



ARBOR TRACE

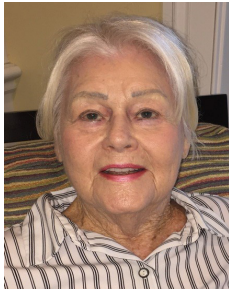


TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

1000 Arbor Lake Dr. Naples, FL 34110 (239) 598-2929

Pointe Pioneers



This month, the story of early resident Jenifer Duffy, T-1108, widow of the delightful General Bob Duffy.

Jenny, born in Washington, D. C. was named for her ancestor, Daniel St. Thomas Jenifer, a signer of the Constitution. She attended Sidwell Friends school and Stephens College in Missouri. Home again, she agreed to sub for a friend who worked in an architects' office where she met architect John Pickett. They married the next year. They lived in Virginia. For several years Jenny confined herself to raising their 3 girls and 2 boys. She worked with Japanese flower arranging and her church but that wasn't enough. She started working at Marriott's Rosslyn, Va. gift shop 5 years, Washington Cathedral's gift shop 4 years and finally managed the Design Center at Reston, the Japanese wholesale showroom.

John became ill and after his passing, she sold the Virginia home and bought a lot on Hickory Blvd. in Bonita where she and her eldest daughter designed and had built a 3 bedroom, 3 bath house on stilts.

After 7 years, along came General Bob Duffy, a widower. They married and lived in the Florida house. Jenny became very active in Ikebana Naples. It was then that my husband and I became good friends with the Duffy's and enjoyed so many wonderful parties with their combined families and friends at that charming house with its Oriental flare. Yes, dining on the floor too!

In 2002, farsighted Jenny bought her apartment to avoid beach maintenance. Here she helped start the Thursday cocktail party, the book review club, and wrote the first newsletters. She was President of Ikebana Naples and added her flair and knowledge to the annual flower shows.

She recently lost Duff who was ill a long time and is wondering where life will take her next. I am proud to call her neighbor and friend.

-Merle Bauser

SEPTEMBER 2015

Welcome George Kessel V-303



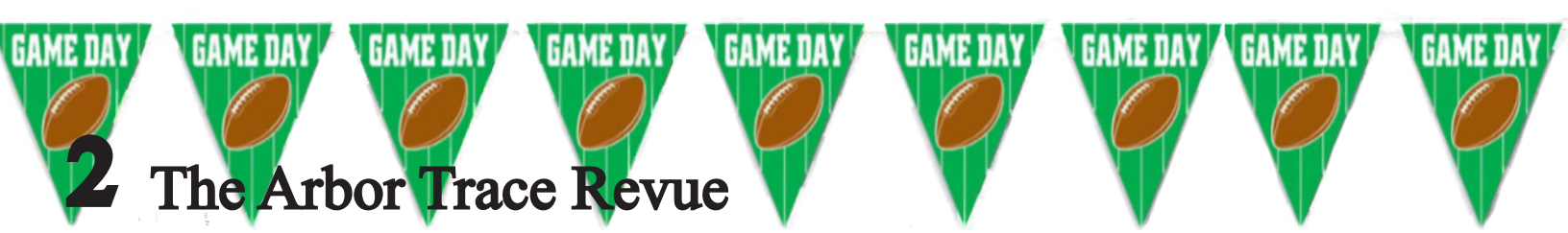
Born in Fargo, N. Dakota, George grew up in several midwestern towns. He finished high school in Ottumwa, Iowa where he was on the basketball team that won the 1942 Iowa State Championship.

Drafted upon graduation in 1943, he served in Europe as a rifleman with the 26th Infantry "Yankee" Division (part of Patton's 3rd Army) until he was evacuated Thanksgiving week 1944. He performed clerical duties in a replacement depot in France until his discharge in January, 1946. George was one of 32 SW Floridians awarded the French Legion Of Honor on June 6, 2007.

He graduated from Grinnell College in 1949 and in 1951 began a 35 year career with the Group Insurance Division of the Aetna Life Ins. Co. While training in Hartford, a blind date with a lovely coed on summer break culminated in a wonderful 55 year marriage, a daughter, son and ten grandchildren. He retired as General Manager in Columbus, Ohio in 1986.

He and Barbara visited Naples in January, 1989 bought a Pelican Bay condo and moved in April as year round residents. Early on the two of them worked in TV ads, promotional videos and print work. Suddenly losing Barbara in 2009, he has kept busy with PB tennis, Imperial GC golf, Naples United Church of Christ (past Deacon) and the newest Arbor Trace activity, Pickleball.

