



ARBOR TRACE



TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

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

Chet and Ellen Ehrman T-306



Ellen's childhood was spent in Carlstadt, N.J. She attended the College of William and Mary majoring in Fine Arts. Afterwards it was on to New York City and a career as Executive Secretary to the VP/ Controller of the pharmaceutical Squibb.

Later she and Chet married and moved to Virginia and other places including 40 years in Basking Ridge and Bay Head, N.J. aboard their 43' boat and ashore in their summer cottage. The couple has one daughter living in Michigan with her husband and 4 children. Interests are gardening, history, travel, and antiques.

Chet was raised in Freeport, Long Island, New York. He has owned power and sail boats from age 10 to 65 on New York, New Jersey, and Virginia waterways. He graduated from the State University of New York Maritime College (SUNYMC) at Fort Schuyler, Bronx, N.Y. in 1953 with a degree in marine engineering and a license to operate steam or diesel powered ships of any horsepower in any ocean of the world. He was a sailor in the intercollegiate Yacht Racing Assn. (4 years).

He worked on five nuclear powered submarines as Shift Test Engineer (dock and sea trials) as part of Admiral Rickover's nuclear navy program, while working at the Newport News Shipbuilding and Drydock Co. in Virginia. He is a graduate of Westinghouse Bettis Plant in Pittsburgh and became an instructor in nuclear power at the shipyard.

He later worked for Burns and Roe, Architect - Engineers in Oradell, N.J. for 25 years as a Nuclear Project Manager on all aspects of the nuclear fuel cycle for liquid metal Breeder Reactors, Light Water and Gas Cooled reactors for Dept. of Energy and overseas clients. In N.J., he was a member, then president of Toms River Seaport and Museum and coordinated programs with 5 other museums in Ocean County, N.J.

- Chet Ehrman

JUNE 2020

Spotlight on Peter Burwell



Peter was born, raised, and schooled in northern New Jersey. There he worked for the same pharmaceutical company for thirty-three years in the mailing and receiving department. When he retired in 2008, he moved to the Tower in Arbor Trace to live and help take of his mother, Edna, as his father had passed away a few years earlier. She was a busy lady, and Peter was

a diligent, patient, and dedicated caregiver until Edna's death in 2015. After his Tower residence was sold, he downsized to a smaller unit in Building 2. Peter has family here, a sister in Aqua line Shores, and a niece and two children also in Naples - plus two other nieces.

Most of us know Peter. He has an insatiable curiosity, and is always offering to help, with never a bad word about anyone. He is the unofficial meter and greeter here at AT and can be seen almost every day at the clubhouse. He exercises regularly, be it at Aquasize or walking every day around our beautiful walkway. He also supports and partakes in most of our outings and shows. He enjoys watching sports, especially the Dallas Cowboys, and also loves movies.

With his helpful practices, Peter Burwell is an inspiration for all of us!

- Mary DePrisco



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Director's Notes:

June 1st marks the official beginning of the 2020 Atlantic hurricane season. The Collier County Bureau of Emergency Management will not be doing Hurricane Preparedness Seminars this season due to Covid-19.

Colorado State University has issued annual hurricane forecasts since 1984 and they recently released the 2020 Atlantic forecast. Information obtained through March 2020 indicates that the 2020 Atlantic hurricane season will have **activity above the 1981-2010 average**. They estimate that 2020 will have about **8 hurricanes** (average is 6.4), **16 named storms** (average is 12.1), 80 named storm days (average is 59.4), 35 hurricane days (average is 24.2), **4 major (Category 3-4-5) hurricanes** (average is 2.7) and 9 major hurricane days (average is 6.2). So, you should prepare for the worst and hope for the best.



For those of you who are dependent upon an oxygen concentrator or other medical devices that require electricity, you should absolutely have a plan for what you will do in the event a hurricane is headed our way. 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, emergency lighting and a few hallway receptacles. The villas in Arbor Trace have no generators at all.

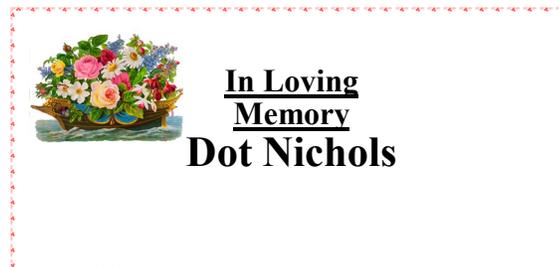
Any resident of Arbor Trace or Tower Pointe, that considers Arbor Glen as part of their back-up plan, should be aware that Arbor Glen can only provide care for up to 29 residents, which is the total number of rooms available in our facility. As I write his article, we currently have 20 rooms occupied and there is no way to know what our occupancy might be later in the year. Something else to be considered is the fact that we close Arbor Glen to new admissions 72 hours before any projected landfall of a hurricane in our immediate vicinity. At that point we are busy making sure we have ample medications, food, water and staffing to safely meet the needs of those residents already in our care.

