



FLEET BEAT

VOL. 30 No. 5

THE FLEET LANDING RESIDENTS' NEWSPAPER

August 2020

No paper copies of this issue of *FLEET BEAT* were ordered because of continuing complications caused by COVID-19. The issue can be viewed on Fleet Link under "Publications."

Virtual "Coffee and Conversation"

By Enith Vardaman

In keeping with the constraints of the pandemic, Executive Director Josh Ashby broadcast his July 15 "Coffee and Conversation With Josh" on in-house channel 267. He prefaced his presentation with something guaranteed to lift everyone's spirits: photos of his three children.



Vivian at four months old



Connor and Cosette demonstrating that even four-year-olds can practice mask wearing, social distancing, and hand hygiene. They are intent on their day camp projects.

Financial Results

Ashby began his presentation with a report on the budget, 2020 average, and the latest (June 30) occupancy figures for independent living, assisted living, memory care, and skilled nursing. On June 30, independent living was essentially at full occupancy (97.7 percent), and The Nancy House was at 100 percent occupancy, while assisted living and skilled nursing occupancy was under budget. Next, Ashby discussed revenue, expenses, and

income as of June 30. The \$400,000 negative variance in revenue, largely a reflection of the underperformance of skilled nursing and assisted living, was slightly offset by expenses that were somewhat less than budget. The resulting operating income was some \$350,000 under budget. Ashby noted that given the events of the last few months, these are positive results.

Financial Impacts of COVID-19

Ashby displayed a series of graphs illustrating where COVID-19 has, and has not, impacted the budget goals for utilization of the various components of Fleet Landing's healthcare services.

There are three sets of populations in skilled nursing: lifecare residents (individuals who previously lived in independent living and have transitioned to the Derfer Pavilion), Medicare (short-term rehab patients, a group made up of lifecare residents and residents from the outside community), and Direct Choice (non-lifecare residents living in the Derfer Pavilion on a permanent basis). There has been a decline in lifecare skilled nursing occupancy during the second quarter of 2020, but variation in utilization in this category is common and not attributable to COVID-19. The second quarter of 2020 saw a precipitous decline in Medicare patients. Because of COVID-19, hospitals were not performing elective and even some critical procedures, resulting in a decrease in the number of persons needing short-term care after leaving the hospital. The category of Direct Choice was unaffected by COVID-19.

The graph for Leeward Manor showed a dramatic second-quarter drop in occupancy. This was caused by COVID-19-related restrictions that resulted in an inability to move people into Leeward Manor and an inability of families to move belongings out. The situation began to improve recently.

Nancy House occupancy has been unaffected by COVID-19. Unlike elective procedures, the need for memory care is a service that cannot be delayed.

The best news was in independent living occupancy (the largest revenue line item), which has been unaffected by COVID-19 and above budget throughout the first six months of this year. The wait list continues to grow.

The final component of healthcare services discussed was Medicare home health. Utilization of this service is measured in episodes of care. Fleet Landing has

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July Residents' Council Meeting

By Howard Burdick

The July 21 Residents' Council meeting was convened virtually on in-house channel 267 by President Bob Burkart. He reported that in keeping with tradition, there would be no August council meeting. He announced that the council was working with the local Military Officers Association of America (MOAA) chapter to establish a new tradition at Fleet Landing of observing POW/MIA Recognition Day, which is held annually on the third Friday of September. Planning for this year's September 18 observance is in the preliminary stage.

Management Report. Executive Director Josh Ashby did not participate in this meeting because he had concluded one of the twice-weekly FNN (Fleet News Network) broadcasts shortly before the council meeting.

Council Reports.

Vice President Eileen Theis reported on the Memorial Day (see *FLEET BEAT*, May/June/July 2020, page 4) and 4th of July (see article on page 6 of this issue) programs, which were conducted virtually. She asked residents to write a note of gratitude on one of the staff thank you signs that the council has placed around the campus. She said that the September council meeting would be the kickoff for the gift fund drive. She encouraged residents to consider giving a little extra this year because of all that the entire staff has done for them during the pandemic. In addition, there are more employees this year in health services and home health.

Finance and Marketing. Kerstin Chelius discussed financial results through May 31, and commended the management team for how well it has navigated the COVID-19 crisis. Days cash on hand has increased from 574 days in April to 641 in May, a figure far exceeding the required 180 days. Financial reports are available in the Dinda Library. Occupancy levels throughout the campus remain as high as possible, with an Atlantic Club (existing independent living) wait list of 365 and a Horizon Club (Beacon Pointe apartments) wait list of 41.

