



ARBOR TRACE



TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

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



Welcome Heather Morse & William Rediske TP 808

New to Arbor Trace but certainly not new to Naples, are Heather and Bill. Both are midwesterners but met in Naples.

Bill was born in Milwaukee, attended Lake Forest College, and then worked in his home town for 40 years, until 2001. He joined his family owned lumber and millwork business after college. The original company had been founded by his grandfather 105 years ago. It involved work with several companies when he was with it.

Heather grew up in Barrington Hills, IL. She graduated from Northwestern University in education and taught school for 2 years. She married and had 3 children when she divorced. She then married Jim Morse and moved to Naples with him and the children in 1976. But this marriage failed as well.

She and Bill have been happily together since 1985 and raised the children here. She worked in real estate and they bought, refurbished, and sold a number of houses. She said "Bill can do anything to fix things" Port Royal, Aqualane Shores, Old Naples, and Parkshore were their wonderful home sites. They then bought a home in Cashiers, N. C. in beautiful scenic remote country with switchback roads, a gated community and friendly neighbors. They have a lot of family and friends in Naples and decided to have a base here. So they will now spend 5 months a year in N.C.

Their lovely apartment is still in the unpacking stage but the things that are visible are so charming. I was really taken by two halves of a beautiful wood table that Heather explained was her uncle's hunt brunch table. They hunted and had a big buffet on it afterwards. Just like Auntie Mame! When they are settled we hope they will join in some of our many activities.

A warm welcome Heather and Bill.

-Merle Bauser

February 2017



Welcome Kit & Marty Carson Villa 309

After graduating from Ohio State University, Kit met Marty while waiting for a slot into the U.S.

Air Force flight training program. Upon completion, these young newlyweds were transferred to France for four years where they discovered their love of travel. Subsequent assignments took the family of six to Asia and Australia where they traveled extensively. When retirement rolled around they decided it was time to see the U.S.A. choosing to travel in their motorhome over 200,000 miles until they found Arbor Trace! They said the 28 years in the Air Force helped to shape who they are and also their children who are very proud of growing up as "Air Force brats!"

Into his 70's, Kit continued to fly as a civilian, towing and flying gliders in the Shenandoah Valley along the Blue Ridge Parkway range. To add to their life story were numerous accomplishments and unbelievable adventures, plus the pleasures of six grandchildren and two great-grand kids.

They both enjoy reading, bridge, Chinese mahjong and bocce ball. Marty also loves jigsaw puzzles and cooking. They have one daughter and two sons, one of who is a longtime resident of Naples. Another son is deceased. At the end of the interview, Kit told me he is very proud of his wife, Marty. They are happy to be here and writing the next chapter in their 61 years together!

-Mary DePrisco

2 The Arbor Trace Revue

Director's Notes



Congratulations to the following residents who were elected to the Arbor Trace Condominium Board at the Annual Meeting held on January 18, 2017. Marion McKee and George Kessel are newly elected for two year terms. Bill Foote was re-elected for another two year term. Bill Foote was nominated by the Board to be President, Scott Zimmer as Vice-President, Lou DePrisco as Treasurer and Marion McKee as Secretary. We would like to thank Dick Schmidt and Jean Alexiou for their years of service on the Arbor Trace Board.

As previously reported, Tower Pointe Condominium Association had only three candidates for the three vacancies for the Board. Therefore, Dick Wilson and Ron Timmerman will serve two year terms and Bob Statzell, who had originally intended to serve another two year term has since bowed out. At this time, his replacement has not been determined. We wish Bob well and thank him for his years of service on the Tower Pointe Board.

In addition to the Condominium Boards changing, The Tower Trace LLC Board has new officers for 2017. Jerry Meyers was nominated by the Board to be President, Bob Chambers as Vice President, Sue Basinger as Secretary and Ginny Dill as Treasurer (Ex-Officio).

