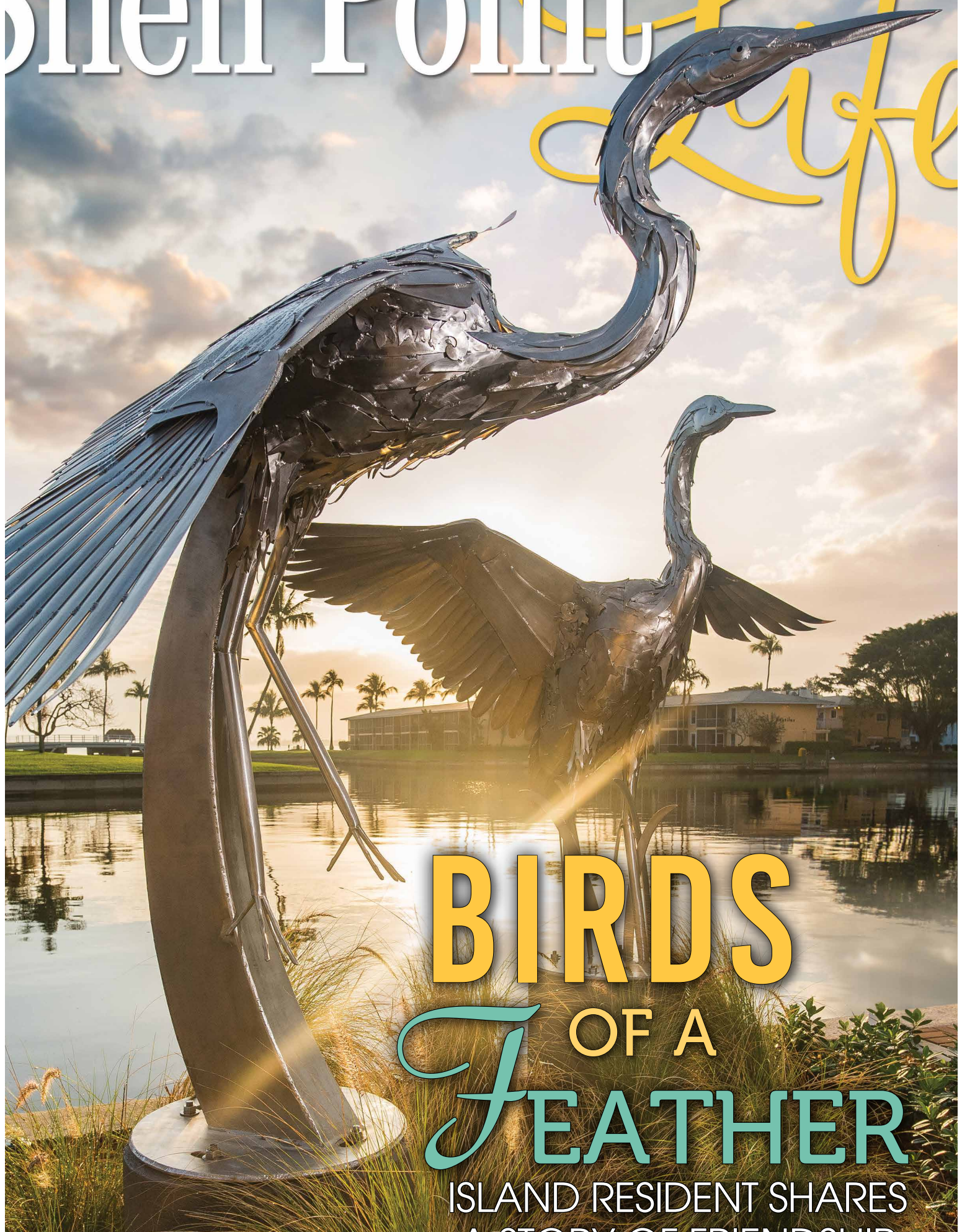


# Shell Point

# Life



# BIRDS

# OF A FEATHER

ISLAND RESIDENT SHARES

A STORY OF FRIENDSHIP

# first glance

## EARLY POLLING RESULTS

by Mary Kay Grimaldi

In last month's issue of *Shell Point Life*, we invited residents to provide feedback to guide us in creating a most appealing and useful magazine. While we're still gathering and tallying the survey results, some early polling indicates overwhelmingly positive reactions.

"It's a great vehicle to accent the community," said one respondent. "After reading our first *Shell Point Life*, we were ready to move here!" Another appreciates the variety of topics covered in each issue, while some like the human interest features about all the successful people who have made Shell Point their home."

During informal "hallway" conversations, I learned it can be difficult to read on a dark background. The photography is a compelling component, and readers say they like to see a balance that depicts the "fountain of youth" and vitality of our community.

This pulse point is extremely limited in scope, however, since only a handful of our many readers have logged online to complete the survey. Isn't there something more we can do to improve? Go to [www.shellpoint.net/splifesurvey](http://www.shellpoint.net/splifesurvey) and give



us an earful (before tax day, please)!

We learned that one purpose the magazine serves is to "help us become acquainted with our accomplished neighbors and interesting Shell Point events." To that end, in this issue, we showcase the faces and festivities at the annual gala (pages 27–28), the 2016 Art Show and Sale (back cover), and Friendship Day (pages 4–5).

You'll meet Maggie Tribby (Junonia), who shared the story of her longtime friendship with resident Jean Van Hoose (pages 6–9). Eavesdrop on a lively dinner discussion at the Crystal Room with gala performer Elisabeth von Trapp and a few residents with ties to *The Sound of Music* family history (pages 28–29).

To fulfill the goal of "keeping us up to date," read the stories about the new Waters Watch neighborhood and enhancements to The Springs assisted living (pages 14–16), construction of the Shell Point Clubhouse (pages 30–31), and record-setting rain at the Shell Point Golf Club (page 10).

Finally, please help us welcome the new Executive Vice President Martin Schappell to our community (page 3).



## Shell Point Life

*Shell Point Life* is published monthly for the residents of Shell Point Retirement Community.

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**Back Issues Available Online**  
Is there an issue of *Shell Point Life* that you just have to have? Was your friend or family member in a recent issue but you lost it? You can find the current issue as well as back issues of the magazine at [www.shellpoint.org/shellpointlife](http://www.shellpoint.org/shellpointlife).

## ON THE COVER

The heron sculpture at Friendship Point near the Amphitheater on The Island is Junonia resident Maggie Tribby's gift to Shell Point, in memory of her longtime friend and fellow

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# BOARD MEMBER

# MARTIN SCHAPPELL TRANSITION TO SHELL POINT EXECUTIVE TEAM

## Martin C. Schappell has joined Shell Point leadership team

as the new executive vice president. Since January 2008, he has served as a member of the Board of Directors of Christian and Missionary Alliance Foundation, Inc., (CMAF), which owns and operates Shell Point. Martin is expected to succeed President Peter Dys as he retires at the end of 2016 after 15 years with the organization.

A board-appointed Transition Committee began working with Shell Point management in early 2012 to prepare for the search process. Board member Mike Scott, chair of the Transition Committee (which subsequently became Search Committee), shared six core competencies that the board unanimously determined should guide selection: *spirituality, strategic orientation, teamwork, communication skills, professionalism, and accountability.*

“While all six competencies were essential, the overriding imperative was to identify a leader who demonstrated a commitment to Biblical authority grounded in the Lordship of Jesus Christ in a manner that is both authentic and professional,” he said. “After a rigorous search and vetting process, the board determined that Martin was highly qualified with regard to 10 of these six essential competencies.” While new to this role on the senior management team, Martin is well acquainted with Shell Point culture and traditions. “Martin has been a great blessing and asset to our organization; I respect him a great deal. He has many years ahead of him, and will help us maintain our mission and core values,” said Peter. “It gives me comfort knowing that I will leave the care of this great community in such



**Left: Since coming onboard full time on March 21, Martin Schappell, EVP, has been meeting with Shell Point resident and staff to gain first-hand knowledge of day-to-day operations at Florida's largest single-site continuing care retirement community.**

**Inset: Martin Schappell with Shell Point President Peter Dys at the “Imagine” Gala held in January 2016.**

dining at the Crystal Room and noting how special and unique this community is.

“With prayer and obedience to God’s calling, I humbly move into this position at Shell Point,” said Martin about his love and regard for the community and its residents. “I can truly say I have received so much spiritually and professionally from my association with Shell Point.”

In this new leadership role at Shell Point, Martin will be exposed to every aspect of operations, dedicating special attention and support to Chief Operating Officer Scott Moore, and the many plans to add more high-quality healthcare resources for residents.

“Martin brings a wealth of knowledge and leadership skills to guide us as we focus on the ever-growing needs for memory care assisted living, and skilled nursing, as well as the ongoing medical, rehabilitation, and home health support provided here on our

## MAKING A CONTRIBUTION

Martin brings substantial experience in the healthcare industry. For the past 15 years, he has served as senior vice president of the Behavioral Health Division of Universal Health Services, Inc., one of the largest hospital management companies in the nation.

He has a B.A. degree, magna cum laude, from Rollins College in Winter Park, Florida, and an M.Ed. degree in community counseling from Georgia State University in Atlanta. A resident of nearby Bonita Springs in Lee County, Martin and his wife, Janet, have two grown children.

In 1995, while visiting his wife’s great-aunt Maisy McCormick, who was then a



# FOREVER FRIENDS

## The Dedication of Friendship Point

BY MELODY DESILETS, FOUNDATION OFFICER, THE LEGACY FOUNDATION AT SHELL POINT

**The melodious strains of “I’ll Fly Away” heralded the release of white doves into the sky**

at the dedication of Friendship Point on Sunday, February 14. This perfect backdrop set the stage for a ceremony filled with admiration and friendship – specifically a friendship that spanned decades.

This relationship culminated with a generous gift to Shell Point in honor of a late friend.

For Margaret “Maggie” Tribby (Junonia), 55 years of friendship with the late Jean B. van Hoose (formerly of Junonia) seemed to last a brief moment. A friendship that began as neighbors “borrowing sugar” from one another in Maryland turned into a sweet bond that lasted a lifetime, and eventually brought them together at Shell Point.

Recalling some memories of their

friendship instantly brings a smile to Maggie’s face. “Jean and I would sit together on a bench overlooking the lagoon watching the abundance of marine life, and the coveted white pelican. This was our favorite spot to share stories and simply enjoy one another’s company. You can’t beat the view, especially when manatees and dolphins are splashing about!” Maggie said.

This favored location became the inspiration for what would formally become known as “Friendship Point,” encompassing both the lagoon and amphitheater.

A cherished location on The Island at

Shell Point, it is the perfect setting for a lasting tribute of friendship. This area brims with life, beauty, and now a newly designed gathering place, complete with Shell Point’s commissioned artwork – a dramatic sculpture of two herons.

Working closely with project team member Marge Lee (Lucina), Floridian sculptor Douglas Hays created this art masterpiece, gathering inspiration for the sculpture from Maggie and Jean’s friends. His dedication to expressing their strong bond is evident in his piece, reflecting grace and beauty.

**Below L-R: The 10-foot wingspan of the “Forever Friends” heron sculpture overlooks the lagoon at the base of the Amphitheater on The Island; Sculptor Douglas Hays was guided by Marge Lee (Lucina) (right) to create art that reflects Maggie’s friendship with Jean; The Legacy Foundation’s Jeff Cory and Melody Desilets released a flight of white doves to launch the dedication of Friendship Point on February 14**





Maggie (center) enjoys Friendship Day with Jean's toy poodle Gracie along with Don and Claude White (Periwinkle).



## This relationship *culminated* with a generous *gift* to Shell Point in *honor* of a late friend.



Mountain Faith Band

The accompanying dedication plaque reads: "Residents Jean Van Hoose and Maggie Tribby spent many hours together gazing at view of the lagoon, until Jean's death in 2015. Friendship Point and its sculpture, **Forever Friends**, were made possible by Maggie's generous contribution in honor of Jean. ... [and] symbolizes all such friendships bring joy to Shell Point residents."

Created entirely of stainless steel, weighing 1,500 pounds, the pair of stately sculptures have the shapes of dolphins and manatees layered onto their breasts and wings. Their notable 10-foot wingspans seem to carry the pair in motion, while the hand-cut feathers glisten in the sun and are dramatically

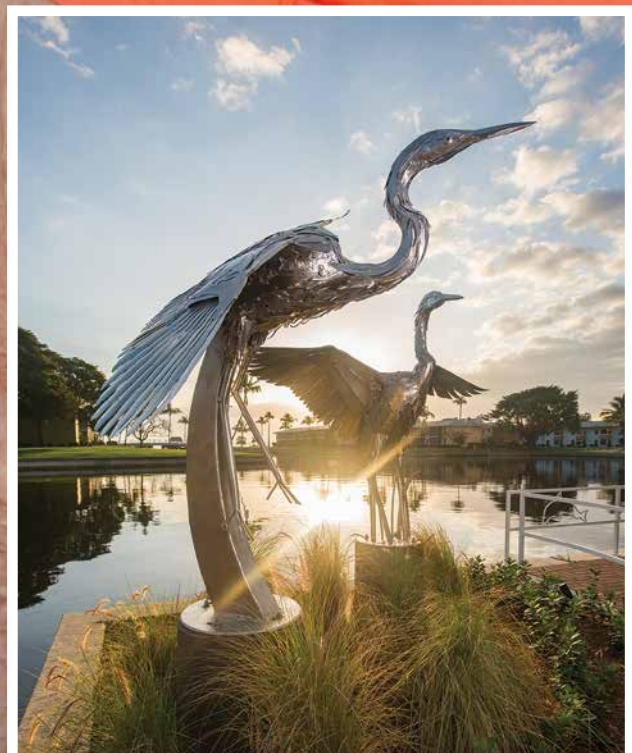


**The stainless steel heron sculpture includes details of dolphins and manatees in the wing and breast feathers.**

The sculpture will represent not only past friendships, but also those that are yet to be fostered.

which included replacing grass "steps" with pavers for stable, year-round seating; improved sound-projection capabilities to support concerts and programs; fresh landscaping; additional seating; and a gorgeous, white trellis and pergola. This inviting space calls residents to gather and enjoy the beauty of God's creation enhanced by the gift of this generous individual.