-Eric Pachner



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Director's Notes

On an almost daily basis, Arbor Glen staff are summoned to render aid to residents in distress. Upon arrival on the scene, it is the nurse's responsibility to assess the situation and based on their experience, either render first aid or make the decision to call 911, if they deem this to be appropriate. Many times the nurse is called to provide assistance in getting a resident up safely after a fall. This is where the nurse must make a judgement call based on what they are being told by you the resident. If you are telling them you are in pain, they can't rule out the possibility that you may have a fracture that can only be determined by your going to the emergency room for an x-ray. There are also cases where the nurse is summoned because someone is simply not feeling well. Here again, the nurse must make a judgment call. If the resident has a "File of Life" form on hand, this is extremely helpful to the nurse so they can better understand what underlying health issues you have that may be relevant or what medications you are currently on that might have certain side effects that may be the cause of your problem. If the resident is feverish and nauseous, has a blood pressure reading that is off the charts or is having chest pains, they are going to call 911. Please understand that the nurse is acting in your best interest when they call 911. I have seen it happen too many times, where a resident or the spouse of the resident makes the decision not to go with the paramedics when they arrive only to wind up in the emergency room hours later. My purpose in explaining this protocol is to help those who criticize the nursing staff for making the decision to call 911, to understand that if they make the wrong decision and someone further injures themselves or worse yet, dies as a result of their inaction, this could become a huge liability issue for Arbor Glen. So, if you refuse to go to the hospital this is your right, but Arbor Glen has the professional responsibility and moral responsibility to act in what they consider to be in your best interest.



Another issue that I would like to address regarding your personal safety is the use of emergency pendants. Every resident is issued an emergency pendant once they move in to their unit. Quite often, these pendants wind up in a nightstand drawer, never to see the light of day until we ask you to locate it so our maintenance staff can replace the battery. I would encourage everyone to wear their emergency pendant, especially if you have health issues or more importantly, balance issues. You never know when and where a fall will occur and if you are alone and need of assistance, these devices come in pretty handy. Oh, by the way, these devices are water resistant and can be worn in the shower, which is another likely spot for a fall.

In closing, I will make another plea to those residents who do not have a "File of Life" on hand in their unit to please contact Sandy Steinbach in the Clubhouse to provide you with this vital form and if necessary, assist you in completing it. Our mission is to keep you safe, so please help us to help you.

Yours truly,

Dan Edenfield
Executive Director

Just a Reminder...

- The Clubhouse office is open Monday-Friday from 8:30am - 5:00pm.
- The Colonnade Room is open for dinner Monday-Saturday from 5:30-7:30pm, for lunch every Thursday from 12:00-1:00pm, and Sunday brunch from 12:00pm - 2:00pm.
- For dinner pick-up & delivery call 591-4851 between 2:30-4:30pm. Orders called in after 4:30pm will result in a delay of service.
- Lunch is offered for pick up Monday-Saturday. Menus are available at the front desk. Orders must be called in to the kitchen by 10:30am.

Important Numbers
 Community TV Channel
 195
 Clubhouse Reception
 598-2929
 Tower Pointe Concierge
 598-9229
 Sales Office
 598-3490





September Calendar Notes

Tuesday, September 1st: Dr. Teitlebaum, Podiatrist will be in the Beauty Salon starting at 1:00pm. Please sign up at the Clubhouse.

Wednesday, September 2nd: For those signed up to go to The Broadway Palm Dinner Theater, the bus departs at 4:45pm for dinner and a show, "Some Enchanted Evening".

Friday, September 4th: Today we are taking our monthly trip to Mystery Lunch at 11:30am. Please sign up at the Clubhouse if you would like to go on a mystery adventure. You never know where we may go.

Monday, September 7th: In honor of Labor Day, the meal will be served at noon in the Colonnade. Enjoy a relaxed dress code as we celebrate the contributions workers have made to the strength, prosperity, and well-being of our country.

Tuesday, September 8th: Some of the most popular Broadway musicals have had their settings in lands far from America. Join Fred and Elsa Katz as they journey to France, Spain, Russia, Germany and other countries in this multi-media presentation of recorded music, commentary and visual PowerPoint. Shows include "Les Miserables," "Man of LaMancha," "Fiddler on the Roof," and "Cabaret."

