



FLEET BEAT

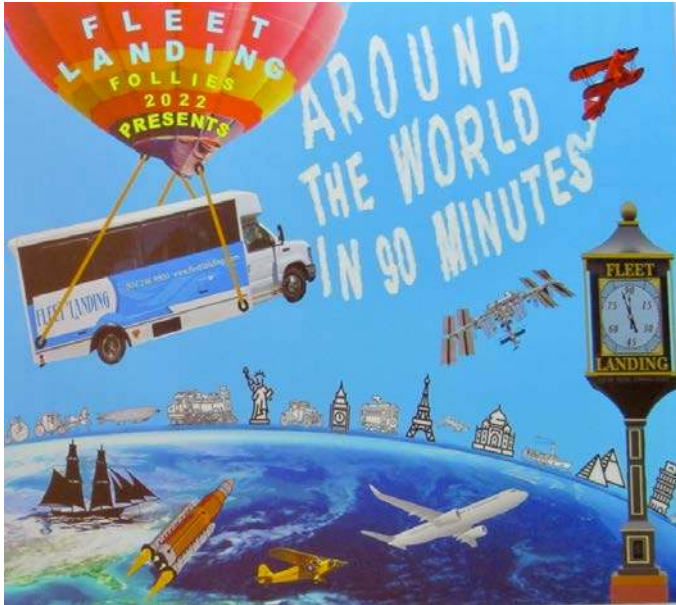
VOL. 32 No. 9

THE FLEET LANDING RESIDENTS' NEWSPAPER

November 2022

Fleet Landing Follies 2022

By Victoria Freeman; photos by Ed Hollender



Julia Pet-Armacost and Bob Armacost

Fleet Landing Follies 2022 lifted its Johnson Hall audience aloft as it sped “Around the World in 90 Minutes.” First, Directors Julia Pet-Armacost and Bob Armacost welcomed audiences to the October 24, 25, and 26 performances. Next, Master of Ceremonies Larry Rose made a wager with Bob Armacost that Rose and the 111 performers could make the circumnavigation in the 90 minutes. Bet made, Rose welcomed the entire costumed cast who paraded into Johnson Hall and serenaded the audience.

From the opening act, “Around the World,” the 13-piece Follies band wove 27 different scenes together, with
(continued on page 15)

Executive Director’s Quarterly Briefing

By Enith Vardaman

Residents gathered in Johnson Hall on October 13 for “Coffee and Conversation with Josh.”

Financial Results

Executive Director Josh Ashby began by displaying a chart of the budget, 2022 average, and August 31, 2022, occupancy rates for the original part of Fleet Landing in four traditional categories. Independent living remained at essentially full occupancy, as it has for some five years. Leeward Manor occupancy had improved. Because of the replacement of The Nancy House HVAC system, residents of that facility had been moved to the first floor of North Point, and avoidable admissions have been paused during the project. Skilled nursing was artificially full (95.6 percent) because of the reduction of the number of beds during this year, which provided more private rooms.

The expansion units were being reported separately through this year. Independent living and assisted living were essentially full. Because of turnover in assisted living, a unit was still likely to become available for someone wanting that level of service. The skilled nursing facility, which had a budgeted occupancy of 32.5 percent, did not open.

Revenue was below budget and expenses above budget, resulting in operating income below budget by almost \$2.5 million. This was the result of a combination of lower revenue from healthcare service fees because of a lower census, and higher healthcare services expenses because of the costs of temporary labor.

Skilled Nursing Strategy

Ashby began this section by emphasizing that the changes to take place in 2023 would not impact the services (short-term rehab, traditional long-term care, and end-of-life care) available to lifecare contract holders. The changes would affect direct choice residents, who previously had been able to receive short-term rehab and long-term care.

Turning to national trends in skilled nursing, Ashby cited troubling statistics:

- Excluding the impacts of public health emergency funding, the median operating margin of skilled nursing facilities decreased in 2021 to a negative 2.7 percent.
- Total employment between January 1, 2020, and December 31, 2021, for nursing and residential care facilities decreased 12 percent. Other employment
(continued on page 18)

October Residents' Council Meeting

By Howard Burdick

Residents' Council President Eileen Theis convened the October 18 meeting in Johnson Hall. She announced our annual holiday participation in the Salvation Army Red Kettle Campaign and introduced this year's chairpersons, new residents Kathy and Walter Kraslawsky. They reviewed the procedures for volunteering and encouraged participation.

Management Review. Controller Cynthia Hack reminded residents of the October 27 annual budget meeting. (See article on page 3.)

Council Reports.

Vice President's Report. Vice President Nancy Russell spoke about the birthday flag raising ceremonies for the Navy, held on October 13 (see article on page 27), and for the Marine Corps, to be held on November 10. She also outlined plans for Veterans Day activities and solicited photos of veterans in uniform.

Finance. Treasurer Bob Armacost reviewed briefly Fleet Landing revenue, expenses, and income. (See "Executive Director's Quarterly Report" on page 1 for detailed information.) Cash on hand and debt service coverage ratio are well within requirements. He encouraged contributions to the Residents' Gift Fund. The goal this year is \$650,000.

Human Resources. Russell announced that Robin Fotjik of Safety and Security was the September Staff Member of the Month. Robin was described as a pillar of the team, exuding competence and professionalism; and going the extra mile to help residents and staff alike. There were 267 Lobster Tales submitted during September. Year-to-date staff turnover of 36 percent is a reflection of the times. The staff headcount is 489.

Marketing and Safety and Security. Charles Winton reported that there had been 21 closings in 2022, generating \$7.3 million. The goal for the year is 29. Some fun facts about independent living residents: 83 is the median age; the year with the most birthdays is 1942; average age for men is 81.1, and for women, 80.3; the neighbor who has lived here the longest has been here 30 years. The commercial shot last spring, "Retirement Without Limits," is now being aired. Winton reminded residents to observe the 15 mph speed limit and to use the crosswalks, especially at the four-way area near Mainstreet.

Wellness, Transportation, and Clubs. Jackie Mears called attention to the arrival of the new 38-passenger coach, which has a bathroom and other amenities. (See article on page 5.)

Housekeeping and Dining. Ray Bratcher, after answering several common questions about housekeeping services, noted that this information can be found in the *Resident Handbook*. Dining services campus-wide has been impacted by staff shortages, construction, and Hurricane Ian. He noted that new menus for 30 North and Currents were coming soon.

Madison Mandingo has been promoted to Supervisor and will oversee operations at Mainstreet.

Healthcare. Janice Flock reviewed procedures to deal with choking, including self-administration of the Heimlich maneuver. She also noted that seniors were at risk with a fever of 102 degrees. She stressed the importance of the flu, Shingrix (for shingles), and pneumococcal vaccines.

Facilities. Lory Doolittle commended staff for their preparations for the possibility of the arrival of Hurricane Ian, and the cleanup after what was fortunately only a glancing blow.

