



ARBOR TRACE



TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

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



Welcome Bob & Jan Campbell TP 1109

The most romantic bio I have had to date.

Bob Campbell's story was in this newsletter June, 2015 when Jean, his dear wife for 60 years, was very ill in the Glen. He had retired from his work in the drug wholesale business in 1987 and they moved to Naples. Commuting 15 miles to see her was very hard so he bought

an apartment in Bldg. 9. The nurses there urged him to join our Caregivers Group. Then Jean passed away.

The parallel story is Jan Sollé's. Jan was, born and raised in Evanston, IL., and met her husband, Richard, at Chicago Christian High School. A year and a half out of school, they were married and Richard went to work for his father. They lived and raised 4 children in Orland Park and 27 years ago bought in Hickory Bay West. Richard became ill with Alzheimer's and as he became increasingly ill, she was convinced by Jenny Duffy and Barb Mathews to bring him to the Glen. She had been attending Care sessions. Many a day I met her as she sat with him by our pool. They were married 57 years. Then Richard passed away.

Life goes on. Bob, with a twinkle in his eye, says he asked in the Care group, "How long should you wait to start dating?" The answer was, "Whenever you like." After so much sorrow, he was ready to begin again and discovered Jan, in the group, who felt the same way. They were instantly compatible and began seeing each other constantly. They both knew what was right for them and they were married on May 30 with a reception at the Top of the Pointe.

They bought the apartment in the Tower. Both like reading, walking, and she knits but he says he doesn't! Aqua classes for both and he enjoys men's coffee. They are surely right at home here.

Congratulations, long life, good health, and great happiness from all of us!

-Merle Bauser

June 2016



Welcome Helen Pontecorvo 9-305

Helen is one proud lady. She is proud of her Italian heritage and the service she and her family have given our country. Helen worked at the Pentagon for three years during World War II and Patterson Army Hospital for 30 years.

She met her husband while he was serving in the air force. After leaving the military, he put on a different uniform - that of a mailman - a job he held for 30 years. The couple had two daughters, one of which continued the family tradition of serving the country at Ft. Monmouth NJ as a logistics specialist..

For the past twenty years Helen and her husband were snowbirds, spending six months each year in Pompano Beach where they maintained a second home. The recent death of her husband changed her plans. Her daughters found Arbor Trace and she immediately new that it was the right choice. She is quickly making friends and looking for gin rummy partners.

-Eric Pachner

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Director's Notes



June 1st marks the official beginning of hurricane season and the prognosticators are all saying this may be a more active season than we have seen in recent years with 14 named storms projected, 8 of which are predicted to become hurricanes. We have been fortunate not to have had a hurricane hit Southwest Florida since Wilma back in 2005. I would say we are overdue, at least for a tropical storm. I would like to remind everyone that even with a minimal hurricane or tropical storm, electrical power may be disrupted, possibly for days. The emergency generators in our community only power the elevators and emergency lighting in the Arbor Trace mid-rises and Tower Pointe. The Villas in Arbor Trace have no generators, therefore they will be completely without power until electricity is restored to the community. If you are dependent upon an oxygen concentrator or other medical devices that require electricity, you need to have a back-up plan. I would highly encourage any resident that has this type of situation to pre-register with Collier County Emergency Management and reserve space in their Special Needs Shelter just to be on the safe side. We have once again invited representatives from the Collier County Bureau of Emergency Management to give a presentation to our residents at our Annual Hurricane Preparedness Seminar to be held on Monday, June 6th at 10:00 am in the Gathering Place at Tower Pointe. They will explain the many services provided by the County, what to expect in the event of a tropical storm or hurricane, and how you should be preparing in advance of the projected landfall.

Just so this does not come as a surprise to those who have never experienced this type of an event in Collier County, if a tropical storm or hurricane is projected to make landfall in our vicinity, it is highly likely that Emergency Management officials will call for a mandatory evacuation of all coastal communities west of US 41. While they cannot force you to leave your home, you should be aware that it is highly likely that Collier County Emergency Medical personnel will not be able to respond to any medical emergencies, if sustained tropical storm force winds make it unsafe for them to be on the road. For this reason alone, I strongly urge you to have a back-up plan, if you have a serious health issue.