Thursday, September 10th: Sign up at the Clubhouse and come enjoy Signature Lunch today starting at noon, featuring Perry Fotos. Come enjoy a nice lunch with friends.

Friday, September 11th: Lets beat the heat at the movie theatre this afternoon to see "A Walk in the Woods," starring Robert Redford and Nick Nolte. More information to follow, watch for fliers.

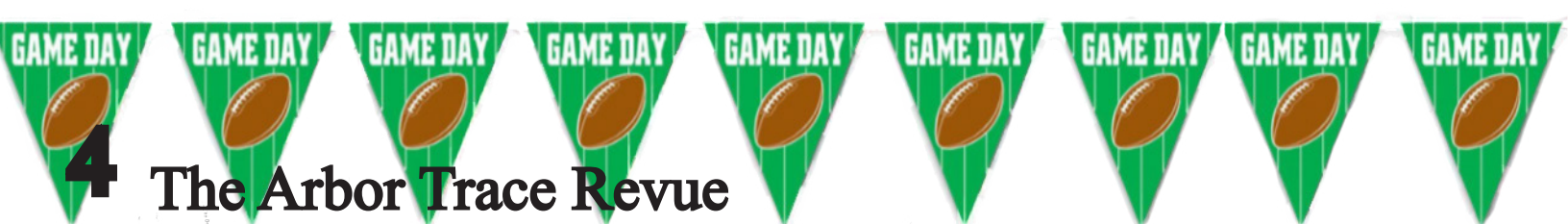
Wednesday, September 16th: The Arbor Trace Condo Association meets today at 3:00pm in the Clubhouse Activity Room. All members are encouraged to attend.

Friday, September 18th: Sign up at the Clubhouse to enjoy our September Management Party with Cahlua & Cream entertaining. Invite a new neighbor perhaps or friend and enjoy dinner, dancing, and drinks from 5:30-8pm. We look forward to seeing you there!

Monday, September 21st: Celebrating September Birthdays this evening under the balloons in The Colonnade at 5:30pm. Please sign up at the Clubhouse.

Thursday, September 24th: The Tower Pointe Condo Association meets this morning at 10:00am. All members are encouraged to attend.

Friday, September 25th: Penny Pinchers is back out looking for bargains today! We will depart at 10:45am and plan to return later in the afternoon. Bring lunch money with you. Please sign up at the Clubhouse if you will be joining us. We are putting on a Resident Talent Show this afternoon at 4:30pm at The Top of the Pointe. Can you sing or dance? Sign up at the Clubhouse if you plan to participate! Come join in the fun!



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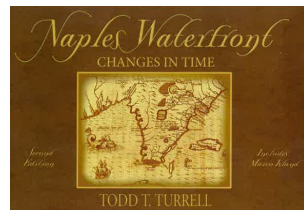
Women's Wednesday Bridge Group

We turned to a summer tournament to keep up our enthusiasm after a spring departure of a number of our regular players. Eight members participated; keeping our scores to the final Wednesday in July. We happily awarded first place to amazing Jane Herren, who won almost every week, and second to Lorraine Roberts.

We are looking forward to the return of our bridge players in the fall and meanwhile, if you want to join us or substitute, please call me.

We are open to all Arbor Trace residents.

We are also considering offering a brush up lesson or two. If that is of interest to any residents thinking of playing again, please call me.
-Sandy Grady



Naples' Incredible Waterfront History

For an attentive SRO audience in the Gathering Room on Aug. 6th, marine structural engineer AND coastal historian Todd T. Turrell opened his new coffee table book to an extraordinary history of Naples' coastal and riparian development from 10,000 years up to modern times. In those early paleo-aquatic periods, Naples did not exist--under 60' of water, and was inhabited by giant methadon sharks. (Mastodon remains were also found in Florida early estuaries) His accompanying tales of the development of the mangrove marshes which covered so much of the commercial and residential area of Old Naples were vividly delineated by transparent map overlays tracing tracts of long past preserves.

His jocular presentation included the halcyon days of smugglers, bandits, and other colorful characters who inhabited the swamps doing a "land-office business" in bootlegging. Turrell brought to light the concerted efforts to successfully trace the elusive Indian Canal, basic waterway to the Gordon River. (Markers along its original route are to be found in Old Naples neighborhoods).

