



ACTIVE ADULTS

Newsletter

FALL 2022

Community Faces

*Marie
Story*

**Events,
Resources
& More for the
55+ Cutler Bay
Community**



Insist on the Best for Stroke Recovery

What is a stroke?

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When this happens, part of the brain cannot get the blood – and oxygen – it needs, so it starts to die.

A stroke can result in difficulties in moving around, performing daily activities, and talking or understanding. The type and extent of the difficulties depends on the size and location of the stroke.

Stroke rehabilitation: where you go makes a difference

A stroke patient's greatest gains are usually made in the first 30 days following the stroke. Stroke rehabilitation consists of a coordinated treatment plan developed and implemented by specialized physicians, therapists and nurses.

Stroke rehabilitation programs, like that of Encompass Health Rehabilitation Hospital of Miami, help patients adjust to the emotional and physical changes following stroke. With the goal of returning patients to independent living, therapy teams work to retrain the ability to perform daily tasks and move safely at home and in the community.

Stroke rehabilitation at Encompass Health Rehabilitation Hospitals includes patient and family education, support groups, respiratory therapy, neuropsychology, and a team of skilled therapists who use technology* like the AutoAmbulator®, a robotic treadmill device that assists in replicating normal walking patterns; and VitalStim®, which electrically stimulates swallow function.

The trusted choice of medical professionals

According to the recent adult stroke rehabilitation guidelines released by the American Heart Association**, whenever possible, stroke patients should be treated at an inpatient rehabilitation



facility rather than a skilled nursing facility. While at an inpatient rehabilitation facility, a patient participates in at least three hours of rehabilitation a day from physical therapists, occupational therapists, and speech therapists. Nurses are continuously available and doctors typically visit daily. An inpatient rehabilitation facility may be a freestanding facility or a separate unit of a hospital.

Be prepared: know the signs

While a stroke can happen quickly, it is still important to understand a stroke's warning signs to get medical help immediately (call 911). Every second counts, as time lost is brain lost. Stroke warning signs include sudden numbness or weakness of the face, arm or leg, or trouble with vision.

When it comes to stroke, know the warning signs and take immediate action. Better yet, learn more about preventative measures you can take before one happens. For more information or to schedule a stroke-risk assessment, call our admissions team at 305.259.6494.

Encompass Health Rehabilitation Hospital of Miami is a 60-bed inpatient rehabilitation hospital that offers comprehensive inpatient rehabilitation services. Serving patients throughout the greater Miami area including Cutler Bay, the hospital is located at 20601 Old Cutler Road and on the web at www.encompasshealth.com/miamirehab.

*Technology varies by location. Please contact your local hospital for more information.

**Source: American Heart Association, Inc.



CONTENTS

- 4 Events
- 5 Cutler Bay Crossword
- 5 Free Rides in Cutler Bay
- 6 Let's Get Moving!
- 8 Seen!
- 10 Community Faces Marie Story
- 12 News in Cutler Bay
- 14 Town Map & Parks



Marie Story: How this Cutler Bay resident stays active and strong

PAGE 10

STAY CONNECTED!



Scan the QR Code to [sign up for our Active Adults e-news](#)

**TOWN OF CUTLER BAY
Parks & Recreation**
10720 Caribbean Blvd, Suite 225
Cutler Bay, FL 33189
info@cutlerbay-fl.gov
(305) 234-4262

Learn more about the Town of Cutler Bay's Active Adults Program at cutlerbay-fl.gov/activeadults

We welcome feedback about this newsletter! Send it to Desiree Ducasa, Communications Manager, at dducasa@cutlerbay-fl.gov

TOWN COUNCIL

Tim Meerbott
Mayor
Michael Callahan
Vice Mayor
Robert "BJ" Duncan
Council Member Seat 1
Suzy Lord
Council Member Seat 2
Richard Ramirez
Council Member Seat 3

Save
the
Date



**VALENTINE'S
MASQUERADE BALL
February 17**



**LIFE
CONVENTION
July 22**

Motivational speakers,
exhibition booths,
musical performances,
lunch and more.