It is with deep gratitude that we thank Maggie Tribby for her gift to provide a beautiful new area that will support events to enrich the lives of Shell Point residents, guests, and friends for years to come. We celebrate the life of Jean Van Hoose and



The “Forever Friends” sculpture of two herons on The Island represents the history of two friends’ time together, and also is a tribute to all such friendships that make living at Shell Point so special. “I think Jean is the bird taking flight, since she has already left us,” Maggie said.

# Collecting 35 Years of Laughter

BY MARY KAY GRIMALDI

**Friendships like this might come only once in a lifetime.**

"I first met Jean when I was living in Myrtle Beach, Maryland," said Maggie Tribby (Junonia). "She knocked on my door and asked me to tell her what it was like to live on the banks of the Chesapeake."

It was 1980, and Jean Van Hoose and her husband Van were considering buying a house that was just catty-corner from Maggie's place. She told them all about living on the bay, which appealed to Jean, who had a 52-foot yacht. Jean wasn't a fan due to sea-sickness.

"I became his helper on the boat, getting my hands in tight places to fix things," Maggie said. Hands-on describes Maggie's life as she managed her real estate business in nearby Washington, D.C. "After 30 years, I learned how to fire up a boiler, stoke the coals, fix a spigot, and many other things," she said about her rental investments.

Their friendship started because of Maggie's huge vegetable garden. "It would produce so much squash, tomatoes, and beans, so I would share them with Jean. She was such a nice neighbor, and every once in a while she would invite me to dinner," Maggie said. "That lady was a great cook!"

## Florida Connection

The Van Hooses would winter at their home in Palm Beach Gardens, Florida.



L-R: Maggie Tribby and Jean Van Hoose

houses. Maggie helped her prepare for the move, tackling the massive garage full of Van's collections. "He was a pack-rat," Maggie said. "I climbed up into the loft and found boxes full of copper pipe pieces, six bathroom sinks, and much more from his days as a contractor. I got it straightened out in no time flat."

Maggie happened to own another home, also in Florida, on St. Petersburg Beach. Since she visited with Jean often, she eventually sold it to move to Palm Acres to be near her friend. Then, as that house began

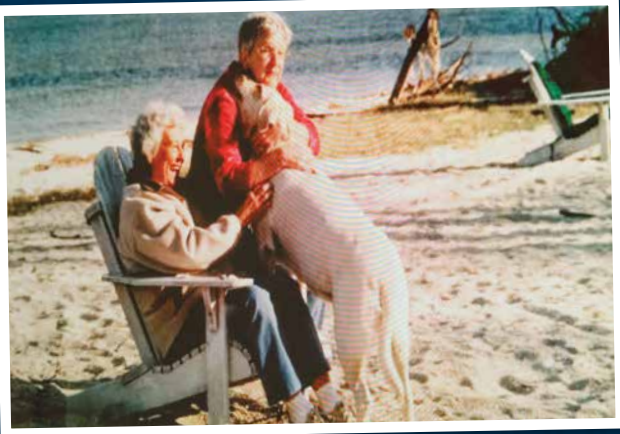
One criterion was a water view. The two women both got on the waiting list, then in 2007 they both ended up at Junonia just two floors apart. "Jean wanted three bedrooms so her children could stay with her when they came to visit," said Maggie.

"But we didn't sit and twiddle our thumbs; we were busy all the time, spontaneously doing whatever came up. Jean and I would pal around, and we did a lot of traveling together in the early days. Maggie described trips to Europe, Mexico, Australia/New Zealand, Fiji, and Hawaii.

# Collecting 35 Years of Laughter



Above: Maggie became a regular participant at Jean's family gather over the last three decades.



Left and below: Jean, Maggie, and Molly the dog enjoyed the beach along their neighboring Chesapeake Bay homes in Maryland.



No matter the occasion or travel destination, Maggie and Jean found that time further bonded their friendship.



Maggie remembers many good times and how she and Jean had fun together





**On Friendship Day, when this meaningful sculpture was dedicated in Jean's honor, residents, friends, and family gathered in an outpouring of love and "forever friendship."**



**In memory of Jean Van Hoose, who died at her Shell Point home in Junonia on April 24, 2015.**

### Building Memories

"One place I always wanted to see but never made it was Thailand," she recalled, "and Australia was really hot," describing a trekking excursion to the Great Barrier Reef and a visit to remote oil fields. "Our plane never got there, so we had to buy a new plane at the commissary; the only items available were for men!"

Maggie remembers many good times and how they laughed a lot. They spent two separate summers driving first a southern one then a northern one across the United States. "I was driving up the winding mountain road to Pikes Peak in Colorado, and I said she didn't like the look of things as the car got so close to the edge," Maggie said. "We saw some hikers who said we were about 1,000 feet from the summit, but I said she didn't care and insisted we turn around."

got to Pikes Peak. We just laughed about this adventure."

Eventually Jean's arthritis got the better of her, and as her health declined, she started receiving 24-hour support from Shell Point Home Care. During one episode when Jean was confined to a hospital bed, her daughter came to visit with a wig-gling gift in her backpack.

### The Next Chapter

"She pulled out a toy poodle, which had Jean smiling immediately," Maggie said. "We kept bringing that little dog back to visit until Jean could go home." Five-year-old Gracie was there on Jean's bed the day she died, and now lives with her best friend Maggie.

The gathering of some of Jean's family at Shell Point on February 14 for the surprise birthday celebration was a beautiful event.

that same day a year ago as Jean struggled with serious illness. One granddaughter remarked how she can no longer visit her grandmother here, but she can visit Friendship Point and feel close to her.

Recalling the many laughs these friends shared together, Maggie pondered that lots of smiles will also do some good for the residents of Shell Point. "I hope people will come here to sit and look at the sculpture and remember Jean."

CLIMATE IS WHAT WE EXPECT, WEATHER IS WHAT WE GET.

— MARK TWAIN



# El Niño Sets a New Course at Shell Point



BY MARK JACOBS, GOLF COURSE SUPERINTENDENT, CLASS A

The term **El Niño** refers to the ocean-atmosphere climate interaction linked to a periodic warming in sea surface temperatures across the central and eastern equatorial Pacific. Typically, the El Niño effect causes increased rainfall in the southern United States during the winter months.

According to South Florida Water Management District, this has been the wettest January and the wettest November through January on record since 1932. Shell Point Golf Course recorded a tremendous increase in rainfall over the prior four seasons – specifically, October to January 2015-

16 received twice as much as the prior year, with 19.2 inches of rain compared to 8.5 inches during those months in 2014-15.

The combination of wet, cool, cloudy conditions can cause considerable turf stress. Turf grasses need sunlight for growth, and prolonged cloudy weather causes turf to deplete carbohydrate reserves that are stored in roots, weakening the root system. Roots take up oxygen from soil, and saturated soils make it nearly impossible for weakened roots to survive.

The increased rainfall from El Niño affects golf courses by creating a wet environment and softer playing conditions, resulting in:

- Increased stress on greens and collars
- Frequent plugged lies
- Short roots and larger ball marks on greens

- More “mud balls” and less ball roll on fairways
- Tire rutting from mowers and golf carts
- Higher-than-normal water levels in lakes and ponds

We are facing many challenges this season, with weaker turf health due to these wet conditions, accompanied by chronic stress of foot traffic, carts, and equipment. As we move through this unusual El Niño season, we have made some program changes to deal with these adverse effects.

Changes include using additional fungicide and fertilizer to aid grass plant health, slowly raising mowing heights to alleviate stress, adding frequent dark sand topdressing, reducing watering course-wide and hand watering only as needed on greens, and increasing frequency of pencil tine aeration on greens.

We will continue with this program through the summer approaches, and hope for the best results with warmer temperatures



Typically, the El Niño effect causes increased rainfall in the southern United States

# Arbor Day Tribute

## Cellulose Heroes Parallel Celluloid Stars

**My tree was in bloom. Some flowers were fading, yet others were just beginning to bud.** As I strolled through the Hill Point Arboretum in The Woodlands surrounded by glamorous flowering trees, each magnificent in its own unique way, I felt as if I was among film stars of Hollywood. This experience reminded me of the musical poetry written by Peter Dinklage and Ian Davies of *The Kinks*:

*You can see all the stars as you walk down Hollywood Boulevard,  
Some that you recognize, some that you've hardly even heard of.*

Walking through the diminutive garden was as if I had been transported to Grauman's Chinese Theatre and the Hollywood Walk of Fame – each tree in a prime spot and anchored in place, like the famous terrazzo stars in the sidewalk. The first diva on the right is the Little Gem Magnolia, tall and statuesque like Bette Midler, with creamy white blossoms scented with the scent of lemons. On the left, the mysterious Ylang-ylang tree

captures the smoldering beauty of Dorothy Lamour. Although her flower is small and pale yellow, the fragrance of Channel No. 5 is exotic and unmistakable.

I am star struck by flowering trees as I continue my walk among the celebrities of the Arboretum. The sparse and oddly shaped Bottlebrush tree is a botanical version of comedian Joe E. Brown.

Merely looking at the improbable flowers can make you laugh. Continuing the walk on the left, I find a more contemporary actress, the Hong Kong Orchid Tree with flawless, delicate flowers on small but strong limbs, reminding me of the *Charlie's Angels* movie star Lucy Liu.

*Everybody's a dreamer and everybody's a star,  
And everybody's in show biz, it doesn't matter who you are.*

The Arboretum, like the Hollywood Walk of Fame, evolved into being. Rita Southern, director of Assisted Living, established the celebration of planting trees

around The Arbor neighborhood on Arbor Day. Next, Arbor residents Merna and John Johannessen donated the gazebo on the northeast corner of The Arbor site.

With the combination of the gazebo as a gathering point and available land, we began to plant flowering trees in the open area each Arbor Day, celebrated on the last Friday of April – April 29, 2016. The act of planting a tree is like an actor's work captured on celluloid film; it lives beyond our time and is created for the enjoyment of others.

Arbor Day is the Academy Awards for our Arboretum. Although there are many nominees, only one best picture will be chosen. To see this year's winner achieve immortality on the red carpet, you will have to come to "the show."

*I wish my life was a non-stop  
Hollywood movie show,  
A fantasy world of celluloid villain  
and heroes,  
Because celluloid heroes never feel  
any pain,  
And celluloid heroes never really die*



Ylang-ylang



Bottle Brush



Magnolia Gem



Hong Kong Orchid

# Music in Motion

## LINE & PERFORMING ARTS SERIES

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# Something Wonderful: The Music of Rodgers and Hammerstein

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Broadway Pops International continues to set the standard of excellence with entertaining and innovative productions of themed, choreographed shows featuring Broadway, jazz, Motown, pop, rock, and opera.

Join us for a riveting concert as Broadway stars Sarah Pfisterer and Sean MacLaughlin, accompanied by Music Director and Pianist Ryan Shirar, present a lively tribute to the music of Rodgers and Hammerstein. Celebrate the brilliant arrangements of these two legendary composers, with songs from their celebrated collaborations: *South Pacific*, *The Sound of Music*, *State Fair*, *The King and I*, *Carousel*, and *Oklahoma!*

### About the Artists

A Metropolitan Opera semi-finalist, **Sarah Pfisterer** has played more than 1,000 performances in the role of Christine in *The Phantom of the Opera* on Broadway and across the country. Also on Broadway, she played Magnolia in Harold Prince's *Show Boat*; off-Broadway, she played Anna Smith in *Meet Me in St. Louis* at the Irish Repertory Theatre, directed by Charlotte Moore.

**Sean MacLaughlin** recently garnered a Tony Award nomination for his performance across the U.S. for performing the role of Juan Peron in the successful revival



of *Evita*. He has appeared on Broadway as Raoul in *The Phantom of the Opera*, Lestat, *The Woman in White*, and *Bombay Dreams*. His film/TV credits include *Something the Lord Made*, *Trading Mom*, and *Great Performances: South Pacific*.

Serving as rehearsal pianist for Broadway Pops International, **Ryan Shirar** is a music director, vocal coach, and orchestrator/arranger from New York City. With a master's degree in Orchestral Conducting from Cincinnati College-Conservatory of Music, his recent projects include the Lincoln Center's *American Songbook Series*, and *Debra Monk's Birthday Bash*.



Tickets can be purchased at either service desk

# Harmonizes for International Fame

SARAH NADAL, PUBLIC RELATIONS AND EVENTS SPECIALIST

**a cappella music genre  
hit a high note in recent**

s, thanks to the popularity of  
C's TV program *The Sing-Off*, the  
2 box office movie hit *Pitch Perfect*  
its high-performing soundtrack,  
the rise of Grammy-winning pop  
up *Pentatonix*.

Now, *a cappella* fans in Southwest  
ida can cheer for some local  
es to win big. A team of 23 pitch-  
ect singers from Cypress Lake  
h School recently scored a cov-

spot to compete at the International  
mpions High School *A Cappella*  
ls in New York City.

Since they had already commit-  
and earned funds to perform at  
National *A Cappella* Convention in  
nphis, and with the two events occur-  
just one week apart, these Lee County  
agers need help from hometown sup-  
ers to reach the Big Apple.



**“Qualifying for an elite international  
championship speaks to the caliber of  
these artists, and we want to see them  
take their rightful place on stage.”**

“The students have been raising money  
since January, but still don't have the  
\$10,000 needed to cover the cost of the  
trip,” said Gary Stroh, director of Cypress  
Lake High School's *The A Cappella* Group.