Something else you should be aware of is that Arbor Glen should not automatically be considered a safe haven for those with special needs. Arbor Glen can only accommodate a maximum of 32 residents, which is what we are licensed for. Due to the extraordinary amount of preparations that must be made by Arbor Glen staff to gear up for a possible hurricane, or worse yet, an evacuation. Arbor Glen will suspend new admissions 72 hours prior to any projected landfall of a tropical storm or hurricane. If the threat is severe enough that it would be unsafe to shelter in place, Arbor Glen will begin evacuating residents 36 hours in advance of the projected time of landfall. It is important to note, that in the event we are forced to evacuate Arbor Glen, within 12 hours of any projected landfall, there will be no nursing personnel on hand to respond to your medical emergencies should one arise, as they must go with the Arbor Glen residents to whatever site we evacuate to. Even if we do not wind up evacuating Arbor Glen, you need to realize that in the event of tropical storm force winds, we cannot dispatch nurses to your residence if it puts them in harm's way.

For those of you who decide to stay on the premises in the event of a tropical storm or hurricane, if our community is under a mandatory evacuation order, we will curtail most services, such as housekeeping, maintenance, transportation and food service. Most of our staff must make their own preparations and secure their homes, therefore we cease all regular service 12 hours prior to any projected landfall.

In closing, let me stress again how important it is that you take personal responsibility for your own safety and welfare. If anyone has concerns or questions about what you should be doing to prepare, please attend the Hurricane Preparedness Seminar on June 6th.

Yours truly,

Dan Edenfield
Executive Director



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June Calendar Notes

Wednesday, May 1st: Calling all knitters! Grab your supplies and make your way to the Clubhouse Card Room for our monthly gathering.

Friday, June 3rd: Do you like to walk the beach? Jump on the bus at 9:00am for a drop off at Bonita Beach. The bus will return to pick you up at 11:00am. Sign up at the Clubhouse if you would like to go. Please note grocery shopping will take place today at 1:00pm. Pianist Arnie Ross will be back this afternoon at 4:00pm for a performance "A Night at the Movies" playing your favorites from big hits. Refreshments will be served.

Monday, June 6th: Our Annual Hurricane Seminar will take place this morning at 10:00am in the Gathering Place. Please make it a priority to come and refresh yourself in what it takes to prepare for a Hurricane, especially if you are a new resident or are dependent upon oxygen use.

Tuesday, June 7th: Join Fred and Elsa Katz as they present another program of recorded music, commentary and visual PowerPoint. This month they revisit one of the most important years in modern history--the end of WWII-- along with the great music that helped us get through it. Enjoy some of the familiar songs that made the Hit Parade that year, as performed by Frank Sinatra, Bing Crosby, Perry Como, Doris Day, Harry James and many others.

Friday, June 10th: Join us for Mystery Lunch today by signing up at the Clubhouse. The bus will depart at 11:30am.

Friday, June 17th: Do you ever wonder where our ice cream comes from that we serve in the Colonnade? Today we are taking a quick trip down to Royal Scoop, the oldest ice cream store in Bonita Springs for an insiders' visit. We will hear them talk about their history and how they manage their business of making ice cream and enjoy a lovely lunch while we are there. (If you haven't heard, their lunches are divine!). Pick up a menu from the Clubhouse when you sign up to decide what you would like.

Sunday, June 19th: In celebration of Father's Day, we invite you all to enjoy Father's Day Brunch in the Colonnade beginning at noon. Please make reservations at the Clubhouse.

Monday, June 20th: ROMEO is at it again! The Retired Old Men Eating Out group is heading to Bonita Bay for lunch today at noon. Please sign up at the Clubhouse guys if you would like to go.

Wednesday, June 22nd: We hope to see you all this evening at our June Management Party, starting at 5:30pm. This is a wonderful time to get to know someone new, so invite a friend and make your reservations at the Clubhouse. Jebry will be providing entertainment.

Friday, June 24th: Penny Pinchers is heading out today at 10:45am. Please sign up at the Clubhouse if you would like to enjoy the day out shopping consignment with us.

Monday, June 27th: We are celebrating all June birthdays tonight in the Colonnade starting at 5:30pm. Can't wait to see you and celebrate YOU!

