



ARBOR TRACE



TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

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



From all of the staff of Arbor Trace, we wish to say our biggest THANK YOU to each of you for making our Holiday bright with your generous Christmas appreciation! We are grateful to each and everyone one of you, and we look forward to the day when we can thank you in person once again! We look forward to continuing to care for you in 2021 - May God continue to bless us all!
- Sandy Steinbach

January 2021



Bonnie and Dick Lechtner V-501



Dick hails from Erie, PA, and met Bonnie, from Rochester, NY, while a student at the University of Rochester. They married and had two children, a son and a daughter. Now they have four grandchildren and five great-grand-DOGS. Upon graduating from college, Dick went into industrial sales. Bonnie was a dental hygienist. In 1968, the family moved back to Erie where Dick joined his family business in retail sales, and there they remained until his retirement in 2005. They were snowbirds for several years, and moved into Wilshire Lakes in Naples six years ago.

After retirement, Dick became a volunteer for the American Cancer Society and has been active with the Naples Jewish Congregation. Bonnie has been an active volunteer with the Naples Senior Center. They traveled extensively, mainly in the U.S. and Europe. They did research before deciding on Arbor Trace, and were referred to AT by Bruce Rosenblatt of Senior Housing Solutions. However, they moved in at the height of the pandemic, so have not had a chance yet to see all that we have to offer.

Their lovely villa has the most beautiful and peaceful setting with an extensive view of the lake. They enhanced their front yard with a new landscaping to include Impatiens and other plants - what a welcome difference as I'm taking my daily walk! Welcome, Lechtners, we're glad you're here!!
- Mary DePrisco

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Director's Notes:

2021 is Here! I would like to wish everyone a very Happy and Healthy New Year! It will be a better year than last year. On behalf of all the employees of Arbor Pointe Management, I would like to sincerely thank all of our residents who contributed to our employee appreciation fund this year, it was a huge success as we collected in excess of over \$134,500. Your generosity was greatly appreciated as it made for a Happy Holiday Season for all.

In the month of January, we will be conducting the annual meetings for both condominium associations. On Wednesday, January 20th Arbor Trace Condo will hold its Annual Meeting to fill three vacancies. There will be three new candidates for the three vacating seats, therefore there is no need for an election. Tower Pointe will hold its annual meeting on Thursday, January 28th. There will be an election to determine who will fill the three vacancies, there are four candidates.

Since this is the beginning of a new year, I would like to take this opportunity to 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. 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. Please update your file through the clubhouse if necessary and post on your refrigerator.

2020 has been a very difficult year for everyone; it has literally changed the way we now live and socialize. I am hoping that one day soon we can get back to normal globally, nationally, and here at home in Florida and in Arbor Trace. There is a lot of talk about these new vaccines coming I will keep you all informed as to possible timelines in the future when I know more.

In closing, I would like to say that the Clubhouse and the Colonnade Dining Room will remain closed until further notice.

Yours truly,

Kevin J Cooney
Executive Director



In Loving
Memory
Frank Daveler
Millie Adams
Betty Frederick
Dick Plum

January 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. Bette Kellogg continues to read a book on Tuesdays and Sundays at 4pm on Channel 195. 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.

We hope the beauty salon will be open again soon to offer services for our residents Wednesday-Friday. Please keep a look out for Kevin's memos for an opening date.

The Care Support Group will be meeting January 5th and 19th at 1pm in the Clubhouse Activity Room.

We have several small groups that are meeting, 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 annual meeting in the Clubhouse Activity Room Wednesday, January 13th at 3pm. Please sign up at the Clubhouse if you plan to attend. The Tower Pointe Condo Association will hold their annual meeting on Thursday, January 21st at 10am. Please sign up at the Concierge Desk at the Tower if you plan to attend.

