



FLEET BEAT

VOL. 31 No. 1

THE FLEET LANDING RESIDENTS' NEWSPAPER

January 2021

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."

Coffee and Conversation With Josh

By Enith Vardaman

Executive Director Josh Ashby's quarterly briefing, was broadcast on February 12 over channel 267. Ashby expressed the hope that this would be the last time the briefing would be totally virtual.

Viewers were treated to a recent picture of Ashby with his children. It was hard for him (and many of the viewers) to believe that the twins, Connor and Cosette, were on the verge of turning five years old, and a week after that, Vivian (aka Rainbow Princess) would turn one year old.



Financial Results

Ashby began his presentation with a report on the budget, 2020 average, and the December 31 occupancy figures for independent living, assisted living, memory care, and skilled nursing. Independent living and memory care were essentially at full occupancy. Leeward Manor's 2020 average occupancy rate of 92.2 percent was below its customary rate of 95 percent for two main reasons: limitations on moving in new residents during the spring and early summer because of COVID-19, and the desire of some residents to wait for the opening of North Point. If the decline in COVID-19 positivity rates in the Jacksonville area continues, the occupancy rate should return to normal levels. For skilled nursing, both the 2020 average and the December 31 figure were well below budget (84 percent and 81.2 percent respectively versus 92.4 percent) because COVID-19 significantly impacted the expected growth in utilization of short-term rehab in the Therapy Center by non-residents.

Operating income was essentially right on budget. Above-budget expenses related to COVID-19 were offset by revenue from COVID-19 federal grant dollars. Ashby noted it was remarkable that a pandemic affecting the entire country and having a disproportionate impact on older people did not have a more dramatic impact on a business like Fleet Landing that caters to older people.

Beacon Pointe

Ashby reported that all 128 units in the 8000 Building were reserved, and that there was a waiting list of 49. Two apartments in North Point will be used for respite stays. Of the 36 apartments available for permanent occupancy, 31 are reserved.

Ashby displayed slides with information about North Point as well as renderings and photos. The first floor of North Point will have 30 private skilled nursing and rehab suites plus a state-of-the-art therapy gym. Besides the assisted living apartments on the second and third floors, there will be amenities including a billiards lounge and a theater. Senior Living Counselor Jill Pennington can be reached at pennington@fleetlanding.com or ext 1216 for more information.

Ashby offered a timeline for the various components of the Beacon Pointe project. Windward Commons should be open to residents on March 2. Currents Marketplace dining venue in the Main Street restaurant building, which will offer all-day dining to staff and residents, will open on March 18. Final inspection of North Point by Florida's Agency for Health Care Administration, scheduled for the week of February 14, will determine when in March or April assisted living will be available for occupancy. Occupancy of Phase One of the 8000 Building is expected in the second quarter, with Phase Two available in the summer. Residents have received in their social boxes information about upcoming guided tours of Windward Commons, Main Street dining, and North Point.

WiFi System Refresh

Fleet Landing has been working for six months on replacing the current wireless internet service. The refresh is being incorporated into the components of the Beacon Pointe project. It is already functioning in Windward Commons and providing an experience superior to the current system. The existing wired and wireless network infrastructure, which includes switches, access points, firewall, security, and server systems is being replaced.

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January Residents' Council Meeting

By Howard Burdick

The January 19 Residents' Council meeting was broadcast over channel 267. Council President Bob Burkart welcomed all new residents and wished everyone a happy new year.

Management Review. Executive Director Josh Ashby commented briefly on issues that were discussed in greater detail at his "Coffee and Conversation With Josh" on February 12. (See article on page 1.)

Resident Dave Lynch reviewed the success of the Salvation Army Red Kettle Campaign. He and his wife, Mary Pat, headed Fleet Landing's participation. (See article on page 6.)

Council Reports.

Council Vice President Eileen Theis reported on the success of the Resident Gift Fund. (See article on page 3.) She also reviewed plans for the Residents' Council election on April 28. Imogene Coleman is chair of the Nominating Committee. Other members of the committee are Harriet Berson, Andrea Davis, Frances Jones, John Hedge, and Peggy Steck. How "Meet the Candidates" sessions and voting are conducted will depend upon the state of the pandemic.

Finance and Marketing. Secretary Nancy Russell presented the report in the absence of Kerstin Chelius. Days cash on hand are well above requirements and Fleet Landing's budget. Detailed reports may be reviewed in the Dinda Library. Fleet Landing remains at essentially full occupancy. There are 503 independent living residents.

Wellness. Imogene Coleman reported new fitness staff hires and reviewed plans for the reopening of Windward Commons. She noted that the Golf Cart Grins, which have been great fun, had recently featured new residents riding along. (See pages 17 to 18.) She reminded residents to check the paper calendar or Fleet Link to learn about upcoming events.

Human Resources and Dining. Jim Coté cited the many outstanding contributions of 2020 Staff Member of the Year Paula Liggins, a Certified Nursing Assistant in the Home Health Department, during an exceptionally difficult year. The total number of staff is 419. He noted the opening of Constellation Cabana (see article on page 17) and the hiring of Belle Comacho as full-time pastry chef. She was most recently employed at the Ritz-Carlton, Amelia Island. Veronica Ruiz has transferred to the newly-formed baking team.

Healthcare. Janice Flock provided information about the COVID-19 vaccine, including possible side effects. Even those who have had the virus should get vaccinated because it is not known how long someone is protected from getting sick again. Flock also reviewed the many benefits to be had when recognizing that the time has come to move to assisted living.

Facilities. Jess Stewart reported that zone inspections have been held in abeyance because of COVID-19. He also noted the role of building and neighborhood

representatives in identifying external building and grounds issues as well as supporting residents with unresolved maintenance problems. Residents should submit a maintenance request for normal maintenance.

Safety & Security, and Housekeeping. Larry Bell reminded residents of the 15 mph campus speed limit. He reported that in 2020, Safety and Security handled 601 incident calls and over 3,528 checks on homes when residents were away. Methods to expand the EMT program are being explored. Housekeeping COVID-19 guidelines are reinforced daily. Disinfection operations were doubled in all buildings in response to the rise in infection rates in Jacksonville. With the new buildings nearing completion, Housekeeping is looking at how best to assign experienced housekeeping staff between existing and new residences.

Suggestions. Russell said there had been no suggestions since the November meeting. (There was no meeting in December.) She reminded residents that suggestions could be submitted through Fleet Link or on the paper form available in the mail room.

Editor's note: Council minutes and full member reports are available in the Dinda Library.

FLEET BEAT seeks to avoid inclusion of details superseded by information found elsewhere in this issue as well as repetition of information found elsewhere in the issue.

The February Residents' Council meeting took place too close to the deadline for this issue. That article will appear in the next issue.

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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. Issues of FLEET BEAT can be found at www.fleetlanding.com. Sign into the resident portal and click on "Menu" and then "Publications." Issues can also be found under "Publications" on Fleet Link. A complete run of back issues can be found in the Dinda Library.

2020 Residents' Gift Fund for Employees

by Eileen Theis

The 2020 employee gift giving campaign was a tremendous success. We started out with a strike against us: Not knowing that COVID-19 was to come, Fleet Landing management, late in 2019, replaced some temporary agency employees with full-time or part-time Fleet Landing employees. The goal: To give more control and better service in healthcare activities, including home health. While the ability to have more control was such an advantage when COVID-19 appeared, this meant we needed \$30,000 more in Gift Fund dollars just to give our hourly employees what they got per hour worked in 2019.



When it appeared that we might not even pay a per-hour bonus equal to 2019, many residents sent in an extra check to add to the total. As a result, we were able to give \$500,000 in gift checks to our hourly employees. This far exceeded the \$455,000 we needed to match 2019.