Wellness. Imogene Coleman reported that 348 residents had signed up for the new community engagement portal, Fleet Link (formerly CareMerge), which was scheduled to replace the My Fleet Landing app and FlipSide on August 1. She also called attention to the broadcast on channel 267 of Fleet Landing's *WELLInspired* Learning Series (dates listed in the Fleet Link calendar) and the TED Talks (2:30 pm on Tuesdays).

Human Resources and Dining. Jim Côté announced that the Employee of the Month for July was Doris Johnson, a Restorative Certified Nursing Assistant in The Nancy House. There were 157 Lobster Tales in June. Total staff now number 423, reflecting a ten percent increase in the past year. Major hiring for the new construction has been delayed until occupancy dates for the new buildings are more clearly defined.

Healthcare. Janice Flock offered tips for keeping safe during a very hot summer, including staying hydrated and

avoiding outdoor activities between the hours of 10 am to 4 pm, when the sun's rays are the most dangerous. She also reminded residents of the typical COVID-19 symptoms, including a body temperature above 100 degrees and difficulty breathing.

Facilities. Jess Stewart noted that the Coleman Center and the 1000, 2000, and 3000 buildings had been inspected following resumption of zone inspections, which had been suspended because of issues associated with COVID-19. The painting of the apartment buildings and associated exterior repairs has improved their appearance and reduced exterior maintenance. He encouraged residents either to email their maintenance requests (service@fleetlanding.com) or to use the Fleet Link maintenance request function as the best means of getting a request documented.

Safety and Security and Housekeeping. Larry Bell reported that Manager, Safety and Security, Eddie Howard, was coordinating with the Atlantic Beach Police Department and the Jacksonville Sheriff's Office in preparing for the current hurricane season. There has been a retirement and a new hire in the department. Bell also noted that Kay Combs, Manager Housekeeping, Services, was delighted with the acquisition of three electrostatic disinfectant sprayers. (For more about these sprayers, see the "Virtual Coffee and Conversation" article on page 1.)

Resident Suggestions. Secretary Nancy Russell noted the following suggestions and responses:

- Have email notification of resident deaths. Residents are notified via email when a death is posted in the "In Memoriam" section of Fleet Link.

- Offer a salt-free menu. The issue was still pending.

The next council meeting will be held on September 15 at 3 pm.

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All the news that fits...

Contributions to FLEET BEAT are welcome. Please place copy or any comments you may have in box 1107 at the Coleman Center. Neither letters to the editor nor anonymous submissions are published but we are, of course, mindful of your comments. Find the most recent 12 issues of FLEET BEAT at www.fleetlanding.com. Sign into the resident portal and click under "Publications." Issues can also be found under "Publications" at myfleetlanding.com and in the MyFleetLanding app. A complete run of back issues can be found in the Dinda Library.

The WELLInspired Learning Series



LtoR: Latwanda Ford, Lex Gonzales, Jennifer Joy

This series consists of three topics each month. The health services and therapy talks are held on the first Wednesday of the month beginning at 2 pm, and the wellness talk takes place on the third Monday of the month at 1 pm. All are broadcast on in-house channel 267.

Stay Hydrated in the Summer Months

By Chet Davis

In her July 1 health services talk, Latwanda Ford, Director of Nursing, cited ten ways of staying hydrated during the heat of summer. Appropriately enough, drinking water was number one and can be accommodated by drinking more water than usual and scheduling water breaks during the day. People need to be aware of how much they sweat (or for proper Southern ladies—glow) and increase fluid intake to account for the loss of water through evaporation. It was interesting to find out that the elderly and individuals with either heart disease or diabetes require more than the normal supply of water. Consulting with medical professionals to ensure knowledge of required hydration is recommended. A very easy test on hydration is the color of one's urine, which should be clear and light yellow in appearance. While a cold beer might be enticing, alcohol causes dehydration. If consuming alcohol, add more water to compensate. Early morning coffee or fancy caffeinated drinks may be appealing, but they are diuretics and are not a substitute for water. Exercise, while essential, should be done in moderation, and precautions, such as exercising indoors or during cooler times of the day, should be taken to avoid dehydration. If overly hot, cool showers and baths can aid in stopping the sweating and subsequent dehydration. Eating fruits high in water content, such as apples, peaches, cantaloupes, watermelon and strawberries, can assist in staying hydrated. While sports drinks help to replace nutrients and fluids lost during exercise, water is still the best choice, particularly if the drinks are high in sugar or other additives.