With a win/win offer, Shel  
Point decided to host a charity con-  
cert, letting the group showcase its  
talent for residents at **The Village  
Church on Friday, April 15, at  
7:15 p.m.** Tickets cost \$10 (cash  
only for non-residents), and every-  
cent gets these talented young musi-  
cians closer to their big dream. Afte  
the performance, purchase CDs and  
mingle with the singers during a  
meet-and-greet reception.

“You couldn't ask for a bet-  
ter opportunity for intergenerational  
interaction,” said Heather Battey  
Resort Services and Wellness manager  
“Qualifying for an elite internationa  
championship speaks to the caliber o  
these artists, and we want to see them tak  
their rightful place on stage.”

Don't miss a single note of this charit  
concert. For more information, call 454  
2057.

## Season of Praise Final Concert

# Tenore Men's Trio

SEASON  
OF  
PRAISE



**This four-time Gospel Music Association award-win-  
ning men's trio exploded onto the Canadian music  
scene in 2011 with their debut album, "Sing presents..  
Tenore," soaring to international acclaim.**

They have sung to hundreds of thousands of people  
from Kampala to California, and are known for their pow-  
erhouse vocals, charisma, and invitations with audience  
everywhere to sing along with them - creating a powerful  
inspiring concert experience.

Tenore includes Mark David Williams, Carlos Santiago  
Moreno, and Jason Catron. Their story is one that has criss-  
crossed the globe, bringing their inspirational music and joy  
to fans around the world for the glory of God.

April 17, 6:15 p.m. The Village Church

For more information, contact The Village Church office

# ASSISTED LIVING “ACES” WITH AMAZING SPACES, FRIENDLY FACES

## Waters Watch & The Springs Grow to Meet the Need

BY MARY KAY GRIMALDI

An atmosphere of euphoria was evident in the lively chatter on the transportation department buses as they meandered to gather residents from every corner of Shell Point. The “Dive into the Details” program on March 3 was held at the newest neighborhood, Waters Watch, described by resident Peter Dys as the “southern book-end” to our campus.

Riding along on the way to the social event, mystery surrounded the agenda about Waters Watch and the expansion planned to offer additional assisted living options for Shell Point residents ... and expectations were high.

“Residents now have three great assisted living options at Shell Point to choose from! We are excited to share details for 27 new apartments that will be built, in addition to development of a Memory Support residence that will be added to The Springs,” said Director of Assisted Living Rita Southern, at the VIP breakfast that welcomed more than 300 residents who had already included their names on the waiting list to move into either the King’s Crown or The Arbor.

Another 550 residents visited later in

the day for their first peek at the up-and-coming Waters Watch neighborhood.

### Fabulous Features of the Future

Residents learned that changes at The Springs will include a recreation wing as an extra layer of space for entertaining and community gatherings, including a community room, respite room, new arts and crafts room, a country store, and even a “men’s den” where residents can enjoy a round of billiards.

A new outdoor courtyard will include spaces for both sun and shade, gardening, and even an outdoor kitchen and fireplace. Winding pathways and a boardwalk will surround the tropically landscaped neighborhood, adding beautiful walking trails to Waters Watch.

Each of the 27 new apartments at The Springs will include resident storage, and the first 20 apartments reserved come with a covered parking space. The new attached wing will include a library, fitness center, and media room, and is anticipated to be completed in 18–24 months.

*Continued*

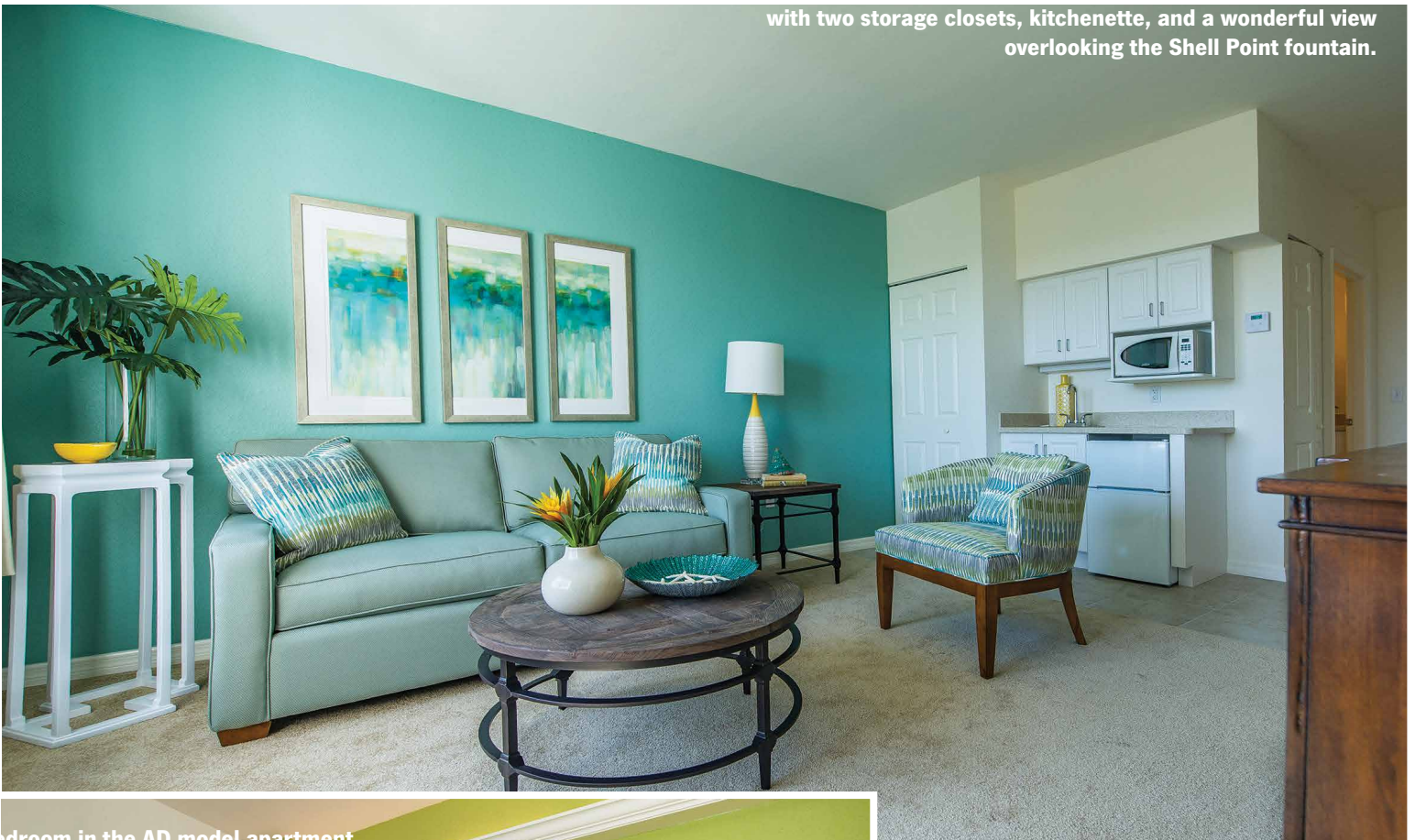


**Above: Director of Assisted Living Rita Southern and President Peter Dys provide an informative presentation about the direction of The Springs and Waters Watch neighborhood.**

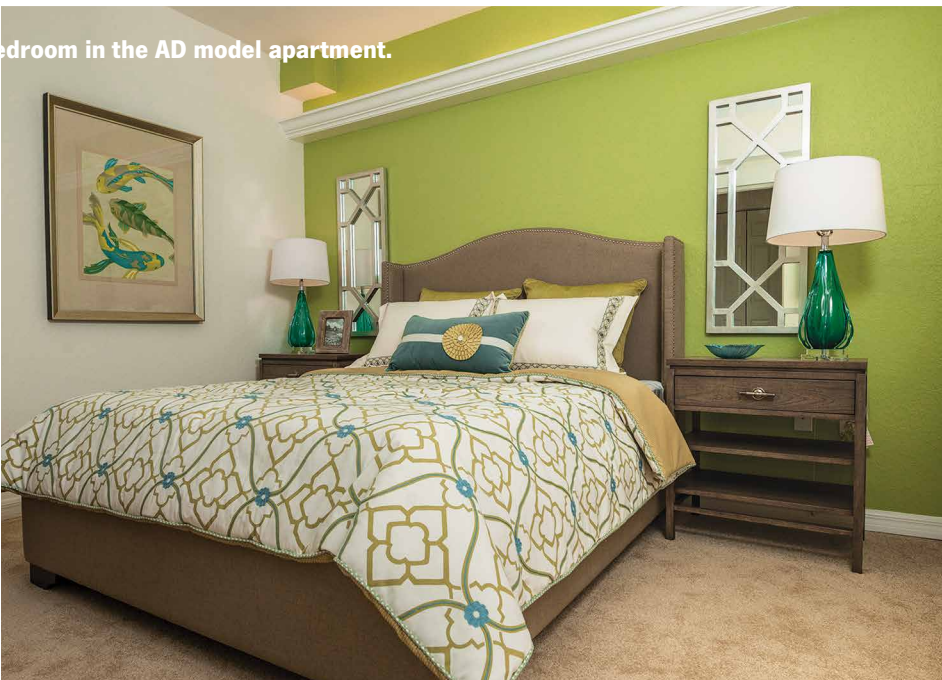
**Below: The Project Development Team provided details about how the Waters Watch neighborhood will grow.**



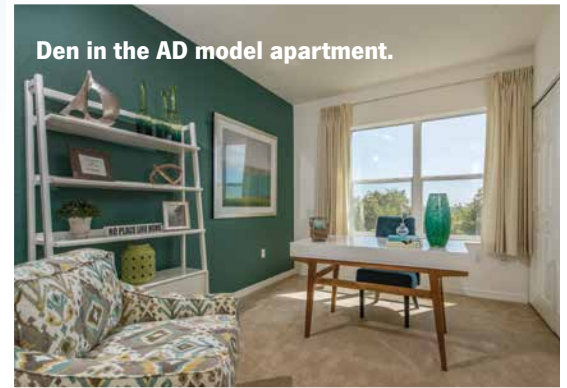
with two storage closets, kitchenette, and a wonderful view overlooking the Shell Point fountain.



Bedroom in the AD model apartment.



Den in the AD model apartment.



**The interior décor combined functional furniture in soft fabrics with a blend of neutrals and a pop of pleasing color to create a soothing reflection of home at The Springs.**



“We have learned what appeals to residents at both the The Arbor and King’s Crown, and have brought all the best features to The Springs,” Rita said. “Even the planned Memory Support residence will be homey and quiet, with a courtyard and fireplaces in a ‘small house’ format.”

Architects John Birge and Dave Heuring from RDG joined the Shell Point behavioral health and skilled nursing care team to provide details about the expansion

residents. Interior Designer Kelley Hoffmar from Spellman Brady & Company, will be redesigning the interior spaces at The Spring

Conversation on the buses returning residents home was just as energetic as the approach. Having three assisted living options provides a new dimension for residents analyzing what fits their interests, and for determining when and which assisted living building might be the next best home for their changing lifecare needs.

## Ready to Make a Move to Assisted Living?

A personal conversation at the “Case Manager Corner” allowed residents to discuss their immediate or longer term needs for assisted living care at Shell Point. Half of the 27 apartments being built in a new attached wing at The Springs were committed for occupancy during this event by residents who are excited to move in following its completion.

Residents who now are interested in securing one of these apartments at The Springs should contact their case manager to learn what options are still available. While there is no cash deposit required when you select an apartment, there is a \$5,000 penalty (which would be charged to your Shell Point account) should you elect to cancel your commitment at any time after signing the confirmation for a specific unit.

Note that those who are on the waiting list for the King’s Crown and/or The Arbor will not be automatically added to the waiting list for The Springs. You must speak with a case manager to request that your name be added to The Springs waiting list.

There is no charge to add your name to any of the assisted living waiting lists, and you may add your name to multiple waiting lists. Case managers also are now collecting names of residents who may be interested in the new Memory Support residence as well.



**During a one-on-one discussion, your case manager will describe options and learn about your individual needs and interests for assisted living care at Shell Point. Adding your name to the waiting list for any or all three facilities assures that you will be contacted when your preferred apartment becomes available.**



**Answers ... with your best interests at heart – The goal of the Shell Point Resident Support Services team of case managers is to improve the quality of life for residents by introducing them to resources that help ensure their high level of independence as long as possible, and to help them navigate the levels of care offered in the lifecare continuum.**



**WATERS WATCH  
AT SHELL POINT**

- 1) The Springs
- 2) Recreation Wing
- 3) New 27-Apartment Wing
- 4) Memory Institute
- 5) Memory Support Residence
- 6) Coffee/ Ice Cream Shop
- 7) Skilled Nursing Facility
- 8) Emergency Shelter/ Parking





## **I don't need a scientific study to you that exercise is good for you.**

Helps manage weight, improve muscle and bone strength, and can even lift your spirits. When you exercise, your body releases chemicals called endorphins, which trigger a positive feeling often accompanied by a positive and energizing outlook on life.

Moderate exercise can also add years to your life and help reduce the inflammation that comes with aging. The trick is knowing what kind and how much to exercise. Ask the experts on our fitness team. They know that regular physical activity has many benefits on the aging body. It also could help decrease your risk of developing chronic illnesses, like heart disease, depression, reduced mental function, and loss of muscle mass.

People have been looking for a “font of youth,” the secret to a long and healthy life, for millennia, and it turns out the most powerful intervention is exercise. With this in mind, we turn to the exciting renovations that are happening at The Grand Health Club.



The reality is our fitness class attendance is growing, and will only continue to do so as Shell Point continues its exciting expansion. We have underutilized space at the health club that is being renovated to accommodate more participants in classes, more space for one-on-one training, and more accommodation for different fitness levels.