Resident Suggestions. Secretary Judy Poppell reported on suggestions and responses. They may be reviewed in the minutes of this meeting posted on bulletin boards around the campus, in the library, and on Fleet Link under "Residents' Council."

FLEET BEAT Remembers

By Enith Vardaman

Newer residents may not know that the recently deceased Marian Derfer, whose generosity to Fleet Landing is most notably recognized in the naming of the Derfer Healthcare Pavilion, was a long-time *FLEET BEAT* staff member. She joined the staff in 2002 and contributed articles for many years after that.

FLEET BEAT staff members were saddened to learn of the death of Larry Bell, the husband of our avid photographer, Ann Bell. For his exceptional support of the Safety & Security Department while serving on the Residents' Council, he was recognized with an Honorary Safety & Security Officer Badge, and the Officer of the Year award is now named in his honor.

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All the news that fits...

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

The 2023 Budget Explained

By Enith Vardaman



Helen Atter and Josh Ashby

As always, a large number of residents attended the “Annual Budget Presentation,” held this year on October 27 in Johnson Hall.

Executive Director Josh Ashby introduced Helen Atter, who chairs Fleet Landing’s Board of Directors. She also has a personal connection to Fleet Landing going beyond that: Her father was a resident in skilled nursing, and other relatives are still living here.

Atter asked board members to introduce themselves. Those who could be present were resident members Kathy Long and Lindsay Norman; Bob Walters (he and his wife are members of the Atlantic Club); Bill Struck, who has served on the board some 10 years, and Paula Chamberlain, the newest board member in attendance.

Atter said that the Board of Directors considered the budget presentation a key communication vehicle with residents. She outlined current challenges, including competition for good, solid employees when this area has a low unemployment rate, and inflationary pressures, such as necessary wage and benefit adjustments as well as the increased cost of goods. The budget presentation will describe for residents the same factors the board faced when determining the 2023 budget. She pointed out that in setting the budget, the board must consider the future viability of Fleet Landing, not just the present.

Ashby began by citing certain budget inclusions and exclusions. For the first time, this budget will be for the entire campus, including the expansion. The budget does not include pandemic expenses, which are tracked separately and covered with government stimulus funds, not monthly service fees. No costs of the Nocatee land are included, and those costs do not affect monthly service fees.

Ashby described the budget process, which begins in July with a forecast for the balance of the year and assumptions for the following year. Factors considered include occupancy by level of service, entrance fee receipts and refunds, investment income, quality and menu of services, and inflationary factors, with wages, supplies, utilities, and insurance all currently having a significant impact. A first draft of the budget is produced using the assumptions and forecast. A second,

more detailed draft, is produced by department managers based on an approved set of assumptions. After two to three reviews of those budgets, a third, consolidated draft budget is separately reviewed by the administration. A final draft budget is formulated and presented to the Finance Committee of the Board of Directors for review. The Finance Committee recommends any adjustment in fees to the full board for consideration. The board makes fee adjustments when necessary to produce financial results in alignment with the financial goals of Fleet Landing.

Ashby said that Fleet Landing was required by Florida Statutes, Chapter 651, to provide residents information regarding expense increases when the monthly service fee increase exceeds the Consumer Price Index (CPI) for the Southern Region-Size A. The CPI Southern Region-Size A for the 12 months that ended September 30, 2022, is 8.7 percent. The 2023 monthly service fee increase of 8.5 percent does not exceed the CPI. However, in keeping with Fleet Landing’s policy of transparency, an explanation of the budget is given even when not required by law.

Ashby described the four financial goals set by the board to ensure the long-term financial health of Fleet Landing:

- To achieve a net operating margin (resident revenue versus resident expense) at or above the 75th percentile for accredited continuing care retirement communities (CCRCs). (a profitability measure)
- To maintain a total excess margin (all sources of revenue such as investment income) at or above the 50th percentile for accredited CCRCs. (a profitability measure)
- To maintain days cash on hand at or above the 50th percentile for accredited CCRCs. (a liquidity measure)
- To maintain a debt service coverage ratio at or above the 50th percentile for accredited CCRCs. (a capital structure measure)

The profitability goals are leading indicators that predict future performance, while the other two goals are lagging indicators that measure past performance. Doing well in the two profitability indicators is a predictor of doing well in the two lagging indicators. However, profitability needs to be monitored because, if below goals, it can eventually jeopardize the continued good performance of lagging indicators and spell financial trouble.

Ashby offered three reasons why the goals were important:

- They ensure that Fleet Landing has adequate resources to provide contractually obligated services and care in the future. The cost of future services to the current resident population is \$256,045,567.
- They build cash reserves to protect Fleet Landing

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The 2023 Budget Explained

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from an uncertain future, such as natural disasters, economic downturns, or, as recent experience has shown, a once-in-a-lifetime global pandemic. Example: Large losses in 2022 were funded with reserves, not with increased monthly service fees.

- They allow Fleet Landing to accumulate the required resources to be able to invest in the existing campus both now and in the future. Capital spending over the last ten years, not including the expansion facilities, totaled \$100,093,000.

Ashby displayed a pie chart showing the percentages of various expense categories in the 2023 budget of about \$56.5 million. By far the largest percentage (42 percent) was allocated to the category of wages, payroll taxes, and benefits. Other categories included consumables, utilities, taxes and insurance, repairs and maintenance, and interest. The last named was the only category not subject to inflationary pressure because Fleet Landing debt is fixed rate.

Ashby then displayed a series of scary headlines under the heading “The world in which we live (and operate)!” There were headlines showing nationwide problems of increased costs of electricity, property taxes, business insurance, maintenance, and food, followed by what the equivalent Fleet Landing headline could be. Food was the one bright spot. Fleet Landing switched its food contracts to one of its food purchasing organizations that was offering a better price for the same food. The savings of \$400,000 reduced the potential 11-12 percent increase in food prices to 4-5 percent.

Ashby then displayed charts showing increases in electricity, contract cleaning (pressure washing, window cleaning), property taxes, property and liability insurance, and grocery to be the largest increases in expenses in the 2023 budget compared to the 2022 budget.

A pie chart was also used to show 2023 revenue sources, which are budgeted to total about \$58.5 million. The largest source is independent living (48 percent). Other sources are skilled nursing (7 percent), assisted living (13 percent), memory care (3 percent), home health (4 percent), amortized entrance fees (22 percent), and investment and other (4 percent). The skilled nursing part of the pie chart reflected the new strategy, discussed at the October 13 “Coffee and Conversation With Josh,” of reducing revenue in skilled nursing. (See article on page 1.) By also lowering costs, this will be a primary means of reducing this year’s deficit.

A table of budgeted occupancy percentages showed independent living remaining at full occupancy, assisted living returning to traditional levels of high occupancy, memory care unchanged, and skilled nursing reduced. Because of the new skilled nursing

strategy, the number of people served per day has decreased to 851 (down from 887). Unit sales projections are up slightly (31 instead of 29), but still reflect the lack of availability of units to sell.

