



ARBOR TRACE



TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

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



Welcome New Tower Pointe Residents
Joan and Bruce Millon!
TP 601

Bruce grew up near the ocean in Long Beach, NY. By the time he was college bound, he headed for Bucknell in PA and graduated in 1961 with a business degree. He became the youngest buyer ever hired by Sears and worked at the Tower in Chicago. He has two sons ~ John who is an orthopedic hand surgeon in SC and Tom who owns a very successful bond company in FL. A divorce brought him into living in the city as a bachelor. And that's where I came into his life!

I grew up in Arlington Hts., IL as the daughter of an FBI agent. I headed to Coe College in Iowa for my degree in education. I married soon after that and had one son, Mike, but alas found myself in an unhappy marriage and divorced. I met Bruce in 1974. I knew it was love at first sight, but it took him awhile to "come around." We were married November 1, 1975 and immediately moved to a new home together in Greenville, SC. After 4 years in SC working in the apparel field, our life took us to Weston, CT where Bruce worked as VP of Health-tex kids wear in NYC. The next move was to Shawnee Mission, KS we bought a heating, cooling and plumbing company. We ran it together successfully for 15 years. My son Mike and his wife Kim now own it, and possibly our grandson Michael II will one day own it.

I was a watercolor artist in CT, and now I am a glass fusion and bead artist, and I hope to teach beading at Arbor Trace. We both love birds, flowers, the beach and look forward so much to creating a new home and new life for ourselves in 601 in Tower Pointe. Our interests, outside of nature, are Planned Parenthood, the Collier Co. Democratic Club, dancing, the Art League of Bonita Springs and Unity Church of B.S.

-Joan Millon

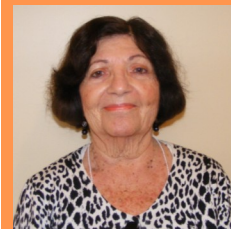
October 2011

Calling All Veterans!



In honor of Veteran's Day, November 11th, there will be a fun guessing game set up in the clubhouse. Please bring a photo of yourself in your service uniform to the clubhouse anytime in the month of October to participate. Sandy will copy the photo and return it to you. Start digging for the photos now, so that we can honor all of our heroes!

-Sandy Steinbach



Welcome New Arbor Trace Resident May Edwards 9-502

May is from New York State originally and has joined the Arbor Trace family August 2011. She has 3 children, 4 grandchildren, 2 great grandchildren, and 1 more on the way! Living locally, May enjoys their company. She is especially proud of her grandson, Robert Radcliff, who plays the violin professionally. After finishing school in New York, May went to the Fordham School of Nursing. Upon graduating, she took a trip to visit her sister in Miami Beach, she decided to stay and got a nursing job at a VA hospital there. While working there, she met her future husband, William James Edwards, who was there to recuperate, after WWII. The rest is history!

May enjoys reading, walking, and listening to music. She has lived in Naples for 24 years, and enjoys all it has to offer. She looks forward to getting to know you!

-Sandy Steinbach

Director's Notes

Our new emergency response system has been up and running for six months now. The numerous false alarms we received initially from residents accidentally setting off their alarms have subsided as everyone becomes more familiar with their emergency devices. Arbor Glen does receive on the average three to four actual emergency calls each week. When nursing staff respond to an emergency call, they assess the situation and determine whether 911 should be called for transport to the hospital or render first aid and recommend you contact your physician for a follow-up visit. Please note that Arbor Glen does not hold a home health license and as such they are unable to offer any services in the home other than emergency first aid. We do however, have relationships with many reputable home health agencies to which we may refer you to should you need in-home services.

Another valuable service we provide to our residents is our "File of Life" program. The "File of Life" gives the first responders valuable information concerning your medical history. Providing not only Arbor Glen nursing staff but the paramedics with relevant information such as the name of your physician, your current medications and any special medical conditions such as pacemakers, drug allergies, etc. may be critical to your emergency care. In a crisis situation, you are not always in a position to answer these important questions. This "File of Life" should be kept on the front of your refrigerator as this is where the nursing staff and paramedics are trained to look. If you do not currently have a "File of Life" or if your medical history has changed in the past year, I encourage you to contact Sandy Steinbach at 598-2929, who will assist you in putting this together for you.

On another note, I heard recently that one of our residents was released from the Emergency Room late one night. He arrived at Tower Pointe in a cab; he had no keys and did not know that he could gain access to the building by using the directory panel at the main lobby entrance to Tower Pointe. If ever you are locked out of the building after hours, you can scroll down the directory panel until you find "clubhouse". You then press 0000 on the keypad and a call is placed to Arbor Glen who can then give you access to Tower Pointe by phone or if necessary, the nursing staff will come over with their set of master keys to let you into the building and if needed, into your apartment. If you are an Arbor Trace resident and find yourself locked out, you may call 598-2929 and Arbor Glen can meet you at your building and give you access with their master key. If you do not have a cell phone with you, you can always go to Tower Pointe and follow the direction mentioned above to place a call to Arbor Glen.

