



ARBOR TRACE



TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

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

Welcome Dahlia Penachio TP 805



Dahlia is a New Yorker and, I need hardly add, of Italian heritage through and through. Her mother's family was from Northern Italy (Reggio Emilia) and her father's from Southern Italy (the original Naples.) She says he was fond of cooking so their food was from the south, tomatoes and spicy.

Dahlia grew up in the Bronx. She adores theatre because her mother took her to many matinees. She graduated from College of Mt. St. Vincent in Riverdale, N.Y. She dated her husband throughout her college years and they had a passion for every antique show and flea market in New York, New Jersey, and Connecticut for many years. Dahlia delighted in all the fabulous museums in N.Y. C. and took courses at the Metropolitan and later, at the Phil (not Artis).

Three wonderful children and six wonderful grandchildren, all hard workers, resulted. Added two wonderful in-law children now. Dahlia taught 3rd grade for a short time and loved it prior to her marriage. She was a very happy homemaker and did volunteer work at St Vincents Hospital and was on the Mothers Auxiliary for 12 years (boys school) and 4 years (girls school.) They lived in Westchester County.

Then she learned to play bridge and later, duplicate in Naples. She really enjoys it several days a week.

Dahlia lived in St. Laurent in Pelican Bay for 18 years and now has a small pad near Bedford in Westchester. She was alone in Naples for many years and realized she needed a support group so here she is! She hopes to participate in some of our activities when she returns next fall.

We warmly welcome her and look forward to her return.

-Merle Bauser

July 2016

25th ANNIVERSARY

Anniversary Ball

We invite you to share a special moment in our Community as we celebrate 25 years with our Silver Jubilee Friday, September 23rd at 5:30pm with dinner and dancing. Ladies, wear your best dress and gentlemen add a tie with your suit jacket as we join together to admire our beloved community and toast to our home. Cahlua and Cream will be entertaining. Please make reservations at the Clubhouse starting September 1st.

Once a Marine, Always a Marine



A special thank you to Dale Carnes, Director of Maintenance, for always taking special care of our American Flags. He faithfully puts hundreds of flags throughout our community on all the patriotic holidays and pays close attention to our flag at the front gate.

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Director's Notes

We had an excellent turnout for our hurricane seminar in June and I am sure that those who attended are going to be well prepared in the event we have a hurricane coming our way. For those who did not attend the seminar, I would encourage you to create your own emergency plan, sooner rather than later. You need to decide in advance, at what point do I decide if I am staying put or evacuating? If evacuating, where am I going? Do I need to pre-register? If staying, am I prepared to survive on my own for 72 hours or more? Do I have enough water and non-perishable food that does not require cooking? What about food and water for my pet? Do I have enough prescription medication to last me for at least a week? What about flashlights, transistor radio and of course extra batteries? Do I have a cell phone, is it fully charged and do I have a car charger just in case? Speaking of my car, does it have a full tank of gas? Do I have all of my important papers together in case I have no choice but to leave? Do I have ample cash on hand in case I have to purchase something I forgot? Remember that in the event of a major storm, infrastructure may be damaged and power may be disrupted making credit card machines useless. These are all things that should be considered well in advance. Please take the time now to make a plan.

In other news, I would like to address the concerns of residents who have called me about the safety and welfare of one of their neighbors. While I appreciate these calls, as it is good to know who I might need to check in on, it is often difficult for me to convince these residents that they really do need help. Unlike a Continuing Care Retirement Community (CCRC), Arbor Trace and Tower Pointe residents own their own condominium units. This means that I cannot legally dictate terms, as to when a resident gets the help they need. Quite often, my offer of assistance falls on deaf ears and I am politely told that they neither want nor need my help. What I often have to resort to, is calling a family member to share my concerns in the hopes that they might be able to get involved. Sometimes this works, sometimes it makes matters worse, as the resident resents my involving their family. Ultimately, the decision to seek or accept help is made by you the resident and we must abide by their wishes even if we deem their decision not to be in their best interest.

For those who are receptive to receiving help, we are able to put you in contact with any number of quality home health agencies, who can develop a care plan to meet your specific needs, whether it be nursing services, physical therapy or simply a little help around the home. Of course, Arbor Glen, offers excellent care for those whose health condition might require more assistance than can be provided in a home setting. At the end of the day, please understand that our ultimate goal in offering our assistance is to keep you safe and to allow you to continue to enjoy life to the fullest extent possible.

