



ARBOR TRACE



TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

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

Welcome Janice Stowell 2-305



As a young girl, Janice, the middle of three sisters, was very interested in instrumental music. She graduated from Overlin College with a degree in economics. While there she met and married Ted Stowell. From there they moved to Toledo, OH, where her husband became the Ohio State Insurance Commissioner. They raised

a daughter and two sons. Janice was active in the League of Women Voters, AAUW, and as a volunteer for the local hospital coffee shop. The family enjoyed sailing on the Scioto River in the summer and skiing in the winter.

Later there were moves to the Chicago area and then to Summit, NJ where Janice continued her hospital volunteer work. Retirement came and the Stowells moved back to Chicago, and also bought a house on Marco Island on the water so they could continue their love of sailing. After ten years of sailing, they moved to The Vineyards where Ted passed away in 2009. Janice is moving into building 2, where she will join her sister, Barbara Swidler.

She enjoys her music, bridge, and is a volunteer at The Bargain Box downtown Naples. She has seven grandchildren and four great-grandchildren. She can't believe what a friendly reception she's received here at Arbor Trace, and she hasn't completely moved in yet!

-Mary DePrisco

OCTOBER 2016

Welcome Barbara Swidler 2-405



Barbara hails from the small town of Freeport, Illinois. She graduated from Denison University and the University of Wisconsin. Immediately out of college, she went to work at IBM. While there

she met and married Jack Swidler from Green Bay. All in all, she worked in five different IBM offices, helping Jack obtain his PHD. Her last job was in suburban Detroit, working at the Walled Lake School, where she installed their entire IT system. In their spare time, the Swidlers enjoyed boating on Lake Michigan and the Wisconsin lakes.

Along the way, Barbara and Jack had three children, two sons and a daughter. One son lives in Lincoln, NE and the other son and daughter live in the Orlando area. They have three grandchildren. Barbara and Jack retired to Champion Hills Golf Club in Hendersonville, NC. While there, Jack passed away. After fifteen years in NC, Barbara has come to Arbor Trace to be near her sister, Janice Stowell.

She enjoys reading, bridge, music and her membership in AAUW. She is also a Green Bay football fan. Go Packers!!!!

-Mary DePrisco

The Clubhouse will begin taking Thanksgiving Brunch reservations starting Tuesday, November 1st. There will be two seatings. One at 11:30 am and the 2nd at 2:00 pm.

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Director's Notes

It is hard to believe that it is fall already with temperatures still in the low 90's. But, soon our snowbirds will arrive and things will certainly be a whole lot busier. In this regard, I would like to remind everyone that dinner reservations are required. When calling in your reservation, it would be extremely helpful if you had everyone's name that will be dining at your table. Too many times residents call in a reservation for six or eight people and they forget who all they invited. This way if we have all of the names, this prevents duplicate reservations at different tables and worse yet, prevents the embarrassment caused when someone shows up at your table assuming they were included, when in fact they were not. Also, when making reservations on party nights, remember that outside guests are limited to two per residence, not two per resident. On nights other than party nights, the number of guests is less restrictive, however if you plan to have more than eight guests, this will require prior approval from management on a case by case basis.

Another area that I need to address are the rules regarding medical transportation. During season we try hard to accommodate as many residents as possible and as such our daily schedules are very tight. We ask that you make your reservation for transportation at least forty-eight hours in advance. Anything less may result in our not being able to accommodate you. Also, it is imperative that you give us the right location for your medical appointment. Please verify the address with your doctor's office when you make your appointment with them. Some doctor's keep office hours at two different locations and some have moved their offices altogether. Also, please remember that medical transportation is only available between the hours of 8:00 am and 3:00 pm on Tuesdays, Wednesdays and Thursdays.

In closing, I would like to announce that Kevin Cooney will be returning to Arbor Trace as the Administrator (in training) for Arbor Glen. Many of you might remember Kevin from when he worked as a sales associate in our real estate office a couple of years ago. Kevin will eventually assume all of my duties as they relate to the day to day operations of Arbor Glen. That is to say, 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 welcome Kevin back and give him your support as we take our game to the next level.