### **Fitting for Seniors**

In truth, the older-adult population encompasses a wide range of ages and physical ability levels, from active to frail. Additionally, there is great diversity in fitness goals, motivation, experience, and expectations in this population. By restructuring

and expanding the health club, we can focus on these functional differences and supply movement with meaning instead of trying to cramp exercise into a less-than-ideal space.

This new space will also allow for better acoustics for music and cueing by the instructors during classes, as well as adding new storage and office space for the fabulous fitness team. New men's and women's locker rooms will be updated as well as the lounge area.

“Healthy seniors, or physically active older adults, have a lower risk for chronic diseases, such as arthritis, osteoporosis, high cholesterol, high blood pressure, stroke; and exercise can help delay cognitive impairment,” said Michelle Tompkins, Fitness supervisor.

Fitness Coordinators Melanie Broc and Cheryl Cooper are enthusiastic about working with residents in a new, updated space. “This is the most satisfying work in the fitness profession,” Michelle said. “We all have a passion for what we do and the residents we work with.”

## **LifeQuest Discussion Group**

# **Living and Grooving – The Physical Dimension of Wellness**

**Tuesday, April 23, 10:00 a.m., Grand Cypress Room/WDL**

Presented by Teri Kollath, Manager of the Auxiliary and Academy of Lifelong Learning



**Teri has always appreciated physical activity, but it has to be fun. Her idea of fun is never found in the gym; but taking a walk outdoors to appreciate nature (especially walks on the beach!) was always appealing. She also enjoys biking, sailing, and volleyball.**

But no form of exercise has provided Teri as much fun as dancing. She loves it with a partner, or even on her own. She dances with her granddaughter to express their feelings (interpretive dance), or to learn new steps. And she dances with her Shell Point friend, Carol Ashley (Coquina), who confirmed that dancing is good for cognitive and emotional health.

Carol shared research from a 21-year study of seniors, led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine. Among other findings, they determined that the only physical



# a Laughing Matter

BY HEATHER BATTEY, RESORT SERVICES AND WELLNESS MANAGER

## Wellness Specialty Classes

Adding balance to your agility training will help you function better in everyday life. Quicker reaction time and improved balance dramatically decrease the likelihood of a fall. **Agility, Balance, and Flexibility or Everyday Life – Session A** will take place on Mondays and Wednesdays, April 4 – May 11, at 11:30 a.m. in the Tarpon Room/IS.

Connect with Fitness Coordinator Melanie Brod as she concentrates on the mind, body, and spirit for the senior population in **Bend, Breathe, and Balance**, held on Tuesdays and Thursdays beginning April 4 at 7:15 a.m. in the Tarpon Room on The Island. Cost is \$5 per class (*pay as you go*).

Join Fitness Coordinator and Personal Trainer Hannah Hosterman for a new and informative osteoporosis workshop, **Osteo breakFree**. The class will focus on postural education using stretches, strengthening, body mechanics, visual imagery, balance, and proper nutrients. It will include a



**Join Laughter Coach Meg Scott for “Laughter Circle – The Best Medicine” on Thursday, April 7 and learn how our body positively responds to this emotion.**

15-minute lecture on a variety of topics related to alleviating and preventing osteoporosis. The cost is \$120 for 12 weeks, and is well worth it! Try **Session A** on Mondays and Wednesdays beginning April 4 from 1:45 – 2:30 p.m. in the Tarpon Room; or **Session B** on Tuesdays and Thursdays starting April 5 from 1:45–2:30 p.m.

**Zumba Fitness** is back with Trainer Ingrid Oliver. Dance your way to a healthier lifestyle once or twice a week: Mondays – six-week session, Fridays – six-week session, or Combo Monday and Friday – six-week session. These classes will be held starting April 1 in the Tarpon Room from 12:45 – 1:30 p.m. Cost is \$55 for the single six-week session, or \$95 for the combo. See either service desk for details.

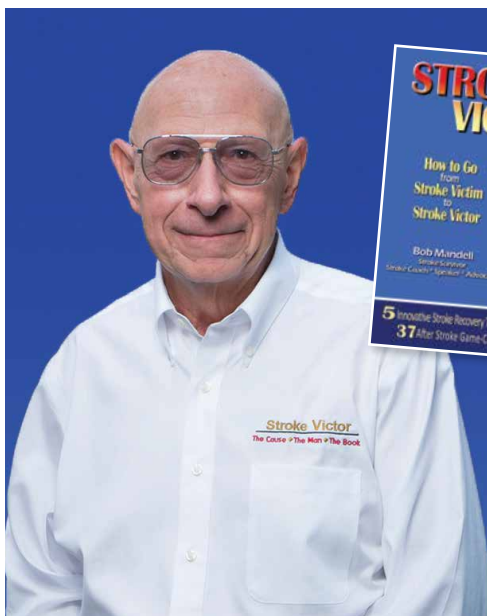
Fitness Supervisor Michelle Tompkins will continue with centering, control, flow, breath, precision, and concentration in **Pilates Stretch**, on Mondays and Wednesdays starting April 4 from 3:00 – 3:45 p.m. in the Tarpon Room. Cost is \$5 per class (*pay as you go*).

weight training in **Advanced Strength Conditioning**. This class will teach proper strength training techniques with free weights and body-weight exercises. Join Trainer Ingrid Oliver for this six-week class, on Wednesdays April 6 – May 11, at 12:45 p.m. in the Tarpon Room. Cost is \$55 for six weeks.

## Shell Point as Your Resource

For centuries, we’ve heard that “laughter is the best medicine.” Studies show that mirthful laughter increases endorphins (“happy hormones”) in the brain and reduces cortisol (harmful stress hormones). Join Laughter Coach Meg Scott for **Laughter Circle – The Best Medicine** held in the Social Center on The Island on Thursday, April 7, at 10:15 a.m. Only \$5 per class, so sign up fast!

**Health Victor – Turning Lemons to Lemonade** is sure to be an interesting and informative presentation. Going from personal experience to a professional presentation, Bob Mandell will share his journey of recovery and how he turned a personal tragedy into a business opportunity. Join him on Thursday, April 7, at 10:15 a.m. in the Social Center on The Island. Cost is \$5 per class (*pay as you go*).



**Bob Mandell, author of *Stroke Victor*, will share his amazing journey of recovery and how he turned a personal tragedy into a business opportunity.**

ider, and international traveller, Bob idell will share his journey on Monday, il 18, at 1:00 p.m. in the Grand Cypress m in The Woodlands.

Work out your mind and boost brain-er with **Brain Boot Camp** on Monday, il 11, at 10:15 a.m. in the Social Center. n on Wednesday, April 13, join Melanie l for another **Trail Walk** around The rd. Meet at the kayak storage at 8:00 for this fun workout. Due to the exer-s and walking, this is a level 2 class; se call Michelle Tompkins to sign up. Join Carol Clark, EdD, ARNP, for a ssion about how to prepare for power

fall, and high heat and humidity. **Preparing for Emergencies** will take place in the Social Center on Tuesday, April 26, at 10:15 a.m.



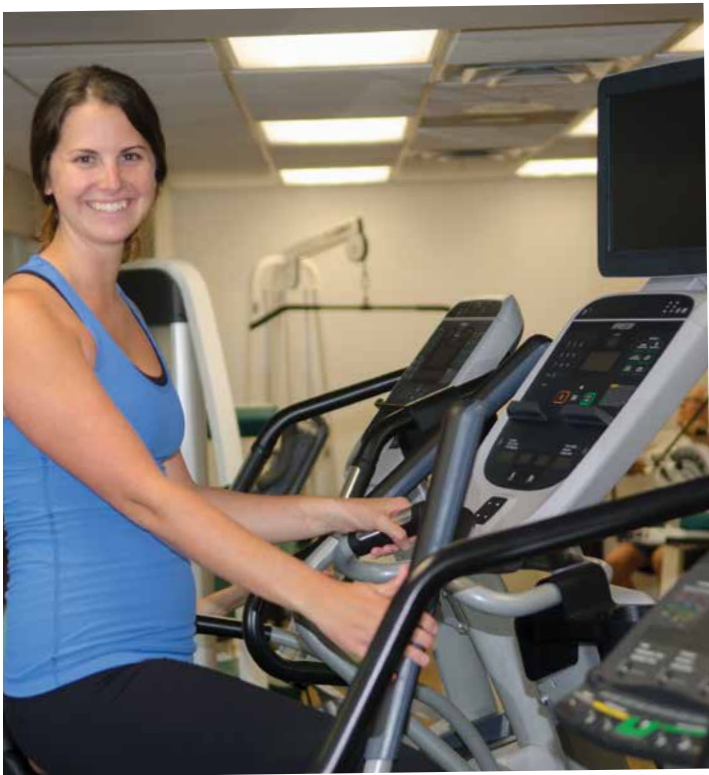
**April 4 for "Benefits and Advancements in Repairing Fractured Vertebrae."**

and Advancements in Repairing Fractured Vertebrae will be held on Monday, April 4, at 2:00 p.m. in the Grand Cypress Room.

Attend **Hear and Be Heard**, with Shell Rogerson from Beltone Hearing Center, on Wednesday, April 20, at 1:00 p.m. in the Oal Room in The Woodlands to hear about why hearing limitations exist and how to compensate for them, as well as how to maximize communication and understanding even in difficult listening situations.

## Your Medical Community

Join pain management expert Dr. Andrew Gross from The Orthopedic Center of Florida for this informative presentation on the benefits and advancements in repairing fractured vertebrae, and why early treatment is so important. **Benefits**



ice joining the fitness staff as a Fitness Coordinator, Hannah Sterman has enjoyed helping residents meet their overall illness and personal fitness goals.

ertified personal trainer, Hannah majored in kinesiology d minored in personal training at the University of Southern liana; she has experience training in a variety of exercise tines, including athletic training pre/post-rehab at a wellness

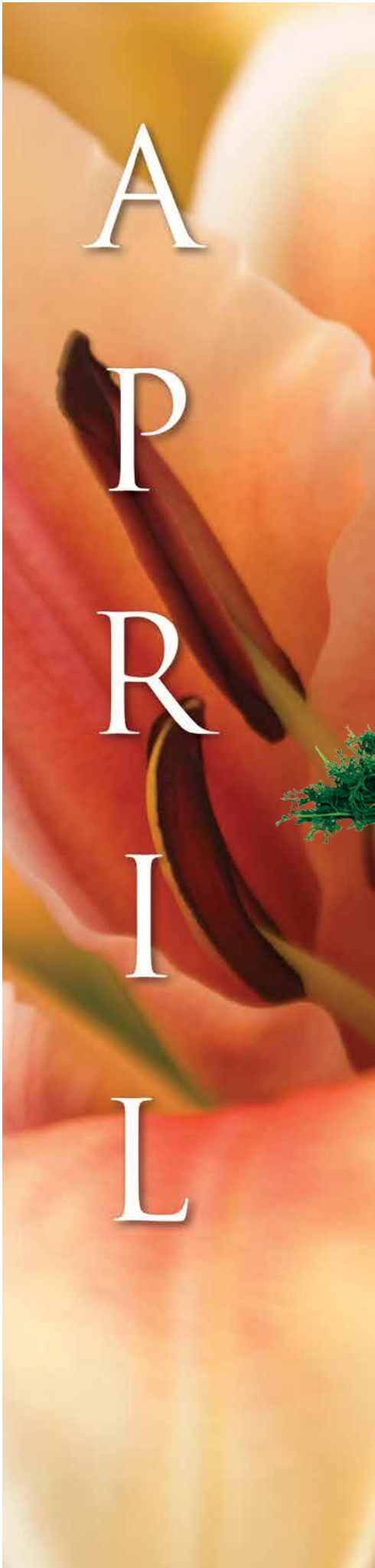
# It's Safety First At Island Health Club Orientation

**Stepping into the gym for the first time may feel daunting for some. Equipment that is intended to make you strong can inadvertently harm you if you don't use it properly. That's why the Shell Point fitness staff offer regular orientation sessions as part of Health Connection.**

While The Island Health Club is undergoing renovation the equipment gym is still open for business. In addition to two elliptical machines, treadmills, stationary bikes, and a NuStep for a cardio workout, there are several weight machines for strength training, including seated leg curl, leg extension, dual axis chest press, arm curl, lateral pull-down, and more.

Sign up for a Health Club Fitness Safety and Equipment Orientation by calling Fitness Supervisor Michelle Tompkins at 454-2107, to learn about:

- The importance of using proper form.
- Which equipment is best for targeting specific areas of the body.
- How to properly set the weights and digital dials, and adjust



# HAPPENINGS

## PLACES TO GO, PEOPLE TO MEET, & THINGS TO DO

[www.shellpoint.net/events](http://www.shellpoint.net/events)

To include a listing for an upcoming event or activity, please contact Heather Battey, Resort Services and Wellness manager, at 454-2152, or email: [heatherbattey@shellpoint.org](mailto:heatherbattey@shellpoint.org)

**Friday Market Place** **1**  
Friday April 1, 8, 15, 22 & 29  
8:30–11:30 a.m. **8, 15, 22, 29**

**Administration Courtyard/IS**  
The Friday Market Place is a pleasant location to meet and greet your Shell Point friends and neighbors. Come to stroll under the trees, browse and buy local produce, shop for unique items, and enjoy the sunshine!



**Lunch: Rosy Tomorrows Heritage Farm** **6**  
Wednesday, April 6  
9:15 a.m. Island  
9:25 a.m. Woodlands  
9:35 a.m. Eagles Preserve/EST  
2:00 p.m. approximate return  
Cost: \$8 (lunch on your own)

Rosy Tomorrows Heritage Farm was founded by Rose O'Dell King, a former sheep farmer, French Culinary Institute-trained chef, certified sommelier, and food and wine columnist. Rosy knows that the best dishes depend on good ingredients



with the best provenance. She works with local farmers to select choice produce heirloom vegetables. Venture out with us to North Fort Myers to see what Rosy offers for lunch, and enjoy the music!

