



ARBOR TRACE



TOWER POINTE  
AT ARBOR TRACE

# The Arbor Trace Revue

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

## Welcome Sandy Ohanian V-507



Sandy Blair grew up in upstate New York in the small town of Newark, close to Rochester. She attended Skidmore College, majoring in art education. In her first year there, she met Jack Ohanian a grad student at R.P.I., who obtained his doctorate in Nuclear Engineering. They married in 1962, and the following year, they moved to Gainesville, FL where Jack started as a professor at the University of Florida, and eventually became Dean of Engineering. In 1990 he served as President of the American Nuclear Society. During this time, Sandy received her Master's in Art Education. She was an at-home mom raising their two daughters. She made batiks and silver jewelry and attended local art shows, and at the same time was a Girl Scout leader for seven years. Later she went back to school, obtained a degree in data processing and worked as a computer program systems analyst.

Jack and Sandy both retired in 2002 and they moved to a large property on a lake near Gainesville. For eleven years, Sandy volunteered as a docent for the Butterfly Rainforest at the Ronald McDonald House. Sadly, Jack passed away five years ago, and Sandy continued alone at the lake mowing the two acres and tending her large flower garden.

A walk through this beautifully appointed villa indicates that Sandy was a world traveler because of the artifacts from all over the world. She has been to 55 different countries and she's just returned from Turks and Caicos Islands.

She enjoys reading, dominoes, crating and is volunteering at the Conservancy. An important member of the household is Riley, an orange kitty, who Sandy says leads "the life of Riley!"

-Mary DePrisco

# JANUARY 2017

## Thank You!

On behalf of all the employees we wish to extend our most sincere gratitude to all of the residents who so graciously gave to the annual Employee Appreciation Fund. We appreciate your generosity and could not be more thankful to work in such a kind and caring community. Thank you for being our home away from home! Cheers to 2017!



# 2 The Arbor Trace Revue



## Director's Notes

In the month of January we will hold the annual meetings of both condominium associations. On Wednesday, January 18th, Arbor Trace will hold its Annual Meeting and elect three directors. Since there are four candidates for the three seats, ballots must be cast and tabulated at the annual meeting.

Tower Pointe will hold its annual meeting on Thursday, January 26th. Since we only had three candidates file to run for the three vacant board seats, there will be no need for a formal election. Therefore, Dick Wilson, Ron Timmerman and Bob Statzell will each serve another two year term.

In other news, I would like to announce that Kevin Cooney will officially become the Administrator of Arbor Glen as January 1, 2017. Kevin will be responsible for all non-nursing related issues. Shirley Harvey is still the Director of Nursing and as such is responsible for all nursing staff and nursing services. Kevin's role will be to enhance the overall quality of the Assisted Living environment that we strive to provide for residents. Kevin will also be responsible for the overall marketing and branding of our facility within the greater Naples community, as well as being responsible for meeting all regulatory requirements as it pertains to our state and county licenses. Please congratulate Kevin and give him your support as we take our game to the next level.

Since this is the beginning of a new year, I would like to take this opportunity to once again, remind all residents about the very valuable service we offer to our residents at no charge. The "File of Life" could literally help save your life in a crisis situation. Over the past few months I have been personally involved in several 911 calls where the paramedics were searching for a "File of Life" folder, which should normally be kept on your refrigerator. This medical information helps the paramedics in knowing how to treat you on the scene and helps the hospital prepare for your arrival. Most residents when faced with a crisis situation are unable to give the paramedics accurate information about medical history or current medications. In two of the cases that I was involved in, the residents had previously completed a "File of Life", but neglected to get a replacement packet from us after their last trip to the emergency room via 911. Luckily, our nursing staff was able to retrieve a copy from the nurse's station and provide it to the paramedics just prior to their departure to the hospital. However, this wasted valuable time and in a life or death situation, this could hinder the paramedic's ability to provide you with the proper care. So, please contact Sandy Steinbach if you do not currently have a completed "File of Life" packet in your residence or if you need to update or replace the "File of Life" form.