Ashby displayed a series of charts showing various aspects of monthly service fee increases since the inception of Fleet Landing. This year’s increase of 8.5 percent was the second highest after the 2001 increase of 9 percent, and it was also the year of the highest CPI. The average annual monthly service fee increase over the entire 33 years was 4.12 percent. For the last ten years, a period of low inflation, it was 3.35 percent, which was lower than the average of 3.51 percent for nonprofit CCRCs. Even with higher increases in the last three years, partly because of the implementation of a living wage, Fleet Landing’s cumulative increase of the last ten years is 1.6 percent lower than that of its national nonprofit peers. The monthly service fee was also noted to be 22 percent lower than that of another local CCRC. Another chart showed the results of a survey of fee increases as projected by Florida CCRCs. Fleet Landing’s 8.5 percent fee increase was below the 8.63 percent average for the CCRCs in Northeast Florida (Jacksonville to Orlando).

Ashby summarized the 2023 budget as follows: Overall expenses and revenues have decreased because of the new skilled nursing strategy. Occupancy levels in independent living, assisted living, and memory care remain consistent with 2022 budgeted levels. In 2022, the monthly service fee increase for healthcare residents was higher than that for independent living residents. In 2023, the 8.5 percent increase covers all levels of care. Even with a total payroll cost decrease, several departments are receiving wage adjustments in 2023. Only one of the four financial goals discussed above is being met, but movement is in the right direction for meeting those goals in the near future.

Editor’s note: The video recording of the presentation is available on Fleet Link under “Video Library” and then under “Annual Budget Presentation.” The slides from the presentation are available on Fleet Link under “Fleet Landing Presentations” and then under “Annual Budget Presentation.”

Jazz in the Afternoon

By Chet Davis



Fleet Landing residents were privileged to hear the University of North Florida (UNF) Jazz Ensemble 3 at a concert on October 11. They are one of the three

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Jazz in the Afternoon

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ensembles in the prestigious, internationally recognized UNF Jazz Studies Program, and the talent seen during this concert was truly amazing.

The ensemble that performed in Johnson Hall under the direction of Marc Dickman was the “youngest” one, with most of the performers being freshmen or sophomores. The group consisted of 18 musicians, many of whom performed on more than one instrument. The big band sound came from trumpets, flugelhorn, trombones, saxophones, piano, drums, and bass. Works by Sammy Nestico, John Coltrane, Tito Puente, and George Gershwin were among many favorites featured.

It was interesting to have the various instruments explained and demonstrated by the musicians. The concert was excellent and makes one wonder just how much better the seniors can be, as this group was outstanding.

Meet Ricky Boyd, Chef de Cuisine at 30 North

By Chet Davis

Ricky Boyd recently joined Fleet Landing as the Chef de Cuisine at 30 North.

Having spent 11 years at a variety of local restaurants, including Moxie, Town Hall, and the Cowford Chop House under the tutelage of Chef Tom Gray, Boyd is ready to spread his wings and bring outstanding dining to 30 North. It is Boyd's desire to bring to our campus enhanced fine dining that can beat any competition in the Jacksonville area. His plans include introducing some Southern staples and possible weekly specials as well as making subtle menu changes as warranted.

When asked about how he learned of Fleet Landing, Boyd stated that at one time he lived in Mayport. He had seen our signs, but knew nothing else. A concerted effort by Sous Chef Dylan Setzer and our former 30 North Chef de Cuisine, Dustin Wigglesworth, convinced him this was the place for him.

Boyd is an Atlanta, GA, native. He and his fiancée have two children, ages 6 and 12.

Boyd is happy to be at Fleet Landing, and he is impressed with the welcome he has received.

An Outing with Two Highlights

By Victoria Freeman

Coach photo by Nancy Lundgren; exhibit photos by Dita Domonkos



The first highlight was the maiden voyage of Fleet Landing's new 38-passenger coach, which took 11 delighted residents to the Cummer Museum on October 12. On the way to the museum, “Captain” Brandon Levy, Manager, Transportation Services, explained the many amenities of the new coach. In addition to providing improved wheelchair access and video screens, it has a bathroom on board.

The second highlight, the Cummer exhibit entitled “TM,” featured artist Deborah Roberts. Docent and Fleet Landing resident Lory Doolittle explained Roberts's use of mixed media to encourage a different look at the experience of Black children. The artist combined internet images with hand-painted details to focus on the way societal pressure, images of beauty or masculinity, and the violence of racism condition their growing up.

October Tea With Travis

By Chet Davis



April Morin and Travis Schryer

Chief Operating Officer Travis Schryer began the October 4 “Tea With Travis” in Johnson Hall with the traditional display of photos of his three children. This group of pictures showed the progression in their choice of Halloween costumes over the years.

Schryer reported that because the transmission level of COVID-19 in Duval County was now low, independent living staff were no longer required to wear masks. It is nice to see full faces again!

Schryer reported that more than 70 staff members stayed overnight at Fleet Landing in order to be ready to deal with the possible impact of Hurricane Ian. Fortunately, Fleet Landing avoided the worst of the storm and fared quite well, with only landscape debris, a small amount of fence damage at the pickleball courts, and some roof leaks. A round of applause was given to the entire staff for their flexibility and service during the storm.

April Morin, Senior Director, Sales and Marketing, was the guest of the day. Morin described changes in how the Atlantic Club is managed and the change in emphasis from real estate (house/apartment) to the Fleet Landing lifestyle. With a waitlist of 505 families, there are more people waiting to come than are actually living at Fleet Landing. Given the number of residents and space limitations, Atlantic Club member benefits are being modified, with the elimination of monthly lunches and the use of guest accommodations, but with the addition of events sponsored by the Wellness Department, when space permits, on an RSVP basis. Morin said that a memorandum about the changes had been sent to all Ambassadors. There is also information for Ambassadors on Fleet Link. Click on “Resident Ambassadors” under “Groups.”

Schryer then posed the question that many residents have asked: With such an extensive waitlist, why do we need Marketing? Morin responded that Atlantic Club members are at varying levels of “readiness.” Many have joined the list with a plan to move in 10 to 15 years in the future, others have a shorter timeline, and there is a percentage that may never move or will wait too long and no longer qualify. Each of the eight categories in the waitlist may have a different wait time. For example, it was possible to offer an apartment to an Atlantic Club couple who joined

the list as recently as February 2022. The waitlist is exactly the reason we are full and have been for a number of years. Occupancy needs to be kept high as a hedge against more difficult times, such as a recession.

Morin also discussed recent marketing materials in digital and print form as well as a new commercial.

Resident questions concerned the possibility of a COVID-19 on-campus booster clinic (not currently planned), continuing care retirement community waitlists (all have them, but ours may be the largest), and the long lines of residents at Currents when other dining facilities were closed in preparation for the possibility of the arrival of Hurricane Ian (learned from this first experience; may try a different approach in the future).

