



# FLEET BEAT

VOL. 32 No. 4

THE FLEET LANDING RESIDENTS' NEWSPAPER

May 2022

## Executive Director's Quarterly Briefing

By Enith Vardaman

Residents gathered in Johnson Hall on April 28 for the second "Coffee and Conversation With Josh" of 2022.

### Financial Results

Executive Director Josh Ashby began by displaying a chart of the budget, 2022 average, and March 31, 2022, occupancy rates for the original part of Fleet Landing in four traditional categories. Independent living remained at essentially full occupancy. At 76.2 percent as of March 31, Leeward Manor is below the budget figure of 92.9 percent. There were two contributing factors to the lower figure: Leeward Manor and North Point had been in competition, but with North Point now full, that competition should diminish. The



second factor was the number of Leeward Manor residents who had needed to move to either memory care or skilled nursing, but could not do so because of the pandemic. That transition has now been underway for some six months. Memory care occupancy was stable. Skilled nursing occupancy, while not yet at budget (92.1 percent as of March 31 versus 96.8 percent), has seen a dramatic increase in residents. Two components of the expansion, the 8000 Building and North Point were full or spoken for. The North Point skilled nursing unit is expected to open within the next several months.

Turning to revenue, expenses, and income through March 31, 2022, Ashby reported revenue below budget, and expenses above budget, for a total operating income of \$1,052,367 below budget—with healthcare the cause in both instances. He explained that two sources of Fleet Landing's budgeted revenue, assisted living and skilled nursing (25 percent of the budget), were underperforming. Constraints on rate increases (pricing our assisted living facilities out of the market for nonresidents and limits on Medicare reimbursement for skilled nursing) mean that the solution to increasing revenue is restoring volume. The assisted living aspect is expected to correct itself in the course of the year, but skilled nursing is affected by staffing shortages. Some 50 percent of the budget is for people (wages, taxes, and benefits), and another 29 percent, such as food, utilities, and repairs and maintenance, is also subject to inflationary pressures.

*(continued on page 19)*

## We Have a New Residents' Council

By Enith Vardaman



*LtoR: Eileen Theis, Nancy Russell, Judy Poppell*



*Bob Armacost, Ray Bratcher, Charles Winton*



*Lory Doolittle, Janice Flock, Jackie Mears*

Results of the Residents' Council election were announced on April 27. Having received the largest number of votes, Ray Bratcher was reelected and will serve a three-year term. Nancy Russell, who was reelected, and Judy Poppell and Charles Winton will serve two-year terms. Council responsibilities are as follows: Eileen Theis, president; Russell, vice president and Human Resources; Poppell, secretary; Bob Armacost, treasurer; Jackie Mears, Wellness; Lory Doolittle, Facilities; Janice Flock, Healthcare; Bratcher, Dining/Housekeeping; Winton, Safety and Security/Marketing.

### April Residents' Council Meeting

By Enith Vardaman

Residents' Council President Bob Burkart convened the April 19 council meeting in Johnson Hall. He welcomed new residents attending their first meeting.

Management Review. Chief Operating Officer Travis Schryer reported that the deck replacement project was proceeding ahead of schedule, and all of the deck lighting would be replaced. He announced that 30 North Chef de Cuisine Dustin Wigglesworth had resigned to join a group that was opening a new restaurant, a place where his family and friends could come to enjoy his creations.

Vice President's Report. Eileen Theis solicited photos of resident veterans who had not yet submitted a photo of themselves in uniform. Digital copies of photos can be submitted by email (etheisjax@aol.com). Originals can be dropped off at 123 Fleet Landing Boulevard or placed in social mailbox 123. Include name, rank, branch of service, and where the picture was taken. If the photo is an original, provide an address so that the photo can be returned. These photos are displayed in a loop before the Memorial Day and Veterans Day programs.

Finance. Treasurer Bob Armacost reported that the draft independent financial audit for 2021 showed no material weaknesses or significant deficiencies. The auditor commended Fleet Landing on its financial management, noting that it compared very favorably with other CCRCs the auditor worked with.

Marketing. Theis cited statistics showing that, with the exception of Leeward Manor, all independent living and assisted living units in Fleet Landing were essentially fully occupied as of March 31, 2022. Independent living residents numbered 702.

Wellness. Jackie Mears reminded residents that trikes should be returned to either the Coleman Center or Windward Commons.

Human Resources. Ray Bratcher announced that the Staff Member of the Month was Pam Ramie of the Health Services Administration. She was praised for her skills in dealing with the nursing/staffing shortage. Lobster Tales submissions for March were 303—most likely a record. The year-to-date turnover rate was 11.3 percent. Total staff numbered 479 at the end of March.

Healthcare. Janice Flock spoke about blood pressure management. She offered tips for getting the most accurate readings at home and in the doctor's office. Stretching exercises have been shown to reduce blood pressure. She also noted that magnets in some smartphones and smartwatches could affect the function of implanted devices such as pacemakers and cardiac defibrillators. These electronics should be kept at least 6 inches away from medical devices.

Facilities. Lory Dolittle directed residents' attention to the "Resident Landscaping Guidelines" memo that can be found on Fleet Link. Go to "Publications," then

"Memos & FAQs," and then "Campus Services Memos." She also noted that answers to questions about facilities could be found in the recently released *Resident Handbook*. It can be found on Fleet Link under "Publications." She reported that new HVAC systems for The Nancy House were on order, and that sound testing in the 8000 Building was ongoing. Residents in the 8000 Building with a second car are requested to park that car in the North Point parking lot unless it is used two or more times a week.

Safety and Security and Housekeeping. Kerstin Chelius reported that Safety and Security was now fully staffed, and the staff was undergoing active shooter and disaster preparedness training. COVID-19 screening at the Welcome Center now applies only to visitors to the healthcare buildings. A bicycle patrol will be implemented soon. Chelius reviewed the scope of the work of the Housekeeping and Environmental Services staff. The latter is responsible for Leeward Manor, Derfer, North Point, and The Nancy House as well as the onsite laundry. Cleaning the healthcare buildings requires specially trained staff using special cleaning solutions. The laundry equipment is state of the art.

Suggestions. Secretary Nancy Russell reported on 14 suggestions, including enhancements to the 8000 Building, restoration of certain stop signs, the desire for a greater variety of vegetables at Currents, and acquisition of certain fitness and sports equipment.

*Editor's note:* Meeting minutes can be found in the Dinda Library.

*FLEET BEAT* seeks to avoid inclusion of superseded information or repetition of information found elsewhere in this 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](http://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.*

## March Board of Directors Meeting

By Enith Vardaman

*The March 30 meeting was held in closed session, Board Chair Helen Atter presiding. The information below was supplied to FLEET BEAT by Executive Director Josh Ashby.*

Two new Board of Directors members, Paula Chamberlain and Carol Pottenger, were introduced at the March 30 meeting. (Look for their bios in the June issue of *FLEET BEAT*.)

The four board officers were reelected to a one-year term: Helen Atter, chair; Joe Mitrick, vice chair; Bill Struck, treasurer; and Josh Ashby, secretary.

Struck reported on preliminary 2021 financial results and the audit, which was underway.

Most of the meeting was devoted to a presentation by Fleet Landing's legal counsel on implementation of the new corporate structure described at the January 27 "Coffee and Conversation With Josh." (See *FLEET BEAT*, Jan./Feb. 2022, page 20.)

The Strategic Planning Committee reported on recent steps to continue exploring the possibility of development of the Nocatee site.

Julia Pratt, Senior Director, Health Care Services, and Chief Operating Officer Travis Schryer described the current staffing situation and the steps being taken to address related issues.

## Tea With Travis

By Chet Davis



*Travis Schryer and April Morin*

April 7 saw a large crowd assembled in Johnson Hall for the fourth edition of "Tea with Travis." After the traditional displaying of photos of his children, Chief Operating Officer Travis Schryer presented a brief COVID-19 update. There were two cases among staff, but none among residents. He stated that Walgreens had not yet made any commitment to Fleet Landing about coming on campus to administer the second booster shot. Going off-campus to get the shot was an option. Publix was cited as one provider.

The guest of the day was April Morin, Director, Sales and Marketing. She said that although there were now 225 Ambassadors, all residents have given a friendly welcome to prospects visiting the campus. She discussed a variety of tactics to be employed in the near

term for attracting interested parties. There had been 600 new leads developed in 2022, and there were now 442 on the waitlist. Schryer noted that to keep a steady influx of new residents, the wait list had to be replenished, as people drop off for many reasons.

Schryer then discussed the top-level management structure of Fleet Landing with photos of staff and a description of specific areas of responsibility. An updated management diagram is available in the Dinda Library.

Schryer reported on a number of upcoming changes, some of which will have been implemented by the time you read this: The Annex was expected to be available in early May with temporary furniture (permanent furniture on backorder). The Wellness Department can reserve the Annex for residents. The Art Studio would be open soon. An Art Wall for resident art display would be set up in Windward Commons. Additional water sources were coming to the fitness area. The hearing aid loop was now working again in Johnson Hall. Fleet Landing was looking into the purchase of a larger bus. Breakfast would be coming to Currents in the foreseeable future, and the Coffee Shop would be reopening.

All in all, a very informative meeting.

## FLEET Classics Concert

By Chet Davis



The *FLEET Classics* presented their most recent concert in Johnson Hall on the afternoon of April 12. The group, made up of Julia Pet-Armacost (flute and piccolo), Bob Armacost (12-string guitar), Karen Sturtevant (piano), Bunky Johnson (clarinet), Gary Reichow (bass guitar), and Charles Winton (French horn), had spent many hours in rehearsal. The adaptation of this unusual combination of instruments to a variety of musical works is a unique aspect of these concerts.

The program opened with the National Anthem and closed with George M. Cohan's "The Yankee Doodle Boy." In between were many well-known classical pieces by Brahms, Mozart, Chopin, Dvorak, Liszt, Schubert, Strauss, and others. There were frequent opportunities for individual musicians to stand out as they took the lead.

Bob Armacost's introduction to each work provided interesting information about the composer or the work itself.

Residents were appreciative that this talented group so willingly shared that talent for their enjoyment.