You did it! No matter how small or large the contribution, we came together to show our hourly employees how much we appreciated their helping us in a very strange year. Having said that, residents who sent in an extra check should give themselves an extra pat on the back. Our participation from independent living and assisted living was 85 percent, plus there were nine contributions on behalf of Nancy House memory care residents and nine from Derfer Pavilion skilled nursing residents.

We all know how hard 2020 was for everyone—both residents and employees. Most of us agree that Fleet Landing absolutely provided residents the best circumstances for sheltering in place. Our employees excelled in contributing to this experience.

A few late-year withdrawals have left us with a current membership of only nine, and a portfolio that includes Amazon, AutoZone, FedEx, Home Depot, and Microsoft. Despite our use of market stops, which caused too much volatility in frequent automatic sales of stock in 2020, we finished the year with a gain of over \$20,000—mostly short term. While we have voted to sideline market stops temporarily, we may return on a more selective basis.

This is the season for our annual audit, which was conducted at our February meeting, and for filing tax

returns. While the club does not pay taxes, it provides K-1 forms for members, who must pay a pro rata share of tax due on our gains. Our short-term gains resulting from automatic sales will be taxed at a much higher rate than our much fewer long-term gains.

Meetings are conducted on the second Wednesday of each month in the Atlantic Room at 7 pm. Residents interested in investing are invited to attend, observe, and join if they wish. Members are required to contribute a minimum of \$50 monthly, and participate in the processes of selecting and selling stocks.

Learning From the Pros

The January 6 “Tennis and Toddlies” event featured tennis drills and a tennis pro exhibition, plus melon balls and cheese and crackers to go with the beverage.



Investment Club News

By Howard Burdick

In Memoriam

Sylvia Bohannon 1935-2021	Carolyn Evans 1934-2021
Betty Grandjean 1935-2021	Art Overfelt 1929-2021
Reuel Platt 1928-2021	Garth Ritter 1941-2021
Betty Stainton 1927-2021	Paul Wrenn 1933-2021

Birdwatching with Mike Marchetti

By Gerry Nogelo



Tuesday, January 5, was a perfect day for this 9 am birding event. About 30 residents gathered on the Coleman Center deck, where they joined resident Mike Marchetti, who has been actively birdwatching since the late '80s. Wellness Department staff handed out two sheets with 20 beautiful color pictures of birds found on, or flying over, the Fleet Landing campus.

The first sheet showed ten common birds seen around/in the lake or in the sky. Marchetti pointed out ospreys on the nest atop the gazebo, and a red-shouldered hawk perched on the top of a tree. He explained the difference between an anhinga and a cormorant. The cormorant swims with part of its body above the water and feeds by diving and swimming underwater to catch fish. The anhinga swims with only its neck and head above water and feeds by diving and spearing fish with a very sharp, pointed bill. Great blue herons, little blue herons, great egrets, snowy egrets, white ibises, wood storks, and mallard/mottled ducks are other birds often seen in and around the lake. Black vultures and turkey vultures can frequently be viewed soaring high above in the sky, and belted kingfishers are occasionally seen around or above our lake.

The second sheet of pictures showed common birds found in trees, shrubs, lawns, and feeders around our campus. Included were red-shouldered hawk, barred owl, fish crow, red-bellied woodpecker, eastern phoebe, Carolina chickadee, tufted titmouse, Carolina wren, northern cardinal, and house finch. Marchetti counted 48 back yard birds in 2020, many during the spring and fall migrations. Marchetti said, "It is all about the food."

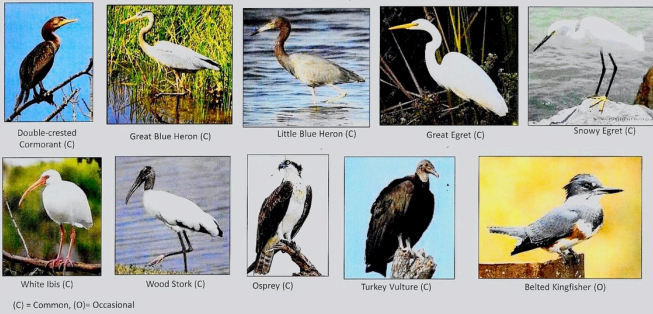
Some fun facts Marchetti shared: The trumpeter swan is the heaviest (23 pounds) bird in the US. The state bird of Florida is the northern mockingbird, and the cardinal is the most common state bird (seven states).

Marchetti frequently goes birdwatching with a friend from Estonia, whom he met while birding in Hanna Park six years ago. They get up early in the morning and do not have to travel far to be in great environments to sight birds. The Jacksonville area has many parks and preserves, with varying habitats to sight different types of birds. Hanna Park is one of the best. He said a birdwatcher can claim a sighting using either vision or hearing. He said you can actually count more sightings if you have good hearing rather than

(continued on next page)

BIRDS OF FLEET LANDING

LAKE CONSTELLATION, POND & SKY



BIRDS OF FLEET LANDING

TREES, SHRUBS, BRUSH, LAWN & FEEDERS



Birdwatching with Mike Marchetti

(continued from preceding page)

good vision because some birds are easier to hear than to see.

Marchetti recommended two bird books: *Field Guide to Birds of Eastern North America* by David Allen Sibley, and *Eastern Birds*, a Golden Field Guide, by James Coe (easy to carry), but he said that there are many excellent bird books available.

We left the deck and walked over to the pond behind the new restaurant building, where a small water bird, a red-billed grebe, was swimming around. Marchetti said that the cell tower near North Point, the new assisted living building, occasionally had a bald eagle sitting on it. He also said that the birds were more active while feeding in the early morning and early evening.

We ended up at the Flag Plaza where a hot toddy was served, and where the materials were provided for us to make a bird feeder. Mary Faria, Manager, Wellness Services, found great pinecones in her back yard. She wrapped a string around each cone so it could be hung. We were also provided with peanut butter to slather on the pinecone. Then we rolled the pinecone in bird seed. And voilà! We had a bird feeder.

The event was an informative, fun couple of hours. I so enjoyed seeing fellow residents for the first time in months and learning more about the local birds from Marchetti.

Bridge News Important Update

By Dottie Mann

We will begin playing duplicate bridge on Monday, March 1, at noon in the Atlantic Room. Please contact Dottie Mann by email at dpmann5207@att.net if you are interested in playing.

Alert Rule Changes

By CeCe Lichtenstein

As sometimes happens, the American Contract Bridge League (ACBL) occasionally updates or modifies rules. The January *Bridge Bulletin* has included an article detailing some of the Alert rules. As many of you are aware from attending some of my classes, I have tried to instill some of the times when an Alert should be called by the bidder's partner. Alerts are intended to call attention to an out of the ordinary meaning of a bid.

Below are detailed some of the more common Alert changes. Sometimes a bid is Alerted and sometimes another term is used to indicate the bid has a different meaning. What I am listing is not all the changes and not necessarily in a specific order.

Reminder: HCP refers to High Card Points.

1. Typically, if a partner bids 1♣, it usually indicates the better of the two minor suits. However, if 1♣ is bid while holding two or less of the suit, it previously should be called, "It could be short" by the

partner. *Now*, if the suit "could be short," the partner is supposed to say, "Could be two."

2. Some partnerships expect a response bid to be made by partner regardless of what responder holds. In other words if 1♣ is bid, "Don't leave that as the final bid no matter what." If this is the partnership agreement, once responder has bid, the original bidder should state "could have less than five HCP". If this is confusing, don't worry. Most people in the Monday duplicate group don't have that agreement.