Yours truly,
Dan Edenfield
 Executive Director



In Loving Memory

Elmer Grant



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 11:30am - 1:30pm.
- 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

Clubhouse Reception
598-2929
Tower Pointe Concierge
598-9229
Sales Office
598-3490

Colonnade Room Etiquette

- It is required for all gentlemen, including guests, to wear a sport coat in the Colonnade Dining Room. No shorts are permitted for dinner or brunch.
- Reservations **MUST** be made for **ALL** Dining Room seating's. To make your reservation call 598-2929.
- **HOLIDAYS & COCKTAIL PARTIES**: Reservations must be finalized 2 days prior to event to ensure accommodations. Failure to make a reservation will result in delayed service or possible non-admittance.

*Daily standing reservations do not apply for parties or holidays.





October Calendar Notes

Tuesday, October 4th: What could be more appropriate with Columbus Day coming up than a musical program entitled "Discovering America"? In their next presentation today, Fred and Elsa Katz lead you coast-to-coast--from the Statue of Liberty to the Golden Gate Bridge, with melodic and patriotic stops along the way. It's a blend of great recorded music, commentary and visual PowerPoint. Hear wonderful performers such as Kate Smith, Tony Bennett, John Denver, Bing Crosby and the Boston Pops, with composers like Aaron Copland, Irving Berlin, Cole Porter and John Philip Sousa.

Wednesday, October 5th: Get your Flu Shot today in the Clubhouse Lobby! Arbor Trace residents are welcome to come over between 10:30 am and 11:15, and Tower Pointe residents are welcome 11:15 am to noon. Please bring your Medicare card and your Flu Shot form with you. Forms are available in the Clubhouse and Tower Lobbies. Enjoy refreshments and blood pressure checks etc...

Later this afternoon come travel with us from the comfort of your chair to see "The Yangtze River" with Jim Sernovitz in the Activity Room at 4:30 pm.

Thursday, October 6th: Dr. Andy Oaks-Lottridge will be visiting us in the Gathering Place at 2:00pm. Don't miss this excellent opportunity to learn about anxiety, stress, and how to beat them! Right in time for the holiday season! Refreshments will be served!

Friday, October 7th: Sign up at the Clubhouse to go on Mystery Lunch today. We will leave at 11:30 am from the Clubhouse. Where we'll go, nobody knows...

Enjoy music from Kirk and Marilyn this afternoon in the Clubhouse Lobby starting at 4:15 pm. This four hand team will keep your toes tapping.

Monday, October 10th: Join us for Oktoberfest tonight, starting at 5:30 pm in the Colonnade. Put on your lederhosen & dirndl and get ready to dance the night away! Please make reservations at the Clubhouse.

Wednesday, October 12th: Enjoy Irving Berlin music today with Marlene & Chet, pianist and singer at the Top of the Pointe, starting at 4:15 pm. Refreshments will be served.

Friday, October 14th: Grab your hat and sunglasses as we spend the afternoon on a boat cruise, right down the road. For only \$20 per person, we will enjoy a lovely ride out to the Gulf of Mexico with Naples Marina and Excursions. Please sign up at the Clubhouse.

Monday, October 17th: Book Club is back this month! Make sure to head over to the Gathering Place at 10:30 am to hear the review. We are celebrating our residents who were born in October tonight in the Colonnade. For those who have RSVP'd, meet under the balloons at 5:45 pm in the Colonnade Room.

Thursday, October 20th: Make your reservations for Signature Lunch today at the Clubhouse. Join us starting at noon, for a lovely lunch buffet, with the music of Glenn Williams. The fall session for Hodges University Lifelong Learning Program begins this afternoon with "History's Great Art Heists" at 2 pm in the Gathering Place. This program is welcome to all of our residents, so come on out and learn something interesting.

Friday, October 21st: Let's get thrifty! We are heading to Ft. Myers stores for the day to Pinch our Penny's. Please sign up at the Clubhouse if you would like to go on this shopping outing.

Friday, October 28th: Get ready to be entertained! The Geri-Atriques Band is back, in collaboration with residents and staff to bring you a variety hour. Let's join together at the Top of the Pointe at 4:30 pm for an hour of fun.