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

## In Loving Memory

Dorothy Shew  
Angelina Pertofski



January 2017 **3**

## January Calendar Notes

**Tuesday, January 3rd:** Dr. Teitlebaum, will be in the Salon starting at 1pm for podiatry services. Please sign up at the Clubhouse and bring your Medicare card.

**Wednesday, January 4th:** If you are going to the Broadway Palm Dinner Theatre in Ft. Myers to see “Phantom,” please be ready to depart at 4:30pm. We will enjoy dinner and a show, so get ready to enjoy a great evening.

**Friday, January 6th:** Please sign up for Mystery Lunch if you are ok with being surprised for lunch. For those going to the Artis this evening, the bus will be departing at 6:20pm.

**Monday, January 9th:** Professional Pianist Paul Bisaccia will be performing this afternoon at the Top of the Pointe at 4pm. We are delighted that this dazzling, talented musician will be performing for us once again.

**Wednesday, January 11th:** Enjoy our January Management Party this evening 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 Jebry, so please put on your dancing shoes.

**Thursday, January 12th:** Lighthouse of Collier will be speaking to us at 3pm in the Gathering Place today to inform us of the different modalities to improve the quality of life for vision challenged individuals. All are welcome!

**Friday, January 13th:** Make plans now to join us for a fun day trip to Shark Valley today. We will enjoy a picnic style lunch and a tram ride around this beautiful nature oasis in the Everglades. This outing is \$20 per person and we will leave at 11:30 am.

**Monday, January 16th:** There’s plenty of fun available today! Join in ROMEO at 11:45am. Please call the Clubhouse to sign up.

**Tuesday, January 17th:** Join Fred and Elsa Katz for another of their multi-media musical programs at 10am in the Gathering Place. With the Academy Awards coming up at the end of next month, it's fitting that we revisit some of the Oscar-winning songs. Included are performances by Fred Astaire, Andy Williams, Barbra Streisand, Frank Sinatra, Celine Dion, Elton John, Judy Garland and others.

**Wednesday, January 18th:** All Arbor Trace Condo Association Members are encouraged to attend this afternoons’ annual meeting at 3pm in the Clubhouse Activity Room.

**Thursday, January 19th:** Please make reservations at the Clubhouse to attend our Signature Lunch. Glenn Williams will be providing music and we will have a lunch buffet. A nice opportunity to enjoy a meal with neighbors, family, or friends.

**Tuesday, January 24th:** The winter semester gets kicked off this morning at 10am in the Gathering Place with “The History of Hodges University.” Founded in 1990, the University was eventually named after long time Naples residents Earl and Thelma Hodges.

**Wednesday, January 25th:** This evening we are heading down to the Gulfshore Playhouse to see a play called “Do This.” Seats are still available. Please call the Clubhouse if you are interested in going.

**Thursday, January 26th:** All Tower Pointe Condo Association Members are encouraged to attend this mornings’ annual meeting at 10am in the Gathering Place.

**Friday, January 27th:** Pinch those pennies with us on the bus today at 10:45am! Don Boultsbee will be providing music this evening in the Colonnade Dining Room, so get ready for fun, and have a dance or two.

**Monday, January 30th:** Come celebrate your birthday with us starting at 5:30pm in the Colonnade. Please make reservations at the Clubhouse.



# 6 The Arbor Trace Review

## Great Decisions 2017

Its hardly likely that we will help President Trump solve his world problems, but we do have a wonderful time trying.

Our annual GREAT DECISIONS program, sponsored by Hodges, will begin February 14, Tuesdays at 2:30 pm in the Gathering Place of Tower Pointe. We again will have Dr. Chuck Theisen as our facilitator and the study manuals will be provided at no cost to all who sign up for the course. The program runs for eight weeks.

For those who are not familiar with GREAT DECISIONS, participants should read the week's subject material prior to the meeting and a short film with comments by experts is shown. We then gather in a big circle and discuss the subject, all of which are related to international affairs. This program is sponsored by the Foreign Policy Association.

