

The Blueprint

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The Quarterly newsletter of

University Commons, an active senior learning community

University Commons Programs Expand

UC Health Program Informational Seminars Jan 30th & Feb. 13th (see Pg. 3 ▶▶)

As we celebrate the one-year anniversary of our Grand Opening, University Commons continues to expand the depth and quality of program offerings. A rich series of seminars, lectures, concerts, and study & exercise groups provides residents with daily opportunities to learn more about topics of interest as well as get involved with fellow neighbors and colleagues. Health and Wellness programs continue to take shape as described in this issue.

The AAUCCA Board has recently reduced monthly Operating & Reserve fees by 9%, making University Commons an even better value. If you have not been out to UC since we have fully completed all construction this past summer, we encourage you to schedule a visit!

Best wishes for a healthy, happy New Year!



Clockwise from Left: John Reed leads UC Holiday Sing; Christy Martin of Four Shillings Short teaches UC residents Bob & Toni Hayashi about the sitar and other Indian music; and new U-M President Mary Sue Coleman discusses her plans for our alma mater with UC Resident Bob Fleming.

Blue Hill is pleased to announce that the Charles Reinhart Company Realtors has been selected to co-market our dwindling inventory of new homes at UC.

Susan Gartin of Reinhart is our UC Sales Manager - she recently received a *Seniors Real Estate Specialist* designation from the National Association of Realtors. With her specialized training, she is a caring and reliable source of real estate expertise for older adults whether considering buying or selling a home.

We have recently designed a spacious single-level 2,805 sq. ft. Woodbridge home with large dual Master Suites, generously proportioned dining room, and sunroom. Please call Susan Gartin at 734.663.2500 for more details!



UC Health Programs Taking Shape

The UC Health Committee has made excellent progress in achieving goals outlined in the UC Design Statement regarding the establishment of Health & Wellness Programs at University Commons. The Committee is presently reviewing service proposals from three highly qualified health care organizations to provide a suite of health, wellness, and in-home care services for UC Residents from the Wellness Center located on the first floor of Houghton Hall. A September, 2002 UC Resident survey shows substantial interest in such programs. We are hopeful that the vendor selection process can be completed to allow commencement of services Winter 2003.



University Commons Health & Wellness Programs are based upon the following concepts:

1. Core Philosophies regarding Health Care as included in the original UC Design Statement:

- University Commons has been designed for active U-M alumni, faculty, and staff (and their surviving spouses) age 55 and older, with an emphasis on lifelong learning and intellectual stimulation via an interesting series of study groups, lectures, seminars, concerts, and community interaction.
- Our UC logo features a radiating lamp of learning and the Latin slogan *Mens Agilis, Vita Felix* (translated *Active Mind & Body = Happy & Fulfilling Life*). The mental stimulation and activity that are a part of everyday life at UC goes beyond mere enjoyment, becoming a core shared value to maximize one's wellness and quality of life in later years.
- UC was designed as *Housing of Choice* versus *Housing of Medical Need*. The vast majority of senior housing built in the United States in recent years has been built by health care organization around traditional hospital design concepts and significantly lacks the design features, aesthetics, living environment, and amenities that active seniors would choose to live in.
- University Commons has been carefully designed and built to be accessible to people with various physical limitations. Many Universal Design Features are included, with doorways, bathrooms, flooring, lighting, door and cabinet handles, etc. specifically designed to be friendly to people with reduced physical abilities.
- It is contemplated that, for most University Commons residents, no future permanent move to an assisted living, skilled nursing, or hospice care facility will be either necessary or desirable. Given the planned on-site services and UC's strategic location within two miles of three major medical centers (U-M, St Joe's, VA) residents with a variety of medical conditions will be able to live at home and have requisite care services delivered to them where they are most comfortable.

2. Planned Services within the University Commons Wellness Center

The Health Committee plans periodic clinic hours within the Wellness Center to include the following services in conjunction with the resident's primary care physician:

- Preventative Health Care (Flu, Pneumonia shots, etc.).
- Chronic Disease Management (Blood Pressure, Blood Sugar, Blood Draws and the like).
- Operating Presence for Individual and In-Home Care Coordination
- Individual Health Coordination and Case Management
- Podiatry Services
- Massage Care

PLEASE JOIN US FOR SPECIAL INFORMATIONAL SEMINARS ABOUT THE ADVANTAGES OF UC HEALTH PROGRAMS

To help you better understand our expanding Health Programs and the significant life and economic advantages of University Commons, please attend one of our upcoming Health Information Seminars. The program will last approximately 90 minutes, including time for questions. Please call Susan Gartin or Cristina O'Connor at 734.663.2500 to reserve your spot.