Thermoregulation for Older Adults

By Chet Davis

Therapy Manager Lex Gonzales, speaking on the therapy topic on July 1, addressed thermoregulation in older adults and the issue of high heat in this part of

Florida by pointing out that we are homeotherms (human thermometers) designed to exist at about 98.6 degrees. At 103 degrees, we have fevers; at 106 degrees, we can damage our brains; and at 113 degrees, the body basically self destructs. Gonzales defined the term “hyperthermia” as any temperature above 98.6 degrees and listed its causes as infections, brain lesions, and either heavy exercise or the ambient temperature. Infections are caused by toxins in the blood, and the brain raises the alarm so the body can begin to fight. Of note, older adults get sicker as the fever response is weakened or absent. Lesions affect the internal mechanism that controls temperature and signals blood vessels to expand or contract to fight either heat or cold. Heavy exercise or high ambient temperatures require additional hydration to maintain correct body temperature.

From a clinical perspective, the ideal temperatures for exercise are between 68-72 degrees with humidity of 60 percent or less. Gonzales described the various heat emergencies and their symptoms: heat edema (swollen feet or ankles), heat cramps (severe muscle spasms, especially in the legs), heat syncope (lightheadedness or loss of consciousness and cold and clammy skin), and heat exhaustion (nausea, headache, confusion, weakness, and low blood pressure). Symptoms of the most dangerous heat-related problem, heatstroke, include high skin and core body temperature, loss of consciousness, and dry skin indicating loss of the sweating mechanism. He also cited the treatment of each of these conditions.

Gonzales concluded his talk with a list of ways to avoid hyperthermia during the heat and humidity of summer: Wear loose-fitting clothes; take cool showers or baths; hydrate, hydrate, hydrate; avoid both strenuous exercise during peak daily temperatures and working or exercising in direct sunlight; and take frequent breaks in cool or shaded areas.

Feelin' Hot, Hot, Hot:

Summertime Exercise Guidelines

By Enith Vardaman

The wellness topic was presented on July 20 by Director, Wellness Services, Jennifer Joy. As a preamble to discussing exercise guidelines during the heat of summer, she reviewed information from Lex Gonzales's July 1 therapy presentation (reported in preceding article), including the categories of heat-related emergencies and the means of avoiding hyperthermia. Of particular note, she added that the American Cancer Society now ranks physical barriers to the sun, such as large hats and clothing with built-in SPF, as preferred over sunscreen. However, sunscreen should still be used.

Joy emphasized the good news that according to research, aerobic fitness, acclimation to being outside, and hydration state are more important than strictly age in doing well in the heat.

She cited four exercise goals:

- Aim to be physically active every day.

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The WELLInspired Learning Series

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- Do activities that improve strength, balance, and flexibility on at least two days a week.
- Do at least 150 minutes of moderate intensity activity a week, 75 minutes of vigorous intensity if already active, or a combination of the two.
- Reduce time spent sitting or lying down, and break up long periods of not moving with some activity.

Radio-Controlled Sailing Club News

By Jim Leipold



Jim Leipold with one of the boats

Summer sailing continues every Saturday at 10:30 am. Everyone is welcome, regardless of experience, to join our club and try his or her hand at sailing model boats. It's easy, and no one has fallen in yet or struggled with aching joints after-wards! We have eight boats, in all sizes, ready to sail. Everyone enjoys the camaraderie and engages in the fun, banter, and mutual support. We also have members who will help you get started and help with repairs. Summer sails means you come when and if you want, weather permitting. Any questions, please contact Jim Leipold at 904-746-3322.



Wood Storks and Great Egrets

Photos by Charlene Kurth



Recently, the various birds that visit our campus have been seen in larger than usual numbers. This photo shows a group of wood storks.



The wood storks are harder to spot in this photo. They are in the lower left, and they have been joined by a lot of great egrets.

Faux Feathers

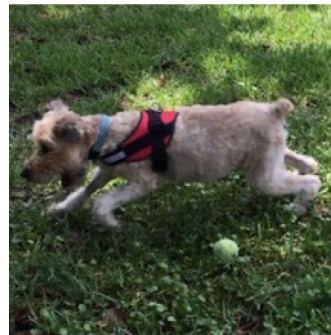
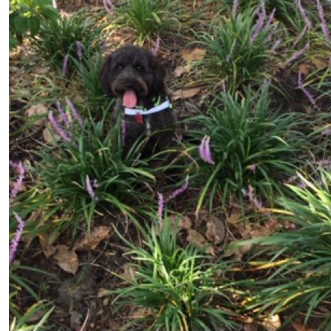


A friendly flamingo greets visitors to Beverly Zellmer's apartment in the 1000 Building. It is always smartly dressed and, of course, it obeys the mask mandate.