### Spring Fling

Photos by Ann Bell, Janet Silvester, and Enith Vardaman

April 13, with its bright blue skies and warm temperatures, proved to be the perfect day for residents, staff, and family members to enjoy the Health Services “Spring Fling” held at the Windward Commons gazebo. The petting zoo, featuring animals large and small—a pony, pig, and cow as well as sheep, goats, bunnies, chicks, and ducks—shared top billing with the Easter Bunny. A truck dispensed ice cream, while many spring-themed treats were available in the gazebo. Colorful decorations completed the happy scene.



*Easter Bunny and Mary Faria*



*Just looking at these decorations would bring a smile.*



*Terry Silvester with happy grandchildren Liam and Morgan*



*Ice cream truck*



*The petting zoo offered the chance to cuddle bunnies.*



*Spring-themed treats in the gazebo*

**Next up in the “2022 Chamber Music Series”:**  
The San Marco Chamber Music Society  
May 24, 3:30 pm  
Johnson Hall

## FLiCRA Holds Annual Meeting

By Enith Vardaman



*Pat Kluever (l) and Ramsey Geyer*

Pat Kluever, president of the Fleet Landing chapter of the Florida Life Care Residents Association (FLiCRA), presided over the chapter's Annual Meeting on April 8 in Johnson Hall.

The first part of the meeting was devoted to business. Treasurer Jim Kolster presented the treasurer's report covering fiscal year 2021. He noted the chapter's policy of paying FLiCRA dues for members who move from independent living to skilled nursing or memory care. This honors their membership service and serves as a reminder that they are represented and protected by FLiCRA. Dante Capurro, who audited the treasurer's report and found everything in good order, was thanked.

In his remarks, Kluever noted that FLiCRA is about protection. It has representatives in Tallahassee who must register as lobbyists in order to do their job, but a more accurate term would be advocates. Their role is not to promote the financial interests of a company. Their role is to make sure that any legislation passed is fair and reasonable in its effect on residents and on owner/operators of continuing care retirement communities (CCRCs). The latter organization, which is represented by LeadingAge Florida, would have to pass any added fees on to residents.

Kluever commended MaryAnn Devenny, Resident Billing/Accounting Assistant, for her excellent work in handling the annual billing of FLiCRA dues on the September monthly statements.

Kluever introduced the candidates for FLiCRA's Board of Directors: Ernie Bio for a three-year term, Laurie Page for a three-year term, and Debbie Springer to fill out the one year remaining on the term of Lew Connell, who was resigning. Kluever thanked Connell for his service. The slate of candidates was unanimously approved.

Before the opening of the 8000 Building, 70 percent of Fleet Landing residents were FLiCRA members. The opening of that building meant the rapid addition of some 200 new residents not yet familiar with FLiCRA, and membership has dropped to 54 percent. The nomination of Bio and Page, who are residents of the 8000 Building, reflected the need for FLiCRA representation and increased membership there.

The functions of the 2022-2023 board members are

as follows: Kluever, president; Bob Armacost, vice president; Louise Lones, secretary; Bio, treasurer; Karen Farrell, Event Coordinator; Joan Carver, Legislative Liaison; Page, Membership Chair; Kolster, Director at Large; and Springer, Director at Large. Enith Vardaman assists the board as the president's advisor.

Kluever recognized the neighborhood representatives, who play a crucial role in membership recruitment by informing new residents about FLiCRA: Marilyn Heberling, Dave and Mary Pat Lynch, John Coman, Peggy Steck, Andy Granuzzo, Jean Welch, Suzi Miller, Chet Davis, Carol Sheil, John Hedge, Beryl Hubbard, Connell, and Kurt Medina. Kluever also serves in this role. Neighborhood representatives for the 8000 Building have not yet been selected.

Kluever introduced guest speaker Ramsey Geyer, who serves on the FLiCRA state board as Region 2 director. He is a resident of Westminster Woods on Julington Creek, one of the six CCRCs, including Fleet Landing, that are part of Region 2. He also chairs the Governor's Continuing Care Advisory Council.

Geyer began by commending Kluever's leadership of Fleet Landing's FLiCRA chapter as the most reliable among the six communities in his region. He praised the beauty of our campus and noted the advantage to Fleet Landing residents of having its management team so accessible.

Geyer spoke about the impact of COVID-19, citing the statistic that 32 percent of older residents developed at least one new medical condition within a year of testing positive. Severe cases increased the risk of problems such as stroke, heart attack, or arrhythmia.

Geyer enumerated financial impacts on CCRCs of the pandemic, including the need to acquire additional personal protective equipment, staff shortages affecting both salaries and the amount of time spent recruiting and training staff, and the rising cost of materials. Some facilities reduced the number of beds because of not having enough staff to provide proper care.

Turning to technology, Geyer cited a recent study showing an increase in the use of technology by seniors, but 37 percent were still not confident in its use. In some CCRCs, 30 percent of residents do not use technology such as email and smartphones, relying only on printed material. At his CCRC, the figure is 28 percent, making rapid communication difficult.

Geyer provided an overview of CCRC-related bills passed during the Florida legislative session that ended on March 14. These bills addressed issues including nursing home visitation rights and staffing requirements, medication administration, Alzheimer's and dementia-related disorders, and tele-health.

Geyer concluded his remarks with a discussion of home health care. He noted advantages such as receiving care in a preferred setting. He reported that more and more new independent living CCRC residents wanted the option of in-home care.

### Fleet Landing Annual Passover Seder

By Judy Poppell



30 North provided an elegant setting.



Judy Poppell (l), aided by Harriet Berson, led the ceremonial part of the seder.



Chris Gotschall and the staff who made the seder such a success

30 North was this year's site for the annual Passover Seder on Saturday, April 16. After a two-year hiatus due to COVID-19, this year's seder was particularly meaningful. Approximately 30 Fleet Landing residents attended. Executive Chef Chris Gotschall and his staff provided a marvelous dinner complete with all of the traditional holiday foods: matzo ball soup, gefilte fish, brisket and roast chicken, and potato kugel, and topped

off with a delicious flourless chocolate torte. All Fleet Landing residents are invited and welcome to attend this annual observance.

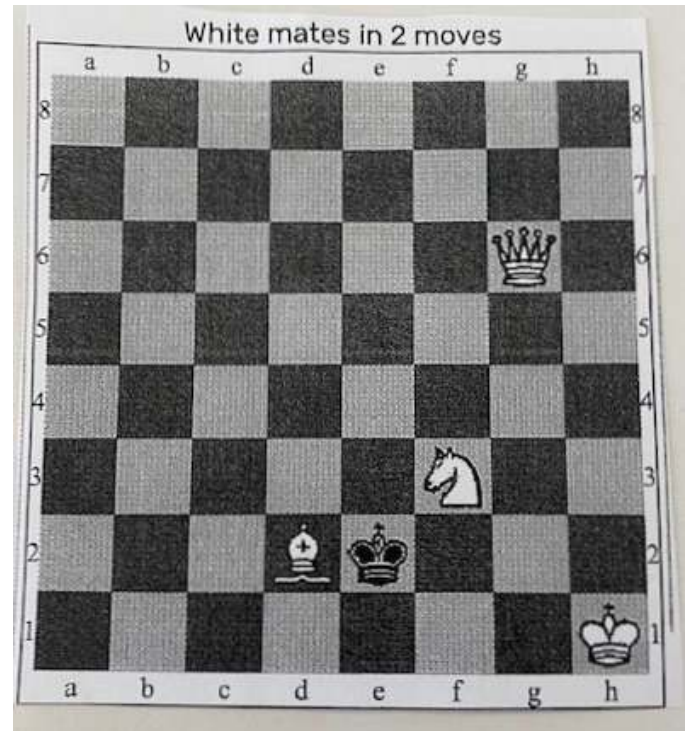
Passover is a favorite Jewish holiday and the seder, one of the primary rituals of Passover, is usually celebrated in the home. Thus, our Fleet Landing home is an appropriate location for the Passover observance. The week-long holiday is celebrated with traditional holiday foods including matzah, which is slabs of crisp, unleavened bread, and other symbols of the Passover holiday.

One of the most celebrated holidays in the Jewish world, Passover or Pesach commemorates the biblical Exodus of the Israelites from Egypt. The seder includes the annual retelling of the Exodus story and the role of Moses in leading the Israelites from slavery to freedom. It is a participatory event in which those present take an active part in the reading of the story and singing traditional holiday songs.

The seder is also a time to reflect on those less fortunate, and all who are hungry, including the stranger, are welcomed to share in the seder meal. In this particularly tragic time for the Jewish citizens of Ukraine, celebration of this holiday takes on added meaning. The group acknowledged the plight of the citizens of Ukraine and offered a toast to their freedom.

### Chess Club News

By Richard Wong



Brain challenge: Are you up for the task? White to move and mates in two moves.

The Chess Club meets every Tuesday at 1 pm in the Windward Commons lobby. Chess pieces and board are in the Mindfulness Room closet. Hope to see you.

### Prize-winning Painting

Photos by Frances Jones

Congratulations to resident Frances Jones for winning third place in the Jacksonville Watercolor Society's Spring Show for her painting "Cameroon."



### Mallets and Wickets

By Gerry Nogelo; photo by Vickie Rose



LtoR: Larry Rose, Mary Steinke, John Neyhart, Tom Dames

The 2022 annual Golf Croquet Championship Tournament ran smoothly during March as twenty four players vied for eight playoff spots in a single elimination championship round. The final four was set for April 10, which turned out to be a glorious day for golf croquet. The 40-plus spectators were treated to much fine play, good sportsmanship, and great camaraderie.

Larry Rose, a first-year player, prevailed over Mary Steinke for third place in the consolation match with a 7-5 score, but only after a valiant comeback by Steinke fell just short. John Neyhart defeated Tom Dames in a nail-biting championship match which featured a seesawing score down to the end. With the score 6-5 in favor of Neyhart, he decided to try a delicate shot to nudge Dames's ball away from its scoring position in front of the wicket, and, hopefully, leave his own ball in a scoring position. His plan worked out even better than he dared expect: He did move Dames's ball away, but at the same time, his ball ricocheted through the wicket as the game and championship winner. The crowd of spectators had seen magic! It was a remarkable way to end the tournament, and everyone showed their appreciation for the fine play of all the competitors. The big, respectful "man hug" between these two large men warmed your heart.