Jody will be taking registrations and I repeat, you must register to obtain the book. All are welcome and no one forces you to speak.

Here are the topics for 2017

- The Future of Europe
- Trade and Politics
- Conflict in the South China Sea
- Saudi Arabia in Transition
- U.S. Foreign Policy and Petroleum
- Latin America's Political Pendulum
- Prospects for Afghanistan and Pakistan
- Nuclear Security

-Merle Bauser

## Tree Lighting

The Arbor Lake Chorus did an outstanding job ringing in the holidays with much cheer! Thank you to all the residents and staff who helped make the tree lighting an event to remember! A special thanks to Regina Zimmer for lending her talents in helping design and decorate the new tree in the Clubhouse Lobby this year.

-Sandy Steinbach



## What Good is Sitting Alone in Your Room? Exercise!



Everyone has heard about the many benefits of exercise – a healthy heart, stronger bones, improved appearance – yet statistics show that 60 percent of people over 64 are considered sedentary! With that in mind, the residents in Arbor Glen are STRONGLY encouraged to exercise on a consistent basis. It doesn't matter if one uses a walker or gets around in a wheelchair, there are a number of exercises that benefit all. In fact, Arbor Glen residents are offered chair exercises five days a week; Monday through Friday. Whether residents are using weights to strengthen their arms and legs or taking deep breaths while using yoga techniques, there is some sort of exercise routine for every resident in Arbor Glen...if they choose to take advantage of it. And, many residents do! A small, yet steady group of residents attend the sessions in Palm Court every day...finding it not only physically valuable, but socially beneficial as well. When getting through the challenge of a workout together, a bond is formed with other like-minded residents. After all, when you are "sweating" alongside a person in an exercise group, you have an instant connection with them...and can't help but make friends. So, please, make up your mind this new year to get out of your room...and move...and make some friends as well! -Janet Thomas-Kobes



### Important Presentation

The Lighthouse of Collier (LOC) invites Arbor Trace residents on January 12th at 3pm to the Gathering Place to listen to and observe the different modalities available to improve the quality of life for vision challenged individuals. LOC teaches visually impaired individuals how to navigate in a sighted world. Its purposeful, productive and joyful as possible.

Its certified low vision teachers teach orientation and mobility, tactile medication labeling, safe cooking, grooming, money identification, Braille, the use of talking watches and talking books as well as iPad and iPhone use. Clients learn how to access the internet and e-mail, and how to use screen readers, magnifiers and more.

The teachers also work with 14 to 22 year old vision impaired individuals teaching them skills for daily living, self-advocacy, communication, assisted technology, job seeking, preparation for college and more. Parents with blind babies learn skills enabling them to work with their newborns. Every year vision impaired children are invited to attend a 1 month long summer camp to experience all the activities of sighted children. All teaching at LOC is free of charge for all participants. Come and join me to listen to this informative presentation.  
-Renate Chevli MD



#### Night Lights in the Garden

We couldn't have asked for a more beautiful evening as we strolled around the Naples Botanical Gardens for their special holiday evening, Night Lights in the Garden. Their seasonal exhibit, Origami in the Garden, was lit especially for this evening event. We enjoyed some sweet treats and some exceptional music around the garden. Authentic Christmas carolers also really added to the holiday spirit! A great evening was had by all!  
-Sandy Steinbach



#### A Giving Thought



Dear Neighbors,

Not long ago, when dear Jane Herren had her 100th birthday, I wanted to do something for the occasion, even when "no gifts" were mentioned. So I made a small donation to our Arbor Pointe Foundation in honor of her. She was really thrilled about this. In case you are new to our community, the Foundation is a recently formed setup to give assistance, mainly scholarships, to worthy and needy members of our staff.

#### R.O.M.E.O.

On Monday Nov. 21st. 25 Men rode the full bus to Venitian Village for lunch at Bayside Seafood Grill & Bar. We took the elevator to the 2nd floor & were escorted to a private dining room overlooking the glorious bay. Tables of 6 were waiting for us with 2 servers & the general manager.