3. For partnerships who play "Transfers" after a No Trump bid, this has been changed. *Now*, instead of the NT bidder saying "transfer," he or she should say the suit. For instance if 2♦ is bid, NT bidder should say "hearts" or if 2♥ is bid, NT bidder should say "spades." The objective is to eliminate the opposition from having either to guess or ask the meaning of the bid.

4. Most partnerships play that a 2♣ opening bid is STRONG, equaling 22+ HCP. However, sometimes a player will open 2♣ based on the playing power of the hand rather than HCP. If you know that partner might be bidding 2♣ in that way, it is now *required* to say that. It has never been an Alert, but now is. An example of such a hand is one that has 9♠ headed by A K Q J as well as A K of another suit and two singletons. This is a powerful hand with only 17 HCP but should be opened 2♣ indicating the strength.

There are other Alert changes but these are the most common for most of our Fleet Landing duplicate group.

Cruise & Coffee

Photo by Alisa Blanchard

On January 21, Exercise Physiologist Alisa Blanchard and four Fleet Landing residents biked to Southern Grounds for coffee on its outdoor patio—a six-mile round trip.



LtoR: Jess Stewart, Jim Freeman, Sue Stewart, Peggy Steck

Red Kettle Campaign

By Dave and Mary Pat Lynch

For 19 days in December, 85 residents of Fleet Landing participated in the Salvation Army Red Kettle Campaign, and it was a rousing success. The cash and checks deposited in the kettle totaled \$19,660.13. Pictured is a 1.75-carat diamond ring, which has been appraised at \$7,000-9,000. It was deposited in the kettle on December 1 and will be auctioned with the proceeds added to the \$19,660.13. Many thanks to the ringers, reminder callers, and Fleet Landing residents who donated.



100 Club Recognition Program

By Victoria Freeman



Jennifer Joy (l) and Alisa Blanchard

Jennifer Joy, Manager, Wellness Services, opened the January 29 program honoring finishers of the 100 Club Challenge. The channel 267 audience watched as she presented a lavender rose plant to Exercise Physiologist (and gardener) Alisa Blanchard in recognition of her extraordinary efforts to keep Fleet Landing’s fitness programs going despite pandemic restraints.

The formal part of the program followed, with Blanchard recognizing Fleet Landing residents who had risen to meet the 100 Club Challenge. Indoor Club activities included group fitness classes, use of the fitness center, and doing the “Fleet Landing Wave” 10 times a day. Outdoor Club activities included walking, swimming, biking, tennis, pickleball, croquet, golf, and jogging.

The 100 Club finishers and their points, often well above 100, were cited individually. Many had scored points in both the Indoor and Outdoor clubs. Sometimes wives had gathered more points than husbands and vice

versa. Gwen Cordes with 966 indoor points and Ken DeVries with 5,869 outdoor points were the club leaders. Cordes, who also accumulated 268 outdoor points, was awarded a trophy as the 100 Club Superstar for 2020.

Blanchard quoted a series of kudos from participants in Fleet Landing’s fitness activities, and she provided the following statistics to support the vitality of the 100 Club:

293 Residents participated in the Indoor Club.

78 Achieved 100 points or more.

127 participated in the Outdoor Club.

96 achieved 100 points or more.

78 Residents participated in 11,906 group fitness classes in 2020.

There were 4,423 visits to the Fitness Center.

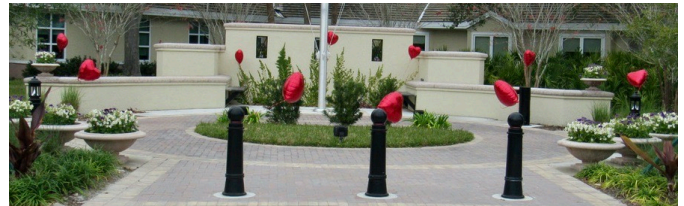
96 Residents achieved 61,116 outdoor points.

The recognition ceremony supported the advertised message that Fleet Landing is full of activity, as well as inspiration, creativity, and fun.

Addendum: Six Leeward Manor and three Derfer Pavilion residents were also 100 Club Challenge finishers.

Campus Heart Walk on National Wear Red Day

On the morning of February 5, residents gathered at the Flag Plaza, which was decorated with red heart balloons, for a walk around the campus. National Wear Red Day is designed to bring greater attention to heart disease as a leading cause of death for Americans. And the participants in the walk did indeed wear red.



How the Railroads Transformed America— and the Beaches

By Isobel Spink

Neil McGuinness, a former Osher Lifelong Learning Institute (OLLI) teacher who focused on history and geography, gave us an abundance of information on the growth and influence of railroads. His presentation was broadcast over channel 267 on January 13. He is the author of *The Beaches: A History and Tour*, published in 2010 and now in its fourth printing. Neil and his wife, Kathie, purchased a 250-passenger



paddlewheel riverboat, *River Queen*, in the '70s. The boat was used for tours on the St. Johns River. The McGuinnesses are now the full-time team of Keller Williams Luxury Realtors.

We were given a concise timeline of transportation in North America: Originally, people could only travel by foot, canoe, or boat. The Spanish introduced the horse and the wheel. Then, from 1513 to 1762, wagons and stagecoaches came on the scene. Between 1762 and 1830, America saw the invention of the steam engine, steam locomotives, and steam railroad. The First Transcontinental Railroad was completed in 1869, and the invention of the bicycle, subway, automobile, and plane followed by 1903.

Rails of various types had been used for mining for centuries, but in 1830, the Baltimore and Ohio became the first true railroad operating in America. Although the British built the first locomotives, they were large and heavy, poor in making turns, and inadequate for our mountainous regions. The advent of steam power, steel rails, the telegraph, tunneling, the use of dynamite, and engineering talent were all key to the development of the railroads.

Before the railroad's advent, life in America was truly self-sufficient, or "off the grid." Everything, including clothing, was handmade; there were few tools; houses were made from available materials; one ate what was grown, caught, or trapped; communication was in person with neighbors; and in some areas, Native Americans were defending their land. In short, life was tough.

Beginning in 1775, with Daniel Boone's Wilderness Trail through the Cumberland Gap, and with the 20,000 settlers that followed him, the westward expansion of the US ramped up. The Northwest, Southwest, and Mississippi Valley expansions followed, and the frontier was finally and officially ended in 1890. Land was \$1.25 an acre then. However, the multitude of mountains made the expansion slow, and it took six months to cross the continent. The most well-known wagon train trails were the Santa Fe, Mormon, Oregon, and California trails before Lincoln approved the Transcontinental Railroad in 1862. Two railroads, the Central Pacific and

the Union Pacific, began, one at each side of the country, and met in the middle.

By the end of the 19th century, every sizable town was served by a railroad. McGuinness laid out the multiple advantages the railroads brought to the United States: geographic unification of the country, colonization (settlement), increased availability of goods and materials, shortened travel time, utilization of railroads in war, increased industrialization, and improved communications. Before long, urban areas evolved, immigration was encouraged, and unions were started. The railroads were also a prime cause of Native Americans being displaced and removed from their lands. Three wars with the Seminoles were fought in Florida in the 1800's.

Eli Whitney's invention of the cotton gin and of standardized parts for manufacturing was critical to growth in the US. Rail gauges were standardized, time was standardized, and the telegraph moved the stock market, where railroad stocks were key. Lincoln sent 1,000 telegrams to conduct the Civil War. Fresh meat, fruit, and vegetables were more readily available, and safety protocols were established for workers and rail passengers. By 1880, the railroads were the number one employer in the US, other than agriculture. The last two transformative effects of the railroads were national and international sales and marketing and the high growth of engineering skills, such as bridge building.