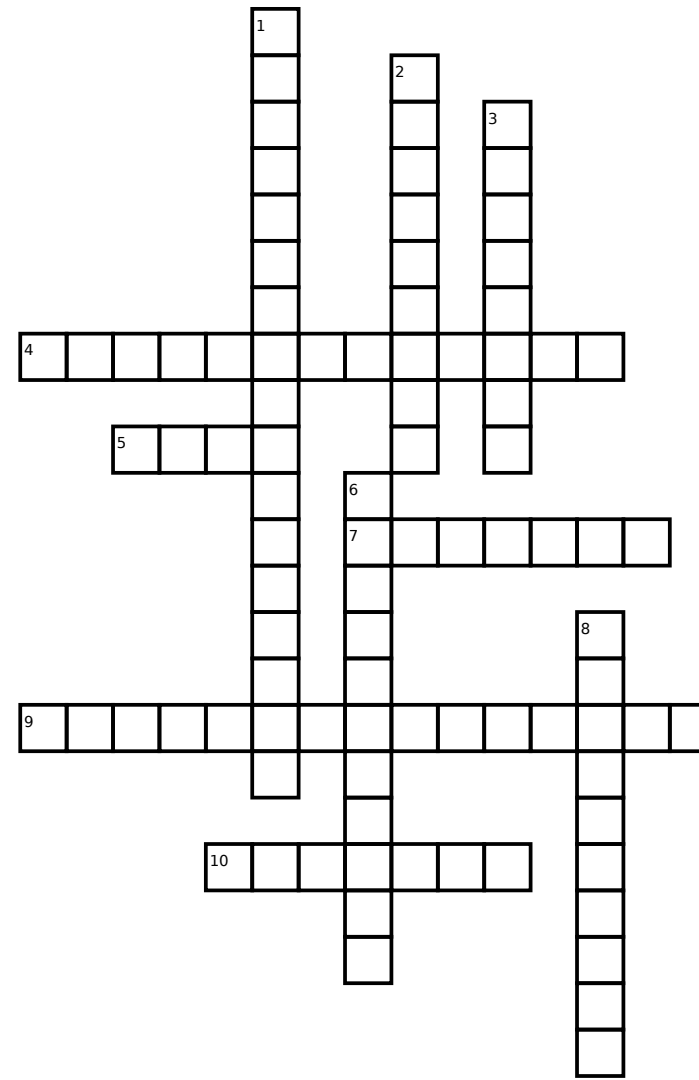


**SENIOR GAMES
November 4-17**

Active Adults 2022-23 EVENTS

- December 2 Chair Yoga
- December 3 Holiday Comedy Night
- December 12 Lifestyles App Class
- December 14 Dance Class
- December 16 Tai Chi Class
- December 20 Pickleball Free Court
- January 5 Chair Yoga
- January 6 Self-Defense Class
- January 11 Zoo Miami Field Trip
- January 13 Tai Chi Class
- January 13 Kitchen Experience
- January 25 Breakfast and Bingo
- January 27 Dance Class
- February 3 Lifestyles App Class
- February 10 Tai Chi Class
- February 17 Valentine's Masquerade Ball
- February 24 Chair Yoga Series
- February 28 Painting Class
- March 3 Kitchen Experience
- March 7 Tai Chi Class
- March 15 Dance Class
- March 17 Jungle Island Field Trip
- March 21 Chair Yoga Series
- March 23 Breakfast and Bingo
- March 29 Exercise at the Park
- March 31 Lunch and Learn
- April 11 Tai Chi Class
- April 13 Chair Yoga
- April 21 Marlins Baseball Park Field Trip
- April 25 Aquatic Zumba
- April 27 Dance Class
- April 28 Breakfast and Bingo
- May 2 Tai Chi Class
- May 4 Lunch and Learn
- May 5 Kitchen Experience
- May 10 Chair Yoga Class
- May 13 Mother's Day Breakfast