The Fleet Landing Croquet Club (FLCC) held a meeting on April 11. Thirty six of the seventy members attended. There were several items of business, but the most exciting and important event was the presentation of the championship trophy by Jim Kolster, the 2021 champion, to Neyhart, the 2022 champion.

It was decided that FLCC would hold monthly mixers. To accommodate the many participants, there will be two mixers, on the second weekend of the month, one on Saturday and one on Sunday. Ardith LaShell is in charge of these events. The first mixers were held on Saturday, April 23, and Sunday, April 24, with 32 players attending. It is fun to get to know new people and to practice by playing informal games.

There will be a teaching session once a month to introduce golf croquet to those interested. Golf croquet was represented at the Resident Club Fair on April 21, and nine new people signed up to learn to play. If you are interested, please call Neyhart. The FLCC has a website ([fleetlandingcroquet.square.site](http://fleetlandingcroquet.square.site)) created by Richard Titus with information on club happenings.

### Polaris Court Gathering

Photo by Frank Donnelly



After a two-year COVID-19 hiatus, the annual Polaris Court Palm Sunday gathering, one of three annual get-togethers, resumed.

## Sip and Stroll

By Enith Vardaman

April 28 turned out to be a lovely day for “Sip and Stroll,” an event designed to let residents learn more about assisted living at Fleet Landing. Tours of Leeward Manor and North Point gave residents an opportunity to see personal and communal spaces in both facilities. Adding to the enjoyment were multiple locations offering a tasty array of hors d’oeuvres, fruit, and sweets, plus beer, wine, and specialty cocktails. There was also musical entertainment. Smiles abounded.





### Cummer Special Event

Text and photos by Dita Domonkos



*Some of the Fleet Landing guests*



*Left: Patrick MacRae and Lory Doolittle.  
Right: The band.*



*Ready to serve food and drink*

Fleet Landing residents traveled to the Cummer Museum of Art and Gardens on March 31 for “Arts & Crafts: A Folksy Dinner Party,” inspired by the current special exhibition, “American Perspectives: Stories From the American Folk Art Museum Collection.” This exhibit celebrates works by self-taught artists who have a fresh and innovative approach to art. (See *FLEET BEAT*, March 2022, page 23, for an article about the exhibition organized by that New York City museum.) When the 22 residents arrived at the museum, they were treated to a tour of the exhibit by resident Lory Doolittle, a Cummer docent.

The dinner party celebrated the American craft traditions on view by offering craft beers, craft cocktails, and American traditional food. Partygoers gathered in the Loggia where locally produced craft beers and bourbons

were available. The adjacent large party space had innovative craft cocktails by Manifest Distillery and unique food options including pan roasted monkfish medallions; poutine, consisting of French fries and shredded smoked pork; and Madeira braised beef short ribs. To top off the evening, bread pudding with ice cream was served. A band, consisting of a singer, bass, guitar, and harmonica, played lively folk music, and added pleasure to the evening.

The “Folksy Dinner Party” celebrated experiences that are innovative, fresh, and new. To that end, the party was held next to a renovated gallery with its newly installed exhibit, “Revolve: Spotlight on the Permanent Collection.” As Holly Keris, J. Wayne and Delores Barr Weaver Chief Curator, explained, “Revolve” brought new energy and attention to the Permanent Collection by placing visitor favorites from that collection with works on loan by global contemporary artists exploring similar themes.

Although the party began during an early evening rain, as it cleared, guests ventured into the gardens rimmed by a rainbow. The gardens will now be administered by a newly created position, the Doolittle Family Director of Gardens and Horticulture, just filled by Patrick MacRae, so as the Cummer celebrates its 60th anniversary, we can expect exciting plans for the Cummer gardens.

Despite the rain, the party was well attended. Many guests wore colorful folksy garb which matched the folksy ribbon pieces hanging over the Loggia. Energy and laughter were infectious as party goers celebrated American traditions of craft and things that are new, innovative, and off the beaten path.

### Chips & Putts

Photo by Bob Mills



*The first-place team in the monthly golf tournament held on April 14 at Hidden Hills Golf Club (LtoR): Pat Patterson, Nancy Sander, Keith Riechmann, and Syd Jenkins*

## Baseball Season Has Begun

By Barbara Trevaskis

A deluge on April 7 stopped just before these 14 stalwart Fleet Landing residents attended the Jumbo Shrimp's first win of the season.



## Meet the Candidates

By Enith Vardaman

Thanks to technology, there were multiple opportunities to view the traditional “Meet the Candidates” presentations that precede the election of new Residents’ Council members. For those able to attend in person, there was the live session held in Johnson Hall on April 20. That session was recorded for three subsequent broadcasts on Channel 267 and for viewing on demand in the “Video Library” section of Fleet Link. Healthcare residents had their own viewing of the video.

Residents’ Council Vice President Eileen Theis, as the council member responsible for running the election, led off the session by explaining how the election would be conducted. Council President Bob Burkart, who chaired the Nominating Committee, presided over the rest of the meeting.

There were seven candidates to fill four open positions on the council: Ray Bratcher, Betty Harris, Eileen Norrington, Judy Poppell, Nancy Russell, Charles Winton, and Jay Ransom. The first six named were able to be present, and the seventh appeared in a prerecorded video. All observed the five-minute limit in speaking about their background and expectations.

Following the presentations, members of the audience had the opportunity to ask questions. Only one question, which was about how the candidates would accomplish their goals, was directed to them. The common theme of the responses was the intention to listen to residents’ thoughts and concerns and serve as the means of conveying them to management. The rest of the questions dealt with the mechanics of the council operations and were fielded by Burkart.

The “Meet the Candidates” presentations are an essential part of the mix of information about candidates, which also included their bios in the April issue of *FLEET BEAT* (beginning on page 4) and on paste-

boards in various locations. Even with all of this information, residents had difficult choices to make, given the impressive slate of candidates.

## Another Day for the Birds

By Nancy Lundgren

Photos by Jim Stephenson and Nancy Lundgren



*A yellow-throated vireo had been spotted.*



*Left: Swallow-tailed kite.*

*Right: Osprey with just caught fish.*

Hanna Park welcomed the Birdwatching Club once again on March 28, and once again didn't disappoint. Twenty-eight of us spent a wonderful morning searching the trees and the skies for our feathered friends. Birdwatching, I think, gives new meaning to the phrase “Heads up.”

We saw a swallow-tailed kite circle gracefully above us. A flock of anhingas flying in formation added to the entertainment. Then there was the yellow-throated vireo looking so bright and beautiful, perched high on a tree. All in all, we saw about 35 different birds that day.

We even witnessed some high drama on the water that Jim Stephenson caught on camera. An osprey on the hunt swooped down for a fish in the water and caught it, just feet away from a fisherman who was going for the same fish. Not sure who was more surprised with the “big snatch.”

Each outing provides many benefits for the birdwatchers. Our experts-in-residence continue to teach us how to identify specific bird species by shape, color, and location. We hike some beautiful locations, and, most of all, have fun sharing a common interest.

### Remembering Jean Ludlow

By Enith Vardaman

Jean Ludlow filled a number of roles at Fleet Landing (artist, and board member of both the Residents' Council and Fleet Landing's FLiCRA chapter), but being a *FLEET BEAT* reporter was one of her earliest contributions to our community. Having been informed by a resident who knew her that she would be an asset to the *FLEET BEAT* staff, your editor approached her shortly after her arrival in December 2013. Fortunately, she agreed to join the staff. With her death, we have lost a talented writer.

### Astralis Chamber Ensemble Concert

By Carol Smith



Appropriately titled "Appassionata," the flute, piccolo, and piano performance by Angela Massey and Chee-Hang See evoked excitement and joy throughout Johnson Hall on April 25. Angela Massey plays flute and piccolo in the Southwest Florida Symphony and is the founder of Astralis Chamber Ensemble, which presents classical works in small ensemble settings. A prolific composer and award-winning pianist, See is also on the faculty of the Charleston Academy of Music in South Carolina and a member of the Astralis Chamber Ensemble.

Massey and See began the program with a lovely performance of Georges Hue's *Fantaisie*. See's passionate performance of the first movement of Beethoven's *Sonata Pathetique* thrilled the audience. He

was then joined by Massey, who energetically performed a 20-minute flute sonata by Sergei Prokofiev with the intensity contemplated by the composer. Concluding the program, the duo brought the audience to its feet with a contemporary work by Matt Smith. With the excellent accompaniment of See, *To the Nth Degree* was beautifully performed on the piccolo by Massey with zeal and passion.

### What Are They Smiling About?

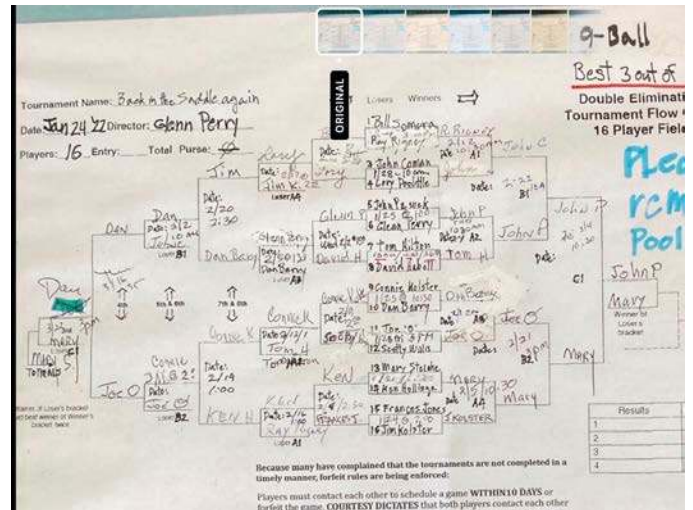
Text and photos by Tom Hilton

Ever see a picture of two mature adults with wide grins on their faces and quietly wonder, "What have they been up to?" Take a look below and give it a guess. Easy answer, right? Both have a pool cue in their hands, not to keep from tipping over, but because Mary Steinke is the most recent Fleet Landing Pool Champion of the "Losing Side," and John Pawek is the Pool Champion of the "Winning Side" of Fleet Landing. Congratulations!