As for Florida, St. Augustine, established in 1565, was the center of what was then a territory. From 1763 to 1845, Florida went back and forth from Spain to England, and back to Spain. The US acquisition of Florida from Spain became effective in 1821, and Florida became a state in 1845. By 1702, there was a 60,000-acre cattle ranch owned by Don Diego Espinosa. By 1800, three major owners had plantations (cattle, lumber, and oranges) spread along the East Coast of Florida, from Atlantic Beach to Palm Valley. Between 1886 and 1890, three railroads going to the "beaches island" were built. There were also two industrial branch lines, Mineral City (Ponte Vedra's original name) and the Crackertown Lumber lines. The towns that emerged from the railroad surge were Atlantic Beach, Pablo Beach (now Jacksonville Beach), Mayport Village, East Mayport, and Vilano/Ursina.

In 1881, the private St. Augustine-based Florida Canal Company agreed to dredge an inland waterway from Miami to St. Augustine, and later to Jacksonville, a distance of approximately 400 miles. This encouraged further development and recreation. The naval base came to East Mayport in 1939. Beginning in the '40s, population growth became dramatic, reaching over 200 percent in some areas of the Beaches in the '70s and '80s. Hotels popped up; the Ponte Vedra Inn and Club became a popular resort; Atlantic Beach and Neptune Beach had a thriving shared town center; Jacksonville

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How the Railroads Transformed America— and the Beaches

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Beach was a tourist mecca. Baptist Medical Center Beaches and the PGA Tour became prime employers in the area.

And now our Beaches island boasts six bridges and a ferry. Just think—it's all thanks to the railroads' transformation of our country.

Chips & Putts

By Helen Craig

January's Fleet Landing Golf Tournament, played at Jacksonville Beach Golf Club, got off to a chilly start on the morning of the 14th, but the course soon warmed up. Players happily shed their extra layers of toasty sweaters and jackets and enjoyed a beautiful day.

The tournament's winner, based on a score card playoff, was the team of Mike Marchetti (captain), Julie Rochelle, Richard Titus, and Tom Gonwa, with a team score of 72, including two birdies. The team coming in second, made up of Miles Nogelo (captain), Isobel Spink, and Lindsay Norman, also scored a 72 with two birdies. That team lost the score card playoff based on United States Golf Association regulations for such ties (comparing scores on the last nine holes played). Coming in third, by a narrow margin, was the team of Ray Rigney (captain), Gerry Nogelo, Rick Rochelle, and John Neyhart, with a score of 73 and one birdie. In fourth place and also close, with a score of 74 and one birdie, was the team of Larry Magner (captain), Jim Wayrynen (Atlantic Club), Andy Wyrick, and Bob Huhta, with one birdie. Narrowly behind them was the team of John Coman (captain), Bob Mills, Nick Malie, and Mike Moorhead, scoring a 75, with one birdie. Very tight scoring!

Individual prizes for "Longest Drive" on hole #13 went to Nogelo for the ladies and to Wayrynen for the men. Ladies' and men's "Closest to the Pin" prizes on hole #4 went to Gerry and Miles Nogelo. As Tournament Chairman Mills noted, "The Nogelos were outstanding today! Also, our new players did very well." Indeed they did. Besides Wayrynen's winning the "Longest Drive" prize, Titus, playing in this tournament for the first time, was awarded the Sandbagger Trophy for his excellent help in winning first place for his team. Also demonstrating great skill and a very hot putter, Spink made two birdie putts, including one of 45 feet. A sure winner of the "Birdie Trophy" for putting skills! Congratulations to all.

The next Fleet Landing Golf Tournament was held at Windy Harbor Golf Club on February 18. You can read about this event in the next issue of *FLEET BEAT*. Then, for a bit of advanced planning, please note that the Fleet Landing tournament in March will be held at Hidden Hills Golf Club on March 18.

Yappy Hour

The January 28 "Yappy Hour" at the dog park offered pet parents and their canines a chance to socialize and to enjoy treats.



Coffee and Conversation With Josh

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The refresh will also involve testing, evaluating, and repairing or adjusting the existing underground fiber optic infrastructure. The new and old networks will function in parallel until the switchover to the new system. The Personal Emergency Response System (PERS) will be integrated into the new network systems.

Ashby outlined the benefits of the new system. There will be excellent internet service that is reliable and safe. Integrated network extenders can be added to areas that have had signal strength problems under the current system. Currently, access points are broadcasting multiple networks (e.g., resident campus, private, public), causing network over-saturation and poor performance. The new system has a different network architecture. A passkey will keep traffic from each network on its own “lane of the highway.” There will be a new guest WiFi service. The system will also have the latest artificial intelligence monitoring the system and alerting humans to a potential problem, perhaps even before a user becomes aware of it.

Ashby provided the timeline for the project. Refreshing the current network equipment will continue through February. Modifications to network infrastructure at the bus stops will be made in February. Testing, repairing or adjusting, and expanding the existing fiber optic backbone will take place during February and March. Converting residences to the new WiFi system will begin at the end of March. This will involve installing new access points and providing residents with new user credentials for their devices. A schedule will be provided to residents as this aspect of the project works its way around the campus.

Coleman Center Renovation

Ashby began by discussing the status of work on the Coleman Center finished or nearing completion. The vestibule addition, which is complete, will receive coordinating finishes when the rest of the building is renovated. The parking lot in front of the Coleman Center is currently closed because of a leak in the chilled water supply line entering the Coleman Center underground from the chiller. New supply lines will be installed over the next two to three weeks. Once this installation is complete, the final layer of asphalt will be installed and the sidewalks finished. The parking lot can then reopen. Early March is the expected completion date.

Ashby then turned to the planned major renovation of the Coleman Center. He first reviewed the design objectives of the renovation. Some of the work will be cosmetic in accord with the usual seven to ten years for that kind of work. In addition, the building is over 30 years old and in significant need of replacement of its aging infrastructure, including emergency power, copper plumbing, and elevator systems that are no longer supported by the manufacturer. Another objective is to add ADA-compliant restrooms to the second floor (the rest-

rooms on the first floor are already ADA compliant), and add a unisex family restroom for when there is a need to assist a spouse.

Ashby enumerated other objectives:

- Expand kitchen capacity to shorten food preparation times and address resident complaints about the length of meals.
- Develop a new concept to replace the Compass Grill self-serve buffet and also address acoustical complaints.
- Reclaim spaces used temporarily because of the closure of Windward Commons and repurpose those spaces for permanent uses.
- Create opportunities for more connectedness between the indoors and the pool and Lake Constellation.
- Replace interior finishes, some of which are now 15 years old and would have been replaced by now had it not been for the renovation of Windward Commons.

Ashby then displayed a series of floor plans for the first and second floors. He described in detail the new layouts, which feature some dramatic modifications, and he explained the reasoning behind them. The plans were not quite finished, but the completed floor plans will be on display when ready.

Ashby outlined the timing of the project. Completion of the design process is expected in the next three months. Construction will be phased to accommodate the meal delivery program and some capacity for in-person dining. Construction is expected to begin later this summer and could last as long as 15 months.

2021 Capital Projects

Ashby enumerated a list of other projects slated for this year:

- Replacement of the croquet court surface
- Installation of a new putting surface and gazebo in an area near Windward Commons
- Replacement of the road that runs between Leeward Manor and Windward Commons upon completion of Beacon Pointe construction
- Resurfacing of existing original campus roads
- Relocation of United States Postal Service mailboxes from the Coleman Center to each individual apartment building, converting the first-floor laundry rooms
- Replacement of Lake Constellation decking
- The tennis courts will be resurfaced and the fencing replaced. In addition, site lighting will be added, allowing use of the area for outdoor social events. The new configuration will be one tennis court and four pickleball courts.