Yours truly,

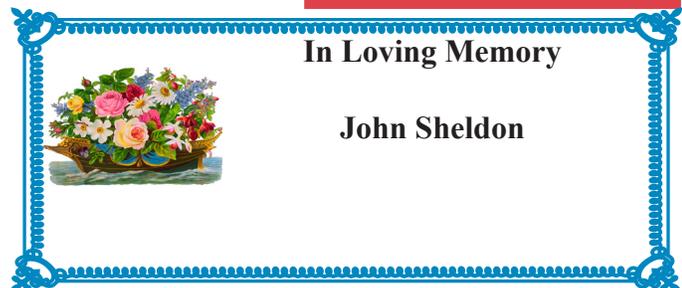
Dan Edenfield
Executive Director



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





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July Calendar Notes

Friday, July 1st: Calling all casino lovers! Grab your purse and state issued ID and make your way to the Clubhouse for a 10:45am departure. We plan to stay for lunch and return by 4:00pm.

Monday, July 4th: Today, more than ever we are thankful for our freedom. Please come and enjoy the Arbor Lake Chorus before our noon buffet at 11:00am. A special thanks to all those who have volunteered their time and talents to the chorus! The dress code is casual, but please no jeans. Please call the Clubhouse for reservations for the noon buffet.

Friday, July 8th: Join us for shopping today. The bus will depart at 9am for Publix and then at 10:45am to the plaza in Naples that holds Home Goods, Dollar Tree, Fresh Market, and Burlington Coat Factory.

Tuesday, July 12th: We begin our summer schedule of lifelong learning classes with the one woman show, Most Affectionate Daughter: Maria Celeste, presented by Janina Birtolo at 10am in the Gathering Place. This original drama focuses on the life and beliefs of Galileo's eldest child, Maria Celeste. Come see and hear this lesson in history and philosophy, wrapped in an entertaining package of humor, sorrow and filial devotion.

Friday, July 15th: Join us for Mystery Lunch today by signing up at the Clubhouse. The bus will depart at 11:30am. This afternoon, we have a special music performance by the Jean Packard Trio, featuring our very own resident Don Boulbee at the Top of the Pointe at 4pm. Come enjoy some wonderful music!

Monday, July 18th: ROMEO is at it again! The Retired Old Men Eating Out group is heading to for lunch today at Tiburon at 11:45am. Please sign up at the Clubhouse guys if you would like to go. We are celebrating all July birthdays tonight in the Colonnade starting at 5:30pm. Can't wait to see you and celebrate YOU!

Wednesday, July 20th: The Arbor Trace Condo Association will hold their monthly meeting today at 3:00pm in the Clubhouse Activity Room. All members are welcome. Fiddlin Bill will perform in the Clubhouse Lobby at 4:30pm. Come enjoy some music before dinner. Refreshments will be served.

Friday, July 22nd: Come enjoy a lunch cruise today on the air conditioned Naples Princess as we journey down the Gordon River to the Gulf of Mexico and back. Please sign up at the Clubhouse if you would like to enjoy the day with us.

Tuesday, July 26th: Back by popular demand, Dr. Ron Bowman will be lecturing at 10am in the Gathering Place on the stories and musical episodes in the lives of Manuel Garcia and his equally famous descendants who reigned as the leading opera singers and vocal pedagogues of the 19th century.

Wednesday, July 27th: Come enjoy a warm summer night in the Colonnade as we gather together for our monthly Management Party starting at 5:30pm. Please remember reservations are required.

Thursday, July 28th: All members of the Tower Pointe Condo Association are invited to join in the monthly meeting at 10:00am.

Friday, July 29th: Please sign up at the Clubhouse if you would like to go Pinch your Pennies with us this month at 10:45am.

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Glass Dazzle Jewelry

My summer jewelry show is Saturday, July 16 in the Club House board room. Please stop by between 1:30 and 3:30. I found a treasure trove of old vintage buttons, and I have made beautiful bracelets from them mixed in with beads. I will serve my to-die-for brownies. And, 15% of all sales will go to Brigid's Cat Rescue where several of us have gotten our kitties.

There also will be a door prize! Come by and find a new bracelet for yourself or a special gift, eat brownies, and know that you are also helping kitties without a home.
-Joan Millon



Beach Outing

While not a large group in number, we enjoyed a wonderful time at Bonita Beach on Friday, June 3rd. The weather was perfect, the water temperature was ideal, and the smiles on everyone's faces were priceless.

-Sandy Steinbach



Attention All Knitters

Our Arbor Trace Knitting Group, led and inspired by Marion McKee (who once owned a knitting shop), meet the first Wednesday of every month at 9:30 a.m. in the Clubhouse. Recently, seven of the members have agreed to knit pink shawls for the Susan G Koman foundation (cancer patients). Next projects will undoubtedly include hats, scarves, and baby clothes for all their grandchildren and now, great grandchildren.

If you are a long ago knitter and would like to take it up again, do come to the meetings and be inspired, encouraged, and taught by others. Marion can solve all problems. Besides, its a lovely time to chat.
-Merle Bauser



Romeo Rides Again

On May 27th, 22 men left Arbor Trace on our bus for the Imperial Golf Club leaving at 12 noon. Upon our arrival we were greeted by staff and signs leading us to a private dining room. With a beautiful view of the golf course we found 4 tables all set up for us. We ordered our beverage and we're promptly served our previously selected meals. When we finished dessert the lottery tickets were drawn by the waiters and the winners were Dean Yarian third, Ted Doderlein second, and Dave Macarthy first. Look forward to the July luncheon on the 18th at the Ritz Carlton Tiburon golf club. Many thanks to George Kessel for all his assistance in setting it up for us at the Imperial Golf Club.
-Bob Bortz





I Scream, You Scream, We All Scream for Royal Scoop Ice Cream!