We each sat with our assigned partner & ordered drinks. After some lively conversations our pre ordered food was served.

After lunch we had George Kessel, Len Bunge & Bob Chambers give their living obituaries. Two insurance men & a banker. Our lottery drawings were won by Ray Maloney (lunch for one at Arbor Trace) The \$\$\$\$ was won by Rodger Lundblad 3rd, Peter Burwell 2nd & Bennett Berman 1st.

The next ROMEO article will be about the December outing at T- Michaels Steak house in Venitian Village.  
-Bob Bortz

I was concerned that small gifts which involved sending two letters would be more trouble than they are worth but when I asked Dan what he thought about it, he said, "No gift is too small." The honoree receives a letter saying a gift has been made (amount not mentioned) and you receive a letter acknowledging your gift (amount is mentioned because it is tax deductible).

So now when my neighbors have 85th, 90th, or 100th birthdays, or other special occasions, including memorials, I will continue to add to the Foundation funds and let Mr. Hallmark make it on his own.

I hope many of you will like this idea as well.  
-Merle Bauser



## Book Club news

The book club will meet at the regular time, 3rd Monday of the month, Jan. 16, 2017, at 10:30 AM, but instead of a book review, Lee Gates will discuss the past and the future of the club. Anyone and everyone is welcome with suggestions and ideas. See you book lovers there, please.

-Pat Burneson

**Retirement  
Only Means  
That It Is  
Time  
For a New  
Adventure**

### Definition of Arbor Retirement

A mighty word when it is Arbor "retirement". I used to think of it as done working, Now for most of us it is the thought of what is yet to arrive on our scene.

To put in simple terms today at least it has nothing to do with not working. Many of us have an interest in pursuing avenues that hold more meaning than our former employment. What could ever have more meaning than my travel profession. For me it was finding an academic setting.

Arbor Tracers mention to me they want to experience something different than their former career. Just what will it be?

For most of us it means more freedom or renewal. A new adventure in this post retirement stage of our lives.

Defining retirement helped me recapture my wide eyed curiosity from my childhood. Just to find the right one for me. I promised it would not be made just by the pressure of finding something to do.

Poetry and writing became my new adventure. Then I knew at least for me it was the discovery of a new landscape that has determined the next exciting phase of my retired life.

-Ruth E. Pattrin

## Memory

"I remember, I remember, oh, so many years ago..."

How often have I heard those words from nearly everyone I know! Scenes of 'teen-even childhood years spring quickly into view and these distant, happy memories I eagerly pursue.

It is perhaps a natural way for one to compensate for whatever is disquieting in an aging, anxious state.

When faced with a fitful Future or a Present overwrought, one tends to steer the battered brain to a calm and peaceful port. My memory though facetious is still sharply-honed and bright and the things that I remember now are bathed in brilliant light.

With little conscious effort they invade my docile mind and mask the daily, irksome trials that I crave to leave behind - but Memory sometimes plays a trick where everything's reversed and what in my woolly head is real is in fantasy immersed!

So I weave and wander often now in opaque reality where my Past is more my Present than my Present seems to be.

-Ann Rulon-Miller



### Prescription Medication Delivery Service

As a resident of Arbor Trace, you qualify for complimentary prescription delivery service from Walgreens Pharmacy.

Any prescription ordered through the Walgreens Pharmacy on the corner of Wiggins Pass Rd and U.S. 41 can be delivered right to your door free of charge. To learn more about the program or to set up the service, please call Walgreens at 239-593-6724.

Walgreens Pharmacy  
13520 Tamiami Trail N  
Naples, FL 34110

### That's Life

I crawled my way through infancy  
Took baby steps in the sand  
Boogied in the teen years  
Grew to the man.  
Now I'm on the plateau of success  
Standing straight and tall  
...but plateaus have edges  
And I'm afraid of the fall.

-Jenny Duffy



## The Revue Team

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