



ARBOR TRACE



TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

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



**Andy and Nordal
McWethy
TP 1504/05**

Nordal, an Air Force brat born in Nashville, constantly moved. Her father's family was in Brooklyn so they zigged in and out of there to Nova

Scotia, Oklahoma City, and others until she went into premed at Fordham University. She had remarkable success in her career as she worked at Columbia Presbyterian Hospital under the doctors who developed heart catheterization and she was their lab assistant when they were awarded the Nobel Prize. She was there 17 years and avoided getting married while having a great social life with her apartment in Manhattan and a share in a house in Long Island and in Vermont.

Andy was born in Cleveland and lived in Aurora, Illinois till age 16 when they moved to Western Springs. His father was Manager/Editor of the WSJ for the midwest. Andy graduated from La Grange High School, and then Pomona College, in CA. He spent 4 years in management training at a bank and then earned an MBA from USC, Next came venture capital business with a bank in S. CA for 8 years. A head hunter called from a major NY bank asking if he knew of anyone who was suitable for a job heading a NY bank's venture capital activity. He said, "Yes, Me". He left the bank to organize his own venture capital company.

In 1978 at a 300 + person cocktail party on Long Island a girl threw her arms around Andy and then said "I'm too old for you" and dragged him to meet Nordal one year later. They have been married 41 years. Parents of a daughter.

They spent 5 years in Quail Creek Estates and are "enjoying" the pandemic with us for 4 weeks. They have a house on Long Island as well, incredibly near my daughter's house. Small world.

Many happy days here Andy and Nordal.

- Merle Bauser

December 2020



**John and
Kathleen
Wooldridge
V-808**

John and Kathy both hail from Minnesota, near St. Paul. John, after graduating from

the University of Minnesota, went into the investment banking industry right there in Minnesota, remaining with the same company for his entire career -- something quite rare these days.

Kathy became a nurse and after their marriage, along came two children, a son and a daughter. Kathy did the usual volunteering, and even taught Catholic religious education. Now they have two grandchildren and two great-grandchildren.

John retired in 1998, and they built a house at Quail Creek Country Club here in Naples. They became quite involved with the community, as John was President of the Homeowners Association and also served as Finance Chairman. They were also golfers, and John still is, playing three times a week. They are both bridge players, and have been world travelers enjoying many, many cruises, and making trips to Big Sky, Montana and the Midwest. After such a short time they seem well settled in their lovely villa on the lake. The Wooldridges' are very service oriented and are a most welcome addition to our community!

- Mary DePrisco

Reminder: Direct Phone Numbers

Nick Hoops: For Condo or grounds Issues: 438-4685

Donna Skroski: Housekeeping or Laundry Issues: 438-4681

Dale Carnes: Maintenance issues: 438-4686 (Regular Work orders still go through Becky and Jody)

Shannon Fitzgerald: Transportation to and from Clubhouse: 438-4656



Directors Notes:

The Holidays are near and a new (hopefully a better year than 2020) year will be here before you know it. I'd like to talk about when residents get down to the last month of the year and then suddenly realize they have more meals left on their account than they can possibly use. The maximum number of takeout meals allowed per household, per evening will be six meals. We hope that everyone understands the rationale behind this policy as we try to offer the highest quality food and service.

In mid-November the Arbor Pointe Management Board met and reviewed the 2021 operating budget. I am happy to report that APM will not be increasing the base fee this year; it will remain at the current fee of \$1,200 per month. The Capital Reserve fee will remain at \$50 per month and the per meal cost will also remain the same at \$18 per meal.

I talk about this subject every year because it is helpful to those who are unfamiliar with the Florida "Do Not Resuscitate Order". It's always scary to think of an emergency situation affecting you or someone you love, but the fact of the matter is that as we get older, the risk of having a life-altering emergency increase. For this reason, some people choose to sign a Do Not Resuscitate Order (DNRO) in the event that they may face a life or death incident.

When emergency personal is called to a home due to a health emergency, the main rule of thumb is that they will do whatever possible to keep the patient alive. Oftentimes, this means using invasive emergency techniques such as breathing tubes or heart shocks. When someone is in poor health, one of these types of incidents can leave the patient in a worse condition with an extremely poor quality of life, and potentially only living off of tubes and machines. Therefore, some people choose to sign a Do Not Resuscitate Order, which alert emergency personnel to the fact that this person does not want to be resuscitated if their breathing or heart stops.