Congratulations should also be extended to all the players who made an effort to schedule their game as soon as possible, allowing us to set a record by playing only ten weeks from start to finish.

Below is the actual tournament bracket, and notice that neither Steinke nor Pawek lost any games. If you understand all of the "chicken scratches," please make yourself available to the rest of us.



The next tournament will be eight-ball beginning soon with an announcement and sign-up sheet on the social mailbox room bulletin board for the first 16 lucky players.

## Exploring the Beaches' History

Text and photos by Nancy Lundgren



*Photo of the marker at the site of Manhattan Beach*



*Left: Steam Locomotive #7.*

*Right: Mayport Florida East Coast Railway Depot.*

On April 8, Fleet Landing residents had a wonderful learning experience focusing on local history at the Beaches Museum in Jacksonville Beach. Founded in 1978, the museum is operated by the Beaches Area Historical Society, whose mission is to preserve and share the distinct history and culture of North Florida's beaches: Mayport, Atlantic Beach, Neptune Beach, Jacksonville Beach, Ponte Vedra Beach, and Palm Valley.

The museum's lobby gallery showcases the current exhibit (March-April) that tells the story of Manhattan Beach. Brittany Cohill, Jacksonville University history instructor, whose research brought the "lost" history to life, was our docent for this tour. In February, Cohill had

been at Fleet Landing for a lecture on Manhattan Beach (see *FLEET BEAT* April 2022, page 1) and had invited us to visit the museum to see the actual artifacts and photos she spoke about.

We also walked through the permanent exhibit "Shore Stories Down the Boardwalk" which looks at the cultural history of this area. It's an interactive experience that both delights and educates visitors.

Chris Hoffman, Executive Director of the Museum, was our docent for our outside tour through History Park where several restored beach landmarks now reside. We walked through the 1903 Pablo Beach Post Office, climbed aboard the 1911 Steam Locomotive #7, and imagined buying tickets in the 1900 Mayport Florida East Coast Railway Depot.

We enjoyed the 1873 Oesterreicher-McCormick homestead with its Florida Cracker style architecture and furnishings. Surrounding the home is a typical 1920's sustainable heritage garden that was in full bloom.

We ended the tour in the 1887 St. Paul's by-the-Sea Episcopal Chapel, which has a rich history. It's been in four different locations around the Beaches and is one of the oldest historical structures in the Beaches area. It's still used today for special events.

Our group consensus: "Beaches Museum is a beautiful venue for exploring our local history."

## Rickolus and the Ángel García Quartet

By Chet Davis



Mary Faria, Manager Wellness Services, remarked at the beginning of the concert that she loved live music. That love brought Rickolus and the Ángel García Quartet to Fleet Landing's Johnson Hall on April 15. The interesting collaboration between Rickolus and the quartet came about during the pandemic lockdown, when Ángel García and Rick Colado (Rickolus) were working at Intuition Ale Works. Colado is a Jacksonville Beach native who has traveled the world over the last 20 years with his music and instruments. Teaming up with the quartet, which is very well known in this area, has been a rousing success as Ángel García has taken some of Colado's music and enhanced it.

To say that Colado is energetic is an understatement. All of the songs were original compositions. The quartet, made up saxophonist, Juan Rollan, bassist Stan Piper, drummer Stefan Klein, and pianist Ángel García, was excellent, and each member was given the opportunity to display his virtuosity.

### Deck Replacement Progress

Photos by Enith Vardaman



*The deck in the dock area closest to the pool has been partially rebuilt.*



*The sailboats, which had to be moved while the dock is being rebuilt, have been secured in two different ways on the 1000 Building side of the lake.*



*Work is well underway on these two sections further along the dock area.*

### The Enforcer?



*Is this juvenile red-shouldered hawk a new employee of Safety and Security?  
(Photo by George Stromberg, son-in-law of resident Barbara Pieper)*

## Where Were the Birds?

By Nancy Lundgren



That was the question when Fleet landing bird-watchers arrived at Reddie Point on April 26, ready to watch migrating birds en route to the northern climes. The weather was perfect, the location ideal, and the seasonal timing correct for what should have been great birdwatching. But alas, there were very few birds around.

We moved on to Blue Cypress Park, hoping for better luck there, and eventually did see a red-headed woodpecker, an osprey, a great blue heron, a little blue heron, a cardinal, a mockingbird, and several other local species—but not the migrating birds from other places. Our fearless leaders tried hard to rustle up some birds for us by whistling and mimicking bird calls, but the migratory “stars” remained out of sight.

Our group agreed that Julia Pet-Armacost had the best bird sighting of the day, and we didn’t even need binoculars to see it! Thank you, Julia.

## April MOAA Meeting

By Chet Davis

Captain Jim Ransom, USN (Ret.), an Adjunct Professor of Strategy and War at the US Naval War College, brought his historical perspectives back to Fleet Landing at the April 26 Military Officers of America Association (MOAA) Historic Mayport Chapter meeting. Ransom is the son of Fleet Landing residents Dale and Jay Ransom. His in-depth research on naval warfare topics has benefited us in the past, and this lecture was no exception. His talk, titled “US Asi-



-atic Fleet Submarines 1941-1942: Frustration, Retreat, Defeat ... and Coincidences,” delved into the fate of US Atlantic Fleet submarines based at Cavite, Philippines, at the outset of US direct involvement in World War II. The substantial Johnson Hall audience got an overview of both US and Japanese deployments and tactical activities that were focused on that Asiatic Fleet submarine force. The Cavite naval base was ultimately taken by the Japanese. Ransom also addressed related US shortcomings prevalent early in the war.

While digging for information, Ransom found himself wanting to know the fate of certain crew members who had been stationed at Cavite. He dubbed this his “submarine research rabbit holes,” and he descended into many during this particular research effort—all on his 64th birthday! Ransom was able to track some Cavite naval personnel and to determine their subsequent fate, whether killed in action or surviving the war. It really was a fascinating dive into a wide variety of research material.

## Easter Bunnies Galore

Text and photos by Helen Craig and John Hedge



Again this year, John and Kathy Hedge hosted a gang of Easter bunnies—white, gray, and brown—offering good cheer to the front of their Rigel Court abode. The only sad note was that the Hedges’ black bunny had come to an untimely end because of an unfortunate encounter with a lawn mower.

The Hedges six bunnies invited “family members” over for Easter dinner, and twelve—young bunnies and their parents—showed up! Four are believed to come from the Chet and Andrea Davis collection; another eight are from Jelena Gill and Harry Sweeney, who are waiting to move into Rigel Court. Kathy Hedge provided the ribbons for the bunnies, and both Hedges prepared the Easter eggs, which contained five pennies each for stability.

Because the Hedges’ home is at the Fleet Landing Boulevard end of Rigel Court, passersby also got to enjoy the bunny gathering.

## Secret Downtown Jacksonville

By Isobel Spink

A full bus of residents set out on March 29, a glorious day, for our “Secret Downtown Jacksonville Walking Tour.” Once downtown, we met our guide, Bill Delaney, the son of former Jacksonville mayor, John Delaney. Co-owner and editor of the internet publications *Modern Cities* and *The Jaxson* as well as the print publication *Edible Northeast Florida*, he holds bachelor’s and master’s degrees in English from the University of North Florida.

Our first sighting was a remarkable mural of a man and a harp. It represents a sculpture, now destroyed, created by Black female artist and activist Augusta Savage for the New York World’s Fair in 1939. It was originally called “Lift Every Voice and Sing,” an homage to James Weldon Johnson and John Rosamond Johnson’s hymn, now often called the Black national anthem. Savage, who was associated with the Harlem Renaissance, was born in Green Cove Springs, FL.

The Jessie Ball duPont Center alcove walls have three beautiful mosaic murals of past and present Black activists, including Zora Neale Hurston, who is often associated with Eatonville, FL. She wrote *Their Eyes Were Watching God*.

Delaney showed us a small, well-hidden, rusted, dirty plaque commemorating Ossachite, an early Timucuan village. According to Delaney, the misreading of maps led to mistakenly locating the village at this site. And there is a surprise object in the foundation of the Wells Fargo Center, but I won’t tell what it is.

Thinking we would have to climb down a ladder to a tunnel, our group was delighted to take an elevator down to a carpeted and well-decorated tunnel—running from one bank to another—formerly used for the transfer of funds while avoiding robberies. Not at all what we expected.

We walked along the St. Johns Riverbank, and saw the recently arrived USS *Orleck*, one of the most decorated US Navy ships since WWII, and soon to be a Naval Museum. We then heard about the famous river monster, serpent-like with horns, first seen in 1849. At one point, there was a huge reward for anyone who could capture it, and there have been many sightings over the years.

The obelisk memorializing the Great Fire of 1901 is a reminder of that devastating event. During our visit to St. John’s Cathedral, we learned that the bodies in a local cemetery were supposed to have been disinterred and moved. Years later it was discovered that only the headstones had been relocated, and the bodies were later found in the ground under many buildings in the area.

Tired, hungry, and happy to sit down, we enjoyed a delectable lunch at the popular Bellwether Restaurant. A bellwether is the lead sheep of the flock, with a cowbell around its neck. Keeping us together on sidewalks was

like herding sheep!

Kudos to Mary Faria, Manager, Wellness Services, for yet another excellent and entertaining excursion.

## Irish Tea

By Sally Nielsen



*Some of the staff who made the event such a success (LtoR): Brandon Levy, Patty Chicoine, B.B. Spiwak, Jennifer Joy*



Everyone was at least a wee bit Irish on March 31 at the fifth annual Irish Tea. The event was a resounding success, with 165 attendees—double that of last year and more than ever before. Staff were on hand to serve the guests in Johnson Hall. Treats included delicate and delicious finger sandwiches, crumpets, cream puffs, and shortbread cookies. Of course, tea—three kinds—was an essential element. Susan Tice’s harp and fiddle music provided a pleasant background to the gathering. The color green reigned supreme as well as tales of Irish ancestors.