Something else that I would like to address for everyone's edification is what exactly Arbor Glen can and cannot do under our various licenses. A few weeks ago we had a call from a resident requesting that a nurse come to their unit to administer a treatment for constipation. This resident was extremely upset when the nurse suggested they seek treatment at an Urgent Care Center or see their personal physician for this procedure. While this type of treatment is very simple and common place, we can only perform this procedure within the confines of Arbor Glen, for those that are in our custody and care. Performing any treatment or therapy outside of Arbor Glen constitutes Home Health Care, which we do not have a license for. The primary function of the Arbor Glen nursing staff, as it relates to the independent residents, is to respond to your emergency calls and render first aid. We are able to assist residents who may have fallen and require assistance getting up or more importantly provide an assessment as to whether the fall caused any injury that requires immediate treatment in the Emergency Room. There is another valuable service that our nursing staff are able to provide, but here again, this is in the confines of Arbor Glen. If you have any minor skin tears or abrasions, we are able to apply antibacterial ointment and bandage them. We will also assess the wound and advise you as to whether you should seek further treatment at an Urgent Care Center or Wound Care Clinic. The bottom line is this, our nursing staff are on hand 24/7 to assist you, but we are in no way a substitute for an Urgent Care Center or your own personal physician.

In closing, there is another valuable service that Arbor Glen offers to only our residents. It is commonly referred to "Respite Care". Respite care is a short-term or temporary stay in Arbor Glen, where residents can be admitted to our facility for a couple of days and up to a month without having to sign a long term contract for permanent placement. This service is ideal for someone recuperating from minor surgery or for someone recently discharged from the hospital or emergency room, who does not feel well enough to go home alone. If this service might be of interest to you, please contact our Director of Nursing, Shirley Harvey, for more information.

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

February Calendar Notes

Wednesday, February 1st: Do you like to knit? Come and meet up with others who do as well at 9:30am in the Clubhouse Lobby.

Friday, February 3rd: Please sign up for Mystery Lunch if you are ok with being surprised for lunch. For those going to the Artis Pops this evening, the bus will be departing at 7:20pm.

Sunday, February 5th: We have special entertainment in the Colonnade starting at noon. Larry Maas is back with us today. Also this evening at 5:30pm the Super Bowl party will kick off at the Gathering Place for those that reserved a seat.

Thursday, February 9th: The ever talented Tracey McLean will be entertaining us at Signature Lunch today starting at noon in the Colonnade. Please make reservations at the Clubhouse if you plan to enjoy a lovely lunch buffet with your neighbors.

Friday, February 10th: We are heading out to the water today, with Sweetwater Adventures on their pontoon boat. This pontoon cruise departs from Bonita Beach Road, and we will explore our coastal water area in search of dolphins and other wild life. We will depart Arbor Trace at 9:45am and enjoy a 2 hour cruise. The cost is \$30.00 per person.

Tuesday, February 14th: Enjoy Valentine's Day starting at 4:45pm by our very own John Francis Dill, "Songs from the Heart." The Valentine Management Party this evening begins in the Colonnade at 5:30pm. Please make reservations at the Clubhouse and a friendly reminder you are limited to 2 guests per household, and must have your full party together when reserving. Entertainment provided by Nevada Smith, so please put on your dancing shoes.

Wednesday, February 15th: All Arbor Trace Condo Association Members are encouraged to attend this afternoons' monthly meeting at 3pm in the Clubhouse Activity Room.

Friday, February 17th: Pinch those pennies with us in the Bonita Springs area on the bus today at 10:45am. The bus to The Artis Classics Series departs at 6:20pm.

Monday, February 20th: There's plenty of fun available today! Join in ROMEO at 11:45am. Please call the Clubhouse to sign up. This evening come celebrate your birthday with us starting at 5:30pm in the Colonnade. Please make reservations at the Clubhouse.

Wednesday, February 22nd: Safe Guard Shredding will be on property today, so grab your old paperwork that needs disposing. For Tower residents, make your way to the Lobby from 9-10am. For Arbor Trace residents, they will be in the Clubhouse parking lot from 10am-11am. If you are going to the GulfShore Playhouse to see "Hounds of Baskerville," please be ready to depart at 7:15pm. Get ready to enjoy a great evening.

Thursday, February 23rd: All Tower Pointe Condo Association Members are encouraged to attend this mornings' monthly meeting at 10am in the Gathering Place.