**Bowling Interest Meeting**  
Wednesday, April 6  
2:15 p.m.  
**Osprey Room/IS**  
If you are interested in bowling, this meeting is a strike! We will discuss the possibility of starting a Shell Point bowling group.

**Photo Club Meeting**  
Thursday, April 7  
2:15 p.m.  
**Social Center/IS**  
Now that the Photo Contest and Show is over and the ribbons have been awarded, come hear what the judge has to say about the entries. Learn what appealed to her about the winners, and improvements she recommends for the others. Following the meeting, take a walk through the Photo Gallery for another look at the ribbon



## HeadPinz" Bowling Party and More

Friday, April 8

5 p.m. Island

5 p.m. Woodlands

5 p.m. Eagles Preserve/EST

7 p.m. approximate return

Cost: \$20 (food on your own)

HeadPinz" is the latest, greatest bowling



venue in Fort Myers. The group will enjoy an hour and a half of bowling, then have a chance to play laser tag for half an hour. Try it, you'll like it!

Food is available on the premises, so sign up today for some good, old-fashioned fun.



## Lovers Key Point Walking Club: Lovers Key State Park

Friday, April 9

7 a.m.

Administrative Courtyard/IS

If you are physically fit and able to walk over three or five miles, join the walking club as they visit Lovers Key State Park, a 1,000-acre park located on four barrier islands: Lovers Key, Black Island, Inner Key, and Cypress Key. This park is a haven for wildlife with a two-mile long beach. Sign-up is required; call Jerry Bishop (Eagles Preserve) 22-5608.

## Friday DVD: The 33 (2015)

Friday, April 9

7 p.m. & 7:00 p.m.

Grand Cypress Room/WDL

8



the tragedy experienced by 33 miners when a gold and copper mine collapses in Chile. The movie follows these men as they remained trapped for 69 days, and how they struggled to keep hope alive.



## Tone Chimes Performance

Monday, April 11

2:45 p.m.

Social Center/IS

The tone chimes will dazzle you with their renditions of beautiful musical pieces to celebrate spring! This resident group has performed often at Shell Point, and they show off their talents at this annual concert. No sign-up or ticket required.



11

## CROW Presentation

Wednesday, April 13

10:15 a.m.

Social Center/IS

Rachel Rainbolt, Education coordinator at the Clinic for the Rehabilitation of Wildlife (CROW), will be bringing Nana, a yellow rat snake. Rachel will discuss snake biology and adaptations, ecological contributions, and species that we typically encounter in Southwest Florida. She will explain why snakes may come to CROW, and how the staff repairs their ills.



Wildlife (CROW), will be bringing Nana, a yellow rat snake. Rachel will discuss snake biology and adaptations, ecological contributions, and species that we typically encounter in Southwest Florida. She will explain why snakes may come to CROW, and how the staff repairs their ills.

## Naples Botanical Garden Tour & Lunch

Thursday, April 14

9:00 a.m. Island

9:15 a.m. Woodlands

9:30 a.m. Eagles Preserve/EST

4:30 p.m. approximate return

Cost: \$28 (lunch on your own)

14



of our collections; engaging visitors in learning about plants, gardens, and ecosystems; inspiring visitors to value plants and natural habitats." The opening of the Eleanor and Nicholas Chabraja Visitor Center in October 2014 represented the final phase of the Naples Botanical Garden's master plan. Awarded as LEED Gold standard, this \$16 million project created an integrated visitor experience with exceptional amenities. Enjoy lunch at the café followed by a 90-minute tour of the gardens, with time to explore further and shop



## A Cappella Charity Concert

Friday, April 15

7:15 p.m.

The Village Church/IS

Cost: \$10 per person; open to the public Under the direction of Gary Stroh, a group of award-winning a cappella singers from Cypress Lake High School has been invited to compete in the prestigious International Champions High School A Cappella Finals in New York City in April. The talented group needs to reach their fundraising goal of \$10,000 to cover travel costs for this opportunity, and you can help! All proceeds will be donated directly to the students. Resident sign-up at either service desk; tickets for the public are available at the door (cash only).



15



# HAPPENINGS

## PLACES TO GO, PEOPLE TO MEET, & THINGS TO DO

### Trader Joe's Fabulous Food...and More

Saturday, April 16

2:30 p.m. Island

2:40 p.m. Woodlands

2:50 p.m. Eagles Preserve/EST

3:00 p.m. approximate return

Cost: \$8 (no meals for this trip)

This trip to Trader Joe's unique grocery store is back by popular demand! The staff dons Hawaiian shirts to create a relaxed island feel, but their commitment to fair trade, good prices, and healthy eating is



something they take seriously. Due to the length of drive back to Shell Point and lack of refrigeration, it is not recommended that residents purchase frozen or perishable items on this excursion. Purchases are limited to what you can carry yourself in one trip.

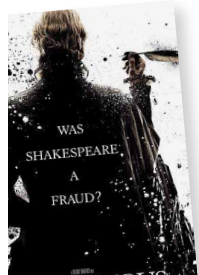
### Salute to Shakespeare, Session Six

Sunday, April 17

3:00 p.m.

Grand Cypress Room/WDL

To continue the Salute to Shakespeare Academy course, the movie *Anonymous* (2011) will explore the theory that it was, in fact, Edward de Vere, Earl of Oxford, who penned Shakespeare's plays. The movie is set against the backdrop of the succession of Queen Elizabeth I and the Essex rebellion against her. Don't miss this multi-



# 16



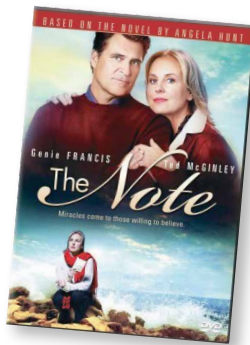
### Village Church Movie Night: *The Note* (2007)

Monday, April 18

7:15 p.m.

Social Center/IS

Based on a novel by best-selling author Angela Hunt, *The Note* stars Emmy award-winner Genie Francis and Ted McGinley in a heartwarming story.



Following a tragic plane crash, Peyton MacGruder, a newspaper columnist, discovers a note written by one of the passengers during their final moments. She goes on a quest to find the person the note was intended for. As she searches to heal the heart of a stranger, she discovers the life that's changed most profoundly is her own. Miracles come to those willing to believe!

### Bright Lights! Big City! Variety Show

Tuesday, April 19

7:15 p.m.

The Village Church/IS

Don't miss this annual show, featuring residents and employees acting, singing, and dancing with New York City flare. Come watch and applaud your Shell Point friends and neighbors as they perform on stage, under the spotlights reflecting this year's theme: *Bright Lights, Big City*. You'll feel as if you were in the heart of the Big Apple. The city's so nice, they



## Bright Lights! Big City

# 18

### ECHO Farm Tour

Thursday, April 21

8:15 a.m. Island

8:25 a.m. Woodlands

8:35 a.m. Eagles Preserve/EST

1:45 p.m. approximate return

Cost: \$17.50 (lunch on your own)

ECHO's Global Farm Tour is a fascinating guided, walking tour of the most creative working farm you have ever experienced. You will find demonstrations, plants, and techniques useful to farmers and urban gardeners in developing countries, and learn all about ECHO's



mission of helping the poor to help themselves. The lunch stop will be at Applebee's where menu items cost \$8-\$15. Prepare for the prevailing weather; there will be uneven and unpaved walking surfaces.

### Computer Club Meeting: Printers for Your Digital Devices

Thursday, April 21

2:15 p.m.

Manatee Room/IS

Mike Peterson from Computer Medics has invited Alex Irigoyen from Cartridge World to talk about printers. Alex has built a successful Fort Myers business selling and servicing printers, as well as providing professionally refilled inkjet and laser cartridges. Alex will talk about your options for purchasing a printer that will work with all your devices.



# 21

# 21

### Roast Dinner

Thursday, April 21  
5 p.m.

Quest Aquatic Center/IS

Cost: \$15 per person

Join us for a fun evening of music and great food! Your meal will include a 5 oz. serving of slow-roasted pork, chicken, potatoes, coleslaw, baked beans, and corn on the cob, all served with butter, all seasoned with City of Shell Point's secret recipe. Don't forget lemonade, iced tea, and coffee! To make this evening even more special, Peter and Helen Rosenblum will play your favorite oldies from the '50s, '60s & '70s. Space is limited; ticket required.



### Dinner: Cantina Laredo North of the Border

Friday, April 25

5 p.m. Island

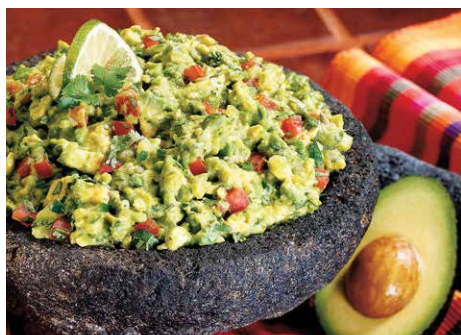
5 p.m. Woodlands

5 p.m. Eagles Preserve/EST

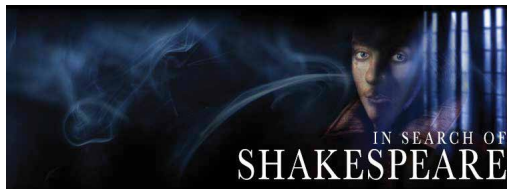
7 p.m. approximate return

Cost: \$7 (dinner on your own)

Cantina Laredo's authentic Mexican food is inspired by the cuisine of Mexico City, with a modern twist. Imagine grilled fish, chicken, or steak topped with one-of-a-kind signature sauces, like chipotle and poblanillo mushroom, or sautéed artichoke and roasted red bell pepper. Here, the carnitas is custom made right at your table – yum! This Fort Myers Mexican eatery has entrées priced from \$12 to \$35.



# 21



### Salute to Shakespeare, Session Seven

Monday, April 25

6:45 p.m.

Social Center/IS

Watch part one of the BBC production by Michael Wood, entitled *In Search of Shakespeare* (2004), which tours the English locations important to William Shakespeare. Come explore the playwright and poet's life and work.

### Aviation & Veterans Club (combined meeting)

Tuesday, April 26

1:00 p.m.

Grand Cypress Room/WDL

Ret. Navy Captain Roy Cash from Memphis, Tennessee, (nephew of singer Johnny Cash) will speak about his extensive combat experience during his 30 years of service. Logging nearly 6,000 flight hours in various Navy and Air Force jet fighters, with more than 1,200 arrested carrier landings and 305 combat missions in Vietnam, Captain Cash was awarded the Silver Star for downing a MiG-21 jet fighter over North Vietnam in 1968. He was shot down himself in June 1972, then rescued at sea. His perspectives are gripping and motivating. *All are welcome.*



### Library Book Talk

Tuesday, April 26

2:15 p.m.

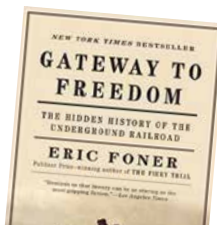
Social Center/IS

Dick Allen (Harbor Court) will review Eric Foner's *Gateway to Freedom*

# 25

# 26

# 26



*Railway*, the dramatic story of fugitive slave and the anti-slavery activists who defied the law to help them reach freedom. Discussion and refreshments will follow.

### Beach Day

Friday, April 29

8:30 a.m. Island

8:40 a.m. Woodlands

8:50 a.m. Eagles Preserve/EST

3:00 p.m. approximate return

Cost: \$16 (ice cream on your own)

"May you always have a shell in your pocket and sand in your shoes." A favorite outing for many residents, beach day gets us out in the sun, shade, and surf! The group will head to Delnor-Wiggins Pass State Park for fun, food, and friendship. A picnic lunch will be served with a traditional stop for ice cream on the trip back to Shell Point.



### Shell Point Art Studio 2-D Exhibition

Friday April 29

& Saturday, April 30

10:00 a.m. – 3:00 p.m.

Social Center/IS

Come view paintings, drawings, sketches and collages created by members of the Shell Point Art Studio. "People's Choice Award" to be voted by viewers and displayed at the end of the exhibition.

# 29



# 29

# SUPPORT GROUPS

## **Alcoholics Anonymous**

**Thursdays, April 7, 14, 21, and 28**

**1:30 p.m.**

**Manatee Room/WDL**

This is a fellowship of those who share their experience, strength, and hope with each other to solve their common problem and help others recover from alcoholism. This "open" meeting of AA welcomes those who struggle with alcohol issues. For information, call the intergroup phone number, 275-5111.

## **Cancer Support 1-on-1 Mentoring**

The goal of this resident-led program is to establish group mentoring connections between newly diagnosed cancer patients and cancer survivors. Contact Barbara Faruchi (Springs) at 333-0120.

## **Caregiver Support**

**Tuesdays, April 5 and 19**

**Group 1: 9:15 a.m.**

**Group 2: 10:30 a.m.**

**Medical Center Conference Room/IS**

These therapeutic groups are aimed at helping residents deal with issues of being a caregiver for someone with a memory disorder, whether the resident is cared for in independent living, assisted living, or skilled nursing. Dr. Nancy Spencer facilitates the groups and can be reached at 454-243. *Sign-up is required.*

## **OPD Support**

**Tuesday, April 26**

**1:30 p.m.**

**Manatee Room/WDL**

*This group meets quarterly.* The objective of the group is to provide information and discussions that will be relevant to individu-

oxygen. This month will feature a presentation by Christine Gulotta, Rehabilitative Services Program Director at The Larsen Pavilion. For additional information, call Ken Peterson at 482-3779.