Events are subject to change. Get more details at www.cutlerbay-fl.gov/calendar



Cutler Bay Crossword

DOWN:

- 1. At 45 acres, this is the Town's largest park
- 2. Cutler Bay is known for this type of alternative mode of transportation
- 3. Cutler Bay's Founding Mayor's Last Name
- 6. Cutler Bay is awarded this designation yearly by the Arbor Day Foundation for its commitment to increasing the tree canopy
- 8. Name Cutler Bay's newly renovated baseball park

ACROSS:

- 4. Historic road that intersects Cutler Bay
- 5. The Town of Cutler Bay is governed by this number of Council Members
- 7. Last Name of new Council Member elected in 2022 for Cutler Bay's seat 3
- 9. This Town park hosts most of the Town's special events like Chili Day and Halloween Spooktacular
- 10. Cutler Bay's charter became effective on November 2005, but residents actually voted to incorporate earlier that year, during this month

Answer Key: (DOWN) 1. Lakes by the Bay Park, 2. Golf Carts, 3. Cosgrove, 6. Tree City USA, 8. Franjo Park; (ACROSS) 4. Old Cutler Road, 5. Five, 7. Ramirez, 9. Cutler Ridge Park, 10. January



Free Rides

Check out these free transportation services in Cutler Bay!

Did you know there are two FREE transportation services the Town of Cutler Bay offers? Try them out and learn more at

Cutlerbay-fl.gov/rides

BUS CIRCULATOR

7 days a week
Monday-Saturday
1st Trip at 8:40 AM
Last Trip 4:40 PM
Sunday:
1st Trip 10:40 AM
Last Trip 3:40 PM

GO CONNECT

On-Demand Transportation
Monday-Friday
From 5:30 AM to 8 PM
Call (786) 321-5842 or
Download the app by
searching "GO Connect"

Let's Get Moving!

STATION WORKOUT AT LAKES BY THE BAY PARK

8551 SW 216 Street, Cutler Bay, FL 33189

Walking distance: 1/2 mile

Estimated time to complete: 45-60 minutes



Get moving outdoors at Lakes by the Bay Park with a workout created by Jay Pesi, Head Coach at Orange Theory Fitness in Cutler Bay. The workout incorporates 7 of the 9 workout stations at the park. Whether you try it alone or with a friend, get fit and explore your community at the same time!

Make sure to stay hydrated, do it at your pace, and take rests when needed. Scan the QR Code with your smart phone to see a video tutorial how to do each move.



1 SIT TO STAND

With arms straight out slowly sit on bench then stand; 10 repetitions

2 QUAD STRETCH

Hold stretch for 10 seconds on each side

3 REVERSE LUNGE

7 to 10 repetitions on each leg

4 SEATED TOE TOUCH

Reach for toes and hold 10 to 15 seconds

5 LEG EXTENSION

Extend straight leg for 5 repetitions on each leg

6 NON JUMPING JACKS

Bring arms up and step one foot to the side, return to starting position and repeat on other side; 5 repetitions

7 HAMSTRING STRETCH

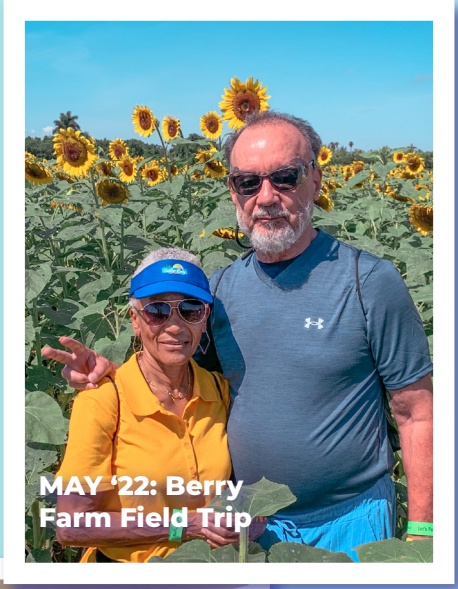
Hold stretch for 5 to 10 seconds for each leg