Friday, February 24th: Take me out to the Ball Game! Sign up at the Clubhouse if you would like to enjoy the afternoon in Ft. Myers at the Jet Blue Baseball Stadium to see the Red Sox verses the Mets.

Monday, February 27th: The Arbor Lake Singers have been working hard and are taking their show "On Broadway" today at the Top of the Pointe, starting at 4:00pm.

Tuesday, February 28th: We celebrate Fat Tuesday, with a Mardi Gras celebration this evening with our annual Mardi Gras Management Party. Grab a mask, put on some purple, green, and gold and we will see you in The Colonnade starting at 5:30pm!!!

6 The Arbor Trace Revue



Arbor Glen Residents Encouraged to: “Take Good Care of Yourself...And Take Care of Others”

It's February...and soon Valentine's Day...a time to celebrate fondness, friendliness, love and affection. Most people are aware of the fact that showing affection towards others brings with it an overall feeling of happiness. However, a closer examination of loving and caring for others demonstrates something that goes beyond just a “good feeling”. There are some amazing ways in which being caring, loving and affectionate in relationships affects your overall health. Consider this. When you are simply enjoying the company of others, you release a hormone in your body called oxytocin. And, this fabulous chemical is known to lower blood pressure, decrease stress, and reduce aches and pains. Not bad! Also, scientific studies show that people who maintain friendly relationships are less likely to experience depression. Why? Because they have learned to manage their emotions in caring ways and have, thus, maintained relationships with others that reduce the precursors of depression...loneliness and isolation. Moreover, studies suggest that communicating friendship and gratitude toward those around you contributes to something called neuroplasticity – your brain's chemical ability to make changes in response to whatever comes your way. This makes life easier and, ultimately, better. With all of this in mind, it is no wonder that Arbor Glen residents are urged every day to: “Take good care of yourself, and then take care of each other.” If practiced, AG residents take advantage of the surprising health benefits of fondness, friendliness, love and affection. So, please be encouraged to demonstrate a sense of friendly concern toward the people close to you...and maybe to those you've only just met. It is wonderfully and astonishingly good for your health!

-Janet Thomas-Kobes



New Equipment

A big thank you to Dr. Doug Dick and Bennett Berman for obtaining several new pieces of exercise equipment for all to enjoy at the Tower. As with all exercise, please consult your physician prior to starting a new exercise regimen. I am happy to give any resident a brief safety demonstration of our exercise equipment. If you would like to arrange a time, please give me a call at the clubhouse or email me at ssteinbach@arbortracenaples.com.

-Sandy Steinbach



R.O.M.E.O.

A full bus of men were bused to T-Michaels Steak House in Venetian village. They do not serve lunch so we had the whole restaurant. We were seated at one table facing the bay where we all saw Dolphins. The food service was great and we all received a keychain with a light in it for future evening dining help reading menus.

The three volunteers giving their "Living Obituaries" we're Don Eslick, Rob Winslow & Doug Dick. Three diverse stories. We then had our lottery drawings with Ray Maloney winning a free lunch at Colonade room, \$\$\$ went to Dean Yarian 3rd. John Gray 2nd & Don Eslick 1st. Thanks to my committee of Gordon Brown & Fred Gridley for organizing the lunch.

We'll report on our Jan 16th outing at Tarpon Cove Yacht Club & Marina next month.

-Bob Bortz

Safe Guard Shredding



Safe Guard Shredding will be in our community on Wednesday, February 22nd for all of your shredding needs. Simply get your papers together that you would like to have shredded and be in the right place at the right time. All Tower residents are welcome to bring their materials to the Lobby from 9:00-10:00am. All Arbor Trace residents are welcome to bring their materials to the Clubhouse Parking Lot from 10:00-11:00am. This is a complimentary service to the residents from your condominium associations.

-Sandy Steinbach



Prescription Medication Delivery Service

As a resident of Arbor Trace, you qualify for complimentary prescription delivery service from CVS Pharmacy. Any prescription ordered through the CVS Pharmacy on the corner of Old 41 and Tamiami Trail can be delivered right to your door free of charge. To learn more about the program or to set up the service, please call CVS at 239-254-0286.