Monday, October 31st: We will end the month with a bang! Get out your best costume for our Halloween Costume Party. The fun starts at 5:30 pm in the Colonnade Room. Please make reservations at the Clubhouse.





Arbor Trace and Tower Pointe's Anniversary Celebration!

On September 14, we celebrated the 20th anniversary of Arbor Trace and the 10th anniversary of Tower Pointe with a bang up Gilligan's Island party. Since I have never seen the Gilligan's Island TV show (it was on when I was not living in the U.S.), I am not highly qualified to comment on the authenticity of the costumes worn but they surely were like a few photos I have seen. There were many elegant Mrs. Lovey's and Gilligan's, and Ginger and Mary Ann. Others wore island garb, mumu's, leis and men in aloha shirts.

Our wonderful in house staff really got in the swing of it with Dan in his Captain's hat introducing them when they sang the Gilligan's Island song with great enthusiasm. He named the original residents of Arbor Trace who were present, including the Montag's and Charlotte Stifler. Then the original residents of Tower Pointe: Nelleke Landay, Joy Gaudreau, the Gates', Betty Dawson, and the Duffy's.

The enthusiasm and merriment continued as Nevada Smith's music brought many of us to the dance floor. In fact, more people were dancing this evening than I had ever seen. He plays and sings a wide range of songs from Cole Porter to Jimmy Buffett and then some. Everyone liked him I think and since I had suggested we hire him, I was so very pleased.

Of course we had our usual scrumptious buffet with food given Caribbean names. Decorations added to the theme.

It was a wonderful party!

-Merle Bauser





Hodges Life Long University Classes

With the start of fall, comes a new semester of our Hodges Lifelong Learning here at Arbor Trace. While the session guides will be available to all the 2nd week of October, here's a sneak peak at what is heading our way! We will start the new classes on Thursday, October 20 at 2 pm in the Gathering Place with "History's Great Art Heists." Instructor Carol Jonson will be investigating some of the most infamous art heists of the past three centuries, from Napoleon's and Lord Elgin's looting in Egypt, Greece and Italy to the 1911 theft of Mona Lisa from the Louvre and the still-unsolved burglary of Boston's Isabella Stewart Gardner Museum. Some other classes we will be enjoying are: "Vivaldi's Four Seasons: A Celebration of Autumn," "Great American Music: Broadway Musicals, Part Two," "Lustitania," "Deaconess Harriet Bedell," and "The Landscapes of John Constable."

All classes are held in the Gathering Place and are open to all residents—ENJOY!
-Sandy Steinbach



Arnie Ross Performance

We enjoyed a great performance by our friend, pianist Arnie Ross on Friday, September 16th at the Top of the Pointe.

He put on a lively show playing the 'four handed' duets of Ferrante and Teicher. For the past three decades, Julliard trained pianists Ferrante and Teicher have thrilled audiences playing four handed duets on dual concert grand pianos. Arnie answered a personal challenge that had long intrigued him... could he do a live concert in which he emulated the four handed, dual piano arrangements. Months of work produced great success! Thank you Arnie, we'll look forward to your next visit.
-Sandy Steinbach

Exercise Anyone?

I hope you all know what a wealth of group exercise classes we have here at Arbor Trace. To titillate your interest in them, here is a short resume and commentary.

From Monday to Friday we have a 9:30 am exercise class in the ER which is the Exercise Room in the clubhouse. These classes are stretch/aerobic and are done with tape instructions. Various tapes are alternated. For example, Jane Fonda's "Walk Out," Cole's "Chair Strength and Stretch", Stolove's "Chair Dancing Through the Decades", "Strong Heart, Strong Body", Leisurely Living." Participants often choose the videos to be used. Videos vary in length from half an hour to an hour. On Saturday the class is at 9:00 am and is usually "5 Mile Fat Burning Walk" (also in ER) with a tantalizing "cookies and coffee" incentive on the elevator bulletin in Tower Pointe. I'm not sure if the exercise cancels the gain from the cookies.



On Tuesday and Thursday at 10:15 am, Sandy leads the water exercise group. This is a fun group to join if you can. It is, of course, subject to weather conditions.

On Monday and Thursday at 1:00 pm Sandy leads a "stretch & flex" class in the ER in the Clubhouse.

Then on Wednesday and Friday at 10:30 am we have Chair Yoga in the Top of the Pointe Club. What a great view as we do it! Conducted by the young lioness, Allison Gardella (some hair!), this is my first try as a yogi. I am learning a lot about relaxation and find I almost fall asleep in the meditation part. Never knew so much breathing was good for the brain but that is what I am told by my daughter-in-law who teaches yoga in CA. Interestingly enough, I am more fatigued by this class than by my stretch dancing class off campus. So it is an interesting experience and worth trying.