Seen! (AT OUR ACTIVE ADULTS EVENTS)



OCT '22: Senior Games



MAY '22: Berry Farm Field Trip



OCT '22 Senior Games



OCT '22: Senior Games



JUL '22: Life Convention



NOV '22: Dance Class



NOV '22: Kitchen Experience



MAY '22: Berry Farm Field Trip



SEP '22: Animal Encounter



JUL '22: Lifestyle Apps Class



MAY '22: Mother's Day Brunch



APR '22: Stand-up Comedy Night



JUL '22: Life Convention



SEP '22: Animal Encounter



APR '22: Stand-up Comedy Night



NOV '22: Painting Class

COMMUNITY FACES

A visitor of the Cutler Bay area for over 40 years and a resident for 17, Marie Story has seen a lot of change and progress in the community. She finally decided to move to the area from Georgia to be closer to her son when he joined the military.

At 67, she is semi-retired but shows no signs of slowing down. Just a year and a half ago, she challenged herself by taking Pilates and Orange Theory Fitness classes to improve her flexibility, strength, balance, and aerobic capacity. She also rejoined the Town's Active Adults program to stay engaged with her community.

This October, our Active Adults Events & Programs Specialist, Paola Perez, sat with her to learn more about her motivation, her hobbies and her hopes for the future.

As a long-term resident, how have you seen Cutler Bay change over the years?

Visiting the area for over 40 years, I remember Old Cutler Road having sand on both sides of it. There have been a lot of changes. Now, we're going to have a new shopping center on it at the Shoppes at Cutler Bay. I can't wait to shop there and I hope we'll also have great restaurants there. I am

also really excited about the upcoming legacy park, community center and Town Hall that will be located next to the shopping center. I voted for it this year and also completed the survey to give my feedback on what I would like to see there. I cannot wait to see it all come together.

How long have you been participating in the Town's Active Adults program?

I started participating just before the pandemic hit, but stopped in 2020, when everything stopped. I recently began participating again and am enjoying it. I look forward to many of the upcoming events planned.

That's right, we have even more events next year than we've ever had in previous years, so stay tuned! You lead a very active life—what is your motivation, what keeps you going?

As I grow wiser, one of my top priorities is my health. I want to stay as healthy and strong as possible for as long as possible. Eating well, staying physically active, sleeping at least 7 hours every night—those are things I must do for myself. No one can do those things for me. You have to help yourself.

I go to the gym with a very positive attitude, I say to myself, "I am here to celebrate what I can do, what I can still do."



Q&A

Marie Story

I believe that staying active, even just a daily walk, will bring rewards both physically and mentally.

Is there any moment you noticed an improvement in your daily life as a result of staying active?

Yes! I have a very heavy queen-size mattress, it's 12 inches deep and when it's time to put the fitted sheet on, I struggle, and normally need help. A few months ago nobody was around to help me, and I thought, oh boy, here go the corners. But the corners just flew up and I couldn't believe I lifted them like nothing. I thought, OK, I gotta keep doing this.

What are your hobbies?

I enjoy gardening, and reading. I also really enjoy going to the

beach. Every summer I visit it frequently. Soaking in the ocean air... it's medicinal.

Do you have any hopes or plans for the future?

In my bucket list I would love to go visit Italy, and I look forward to learning how to play pickleball. I look forward to attending the upcoming Active Adults Field Day to learn!

Nominate our next cover story!

If you know an inspirational Cutler Bay resident that is 55 or more and has participated in Cutler Bay's Active Adults program, nominate them for an upcoming issue. Email Paola Perez with their name and a brief description why you are nominating them. Send your email to pperez@cutlerbay-fl.gov.



