Cucina**

Griselda is a long time member of the Embers dining staff and the first Hispanic woman to join the team. She is an excellent cook although she waits tables and adds so much life to the dining room. She grew up in the mountainous area of Panuco de Coronado, Durango, but graduated from high school after moving to the states. She and her husband, Guillermo, have 3 sons.

***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.

***Joan Lehrer, Resident***

**Parkview Book Club**

Joan so graciously took on Parkview's library and book club in early 2020 and has done a phenomenal job in bringing new ideas to an already wonderful library and book group. Joan was born in the Bronx and grew up in Yonkers and she spent 30 years as a commercial property manager as well as raising 3 children. She has contributed so much to Parkview in a number of ways since she moved in and we are grateful to have her here.

***Diane Mabeley, Business Office Assistant***

**Explore Frisco Walking Group**

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, French 101, Poetry**

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".

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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***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.

***Adam Miranda, Concierge***

**Virtual Reality**

Adam has been at Parkview for four years as he worked at our Assisted Living community as the weekend concierge until he joined us taking on the weekday responsibilities in our Independent Living community. Adam loves to modify and race cars and he is terrific with all things related to technology. He is majoring in business and currently taking classes at Collin College and he hopes to eventually go into law enforcement, possibly with the DEA.

***Loyd Morris, Resident***

**Journey into Genealogy**

Resident Loyd Morris has recently taken on the hobby of studying genealogy and it has brought about an immense amount of enjoyment and he has learned things about his family that he had no idea of. Loyd was a computer programmer and worked at Collins Radio Company, but later became an Episcopalian priest in 1977 and later a Catholic priest as well. Loyd and his wife, Fran have two sons.

***M'Alice Peil, Resident***

**Pray the Rosary**

Although she is of Portuguese decent, M'Alice was born and raised in Mozambique, Africa. She moved to the states where she raised 6 children and worked in the school systems as a secretary. She is an avid walker and loves to socialize. She has been a Parkview resident since 2009 and is very active and recently took on the roll of praying of the rosary with fellow residents.

***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.

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**NAME OF INSTRUCTOR**

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**CLASS NAME**

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***Pam Priebe, Resident***

**Live Your Best Life**

Parkview's own Pam Priebe is the current facilitator of the Grief Support Group. She is a Licensed Professional Counsel (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.

***Alice Schuckenbrock, Resident***

**Quilter's Corner, Alzheimer's/Dementia Share Group**

Alice has such talent in quilting and sewing including a very unique specialty of making funeral gowns for babies in the NICU who do not survive. She also has a wealth of information on the topics of Alzheimer's and Dementia and a compassionate heart to go with that, enabling her to benefit others in a setting that provides support and education. Alice owned her own craft shop and taught needlepoint, crocheting, cross stitch, and knitting.

***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.

PARKVIEW  
IN FRISCO

 A WATERMARK RETIREMENT COMMUNITY

**INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE**

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