Yours truly,

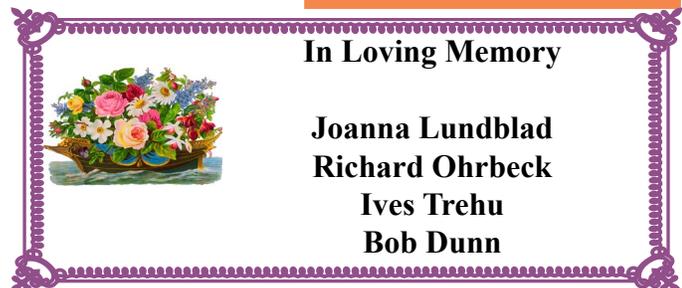
Dan Edenfield
Executive Director



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

Joanna Lundblad
Richard Ohrbeck
Ives Trehu
Bob Dunn



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October Calendar Notes

Monday, October 3rd: For those celebrating Rosh Hashanah, please make reservations at the Clubhouse and plan to meet us in the Colonnade at 5:30pm.

Wednesday, October 5th: The Travel Club is meeting this morning in the Gathering Place at 10:30am. If you are going on the cruise in December, please plan to attend. This evening we will enjoy the annual Oktoberfest Management Party starting at 5:30pm. Please make reservations at the Clubhouse.

Friday, October 7th: Join us for Mystery Lunch today by signing up at the Clubhouse. The bus will depart at 11:30am. Pianist Arnie Ross will be at the Top of the Pointe at 4:00pm, so come enjoy a glass of wine and some music.

Tuesday, October 11th: We are kicking off the fall semester this morning at 10:00am with a live presentation by artist, Jose Maria Castillo, where he will demonstrate and discuss his approach to successful painting. A portrait will be completed during the lecture featuring an audience member.

Thursday, October 13th: The Arbor Trace Stuff Sale is happening today, starting at 9am, so make sure and visit the Clubhouse Activity Room to check out the treasures. All proceeds are going to the Arbor Pointe Foundation.

Friday, October 14th: Sign up at the Clubhouse if you would like to go with us on a day trip to Sanibel Island for lunch and a tour at The Shell Museum. This museum has an amazing collection of shells dating back several hundred years.

Wednesday, October 19th: Come get your flu shot this morning at the Clubhouse starting at 10am. Please bring your Medicare card with you. The Arbor Trace Condo Association will be meeting this afternoon at 3:00pm in the Activity Room in the Clubhouse. All members are encouraged to attend.

Thursday, October 20th: Signature Lunch is back today starting at noon. Come enjoy a lovely lunch buffet with music by Glenn Williams. Please make a reservation at the Clubhouse.

Friday, October 21st: ROMEO is at it again! The Retired Old Men Eating Out group is heading to the Club at LaPlaya 11:45am for lunch today. Please sign up at the Clubhouse guys if you would like to go. This evening the bus is heading to The Artis for the beginning of the Classics Series. If you would like to, please secure your tickets with The Artis Box Office and then call the Clubhouse to get on the list for transportation. The bus leaves at 6:20pm. Please be prompt!

Sunday, October 23rd: For your enjoyment, the Larry Maas Trio will be performing today during Sunday Brunch. Please make reservations at the Clubhouse.

Monday, October 24th: Join us for a trip to Talbots at Coconut Point for a special store shopping experience at 1:30pm. Harriet Cooper's daughter Betsey works there and has arranged for us to get 25% off. Please sign up at the Clubhouse. We are celebrating all residents with an October Birthday this evening at 5:30pm. Please make sure to RSVP to the Clubhouse and we will meet under the balloons in the Colonnade Dining Room.