“ I am here to celebrate what I can do, what I can still do. ”

NEWS IN CUTLER BAY



COMMUNITY AMENITIES: TOWN CIRCULATOR BUS



SENIOR LIVING AMENITIES: POOL DECK AND GAZEBO

NEW HOUSING DEVELOPMENT FOR 55+ COMMUNITY APPROVED FOR VACANT PARCEL ON SW 216 ST.

During Cutler Bay's October 2022 Town Council Meeting, the Council voted to approve an application for a development called The Contemporary + MedSquare that will be located on the 18.5 acre vacant site at SW 216 Street and approximately SW 90 Court. The parcel, which is surrounded by a lake on 3 sides, will see a \$100 million mixed-use complex with 196 apartments for the 55+ community. Here are a few more planned features developers AJP and its partners Mas Group and Treo Group will include:

PROJECT HIGHLIGHTS

- 42,000 sq. ft. of medical space
- 19,000 sq. ft. of retail space
- 2-acre linear park open to the public
- Green Building Certification
- 50 Golf Cart Spaces and Charging Stations for Public Use
- Use of community space by Town of Cutler Bay for events and programming

TIMELINE

Construction is expected to begin in 2023 and completed by 2025.

NEW PUBLIX ON OLD CUTLER ROAD IS NOW OPEN

On November 3, 2022, Mayor Tim Meerbott, Vice Mayor Michael Callahan, Council Member Suzy Lord, and Council Member-Elect Richard Ramirez joined the Publix leadership team and staff to participate in the ribbon-cutting ceremony to open their new store.

The new store is approximately 55,000 Square Feet and is located at 20951 Old Cutler Road, Cutler Bay, FL 33189.

The shopping center has additional retail spaces and is located adjacent to the 16-acre parcel that will be transformed into Cutler Bay's Legacy Park, Community Center and Town Hall.

Get more details about the store at: www.publix.com/locations/1465-shoppes-of-cutler-bay



Preliminary Design for Southplace City Center

SOUTHLAND MALL

Scan to learn more:



In May of 2022, Southland Mall was purchased by Electra America and BH Group, a Miami-based private real estate investment and development firm, for \$100.35 million. Just four months later, the new owners, along with its US-affiliate, American Landmark, unveiled preliminary plans for a \$1 billion redevelopment and reinvention of the 80-acre site. It will be one of the largest projects of its kind in the Southeast United States and will be called "Southplace City Center."

Some of the planned features include over 500,000 square feet of retail, dining and entertaining venues at the existing mall, and an additional 150,000 square feet of prime retail space and outparcels for food and beverage operators; over 4,000 residential units, that will be built out in phases; a new specialty grocer; a 150-key hotel; 60,000 square feet of medical office space; a terraced community amphitheater; a new welcoming entrance off U.S. 1 with large fountain and extensive green space; a pedestrian bridge connecting to the new bus rapid transit project; bike and golf cart paths, pedestrian trails and trolley stops.

The project is expected to bring over 2,700 jobs to the area, generate over \$500 million in revenue during construction and over \$150 million in revenue after the project build out. It is estimated to be completed over a seven-year time frame, with groundbreaking beginning in 2023. The Town will work with developers to ensure this project aligns with the community's vision and character.

