



ARBOR TRACE



TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

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



Welcome Richard & Jacqueline David TP 1005

Richard and Jacqueline David were both born and raised in Woonsocket, R.I. Richard (who also answers to "Dick"), graduated from the University of Rhode Island with a BS in chemistry. He then worked as a chemist for Celanese Mfg. Company until he retired. He is a member of the American Chemical Society.

Jackie graduated from Bryant College with a business degree and then worked as executive assistant to chief CEO of a large manufacturing company in Rhode Island.

They met at a YMCA dance in Woonsocket, married after college, lived in Cumberland, R. I., and had two daughters. Later on, Jackie worked as administrative coordinator of faculty at Bryant University.

When they retired, they spent summers at their Cape Cod cottage in Eastham. Richard loved to shellfish and became a talented bird carver. They also enjoyed sailing together and spending time with their two daughters and three grandchildren. In 2001 they retired to Naples, initially renting as snowbirds (as most of us did) and then purchased a home in Pelican Marsh, which they had for 15 years. It then became time to downsize, so here they are.

Richard now is an avid Boston sports fan, does crossword puzzles, Sudoku, and cooks special breakfasts for the family. Jackie loves tennis, gardening, and reading. Both loved to travel and hit the European high lights while it was still easy to do. We all agreed that we are glad we did exactly that.

They adore living in Paradise and will surely enjoy making new friends at Arbor Trace. We wish them good health and much happiness here.

-Merle Bauser

September 2018

Welcome Sue Blum 9-201



Building 9 is very happy to welcome this lovely lady to our midst. Born Sue Azaren, she was raised, schooled, and employed in Chicago where she met and married Sam Blum, a fabric retailer, in 1948. At the time she was working for the Washington National Insurance Company.

They had two sons, one now in Nashville, and the other in Ohio. Sue has four grandchildren and also a great-grandson. After her husband's death, she came from Chicago to Naples in 2000.

Sue moved into Village Walk and immediately began a life of volunteerism. For the eighteen years she lived there, she was quite a busy lady, working at the Conservancy, then the Neighborhood Health Clinic, the Holocaust Museum, and the Baker Art Museum at the Philharmonic.

She loves her needlepoint, and also knitted afghans for chemo patients. She hopes to join the knitting group here at AT. One of her sons has a condo here and thought it was time for Mom to move. He found Arbor Trace and here she is. Sue agrees that he made the right choice and so do we!!

-Mary DePrisco

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Director's Notes

Can you believe it's September already! 2018 has been flying by. Hoping everyone had a wonderful summer. I'm sure everyone is looking forward to Fall's cooler weather but certainly not the traffic as this time of year is just around the corner.

I am often asked what is Long-term care insurance. It's a policy designed to cover at least some if not all of your expenses if you have a chronic but not life-threatening illness, long-term disability, or you are unable to live independently because you can't perform a number of the activities of daily living. Those activities typically include bathing, dressing, feeding yourself, taking medication, using the bathroom, and being able to move from a sitting to a standing position. Most contracts also cover cognitive impairments, such as Alzheimer's disease.



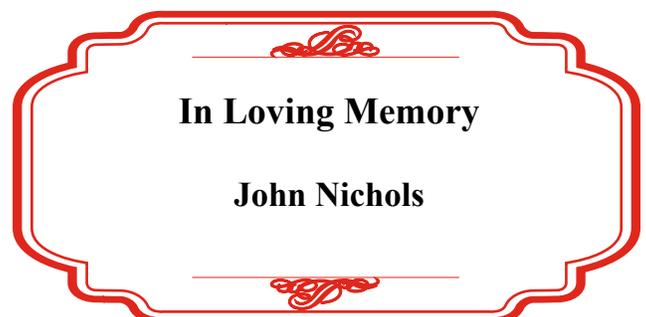
Under the terms of most long-term care contracts, you can be cared for in an Assisted Living Facility or at home. The insurance pays for custodial care, which must be provided by licensed professionals. Arbor Glen is an "Assisted Living Facility" with 24/7 nursing care which meets the qualifications for most long-term care policies. Every policy is different, so if you have a long-term health care policy you would want to read through it to see what it will provide for you if and when ever needed. If you have any questions about your policy I urge you to call your insurance company for clarification. These plans provide a specific daily or monthly benefit for a predetermined benefit period. Most policies have an elimination period, which lasts from the day you become eligible until the day the insurer begins to pay usually; 30, 60 or 90 days. I have seen some older policy's that were effective immediately. When purchased you generally had a choice of the benefit, benefit period, and elimination period that makes the most sense to you and that you can afford.