January

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Thank you
for a
wonderful
Christmas
Program



Pet Owners Need a Plan

As seniors, we are exponentially more apt to become seriously ill with something that takes us away from our pets. The illness may be the end result of a chronic condition, or may just be something that is unexpected and quick (think heart attack, stroke or a fall). That is why it is VERY important to prepare a "go bag" for your pet. Even if you have made provisions for your dog/cat to go with a family member or friend to care for your animal for a longer term, the first 24-72 hours are a crucial time for your pet. Does someone know s/he is alone? Is there provision to feed the dog? Take him/her out? Preparing a bag for those first couple of days is VITAL, so that neighbors and friends here at Arbor Trace can take care of your beloved pet while you are unavailable. Put the bag in a place where it can be easily seen and grabbed along with your pet.

- Sandy Steinbach



Pickleball

We now have two new pickleball net systems. Our thanks to the Tower Pointe Board of Directors for approving and funding the nets, Phil S. for researching and ordering them and Craig for assembling everything.

We invite everyone to come visit the court, either to see what we're excited about or to try your hand at this fun game. We play Tuesday, Thursday and Saturday mornings, 8:00a.m.. call Karen S. if you'd like to meet and get the feel of the game outside of our regular playing times. Want to head out on your own? Club balls and paddles are at the Clubhouse front desk.

- Karen Sexton



Christmas Displays

Did you happen to stroll through Sandy's Garden during this Christmas season? If so, you will be delighted to see the Christmas display Sandy Bortz, Veni Govoni, and Art Nielsen collaborated on. As Sandy says, "It's my Christmas gift to the community!" Then, if you take a short walk to Building 9, you will be delighted to see the Christmas display in the lobby which Veni created. Take the elevator to the second floor and you will be greeted by a stunning Christmas fairyland which Veni has created. He is a gifted display artist, and he delights in creating holiday displays for the residents of Building 9. Check his displays out as the holidays and seasons change. We are indebted to both Sandy and Veni for keeping our community unique and special, and a wonder to behold!

- Nona Raines

Fred Moyer Performs

What a joy to join renowned pianist Frederick Moyer as he celebrated the Holiday season AND Beethoven's 250th birthday! Yes, December 16 (or 17? -- we're not sure which) was the 250th anniversary of the birth of one of the greatest, most revolutionary composers, whose profound influence reached far beyond music. Fred's recital includes solo classical and jazz with bassist Peter Tillotson and drummer Jim Gwin. Fred's concert included: Bach (arranged by Myra Hess): "Jesu, Joy of Man's Desiring," Beethoven: "Waldstein" Sonata (complete), Bartok: Rumanian Christmas Carols, Jazz arrangements of "Let It Snow", "The Christmas Song", "Borukh Ate, Zingt Der Tate" (Hannukah song), "Christmas is Coming" and others. We will be showing this concert once again on Friday, January 1st at 4pm on Channel 195 for anyone who might have missed the first showing, or would like to enjoy it again!

- Sandy Steinbach





Bike Riding

In April I bought a bright red recumbent bike to counter the lack of exercise and pleasure caused by the pandemic. For years, I had ridden a two - wheeler until three months ago when I fell, riding it on the blacktop near my garage. A good helmet protected my head and I received only a few minor bruises. But the fall forced me to consider the wisdom of continuing to ride. Guided by common sense and comments from friends, I sadly made the decision to stop riding my two-wheeler. Missing the exercise and mobility, I rented an adult trike for a week and then a recumbent. I liked the latter best but because its price was double that of the trike, vacillated for days about the decision. Actually, my back decided for me. The recumbent was better for my body so I splurged on it, giving myself a big birthday and Christmas present. Now I ride my recumbent four or five days a week and enjoy seeing the rabbits, squirrels, tortoises on Arbor Lake Drive and getting waves from passing neighbors. My message to you: If your spirits need a lift, consider three-wheel cycling. Here's what Albert Einstein had to say, "Life is like riding a bicycle. In order to keep your balance, you must keep moving." Susan B. Anthony, suffragette stated, "Bicycling has done more to emancipate women than anything else in the world." And finally, John F. Kennedy, "Nothing compares to the simple pleasure of riding a bike."