During the Civil War, northern troops captured Seminole forts and utilized them to erradicate the Indian population at war's end. The Useppa Islands (now Pine Island) were the hectic site of guerrilla training in anticipation of a Bay of Pigs invasion--which mercifully never came! The acreage constituting Port Royal was originally Mangrove Alley! The Turrell book can be purchased at www.NAPLESWATERFRONTHISTORY.com
-The Artful Codger



Road Trip to the Casino Hotel

Yes, I did say Casino Hotel! The newly modernized casino now has an attached hotel (which is non-smoking), along with two new restaurants for your dining pleasure. Cappuccino's coffee and pastry shop, and Lucky MI Noodle House. A cluster from Arbor Trace hit the road on July 31, to check out "the new happenings" at the Seminole Casino in Immokalee. We crooned "Row, Row, Row Your Boat" on the bus and prayed to the money gods that we would bring home the green! Some were VERY propitious and others not so fortunate. However, the Dill pickles, and gargantuan Corn Beef and Pastrami sandwiches were a hit for those who dined at the 1st Street Deli. After lunch, the group disseminated to the blackjack tables, slots, and video poker machines. I think it's safe to say that video poker was prosperous for one discrete individual. Win or lose, it was a great day spent in the air conditioning away from the blistering heat of the summer sun.

Special thanks to our bus driver George Capone for driving us there and back safely and making sure we all got on and off with ease!
-Jody Long

Psst! Don't Tell Anyone! Giant Art Show Coming This Fall.

Here's your chance to appreciate, decorate and donate -- but we need your help. First of all, we need your favorite pictures and other art items (created by you preferred) for the exhibit. If you don't want to sell them, that's OK. If they are for sale, you name the price, realizing that one third of the proceeds will go to the scholarship fund.

We will accept oils, acrylics, water colors, pastels, charcoal drawings, needlepoint, statues, jewelry, etc. (no photographs). Pictures must be framed and ready for hanging. We may have to limit the number of submissions because of space limitations, so let Sandy Steinbach know early what you would like to exhibit.

While we are on the subject of art, we offer open painting every Wednesday starting at 2 PM in the clubhouse exercise room. There is no charge, just bring your own materials. If you are a beginner, plenty of help is available.

Look for a flyer with more details and the date of the exhibit/sale.
-Eric Pachner



Arbor Trace Veterans 1

We reminisce with Victor and Dorothy Buckett 9-505

We've all had memorable experiences in our lives, i.e. graduations, weddings, children, the loss of loved ones, etc., but none as unforgettable as being part of the worst naval disaster in history. 70 years ago Victor was one of the crew of 1200 when the USS Indianapolis was hit by two

Japanese torpedoes four days after it delivered the components for the atomic bomb dropped on

Hiroshima. 300 crew members died immediately, 900 were left floating in the deepest part of the Pacific. Blood caused sharks to circle the survivors. Only a few had rafts, the rest, including Victor, had only life jackets to keep them afloat. Four days passed before an aircraft spotted the oil slick and decided to follow it. The pilot couldn't believe what he saw: men were floating in it! Only 317 survived this horrible ordeal.

Victor born in Mamaroneck, N.Y. was a star athlete in high school, football, basketball, baseball, track. He then worked briefly in insurance and at 20, joined the navy. On leave from testifying about the loss of the Indianapolis (he had kept the ship's log), he returned to New York where he met Dorothy briefly. She says she had heard of him. After his discharge, Dorothy, a children's librarian, was in a remote room in the library when a door opened, and in walked Vic. Soon after their first date, they decided to marry. Vic went back to school to learn upholstery, slipcover, and drapery making and then opened his own business. Dottie was a stay at home mom but helped with paper work. Their 68-year old marriage has produced three children, five grand-children and three great-grand children. They are excellent bridge players and love dining in the Colonnade.

The USS Indianapolis survivors have been attending an annual reunion in, where else, Indianapolis. Only 14 were left to celebrate the 70th, including Victor, who didn't expect to live this long because he has heart problems. This time, Vic, who had been the singer with the ship's band, sang a few memorable songs of the era, "Always", "San Francisco", and "For the Good Times". Dot says he loves to perform. Victor credits his trust in the Lord and his star athletic training with saving his life.

The story of his ordeal will soon be on the big screen: "USS Indianapolis, Men of Courage," starring Nicholas Cage.