### Resident Club Fair

By Carol Smith

Where else can you find so many diverse activities in one community? The Resident Club Fair, held in Johnson Hall on April 21, displayed a plethora of opportunities to participate in anything from mah jong to birdwatching to woodworking. A record-breaking 33 clubs—some, such as the Travel Club, that were recently formed—were on hand to entice residents to join their particular group. If chess is not one’s cup of tea, how about canasta or bingo? Recruiters for tennis,

pickleball, croquet, golf, lawn bowls, and table tennis all competed for the sports enthusiasts. The Art Club exhibited works of talented artists while the Knit Wits had their handiwork on display. Not to be outdone, this publication solicited staff writers and photographers by offering a salary competitive with that of other Fleet Landing volunteers—such a deal.

All in all, it’s clear why nobody should ever be bored at Fleet Landing.





## National Vietnam War Veterans Day 2022 Flag Raising



*Residents gathered on the morning of March 29 for the ceremonial raising of the POW/MIA and Vietnam Veterans flags.*

## First Fleet Landing Observance Ceremony

By Chet Davis



*LtoR: Bob Burkart, Pat Kluever, Eileen Norrington, David Abramowitz, Sherry Saucerman, Joe Ruthenberg, Beryl Hubbard*



*All the veterans who had served in the Vietnam War era gathered in front of the service flags.*

Many of our residents clearly remember the lack of respect shown Vietnam veterans upon their return from the combat zone. Attitudes changed over time, and in 2012, President Obama declared March 29 as Vietnam Veterans Day. This was followed by a 2017 law designating March 29 as National Vietnam War Veterans Day. Fleet Landing has recognized our Vietnam veterans on other occasions, but the Johnson Hall program presented by the Military Officers of America Association (MOAA) Historic Mayport Chapter was our first March 29 observance.

Service flags were on display, serving as a reminder that all services were involved in Vietnam. Six retired service members and one civilian spoke at the ceremony: Residents' Council President, Lieutenant Colonel Bob Burkart, USAF; Historic Mayport Chapter President, Commander Pat Kluever, USN; Colonel David

Abramowitz, USA; Captain Eileen Norrington, USN Chaplain Corps; Colonel Beryl Hubbard, USAF; Lieutenant Colonel Joe Ruthenberg, USMC; and Sherry Saucerman, Regent of the Jean Ribault Chapter of the Daughters of the American Revolution.

Burkart led off with comments about his experiences in Vietnam, focusing on the differences in communicating with family at that time as opposed to during the modern cell phone era. Those unfamiliar with military communications had difficulty with terms such as "over" and "out." Norrington delivered the invocation and led the audience in the National Anthem and the Pledge of Allegiance. Kluever then provided the background of the day and its significance. Abramowitz highlighted the November 14, 2021, celebration of Vietnam veterans that took place in Jacksonville and his

*(continued on next page)*

### National Vietnam War Veterans Day 2022

(continued from preceding page)

role in it. In addition, he discussed the benefits of the successful Veterans Treatment Court, which provides help to veterans in legal difficulty. Saucerman cited her chapter's many activities in support of veterans. Of note, many Fleet Landing residents are members of that chapter.

Those who served in the war zone were honored, when, to the accompaniment of a video of each service song, members of that service were invited to gather in front of their service flag. Then, all veterans from that era were honored with an invitation to gather before the service flags.

After a poignant description of the Missing Man Table by Ruthenberg, Hubbard delivered the benediction and led those present in singing "God Bless America," which caused many a teary eye.

This moving ceremony was extremely well done and well received. Kudos to our local Historic Mayport Chapter for a very successful program.

### Hanna Has History

By Nancy Lundgren; photos by Mary Faria



Examining a ghost crab hole

An enthusiastic group of residents journeyed to Hanna Park on April 14 for a wonderful outdoor learning experience. The park is named for Dr. Kathryn Abbey Hanna, historian, educator, and environmentalist, who died in 1967. Through her historical scholarship, Hanna advocated for and encouraged the conservation of Florida's landscapes and natural resources.

Felicia Boyd from the Timucuan Parks Foundation and Stephen Peterson, Hanna Park Naturalist, led the expedition, beginning at the Manhattan Beach historical marker at Beach Access 8. We heard about the Wilson family who built the first boardwalk and buildings at Manhattan Beach, northeast Florida's first beach for African-Americans, and learned about the train station just outside the park gate that brought the city crowds out to the beach. (For more information about Manhattan Beach, see *FLEET BEAT* April 2022, page 1.)

As we walked through the dunes toward the beach, we saw a gopher tortoise peeking out from his burrow in the dune. Pelican Plaza boasts a story from 1987 when a massive oil spill occurred just offshore, disabling and killing many of the shorebirds. The plaza became a makeshift hospital as the BEAKS organization that rehabilitates and cares for endangered birds worked to remove the oil from the birds.

Our guides spoke to us about the history and habits of sea turtles on our beaches. The 2022 nesting season begins in late March and continues through October. Peterson also described the why and how of the jetties, site of good fishing and great surfing. We peered into a couple of ghost crab holes on the beach but no one was home at the time.

The park has a rich natural and social history that will easily justify many more excursions for Fleet Landing residents.

### Fleet Landing in the News

By Enith Vardaman

Residents Fran and Pete Sheridan contributed to the "Letters to the Editor" column in the April 8 edition of *The Florida Times-Union*.

The May exhibit by more than 20 Fleet Landing artists at the Adele Grage Cultural Center in Atlantic Beach was highlighted in an article in the April 28 edition of *The Beaches Leader*. Also mentioned was the Artists Reception scheduled for May 19. Fleet Landing Resident Patricia Payne, Art Club Coordinator, was quoted, citing accomplishments of the artists and noting how pleased they were for the opportunity to share their work with the wider community.

A column in the "Reason" section of the May 8 edition of *The Florida Times-Union* was devoted to Fleet Landing resident Jean Ludlow, who recently died. Her outstanding professional career in public relations, her decades of community service to Jacksonville, and the honors and awards she received were cited in the tribute.

## Executive Director's Quarterly Briefing

*(continued from page 1)*

Ashby provided a variety of statistics illustrating how wage inflation was affecting the expense budget. The three positions with the largest number of staff are certified nursing assistants (78), servers (51), and housekeepers (40). Staff vacancies number 84 (14 in the hiring process), with 58 for pre-existing roles and 26 for the expansion. Vacancies often correlate with those top three positions. A series of charts showed dramatic increases in wages between January 2020 and March 2022: certified nursing assistant (up 33 percent to \$20 an hour), licensed practical nurse (up 17 percent to \$27 per hour), and registered nurse (up 30 percent to \$35 per hour). Other positions, including housekeepers, cooks, maintenance techs, and remodeling techs saw significant wage increases.

Ashby focused on healthcare staffing because those are required positions. Besides now costing significantly more, Fleet Landing staff had been harder to find, resulting in greater reliance on temporary staffing agencies. The wage increase percentages for healthcare staff from those agencies raise questions about price gouging during an emergency: certified nursing assistant (95 percent), licensed practical nurse (96 percent), registered nurse (91 percent). During the last 12 months, Fleet Landing has spent \$1,440,131 on agency staffing, costing \$660,585 more than if healthcare positions had been filled by Fleet Landing staff. Fleet Landing's raising of certified nursing assistant wages in March has already yielded positive hiring results. More vacancies are expected to be filled in the coming weeks, thus reducing the premium being paid for reliance on agencies. Ashby did not think the operating budget deficit of over \$1 million could be made up over the course of the year, but the situation was improving.

Fleet Landing has used government stimulus funds of nearly \$9 million solely to cover the direct costs of the pandemic, i.e., testing and personal protective equipment. Those costs have not impacted monthly fees. The amount spent in 2020 and 2021 was \$1.2 million and \$1.1 million respectively. The estimate for 2022 is \$1.4 million. The remaining stimulus funds will continue to be spent until exhausted, with the hope that the pandemic will no longer be a factor by then.

### **An Update on Nocatee**

Ashby reviewed the background of the Nocatee property. In 2015, Fleet Landing's Board of Directors adopted a strategic plan that identified growth as a strategic priority with two primary tactics: redevelopment of the existing campus (Beacon Pointe project) and identifying locations suitable for additional campuses and then acquiring land. This led to a decision in 2019 to purchase 35 acres in Nocatee.

Reasons for growth include expanding the ability to meet the needs of seniors. The size of the current wait

list means some who want to move to Fleet Landing may not get the opportunity. There is also a need to evolve with the preferences of consumers, which have changed since Fleet Landing opened. A benefit of growth is to be the preferred and dominant provider in the area. Growth also creates geographic diversity and improves financial strength and resiliency. The goal of growth is not to be bigger, but rather to be stronger.

Benefits to residents would include the opportunity for Fleet Landing to increase overall revenues by having more units to occupy, and to reduce expenses through economies of scale, thus minimizing expense increases to residents. Fleet Landing would also have a suitable hurricane shelter for healthcare residents instead of the current multi-hotel solution.

Ashby pointed out that growth was not new to Fleet Landing, but rather that the community had evolved to meet the needs and expectations of consumers. A chart showed the 30-year growth in the number of units, and a series of aerial views with overlays illustrating the purchase of ten additional parcels of land showed the growth in real estate.

Ashby provided two examples of how growth could make Fleet Landing stronger. The first involved the 5800 Court, which was marketed as The Palms at Fleet Landing. A chart illustrated the impact of days cash on hand: In the period from 2010 to 2012, the year the 5800 Court reached stabilized occupancy, days cash on hand increased by 32 percent, while from 2012 to 2014, the increase was 55 percent. A second important measure of the financial health of an organization, the debt service coverage ratio, takes longer to measure, but also dramatically improved. In the period from 2010 to 2018, it increased over 2½ times.

The second example involved Beacon Pointe. The 2018 (the last year not affected by Beacon Pointe) expected performance in revenue, expenses, and operating income was compared with the 2024 projections for these categories. The 2018 revenue and expenses yielded an operating income of about \$1 million, while the projected 2024 result of revenue and expenses would be an operating income of about \$5.2 million. The operating income in 2018 represented 2.75 percent of revenue, while in 2024, that figure would be 7.58 percent of revenue. This means that financial performance would improve without negatively impacting the resident experience or raising fees at a greater rate. Ashby also cited the impact of Beacon Pointe financial performance on the projected unrestricted cash balance, which provides funds for reinvesting in Fleet Landing and weathering unexpected events. Without the Beacon Pointe expansion, the unrestricted cash balance was projected to be \$60 million in 2030, while with the expansion, it would be \$99 million, a 65 percent increase.