Editor’s note: FLEET BEAT seeks to avoid repetition of information found elsewhere in this issue.

Bella Voce Cabaret

By Chet Davis



The Bella Voce Cabaret returned to Johnson Hall on October 13 for a concert that was part of the “2022 Chamber Music Series” sponsored by residents Cynthia and Walter Graham. The ensemble is familiar to Fleet Landing residents because of its appearances over the years at a variety of concerts and other events, including the Resident Christmas Party.

The group is made up of bass-baritone Jim Goodell, mezzo-soprano Gina Torres, tenor Pablo Pomales-Ojeda, and soprano Erin Barnes. Michael Dell on the piano was the principal accompanist.

The musicians sang selections from operas by composers that included Mozart, Puccini, and Verdi, and from such Broadway shows as *South Pacific*, *West Side Story*, and *ShowBoat*.

During the concert, the audience was treated to a variety of personal anecdotes about the musicians.

Bella Voce Cabaret’s excellent performance demonstrated once again to an appreciative audience that it is a multitalented ensemble.

Artists of Fleet Landing

Below is one painting by each of 18 artists in the recent Windward Commons exhibit. The six Jean Ballow paintings that paid tribute to the 9/11 first responders were a special part of the exhibit. We include two of those paintings in tribute to them and in memory of Ballow, who just recently passed away.



Sarah Lamont's "Sunlit Marsh" (l) and Barbara Milon's "Pink Poppies"



Jackie Stack's "Fleet Landing Camellias" (l) and Helen Craig's "Swiss Farm Pond"



Imogene Coleman's "Pastel Florals" (l) and Ann Brodt's "The Good Shepherd Icon"



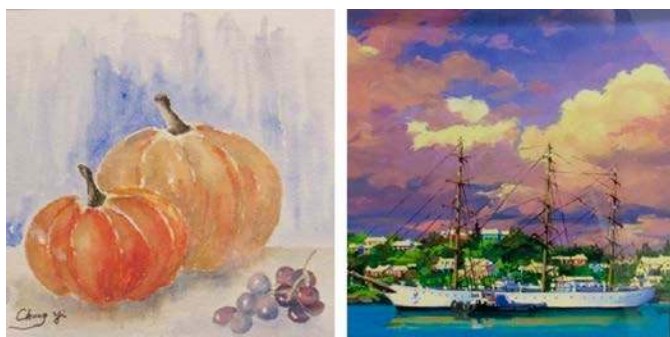
Glenn Perry's "Slack Tide Solstice" (l) and Craig Miller's "Angel's Trumpets"



Jelena Gill's "After a Storm" (l) and Frances Jones's "Green Bucket"



Tom Dames's "Hidden Mill" (l) and John Hen's "Aureole Ballet"



Stella Bratcher's "Autumn Harvest" (l) and Lynn Blakemore's "Guiding the Libertad—Bermuda Tall Ships, 2000"



Julia Pet-Armacost's "Spring Flowers" (l) and Patricia Payne's "From Marsha's Garden 2"

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Artists of Fleet Landing

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Bo Smith's "Ostrich #1" (l) and Richard Lundgren's
"Great Egret (Breeding Plumage)"
Jean Ballow's Tribute to 9/11 First Responders"



"Smoke and Rubble, Ground Zero"



Pentagon

Van Gogh As Never Seen Before

By Enith Vardaman; photos by Ann Bell

The electronic wizardry of the "Beyond Van Gogh: The Immersive Experience" exhibit has drawn crowds in every city on its tour. It has been so popular with Fleet Landing residents that multiple opportunities to view it have been offered. The first was during an overnight trip to Orlando on December 1 and 2, 2021. (See *FLEET BEAT*, Jan./Feb. 2022, page 16.) The exhibit is now in Jacksonville, and these photos from an October 6 visit suggest just how appropriate the "Immersive Experience" designation is.



In Memoriam

Jean Ballow
1935-2022
Marian Derfer
1924-2022

Larry Bell
1940-2022
Jim Lammie
1931-2022

Tom Sawyer
1927-2022

Smash Hit—Round Robin Pickleball

By Nancy Lundgren

Photos by Ann Bell and Cindy Woolridge



Never underestimate a Fleet Landing resident with a pickleball paddle. The Round Robin event on October 14 and 15 brought out the best in each of the players as they volleyed, dinked, lobbed, and smashed the “holey” ball across the net. The sounds of laughter always followed ongoing commentary such as “I got it ... or maybe not.” The goal became evident as the games continued: “Let’s play for fun.”

As soon as one team of four reached a score of 11, all games stopped, and the players changed courts and partners, “mixing it up” for the next round of play. Resident Jim Stephenson, with help from resident Richard Wong, organized the Round Robin under the auspices of Exercise Physiologist Alisa Blanchard and a fitness instructor Cindy Woolridge, who provided coffee and bagels each morning.

After the games, two observers inquired about joining the pickleball group. They enjoyed watching the camaraderie on the court. So, for anyone interested, please stop by the pickleball courts on Mondays, Wednesdays, Fridays, or Saturdays at 8:15 am. No reservations or experience needed. Everyone is welcome. One player said playing pickleball is like “telling a good story—you gotta put a spin on it to succeed.”

MOAA Presents: Survivor Planning Seminar

By Chet Davis



LtoR: Julia Pratt, Jennifer Joy, Patty Chicoine, Beryl Hubbard, Jackie Mears, Bill Weimer

In between Follies performances in Johnson Hall, the Historic Mayport Chapter of the Military Officers of America Association (MOAA) held a “Survivor Planning Seminar” on October 25. It featured Florida Estate, Trust, and Elder Care Planning Attorney Clay Tousey III and a resident/staff panel made up of Jennifer Joy, Director, Wellness Services; Julia Pratt, Senior Director, Health Services; Patty Chicoine, Resident Support Coordinator; and residents Beryl Hubbard, Jackie Mears, and Bill Weimer. Hubbard did an outstanding job of planning and hosting the event. In the absence of chapter President Pat Kluever, Resident Joe Ruthenberg welcomed the attendees and introduced the participants.

Tousey, a partner in the firm Fisher, Tousey, Leas & Ball, recommended three steps upon the death of a spouse: “Stop, Drop, and Roll.”

“Stop” alludes to taking a deep breath and letting things settle down. There are no immediate legal deadlines that must be met. The ten-day limit for providing a will is not observed as a matter of course. Tousey also cautioned against basing an attorney’s estate settlement fee on a percentage of the assets of the estate instead of time spent. Most attorneys would never charge that much.

“Drop” refers to filing trusts or other documentation that can result in a significant drop in tax liability. Consultation with an estate planner/financial counselor is recommended.

“Roll” refers, in general, to reviewing powers of attorney, revocable trusts, and beneficiaries on a variety of products. It should be understood that the tax basis for holdings at the time of death is not the original basis but the value at the time of death. If the funds go into a trust, it may, or may not, get a second basis update. A tax attorney can clarify these issues.