Dogs Loving Fleet Landing Dog Park!

Photos by Constance Miller

Editor's note: Because of the well-known difficulty dogs have in using a keyboard, Constance Miller graciously agreed to computerize this expression of appreciation from 29 Fleet Landing dogs. The sizes and breeds vary, but the dogs all have in common their eagerness for a visit to the dog park.



We, the dogs of Fleet Landing, would like to thank the estate of Blakeley Robinson Waite for our doggie park. Many of us go there two or three times a day. It is a wonderful place to play and meet our doggie friends. There, we can run free without our leashes, so we chase balls and careen around the open grassy part, often led by the greyhound, Ida Mae. While we play, our owners sit on the benches and talk under the shade of ten leafy trees. When we are tired, we roam around the many plantings together, or we disappear for a rest under the cover of a big grouping of shady ginger plants.

On Sundays at 5 pm, our owners have "Yappy Hour," and there are always a lot of us there having a great time.

The dog park is the nicest park at Fleet Landing. All of us love it. What a wonderful gift. Thank you!

Addendum: Blakely Robinson Waite was a member of Fleet Landing's original Board of Directors. She began her long board service as a member of the site selection committee for this community. She and her standard poodle, Sylvie, became Fleet Landing residents in 2005. She died in 2007.

Coleman Center Roof Replacement

Photo by Enith Vardaman



The project is well underway.

Library Notes

By Enith Vardaman

We thank our recent donors: Bob and Linda Burkart, Anne and Richard Conway, Tom Devenny (husband of Resident Billing/Accounting Assistant Maryann Devenny), Lorie Holmes, Kurt Medina, Kay Miefert, Althea Palven, Sally Pitard, Shirley Stavridis, and Belinda and Jon Vrielink.

We recently had an offer of books on military topics. We are grateful that we could rely on Dean Veremakis's expertise in that area when making our choices of what should be added to the library's collection.

The notebook containing copies of *FLEET BEAT* from 2019 on has been missing from the library for several months. If you have the notebook, please return it. We have been unable to add the most recent issues to the notebook, and the library no longer has a complete run of all the issues of *FLEET BEAT*.

Independence Day Virtual Ceremony

By Howard Burdick



Bob Burkart and Imogene Coleman



Pat Kluever (l) and Tom Hilton

On Saturday morning, July 4, residents were treated to a most uplifting, patriotic ceremony organized, developed, and produced by officers of the Residents' Council. COVID-19 dictated that this year's ceremony would be virtual and broadcast over in-house channel 267.

A loop of residents' photos from younger years, accompanied by patriotic and national favorite musical selections, was shown before and after the main program.

Opening the program, President Bob Burkart welcomed all to this 244th celebration of the greatest nation on earth, when we reaffirm our faith to our country. Further, he recalled the history of our National Anthem and introduced an amazing rendition, available on YouTube, sung by a strong-voiced seven-year-old at the beginning of a soccer game. Pat Kluever, the immediate past vice president of the council, who was present in his capacity as president of the Historic Mayport Chapter of the Military Officers Association of America (MOAA), led all of us in a virtual Pledge of Allegiance. Fleet Landing resident, the Rev. Dr. Tom Hilton, reminded us of the importance of prayer to our Founding Fathers and to our history. He then delivered his somewhat modified version of St Francis's Peace Prayer, emphasizing our reliance on God for personal fortitude and strength in carrying on.

Council Vice President Eileen Theis presented a historical review of the events leading up to and during

the deliberations about the Declaration of Independence and its signing. This covered mainly events that occurred from 1763: a somewhat slowly growing movement resulting in two main themes, independence from England and forming a democratic republic. She described the three parts of the Declaration of Independence as an opening general statement, a listing of grievances comprising some 70 percent of the document, and a closing with the actual declaration. She noted that some 16,000 fireworks displays commemorate our independence in the United States every year, but most have been canceled this year because of COVID-19.

The ceremony closed with impressive YouTube videos of "America the Beautiful" and "God Bless America" performed by the Denver Brass in flash mob mode, a special Lee Greenwood production of "God Bless the USA," and the Boston Pops playing the finale of the *1812 Overture* with cannon and fireworks accompaniment.

A very moving program in challenging times—and especially noteworthy as there were no staff production experts on hand.