Ashby provided some information about the property  
*(continued on next page)*

### Executive Director’s Quarterly Briefing

*(continued from preceding page)*

in Nocatee, a highly successful planned community in Ponte Vedra. Fleet Landing purchased 35 acres there on December 30, 2019, for \$10 million. The parcel is entitled for 410 units of senior living (independent living, assisted living, and skilled nursing). The property is now valued at \$44 million.

Ashby cited three factors favoring development of the Nocatee property: The age group of 75 and above is growing in the US. He elaborated on the second factor, the favorability of the Nocatee market area. The property was purchased only after an analysis showed that there were enough households in that area with members age 75 or older and an income of \$75,000 or above to support a community at the 35-acre site. In the two years since that initial analysis, there has been a 65 percent increase in the number of households meeting those criteria. In addition, more people were moving to Nocatee from outside the Jacksonville five-county area than from within it. The third factor was the growth in the Atlantic Club from 100 households in 2016 to 442 in 2022, indicating an interest in an experience similar to Fleet Landing that a Nocatee campus would offer.

Ashby outlined components of the next step, a concept development for Nocatee:

1. As illustrated above, this is a continuation of the strategy to grow Fleet Landing’s independent living footprint to serve more seniors while improving the financial condition of Fleet Landing as demonstrated by the Palms and Beacon Pointe projects.
2. An architect has been engaged to develop a concept community for this location to help further evaluate this opportunity.
3. A pre-construction consultant will soon be engaged to provide reliable cost estimates of the concept community.
4. Greystone Communities will assist in evaluating the opportunity and building a business case to support a recommendation to either continue waiting or to move forward.
5. A decision on whether to move forward with developing a community in Nocatee has not been made. A decision could be made by the end of this year based on the outcome of the evaluation.

#### Coleman Center

Ashby reviewed the design objectives of the Coleman Center renovation as reported at previous quarterly briefings. Phase 1 construction began in March and is expected to be completed in June. The second floor bathrooms and the marketing office suite are now closed. Sales & Marketing staff have been relocated to other office space in the Coleman Center.

#### Miscellaneous

1. Fleet Landing has purchased a one-acre property at 2593 Mayport Road. The 8000-square foot metal building on the site houses two businesses. It is man-

aged by a third-party property manager, not by Fleet Landing.

2. The new corporate structure discussed at the January quarterly briefing (see *FLEET BEAT*, Jan./Feb. 2022, page 20) was approved by the Board of Directors at its March meeting. Under this new structure, there will be a not-for-profit parent company called Polaris Endeavors. It will own four entities: Ponte Vedra Pine Company (the Nocatee property), Fleet Landing, Future Landing (owns property around the Fleet Landing campus, such as the Sonic Drive-In), and Fleet Landing Endowment Fund. The future addition of more companies is anticipated. Ashby stressed that this new parent company is governed by the same individuals elected to Fleet Landing’s Board of Directors and managed by the same staff that exist today. Benefits include a more streamlined corporate structure as new entities are added; a separation of the liabilities of each company, affording more legal protection to the Fleet Landing community; and preservation of Fleet Landing’s tax-exempt status. Finally, this new structure avoids artificially inflating Fleet Landing’s reserve requirements. Only Fleet Landing’s revenue—not that generated by the other entities—would count toward the reserves required by state law.

By popular demand, pictures of the Ashby children are always a part of “Coffee and Conversation.”



*Connor served as ring bearer, and twin sister Cosette (far right) and little sister Vivian were flower girls at a family wedding.*

*Editor’s note:* The slides from this presentation are available on Fleet Link. Go to “Coffee & Conversation” under “Fleet Landing Presentations.”

#### In Memoriam

**Norma Davis**  
1929-2022  
**Bill Gardner**  
1932-2022  
**Jean Ludlow**  
1925-2022

**Ann Farmer**  
1927-2022  
**Pauline Lucas**  
1933-2022  
**Charles Maris**  
1939-2022

## April WELLInspired Learning Series



*Lto R: Dr. Mark Messinese, Jennifer Joy, Sue Dukes*

The speaker at the April 6 “WELLInspired Learning Series” talk was Fleet Landing Medical Director Dr. Mark Messinese. Jennifer Joy, Director, Wellness Services, and Sue Dukes of Jacksonville’s Nutrition and Education Group spoke at the April 20 session. The talks were held in Johnson Hall.

### Bone Health and Osteoporosis

By Enith Vardaman

In his talk, Dr. Mark Messinese provided a wealth of information. Space considerations allow only a summary here. The slides from this presentation can be found on Fleet Link under “Fleet Landing Presentations” and then “WELLInspired Learning Series.”

Messinese began by citing a number of interesting facts. Bones are living tissue, with blood vessels and nerves. A healthy hip bone has a natural honeycomb appearance. With bone loss, the honeycombs become larger, increasing the danger of a broken hip even without a fall. Thin, petite women are at the highest risk for osteoporosis because their bones are smaller, and thus there is less to lose. Peak bone mass is between 20 and 30 years of age. Loss of bone affects both men and women.

Of the three types of osteoporosis, the most common is type-1. It affects 50-to 65-year-olds and is characterized by dramatic bone loss. Bone loss slows in type-2, which generally affects those aged 70 and older, but hip fractures are common in this group.

The T-score is the most important part of the readout of a bone density scan. A T-score of higher than -1 is what is wanted. Osteopenia is the diagnosis for a score between -1 and -2.5. A T-score of -2.5 or lower indicates osteoporosis. Lower scores correlate with more fractures.

Bones are constantly renewing themselves. Osteoporosis occurs when there is an imbalance in the process of breaking down and rebuilding, and more is being taken away than is being rebuilt.

Weight-bearing exercise is good for bone health. In excess, certain dietary items, such as sugar, caffeine, alcohol, protein, and fizzy drinks, are bad for bones. Smoking should be avoided.

The body has a complex system of regulating calcium. If a person is not getting enough calcium, the

body will preserve the calcium level in the blood by taking it from bones. Calcium is essential, but it is better to get it from food than just a pill. The recommendation for taking calcium supplements changed when research showed that arteries were calcifying faster among people taking calcium supplements at high doses. A balancing act is involved when prescribing “acid-busting” medicines such as Nexium, which have the potential to accelerate osteoporosis. However, an ulcer is more likely to be fatal than osteoporosis.

Contrary to the preference to get calcium from food, Messinese strongly encouraged taking supplementary Vitamin D, which is actually a hormone, not a vitamin. Vitamin D improves calcium absorption. Vitamin D3 versus Vitamin D2 is recommended for optimal bone health. Vitamin D has other benefits: Research during the COVID-19 era has shown that certain types of immune cells have receptors for Vitamin D, which stimulates those cells to fight infection. Vitamin D helps muscle strength and may also help memory.

Messinese closed his talk with a discussion of the benefits and drawbacks of various osteoporosis treatments, including estrogen, bisphosphonates such as Fosamax, Prolia (a shot twice a year), and Forteo (a daily shot). These options are best reviewed with one’s physician.

### Real Life Eating and Exercise Strategies: The Mindfulness Connection

By Victoria Freeman

Jennifer Joy and Sue Dukes began with an excerpt from a video of a TEDx presentation by freediver Will Trubridge, which showcased his extreme focus.

Beyond extreme sports, mindfulness is useful. What is it? There are several definitions: awareness of the present moment and surroundings, intentionality and focus along a continuum, and concentration on this/now.

The science of behavior change has uncovered some interesting facts: Most individuals have an area that could use some tweaking. All have failed at some type of change. As a result, one third of the American population is dieting. Fitness centers are crammed in January, but those New Year’s resolutions are not sustained. Heart disease continues as the number one killer. Hope is not a workable strategy, but the science of mindfulness is a powerful change strategy.

Monkey mind is the antithesis of mindfulness. It is unsettled, inconsistent, restless, confused, and indecisive. Mindfulness offers better focus, enhanced well-being, improved sleep, less stress, and lowered blood pressure. Other benefits of mindfulness include improved digestive function and decreased chronic pain.

Some scientific studies of mindfulness reveal changes in the structure of the brain. The amygdala, a region of stress production, gets smaller. The prefrontal cortex, an area used for problem solving and emotional

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### April WELLInspired Learning Series

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control, thickens.

What does mindfulness have to do with eating? Mindful eaters eat slowly and without distractions. They listen to hunger cues and select nutritious foods, not just emotionally satisfying ones. They think about where the food came from and how it got to the table.

The Hunger Scale is a way of deciding exactly how hungry the individual is. It is a scale that starts with ravenous and goes to painfully full. By locating a specific hunger rating on the scale, diners can decide in advance the steps to be taken to satisfy themselves.

There are cultural “rules” which contribute to poor eating habits. Start and stop weight loss plans, i.e., plans that only work when you stay on them, abound. Shame and guilt abound. Busy lives make healthy eating more difficult. Pandemic eating remains in force.

At Fleet Landing, there are several places and/or activities that encourage the development of mindfulness, including the labyrinths in the Therapy Garden and the Windward Commons Mindfulness Studio, support groups, beach walks, gardening, the dog park, spiritual services and studies, My Choice dining, and tai chi, yoga, and qigong instruction.

Other techniques that contribute to mindfulness include paying attention, living in the moment, focusing on breathing cadence, and doing structured meditation. Finally, remember John Lennon’s famous quote, “Life is what happens to you while you’re busy making other plans.”

### Fleet Six Concert

By Enith Vardaman



*Karen Sturtevant (in front).*

*Lto R in rear: Gary Reichow, Bob Armacost, Julia Pet-Armacost*

Country music was on tap when four suitably attired members of the Fleet Six, Bob Armacost, Julia Pet-Armacost, Gary Reichow, and Karen Sturtevant, performed in Johnson Hall on March 28. Two members of the group, Gene Alvarez and Phil Martin, were unable

to participate. The whole ensemble and individual members displayed their vocal and instrumental talent in songs that included such favorites as “Headaches by the Number,” “Release Me,” “Your Cheatin’ Heart,” and “I’m So Lonesome I Could Cry”—amply demonstrating that country songs are often sad.