During the question and answer session, Tousey noted that estate planning documents from another state are generally accepted in Florida. A military power of attorney is valid, but having a local one might be wise. And finally, choose trustees carefully.

Tousey strongly suggested that couples sit down and discuss all aspects of their finances, wills, power of attorney, trusts, and funeral plans so that there is reduced stress at a difficult time. The resident/staff panel further emphasized the importance of these dis-

cussions in order to get off the table a topic that no one likes.

The panel also discussed the various survivor planning resources and services provided by Fleet Landing staff and residents. The panel strongly suggested that all residents complete the “Family Survivor’s Handbook,” which is available on Fleet Link under “Resident Support Services” and in hard copy from the concierge or Chicoine.

In the panel’s question and answer period, it was noted that Fleet Landing has information on a variety of support groups. Whether to have a Celebration of Life is a family decision, but it can be supported by Wellness and Chicoine.

This meeting attracted a large audience, and it was well worth one’s time.

Editor’s note: The video recording of the “Survivor Planning Seminar” is available on Fleet Link under “Video Library.”

Classic Meets Jazz 2.0

By Nancy Lundgren



Celebrated for her virtuosity and adventurous playing, pianist Chenny Gan welcomed Fleet Landing residents to her October 28 concert in Johnson Hall with this wry remark: “If you came to hear pure classical music, this concert’s not for you.” Words to remember as she took us on a witty and surprising journey through classical masterworks, including ones by Bach, Beethoven, Mozart, and Chopin, mixed with her own “jazzed-up” arrangements.

Gan created both an educational and entertaining experience for listeners, using humorous and historical facts about the original classical music and the variations running through each piece. There was a story about Sergei Rachmaninoff stopping by a nightclub in New York City in 1918. Composer George Cobb was playing “Russian Rag,” which has roots in Rachmaninoff’s Prelude in C#-minor. After listening to the piece, Rachmaninoff told Cobb that his “rag-tune” had the basics right but the tempo all wrong.

Gan’s final piece began with Franz Liszt’s classic, “Paganini Etude No. 6,” and then added Fazil Say’s jazzy “Paganini Variations” with another layer of Gan variations. It’s said that Paganini sold his soul to the devil for the ability to play at top speed. Gan promised

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Classic Meets Jazz 2.0

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to play the piece as “devilishly fast” as she could. And she did. Her fingers flew across the keyboard, creating a glorious finale to the concert.

Gan holds degrees from Wesleyan College and the University of North Carolina at Greensboro and a Doctor of Music Arts in Piano Performance from the University of Southern California. Currently Gan is Associate Professor of Music and Director of the Graduate Program in Music at Wesleyan College in Macon, GA. Her goal is to explore new territories in all areas of performing, and she focuses on making the concert experience more fun and interactive for audiences.

Forever Fit Senior Games Medalists

Text and photo by Nancy Lundgren



LtoR: Don Husmann, Miles Nogelo, Chris and Ken DeVries

Six resident athletes competed in the 2022 “Forever Fit 50 and Beyond: Jacksonville Senior Games” during the week of September 30 to

October 8 at various venues around the city. This is an Olympic-style event series designed for seasoned athletes to participate on a competitive level, and novice athletes to participate for their own enjoyment in promoting healthy, active lifestyles for First Coast seniors.



Eunice and John Rogerson

has competed in several sports, including track, tennis, swimming, and most memorably, table tennis. It’s thanks

to his “wager” with Executive Director Josh Ashby regarding the level of community interest and ability in table tennis that Fleet Landing now has its snazzy new table tennis table in Windward Commons.

Miles Nogelo, with four years of Senior Games experience, continued to build his medal collection. Competing in the 75-79 age division, he brought home gold for free throw basketball and 3-point basketball shots. He won silver medals in high jump and long jump competitions and won bronze medals for discus throw, shot put, and the 50-meter race.

John and Eunice Rogerson won gold medals for pickleball this year. John has played in other Senior Games in Texas and Florida from age 50 to 70, winning 50 medals and 5 ribbons in racquetball, cycling, track and field, and swimming. Eunice participated twice in her 60s, winning a silver medal in pickleball and a ribbon in tennis.

Ken and Chris DeVries have an interesting history in Senior Games. Prior to moving to Fleet Landing they competed in Senior Games in New York State, Kentucky, New Hampshire, New Mexico, and other Florida counties. Track and field is their main event, but they have also competed in skeet shooting, archery, mini golf, and batting. This year they won gold in the 200-, 800-, and 1,500-meter races.

This year was Carl Tungli-Giese’s first participation in Florida county-level senior games, competing in table tennis. He did, however, participate in the Florida state-level senior games in 2019 (table tennis) and 2020 (5K run), as an out-of-stater (Virginia resident).

Why do these athletes love the Senior Games? They like being fit and enjoy the ambience of the fun, friendship, and sportsmanship they have experienced at the games.

An Afternoon With The Lawson Ensemble

By Nancy Lundgren



Residents Cynthia and Walter Graham gifted Fleet Landing with another fabulous concert on October 5. It featured The Lawson Ensemble from the University of North Florida. Founding members Aurica Duca, violinist; Clinton Dewing, violinist/violist; and Nick Curry, cellist, performed chamber music that was both familiar (Mozart) and not so familiar (Boccherini). They also played a series of “sinfonia,” as Bach called
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An Afternoon With The Lawson Ensemble

(continued from preceding page)

them. They were originally keyboard exercises that he reconstructed into “Three-Part Inventions for String Trio.”

Curry introduced each composition with interesting historical background notes and occasional humorous asides. During a pause in the concert, Dewing described how playing the violin differed from playing the viola, making the comparison of driving a Ferrari versus a Mack truck, a comment that made his point—and got a laugh.

These talented musicians created an ambience that seemed to meet their goal of bringing audiences into “the immediacy, intimacy, and beauty of the best chamber works.”

Fall Sailing Fun

By Jim Leipold

Photos by Jim Leipold and Barbara Trevaskis



Left: Saturday sailing event.

Right: Big and little, as radio-controlled sailboats and a Yacht Club sailboat are on the lake at the same time.

Our Fleet Landing Radio-Controlled Sailing Club fleet is “growing in the wind!” Or is that “blowing”? (Apologies to Bob Dylan.) We have two brand new Seawind boats this fall, one on the water and the other soon to come, with a possible third in the works. That would bring our total sailboat fleet up to 13.

Some members are enjoying cruises and trips for the holidays or to shake the COVID-19 curse. We have

had to adapt because of the extremely slow pace of the project to replace the dock, which we use as our base. So, this fall we haven’t hit critical mass yet. Our group welcomes any one interested to join us on Saturdays from 10 am to 11:30 am. Originally we started at 10:30 am but everyone was having so much fun that we expanded the time. Our members enjoy sharing their boats with visitors and answering any questions they might have.