Miscellaneous

Ashby reported the following:

- A memo about the new resident satisfaction tool will be issued. Information in the memo will include how to identify that the email or phone call is legitimate and not a scam.

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Coffee and Conversation With Josh

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- Installation of a needlepoint bipolar ionization system, which cleans indoor air and is part of the S.A.F.E.R. at Fleet Landing program, has been completed in the Derfer Pavilion and Leeward Manor. Installation in Windward Commons, The Nancy House, North Point, and the Main Street restaurant building is expected to be completed by the end of this quarter.

- Fleet Landing submitted an application for accreditation by the Global Biorisk Advisory Council in December and is awaiting a reply.

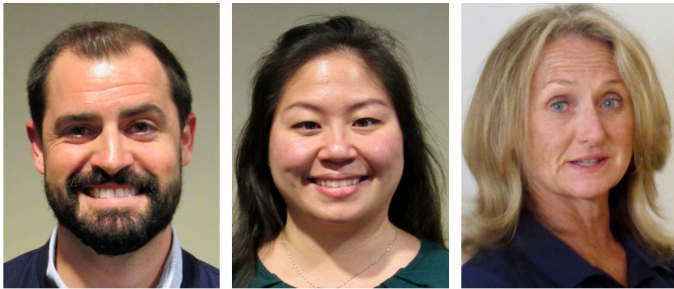
- The two new resident members of the Board of Directors are Kathy Long and Lindsay Norman.

- Fleet Landing has launched a “Don’t Hesitate, Vaccinate” promotion for staff. It addresses the vaccine hesitancy that is a nationwide problem. Staff are encouraged to encourage their peers to be vaccinated. There will be prizes when the 80 percent threshold is reached.

- Fleet Landing will begin doing some television advertising in March.

- March 10 is the target date for resumption of limited in-person LakeView dining. This will be dependent upon the situation with COVID-19 in this area. The meal delivery program and outdoor dining options will continue.

January WELLInspired Learning Series



LtoR: Nathan Howell, Corina Santos, Alisa Blanchard

Two talks in the January WELLInspired Learning Series were presented on January 6 by Nathan Howell, Clinical Manager-Home Health, and Acting Therapy Manager Corina Santos. The third talk was presented by Exercise Physiologist Alisa Blanchard on January 20. All the talks were broadcast over channel 267.

How Technology Can Help You Manage Your Health

By Victoria Freeman

Nathan Howell opened his presentation by pointing out that improvements in technology have meant that smaller and better technology is available to consumers, offering them a variety of ways to manage their health.

Howell’s first example was Apple Watch. Its capabilities include fall detection as well as measuring steps taken, heart rate, and on newer models, oxygen satu-

ration. It also has an app for keeping track of medical and health data. And yes, it can also tell you the time of day.

The iPhone has many of the same monitoring capabilities as an Apple Watch, and it can share data with that device. In addition, the built-in camera can be used for telehealth visits with a physician.

Zoom is good for mental health because it allows connecting with people who have not been able to see each other during the pandemic. It is also possible to tune into workouts with an instructor at your local gym by downloading the Zoom app to a computer or phone. Exercise classes for all levels of fitness are available seven days a week on Channel 267. Participation in these classes has increased during the pandemic. When Windward Commons opens, in-person and broadcast hybrid exercise classes will be offered.

Fitbit comes in a variety of models, with the more advanced models having features similar to Apple Watch.

Alexa and Google, voice-activated devices, can help set reminders to take medicine or check the weather to see if outdoor physical activity is possible. They can be connected to smart devices throughout the house, enabling almost total voice control.

Want To Stay Fit in 2021? There’s an App for That

By Victoria Freeman

Corina Santos began her presentation by reviewing pill management apps. Medisafe (iPhone and Android) has an option allowing the owner to sync with a family member or friend to ensure timely taking of medication. Pill Monitor Pro (iPhone only) can add photos of pills, and it has 11 different reminder sounds to assign to different medications.

Blood pressure monitoring is offered by iBP Blood Pressure (iPhone only). It can also track blood glucose and medication. Smart BP, another blood pressure measuring app (iPhone and Android), can also calculate Body Mass Index.

Santos cited two brain training apps. Luminosity (iPhone and Android) emphasizes memory and attention in an educational format. Elevate (iPhone and Android) emphasizes communication in a game format.

For weight management, My Fitness Pal (iPhone and Android) offers a food diary and exercise tracker to log calories eaten and those burned during workouts. There is also a discussion forum.

Santos mentioned two exercise apps. Pocket Yoga (iPhone and Android), which allows selection of different skill levels, durations, and practices, is accompanied by pictures and/or videos. In 7 Minute Chi (iPhone and Android), an instructor guides the listener through exercises and breathing.

Santos described two apps she called “music for your mood.” Old Time Radio 24 (iPhone only) streams stations playing music from the 1920’s to the 1970’s and includes radio shows from the past. My Old Time Radio

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January WELLInspired Learning Series

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Player (Android only) features radio shows from the past.

Samsung and Apple smart watches can track activity and heart rate and give hourly reminders to stand up. They can also show how many times goals are reached over a month. Fitbit and Garmin are other activity trackers.

Santos cautioned that before beginning any new exercise program, an individual should consult his or her physician in order to address any health concerns. Fleet Landing offers personal trainers and physical therapy to help in starting an exercise program.

Setting S.M.A.R.T. Goals

By Enith Vardaman

Alisa Blanchard suggested using the acronym S.M.A.R.T. (S.=specific, M.=measurable, A.=achievable, R.=realistic, T.=time-bound) as a handy guide when setting wellness goals.

Once goals are set, adherence is important, and Blanchard offered tips for achieving that: Write down goals; share goals; place goals in a visible place; plan a schedule; plan a makeup schedule.

February WELLInspired Learning Series

By Victoria Freeman



Heidi S. Wymer (l) and Corina Santos

Heidi S. Wymer, RN in Fleet Landing's Home Health Department, and Corina Santos, Interim Therapy Manager, presented the first two talks in the February WELLInspired Learning Series, which was broadcast over channel 267 on February 3.

Heart Health

Heidi S. Wymer opened her presentation with a slide featuring red attire for women. She was calling attention to the upcoming "National Wear Red Day" on February 5. That day marks a national awareness campaign about heart disease for women, warning them of their #1 health threat.

Wymer listed uncontrollable risk factors for heart disease, including gender (male), older age, family history, being postmenopausal, and race (African Americans, American Indians, Mexican Americans are more likely to have heart disease than Caucasians).

Wymer cited how to lower heart disease risk from

controllable factors: Maintain proper blood pressure and proper cholesterol and triglyceride levels, maintain a healthy weight, eat a healthy diet, get regular exercise, limit alcohol, don't smoke, and manage stress.

Heart healthy foods include leafy greens, whole grains, berries, avocados, fatty fish and fish oil, walnuts, beans, and dark chocolate.

Four main types of exercise have heart benefits. Endurance activities increase breathing and heart rate. Brisk walking, jogging, dancing, swimming, and biking are examples. Weight lifting and resistance bands build strength. Balance exercises help prevent falls. Flexibility exercises help the body stay limber.

Recognizing a possible stroke was also a topic of Wymer's presentation. Symptoms are sudden numbness or weakness in the face, arm, or leg, especially on one side of the body, sudden confusion or difficulty speaking or understanding speech, trouble seeing in one or both eyes, trouble walking or dizziness, loss of balance or lack of coordination, and severe headache with no known cause. Medical help should be sought immediately.

How To Self-Monitor Your Cardiovascular Response to Exercise

Corina Santos began her talk by citing four cardiovascular responses to exercise: increases in heart rate, blood pressure, respiratory rate, and body temperature. She then discussed each response and how it can be measured.