- Shirley Woolaway



Coping with COVID-19 fatigue

As we approach the start of the new year, it's important for everyone to remember that you aren't alone in coping with mental stress. We are all experiencing different levels of COVID-19 fatigue. Here are some things to consider or steps to take. 1. Keep connecting with people. Whether it's a neighbor, family member, friend, or trained professional, keep reaching out to others each day. Pick up the phone and call someone, or meet a friend outside to catch up in a socially distanced meeting. 2. Celebrate Victories! Maybe you went for a walk, cleaned your refrigerator, organized a closet, or wrote a note to a friend. Sometimes, even a slight change in mindset is key to coping with your emotions. Acknowledging those victories, no matter how small, can lift your spirits and bring feelings of hope. 3. Make plans: things might not seem normal right now, but it's ok to start planning for things in the future, and giving yourself something to look forward to. 4. Take care of yourself. Look after your physical needs, as well as emotional needs. Try to eat a healthy, well-balanced diet. Get plenty of sleep, exercise, and make time for hobbies you enjoy.

—Sandy Steinbach

Happy New Year!

2021

Looking Forward to a bright new beautiful year in 2021. We are toasting from our homes to the Channel 195 ball drop in lieu of our usual festivities but look forward to partying together soon.

The Christmas Cookies



I hope everyone enjoyed the Holiday Cookies that were delivered a few days before Christmas. This long standing tradition started in the early days of Arbor Trace as a way to say thank you for a wonderful year. The Kitchen Manager at the time loved baking and would make oodles of

cookies each year so that each resident could have a little cheer. The tradition has continued and passed down to each of the new Kitchen managers. The kitchen makes, bakes and decorates upwards of four thousand cookies to fill these boxes. They are then packed and delivered to your door, If you have never seen the assembly line of cookies during "packing day" it is a marvelous sight.

Wishing you all a Happy Holiday and Joyous New Year.

The Christmas Star



Hopefully you caught "The Christmas Star" on December 21st. This phenomenon was the first time that this "star" was visible in many years. The star is actually the "Great Conjunction" of Saturn and Jupiter. The planets regularly pass each other but this will be the closest they have been in many years. The astrological treat may have been what the wise men followed on the way to Bethlehem. A good reminder for us to keep looking Up!



Attention Arbor Trace and Tower Pointe “Bookies”: The book discussions have resumed in the TP Gathering Place on the third Friday of each month at 1:00. We are limited to a small group of ten, masked participants so sign-up at the Clubhouse is requested. Following are the books selected for the next months:

- Jan. 15: *Lillian Boxfish Takes a Walk* by Kathleen Rooney discussion led by Maureen Nedved
 - Feb. 19: *Hillbilly Elegy* by J.D. Vance
 - Mar. 19: *Call Your Daughter Home* by Deb Spera
 - Apr. 16: *Where the Red Fern Grows* by Wilson Rawls
 - May 21: *The Boy in the Striped Pajamas* by John Baine
- Please join us!! Karen Sexton

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December 7, 2020

RE: Arbor Trace Full Page Print

To Whom It May Concern,

Due to a processing error,

The Arbor Trace print campaign that appeared in the Naples Daily News on Friday December 4th and Saturday December 5th, was incorrect through no fault of Arbor Trace or Director of Marketing, Jennifer Hoops.

On both of these days, full page print ads displayed misspellings and incorrect verbiage that was a result of an autocorrection failure.

We deeply regret the error and any inconvenience/embarrassment this may have caused Jennifer, the board of directors at Arbor Trace, as well as potential customers of Arbor Trace and readers of the Naples Daily News.

We have since rectified this internal issue and have made the appropriate steps to ensure this type of error does not repeat.

Please accept our deepest apologies

Sincerely,

Daniel McDermott
Advertising Manager

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How Kind

Leslie Tanner and Barbara Nielsen have been spending a lot of her pandemic time knitting lap blankets to donate to people.

With the cooler weather coming, they thought it would be a great time to drop off several for the residents in Arbor Glen. Thank you so much for your generosity and kindness.

- Jody Long

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

zoom

The Monday morning Men’s Coffee Group will continue to meet in January on Zoom. All men are invited to come join us! It is very easy, as long as you have access to the internet. You can use your smart phone, a computer, tablet etc...

Go to [zoom.com](https://zoom.us) and enter the **Meeting ID 230 072 0624**
Password: 135955

The Revue Team

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