## **CPAP Support**

*This group meets every four months;* the next meeting will be on **Tuesday, June 21, at 1:30 p.m., in the Oak Room/WDL.** If you've been diagnosed with sleep apnea and use a CPAP device, consistent use can make a tremendous difference in helping you feel more energetic and healthy during the day. This group aims to provide education and support to increase compliance with use of the device. For more information, contact Larry Chrouch, Eagles Preserve, 481-7188.

## **Diabetes Support**

**Friday, April 1**

**1:00 p.m.**

**Social Center/IS**

Both insulin-dependent and non-dependent diabetics are encouraged to attend. Each meeting covers a different topic and includes open discussion. For more information, contact Stephanie Devlin, case manager, at 454-8246.

## **Finding Joy (for Caregivers)**

**Thursday, April 14**

**1:30 p.m.**

**Manatee Room/IS**

The focus of the programming this year is on *you*, the caregiver or former caregiver. We will be exploring ways to identify and reduce stress, improve communication skills, and understand and handle difficult feelings. Contact Jane Johnston (Lucina)

**Wednesday, April 27**

**1:15 p.m.**

**Manatee Room/IS**

Poor hearing can affect many aspects of one's life. This group seeks to help residents cope with hearing loss, share information and learn about services and products that may help, as well as offer support to each other. Friends and family are also encouraged to attend. For more information, contact Katalin Carrow, case manager, at 225-21

## **Journey through Grief**

The next session begins on **Monday, April 4.** This is a seven-week program at The Village Church that runs several times throughout the year. Participants have the opportunity to share feelings, or just listen and learn to navigate the process of grieving a loss, whether recent or long ago. It is facilitated by Jim and Judy Mayer; call 454-3139 if you are interested.

## **Memory Care**

**Tuesdays, April 5 and 19**

**Group 1: 9:15 a.m.**

**Group 2: 10:30 a.m.**

**Behavioral Health Conference Room/IS**

These groups are designed to provide education and support to residents who have some type of memory disorder. The objectives are to identify practical strategies to help residents better manage their memory loss, address long-range planning, and create an environment that fosters a sense of purpose and heightened self-esteem. *Individual assessment is required before joining.* Contact Kathy Fratrack, LCSW, at 454-2073; individual appointments are also available.

## **Parkinson's Enrichment**

**Monday, April 4**

**10:15 a.m.**

**King's Crown Community Room/IS**

This group aims to provide support and educational opportunities to those affected by Parkinson's disease as a patient, caregiver, family member, or friend. Meetings include speakers, group discussions, and emotional support. For more information, call Jane Hammond, case manager, at 454-2186.

## **Vision Enrichment**

**Tuesday, April 12**

**10:15 a.m.**

**Social Center/IS**

This group provides educational opportunities and support for those dealing with vision loss. Florence Putman (Turban) is the chairperson. For additional information,





# Includes Free Day Respite

BY MCKENZIE MILLIS, HEALTHCARE MARKETING SPECIALIST

Arbor Day Respite program offers services for anyone in need of supportive care or companionship. Run by a team of compassionate and trained professionals, the program includes stimulating activities, low-level exercises, and nutritious meals and snacks.

With a vision to integrate memory care throughout the care continuum, a step toward this initiative incorporates Arbor Day Respite services for all lifecare residents in either independent living or assisted living, effective April 1, 2016.

“Our goal is to make this program easily accessible to all residents and their caregivers who would benefit,” said Rita Southern, Director of Assisted Living and Resident Support Services. “Breaking down the cost barrier allows caregivers easier access for

their loved ones to become involved in engaging activities designed just for them!”

Residents most likely to participate in this program are those in independent living with a spouse suffering from mild cognitive impairment or dementia, who will benefit



## Day Respite At The Arbor

from the small-group activities and socialization. Many participants begin attending once or twice a week, giving the caregiving spouse time to care for themselves.

“The Arbor Day Respite program has saved my life!” said one caregiver living on

The Island. “After a day apart, we both look forward to spending time together when my husband gets home. It provides both of us with rest, individualized activities, and the stimulation we need.”

Some assisted living residents also enjoy the enhanced structure and security provided with a half-day or full-day activities program, designed with their likes and interests in mind. “Everyone is so nice at the Arbor Day Respite program,” said a King’s Crown resident. “I enjoy the games, especially when there is a crowd to make it more competitive!”

The center is open Monday – Friday from 8:30 a.m. to 5 p.m. Reservations are required at least one week in advance. Lunch can be provided for \$10 per meal. If you know someone you know could benefit from the Arbor Day Respite program, please call 454-2292 for more information.

### April is National Parkinson’s Awareness Month

## Documenting the Disease in Dance



Join us on Tuesday, April 5, at 2:00 p.m. in the Grand Cypress Room in The Woodlands for a special screening of the movie “Capturing Grace.”

This is a remarkable story of what happens when New York’s legendary Mark Morris Dance Group joins forces with people with Parkinson’s disease to stage a unique public performance. Filmed over the course of a year, it’s a story about the power of art and the enduring strength of the human spirit. The film includes poignant scenes of dance sessions in which people with Parkinson’s seem transformed as they engage with the dance.

filmmaker and director. “For me, it’s also a personal story. I was diagnosed with Parkinson’s eight years ago – the third member of my family to receive that news.”

Following the premier, stay for a short discussion with guest speaker Ashley LeBlanc, who has worked closely with specialists at the University of Florida’s Movement Disorder Clinic which uses dance therapy to help Parkinson’s patients.

This program is provided in conjunction with Hope Healthcare. Light refreshments will be served. There is no cost to attend, but seating is limited and registration is required.

*Capturing Grace is a poignant reflection on the strength and resilience of the human spirit.”*

Breakfast of

# CHAMPIONS



Robert Lane

### About the speaker:

Robert W. Lane served as chairman and chief executive officer of Deere & Company from 2000-2009, having joined the company in 1982, following an early career in global banking. Bob managed various operations within the Worldwide Construction Equipment Division, and later served as president and chief operating officer of Deere Credit, Inc.

In 1992, he joined the Worldwide Agricultural Equipment Division where, as senior vice president, he directed equipment operations in Latin America, Australia, East Asia, and South Africa. Elected chief financial officer in 1996, Bob then moved to Germany as Managing Director, where he led the company's agricultural equipment operations in Europe, Africa, the Middle East, India, and the nations of the former Soviet Union.

Returning to the United States in 1999 as president of the Worldwide Agricultural Equipment Division, he was subsequently elected president and chief operating officer.

Bob serves on General Electric's board of directors, and the supervisory board of BMW in Germany; previously, he served on the boards of Verizon and Northern Trust. He is a trustee of the University of Chicago, an honorary director of the Lincoln Park Zoo in Chicago, a national director of Lyric Opera of Chicago.

# Human Flourishing Reflections on the High Calling of Business Leadership

Presented by Robert Lane,  
Retired Chairman and CEO, Deere & Company

Join your neighbors for a filling breakfast buffet complete with meats, eats, and treats from Sanibel Catering Company by Bailey's. From biscuits and gravy to waffles and eggs, including fresh-squeezed juices from Sun Harvest Citrus, all in attendance will enjoy a feast fit for a king ... accompanied by a savoring of corporate inspiration!

Sponsored in part by:



**MONDAY, APRIL 25**

**9:00 – 10:30 a.m.**

**GRAND CYPRESS ROOM/WD**

**COST: \$10 PER PERSON**

**(INCLUDES BREAKFAST BUFFET)**



**SIGN-UP REQUIRED; CALL MELODY DESILETS  
LEGACY FOUNDATION OFFICER AT 408.9406**



# Imagine

## 2016 Gala Celebrates Today, Envisions Tomorrow

BY MELODY DESILETS, LEGACY FOUNDATION OFFICER

**January 29, more than 1,200 Shell Point residents gathered for two evenings at The Village Church to celebrate the progress made during 2015, and re-expansion plans for this exceptional retirement community.**

Decadent ganache desserts, artfully created by local Norman Love Confections, which was that very day inducted into the Hall of Fame at the annual Top Ten Chocolatiers celebration in New York City, served as a sweet beginning to a superb night, thanks to sponsorship by FineMark Financial Bank & Trust.

The Village Church auditorium came alive as Elisabeth von Trapp, granddaughter of the legendary Maria and Baron von Trapp, whose love story inspired *The Sound of Music*, sang familiar tunes in a guitar-

the audience and spoke about the beauty she had seen, heard, and felt while visiting Shell Point.

A humorous, yet enlightening banter from co-hosts Jeff Cory and Melody Desilets of The Legacy Foundation paved the way for a highly anticipated growth plan presentation by President Peter Dys.

Throughout his 30 years as president, Peter commanded the development of a community that has remained true to its faith-based mission, with God at its center. Looking forward, he shared a vision that will span the next 30 years, in several phases of growth.



**Gala emcees Jeff Cory and Melody Desilets of The Legacy Foundation**

residence, along with an additional skilled nursing facility, all located at Shell Point's newest neighborhood – Waters Watch. Pete described changes that will affect The Woodland neighborhood in the coming months, to include an updated recreation complex and chapel.

Celebrating lifestyle with lifecare at Shell Point was a key theme throughout the "Imagine" 2016 Gala. With deep gratitude, the Legacy Foundation expressed its thanks to all Shell Point residents for sharing their time, talents, and treasures to enhance the community.



# Serendipity for Dinner

BY MARY KAY GRIMALDI

**unctuating her crowd-pleasing musical performances at the two gala eatings, Elisabeth von Trapp sold and autographed copies of her CDs, posed for photos with fans, and answered numerous questions about her grandparent's emigration and their connection to *The Sound of Music*, an award-winning musical set in pre-WWII Austria.**

Between the shows, a small group gathered in honor of Elisabeth at the Crystal Dining Room on The Island for a delicious meal ... and a friendly chat. Not by

the lively kind of dinner talk you might be tempted to eavesdrop from a nearby table.

"I had the good fortune of living in Vermont," said Sallie Soule (King's Crown), who was a member of the Vermont House of Representatives as well as the Vermont Senate in the 1980s.

"We had a chance to take our little children for supper at the Trapp Family Lodge, and they heard the wonderfully talented Madam von Trapp [Elisabeth's mother] sing at the lodge," Sallie said. "That was 1968, on our tenth wedding anniversary."

blossom in springtime. The von Trapp family had been touring the United States as the Trapp Family Singers since the early 1940s, before eventually settling in Stowe, Vermont, on an enchanting farm with sweeping mountain vistas reminiscent of their beloved homeland in the Alps.

"The entire lodge operation is managed by Johannes von Trapp, the grandson [who serves as president]," Sallie s



**Sallie Soule  
(King's Crown)**

fellow dinner companion Elisabeth Wuermer (Royal Bonnet) reminisced fondly of her early years in Austria. She was born in Raab, just 67 kilometers from Salzburg along the southern German border where she had studied at the Franciscan College and received a degree to teach kindergarten and first grade.

Sissy and Elisabeth von Trapp recalled familiar landmarks during an animated dinner conversation conducted in the soft Bavarian-style dialect. “We talked about music and the people we both know there,” Sissy said, whose uncle owned the St. Gilgen Hotel where Elisabeth once stayed. “Her family had been through some rough times, but her grandfather was a true aristocrat. Their original home was outside Salzburg near the zoo.” Maintaining many of the Austrian traditions of her heritage, and decorating her home with antique heirlooms from her homeland, Sissy explained that she is named after the country’s last Empress Elisabeth. Coming to the United States by boat when she was just 20, Sissy settled in the Chicago area, raising a son and daughter.

On a vacation trip to Marco Island, Florida, with her son in 1997, Sissy decided to build a home there on Hideaway Beach. She moved to Shell Point five years ago, but still maintains longtime friendships with fellow Austrians in Southwest Florida. “I celebrated my 70th birthday at home on Marco Island with entertainment by Stratton Mountain Boys [an Austrian entertainment group],” said Sissy, learning coincidentally Elisabeth von Trapp’s husband Ed Hall had trained some of those iconic musicians.



**Elisabeth Wuermer (Royal Bonnet)**



### Church Connections

Dee Horne (Harbor Court) also joined the dinner entourage, enjoying the conversations about Vienna, where her and her husband’s son is currently assigned. With his wife, Dina, who is also a long-term missionary, Dave Horne is serving as European area director for Global Partners, a ministry to provide leadership and encouragement for The Wesleyan Church.



**Dee Horne (Harbor Court)**

During a European visit last year, Dee and her family rode the train from Vienna to Salzburg for *The Sound of Music* tour, to go “on location” where filming took place. “Especially lovely was the church where the wedding scene was filmed,” Dee said.

Randy Woods, minister of Worship & Music at The Village Church, arranged the Gala entertainment and, along with his wife, Karen, hosted this dinner party as a tribute to Elisabeth von Trapp. The couple have a special place in their hearts for the music and mountains of Austria.

They later traveled to Austria, and “the birthplace of Mozart,” for their 25th wedding anniversary.

“Sissy recommended places for us to see in Salzburg, and asked if we would deliver a package to a friend there,” Randy explained. “On a visit to Nonnberg Abbey, we met her friends—several nuns and the Mother Superior of the convent, who invited us to share tea and biscuits.

“On that memorable trip, Karen and I walked down the aisle of Mondsee Abbey just like Baron von Trapp and Governess Maria did in *The Sound of Music*.”



**Music fans make fond dinner friends at the Italian Dining Room. (L-R): Ed Hall and his wife, Karen.**

*These are a few of our favorite things!*



# Topping Off Clubhouse Construction

With a traditional “topping off” ceremony, held on March 17 to mark the final roofing structure in place, construction of the Shell Point Clubhouse moves indoors during the potentially rainy summer season to conclude the remaining mechanical, electrical, and plumbing systems. The next phase includes finishing touches, such as interior décor and staffing.