The normal resting heart rate of 60-100 beats per minute can be affected by medications, stress, presence of a pacemaker, body position, emotions, and body size. Individuals with a more active lifestyle tend to have a lower rate. Heart rate can be checked by placing the tips of first two fingers over the thumb side of the wrist or on the side of the neck just under the angle of the jaw. Pulse is then counted for thirty seconds and multiplied by two. Smart watches and Fitbits have heart rate monitors built into them. Target heart rates vary by age.

It is normal for systolic blood pressure, which can also be affected by medication and medical conditions, to increase to between 160-220 mm Hg during exercise. Unless cleared by a physician, individuals should not go over 200 mm Hg. Blood pressure should return to normal within hours after exercise. Blood pressure can be measured with a blood pressure cuff, and some smart watches have measuring capability.

Turning to respiratory rate, Santos suggested that individuals consider monitoring oxygen saturation levels in their blood. A reading of 90 percent or more is normal. For those with breathing conditions, 88 percent is acceptable. Oxygen in the blood is measured with a pulse oximeter, a device, usually placed on a finger, that measures heart rate as well.

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February WELLInspired Learning Series

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Sweating is the body's attempt to reduce the increased rise in temperature caused by exercise. Overheating is a concern. Santos cited warning signs: rapid heart rate, heavy sweating, fast breathing, nausea, vomiting, fainting, headache, muscle cramps, temporary confusion, dehydration, low blood pressure, and problems coordinating movements.

Santos made several recommendations about exercising. Anyone with chronic health conditions should consult his or her physician before starting an exercise program. The Wellness and Therapy departments can help get an exercise program started. Listening to one's body and pacing oneself is important.

Editor's note: An article about the third talk in the February WELLInspired Learning Series, scheduled for February 17, will appear in the next issue of *FLEET BEAT*.

Radio Controlled Sailing Club News

Text and photos by Jim Leipold



Our Radio Controlled Sailboat Fleet, a member of the Fleet Landing Yacht Club, sails every Saturday at 10:30 am at the dock behind the Coleman Center. Our fleet is growing as more residents discover how easy it is to sail these boats and how much fun the participants are having. With a positive spirit and supportive membership, we help members learn to sail, find a boat, and provide repairs when and if needed. While most of our boats are manufactured, several members have either built their boats from kits or purchased hand crafted yachts! Several couples each have their own boats and sail "competitively light."

Our first half hour is free sailing, and the second half is races led by our Race Captain Pete Pitard. We have a rescue kayaker, Carol Silcox, who covers the lake picking up wayward craft. We even have a GoPro videographer, Captain Bob Gossen. As the winds on the lake change constantly, everyone feels free to sail without shame or bragging rights. Come join the fun as up to ten boats are liable to risk the open sea and sail forth.

For more information call our Commodore, Captain Jim Leipold, at 904-746-3322!

P.S. Get a boat and we'll make you a captain!

Mindful Eating

By Enith Vardaman



Sue Dukes (l) and Jennifer Joy

During the four Mondays in January (4, 11, 18, 25), Jennifer Joy, Director, Wellness Services, hosted Sue Dukes, who heads the Nutrition & Education Group in Jacksonville, in a series of talks under the title "Mindful Eating." The talks were broadcast over channel 267. For those who missed these talks, the PowerPoint slides of each presentation can be found on Fleet Link under "Fleet Landing Presentations" and then "Real Life Eating Strategies."

In the January 4 session, Dukes focussed on the meaning of mindful eating. She stressed the importance of such factors as awareness of what is being eaten and avoiding distractions while eating. She spoke of the concept of intuitive eating, which she said complemented mindful eating. It involves challenging the "rules" of food and eating, and being kind to oneself (no feelings of shame or guilt) regardless of what was eaten. She was also averse to start-and-stop weight loss programs, with their history of working at first, but subsequently the weight is gained back.

In the January 11 session, Dukes spoke about mindful eating practices as they relate to meals from the Fleet Landing kitchen. She advocated focusing on fruits and vegetables, avoiding fried foods, and limiting starches and starchy vegetables to one per meal. If the portions in the meal are large, the meal can be cut in half before starting to eat. Leftovers can be used for lunch or breakfast.

Dukes also stressed the importance of hydration. The sense of thirst diminishes with age, and many seniors do not drink enough liquids. This can lead to hospitalization for dehydration. Water is the preferred liquid, but anything non-caffeinated and non-alcoholic counts. Some foods are even good sources of hydration.

Dukes began the January 18 session by citing the ten principles of intuitive eating. This list and an explanation of each principle can be found at www.intuitiveeating.org/10-principles-of-intuitive-eating/. The principles emphasize attitude in one's relationship with food, including avoiding feelings of guilt.

Dukes displayed "The Hunger Scale," a graphic showing ten levels of hunger ranging from 1 (ravenous)

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Mindful Eating

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to 10 (painfully full). The scale can be used to determine one’s level of hunger when starting to eat, with the ravenous level to be avoided. She also displayed a portion control graphic showing how to use one’s hand to measure the appropriate size of a serving of starch, fats and oils, vegetables, and protein.

Dukes gave a live demonstration of how to portion out over more than one meal an actual sample meal Joy chose from that day’s Fleet Landing delivery menu.

In the January 25 session, Dukes showed a slide with the size of portion-controlled samples of several foods, including cereal, pasta, and ice cream.

Dukes’s nutritional recommendations included focusing on fruits and vegetables, varying proteins, opting for whole grains, and choosing low-fat and fat-free dairy products. She also cited the special nutrient needs for seniors and what foods provided these nutrients. Example: Dairy products, fortified cereals and juices, dark green leafy veggies, and canned fish with soft bones provide calcium and vitamin D.

Dukes did one more live demonstration, reviewing that day’s delivery menu and making recommendations on how to portion the choices out over more than one meal.

Rigel Court Welcomes 2021

Text and photos by Helen Craig

For the fifth year in a row, Rigel Court residents decided that New Year’s morning would be a perfect time for an outdoor celebration together. Once again, they chose the Marchetti/Burkart double driveway as the space—socially distanced this year—and selected Martha Marchetti to be their organizer par excellence. She spread the word to all Rigel residents: “Drinks provided. Bring your chair and a treat to share (optional). 10:30-12 noon.”

This gathering was the brainchild of Mike Marchetti and Gary Reichow. Since that beginning, the treat list has grown from nuts and chips to scalloped oysters, marinated shrimp, lox, sausage balls, and crab dip. Deliciously gourmet! And lots of fun.



Martha and Mike Marchetti



Bob Burkart and Bob Huhta

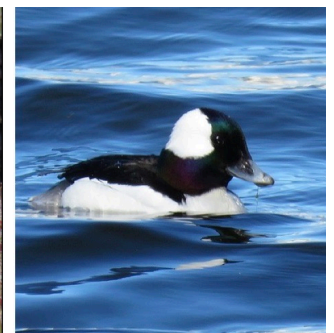


Gary Reichow and Barbara Zamparelli



*Left: Judy and Ron Poppell.
Right: Kay and Mickey Miefert.*

Birds Great and Small



Left: Could this be the proof that lake lobsters really do exist? Resident Dick Fuller took this photo of a turkey vulture devouring a lobster tail lakeside.

Right: While the turkey vulture is scary looking, this male bufflehead enjoying our lake is cute. Fuller had to act fast to get a picture before the duck made another of its characteristic frequent, quick dives.