Thurs. January 30th, 2003
4:30—6:00 p.m.

Thurs. February 13th, 2003
4:30—6:00 p.m.

3. UC Fitness Programs

The University Commons Fitness Center on the first level of Houghton Hall has a variety of treadmills, elliptical trainers, stationary bikes, rowing machines and other exercise and strength training equipment to help you expand your personal fitness routine or to start anew. Fitness classes, led by a professional fitness trainer experienced with seniors, are offered several times a week. Formal and informal walking, biking, swimming, and golf groups among residents have already taken hold. Our beautiful 18 acres site features nature trails, and we are within a short walk to the Gallup and Furstenberg Parks, featuring miles of walking and biking paths along the Huron River.



4. Preferred Provider & Access Relationships

To assist those residents who may need more care from time to time due to an illness, injury or change in their health, the UC Health Committee is developing a database of referral information and preferred provider and access arrangements with:

- In-Home Care Service Providers
- Near-by Skilled Nursing Facilities
- Hospice Service Providers
- Senior, Group and Long Term Care Insurance Providers

5. Health Education Programs

Ongoing education about a variety of health, wellness, and medical research topics will continue to be another important facet of the UC Health Program. The University of Michigan has long been one of the world's leading medical research and teaching universities, and several of our residents are physicians with years of clinical, research, and teaching experience at the U-M Medical Center. Our UC Lecture Programs regularly include a variety of interesting lectures on personal wellness and medical research topics from nationally renowned colleagues and experts in their respective practice areas. See our Monthly Calendar of Events for schedule details.

6. UC offers substantial Life & Economic Advantages over other Senior Housing Models

In addition to providing a thoughtful range of Health and Wellness services, information, and programs, University Commons offers several important life and economic advantages as well. Holding 100% fee ownership in their University Commons condominium home, UC owners will likely benefit substantially from excellent long-term appreciation that has historically occurred in Ann Arbor area home values. This important advantage can mean thousands of dollars of savings in your annual cost of living compared with traditional senior housing models!

Meet UC Resident Professor Edward Smith

For someone who spends much of his time thinking about and researching the very complex ways in which the human brain operates, Edward Smith is an approachable, down-to-earth guy as you get to know him.

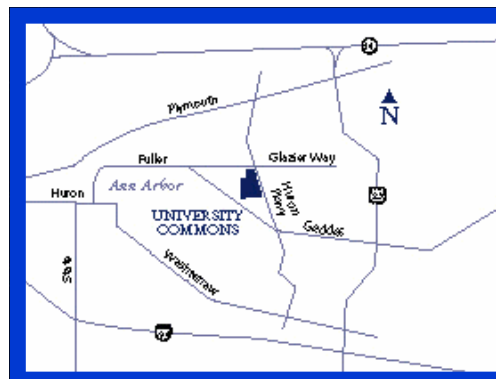
After spending his formative years in Brooklyn, NY, Ed originally came to Ann Arbor in the early 1960's to pursue graduate and doctoral studies in Psychology. After completing his doctoral studies here, Ed spent the next 20 years in an impressive series of research and teaching positions at the University of Wisconsin, Stanford, MIT, and the Public Health Service in Washington, DC. Ed returned to Ann Arbor in 1986 and has been a permanent member of the U-M Psychology Faculty ever since.



Ed's long term area of focus has been in Cognitive Psychology - studying memory, logic, and reasoning functions of the brain. Over the last 10 years, Ed has done substantial work in conjunction with the UM-Medical School in brain imaging. With major advances in imaging technology, researchers can now study patterns of neural activities within the brain during various psychological activities. Ed describes this as an exciting time in the field, and plans to continue his teaching and research activities for the foreseeable future.

Ed enjoys spending time with his two children: son Benjamin Murphy-Smith (age 17) is a senior and current Student Council President at Pioneer High School; and daughter Audrey (age 13) is an 8th grader at Forsythe Middle School with a strong interest in arts and crafts. During his limited and precious free time away from his campus office at East Hall, Ed is an avid reader and also enjoys lap swimming and tennis.

After moving in to University Commons this past summer, Ed describes himself as "90% unpacked and settled" and very much enjoying his new living environment. As a relatively new bridge player, he particularly likes the insightful duplicate bridge lessons he has been getting from a couple of neighbors. He also looks forward to the weekly UC Common Time event on Friday afternoons as a great way to catch up with friends and colleagues. Welcome Ed Smith!



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