Wednesday, June 29th: Meet at the Gathering Place this morning at 10:00am to get the summer schedule for our lifelong learning program with Hodges University. The classes will begin the week of July 12th and will go through the end of August. We are excited for the next semester of great classes.

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The Arbor Trace Revue



They're Off!

What a thrill to hear that phrase for the Kentucky Derby. We had our annual party on May 7 complete with parade of 19 beautiful hats.

First, mint juleps and wines, then a big buffet of favorite small foods: deviled eggs, bbq meat balls, veggies, and fruits, then the hats. Outstanding hat was worn by Laverne Franklin and was it gorgeous! Big black picture hat with flowers and fruits. Congratulations to Laverne, a very clever lady. Second was recent resident Barbara Bunge in a beautiful blue hat she had decorated that morning she said. Third was Darlene Yarian in a charming yellow hat she trimmed with lovely leis flowers. The judges (Art Johnson, Bob Bortz, and Doug Dick in bowler hats and suspenders) were hard pressed to make the decisions. Prizes were Derby glasses, wine, and a big bunch of red roses. This is the rose race you know. Surprise entrant was Ed Parsons in an adorable hat! He won a bottle of wine.

Exciting moment: Dr. Doug Dick's trumpet salute - yes, his practicing in his closet has paid off. Then Bob Bortz led us in singing "Old Kentucky Home." We had all bought tickets but its a question of luck...can't choose a specific horse. Many happy winners...but never me. Oh well. hope for next year.

Great party and thanks to the committee who did all the hard work: Bennett and Mardelle Berman, Tower Activity Chairmen, ran the show. It was so well organized. Beverly Mills was Treasurer, Nona Raines, Barbara Wilson, and Carol Boyden helped everywhere, and Bob Bortz and Andy Morrow were terrific bookies...even looked the part.

Must say how beautifully our Arbor Trace staff worked and made sure all the food was kept refreshed. Mardy says it was almost all gone. Some planning!
-Merle Bauser



"Art washes away from the soul the dust of everyday life"

-Picasso

"All children are artists. The problem is how to remain an artist once we grow up." Unfortunately many of us put down the crayons, colored pencils and brushes long ago as we became preoccupied with adult responsibilities. However, we are now learning there is a very good reason to pick up those pencils and brushes again. Research shows that structured, rhythmic crafting activities are beneficial because they provide a distraction from day-to-day worries.

To help you find your inner artist, Arbor Trace now has an "Arts & Crafts room in the club house with an extensive library of "How-to" books, that have been donated by local artists. (Our latest contribution came from Darlyene Yarian) In addition, there is open painting every Wednesday at 2pm. Additional classes will be started as needed.

-Eric Pachner



June 2016



Arbor Glen...Going to the Dogs?



If you happen to visit the residents in Arbor Glen and notice a few other visitors...of the "furry" category...you are not seeing things. In fact, what you are witnessing with those "furry" types is a sort of mild therapy often used to improve the mood and physical well-being of folks who may not always be feeling their best. Pets (in this case dogs), after all, do make people smile. They make people happy. And, they actually do bring some great benefits to people as well. Research demonstrates that pet therapy, regular visits with animals, lowers blood pressure and heart rate, and reduces overall stress. Interacting with pets can reduce anxiety, depression and loneliness by increasing social interaction with the pets and their human companions. In fact, consistent interaction with a pet increases the release of serotonin and dopamine in the brain which can help calm and soothe a person's body. So, you see,



Arbor Glen is not "going to the dogs", but rather using the interaction of these "furry" angels to sooth, heal and restore its residents.

If you are interested in meeting some of Arbor Glen's "angels" or would like to have your "angel" pay a visit, please contact Janet in Arbor Glen.



Pickleball in Naples



A number of our local residents and players went to East Naples Park to watch the U.S. Open Pickleball Championships last month. The event was

a lot of fun and for those of us here at Arbor Trace who have started playing the game, a bit humbling; we saw some great pickleball from some very skilled players. It was also exciting. And, we are even more enthused out on our own courts as we work on our serves, try to perfect "dinking" (dropping the ball just over the net) and retrieving those aggravating spinning balls. Are you interested in trying it out? Paddles and balls are stored in the Clubhouse, ready for your use anytime. Thursday mornings at 8:00 you'll find a group of us on the courts--all are welcome to join us and check it out. If you want more information, just give me a call.