Just a heads up that as I write this article there has been another Bear sighting in our community. There have been many sightings over the past few weeks. FWC has been called and their recommendation is don't go near it; it has a right to be here to. Keep in mind that Florida bears by nature are shy and timid creatures. If you happen to cross paths with a bear just make a lot of noise and start clapping your hands and the bear will take off running. Nick Hoops has tested this a few times and he has successfully caused the bear to run off.

In closing, you all may have heard the jack hammers a few weeks ago chopping up all the cracked and or uneven sidewalks in preparation for pouring new sections of sidewalk to eliminate trip hazards. That's what makes this such a Great community; When things need to be done they get done.

Yours truly,

Kevin J Cooney
Executive Director





September Calendar Notes

Monday, September 3rd: In observance of Labor Day, the meal service today will begin at noon, and it is a relaxed dress code. Please make reservations at the Clubhouse if you plan to attend.

Tuesday, September 4th: Fred and Elsa Katz presents “Crooners and Canaries” at 10am in the Gathering Place! They will feature the best of the big-band singers, both male and female. Hear Perry Como, Mel Torme, Frank Sinatra, Tony Bennett, Nat King Cole, Andy Williams, Peggy Lee, Doris Day, Rosemary Clooney, Ella Fitzgerald, Sarah Vaughan, Dinah Shore--all at their best, and singing songs that you haven't heard from Fred and Elsa up till now. This afternoon, Dr. Tietlebaum will be in the Salon starting at 1pm for Podiatry services. Please sign up at the Clubhouse if you plan to go, and remember to bring your Medicare card.

Friday, September 7th: Lunch Bunch departs at 11:30am. Please sign up at the Clubhouse if you would like to go!

Tuesday, September 11th: For those celebrating Rosh Hashanah, there will be a Holiday dinner in the Colonnade starting at 5:30pm. Please make a reservation at the Clubhouse if you would like to participate.

Wednesday, September 12th: You have seen the movies, now come hear the true story from our very own Ray Maloney: Mutiny on the Bounty. With a lifelong interest in the Bounty story, Ray has traveled extensively and put together a unique 35mm presentation. Come join in from 10am-noon in the Gathering Place. Our September Management Party begins this evening at 5:30pm. Invite some neighbors and please make reservations at the Clubhouse.

Friday, September 14th: Step Smart Collier, a nonprofit corporation will be hosting a fall prevention seminar today starting at 1pm in the Gathering Place. We will have a presentation on injury prevention, along with complimentary balance and hearing testing. All are encouraged to attend.

Wednesday, September 19th: The Arbor Trace Condo Association will hold its monthly meeting today at 3pm in the Clubhouse Activity Room. For those signed up, we will be departing the Clubhouse at 4:45pm for The Broadway Palm Dinner Theatre.

Thursday, September 20th: It is important to evaluate your options for Medicare for the coming year. Hallie Devlin is a SHINE volunteer counselor and the Coordinator for the Collier County program. SHINE (Serving Health Insurance Needs of Elders) is a joint program of the Florida Dept. of Elder Affairs and Area Agency on Aging for Southwest Florida to provide free, unbiased counseling to seniors and the disabled on Medicare and Medicare-related programs. SHINE has no connections to any insurance companies and does not sell any financial products. See you at 2pm in the Gathering Place.