Welcome Aboard

4112 Eileen and Giles Norrington (October)

Born and reared in New England, Eileen received her B.A. (1974) from the University of New Hampshire. A 1978 graduate (M.Div.) of Andover Newton Theological School, she was ordained at Central Congregational Church, Newtonville, MA. Commissioned a lieutenant junior grade in the US Navy Chaplain Corps in September 1978, she subsequently served in several duty stations in the US and overseas. On April 1, 1996, she became the first woman in the Navy Chaplain Corps promoted to captain.



Eileen's diverse ministry in the Navy included Sunday worship and sacraments, weddings, funerals, counseling, working with grief groups, teaching suicide awareness and prevention, stress management, rape prevention, working with victims of family violence, alcohol recovery groups, and spiritual growth retreats.

After retiring from the Navy, Eileen served as the Minister for Authorization on the national staff of the United Church of Christ.

Eileen has received many honors throughout her career, including being named "Military Woman of the Year" at both Naval Air Station Norfolk and Marine Corps Base Camp Pendleton, and being listed in *2,000 Notable American Women*. Her military awards include the Legion of Merit, the Meritorious Service Medal (three awards), Navy Commendation Medal (three awards), National Defense Medal, and the Overseas Service Ribbon.

Eileen is a member of the American Association of University Women, the International Association of Women Ministers, and the League of Women Voters.

A native of Ohio, Giles served in the US military for over 34 years—11 in the Marine Corps and 23 in the Navy, 5 of which were as a prisoner of war in North Vietnam. He retired from the Navy in 1988 at the rank of captain (O-6).

During his imprisonment, Giles learned to rely on his fundamental beliefs, his fellow prisoners, and, above all, God.

Returning to freedom, he continued his career in the US Navy. He held two commands (Naval Air Station, Whiting Field, Florida, and US Navy Support Facility, Diego Garcia, British Indian Ocean Territory) and a number of Washington, DC, postings. The latter included serving as Head, Congressional Appropriations Committees Liaison Office for the Department of the Navy and as Assistant Director, Budget and Reports, Comptroller of the Navy.

Giles's awards include four Legion of Merit awards,

two Bronze Stars, two Purple Hearts, three Meritorious Service Medals, two Air Medals, the Navy Commendation Medal and various campaign medals.

After Giles's retirement from the Navy in 1988, he served as the Director of the Red Cross New London Chapter, in New London, CT, and later as the Development Director of Northern Virginia Family Services in Falls Church, VA. He is a member of the American Legion, the Veterans of Foreign Wars, the Military Officers Association of America, the Order of Daedalians, and the Association of Former Intelligence Officers.

In their blended family, the Norringtons have four children, five grandchildren and three great-grandchildren.

—*Eileen and Giles Norrington and Enith Vardaman*

5503 De An and Charles Winton (December)

With a surge of energy and wide smiles, De An and



Charles Winton swept into Rigel Court and immediately joined in Rigel's outdoor gatherings.

Although new to Fleet Landing, the Wintons have lived in Florida for over 45 years, most of that time in Jacksonville. Both are educators—De An in K-12 education and Charles as a university professor. Raised in Raleigh, NC, they first met in high school as members of the symphonic band, where De An played alto saxophone and Charles, French horn. De An then went to college at the University of North Carolina (UNC)-Greensboro, majoring in music education, while Charles continued at North Carolina State in Raleigh, majoring in mathematics. Once De An graduated, they married and took up residence in Chapel Hill, where Charles was studying at UNC for a Ph.D. in mathematics. Meanwhile, De An accepted an appointment with the Chatham County school system as the county band director and only music educator, with assignments at seven of the county's schools. They moved to Columbia, SC, where Charles, now a Ph.D., joined the faculty of the University of South Carolina, and De An joined the county school system, again as band director and music teacher.

Their next move was to Florida. The University of North Florida (UNF), then a new university, offered Charles a position and the opportunity to develop programs in the new discipline of computer science. They and their two young children established roots in this community. De An received a master's degree in education at UNF. She resumed her music career, now with Duval County Public Schools. She then transitioned to teaching first and second grades for her

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Welcome Aboard

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final ten years with the system. Charles continued to evolve as an academic and became involved in educational robotics, beginning 20-year service on the board of directors of a national robotics institute (KIPR) as it expanded its educational robotics programs to international levels.

In retirement, both Wintons have maintained an active lifestyle, enjoying a wide variety of fascinating travel experiences—from hiking in the Cotswolds to biking down Haleakala on Maui—from paragliding in the Swiss Alps to a cruise around Cape Horn—and even a mule ride to the bottom of the Grand Canyon. Charles also enjoys “puttering around” with his collection of woodworking tools, and De An pursues her interests in quilting and in history. Music remains important for both, and they are long-time patrons of the Jacksonville Symphony. The recent birth of their first grandchild adds yet another joy to their busy lives. They also enjoy their two cats, Cleopatra and Thor, each with a distinct personality. One further dimension of special interest will be their upcoming decisions regarding activities to choose here at Fleet Landing.

—Helen Craig

3214 Judy Barton (December)

Judy was born at MacDill Air Force Base in Tampa, FL. Her father was career Air Force, and Tampa was her mom’s hometown. She enjoyed the military life and all the places they lived, especially the Philippines. Her father’s last assignment was at Florida State University (FSU) in Tallahassee. Judy also attended FSU.



Judy’s career began in mortgage banking and then skyrocketed when she started in sales with the Xerox Corporation. She later went on to start the Office of Professional Development at The University of Tampa and teach as an adjunct professor.

She retired from corporate America as the Managing Director and Senior Vice President of the Tampa and Clearwater office of Right Management Consultants, a talent and career management and consulting firm.

Now the best part of her life: Her late and amazing husband, Bart, was a pilot in the Air Force. He went to Louisiana State University. His first assignment was to fly the Jolly Green Giant helicopter in Vietnam. He then flew the F-4 Phantom. After retirement from the Air Force, he served 28 years at the US Central Command.

Judy is the proud mother of four and is blessed with five beautiful grandchildren.

Judy is currently, selectively, working as a success coach for J. Barton & Associates. Her interests have always been in art. While living in Germany, she attended an art school. She once owned a boutique. She has done oil and acrylic painting, and currently she is focusing on stained glass and mosaics. She has sold her work at three shops in the French Quarter in New Orleans, at juried art shows, art shops, and markets. Judy plans to continue her art and play a lot of bridge.

Her furry companion, a black and white Havanese dog named Monk, seems to have made more friends than she has. Her goal is to try to catch up with him. Her past has been about living a life of change and making never-ending friendships. She is excited about making more friends here at Fleet Landing and becoming a viable part of this amazing community.

—Judy Barton and Jean Ludlow

3107 Joan and Bob Phinney (December)

Joan and Bob grew up in the Albany, NY, area, and after they married, moved to South Glens Falls, NY, a



village located between Saratoga and Lake George. They had their daughters, Jayne and June, there, and they lived there until 2013. Since 2003, they have spent winters in a senior community in West Palm

Beach, FL, and they became official Florida residents in 2014.

Jayne and her husband, Pat, reside in South Glens Falls, while June and her husband, Russ, who have been Florida residents since 1993, moved to the Jacksonville area a few years ago. Joan and Bob have four grandchildren and three great-grandchildren.

The Phinneys have been visiting family and friends in New York each summer for several weeks and plan to continue that each year.

Through friends of June and Russ, Bob and Joan became aware of the Fleet Landing community and all of its amenities. They felt this might be a good fit for them in their senior years and decided to take a tour. Their first visit to Fleet Landing was in June 2019, and it was love at first sight.