We have races that allow us some legal leeway when rules are broken, usually resulting in moans and groans as well as some fun joshing. We have men and women sailors. Along with 1-meter boats, there are a wide range of other lengths and models. We could use a tug boat for rescues! Many of us share in helping fix problems on the spot or working on them—gratis, of course.

Join our welcoming group for some fall and winter sailing. Some of our members never sailed before and are right in there with the rest of us. Because of shifting winds because of being surrounded by buildings, we all are pretty equal in finding dead spots or missing the markers. Hope to see you soon.

If you have any questions please call our Vice Captain, Jim Coté at (520) 591-1927 or me (after November) Captain Jim Leipold at (904) 746-3322!

Viola Virtuoso

By Enith Vardaman



The viola is not usually thought of as a featured musical instrument, but the October 7 concert by virtuoso violist Jordan Bak and his excellent accompanist on the piano, Ji Yung Lee, showed why this is a misconception. Since many people are not familiar with compositions featuring the viola, it was probably a sur-

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Viola Virtuoso

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prise to learn that Britten, Hindemith, Vaughan Williams, Schumann, and Brahms had all written such pieces. It was clear that Bak enjoyed playing each of these works, and he did so with passion.

Bak's comments introducing each piece showed him to be personable. He also shared an anecdote about an initial aversion to the viola that was followed by a shift in perception as he began to see that the viola had its own voice distinct from its smaller sibling, the violin. After noting, with a smile, that violists do not like the jokes frequently made about them, he proceeded to repeat a punny one about playing second fiddle.

Bak holds degrees from The Juilliard School and the New England Conservatory. Still in his mid-20s, he has already won prestigious awards, and he is in high demand as a performer. The Johnson Hall audience was indeed fortunate to attend a concert that made it clear why Bak has established an international reputation.

October WELLInspired Learning Series

By Victoria Freeman



LtoR: Sacasha Brown, Deborah Gordon, Nathan Howell



Sue Dukes (l) and Jennifer Joy

The speakers at the October 5 "WELLInspired Learning Series" talk were Sacasha Brown, Health Services Administrator; Dr. Deborah Gordon, Director of Rehab; and Nathan Howell, Home Health Administrator. Jennifer Joy, Director, Wellness Services, and Sue Dukes, local nutrition consultant, spoke at the October 19 session. The talks were held in Johnson Hall.

Medicare for You!

Sacasha Brown began by discussing three parts of Medicare. Part A helps cover inpatient care in hospitals

or in a skilled nursing facility, hospice care, home health care, and blood. Part B helps cover services from health care providers, outpatient care, durable medical equipment, and many preventive services, such as screenings, shots, vaccines, and yearly wellness visits. Part D is prescription drug coverage.

In 2023, Medicare will continue to cover COVID-19-related items and services, including vaccines, tests, and booster shots. There will be a new benefit to cover immunosuppressive drugs beyond 36 months after a kidney transplant, if the patient does not have other health coverage.

Accountable Care Organizations (ACOs) are made up of physicians and other health care providers who work as a team to provide high quality, coordinated healthcare. An example of a benefit: An ACO may approve sending a patient to a skilled nursing facility or to rehab care even if they have not had a three-day hospital stay.

Brown noted the free "What's Covered" app available at the App Store and Google Play.

Deborah Gordon explained therapies covered by Medicare. Physical therapy has been found effective in improving strength, mobility, and balance to help an aging individual build confidence in staying active. Occupational therapists work with clients to help them complete activities of daily living such as dressing, eating, and bathing. Speech therapists can address speech, language, memory, voice, and swallowing issues.

In order to be covered by Medicare, therapy services must be under a plan of care certified by a physician or a nonphysician practitioner (a healthcare provider who is not a physician, but who practices in collaboration with, or under the supervision of, a physician). Services must be reasonable and necessary, i.e., effective for the patient's condition and require the skills of a qualified therapist.

Therapy can be provided as short-term or long-term rehab, as home health, or on an outpatient basis.

Nathan Howell described Medicare home health services and the eligibility requirements. Services covered include intermittent skilled nursing care; physical, occupational, and speech therapy; medical social services; injectable osteoporosis drugs for women; durable medical equipment; medical supplies for the home; and part-time or intermittent home health aide care (if the patient is receiving skilled services). To be eligible, a patient must be under a physician's care, receive services under a plan of care established and periodically reviewed by a physician, have an initial face-to-face with a certifying physician or other eligible provider, and be confined to the home. Examples of acceptable absences from the home, if they would be taxing, include attending religious services, family reunions, graduations, or funerals; trips to a barber; and a walk around block with help.

The pros and cons of selecting Original Medicare
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October WELLInspired Learning Series

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versus a Medicare Advantage plan was the final topic of the talk.

Editor's note: Space constraints allow for only a summary of what was a detailed presentation.

Real Life Eating and Exercise Strategies How Long Are the Holidays?

Embracing a combination of real life eating and exercise strategies during the holidays was the topic of this talk. Jennifer Joy and Sue Dukes discussed the fact that a “little” gain during the holidays can be detrimental because as individuals age, the negative effects of weight gain are compounded. Negative effects of weight gain may include early brain deterioration, cloudy memory, sleep apnea, depression, increased joint stress, increased risk of Type 2 diabetes, increased blood pressure, and delayed surgical recovery.

How does an individual deal with holiday-induced weight gain? First, set a goal to maintain. Think about what is realistic versus hopeful. Find an inner motivation. Get and stay active. Investigate new strategies such as mindful eating and journaling.

Finding inner motivation. Ask key questions of yourself. What drives you to a healthy lifestyle? What is the season really about? How much does fear figure into your desire for a healthy change? Have you written your goals down? Have you shared them with a trusted source for accountability and help?

Getting and staying active. Do something everyday. Get outside. Move after meals. Warning: New Year's resolutions don't stick.

Mindful eating. Focus on the food. Savor it, appreciate it. Slow down. Listen to your personal hunger cues. Avoid distractions. Skipping meals does not help. Choose nutritious food not merely enjoyable items.

Journaling. Note your exercise and your eating habits. Build a meal plan. Use tech such as smart watches and handheld device apps if you have them.

Change is difficult but there are known steps in the science of behavior change: pre-contemplation, contemplation, preparation, action, maintenance, and relapse. Just remember: There is no magic bullet, and no one size fits all.

Editor's note: Slides of the presentation can be found on Fleet Link under “Fleet Landing Presentations” and then under “WELLInspired Learning Series.”

Mallets and Wickets

By Gerry Nogelo

After an active spring on the LaHatte Croquet Court, the summer heat reduced the number of players to informal groups playing when it cooled down in the evening.

Most of the Fleet Landing Croquet Club (FLCC)

participants play golf croquet, which has evolved and become very popular. There are several club members who are interested in learning how to play six wickets, which was the original croquet game. Club President John Neyhart, along with some experienced six-wickets players, are willing to teach beginners or get a clinic started if there is enough interest.