From what I hear, Helen Martin is the true champion participant who takes most classes. Marie Hersh takes most of them also and has provided information regarding the Arbor Trace classes. She has been instrumental in promoting our having such a variety of videos. She urges others to come and enjoy them with her. Her enthusiasm is so contagious, I must go if I can get up early enough. Do come too.

Oh yes, we also have two machine exercise rooms for the loners who prefer that, one in the Tower and one in the Clubhouse. Plus you can walk outside or go to L.A. Fitness on your own!! It is so important we keep moving in these, our senior years.

Excuse me now, I have to take my nap. Exercise and stay well!!
-Merle Bauser



Book Club News

The book club meets on Monday, October 17th at 10:30am. Book will be announced at a later date.

-Pat Burneson



Peter's Movie Review

On Monday, September 19th we all assembled in the Gathering Place to watch the film "Mao's Last Dancer." This dramatic film, made in 2003, is based on an autobiography by Li Cunxin. At age 11 Li was living in a very poor village in northeast China. He was chosen by Madame Mao's cultural delegates to be taken from his rural home and brought to Beijing, where he studied ballet. Li studied at Madame Mao's Dance Academy for 7 years in China before traveling to America as an exchange student to study with the Houston ballet.

Li's visit, with its taste of freedom, made an enormous impression on his perceptions of both ballet and of politics. Once back in China, Li lobbied persistently and shrewdly to be allowed to return to America. Miraculously he prevailed in getting permission for a one year term.

Back in America, in a spectacle in 1981 that received national attention, Li defected in a showdown at the Chinese consulate in Houston. He married fellow dancer Mary McKendry and gained International renown as a principal dancer with the Houston ballet and later with the Australian ballet.

I really enjoyed this film and knowing that it is a true story made it even better. If you are a fan of dancing or music, this is a film you must see. The ballet scenes are beautiful and the music is peaceful. I recommend this movie to all ages. It is a very touching and heart warming story that everyone can be inspired by. I give this film 10 pumpkins out of 10!

-Peter Burwell

A Job Well Done!

Cathy Hargrove has been with Arbor Trace since 2006 which makes her a 5 year veteran. She started out as a server in the Colonnade room, transitioned to serving the Arbor Glen residents, and is now the Arbor Glen Dining room manager. She is so helpful, friendly, caring, and compassionate with the residents and her fellow co-workers.



Cathy is a hard core football fan! Better put, a hardcore New England Patriot fan. In her spare time of course she watches & cheers on football, she likes to fish, she enjoys dining out, and loves spending time with her companion Charles. A fun fact about Cathy, she has a 13 year old Russian blue cat names Sasha.

-Jennifer Pagels

The Resident Connection Intermission

As proud as the author of the German Connection is of having become an American citizen more than fifty years ago, she is happy to return to the mountain village of her childhood in Germany.

As you read this, ten of our immediate family will gather for a week in the mountains. They come from Texas, Upstate New York, Sicily, Frankfurt and Munich. My oldest son, now fifty-four, has not been back to Germany for thirty-five years. He was nineteen when he left there. While having been raised bilingually, it will be a challenge for him to converse in German. Bruce and I will be back the end of September. In the meantime, enjoy your wonderful life at Arbor Trace.

-Heidi Stryker

Sales Update

As season draws near, the Arbor Trace Realty sales team is happy to report that this summer has been much busier than we expected. We have written two contract offers in the last two weeks! We hope this is a sign that it will be a productive season with several more sales.

We had a great turn out for our September Open House on the 20th, despite the liquid sunshine an hour before it started. Villas, mid-rise homes and tower residences were all well-received. The next Open House will be held in October. View the website for details & don't forget to invite your friends!

The new website - ArborTrace.com has been tracking an increase in activity and contributing to better search results in addition to getting our phones to ring. It continues to be updated on a regular basis with news and events as well as online access to newsletters.

Your referrals, comments and questions are always welcome – feel free to call Jennie, Jennifer or Lisa at 598-3490. Thanks to all the staff and residents for your continued support!

-The ATR Team

Just for your information... At the WWII Memorial in Washington D.C. there is a registry into which all WWII service individuals can register their names and service records into a permanent record. In addition, persons who served that are not with us can have their names registered by family or friends.

For full information you can call 800-639-4992 or visit the website <http://wwiimemorial.com>



The Revue Team

Publisher...Jennifer Pagels

Calendar of Events...Sandy Steinbach

Contributors to this edition...Merle Bauser, Dan Edenfield, Joan Millon, Pat Burneson, Peter Burwell, Heidi Stryker, & The Arbor Trace Realty Team