The plantation-style feel of the 5,000-square-foot, \$14 million facility will add a welcoming touch for Clubhouse members. While all residents will be considered members at no charge, the public will pay a substantial premium to become members of this exclusive golf destination near the gateway to Shell Point.

“This building structure is designed to take advantage of the golf course and nature views surrounding our property, and presents an impressive sight while driving along Shell Point Boulevard,” said Scott Moore, chief operating officer at Shell Point, at a recent update presentation for residents.

“We expect to obtain a certificate of occupancy by September, then complete hiring and training new staff, and installing final equipment to open in October.”

Offering another convenient location with conference meeting space and office support for continuing education and specialty programming, the Clubhouse will be fully outfitted with audio/visual amenities for concerts and speaking events, including a hearing loop, full WiFi, and ample car parking spaces.

Because of its proximity to the Gulf, the facility is installed with large missile



**“We expect to obtain a certificate of occupancy by September, then complete hiring and training new staff, and installing final equipment to open in October.”**

**–Scott Moore, Vice President of Operations**

magnolia  gri

**Above and right: The Shell Point Clubhouse plantation-style architecture features symmetry, with a center entrance, columns, and large, evenly spaced windows. The interior design**



**L to R: Shell Point Chief Operating Officer Scott Moore, President Fred Edman and Project Manager Scott Loiacano both of Wright Construction Group, and Bob Southern, assistant to the president for project development at Shell Point, recently celebrated the Clubhouse topping off.**



act glass and rated to withstand 173-mile-hour winds from a Category 5 hurricane, according to Scott Loiacano, Construction Manager for Wright Construction Group.

### Membership Benefits

A few course design changes the front nine holes will provide play for golfers, who also appreciate the rebuilt, fully sprigged, easily accessible putting green, the repositioned chipping range, and chipping surface. A hidden wash station with covered parking will accommodate 72 golf carts, and the golfing area will easily facilitate drop for arriving guests.

The Pro Shop will feature advanced retail shelving to sell a broader range of merchandise, and luxurious men's and women's locker rooms will contain show-restrooms, and locker storage, with humidity-controlled space to store 450 bags of clubs members.



broader options for reciprocal play at other nearby courses,” Scott said, “with about a two-to-one ratio of outside members to residents, who will have full access to the dining discounts and fitness center activities. The Seagrape Salon and Spa will offer member discounts on first-class services to cut, curl, and paint.”

Two new restaurants will be available: The Back Porch “turn stand” with snack bar counter service and casual patio seating overlooking fairway #2; and for country club elegance, the Magnolia Grill on the second floor, with elevator access.

“These will complement the other Shell Point dining options,” said Al Slickers, Hospitality Services director, “with a menu of tapas/appetizer choices and a buffet service area, and full catering in the board room or banquet room to reserve for social engagements up to 150 people. The open display kitchen will put our



## Construction Traditions

The practice of “topping off” a new building can be traced to the ancient Scandinavian custom of placing a tree atop the roof to acknowledge the greenery displaced by its construction. A tree or leafy branch is placed on the top-most wood or iron beam, and workers are treated to a meal.

# Helps Patients Breathe Easier

BY MCKENZIE MILLIS, HEALTHCARE MARKETING SPECIALIST

It's not uncommon to see residents living with cardiopulmonary disease (COPD), congestive heart failure (CHF), pneumonia, asthma, bronchitis, emphysema, and many other pulmonary conditions and diseases. Recently, the Larsen Pavilion rehab team underwent extensive training in advanced techniques to improve pulmonary rehab protocols for residents.

"We work closely with the medical providers and nurses daily to recognize the early signs of pulmonary distress, and we are excited that our thera-

pists now can play a bigger role than ever before," said Christine Gulotta, director of Therapy. "Close monitoring of our residents' health is an important way to help prevent untimely re-hospitalizations."



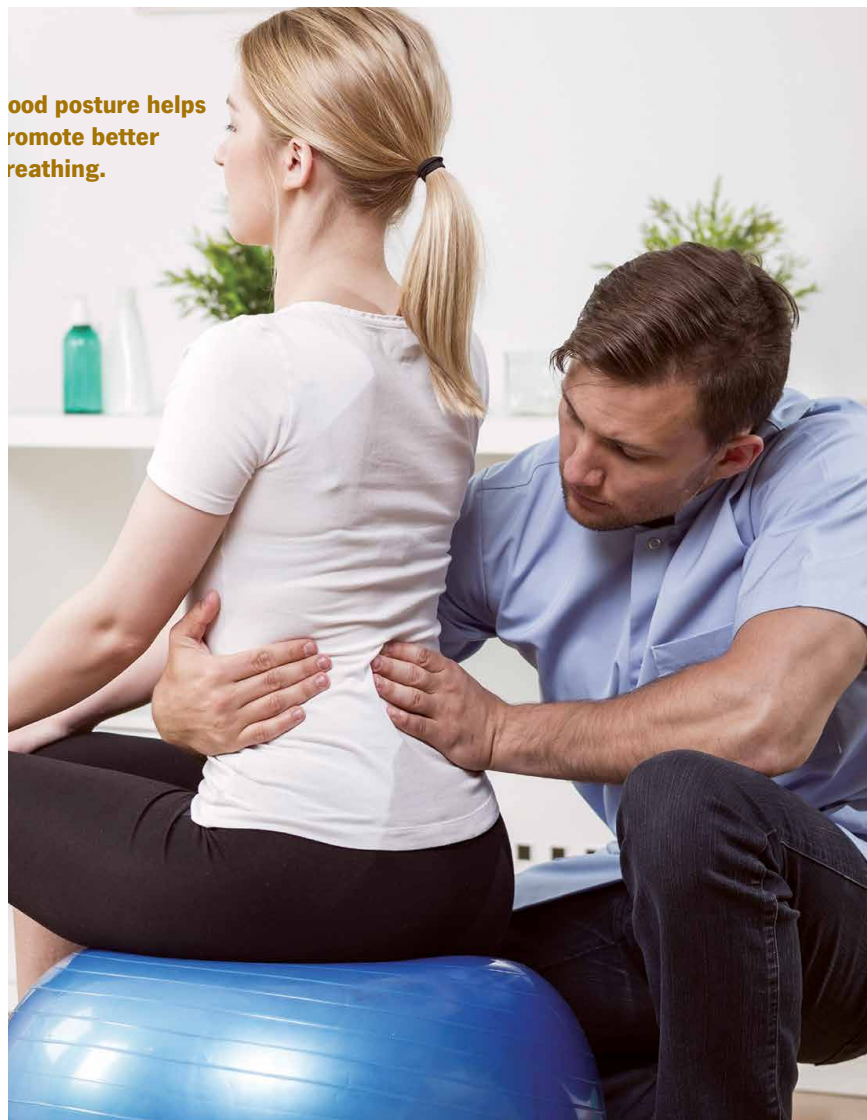
**Director of Therapy  
Christine Gulotta**

Therapists track residents' vital signs prior to exertion, during physical exercise, and following the activity. These steps can help medical providers to quickly identify a pulmonary change that may require intervention



**Director of Nursing  
Margie Pregent**

before it becomes critical. "Also, since April 2020, Pulmonary, Critical Care and Sleep Medicine Specialists SW Florida has been available onsite at the Arbor Medical Center," said Margie Pregent, director of Nursing. "This allows patients to see a pulmonary specialist right here on campus, without having to leave the Shell Point community. "Our healthcare team is proud to provide you with exercise, education, and support to help you learn to breathe and function at the highest level possible."



Good posture helps promote better breathing.

## The Larsen Pavilion Pulmonary Program provides patients with access to:

- Nurses trained in pulmonary and respiratory interventions and management strategies
- Anxiety and pain management
- Progressive physical therapy regimen tailored to fit each patient's needs and abilities
- Individualized plan of care for the patient's specific needs
- On-site case management
- Physical, occupational, and speech therapists specially trained in:
  - Education about specific pulmonary conditions and how to manage them
  - Energy-conserving techniques
  - Breathing strategies



# All the Backpacks for School Kids!

**April 15 – 30**

## 6 marks the tenth consecutive year for the School Supplies Fund

drive, led this year by Dorothy Erickson (Shell Point, Florida). With your generosity, it will be a successful one! Shell Point residents' monetary donations are used to purchase items determined by Lee County schools that children will need for the upcoming year.

In the past, residents' gifts have filled bags of supplies, including markers, notebooks, scissors, pencils, erasers, glue, staplers, and many other items, distributed to Shell Point employees' children and grandchildren.

This year, the School Supplies Fund Committee has set a goal of maintaining a 650-bag count, but adding additional supplies to each bag. Resident volunteers will organize, fill, and distribute the bags to eagerly awaiting children and their caregivers in mid-July.

The annual supply drive runs April 15 through April 30. Residents will receive an invitation



in their mailboxes with instructions to drop off donations at either service desk (checks payable to Shell Point, with "School Supplies Fund Drive" in the memo line). Contributions are tax deductible, so please indicate to whom a receipt should be sent.

"The generosity and time given to this project is appreciated by many employees," said Dorothy. "Receiving this special gift is both meaningful and useful, and staff appreciates this program immensely. Thank you in advance for your generosity."

# Live United

## Resident Giving Exceeds 2016 Campaign Goal

CINDY O'GRADY, EXECUTIVE ASSISTANT



## Shell Point residents once again bonded with great generosity to United Way campaign at Shell Point.

The campaign ran from January 15 to February 29, sponsored by the Residents' Council.

"I'm pleased to report that a total of \$6,642 was contributed toward a goal of \$5,000," said Chairman Dick Uhleman at the February 29th meeting.

United Way plays a critical role in the overall success of the United Way to help others who are less fortunate in Lee County."

From time to time, some Shell Point residents also volunteer on the United Way Allocations Committee, which visits approximately 70 United Way agencies requesting assistance to ensure that your gift is being spent efficiently and effectively. The United Way provides support for

170 programs to create change.

Residents have remarked that seeing the hard work and dedication of workers at these agencies emphasizes the importance of this charitable assistance. Of the money raised, 90.7% goes directly to programs that truly make a difference in people's lives.

Residents who are still interested in participating may send a gift directly to United Way, 600 N. ...



*You're invited...*

## FINANCIAL PLANNING AT ANY AGE

Wednesday, April 13, 10:00 a.m.  
Grand Cypress Room/WDL  
No sign-up is required.

**Presented by:** Read Sawczyn, Dennis Landfried, Megan Marquardt, Nick Wychocki, and Anna Smith of FineMark National Bank & Trust

As your life progresses and events happen, your plans can change. Learn about the important tools for financial planning, such as income versus expenses, retirement income, estate planning, insurance, and cash savings. Walk through real-life financial planning scenarios to fully understand the key components that assure your plan is on track.

## INVESTMENT ROUNDTABLES ADDRESS THE MARKET & ECONOMY

FineMark National Bank & Trust invites you to attend the monthly FineMark Investment Roundtable open-forum discussions about the markets and economy with investment experts John Bobb, Andrew Foster, Dennis Landfried, Read Sawczyn, Chris Smith, and Nick Wychocki.

These experts will discuss market concerns, asset allocation decisions, long- and short-term concerns in the economy, what we are buying and selling, and how much risk you are taking in your portfolio.

The sessions are held in the Manatee Room on Treasure Island, from 10 – 11 a.m. on the following Wednesday: April 27; May 25; June 8; July 20; August 17; September 28; October 26; and December 21.

The event is free, but seating is limited. Please RSVP to Anna Smith at (239) 461-5930, or [asmith@finemarkbank.com](mailto:asmith@finemarkbank.com)



# Think Twice About Ooma Telephone Features

BY MATTHEW WHELAN, TECHNOLOGY SUPPORT SPECIALIST

Ooma provides home phone service using a high-speed internet connection. In addition, the company offers certain enhanced equipment and related services.

For example, the Ooma HD2 Handset cordless telephone connects wirelessly to its internet base, with features typically found in a smart phone. It includes the ability to sync our phone book with online contacts from Apple, Google, Yahoo, and others, and get picture caller ID by syncing with Facebook profile pictures.

While the Ooma phone service is appealing, this HD2 model cordless telephone might not be a wise choice for Shell Point residents. Here are some of the potential negatives:

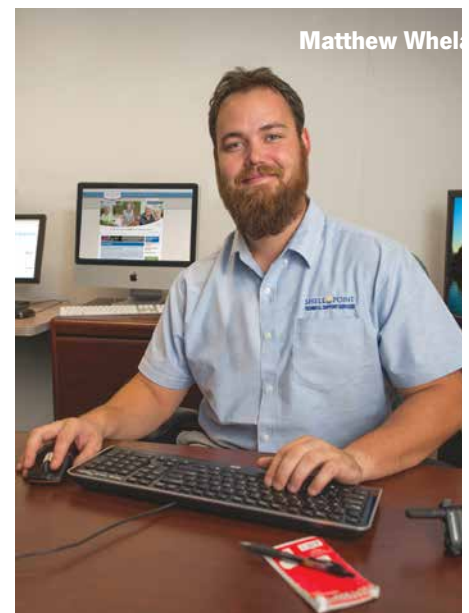
- This handset device is unnecessary. When Ooma phone service is connected to the resi-



phone will work on the service, regardless of where it is plugged in.

- The large button with the white line encircling it adjacent to the green answer and red disconnect buttons is a “do not disturb” button. Pressing this will send all incoming calls to voicemail. The only indication that it is in this mode is a tiny red dot in the upper right-hand corner of the screen. If a resident presses this by mistake (which is easy to do), someone would need to reach the resident in person to notify them of this error so they can undo it and begin getting live calls again (unless the resident can be reached at an alternate mobile phone number).

- The Ooma HD2 Handset costs \$50. For the same price, you could purchase a regular cordless



Matthew Whelan

If you have questions or concerns, please call (239) 454-2190 to place an order with Technology Support Services.