The club has held its regular monthly meetings on the second Monday of the month in the Windward Commons second-floor classroom. Club dues of \$15 per year are due by January 1. Checks should be made out to FLCC and be placed in Janice Flock's social mail box 5109. The club would like to resume its tradition of dinner following the monthly meeting, but the setup cost is too expensive for those in attendance to split.

At the October meeting, this proposed slate of officers was elected unanimously: Neyhart, president; Gerry Nogelo, vice president; Janice Flock, treasurer; and Ardith LaShell, secretary.

A tournament on November 4 and 5 kicked off the fall season. The 24 participants played eight, twenty-five-minute games over two hours on both days. They had a different partner and different opponents for each game. The play was competitive and fun. First place went to Miles Nogelo, with a score of 6½. Mary Steinke, Walter Kraslawsky, Susan Titus, and Joan Moorhead, who all scored 5½, tied for second place. This was the first doubles tournament FLCC has ever held. Players seemed to enjoy the format, and we hope the doubles tournament will be a regularly scheduled event.

For information about FLCC, you can check the website at fleetlandingcroquet.square.site.

Visit to Castle Ottis

By Enith Vardaman; photos by Janet Silvester

On October 10, Fleet Landing residents had an opportunity to tour a unique structure located on A1A just north of St. Augustine. And, yes, there is a third “t” in its name. “Ottis” was the first name of one of the masons involved in the construction, and the third “t” is a reference to the Trinity in keeping with the castle's purpose as an expression of spiritual devotion.



Fleet Landing Follies 2022

(continued from page 1)

the talented and faithful Karen Sturtevant leading the group. Bob Armacost, Dan Barry, Tom Dames, Bunky Johnson, Julia Pet-Armacost, Gary Reichow, Eunice Rogerson, Pete Sheridan, Ivy Suter, Charles Winton, De Ann Winton, and Richard Wong did not miss a beat.

Newly formed music groups were included in two acts. One act featured five ukulele players, and one reenacted a West Virginia jam with seven mountain dulcimer players. Julia Pet-Armacost and Carol Smith accompanied the dulcimer group with vocals, and the audience sang along with “Amazing Grace.”

To the audience’s delight, musical favorites filled out the program. The slides created by the Armacosts, Sue Myers, and Tom and Nancy Brown portrayed a journey that began in Paris and ended on the Johnson Hall stage almost 90 minutes later. During the musical journey, dancers floated past in traditional Chinese garb, ballroom danced in formal attire, tapped past in silver vests, and line danced wearing sparkling scarlet ascots.

Comedians filled the room with lots of laughter. Randy Gilliam’s “Water Closet Comedy Act” set the stage, and the “Fleet Walkie Talkie Tour,” written by Tom Dames, poked good-natured fun at Fleet Landing fountains, Communications Manager Megan Clemenson’s announcements, the Caremerge password, and food service. The refrain was “It’s Better at Fleet.”

In front of Craig Miller’s flying Fleet Landing bus backdrop, vocalists made memories with references to crying in Argentina, loving Paris and Cape Cod, being in Chicago and Kansas City, going south of the border, dreaming in California, watching lions in Africa, seeing Canadian sunsets, and observing twin Elvises in Blue Hawaii. Elvis 1 was Bob Chrisman. Elvis 2 was Ron Myers. John Rogerson’s “New York, New York” received applause even from the cast during rehearsals.

While performers were receiving their applause, the hard-working, incredibly competent stage crew members Chet Davis, Don Cooper, Andrea Davis, Miller, Pete Lendrum, Walter Kraslawsky, Sparky Moredock, and Sandy Pawek were working behind the scenes to make the show go smoothly. John Coman worked with sound. Lighting was John Pawek and Paul Schlamm. Ed Hollender was the photographer. Costume creators were Sue Myers, Pet-Armacost, Peggy Holz, and Mary Steinke. Miller also rounded up members of each act.

In the “Fleet Landing Is Your Land” curtain call number, appreciation was expressed to the Armacosts and Assistant Directors Steinke and Myers. Sturtevant was thanked for her musical role once more. The entire cast was thanked for its performance.

2022 was the second year of the Follies—Armacost Experience. This talented couple motivates through emails,

explanations, and attention to detail as evidenced by an early 79-page explanation document. As a result of their Herculean efforts, more healthcare patients attended the matinee than previously had attended, and 111 Fleet Landing residents performed in acts that were polished by pros. Director Emeritus John Johnson, who directed the Follies for years and attended many rehearsals in 2022—and all of the final performances—said, “This was an absolutely fabulous performance.”

Fleet Landing Follies 2022 was a gift to our community, making everyone feel fortunate that, as the curtain call musical number said, “Fleet Landing Is Your Land.”

Editor’s note: Space did not permit describing every single act and all supporting efforts, but *FLEET BEAT* has tried to cover as much as possible in word and/or picture.

Fleet Landing Follies 2022 in Pictures

Photos by Ed Hollender and Janet Silvester



Fleet Landing Follies Band



“Up, Up and Away”



“Edelweiss”

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Fleet Landing Follies 2022 in Pictures

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"Edelweiss" Dancers



"South of the Border"



"The Lion Sleeps Tonight"



"Water Closet Comedy Act"



"On a Slow Boat to China"



"Hanalei Moon/Blue Hawaii:" Ukuleles Plus Guitar



"Tai Chi Fan"



"Hanalei Moon/Blue Hawaii:" Hula Dancers and Elvis



"Don't Cry for Me Argentina"



"Boom Boom Tap Dance"
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Fleet Landing Follies 2022 in Pictures

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"California Dreamin'"



"The Fleet Walkie Talkie Tour"



"Take Me Home, Country Roads"



"New York, New York"



"Mountain Dulcimer Jam Session"



"Night Fever" Line Dance"



"On the Road Again"



"Sweet Home Chicago"



"Old Cape Cod"



*"Somewhere, Over the Rainbow"/
"What a Wonderful World"*

Executive Director's Quarterly Briefing

(continued from page 1)

options with comparable wages and a less stressful environment have become available.

- From 2020 to 2021, there was a decrease of 100 million paid nursing hours in skilled nursing facilities—a 7.5 percent reduction.

A color-coded map of the United States illustrating the percentage of skilled nursing facilities using contract labor in 2021 showed Florida to be in the top category of 80 percent. Ashby suggested it was probably 100 percent.

National statistics about skilled nursing labor costs were concerning:

In 2021, 5.5 percent of all nursing hours were filled by contract labor, which was an 83 percent increase from the median 2020 contract labor utilization.

Contract labor costs in 2021 were approximately 64 percent higher than in 2020.

Average wage rates for employed (versus contract) nursing staff increased at more than double the rate increases of previous years.

A federal government proposal mandating minimum staffing of approximately 4.1 productive hours per day was unrealistic. Compliance would require 94 percent of nursing homes to increase staffing levels at a cost of \$10 billion a year, and to hire more than 187,000 nurses and nurse aides in a time of staff shortages.