Independence Day Brunch

By Enith Vardaman

Residents enjoy a special buffet meal on July 4 every year, but in a year when there was the added challenge of preparing everything for delivery to individual residences, Dining Services outdid itself. Entrée choices included roasted chicken, a vegetarian dish, and the traditional picnic fare of a foot-long hot dog. The pièce de résistance was "Surf and Turf," a combination of filet mignon and Maine lobster. Residents could choose an alcoholic beverage for a fee or a soft drink at no charge. Dessert choices even came with a pint of vanilla ice cream.

Quite an ambitious undertaking, successfully executed.

Great Blue Heron



A great blue heron is an occasional visitor. It is usually seen taking a stately walk lakeside, but Rae Donnelly took this photo as it was strutting back and forth on a branch above Bea Waltherman's Polaris Court residence.

Painting With A Twist: A Selection of the Paintings

The participants used the same scene for a model, but as to be expected from artists, their interpretation varied. No two paintings were alike.



Charlene Kurth



Monica Coté



Larry Bell



Tom Dames



Barbara Trevaskis



Julia Pet-Armacost
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Painting With A Twist: A Selection of the Paintings

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Isobel Spink



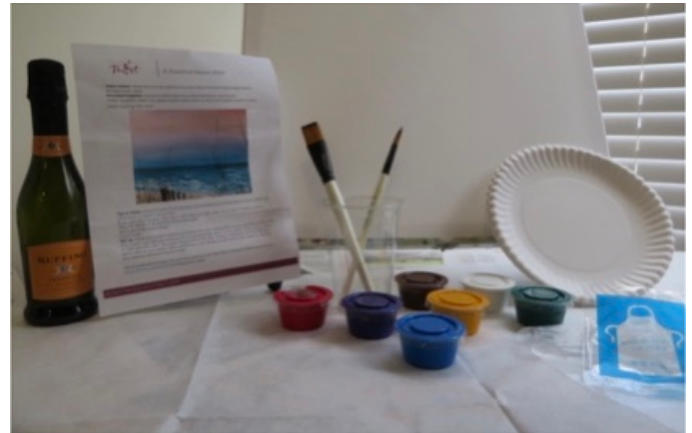
John Hedge



Patricia Payne

Painting With a (Double) Twist

Text and photos by Helen Craig



Painting supplies plus the wine



Cookie made to look like a painter's palette

Despite COVID-19, an auditorium-sized group of Fleet Landing residents was able to participate in a creative “Painting With a Twist” workshop on July 27—a virtual event organized by Director, Wellness Services, Jennifer Joy. So many people signed up for the event that the open invitations had to be shut down.

All 87 Fleet Landing participants—some who had never painted before, and some who were old pros—turned to channel 267 for a stimulating lesson and a creative treat. Earlier that day, all had received, at their homes, a package containing the equipment needed for the coming lesson: a drop cloth, a 16" x 20" canvas on a wooden frame, two paint brushes (flat and round), acrylic paint in seven basic colors, a paper plate to be used as a palette, a photo of the painting to be rendered (“A Paschal Moon 8397”), and printed directions. We were instructed to “make the painting your own,” and we did.

To add to the fun, each participant was also given a split of wine or a soft drink and a shortbread cookie, cleverly decorated like a painter's palette. We were ready
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Painting With a (Double) Twist

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for action at 2 pm, each of us in our own home. Joy introduced our instructor, Carrie, who was coming to us from her home studio. For the next hour and a half, she demonstrated the steps we were to take in creating our own interpretations of the “Paschal Moon” beach scene. There were a few glitches in both the audio and video tracks, but our enthusiasm overcame all. We tackled our painting challenges with great zest and energy—pausing only occasionally to consult our muse or for a sip of our beverage. Lots of fun and a nifty learning experience!

The genesis of “Painting with a Twist” actually was prompted by another disaster, Hurricane Katrina, in 2005. Cathy Deano and Renee Maloney opened the first such studio in New Orleans, using art, fun, and a bit of wine as a way to help people escape from the devastating stress of the storm. This became a “paint and sip” franchise, which now has approximately 300 studios in 39 states, including the one locally in San Marco.

The first Fleet Landing “Painting with a Twist” event, held in the Coleman Auditorium on December 19, 2019, was well received, but the second such event could not be held there because of the pandemic. A bit of creative thinking led to the virtual format—a double twist that proved to be highly successful and actually allowed more people to participate.