The audience was invited to join in at times, most notably in the chorus of “Mamas Don’t Let Your Babies Grow Up To Be Cowboys” and of “God Bless the USA.”

Most of the songs may have been sad, but they delighted the audience.

### Cookouts—Plus Entertainment—Are Back

Photos by Janet Silvester and Ann Bell



## Welcome Aboard

### 8239 Karen and Ken Hollinga (September)



Ken, an Iowa native, graduated from the University of Iowa, and Karen, who was born in the upper peninsula of Michigan (so she is a Yooper), is a graduate of the University of Idaho. They met in Oregon, where Karen was teaching school, and Ken was on his first assignment with the Air Force.

After volunteering for a commission in the Air Force, Ken was stationed in various locations in the US and abroad. During a tour of duty in Vietnam, he and Karen decided that he would stay in the Air Force. While at Malmstrom Air Force Base (AFB), MT, he received an M.S. degree in systems management. Subsequent assignments in his nearly 30-year career included the Pentagon and two non-consecutive tours at Vandenberg AFB in California, where he served as the Vice Commander of the base and first Vice Commander of the newly formed 20th Air Force.

Karen taught elementary school in Idaho, Oregon, and Okinawa, and she worked as a substitute teacher during their various moves. She did volunteer work for family services, thrift shops, and the Red Cross, and she worked part-time in Hallmark stores for many years.

The Hollingas have two daughters. Their hobbies include birdwatching for Ken and “tagging along on birding trips” for Karen. Ken managed the Conferences and Conventions Programs for the American Birding Association for eight years. They both play duplicate bridge, and Karen loves to line dance.

—Kristin Perry

### 2115 Shirley and David Bailey (September)



The Baileys had a challenging move-in, as David took a bad fall a week after they arrived and broke his humerus (the bone in the upper arm). But things are looking up now.

Shirley, from New Brunswick, Canada, and David, from Boston, MA, met at a swimming pool in Montreal. David was at McGill Medical School, and Shirley was at nursing school. They have been married for 65 years.

After being drafted, David served for 20 years as a pediatrician in the Navy. He was in and out of the US, often taking military families across the Atlantic. He crossed the ocean 11 times! The Baileys spent three happy years in Naples, Italy, where David dealt with over 4,000 patients at the Ameri-

can Naval Station hospital. After a residency in children’s neurology in Washington, DC, in 1967, David taught residents in Bethesda, MD, in 1968. Shirley worked as a nurse while there. They also lived in Detroit for six years. In their spare time the Baileys raced sailboats, both in Maryland and Michigan.

Two of the couple’s children, a son and a daughter, now live in this area, and a son lives in Richmond, VA. They have one grandchild and one great-grandchild.

Shirley and David moved to Jacksonville in 1984. She worked for Navcare on Mayport Road for six years and was a volunteer at Wolfson Children’s Hospital for 18 years.

David won’t have any children to care for here—only adorable Izzie, their tiny, visually impaired dog.

—Isobel Spink

### 8426 Lynn and Maury Kuban (September)

Maury was born in Taylor, TX, an Austin suburb. He joined the US Navy to qualify for the GI Bill. During his four years in the Navy,



he worked in naval intelligence with assignments in Germany and Cyprus. He then returned to Austin to attend the University of Texas. His interesting part-time jobs while at the university included being a bartender. After

graduation, he moved to Maryland, where he worked at the National Security Agency (NSA) for nearly 30 years as an intelligence analyst and program manager. He continued working as a program manager for classified systems and managed a facility for Lockheed Martin after retiring from the NSA.

Lynn grew up in Towson, MD, graduated from the University of Maryland at College Park, and went to work at Social Security Administration headquarters in Baltimore. Beginning as a claims representative, she was ultimately the lead policy analyst for the application for a Social Security Number (SSN) and for the design of the SSN card. Lynn can tell you anything you want to know about getting an SSN card because she wrote the book, i.e., she wrote the instructions and policy manuals.

Lynn and Maury met in 1974. They ended up in Fleming Island, FL, in 2001 after looking down the East Coast for retirement golf communities, determined to drive south until they no longer saw “bridge freezes before roads” signs. They have a daughter who lives nearby and a son in DC. They have enjoyed traveling, downhill skiing, playing golf, the beach, and photography.

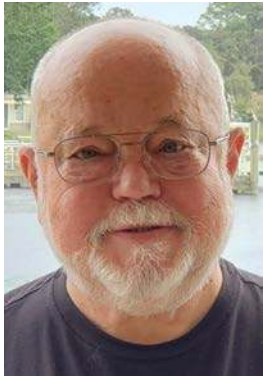
—Kristin Perry

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## Welcome Aboard

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### 8517 Brad Trowbridge (September)



A San Francisco, CA, native, Brad, at the age of 14, moved to Lake Oswego, OR, when his father was transferred to Portland. He obtained a bachelor's degree in theater at the University of Oregon in Eugene. He subsequently spent a memorable year with the Nashville Academy of Theater for Kids in Tennessee. He highly praises the discernment of the young based on that experience.

Brad spent 30 years with a local medical practice in Orange Park as the managed care coordinator, but it was his love of theater that brought him to Jacksonville. A Southeastern Theater Conference had drawn him to seek a position as an actor. Instead, he was hired as the artistic director of Jacksonville's former A Company of Players. Once the organization found a professional artistic director, he was able to resume his first love of acting. He primarily volunteered with Theatre Jacksonville, but as the local theater community is very interlinked, he knows many of the actors, directors, and other functionaries of local theaters. His least favorite role was in the mid-1980's as Banquo in *Macbeth*. His favorite was as Norman Bulansky in *The Boys Next Door*. That role won him a *Folio Magazine* award as best actor in 1989. Brad, who is shy and charming, is at his best as an ensemble player—not the person who hogs center stage.

Brad's friendships are the most important thing in his life. He makes many friends, who, together with his brother and sister-in-law, constitute his family.

—Kathy Keller

### 8236 Anna and Ernie Bio (September)



A lovely Italian couple has joined our community. Ernie, originally from Sicily, and Anna, from Calabria, met at Monmouth University in New Jersey, while both were studying Spanish. They each have a master's degree in Spanish, and Ernie earned a Ph.D. at Columbia. While he was there, Anna was granted a Fulbright Scholarship and returned to Italy, where she continued with post-graduate

Italian studies at the University of Perugia.

Anna taught Italian and Spanish for 40 years, at both the high school and college level. Ernie was drafted in 1970

and joined the National Guard. He served for 37 years, retiring as a colonel. Although he was in the US most of the time, he was involved in calling up troops for the Balkan War, Afghanistan, and Desert Storm. Ernie managed to do all this while employed as the Assistant Superintendent of Schools in Asbury Park, NJ, where he was engaged in changing the culture of school administration, bringing it to a more corporate level.

The Bios have a son, a daughter, and four grandchildren. Following retirement, the Bios moved to Palm Coast, and then to Nocatee, waiting to move here. Anna took two groups to Italy during their wait.

The Bios are very involved in their church, having started a new ministry to educate young couples on the true meaning of Baptism. They bring Communion to homebound residents here at Fleet Landing. Their daily routine involves a three-mile walk to the beach, then the fitness center, followed by the pool. Anna plays mah-jong, and both play croquet.

—Isobel Spink

### 8227 Lillian and Bunky Johnson (August)

Bunky grew up in New Hampshire. After attending Bates College, he served 32 years as a Naval Flight Officer. Bunky was the senior Navy operations officer for the first Persian Gulf War and the final Commanding Officer (CO) of the USS Forrester.



While studying in Monterey, CA, Bunky met Lillian, a Pacific Grove, CA, native. She was working in San Francisco

managing a large law firm office. They married in 1973. During two Japan tours, they traveled extensively in the Far East. They climbed Mt. Fuji (Lillian twice!). While Bunky was away, Lillian taught English to Japanese naval cadets and volunteered for the Red Cross.

Bunky's last duty was as CO of ROTC at Jacksonville University. Afterwards, Lillian continued her 17-year "negative cash flow" job at the Stein Mart boutique. Bunky started a business helping senior citizens with computers. He then played clarinet with the Jacksonville Symphony Civic Orchestra. At Fleet Landing, he played tenor saxophone in the Follies and continues to play clarinet with the Fleet Classics.

After investigating many continuing care retirement communities, Bunky and Lillian decided to wait for an apartment in the 8000 Building. Despite a 12-month delay, the marketing department kept them excited about their

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## Welcome Aboard

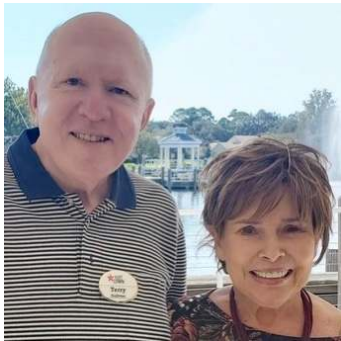
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future here. They love their new apartment. Bunky likes the management team and our nonprofit status. They both think the residents are friendly and welcoming. Lillian likes the fitness classes, while Bunky walks his 10,000 steps a day, works out at the gym, and is a Wii bowler.

—Gerry Nogelo

### 8430 Nancy and Terry Sullivan (October)

Nuclear power plant safety and reliability have been an important part of Terry’s career, while Nancy has focused on children, senior citizens, and artistic design.



Terry and Nancy met in a folk singing group at Creighton University in Omaha, NE, before attending Iowa State University. Nancy has a degree in child development and applied art, and Terry earned undergraduate degrees in math and physics, an M.S. in physics, and a Ph.D. in nuclear engineering. He served in the US Army Reserve Corps of Engineers,

worked for a power company in Michigan, then joined the Institute of Nuclear Power Operations (INPO) where he became chief operating officer. After INPO, he worked as an independent consultant for 15 years.