Something else to consider, if you plan to stay in the community in the event of a hurricane is the fact that we may need to evacuate Arbor Glen residents to another facility if the threat is severe enough to warrant an evacuation. If this is the case, 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 even tropical storm force winds, we cannot dispatch nurses to your residence, if it puts them in harm's way. This also holds true for County Emergency Medical personnel, as they may not be able to respond to medical emergencies, if sustained winds make it unsafe for them to be on the road.

I would like to stress again how important it is that you take personal responsibility for your safety and welfare and have a plan.

Yours truly,

Kevin J Cooney
Executive Director





June Calendar Notes

Opportunities Available-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
- *Monday at 9am Men's Coffee via Zoom
- *Monday at 10am Publix Shopping
- *M/W/F at 10:30 am Channel 195 Chair Yoga
- *Friday at 9am Publix Shopping
- *Friday Music at 4pm on Channel 195
- *Saturday at 11:00am Tai Chi with Phil
- *Utilize the Pool, we will begin Water Aerobics classes June 16th
- *Go out for a walk or bike ride
- *Find exercise videos on YouTube

Stay Connected with Others-Reach out, talk and express yourself to others

- *Write letters to friends/loved ones/neighbors/friends in Arbor Glen
- *Call family members, neighbors, and friends

Hurricane Season Preparedness:

Now is the time to prepare a Supply Kit for Emergencies. Having a basic survival kit on-hand to sustain yourself and your loved ones after an emergency is an essential part of preparation. Think first about basic survival needs: fresh water and food are at the top of the list. Store your supplies in a portable container.

- Water (1 gallon per day per person for 7 days)
- Food--Enough for at least 7 days, nonperishable packaged or canned food and beverages and any special dietary needs.
- Non-electric can opener
- Paper plates, napkins, plastic cups and plastic utensils
- Medications-2 weeks supply
- First Aid Kit
- Cash
- Battery Operated Radio
- Cell Phone Charger
- Important List of Phone Numbers
- Flashlight and Batteries
- Battery Operated Fan
- Important Documents
- Sanitation and hygiene items
- Pet Care Items, such as food and water, medical records, a carrier, medications, and leash



This supply kit is a good start, but depending on your situation, you may need more or less items to survive an emergency. Another good idea is to use a suitcase with rollers to make it easier on yourself and your family should you need to leave your home. Also, if you are unable to shop for these items, you can purchase them online and have them delivered.



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R.O.M.E.O. (Retired Old Men Eating Out)

The first Romeo was held on March 16, 2016, at 5:30 pm. George Capone drove 16 of us to a restaurant/ bar located behind Walgreens on Wiggins pass & 41. We ordered off the menu & paid our own bill. The food was o.k. but the service not adequate. The next day David McCarthy suggested we should upgrade & offered the use of The Pelican Isle Yacht Club for a lunch in April. He & I selected 4 items from the menu & received an all inclusive price for the sandwiches with one bill payable by check or credit card. The April lunch was attended by 25 residents plus George. We had our first "living obituaries" given by 3 of us. This allowed us to get to know more people in depth. The May lunch was the beginning of having a resident from Arbor Trace be paired with one from Tower Point for the bus ride & lunch to meet new people. We had our first raffle at this lunch, which included a Thursday lunch in our Colonnade Room, donated by the A.T. Realty office, a free haircut from the A.T. Salon, a donation by the attending Club/Restaurant & money by the \$1.00 sale of raffle tickets

In succeeding months, we've had a full bus plus as many as 8 on a wait list in case of last minute cancellations. Last year we enlisted some attendees to drive their car behind the bus with those on the wait list which proved to be successful.

We are currently in lockdown due to coronavirus, but will start up again when safe & sound to do so.

Listed below are all the Clubs & Restaurants we have lunched in: Coopers Hawk, LaPlaya, Black Forest, Figaro's, T Michaels, Bayside, M Waterfront Grill, Edgewater Hotel, Plantation Club & Tuscan Bistro

Private Clubs: Bonita Bay, Barefoot Beach, Talis Park, Spanish Wells, Tiburon Golf, Stonebridge, Bay Colony Golf, Collier Reserve, Imperial, The Strand, Olde Cypress, Quail West, C.C. of Naples, Audubon, Pelican Isle, Tarpon Cove, Vasari, Pelican Marsh, Shadow Woods & Pelican Nest.

Hope all newcomers will join us in the future to get acquainted.

- Bob Bortz



Fred Moyer

The staff at Arbor Trace is to be congratulated on having Mr. Moyer in a live performance by Mr. Moyer February 2020. On May 7th, residents were provided with a wonderful piano performance transmitted electronically on our in-house TV Channel from Mr. Moyer's house in New Hampshire. Mr. Moyer provided interesting narrative for the lives of many famous composers and pianists. His presentation to us was a compilation of a master class and history lesson. He demonstrated his fantastic mastery of the piano. The audience could see his fingers at work clearly due to the use of the camera system he invented and used at his personal appearance in February 2020. He recorded the May 7th performance at his home in New Hampshire exclusively for Arbor Trace on his concert grand piano, left to him at his uncle's death a few years ago. His uncle was an electrical engineer with a great ear for music and was the person who found several lost parts of Sonata 14 by searching archives. Moyer performed Sonata No. 3 in F Minor, Op 14 by Robert Schumann. Moyer said that the most famous couple in the musical world in 1835 was Clara and Robert Schuman. They had eight children together, while she continued to play concerts and write music on her own. We also enjoyed pieces by Mendelson Rachmaninoff, and Oscar Peterson. He said that he wants to visit us again after the virus is under control.