-Eric Pachner and Merle Bauser

Marlene & Chet Delight Us Again



"Who has heard about Harry Warren?" asked Marlene at the duos' August show. Almost no reaction from the crowd so she said, "About the best unknown writer of screen music." When we heard the first song, "Chattanooga Choo Choo," we all said, "AHHH." A gold recording by Glenn Miller's band.

Born in Brooklyn in 1893 to Italian immigrant parents, Warren taught himself to play the drums, accordion, and piano, quit school and left home at 16 to play drums in a traveling carnival. In 1918 he joined the Navy and began writing songs, and when he died at age 87, had published over 500 of them.

Our audience recognized all the ones sung by Marlene and Chet and Warren's versatility was amazing. Among his biggest hits were "There Will Never Be Another You", "I Only Have Eyes For You", "Forty-Second Street", "The Gold Diggers Song", "Lullaby of Broadway", "Serenade in Blue", "At Last", "Jeepers Creepers" (Louis Armstrong's ode to a horse, "You'r Getting to be a Habit with me," "That's Amore" (Dean Martin), and "Young and Healthy". "Forty-Second Street", the movie made in 1932 with Warren's music and Al Dubin's lyrics, was made into a Tony award winning stage musical in 1982. He worked on many movies with Busby Berkeley, the famous choreographer. Warren won the Academy Award for Best Song three times, collaborating with three different lyricists: "Lullaby of Broadway" with Al Dubin in 1935, (Marlene told us Al brought the lyrics to him in a gift box because Harry was such a New Yorker), "You'll Never Know" with Mack Gordon in 1943 (24 weeks on Hit Parade), and "On the Achinson, Topeka, and Santa Fe" with Johnny Mercer in 1946.

What fun to hear so many songs of our youth and to learn who wrote them! A great show. Marlene and Chet return in November for a program of WW II songs. Watch for the date!

-Merle Bauser



Book Club news

Summer vacation continues for the book club. Plans to resume in October are under way. Stay tuned!
-Pat Burneson

D'eja Vu Arbor Eagle by Ruth E Pattrin



Arbor Lake's bronze eagle
wing spread over Arbor wooded land
now trees gone and earth uprooted no nest

for years he returned
to its safety
of waddle and drab sticks

kept him safe
of rain storms
sometimes crashing

still secure in his brown feathers
searching for his nest
where now smoke pungent

light of Naples candles
flickering on his harp strings
sad -sad search

his nest his home
sad to say
in distant oblivion



Coming Soon in October...

- October 7th- Hodges Fall Kick Off
- October 14th- Flu Shot Clinic
- October 14th- Oktoberfest Party
- October 30th- Annual Halloween Costume Party



You've got Sarcopenia!

Never heard of it before? Neither did I, but it is a condition we all have as we age. As time goes by, our muscles tend to become smaller and weaker, a process called sarcopenia. But the amount of muscle you lose and the effect it has on your life is mostly up to you.

Now that you are older, building and preserving your muscle mass are of vital importance if you want to stay independent. Sarcopenia may not be on your physician's check list, but when it becomes advanced, it can have a significant effect on the quality of your life.



Pickleball is here!

Pickle...what??
Pickleball is a game played with ping pong-like paddles and a whiffle ball on a small court.

Arbor Trace now has two lined courts (on the tennis court), two portable nets and paddles and balls....plus a number of players already enjoying the game. Are you interested? Pick up paddles and balls in the Club House and try it out; it's that easy. Questions? Call me! Also stay tuned...Sandy is planning a clinic/workshop in the fall.
-Karen Sexton

The biggest contributor to sarcopenia is lack of exercise and other physical activity. Lack of use causes shrinkage of muscle tissue and also the way the muscle functions. Fat infiltrates the muscle, strength decreases, you become weaker and more unstable, your balance is affected and you are at greater risk of falls

Fighting sarcopenia starts with regular exercise Talk to your doctor or therapist about designing an exercise program tailored to your individual capabilities, especially if you are relatively new to exercise, you have joint pain, or chronic medical conditions, or your balance is impaired. Join a group program if possible, because you are more likely to continue. Ask Sandy Steinbach what programs are available at Arbor Trace that may suit your needs.
-Eric Pachner

The Revue Team

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Calendar of Events... Sandy Steinbach

Contributors to this edition... Merle Bauser, Eric Pachner, Pat Burneson, Ruth Pattrin, Karen Sexton, Jody Long, Sandy Grady, & Ed Parsons (The Artful Codger).