Nancy has taught in elementary school. She later changed careers to work in one of the first continuing care retirement communities as the activities director. After earning an M.S. in therapeutic recreation with a specialty in gerontology from Michigan State, she became the first director of the county department on aging and established the first senior center in Jackson County, MI. She also worked for a radio station and, when they moved to the Atlanta area, owned and ran a flower shop that also served as the Vinings, GA, post office.

The Sullivans have traveled throughout the world and volunteered in many children’s mentoring, tutoring, and advocacy programs. They moved to Mt. Dora, FL, in 2002 and Jacksonville in 2017. They both love to read, and Nancy especially likes autobiographies.

—Kristin Perry

### 8422 Dale Clifford (September)

A history professor at the University of North Florida since the school opened its doors in 1972, Dale’s area of expertise is European history. She became Associate Dean of the College of Arts and Science in 1984 and was Chair of the History Department for ten years. She grew up in Knoxville, TN, and attended Vanderbilt University on a National Merit Scholarship. She started college at 16, skipping her senior year in high school. Graduating from college at 20, she considered

a career in the US Foreign Service, but instead went to graduate school and earned a Ph.D. from the University of Tennessee.

Dale’s main interest as a history professor was the citizen-soldier and especially the citizen-soldiers of the French revolutions of 1792 and 1848, and the Paris Commune of 1871. Citizen-soldiers take up arms as, for example, in the American Revolution. They never intend to be professional soldiers, but join with the professional military. They have affected many old military traditions, including the introduction of new fighting techniques and changing the relationship between soldiers and officers.



Dale has lived in Atlantic Beach and the local area for many years and is a dedicated patron of the Bookmark in Neptune Beach, one of the few remaining independent bookstores. She is a member of the Women’s Giving Alliance and the Atlantic Beach Book Club. She plays duplicate bridge at the Jacksonville School of Bridge and enjoys sailing.

—Kristin Perry

## Easter: Another Occasion To Decorate



## Stand Up and Stride

By Nancy Lundgren



*Fleet Landing walkers with Ellen Siler (front row, far left)*



*Pat Clarkson (l) and Ellen Siler. (Photo by David Miron)*

On April 23, Fleet Landing residents Bettina Bennewitz, David and Elena Rigg, Bernadette and David Miron, Pat Clarkson, Sandy Bousquet, and Nancy and Richard Lundgren joined more than 1,300 participants on the front lawn of the Duval County Courthouse to support Hubbard House's 13th annual Domestic Violence Awareness Walk. The event also included four Fleet Landing virtual walkers who were unable to participate in person: Esther Haywood, Lory Doolittle, and Gerry and Miles Nogelo.

A special member of the walkers was Ellen Siler, retired CEO of Hubbard House. Clarkson did pro bono legal work for Hubbard House when Siler was CEO. This was a reunion for the two, as they had not seen one another in years.

"It's a time for the community to come out and have some fun, celebrate what survivors do to get through their lives, and to celebrate how Jacksonville supports survivors," Hubbard House CEO Gail Patin said.

The event raised over \$95,000, which will be used for providing services to domestic violence survivors and their families. The Hubbard House provides shelter and services such as relocation and counseling to survivors. The First Coast Returned Peace Corps

Volunteers team, led by David Miron, was awarded a medal as one of the top team fundraisers for Hubbard House this year.

The three-mile route took us from the courthouse south on Broad Street, up the ramp to Riverside Avenue, and down a few blocks into Riverside. We turned east at DuPont Place toward the river and then down to the riverwalk with its beautiful city views and gentle breezes. Returning through town to the courthouse, we were welcomed back by a cheering crowd. Bottom line of the day from our group: "Great cause, great enthusiasm, and great fun."

## Our Beach: Part 1

By Bo Smith

Our beach is a wonderful resource, and it's only 5½ blocks away. And it is our beach; the beach below the high tide line belongs to us all. Enter the public access at 20th Street and Beach Avenue, walk along the crossover past the large houses that sit on a high foredune, and then continue a few hundred feet across a swale. The sandy soil and occasional salt spray here produces a harsh environment: sparse low shrubs and scattered cactus. Just before you see the beach you will go up on a man-made dune, a product of machine-piled sand as well as sand caught by planted vegetation and sand fences. I always stop there, look out, and think of all the things that have happened here. This is pretty much what the European explorers saw when they arrived. I imagine a thirsty crew coming ashore and rushing across the dunes to find fresh water, all the while keeping a worried eye out for American Indians. Years later, pirates, whalers, slave ships, and Nazi submarines sailed by. Today I look out and wonder what it would be like to work on the shrimp boats on the horizon. For reasons I can't explain, I spend a moment gazing across the water and think about what might be happening in Agadir, Morocco, 4,500 miles directly east. Our beach is a great place to free your mind of life's worrisome things.

This is a dynamic environment, constantly eroding and rebuilding, and it will be different when you visit again. The tide changes every six hours, and each tide sculps the beach. Tides are mostly governed by the moon's pull of gravity. Our tides are usually between 4 and 6 feet, with higher spring tides occurring when the moon is new or full. When the sun and moon are aligned, we can have a tidal range of nearly 8 feet. These are called king tides, and they happen once or twice a year, often causing street flooding in our beach communities. When a king tide, or even a spring tide, coincides with a major storm, it can do great damage to property. A catastrophe to some, but just what we should expect. A sandy shoreline is naturally in constant flux, and that's only a problem when we try to control it.

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## Our Beach: Part 1

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There are many types of beaches around the world. Ours is mostly quartz sand: ground up granite. But there's little granite around here, so where did the sand come from? It is largely a product of erosion in the Appalachians. Over millennia, solid rock weathers, and particles wash down creeks and rivers into the ocean, join a water transport called longshore drift, arrive here, and eventually move on. Beaches are dynamic. Think about the shorelines you've visited around the world. Some are sandy like ours, but likely narrower. Some are made of small, rounded rocks, and I imagine sunbathers lie on them and wish they were in Florida. I recall sitting on a rocky beach in Wales with my wife, and every time a wave came in, rolling rocks made so much noise we had to momentarily stop talking. Many of Earth's shorelines have no beach: just cliffs and rocks. It's a matter of the energy of the waves that hit the shore. Small and infrequent waves give you marsh or mangrove; big waves, and you get rocks; bigger waves give you cliffs. But here it's just right—we have moderate wave energy and a wonderful sand beach.

*(The first of four parts. Next month's article will be about waves and beach nourishment.)*

## Labyrinth Walk

Text and photos by Cynthia Graham



"Mindfulness Matters" hosted a group labyrinth walk on Sunday, April 27, in the Therapy Garden as a form of meditation in motion while in community. Ten residents participated in the walk that was accompanied by the soothing tones of local musician John Guinta on the recorder, crystal bowls, and two handpans. The handpan is an idiophone, an instrument whose own substance vibrates to produce sound (as opposed to the

strings of a guitar or the air column of a flute). Other idiophone examples include gong, bells, and triangle. Each handpan is hand-crafted from steel and played with the fingers and hand.

Residents were invited to choose their own theme for reflection or to meditate on the pandemic as a period of incubation for whatever might be developing within them—an area for new growth or as a period of change that still is in formation. After the walk, participants were invited to share their reflections. Several commented on the meditative aspect of the music. Listening to the varied tones and rhythms of the handpan helped them to stay focused on the present moment. Others were especially aware of the beauty of the garden and how it offered engagement of the senses—the sound of the music and fountains, the breeze cooling their skin, the many colors of the plants and flowers, and the soft fragrance of the air and earth.

## Victor Wainwright Concert

By Isobel Spink



Mary Faria, Manager, Wellness Services, kicked off the "Summer Concert Series," when she introduced Victor Wainwright to a packed Johnson Hall on April 29. Wainwright's black ball cap on backwards, sunglasses, and Hawaiian shirt suggested we were in for a wild concert—and we got it.

Wainwright began with an original story about a national chain of lumber camps (railroad cars used as dorms, brothels, and saloons) and the origins of the piano man. He accompanied the story with constant, incredible boogie-woogie on a keyboard, his fingers moving so fast that they were almost a blur.

Wainwright plays because his grandfather played blues, boogie-woogie, and honky-tonk, and he was hooked at a young age. He is the ultimate piano man.

His bass guitarist came on stage with long dreadlocks, but we never got his name. He was followed by Tony Holiday, a harmonica player in hat, tee shirt, sunglasses, and a red jacket. Both got to display their skill during the concert.

The trio played some old songs we knew, and in some cases the audience, invited to join in, sang with great gusto.

At one point, Wainwright slowed the tempo down to some blues, then ratcheted up his voice to its peak.

It was a terrific 90 minutes that culminated in a standing ovation by the appreciative crowd. Faria did it again, because she loves this kind of music, as do I.

### Celebrating World Tai Chi and Qigong Day

By Nancy Lundgren



*Deirdre Dwyer and Dan Jones*



*LtoR: Dale Clifford, Sue Lamb Myers, Bernadette Miron (Photo by Nancy Lundgren)*

On April 30, Fleet Landing made its debut appearance in the World Tai Chi and Qigong Day 2022 celebration. Fleet Landing staff instructors Deirdre Dwyer and Dan Jones led a tai chi and qigong session at Jacksonville Beach, and resident Sue Lamb Myers led a small group here on the plaza deck of the 8000 Building.

World Tai Chi and Qigong Day is celebrated annually on the last Saturday of April. Participants promote tai chi and qigong by providing a global vision of cooperation for health and healing purposes across geopolitical boundaries.

The event begins in the earliest time zones of Samoa at 10 am, and then moves across Oceania, Asia, Africa, Europe, North America, and South America. There are celebrations in 80 nations and several hundred cities, ending in the last time zones of Hawaii, almost an entire day later.

For us first-timers, the experience was awesome and just the beginning of what we hope will become an annual event here at Fleet Landing.

### Mother's Day Sunrise



*Resident Bunky Johnson's striking photograph, taken on the beach at 20th Street, was chosen by Action News Jax as its "Sunrise Shot of the Day" on May 9.*

### Signs of Spring



*Parents with their ducklings and goslings (Photos by Dick Fuller (l) and Isobel Spink)*



*As Janet Silvester snapped these photos, Mother's Day at Fleet Landing came to mind.*