



ARBOR TRACE



TOWER POINTE  
AT ARBOR TRACE

# The Arbor Trace Revue

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



**Welcome Bob & Shirley Showalter  
TP 601**

Bob is really an adopted Buckeye since he spent most of his career in Ohio but was born in Williamstown, W. VA. He graduated from Marietta College in Marietta, Ohio. He joined the Federal Reserve System in Cleveland and then in Cincinnati for 25 years. He earned an MBA from Case/Western Reserve University and spent 13 weeks at Harvard in the Advanced Management Program. He joined a small family bank in Lexington, KY for six years and it was sold to a larger bank. He then transferred to Toledo and Akron where he was President and CEO. You see the Buckeye reference?

Finally the family lived in Lexington while he worked as President and CEO for National Processing Company in Louisville. NPC was an item processing company that employed 17,000 and was listed on the NY stock exchange.

Shirley, a real Buckeye, was born in Hartville, Ohio and holds a teaching degree from Ohio University. She taught first grade for 6 years. She met Bob in Cleveland on a blind date and spent the following years raising 4 children, 3 boys and a girl who still live in the midwest. They have 5 grandchildren and 1 great. She was responsible for packing and unpacking for all their moves. She did manage to become President of a Daycare.

It was when they lived in Toledo that they bought a condo in Naples at the Wilderness. Bob loves golf and still plays at Royal Poinciana. Shirley enjoys mah-jong and hopes to play again when she beats a current round of illness.

We heartily welcome them and hope they will enjoy their new home as much as do their neighbors. -Merle Bauser

## December 2017



### Helpful Holiday Tips

Here are some suggestions to help you if you are facing the holidays without your spouse for the first time or you find yourself in a new role this year, such as "caregiver."

1. Make time to eat well and exercise
2. Just take it 'one day at a time'
3. Let your cherished memories come to mind and talk about them. Expressing your feelings can help you understand why you feel the way you do.
4. Do something for someone else. Helping others can be a great mood lifter.
5. Recognize that the anticipation of the pain at holiday time is usually worse than the actual day.
6. Get rid of imagined guilt-you are doing the best you can at this time.
7. Take advantage of any religious affiliation you may have. If you have been inactive in matters of faith, this might be the time to become involved again.
8. Most of all, if you find yourself feeling blue just remember: The choice is yours: the glass is half full, and the sky is partly cloudy. Focus on gratitude for health, hope, and our courage to face each day with determination.





Merry Christmas

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## Halloween 2017





**R.O.M.E.O.**

The ROMEO lunch on Nov. 17th was held at Quail Creek Country Club. The theme of the lunch Was College Football. We had 12 men wearing hats& shirts identifying their respective schools. We had 27 men at the lunch. Following lunch, Gordon Brown gave his wonderful living obituary. I've known him for at least 20 years, but I learned so much more about him & that's the purpose of the living obituaries. We then had our raffle. Selmer Iverson won a beach bag, towel & 2 cocktail glasses donated by Quail Creek. Ron Timmerman won the lunch in the Colonnade room donated by Jennie Bradford. Lou DePrisco, Gordon Brown & Bob Bortz won the \$\$\$ money .

Dec15 th is the next ROMEO & it's at Bonita Bay Country Club.

-Bob Bortz



**Arbor Glen Resident Takes Honor Flight**

An Honor Flight is conducted by non-profit organizations dedicated to transporting as many United States military veterans as possible to see the memorials of the respective war(s) they fought in Washington, D.C. The veterans are escorted by volunteer guardians, who help them on the flight and around D.C. After landing, the taxiing airplane may be saluted by fire trucks, and passengers are met by cheering crowds in D.C. or upon their return flight home.

On October 21st, Arbor Glen resident, Arthur Feters, who was escorted by Arbor Glen nurse, Colleen Mulready, was privileged to take this flight. He describes it as a "once in a lifetime experience, and it was such an amazing sight to see everything and just an unbelievable experience". Art said that one of the highlights of his trip was when he returned to Florida and was greeted by the hundreds of people who were there waiting and cheering for him.

Art served in the Army in the Korean War. He is forever grateful to Arbor Trace resident Dick Wilson for introducing him to the idea of the Honor Flight, and to Colleen Mulready who took the time to escort him.

Thank you for fighting for our freedom Art! We are "honored" to know you!

-Cheryl Gregson

**Veteran's Day Celebration**



Photos taken by Elsa McAvoy



## Book Club news

We are excited to be meeting this month on the 18th at 2pm in the Gathering Place at Tower Pointe to discuss “The Necklace” by Cheryl Jarvis. Enjoy this light hearted journey into thirteen women’s lives. It will make you think about what really matters in life. Join us for a lively discussion, we would love to see you there!  
-Sandy Steinbach

## Creation

In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli, cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

Then using God’s great gifts, Satan created Ben and Jerry’s Ice Cream and Krispy Creme Donuts. And Satan said, “You want chocolate with that?” And Man said, “Yes!” and Woman said, “and as long as you’re at it, add some sprinkles.” And they gained 10 pounds. And Satan smiled.

And God created the healthful yogurt that Woman might keep the figure that man found so fair. And Satan brought forth white flour from the wheat, and sugar from the cane and combined them. And Woman went from size 6 to size 14.

So God said, “Try my fresh green salad.” And Satan presented Thousand-Island Dressing, buttery croutons and garlic toast on the side. And Man and Woman unfastened their belts following the repast.

God then said, “I have sent you heart healthy vegetables, and olive oil in which to cook them. And Satan brought forth deep fried fish and chicken-fried steak so big it needed its own platter. And Man gained more weight and his cholesterol went through the roof.

God then created a light, fluffy white cake, named it “Angel Food Cake,” and said, “It is good.” Satan then created chocolate cake and named it “Devil’s Food.”

God then brought forth running shoes so that his children might lose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering blue light and gained pounds.

Then God brought forth the potato, naturally low in fat and brimming with nutrition. And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fried them. And Man gained pounds.

God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McDonald’s and its 99-cent double cheeseburger. Then said, “You want fries with that?” And Man replied “Yes! And super size them!” And Satan said “It is good.” And Man went into cardiac arrest.

God sighed and created quadruple bypass surgery.

Then Satan created HMOs.

- Author Unknown, submitted by Nona Raines

## Coming Soon in January...

**January 11th-Signature Lunch**

**January 12th-Barbershop Chorus Ensemble Performs**

**January 17th-Management Cocktail Party**

**January 19th-Theatre Zone “Me & My Girl”**

**January 24th-1st Trip to see “Chicago”**

**January 27th-Evening of Dance**

**January 31st-2nd Trip to see “Chicago”**

## My Tree



Outside my door there stands a tree  
The likes of which you’ll seldom see.  
On mornings when I’m feeling sad  
It waves to me and makes me glad,  
In high noon’s heat when others swelter  
It lends to me its shady shelter,  
On evenings when I’m tired and weary  
It whispers soft and calls me dearie.

-Eugene Von Arx

## Fall Fashion Show



A special thank you to residents Joanne Fromert, Agnes Kanner, Leslie Tanner, and Jo Sperazza, for being our beautiful models for the fashion show on November 9th.

## The Revue Team

**Editor...** Dan Edenfield

**Publisher...** Jennifer Hoops

**Calendar of Events...** Sandy Steinbach

**Contributors to this edition...** Merle Bauser, Nona Raines, Elsa McAvoy, Bob Bortz, Eugene Von Arx, & Cheryl Gregson