Bridge News

By CeCe Lichtenstein

While we have no idea when we will be going back to face-to-face bridge, there are some things you can do to keep mentally ready. A friend of mine, Robert Todd, is a bridge professional. I have known him since before he became a professional. He is a frequent speaker at Regionals and Nationals. He also has a website (www.advinbridge.com) on which he has a trove of helpful information. And, it's all free! If you go to the site, you may need to sign up and get a login. If you provide your email address, he will send a weekly article entitled “This Week in Bridge (TWiB).” These articles are either about conventions and bidding or declarer play. They often are part of a series that he has grouped with an indication of the level for the reader: Beginner, Intermediate, or Advanced. Additionally, he has an enormous library of past articles and a search engine that allows you to look for specific information.

If you are a member of the American Contract Bridge League (ACBL) and receive the *Sunshine Bridge News*, you will see Todd's articles there. He often has an article in the *Bridge Bulletin*, the ACBL's monthly magazine for members. Because he has become one of the premier bridge teachers, he is now on the Board of Trustees of the ACBL Education Foun-

ation. The Education Foundation is a 501(c)3 organization dedicated to helping teachers become better teachers. It encourages youth to learn bridge and provides grants to those willing to give of their time to assist in teaching bridge, especially to people working with military organizations who give lessons to service members.

Floral Collage



Rae Donnelly's photos show some of the beauty of our campus.

Another Sign of the Times

Photo by Dan Barry



The activities board, usually full of events, now offers an inspirational message.

Virtual “Coffee and Conversation”

(continued from page 1)

been working to grow revenue from this program for the last few years and had a successful year in 2019. Utilization started 2020 a little below the goal and then dipped dramatically because of COVID-19, reaching a low point in May. Since then, utilization has rebounded because an increase in elective procedures has meant more people coming out of the hospital needing home health.

Ashby displayed a chart showing the negative variance in revenue as of June 30 from the healthcare services impacted by COVID-19. The total negative variance from the budgeted figure was \$658,000. He noted that this was quite good performance during a period of weathering a global pandemic.

COVID-19 added expenses, which have totaled some \$283,000, include material for staff and resident testing, meal delivery expenses, personal protective equipment (PPE), cleaning supplies, and screening costs.

Fleet Landing has received about \$900,000 in federal stimulus funds. This would largely make up for the combined total of the negative revenue variance (\$658,000) and the added expenses because of COVID-19 (\$283,000) for the first six months of 2020. However, these funds are not yet being recognized as revenue on income statements because ambiguity in the program requirements has resulted in some uncertainty about how much of these funds can be kept. Fleet Landing also received a Paycheck Protection Program (PPP) loan of \$3 million, which is potentially eligible for forgiveness.

COVID-19 has had a financial impact on Fleet Landing, but it has not jeopardized its financial strength. An indication of this is that the recent Fitch Ratings informal review left Fleet Landing's credit rating unchanged.

SAFER at Fleet Landing

Ashby announced the SAFER at Fleet Landing initiative and explained what each of the letters in the acronym SAFER stands for. The measures described below will continue even after pre-pandemic activities can resume.

S – State of the Art Cleaning Technologies. To make the physical environment as safe as possible, Fleet Landing will employ electrostatics for surface disinfection and a needlepoint bipolar ionization air filtration system in common spaces to clean the air. In addition, residences will be sanitized using electrostatic disinfectant tools before move-in.

For electrostatic disinfecting, EPA-approved disinfectants are sprayed on surfaces. No wiping is required, a time saver that also insures that the disinfectant is on the surface long enough to properly disinfect it. Electrostatic application systems have the additional advantages of providing more comprehensive coverage of a surface than a spray bottle, using less disinfectant, and being easy to

operate and maintain.

A needlepoint bipolar ionization air filtration system, which operates within a HVAC unit, is a very effective method of cleaning the indoor air. Ions attach to particles, gases, and pathogens, such as viruses and bacteria, causing them to grow in size and become too large to pass through the filters in the HVAC system. In addition, viruses and bacteria are robbed of key molecular components, thus making them ineffective. This system will be deployed in the Coleman Center, Windward Commons, the Derfer Pavilion, The Nancy House, Leeward Manor, and the new restaurant building. The question of whether there is value in adding this system to the common areas of the apartment buildings is still being evaluated.

A – Adherence to the Highest Standards for Cleaning and Disinfection. Fleet Landing is pursuing Global Biorisk Advisory Council (GBAC) STAR™ accreditation, the gold standard for facilities. Under the guidance of GBAC, Fleet Landing will implement the most stringent protocols for cleaning, disinfection, and infectious disease prevention across the entire campus. Accreditation means that a facility meets the following standards:

- Has established and maintained a cleaning, disinfection, and infectious disease prevention program to minimize risks associated with infectious agents like COVID-19.
- Has put the proper cleaning protocols, disinfection techniques, and work practices in place to combat biohazards and infectious diseases.
- Has highly skilled cleaning professionals who are trained for outbreak and infectious disease preparation and response.