Thursday, October 27th: The Tower Pointe Condo Association will be meeting this morning at 10:00am in the Gathering Place at the Tower. All members are encouraged to attend. Joan Millon is hosting her Fall Jewelry Show in the Clubhouse starting at 11 am.

Monday, October 31st: Please make reservations at the Clubhouse to attend our Annual Halloween Costume Party, starting at 5:30pm. Prizes will be awarded for Best Duo, Most Original, Scariest, Fairest in the Land, and Most Hilarious.

Mikkelsen's Pastry Shop



We enjoyed a special outing to nearby Mikkelsen's Pastry Shop, where John & Dot Nichols daughter and son in law, Paw and Elizabeth, gave us a tour of their business and a cake decorating demonstration. Paw grew up in his parents pastry shop in Denmark, and they opened their well-known pastry shop in Naples in 2000. Most of their business is wholesale, servicing the many luxurious hotels and clubs in Naples, which allows them to have many decadent pastries available for purchase in their retail store. They also make custom cakes and just about anything your heart desires! All the residents then put their talents to the test by frosting and decorating their own tasty cakes to take home and enjoy. What fun we had!

-Sandy Steinbach



Voting is right around the corner!

The deadline to register to vote is October 11, 2016. If you need to register, head to www.colliervotes.com and download the application to mail in. Also, if you would like to Vote-By-Mail, you need to request your ballot by November 2, 2016. You can also do this by visiting their website. If you need assistance with either of these, please see Sandy Steinbach in the Clubhouse. Also, we will be providing transportation on the bus in the afternoon on November 8th should you need a ride to vote.

-Sandy Steinbach

Fall Glass Dazzle Jewelry Show



Something new! I will gift wrap and mail any jewelry you purchase FREE. Just bring the name, address and occasion for the gift and I'll do the leg work for you!



I have many new bracelets made with vintage buttons which are all one- of- a- kind designs. And also many necklace and earring sets, and glass pendants.

My fall show is a benefit for the Alzheimer's Support Network of Naples. I give 15% of all sales to them for their tireless work in Collier County.

Come by and see what's new on Thursday, October 27, in the Club House lobby from 11 am to 4 pm.

-Joan Millon
"the jewelry lady"

**Eighty-seven Years of Jazz
Louis Armstrong and Ella Fitzgerald
"Their Love is here to stay!"**

Louis and Ella thrilled the audience at Arbor Trace on September 6th with a litany of unforgettable songs by such famous composers as Harold Arlen, Irving Berlin, Johnny Mercer, Oscar Hammerstein and George and Ira Gershwin, as only Louis Armstrong and Ella Fitzgerald can perform them. They have both passed away, but their performances will last a lifetime.

-Eric Pachner



HAPPY HALLOWEEN

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Happy Happy Birthday Jane



What a great celebration for Jane Herran's 100th birthday on Friday September 9th.

Jane and her family provided an open bar for all to enjoy plus the music by the Jean Packard Trio. The dining room was full of her friends who sang Happy Birthday to her and shared the beautiful cake. Jane was glowing in her lovely lace blouse.

The Naples Daily News came out the next day with an article about her and her family who have lived in this area for many years. She tells wonderful tales about living in Everglades City when Naples barely existed.

It is a joy to know her and especially to play bridge with her.

Many more dear Jane.

-Merle Bauser



Arbor Trace
Travel Group



After a summer hiatus of not meeting, we'll be gathering Wednesday, Oct. 5 at 10:30 at the Tower ~ through next March. Connie Moody of Preferred Travel of Naples is our travel consultant and will be with us.

If you've signed up for the December cruise, Connie will have your travel documents with her.

Connie will bring flyers and brochures for a cruise on Celebrity in January but to the Eastern Caribbean. About 100 people from the Naples area are going on it, including myself, so I hope we'll add some Arbor Trace residents too! There is a poster on this cruise in the Tower lobby. To reach Connie directly - call 261-1177.