Bob was a member of the New York State Army National Guard for nine years. He started his working career as a salesman for Tobin Packing Co., a large northeast regional meat packing firm and became sales manager in later years. He left to start his own food brokerage business before retirement. Over the years, he has been a member of Rotary, Jaycees, American Legion, YMCA, Elks, and Sons of the American Revolu-

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Welcome Aboard

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tion. At the age of 33, he was elected mayor of South Glens Falls, and he was reelected for eight four-year terms. During those 32 years he was a member of the New York State Conference of Mayors. He retired to enjoy the winters in Florida in 2009.

Joan was legal secretary in the office of the Albany County District Attorney until their daughters were born. She was a stay-at-home mom until they entered junior high school. She was then employed for ten years as office manager of a physician’s office with three doctors of internal medicine. Before retirement, she joined Bard, a catheter manufacturing company, as executive secretary to the personnel manager.

Since moving into Fleet Landing, the Phinneys have found the staff and residents to be so friendly and accommodating. They think they definitely made the right choice to move here, and they are looking forward to having all the classes and events resume. In the meantime, they are using channel 267 as much as they can.

—Kristin Perry and Joan and Bob Phinney

2118 Julie and Rick Rochelle (December)

Out to beat the baby boomers! Rick and Julie Rochelle began their journey searching for a continuing



care retirement community 2½ years ago. They studied 30, visited 20, and were overnight guests in 4 or 5. Fleet Landing was the number one choice, based on its being nonprofit and on the amenities, the services, and most of all, the wonderful people.

They immediately sold everything and moved to Jacksonville for the big “wait.” Fortunately, they were allowed to join the golf group, which provided a great opportunity to get to know some of the residents.

The Rochelles met in Tallahassee, FL, while Julie was attending Florida State University. Soon after their wedding (like two days), Julie graduated, and Rick began graduate school. His stint in the Army as a paratrooper in the 82nd Airborne earned him some financial support, and Vietnam became just an ugly memory.

Miraculously, Rick got his degree and joined John Harland, a check printing company in Atlanta, GA. A few years and a few promotions moved them to Greensboro, NC, and Kansas City, MO, before bringing them back to their beloved South in Atlanta. After years of constant travel, Rick left the corporate world and purchased a small manufacturing business, supplying

products for the cold storage industry. He even constructed a clean room which is on the moon—no service calls included! During these years, Julie taught physical education, which prepared her well for the challenging career of probation supervision. Her last and easiest profession was running a showroom at the Atlanta Apparel Mart. Quite a change, but a lot of fun!

After 30 years in Atlanta, a desire for an easier lifestyle and a lot less traffic, they retired on St. Simons Island, GA. Golf and travel became their new lifestyle!

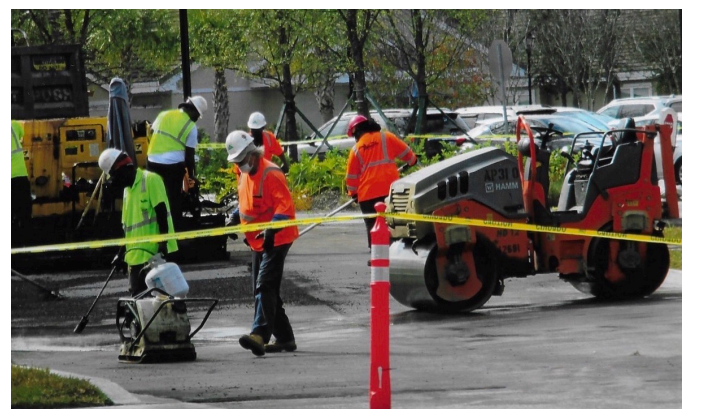
Now at Fleet Landing, they plan to continue to travel, play golf, and try out a few new options.

—Kristin Perry and Julie and Rick Rochelle

Beacon Pointe Project Road Closure

Photos by Charlene Kurth

As the Beacon Pointe project winds down, road closures by Windward Commons should soon be a memory.



COVID Chronicles By Enith Vardaman

Constellation Cabana

With LakeView still closed because of the pandemic, Fleet Landing began offering outdoor dining on January 7 on the pool deck. Depending on the weather, Constellation Cabana has been open several days a week during the hours of 11:30 am to 3:30 pm. While there are some restrictions, including no guests and no more than five people at a table, residents have a choice of made-to-order meals from an extensive menu, and they can choose carryout after 12:30 pm.

As these photos that were taken on opening day show, Dining Services staff was kept busy as residents quickly embraced the idea.



Golf Cart Grin: January 13, 2021

As the saying goes, “When life gives you lemons, make lemonade,” and Fleet Landing did just that at the first “Golf Cart Grin” of 2021. The lemons in question: No newcomer socials were possible because of the pandemic. These indoor gatherings traditionally gave residents an opportunity to welcome their new neighbors and get to know more about them.

At the January 13 “Golf Cart Grin,” literally there was lemonade. It was served as the beverage to go with the cupcake treats. There was also figurative lemonade: This outdoor event was a creative and successful alternate way of allowing residents to meet new neighbors. December 2020 arrivals Betty Harris, Camille and Bob Hunter, Joan and Bob Phinney, and Julie and Rick Rochelle accompanied the golf carts on their rounds, getting out at the various stops to introduce themselves and socialize with the residents who awaited them.



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COVID Chronicles

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Golf Cart Grin: January 27, 2021

Chocolate cupcakes and coffee or Irish coffee were the treats for the January 27 “Golf Cart Grin,” which was also an opportunity for residents to meet Patsy and Joe Fittipaldi, Eileen and Giles Norrington, and De An and Charles Winton, all of whom arrived in December. The golf cart visits are fun occasions, and the chance to greet new neighbors is a welcome bonus.



Valerie Rubin (in foreground) chats with Giles and Eileen Norrington.



Ardith LaShell (l) talks with Patsy and Joe Fittipaldi.

Golf Cart Grin: February 11, 2021

Mimosas, orange juice; and a new kind of treat, frittatas, were on the menu for this event.



Keeping Spirits Up



Bob Armacost, Julia Pet-Armacost, Karen Sturtevant, Phil Martin, and Gary Reichow performing at the January 21 Fleet Classics concert

Fleet Landing residents have done their part to buoy the spirits of their fellow residents during the pandemic. Examples: Bob Burkart’s entertaining “Great Trivia Challenge” broadcast over channel 267 has become a weekly Wednesday 4 pm staple. Residents are treated to occasional concerts by the Fleet Notes, the Fleet Six, and the newest group, the Fleet Classics (as the name suggests, they perform classical music). There is some overlap in the participants in these three groups. The concerts are broadcast over channel 267, with limited seating in the Coleman Center Auditorium possible at times. More information about each of these musical ensembles can be found in Fleet Link under “Groups.”

Vaccine Clinics

Fleet Landing residents responded enthusiastically when offered the opportunity to get vaccinated for COVID-19 right here on campus. A team from Walgreens delivered the first dose over the three-day period of January 18-20. A Walgreens team returned three weeks later, on February 8-10, to administer the second dose. At each clinic, residents enjoyed beverages and snacks as they waited 10-15 minutes after the shot to make sure there were no serious side effects.

If the weather was good, the clinic was held at the Annex, with seating on the porch and on the grounds in front of the building. In rainy weather, the clinic moved to the Coleman Center. In either locale, the clinic was well organized.

Residents found an unexpected bonus to participation: the ability to socialize with more residents (masked and socially distanced) in one place than they had seen for many months. One resident got her shot one day and then came back the next just to socialize.

Library Notes

By Enith Vardaman

We thank our recent donors: Anne Conway, Ann and Bob Linn, Kurt and Pam Medina, Carla Philcox, Ambler Slabe, JoAn Tetrick, and Bea Waltherman.

We also thank the patrons of our mini book sale. New books are added weekly, so be sure to keep checking for new finds.