F – Frequent Training for Team Members on Best Practices for Infection Prevention. Ashby said that Fleet Landing's team was its most valuable asset in delivering its mission to residents. He emphasized the commitment to provide ongoing education to team members to ensure compliance with the latest CDC recommendations and with the highest standards for cleaning and disinfection. Staff at all levels will be equipped with the best practices for infection prevention. This will involve adherence to GBAC STAR™ standards for utilization of proper EPA-approved chemicals, proper application of these chemicals, and risk assessment and mitigation strategies. In addition, a Certified Infection Control (CIC) specialist will conduct on-campus quarterly audits of infection prevention practices and make recommendations in support of Fleet Landing's program to provide a safe and healthy physical environment. New staff will receive infection prevention training at the time of hire, and there will be annual refresher training for all existing staff.

E – Expanded Choices for Contactless Programming and Services. Ashby outlined the pro-

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Virtual “Coffee and Conversation”

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gram and service delivery options Fleet Landing is offering to insure residents continue to enjoy a full and engaging life:

- Improvements to the use of in-house channel 267 for broadcasting live and recorded content, with more enhancements to come.
- Adoption of CareMerge (now Fleet Link) to facilitate matters such as contactless sign-up for dining reservations and events as well as maintenance requests.
- Continuation of the free meal delivery program.
- Refreshing of the wireless technology over the next year to insure high-quality service throughout the campus.
- Using staff to help residents in healthcare settings engage with family members via video conferencing.
- Rollout of a new real-time resident survey capability.

R – Recurring Assessment of Outcomes and Opportunities for Improvement. Ashby said that Fleet Landing was committed to enhancing technologies, programs, services, and teams in response to changing circumstances. A continuing, comprehensive program to measure success and identify opportunities to adapt and improve will be created. Ashby emphasized that constantly seeking opportunities to improve was a distinguishing characteristic of Fleet Landing.

Ashby concluded this section of his presentation by asserting that it was safer to live at Fleet Landing than alone during these times.

Beacon Pointe

Ashby reported that removal of the land bridge running between 5801 and the restaurant building to the apartment building site was well underway. Construction traffic is now entering the site from Fleet Landing Boulevard from a point just before the 3000 Building access drive. Final Beacon Pointe site work will require a 5800 Court detour that is expected to occur in September. Lecesce Construction has provided no further update to the timeline for completion of the components of the project. It remained as reported at Ashby's June 11 Beacon Pointe update: fall of 2020 through winter of 2021 for the apartment building, late this summer for Windward Commons, early this fall for the restaurant building, and this fall for the healthcare building.

2020 CareMerge Name Tournament

Ashby announced the eagerly anticipated results of the tournament to replace the name CareMerge with a name specific to Fleet Landing. The contest followed the format of the bracket-style, March Madness basketball tournament. The Grand Prize, an Anchor Food Truck Happy Hour for up to 15 guests, went to Camille Rigney for her submission, Fleet Link. Second place winner Lory Doolittle won a chef-prepared meal for up to five guests. The other members of the Elite Eight—Dave Lynch, Ken DeVries, Pat Kluever, Ray

Rigney, Chet and Andrea Davis, and Mary Pat Lynch—each received a bottle of wine.

Miscellaneous

- North Point reservations are now being accepted, and some units have already been reserved. For more information, contact Jill Pennington at ext 1216 or by email at jpennington@fleetlanding.com.
- Replacement of the Coleman Center roof is already underway, and construction of the new Coleman Center porte cochère should begin in August. Each project is expected to take 12 weeks.
- Construction of a new office building for Human Resources and the Accounting Department is pending permits. The building will be next to North Point and adjacent to Wendy's.
- A third party (no one who has been involved previously) has begun an audit of the Wi-Fi system. Meetings with residents who are most affected will be scheduled soon.
- Landscaping enhancements around the 700 Hall of Leeward Manor will begin later this summer.
- An improved croquet court surface will be installed once construction at Windward Commons is completed.
- Because indoor visits are currently not permitted, a way to have outdoor visits with residents of the Derfer Pavilion, Leeward Manor, and The Nancy House will be announced soon.

Ashby ended his presentation with the announcement that the ice cream truck, aka The Anchor, would start wending its way around the campus immediately upon conclusion of this “Coffee and Conversation.” (See article on page 13.)