Please come October 5th with your travel interests for 2017. We are open to ALL kinds of travel!!
-Joan Millon

"Music as Medicine" in Arbor Glen



Did you know that the National Aeronautics and Space Administration recently discovered that the universe itself has a song? How amazing! And, so, if the universe has a "happy humming", then why shouldn't we? Moreover, music soothes, energizes and oftentimes heals. With all of that in mind, starting in October, the residents in Arbor Glen are to experience a new bi-weekly musical program entitled, "Music as Medicine".

Local musician, Michael Morgan, plans to bring his guitar to Arbor Glen...not to perform, but to use his gentle strumming as a way to relieve stress and bring a sense of peace. Mr. Morgan intends to play in the common areas of Arbor Glen so that residents, family members and guests who happen by are able to experience the music and the relaxation that it brings. Mr. Morgan's first "Music as Medicine" presentation is Wednesday, October 19 at 11 am. If you happen to be in Arbor Glen on that day and at that time, be ready to enjoy the sound of music...which helps to unite us and heal our bodies and spirits.

-Janet Thomas Kobes
Life Enrichment Coordinator



The Modern Shopper

As we "mature" (I hate to say 'age') we look for ways to make life's chores easier. I always disliked grocery shopping anyway, and now walking around these gigantic stores ranks somewhere between hated and impossible for me. So I was overjoyed when I discovered I could shop at Walmart on line. I choose from their long lists of possibilities, then select a pick up time the next day. Drive to their store at Immokalee and 75, and a nice man brings it all to my car and puts it in. What a wonderful idea, I LOVE IT!

-Pat Burneson- lazy shopper



Book Club news

Because of a last minute cancellation in September, Lee Gates' review of "Eligible" by C. Sittenfeld will instead be at the Oct. 17th meeting. Be thinking of books you'd like to review or hear reviewed. A fun book. Y'all come! -Pat Burneson

Need of Music by Ruth E Pattrin



need music
flowing off feeling fingers
over trembling lips
with melody, deep, clear and slow
song just for me
falling like water on my head
causing dreams to glow

magic made by melody
spell of soft breath
heartfelt sounds
music sinking into memories
floating forever
hold me in the arms of rhythm.

This & That



Did you know you can make your own furniture polish from items in your own pantry? It's all natural, less expensive than store bought polish, excellent for finished wood and smells great too.

INGREDIENTS

- 2 Tbsp. olive oil
- ¼ cup distilled white vinegar
- ¼ tsp. lemon

Pour ingredients into a spray bottle and shake well. **Spray onto a cloth** and then dust away.

-Donna Skroski
Director of Housekeeping

Coming Soon in November

- November 8th: Election Day
- November 11th: Veterans Day, special entertainment
- November 14th-15th: AARP Driver's Safety Class
- November 16th: Management Party
- November 21st: ROMEO
- November 28th: November Birthday Party



Bulletin-board

I do not have an i-Phone or even an i-Pad and to one and all let it be known I've never wished I had! Old-fashioned, yes, I seem to be, and slow to make a change – my friends all think quite rightfully I'm more than somewhat strange. But I'm most content with a bulletin-board propped against my kitchen wall – notes show who mustn't be ignored and what numbers I should call. It's made of cork and neatly set in a pretty frame – what's more, besides ensuring that I don't forget, it enhances the décor! I check it carefully each day to see where I must go, to the dentist or for knee x-ray or my ceramics studio. Of all appointments it keeps a list in letters clear, enlarged – no clutching something in my fist and wondering if it's charged! I scan it willingly with ease and a speed that's maximum – don't have to tap those tiny keys or swipe a calloused thumb! And yet who knows, the day may dawn when I'll change my rigid mind and technically will be re-born and cease to be so blind. My bulletin-board will hang no more in its customary place and of thumbtacks, skewers used before, there'll be hardly any trace. An i-Phone 7 I'll use instead with a minimum of fuss, or maybe I'll forge ahead and try that i-Phone 7 Plus!

-Ann Rulon-Miller

The Revue Team

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