Friday, September 21st: ROMEO (Retired Old Men Eating Out) is heading out at 11:45am for a fantastic lunch at Bay Colony Golf Club in Pelican Marsh. Please reserve your seat on the bus at the Clubhouse as soon as you receive this newsletter. This evening, our friend pianist/singer Lois Kehoe returns at the Top of the Pointe for a sunset party from 7-8pm. Come on over after dinner for a fun hour of music and hopefully a gorgeous sunset.

Monday, September 24th: We are celebrating September Birthdays this evening in the Colonnade at 5:30pm. All residents with a September birthday are encouraged to RSVP to Jody at the Clubhouse.

Wednesday, September 26th: Stop by the Clubhouse starting at 10am this morning to get your flu vaccine. CVS is administering them, so please remember to bring your Medicare Card with you.

Thursday, September 27th: All Tower Pointe Condo Association members are encouraged to attend the monthly meeting at 10am in the Gathering Place. This afternoon, Rona Steingart, art instructor, is back with Hodges University to teach a You Can Paint Class. This class is limited in size, so please sign up at the Clubhouse.

Friday, September 28th: Join us on the bus for Penny Pinchers today at 10:45am as we hit the re-sale stores looking for great deals. Please sign up at the Clubhouse if you would like to go!

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Mutiny on The Bounty

You have seen the movies, now see and hear the true story, from our very own resident, Ray Maloney, on his unique 35mm slide presentation. With a life-long interest in the Bounty story, Ray visited Tahiti, Moorea, Tubuai, Pitcairn, Fiji, Norfolk,

Hawaii, Australia, New Zealand, and did additional research in England and the U.S.

Come join us on Wednesday, September 12th 10am-noon in the Gathering Place to take a voyage on the actual Bounty (He has plotted every log book position fix and recreated the exact track of the Bounty). We will finally understand the mystery and fascination of the Bounty epic that has gripped the world for over two hundred years.



Arbor Trace Lifestyle

Arbor Trace stands gallantly by Arbor Lake bringing members the light, mist and mystique of members with staff working meticulously to bring the welcoming spirit that has become the essence of Arbor Trace. Management staff offers a spirit that has become the essence of the place.

As they share with residents of this unique location an exceptional life style of genuine hospitality which is at the heart of everything they do. The offerings of walks, sporting excursions and tours of nearby towns. The superb gourmet fare served in the dining room features rich larder of produce, poultry, game and fish.

Without a doubt the heart of Arbor Trace is indeed its cordiality followed by its cuisine designed to showcase local wealth of seasonal produce, fish and delectable meats.

-Ruth E. Patrin



R.O.M.E.O.

The bus left with 25 men on Friday August 17th to have our monthly lunch at one of the largest clubhouses in our area, Quail West. We were greeted & taken to our private dinning room overlooking the golf course. The talk around the tables was Trump, & the beginning of the NFL preseason games. We were served our ice tea, etc. & started off by wishing Lou Knouse a happy birthday, who just so happened to be our "Living Obituary" presenter. Following lunch Lou gave a wonderful "Obit". Thanks! We then had a few jokes, followed by our usual

raffle. The winners were Rob Winslow, lunch at the Colonnade room donated by Jennie Bradford. The winner of a deck of monogrammed Quail West bridge cards was Gordon Svoboda. The Black Forest German Restaurant gave me two \$25 gift certificates won by David Hocking & Lou DePrisco. The \$\$\$ winners were Bob Chambers, Lou Knouse & Doug Dick.

The Next ROMEO is at Bay Colony Golf Club in Pelican Marsh on Friday September 21st. Sign up after you receive the Sept. Review calendar. Berman & Dick will handle the luncheon for me since I won't be able to be there.

-Bob Bortz



Step Smart Collier Inc. is a nonprofit corporation created to increase senior's awareness of the fall risk they face and how to mitigate those risks. I am pleased to announce they will be doing a fall prevention seminar in the Gathering Place on Friday, September 14th at 1pm. They will be bringing several balance testing machines, so I encourage you to attend to learn how to reduce your fall risk and test your balance. It only takes 4 minutes to test your balance, and afterwards you will receive a printout showing how you rate, based on your age and gender. Falls are not a natural part of aging. Most falls are preventable! See you there!