A bus load of residents enjoyed a unique trip to Royal Scoop on Friday, June 17th. We learned about Royal Scoop's history and listened to ice cream production manager Ryan as he described the joys and challenges of making enough premium ice cream to fill our local community, especially during the season months. After enjoying a wonderful lunch we all enjoyed some of the best ice cream around! And no, they didn't talk about calories!!!! We are lucky to have such a gem of a place right up the road, and right in our Colonnade Room every night!

-Sandy Steinbach



Katz On 1945 Hit Parade

- June 7, 2016..only a day and 71 years after D day (can that be possible?) Fred and Elsa Katz shared with us the favorite songs of 1945. If you are one of our local antiques, where were you then? I know I was in college hoping and praying for the boys I knew to come home.
- Recently I read the wonderful book by Jay Winik, "1944, FDR and the Year that Changed History" and was immersed in that time period because the book encompasses more than 1944. To hear the Hit Parade choices was almost overwhelming.
- Fred and Elsa linked the songs to the year's historical great moments, e.g., January 2 FDR's 4th Term and "On the Atchison, Topeka and the Santa Fe," January 27, Auschwitz liberated and "It Might As Well Be Spring," February 23, US troops raise flag over Iwo Jima and "My Dreams Are Getting Better All the Time," April 12 FDR dies at age 63 (is that possible? he looked so old), "Don't Fence Me In," April 30 Hitler's suicide," and Chopin's "Polonaise" with the modern version, "The End of Time"(Perry Como). Biggest hit of the year was "Sentimental Journey" by Les Brown and Doris Day the week of D/J Day. The songs and events continue through the year but no room to list them all here. Still, you get the clever way they presented the program. Boo hoo, no Frankie that year.
- We always look forward to their next visit.

-Merle Bauser



Book Club news

The July 18 meeting of the book club will feature a review of "Pride and Prejudice", by Jane Austin. So many newer books and movies have been based on this classic that Lee Gates felt it was time to revisit the original.
-Pat Burneson

Arbor Trace Resource

by Ruth E Pattrin

on unit two roof sits eagle
a perch of splendid view of Arbor Lake
seeing him gives my spirit rest
breath of air and sky of blue

looking at life below
watching gardeners at task
away his heart and mind go
gazing at sunlight in earthy beauty

seeing flowers and thick woods
sees what came
twenty five years ago
buoyed up on life's swell

floats down to lake level
draws a needed sip of water
that sweet embrace tells him
he too belongs to Arbor Lake



Coming Soon in August...

Friday, August 12th-Touring WGPU, the local PBS station

Friday, August 19th-Tour Collier County Emergency Management

Wednesday, August 24th-August Management Party

Friday, August 26th-Marlene & Chet perform

Save the Date

Friday, September 23rd-Arbor Trace 25th Anniversary Ball

Some Important Questions (and answers) About Shingles

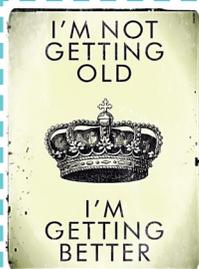
What is shingles? Shingles is an infection caused by the chickenpox virus. After a chickenpox infection, the virus remains dormant in the body's nerves for years and even decades without causing symptoms. If the virus reactivates, it causes the painful condition known as shingles.

Shingles typically develops on one side of the face or body, often beginning as pain before manifesting as a rash over the painful area one to five days later. The rash consists of blisters that usually scab over in seven to ten days, and it typically clears up completely,, even without treatment within two to four weeks.

Shingles is very common. Nearly one-third of people will get shingles at least once in their lives. Elderly adults are particularly vulnerable to to infection with half of all cases occurring in those 60 or older. While shingles typically occurs only once in a person's lifetime, repeat episodes are possible!

Should you get the shingles vaccine? The vaccine is effective in preventing the shingles rash. Tests show the vaccine reduced the chance of getting shingles within three years by more than half.
-Eric Pachner

Yes, You Can



Older people are constantly faced with negative stereotypes about aging in advertisements, conversations and health news. They are told that being old means they are frail, helpless and incompetent. Not surprisingly, this exposure leads to negative attitudes about aging, poor health and more cognitive and physical function. The messages become self-fulfilling prophecies. Memories are impaired by the way older people are treated; such as spoken to slowly or being patronized.

The answer: act your age, or younger if you can. Associate with people who make you feel comfortable.

-Eric Pachner

The Revue Team

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