-Karen Sexton

R.O.M.E.O.

All of the Romeo's met for the 3rd outing in the Clubhouse Lobby April 22nd and boarded the Arbor Trace Limo with the all-aboard by Sandy and assistance from George, our able driver. Twenty two hungry attendees sped off in search of a delicious lunch at the Pelican Isle Yacht Club. Our host member Dave Macarthy led the way. The chef outdid himself with a flavorful French dip, salmon and hamburger sandwiches and dessert of chocolate fudge cake, cookies, and cupcakes with candles to Bob Bortz, Earl Gates, George Kessel, and Dave Macarthy who had birthdays in April. Bortz awarded the winners of the dollar lottery: Gordon Brown (3rd place), Len Bunge (2nd place), and Earle Gates (1st place).



The next ROMEO is scheduled for Monday, June 20th at Bonita Bay Golf Club, hosted by Dick Johnson.

-Bob Bortz



A Trip to the Rock 'N Roll Hall of Fame

We lived through the period when Rock 'N' Roll was born and became the dominant form of music. Who is better qualified than Fred and Elsa to bring back the greats who are memorialized in the Rock "N" Roll Hall of Fame located in Cleveland Ohio? Maybe you have forgotten these stars who rocked the nation

in the 1980's and 1990's, but it doesn't take much to make you young again.

In 1956 Fats Domino introduced "Blueberry Hill". In the same year the Everly Brothers sang "Devoted to You", Buddy Holly became a star with "Everyday." Also in 1956 Elvis Presley sang "Now or Never" while Ray Charles introduced "Cryin' Time.

Rock 'n' roll continued to dominate the music scene until the end of the era with artists like the Beach Boys, Ray Charles, Simon & Garfunkel, Billy Joel and Elton John. Perhaps best known are the Beatles who took the country by storm. Fred and Elsa make presentations once a month.

This was one of the best!

-Eric Pachner

Book Club news



The book club is not meeting in June. However, Lee's choice for July, "Pride and Prejudice" by Jane Austin, is available now for you to read (or reread). If you want to cheat, you might check your TV schedules for Turner Classic Movies and watch the 1940 version. See you in July!

-Pat Burneson

June Morning on Arbor Lake

By Ruth E Pattrin

sat by lake this morning
enjoying its beauty
June here to waken our world
tossing her treasures to us
with loving abandon

smelled earth filled with plants and seed
saw song birds dashing with bits of grass
their songs a prelude
to their nesting game
honey bees drawn by scent of a bloom



crows sending their call across Lake Drive
favorite pet dog came romping
panting from its fun
while I smelled pine needles
dampness and new life

felt last sparkle of dew on the grass
came for morning coffee
sorry for those who lay in bed
never to see Arbor's morning light on a June day
I would have gladly shared it with them.

In Loving Memory



Cynthia Haas
Ray Fick

Coming Soon in July...

July 1st- Trip to the Casino
July 4th- celebration starting at 11:15am
July 18th- ROMEO Lunch Outing
July 28th- Management Party

Are you a Diabetic?



Approximately 1/3 of all residents are diabetic. How do we know? They are overweight, they don't exercise and they don't eat the right food. Diabetics die sooner, are more likely to have heart trouble and high glucose damages the small blood vessels in the kidneys leading to kidney disease. Damaged kidneys are less able to rid the body of waste and eventually fail. Dialysis or a kidney transplant are the only treatments.

To find out if you are diabetic, ask your physician for your "A1C". Take your medication, or inject insulin as prescribed. Eat a "diabetic" diet. Do your exercise. Have a long and healthy life!

-Eric Pachner

What a Great Golfer!



Congratulations to Dick Johnson for getting a hole in 1 at Bonita Bay Club hole #6 May 14th. Way to go Dick!

Father
[fahth-er]-noun

The person you can talk to
when your mother is
having a major mood swing.

(See also: 'supporter', 'disciplinarian', 'role model')

The Revue Team

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