-Sandy Steinbach



LACES of LOVE

Laces of Love

During the September Management Party on September 12th we are hosting a Shoe Party! Laces of Love is a local charity whose mission is to provide new shoes to low income and disadvantaged children in Collier and Lee county schools. Sizes 1-9 are needed....boys and girls....sneakers. There is NO paid staff at Laces of Love and all money donated goes directly for new shoes. Sometimes the kids say “wow, this is my very first pair of new shoes ever!” or “Now my feet don’t hurt.” The charity works directly with the school nurses, teachers and staff to help kids in need directly. Now that school is in session, their supplies are low and could use our help. We have the opportunity to bring smiles to the community, so please pick up a pair of kids sneakers next time you are out shopping (and socks too!) and bring them to the Management Party! Any questions, please see me. Thank you for your support!

Faith Corner



We are living longer, healthier lives by applying the Power 9 from Blue Zones; the 9 principles inspired by the people who have lived the longest. This month, we zone in on Belonging to a faith based group. There are several faith experiences available to our residents on our campus that you may want to participate in. Tuesday, September 11th there will be a holiday dinner at 5:30pm for those celebrating Rosh Hashanah. Please make a reservation at the Clubhouse if you would like to join in. Catholic Mass occurs in Arbor Glen and is open to everyone every 2nd and 4th Wednesday at 11am. Every Sunday, there is a live-streaming worship service from the Naples United Church of Christ at 10am in the Clubhouse Activity Room available for everyone. There is a new Women’s Beginner Bible Study group starting on Friday, September 7th from 10-11am in the Clubhouse. Pat Adams and Barbara Smith will be leading this group, so come and check it out. Did you know belonging to a faith-based community and attending services regularly can add up to 14 years to your life? If any of these interest you, give it a try!

-Sandy Steinbach



Proud to be Blue Zones Certified!





Book Club news

Our inaugural year of this group provided opportunities for us to read a variety of books and participate in lively discussions each month. Books are chosen in the fall based on recommendations from all participants and a vote of the group. The schedule for 2018/2019:

***No later than October 1, 2018** Turn in recommended book titles (1 or 2), with one- or two-line description to Sandy Steinbach.

October 15, 2018 - 1:00 Planning meeting in the Gathering Place to go over the list of recommendations and vote on seven.

***November 19, 2018** - 1:00pm Book discussion of *The Woman in Cabin 10* by Ruth Ware.

All residents are invited to join in this activity. We will meet the **third Monday of each month at 1:00 in the Gathering Place**. A copy of the book to be discussed will be in our libraries and, if available, a large-print copy in Sandy's office. To facilitate discussion, books are to be read prior to the meetings. -Karen Sexton

Arbor Trace by Ruth Pattrin

into your community I came
out of adventuresome career
you stole my very being
leading me to tomorrow



gone is yesterday's
world travel career
now proud history burns bright
with new found adventures.



Flu Season

It's that time of year! Time for your flu shot! The flu clinic will take place in the Clubhouse on Wednesday, September 26th starting at 10am. Anyone who would like a shot is welcome; please bring your Medicare card with you. CVS will be administering the shots and will have the high dose vaccine and the pneumonia vaccine available.



Spirit of 45 Day Breakfast on August 11, 2018

3 Haiku Poems by Rob Winslow

We chase life swiftly.
The turtle moves more slowly.
All think about this.

Swallow builds her nest;
Hatchlings burst into the sun.
The grass grows greener.

Snoopy wags his tail.
All the world is happier.
Much is forgiven.



Calling all BINGO callers!

Have you got some extra time on your hands? Arbor Glen is looking for volunteers to call bingo. Times include occasional Saturdays and holidays. Volunteers create wonderful connections in our community and you will find not only are you positively influencing someone else's day, you will be blessed as well! Please contact me if you are interested!

-Cheryl Gregson

The Revue Team

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