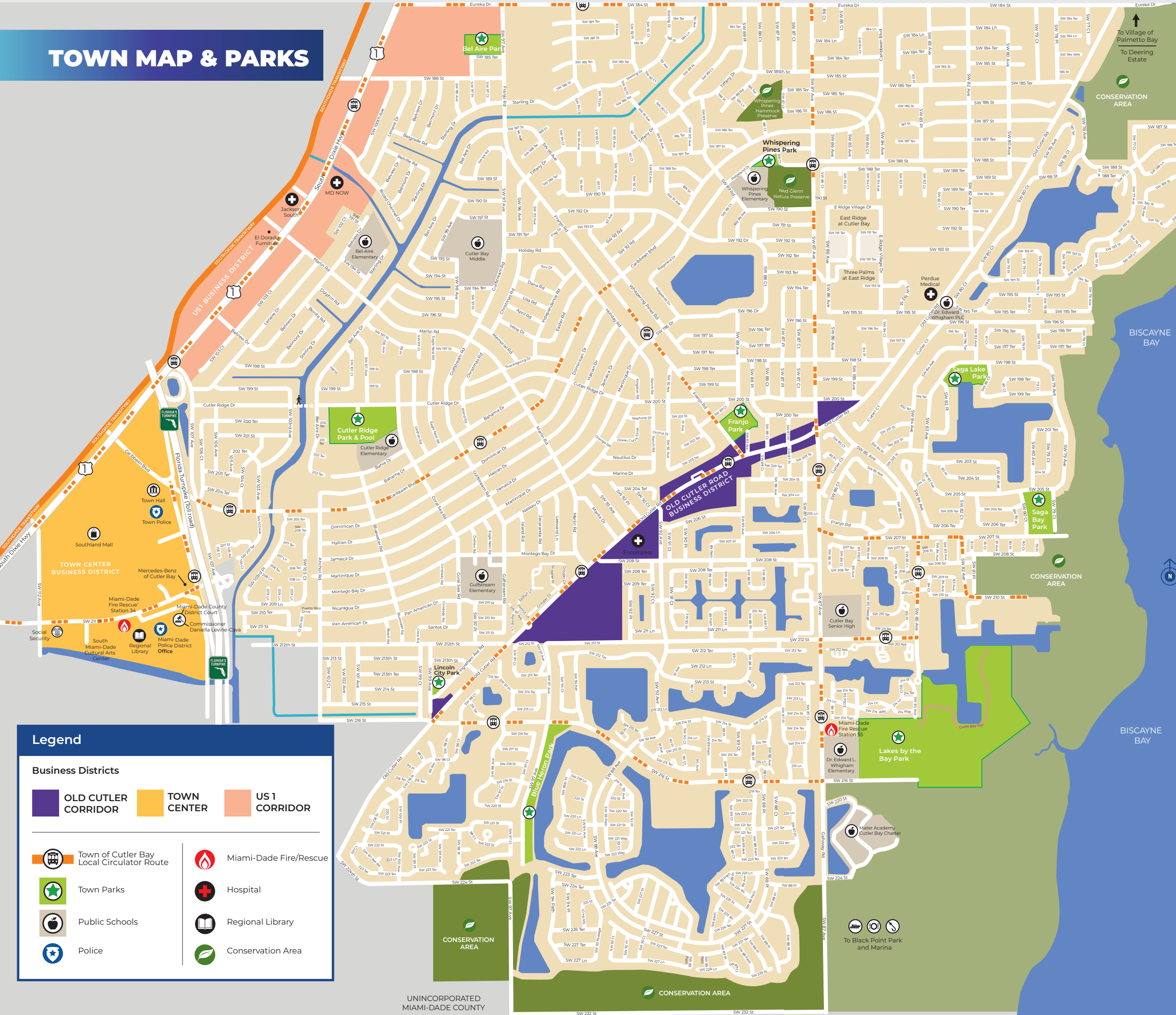
CUTLER RIDGE POOL

Scan to learn more:



Being in service for the community since the 1950s, the pool at Cutler Ridge Park has had extensive wear and tear through the years and, as a result, frequently needs repairs and is out of service. In order to address this recurring issue and with funding from the Town's ARPA allocation, the Town contracted Stantec to provide an assessment of the pool and facilities in order to develop a long-term plan for repairs and/or upgrades. During the September 2022 Council meeting, Stantec provided the Council with a detailed report that included an estimate for the full cost to rehabilitate the pool, equipment and building—at approximately \$1.1 million. After hearing the report, the Council decided to plan for a detailed discussion regarding the replacement or possible rebuilding of the pool, as well as consider a possible relocation. The workshop will be held in early 2023 and will be announced soon on the Town's website and e-news.