Ellen and I first met Mr. Moyer at his first live Naples performance at Trinity-by-the-Cove Episcopal Church three years ago, followed by a reception in the parish house. Mr. Moyer is clearly a world-class pianist and interesting to talk to, so you can imagine my joy in seeing him here.

Thank you Sandy for making our day brighter., Chet Ehrman

Aquasize

Starting June 16th, Sandy will be restarting her two aquasize classes on Tuesdays and Thursdays at 9:30 and 10:15. We look forward to getting back to swimming together!





Make a Plan

Living in Florida offers many benefits and advantages, but be sure to thoroughly prepare for the 2020 Atlantic Hurricane Season starting June 1st.

Please use this time to make your plan. The Florida Department of Health, in coordination with county health departments and count emergency management agencies, has developed a registry for persons with special needs to register to receive assistance during a disaster. The Collier County sheltered is considered a *shelter of last resort*. Residents should exhaust every effort to make alternative arrangements as conditions are loud, stressful, crowded and may be uncomfortable for patients. If you previously registered online with our Special Needs Registry, you may receive an email form the Florida Department of Health advising you visit the new registry website and create new credentials. If you wish to register online,

please visit snr.flhealthresponse.com

The Special Needs Shelter is for persons who are dependent on oxygen, have respiratory problems, are visually or hearing impaired, have a Colostomy, Urinary Catheter, or physical handicaps or are cognitively impaired. You must bring a caregiver with you to the Shelter, as well as your own supplies. If you have questions or need assistance with registering, please contact Sandy Steinbach at the Clubhouse.

- Sandy Steinbach



There are so many ways to enjoy the beauty of our community or have a relaxing dip!

-Nona Raines



Friday concerts

Check out some of the amazing performers being broadcast on Channel 195. Lois Kehoe visited us just in time for a great Memorial day concert. Enjoy the Music!



C.A.M.'s Corner:

As an independent living community, You, as the owner of your residence, are ultimately responsible for the decisions regarding upkeep, maintenance, and visitors within your home. During this quarantine period, all of us have made sacrifices for the safety of ourselves and our neighbors. Now that the state of Florida has begun opening up and loosening some of the restrictions on businesses, I have been receiving a number of questions regarding the allowing of various vendors or contractors into the community for a number of different "needs". Since this pandemic has started, management and the community as a whole has encouraged residents to limit exposure to the "outside world" by only having vendors in for emergency circumstances. Although things are changing around us, our community needs to be even more diligent in protecting ourselves and our neighbors as the loosening of restrictions is already proving to increase the number of cases around the State.

You are the owner of your residence, and we (as management or board of directors) have no right to keep anyone from coming to your unit for any reason. Of course, needs vary, and it is not anyone's place to determine another's individual need. We can however, strongly encourage you to continue to practice safe practices (hygiene, social distancing, wearing masks, etc.) and strongly recommend and request the limiting of vendors, contractors and visitors in the community to reduce exposure to yourself and your neighbors to the viral dangers of Covid-19. If your house project or large delivery can wait, please wait. If you are in the building around your neighbors, please wear a mask and practice safe distancing (Remember: wearing a mask is not to protect you... it is to protect others in the event you have the virus and are unaffected!). If your family wants to visit you, please encourage them to wait until later in the year. You and your neighbors are at the highest risk of complications from this virus. Doing everything to keep yourself healthy should be a priority. Please keep exposure from vendors and visitors to a minimum and only as a necessity. We have done a great job as a community- let's keep it up!

-Nick Hoops, L.C.A.M.

Hello from Arbor Glen!

Arbor Glen is doing fine! Our hair may be longer and our nails not so polished, but we are all doing well at Arbor Glen. We are getting through these tough times together and staying healthy and safe. Our days are full of activities such as bingo, exercise and of course our daily afternoon movie. Staying busy makes things easier and helps to pass the time as we anxiously await an end to this situation we are all in.

—Cheryl Gregson



The Monday morning Men's Coffee Group will continue to meet in June 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 842 0992 1576

Happy Father's Day

A Dad is a person
Who is loving and kind,
And often he knows
What you have on your mind.
He's someone who listens, suggests
and defends.

A dad can be one
Of your very best friends!
He's proud of your triumphs,
But when things go wrong,
A dad can be patient
And helpful and strong.
In all that you do,
A dad's love plays a part.
There's always a place for him
Deep in your heart.

And each year that passes,
You're even more glad.
More grateful and proud
Just to call him your dad!
Thank you, Dad.....
For listening and caring,
For giving and sharing,
But especially, just for you being
YOU!!

Happy Father's Day!

- Anonymous

The Revue Team

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