CVS Pharmacy
14240 Tamiami Trail N
Naples, FL 34110



Shark Valley (Everglades)

A high-spirited group left at lunch time on a sojourn to Shark Valley in the Everglades. As we cantered the trail, we viewed mobs of alligators laying along the embankments sunning themselves and enjoying a day out of the wintry water. Once we arrived at our destination, we hopped on the tram for a two-hour guided tour of the ecosystems of the Everglades. The park naturalists actually went barefoot into a body of water to trowel Periphyton from the water as a sensory touch and feel for all passengers aboard the tram. Periphyton is crucial and a fundamental primary food source for small consumers, including fish and invertebrates and also a place to lay their eggs in marshes, wet prairies and sloughs.



As we cruised the valley we came across alligators of all different dimensions as well as offspring just born that mom was not letting out of her view. As we approached a mother lazing with her newborns, a loud hiss was made telling us to back away and since it was on my side of the tram I was very happy they obliged. Once we got to the lookout tower, there were two big alligators on the trail that we actually had to walk past (only 10 feet away). Carmen, our tour guide, explained that their brains are only the size of a jelly bean, they are slower on land than in the water, and they don't generally bother humans unless they feel there is food source involved. Have to admit my adrenaline was on high with them being in such close proximity.



Tram mate, Netty Goldenberg, was in awe of the numerous Blue-Gray Heron's we saw, along with Wood Storks, Snowy Egrets, Nighttime Herons, and Anhinga's. One thing we never saw in Shark Valley were sharks!

Thanks to George for returning us safely and with all our limbs, and Jennifer Whitten who prepared our brown bag lunches with the delicious molasses cookies!

-Jody Long





Book Club News

Stay tuned for an update on the Book Club!

Coming Soon in March...

March 10th - Ava Maria Tour

March 17th - St. Patrick's Day Management Party

March 20th - Romeo Lunch Outing

March 29th - Gulfshore Playhouse "Anything Goes"

Barbara

By Ruth E Pattrin



do not feel sorry for
you gave us joy

we are sad
that you are your way

never mind the tears
they are for you

when you think of us
have no regrets

think of what you have done
and we have just begun

memories of you smile softens us
you love filled us

you will have the same smile
same look of love

same warm glow
forever in the depths of us

whenever
we hear your name.

That we cannot live without them we all are well aware yet they sometimes plunge their patients into fathomless despair! Now if in January, say, something goes amiss and a devastating, racking pain defies analysis, we know we need to see a doctor and so, to be precise, get quick relief from torture and have professional advice. Although it's purest lottery for choosing Dr. Right, who would take our case and see us through our agonizing plight, we do consult the phone-book (that weighs at least a ton) looking for that magic man who's rated Number One. With fingers crossed we decide on one who we're confident can cure the stubborn, unrelenting pain we continue to endure. Our engagement book is duly checked - the next two weeks look clear - so we dial the doctor's office believing healing help is near. Then we tell the nurse-receptionist (in our gross naiveté) for the next two weeks we're free to come on almost any day. Dead silence follows. Again we speak and repeat our plain request - (now surely she will understand just how deeply we're distressed). But her voice is sheathed in Arctic ice as she delivers her reply: "We are not accepting patients now, we're booked solid through July."



-Ann Rulon-Miller

DOCTORS

This & That



Sponges are wonderful tools for the kitchen. We use them to clean our dishes and to wipe up our spills. They are also, GERM CATCHERS!! You know what I mean. You reach for that sponge after a few weeks of use, and WHAM, you smell it.

But have no fear... there is a solution! And no, I'm not talking about throwing it out, or even putting it in the dishwasher. I have a better way.

Take that sponge, wet it and ring it out. Then pop it in the microwave for 30 seconds and let it sit for 2 minutes to cool. When you take it out, voila! No more stink. This also works on dish rags.

-Donna Skroski

In Loving Memory

Barbara DeSmet

The Revue Team

Editor... Dan Edenfield

Publisher... Jennifer Hoops

Calendar of Events... Sandy Steinbach

Contributors to this edition... Merle Bauser, Ruth Pattrin, Ann Rulon-Miller, Mary DePrisco, Bob Bortz, Janet Thomas-Kobes, Jody Long, & Donna Skroski