TOWN MAP & PARKS



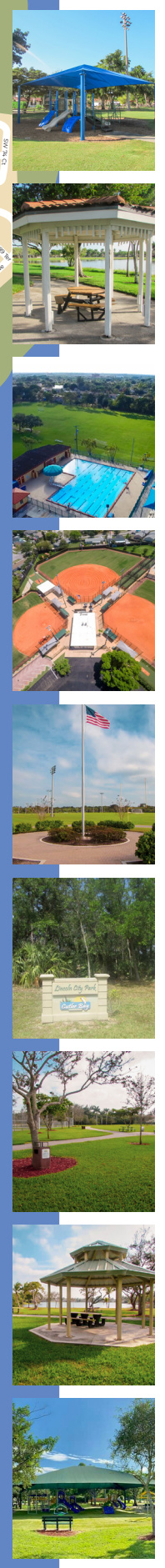
Legend

Business Districts

- OLD CUTLER CORRIDOR
- TOWN CENTER
- US 1 CORRIDOR

Facilities

- Town of Cutler Bay Local Circulator Route
- Town Parks
- Public Schools
- Police
- Miami-Dade Fire/Rescue
- Hospital
- Regional Library
- Conservation Area



BEL AIRE PARK | 18500 SW 97 AVE.
5 acre park with lighted athletic field, restrooms, covered playground area and parking lot. Home to Palmetto Raiders Youth Development Club tackle football and cheerleading program.

BLUE HERON PARK | 21900 SW 97 AVE.
5 acre park with a shaded 1/2 mile paved multi-use path for walkers, joggers and cyclists; outdoor fitness equipment with benches and a pavilion.

CUTLER RIDGE PARK | 10100 SW 200 ST.
10 acre park with a 25 meter swimming pool, lighted and unlighted athletic fields, a multi-purpose recreation building, a picnic pavilion, covered playground and paved parking lot.

FRANJO PARK | 20175 FRANJO RD.
5-acre newly renovated lighted baseball park with restrooms, paved parking, golf car parking, electric vehicle charging stations, concessions, community room and more.

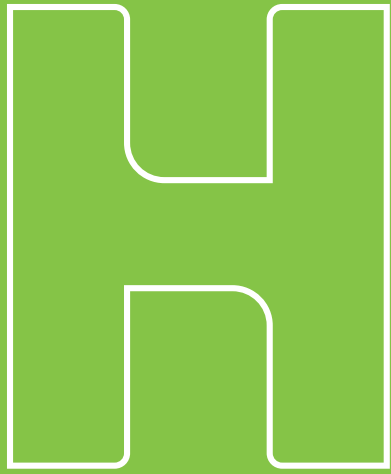
LAKES BY THE BAY PARK | 8551 SW 216 ST.
45 acre park with 3 lighted baseball/softball fields, 4 batting cages, 2 lighted soccer/football/lacrosse fields, a .6 mile exercise path with fitness stations, covered playground, restrooms and concession building.

LINCOLN CITY PARK | 212 ST & SW 99 AVE.
At just over 1/2 acre, this is the Town's smallest park. Recently designated as a natural preserve Lincoln City Park has an abundance of native species including live oak and slash pines.

SAGA BAY PARK | 8000 SW 205 ST.
5 acre park with 4 lighted tennis courts, outdoor fitness equipment, a covered playground, a paved walking path, restrooms and paved parking lot.

SAGA LAKE PARK | SW 198 ST. & SW 83 AVE.
5 acre Park with a picnic pavilion, a paved fitness path and a practice baseball/softball field.

WHISPERING PINES PARK | 8800 RIDGELAND DR.
1.3 acre park with a covered playground and picnic pavilion.



We're honored to join you in
supporting the Town of Cutler Bay.

Thanks for standing with the
Cutler Bay community.

Ready to learn more about Humana plans?
Get in touch with a licensed Humana sales agent.



Adelaide Negron
305-608-4635 (TTY: 711)
anegron1@humana.com
Monday – Friday, Monday – Friday, 8 a.m. – 5 p.m.

For accommodation of persons with special needs at meetings, call 1-877-320-1235 (TTY: 711).

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