Editor's note: Copies of the slides from the presentation are available in the Dinda Library and on Fleet Link under “Fleet Landing Presentations.”

Isaias Precautions

Photo by Howard Burdick



The sailboats were dragged out of the lake in anticipation of a possible strike by Tropical Storm / Hurricane Isaias. Fortunately, the storm had virtually no impact.

Fleet Landing in the News

By Enith Vardaman

With activity reduced by the pandemic, there has been little related to Fleet Landing in the local press, but residents Linda Wilkinson and Pete Sheridan contributed to the "Letters to the Editor" column in the July 21 and August 13 issues of *The Florida Times-Union* respectively.

Birds and More

Photos by Dick Fuller



Four green herons, unusual visitors, appeared in Dick and Judy Fuller's backyard. This one seemed particularly interested in posing for pictures.



A pair of black vultures also appeared in the Fullers' yard.



Anoles are far from uncommon on campus, but a really good photo of one of them is rare.

Birthday Celebrations on Rigel Court

Photos by Helen Craig

Mike Marchetti's 80th Birthday (July 29)



The guest of honor with his wife, Martha



Social distancing was observed.

Jean Cashin's 93rd Birthday

(August 6, celebrated on August 5)



Celebration of Summer

Photo by Enith Vardaman



In honor of summer, Virginia Byrd's mama pig has donned a Little Mermaid outfit. According to Byrd, the piglets are too young to swim, but they still got to dress up a little bit.

In Memoriam

Lucille Callahan
1925-2020

Tom Cross
1919-2020

Eddie Lange
1936-2020

Don Miller
1920-2020

Charlie Williamson
1927-2020

Dave Carstater
1934-2020

Joan Dickinson
1917-2020

Harriet Linnell
1923-2020

Marquita Miller
1920-200

Letha Woolbright
1928-2020

Ice Cream Truck Debuts

By Enith Vardaman



Using a microphone, Chris Wellington encourages residents to come out for their ice cream.



Brandon Levy and Jennifer Joy are ready to offer the ice cream.



Lots of choices



View from inside the truck



Lining up for ice cream at the 2000 Building

People at Fleet Landing really like ice cream, so it is no surprise that the ice cream truck, aka The Anchor, which has been dispensing the frozen treat to both staff and residents, has been a big hit.

To date, residents have enjoyed ice cream three times (July 15 and 29 and August 6). As the truck circled the campus, they were alerted electronically via Fleet Link and audibly by musical accompaniment as it approached their court or apartment building. There were smiles all around as the staff delivering the ice cream made each stop.

Resident Support Coordinator Patty Chicoine; Manager, Wellness Services, Mary Faria; Director Wellness Services, Jennifer Joy; Transportation Supervisor Brandon Levy; Driver Chris Wellington; and Server Michelle West-Stevens are all due thanks for their role in these day-brightening events.

Editor's note: Look for coverage of Donut Day in the next issue of *FLEET BEAT*. If you took pictures of this event, please feel free to send your favorites to Enith Vardaman.

Beacon Pointe Progress

Charlene Kurth braved the heat to get these photos, which were taken between July 7 and July 11. They show the progress on the removal of the land bridge running between 5801 and the restaurant building to the apartment building. Kurth reports that the driver of the machine started the demolition on the opposite side from the 5800 Court and kept backing up.



Loading one of the many trucks that hauled away the dirt



Sometimes removing the dirt required operating at precarious angles.



Preparing to load another truck



At the end of the removal, the machine was perched on the edge of the bridge.



The bridge is gone.

Campus Pandemic Update

By Enith Vardaman

The Tuesday and Thursday FNN (Fleet News Network) broadcasts continue to provide COVID-19 updates and other useful information, plus a dose of entertainment. Thrown into the mix this time was the possibility of a strike from Tropical Storm/Hurricane Isaias, which, fortunately, did not materialize, but did require some extra broadcasts.

Transparency continues to be the norm, and any new cases among staff or residents are reported. While there have been only a small number of cases, staff and residents alike were saddened to learn of three deaths from COVID-19 in recent weeks. Besides the FNN broadcasts, Fleet Landing has instituted The "Fleet Landing Weekly COVID-19 Report." Issued on Wednesdays, it is available on Fleet Link and in paper copies. The report contains charts showing Florida and Duval County COVID-19 trends and data about Fleet Landing's COVID-19 testing, which exceeds mandates. There is also a section about any impact on campus operations.

On a lighter note, the electronic version of the delivery menus was upgraded. Menus can now be submitted directly from Fleet Link, resulting in significantly greater resident use of the electronic option.