# FineMark National Bank & Trust Answers Your Personal Banking Questions

ANNA SMITH, MANAGING EXECUTIVE OF FINEMARK NATIONAL BANK & TRUST

## Question: How do I know if a call is really from the IRS, or fraudulent?



**Answer:** The IRS is warning people about the “largest ever” phone fraud scam targeting taxpayers. IRS fraudsters make the incoming number appear to be legitimate.

Occasionally, they spoof the real telephone assistance service number of the IRS, 1-800-829-1040. More frequently, they call from numbers with the same area code as the victim, to entice the victim to answer the

call thinking it is from someone they know.

Attackers appear to be operating from India, seeking approximately \$5,000 per contact. This impersonation of the IRS also involves much higher volumes, with complaints in excess of 10 times previous years; the number of attack calls was estimated to be more than 450,000 in March alone.

### CHARACTERISTICS OF THIS SCAM INCLUDE:

- Using magicJack phone numbers for consumers to call back.
- Asking consumers to use the GreenDot MoneyPak service to wire money to a Paypal account.
- Using fake names and fake IRS badge numbers.
- Reciting the last four digits of a victim’s Social Security Number.
- Spoofing the IRS toll-free number on caller ID to appear as if the real IRS is calling.
- Sending bogus IRS emails to support these fraudulent calls.
- Using background noise to mimic a call center.
- Threatening victims with jail time or driver’s license revocation, including a call-back pretending to be from the local police or Department of Motor Vehicles (DMV) to support the claim.



**If you receive one of these fraudulent calls, do not provide any information and hang up. If you believe the IRS is trying to contact you, call the IRS directly at 1-800-829-1040. As always, FineMark is also here to help.**



## Shred It! APRIL 21

Don’t miss the FineMark shred event, scheduled for **Thursday, April 21, from 9 – 10:30 a.m.** in front of The Village Church. If you have any questions about which records to save and which to shred, call us at (800) 441-5000.



# You're In!

BY ROBYN CHURCH, SALON & SPA MANAGER

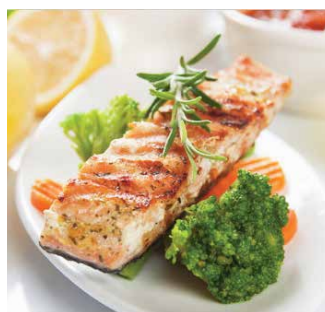
*Salon & Spa*  
AT SHELL POINT

FOR APPOINTMENTS, CALL  
**(239) 489-8400**

## Natural Fix for Dry Lips

While Florida winters pale in comparison to what is experienced up north, humidity is lower during these months, resulting in dryer skin and lips.

One solution is to press dry lips with green tea, a powerful antioxidant. Dip a green tea bag in warm water until it is saturated. Remove excess water from the bag then press it against your lips for five minutes. The tannins in the tea bag will help soothe and repair damaged skin cells on the surface, reviving your pucker.



inflammation, and causing a skin reaction. Moisturizers will help the skin hold water and natural oils. Of course, it is important to drink plenty of water to hydrate the body from the inside. Once the skin is hydrated it is much less likely to react.

Using G.M. Collin's Treating Mist before the skin moisturizer helps balance the skin's pH and prepares it to receive the moisturizer. For added nourishment, apply Hydramucine Serum or Hydramucine Cream or gel cream.

## Feed Your Skin Well

As dinner approaches, take a pass on the burger and fries, and opt for salmon and broccoli instead.

Fish is packed with Omega 3s, which help replenish natural oils as well as fight inflammation. Broccoli has loads of Vitamin C, which cells require to make collagen, a protein that makes the skin firm and supple.

And skip dessert! Sugar molecules bind to the proteins and compromise collagen fibers that keep skin taut.

## Is Your Skin "Sensitive" or "Sensitized"?

Many people claim to have sensitive skin because they experience reactions, such as stinging or redness, when their skin comes in contact with certain lotions or creams. In reality, your skin simply may have become sensitized.

**Sensitive skin** is caused by skin disorders or allergic reactions, such as eczema,

rosacea, and allergic contact dermatitis. People with sensitive skin should avoid products containing alcohol, retinoid, and alpha hydroxy acid. Ceramides are nourishing and rarely irritate sensitive skin.

**Sensitized skin** is a result of dehydrated skin, which looks dry. Tiny cracks will develop in the outer layer of the skin, leaving the skin prone to invading bacteria and

**Receive 2 free gifts\*** with purchase of any 2 products from the Hydramucine line.



GIFT max. value \$45

SPECIAL FREE PRODUCT OFFER

\*1 Choose either Hydramucine Cleansing Milk

or Hydramucine Treating Mist

\*2 Also receive one Anti-Aging Instant Radiance Eye Patch



*Zoya Petals Collection is here!*

**10% off any Zoya retail purchase.**

Zoya is free of formaldehyde, toluene, dibutyl phthalate, and camphor.

# Treasures with Your Neighbors

BY JAN EMRICH,  
SECRETARY, THE VILLAGE CHURCH



## Food Drive, April 3–10



donation from the Harry Chapin Food Bank to the South Fort Myers Food Pantry for being its #1 Partner Agency.

Thanks to Shell Point residents' ongoing generosity and hard work to help feed our neighbors in need, the Harry Chapin Food Bank has named the South Fort Myers Food Pantry its #1 Partner Agency, from among more than 150 such organizations.

Without YOU, this honor would not have been possible, and the effort continues from April 3–10 at The Village Church. Items most in need are non-perishable food, such as peanut butter and jelly, protein-rich soups, and canned meats, including tuna, chicken, roast beef, and ham. The food pantry also needs recyclable grocery bags.

Collection boxes are set up at both service desks, the Health Club at Eagles Preserve, The Cove at The Estuary, Shell Point Golf Course Pro

Shop, and the Sanctuary of The Village Church. If you plan to attend the Volunteer Appreciation event on April 7, feel free to bring your donations at that time.

As you prepare for spring/summer travel, think about emptying your cupboards for the cause. If you plan to be away at this time, please contact The Village Church so arrangements can be made to accept your gifts before you leave.

If you prefer to make a monetary donation, please make your check payable to the Harry Chapin Food Bank, with South Fort Myers Food Pantry in the memo line; send it via campus mail to The Village Church. Using "food bank" material, every \$1 you give translates into \$6 worth of food that can be purchased.

# Speed Dating™ Global Outreach Version

BY DOTTY MORRISON (CELLANA)

Would you like to attend a speed dating session? For the uninitiated, it's an event where single women sit at a table and a series of single men move from table to table introducing themselves. At the end of the evening, participants decide if their heart has "skipped a beat" for a certain individual, and if so, they arrange a date.

What does that have to do with our monthly Global Outreach meeting? You'll

Here's what we can tell you:

- It's not just for singles – all are invited
- You will be introduced to some special individuals from around the world.
- Our goal is that by the end of the session, your heart will be drawn to become involved in the life of one or more of the people you have met.

The event is free and begins at 10:15 a.m. on Wednesday, April 13, in The Village Church Sanctuary. Come early for





## 2016 EMPLOYEE CHRISTMAS FUND

# Giving Thanks

BY DAVID SINGER (TELLIDORA), 2016 COMMITTEE MEMBER

**A**s a retirement community, Shell Point stands apart in thousands of ways. First and foremost, it's got a heartbeat – we're family. About two thirds of the family resides "on campus." Each day, like clockwork, another bird, almost silently, invisibly, arrive to stir the campus to life; they empty trash, trim bushes, vacuum pools, exchange towels, mop floors, cook meals, answer phones, plan events, schedule transportation – doing all it takes to run a small city efficiently. It's a "one-call-does-it-all" kind of place.

If they didn't wear uniforms, Shell Point employees might get lost in the family mix. They truly participate as part of our community, serving with grace and dignity. Without fanfare, they keep us safe, comfortable, and cared for.

Part of our community comfort arises from clearly defined roles, and employee uniforms help! In addition, there's no tipping, no favoritism. Still, residents want to give thanks for the excellent service Shell Point employees render; so they devised the

Employee Christmas Fund.

This fund ensures that all employees get treated equally; those who render their aid mostly behind the scenes and out of sight are not at a disadvantage. Through the Employee Christmas Fund, every employee gets high and equal regard, while those on the giving end remain anonymous. In this way, those able or inclined to give more can do so without concern that they'll be singled out for special treatment.

In 2015, through the Shell Point Employee Christmas Fund, nearly every household used this means and opportunity to say a generous and tangible "thank you" to the 978 employees who faithfully served us every day, all day. Through this Employee Christmas Fund, we honored those whose services we rely on. It's our way of saying, "We notice and appreciate all that you do for us." Residents gave 1,213 gifts totaling \$440,570, brightening each full-time employee's Christmas with a \$610 gift.

This giving not only magnifies the

spirit of Christmas, it's easy to do. You can choose to give online through your monthly Shell Point billing statement. Just go to the resident website, [www.shellpoint.net/christmasfund](http://shellpoint.net/christmasfund), and follow the prompts. This site also offers a complete description of how the Employee Christmas Fund works, who benefits, and how to participate.

You can also use the form recently supplied by mail to make either a one-time donation or to enroll in a monthly payment program. Return the form in the attached envelope to the Cashier-Administration. If you prefer to give by check, simply make it payable to "Shell Point" and write "2016 Employee Christmas Fund" on the memo line, then drop it in the campus mail.

Whether you feel moved to give monthly or all at once, we encourage you to decide now what you will give and to whom. Don't miss out on this family Christmas fest. Give generously to those who serve you every day with a giving, Christlike spirit.



**2016 Employee Christmas Fund Committee: (L-R) Jerry Nanfelt (Lucina Chair); Carl Seeland (Eagles Preserve); Lynn Tutton (Eagles Preserve); Barbara Hermann (Turban); Marcia Seeland (Eagles Preserve); Janice Boud (Estua); Joe Tutton (Eagles Preserve); Lynda Williams (Lucina); David Singer (Tellidora) and Alvin Williams (Lucina).**



# A Refreshed Vision

REV. ANDREW HAWKINS, PHD, SENIOR PASTOR OF THE VILLAGE CHURCH

These are significant times for The Village Church. Every church goes through seasons – leaders change, communities evolve, constituents come and go. It is incumbent on leaders to assess the ministry context, take stock of personal and spiritual resources, and chart a course for the next season.

That process has been unfolding for the past year or more at The Village Church. Strategic planning, discussions with leaders, conversations with attendees, interactions with community members – all contribute to the process. In the final analysis, we have articulated a new mission statement for The Village Church, one which we hope will resonate with who we are as a church, in our community, for this time.

The mission of The Village Church is building a community of forgiveness, purpose, and hope in Jesus Christ.”



## A Community of Forgiveness

We seek to be a people who are both forgiven and forgiving. *Forgiven* – having been redeemed solely in the life, death, and resurrection of Christ – we can be assured that our sins are forgiven, that we have received the righteousness of Christ by faith through faith, and are thus in the right standing with God. *Forgiving* – having been forgiven, we easily extend forgiveness to others, healing broken relationships with family and friends. We desire to be a community of people who, coming down the home stretch of life, will find reconciliation with God and others. “...and forgive us our debts, as we also have forgiven our debtors.” (Matthew 6:12)

## A Community of Purpose

While forgiveness deals with our past, purpose focuses on the present. We are here for a reason – a God-given purpose. That

work. We are called to be Christ’s witnesses: “But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.” (Acts 1:8)

Being witnesses for Christ means to exhibit the character of Christ to our neighbors, and extend the love of Christ to our region – even to the whole world. Acting with purpose will look different for each of us based on our own personal circumstances, and our abilities and gifts. But as Paul said: “And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” (Colossians 3:17)

## A Community of Hope

While forgiveness deals with the past, and purpose with the present, hope anticipates the future. Those who are a people of forgiveness and purpose can look forward

obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.” (Romans 5:2)

## Building a Community...in Jesus Christ

All of this is possible because of Jesus Christ, and it is experienced in community – a community that is in process. We have not arrived. We aspire to become a people of forgiveness, purpose, and hope in Jesus Christ.

This whole mission-generating process has given The Village Church a fresh vision for who God wants us to be at this time in this place. You’ll see that fresh vision reflected in many ways in the months ahead – in our refreshed website ([www.shellpoint.org/villagechurch](http://www.shellpoint.org/villagechurch)), in our communications, in our ministry emphases, in our staffing.

It all comes down to being faithful to God’s mission for The Village Church. It is a journey. We’re on it together. We hope you’ll join us on the journey to becoming

# Art Draws a Talent-Hungry Crowd



BY BETH CRENSHAW, VOLUNTEER COORDINATOR

Some of Shell Point's finest artists proudly represented our community by exhibiting their works at the 2016 Art Show and Sale on February 19 and 20. Despite a late change of venue from The Grand Park to The Village Church, a crowd attended this favored, annual event.

More than 20 displays included such diverse art forms as wooden fruit bowls,

hand-painted silk scarves, stained glass candle holders, whimsical greeting cards, and breathtaking photography. Many hours of hard work and labors of love were evident in each unique piece. All art was available for purchase, and shoppers left with smiles as they took their one-of-a-kind finds home.

The Shell Point Strings Ensemble provided elegant musical entertainment, while

participants browsed among the tables loaded with imaginative talent. An enticing aroma of kettle corn, gyros, tacos, and hot dogs lured hungry visitors to food trucks parked at the church entrance to dine. A fresco on this crisp winter weekend.

The huge baskets of delicious food and views of artists' colorful creations – not disappoint.



Collage art by Herb Sklar



Augusta Crane (Parkwood)



L-R: Cyndy Eames (Turban) and Holly English (Cellana)



Maxine Brooks (Eagles Preserve) selling items from the Art Studio as a fundraiser.