In the State of Florida, only those with end-stage medical conditions can secure a DNRO. The DNRO form is form number 1896, and it can be found in many doctors' offices or on the Florida Department of Health website. It is a yellow form that must be completed by either the patient or a legal representative of the patient, and the patient's physician. Its important to note that the form must always be on the required yellow paper and is not valid on white or any other color paper. The DNRO should be kept in an easily accessible location in the home; a preferred location would be on your refrigerator with your file for life. Remember it holds instructions for emergency responders who come to the aid of a patient. It tells first responders that the patient does not want to be resuscitated with artificial breathing tubes or undergo CPR or heart shocks.

In closing, due to COVID-19 there will not be the traditional employee appreciation ceremony that we are all accustomed to, but instead I'm hoping everyone will watch our pre-recorded annual "Employee Appreciation Awards Ceremony" on Friday, December 11th on channel 195. Here's wishing everyone a Happy and Healthy Holiday Season!

Yours Truly,

Kevin J Cooney
Executive Director





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December Calendar Notes

Exercise Opportunities-Take care of your body: eat healthy meals, exercising and getting the proper amount of sleep

- *Every day at 1pm Channel 195 Sandy's Exercise
- *M/W/F at 10:30am Channel 195 Chair Yoga
- *Tuesday/Thursday 9:30am & 10:15am Aquasize at the Swimming Pool
- *Putting on the Greens Wednesdays at 9:00am by the Pickleball Courts.
- *Pickleball Tuesdays/Thursdays/Saturdays at 8:30am
- *Tai Chi on Saturdays at 11:00am on Channel 195
- *The Blue Zones Walking Group meets every Wednesday at 8:30am in front of the Clubhouse for an enjoyable walk.

Check the calendar of events for the daily schedule of events. Enjoy the annual Tree Lighting Ceremony on Channel 195 on Wednesday, December 9th and the Employee Appreciation Event on Channel 195 on Friday, December 11th. We will have music in the Dining Room on December 16th, 23rd and December 31st. Pianist Fred Moyer will perform a special holiday concert for us on channel 195 on Friday, December 18th at 4pm. Bette Kellogg continues to read a book on Tuesdays and Sundays at 4pm on Channel 195. She will do a special reading of *The Night Before Christmas* on Christmas Eve, so tune in! Hodges "recap" classes will continue to air on the Fridays at 2pm on Channel 195 for anyone who missed the ZOOM classes. Monday night movie nights will continue in the Gathering Place at 7:30pm. First come, first serve, the maximum number of participants is 15 (no guests at this time). Check the calendar of events for movie listings.

For outings, we will continue our medical transportation Tuesdays-Thursday from 8am-3pm. Please call the Clubhouse to sign up. Our trips to Publix will continue Mondays at 10am and Fridays at 9am. We will also go to Walmart the first and third Mondays at 1:30pm in December.

The beauty salon is offering services for our residents Wednesday-Friday. Please call the Clubhouse to speak to the Salon.

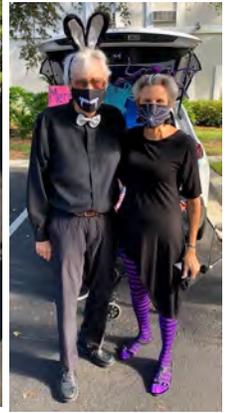
The Care Support Group will be meeting December 1st and 15th at 1pm in the Clubhouse Activity Room.

We have several small groups that are running, please see the calendar of events for days/times. Sign up is required as space is limited, to allow for social distancing. Please note for any activities meeting in person in our community, a face mask is mandatory.

The Arbor Trace Condo Association will hold their monthly meeting in the Clubhouse Activity Room Wednesday, December 16th at 3pm. The Tower Pointe Condo Association will hold their meeting on Thursday, December 17th at 10am.

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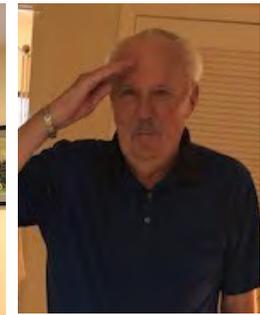




Veterans Day

A sincere thank you to all who have served and to Avow for their wonderful Veterans program.

- Sandy Steinbach



Food Drive

We want to thank each resident and employee who donated to the November Food Drive benefitting the Harry Chapin Food Bank of Naples. They were very appreciative of the many jars of peanut butter, jelly, canned tuna and chicken, macaroni and cheese, and various other things donated. As of the publication of this newsletter, we have donated 300 pounds of food! What a great accomplishment! Please know that you have positively impacted our area with these blessings. Thank you for your generosity during this season of Thanksgiving!

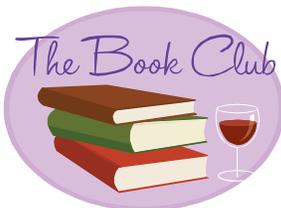


- Sandy Steinbach

Thank You

A very special program will be shown on Channel 195 on Friday, December 11th at 4p.m. in lieu of our normal Employee Appreciation Party. Please join in and congratulate all the staff that makes making Arbor Trace and Tower Pointe such a wonderful place to live.

We would also like to thank all the Residents in advance for their generous gift.



We are pleased that the Book Club will continue its activity this month. Join us in reading *Mistress of the Ritz* by Melanie Benjamin. Join our discussion at 1pm in the Gathering Place on Friday, December 18th. If you would like to participate in the discussion, plan to wear your face mask and please sign up at the Clubhouse as spacing is limited. Sandy has one large print copy available at the Clubhouse if anyone would like to borrow it, please let her know. We



look forward to getting together and having a lively dialogue.

Looking ahead, for January we plan to read *Lillian Boxfish Takes a Walk* by Kathleen Rooney.

- Karen Sexton

Holiday Reservations



Reservations in the Dining Room will be limited to 60 residents, no guests. You may start calling for a **Reservation at 438-4668.**

Christmas Eve Dinner (5:30pm) - December 1st thru December 21st.

Christmas Day (2 Seatings 11am & 2pm) - December 1st thru December 21st.

New Years Eve Dinner (5:30pm) - December 1st thru December 28th

New Years Day (12pm) - December 1st - Dec 28th.

New Years Eve 2020



To allow for everyone to participate in our wonderful celebration please join us on Channel 195 at 7:45pm as we count down our traditional ball

drop at 8pm. Anyone ordering dinner delivery on this night will get champagne to toast us into the New Year!

Did you know...

Your monthly bills can be emailed to you? Your monthly Condominium, Management and Meal worksheets can be emailed to you. This reduces the amount of paper that ends up in the garbage or shredder. Our Director of Finance and Accounting, Perry Behrens can also sign you up for automatic payment, the payments are automatically deducted on the fifth of the month. This reduces the need to send a check. Reducing stamps, envelopes and check costs.

If you would like to sign up for Paperless billing or Automatic Payment please call the clubhouse at 598-2929 or email:

Pbehrens@arbortracenaples.com.

Thank you! Jennifer Whitten



Greetings from the Colonnade Room

As the Christmas holiday approaches, we are doing our best to forecast how to best serve our community with all the current restrictions in place. Since there are no guests allowed in the dining room, we are pleased to announce that for the Christmas holiday we will be offering family style meals in addition to individual meals for delivery. Our meal packages will feed four to six people and will be all inclusive with no substitutions. Your cost for these packages will be a four-meal deduction from your dining plan. Our meal packages are designed to offer residents the ability to entertain families and outside friends who choose to gather responsibly in your own home. Relax with the convenience of fully prepared meals to be enjoyed without all the work. Our packages are as follows:

Sliced Turkey both white and dark three pounds total

One – quart Traditional stuffing

One – pint gravy

One – quart Mixed vegetable blend

One – quart mashed Yukon potatoes

Six dinner rolls

One choice of pie or cake, Apple pie, Holiday Cheesecake, or Chocolate Cake

OR

Prime Rib Quarter, approx. three pounds

One – pint au jus

One – quart roasted turnips

One – quart mixed vegetable blend

One – quart mashed Yukon potatoes

Six dinner rolls

One Choice of pie or cake, Apple Pie, Holiday Cheesecake, or Chocolate Cake.

We will start accepting orders on Tuesday December 1st through the end of business December 20th. Orders to be emailed to arbortracekitchen@gmail.com or Call 591-4851. We hope you find value and convenience in our offerings. Merry Christmas!

Brett Wayte & Ethel Hubbard

The Revue Team

Editor...Kevin Cooney

Publisher...Jennifer Whitten

Calendar of Events...Sandy Steinbach

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