Ashby then described the factors that have made skilled nursing no longer profitable at Fleet Landing. Our community has been impacted by trends in skilled nursing labor costs. In the period from 2018 to 2022, skilled nursing staff wages increased by 47 percent. In that same period, wages for other Fleet Landing staff increased by 30 percent. The latter figure was higher than usual because of the implementation of a \$15 per hour minimum wage. He added that while only about 6 percent of Fleet Landing residents live in skilled nursing, 25 percent of staff work in that area. From 2020 to 2022, the cost of contract labor to fill certified nursing assistant, licensed practical nurse, and registered nurse vacancies essentially doubled. Ashby believes price gouging is a factor, but so far nothing has been done about it. In contrast, Medicare Part A reimbursement, the source of revenue, rose only about 5 percent in the period 2018-2022. Because of the increasing utilization of Medicare Advantage plans, which pay a lower reimbursement rate for skilled nursing, this situation will not improve. Fleet Landing's response to these factors: With few exceptions, short-term rehab or long-term care will not be provided to direct choice residents in 2023. There will be no changes for lifecare residents.

For some ten years, skilled nursing was a profit center, allowing Fleet Landing to produce top quartile

financial results without charging top quartile monthly service fees. In 2022, 49 percent of skilled nursing revenue came from lifecare residents, and 51 percent from direct choice residents.

Ashby outlined how Fleet Landing would handle the budget impact of these changed circumstances:

1. The skilled nursing facility in North Point would not open this year.

2. The focus would be on serving residents of Fleet Landing in the Derfer Pavilion and not the general public in need of short-term rehab.

3. To care for fewer residents, fewer staff members would be necessary in skilled nursing. This eliminated the need for 47 staff positions, 12 of which were currently occupied by full-time staff.

4. Having fewer skilled nursing residents would reduce the need to use temporary agency staff. On average, this would mean caring for fewer than 40 residents instead of the original planned census of 88.

5. This would minimize the financial losses associated with operating skilled nursing, and the operating budget was adjusted accordingly for 2023.

There has also been an administrative change: Sacasha Brown, who had been serving as Nursing Home Administrator is now Assisted Living and Nursing Home Administrator.

Ashby then turned to the future of skilled nursing at Fleet Landing beyond 2023. He began by pointing out that utilization of skilled nursing by lifecare residents declined over the last 10 years. Right-sizing skilled nursing to serve lifecare residents efficiently and with a high quality experience would be the goal. Ashby said that this could be an opportunity to explore alternative care and support models that might further reduce the utilization of skilled nursing by offering other ways to support people as they age. He noted that although there were more questions than answers right now, Fleet Landing was in a good position to absorb the changes and chart a new course for long-term care and supportive living in alignment with what residents want. Considerable thought would be given to this in 2023.

The Coleman Center Renovation

With Phase 1 of the renovation lacking only the installation of some finishes, Phase 2 was visibly underway. Ashby outlined the status of Phase 2: Domestic waterlines had been replaced, new electrical service installed, and interior sanitary service completed up to the new, large grease trap, which would be created in the herb garden area. Interior framing of the Coleman Center was expected to be completed in October, and installation of finishes would begin in November. An additional modification to LakeView, which would involve moving the wall and incorporating the exterior walkway into interior space,

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Executive Director's Quarterly Briefing

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was under consideration for Phase 3.

Miscellaneous

- Fleet Landing's new bank debt would provide access to more liquidity in connection with development of the Nocatee property.

- Refurbishment of the railings around Lake Constellation, which was an addition to the deck project, was continuing.

- Other projects underway included concrete repair and replacement around the campus; refurbishment of the exterior stairwells of the 1000, 2000, 3000, and 4000 buildings; and replacement of The Nancy House HVAC system.

- Plans were being made for replacement of all campus wayfinding signage. A suitable vendor was being sought for the project scheduled to begin next year.

- The 2023 operating budget presentation was to take place on October 27.

- The Tenth Spinnaker Society Member Celebration was scheduled for November 28, from 5 pm to 9 pm, at The River Club in downtown Jacksonville. For information about becoming a member of the Spinnaker Society, contact Olivia Bush, Director of Charitable Gift Planning.

Different Perspectives



The Ashby twins Cosette and Connor were quite happy to pose with a Disney World character, but little sister Vivian had quite a different reaction.



Happiness restored

Coleman Center Renovation Progress

Photos by Enith Vardaman

The photos below show two sections of the first floor of the Coleman Center before the framing began in mid-October and the progress since then.



Charity Golf Tournament

By Isobel Spink



Front row: Sharyn Roettger, Julie Rochelle, Nancy Brown, Joan Moorhead.

Back row: Gerry Nogelo, Isobel Spink, Nancy Sander, Maura Kelly.

Chess News

By Richard Wong

The Chess Club meets every Tuesday at 1 pm in Windward Commons lobby, and solutions to problems are available.



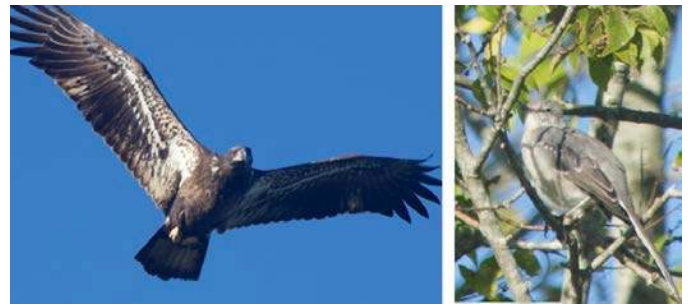
This month's puzzle is white to move and mates in two.

A Birdwatching Feast at Reddie Point Preserve

By Nancy Lundgren; photos by Janet Silvester



Magnolia warbler (l) and American redstart



Young eagle (l) and ground dove



Palm warbler (l) and laughing gull



House wrens

October 4 was a perfect day for birdwatching at Reddie Point Preserve. Even the birds seemed to enjoy the balmy temperature and beautiful sunshine because they entertained us with their songs, dances, and colors.

Led by our in-house experts, Frances Edwards, Ken Hollinga, and Jim Stephenson, we spotted over 40 different birds and learned a bit more about their species and characteristics. The magnolia warbler with its bright yellow color was a beauty to watch as it darted

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A Birdwatching Feast at Reddie Point Preserve

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through the trees. The American redstarts were everywhere, fanning and raising their tails to flush out insects. A couple of young eagles soared overhead casting interesting shadows around us. A ground dove sat perched on a low branch looking calm and elegant.

Palm warblers, chestnut sided warblers, laughing gulls, mockingbirds, catbirds, Carolina and house wrens, and so many other birds popped in and out as we walked the trails in this wonderful park. It was a photo feast for the photographers in the group. Fortunately for us, Janet Silvester, recently returned from her northern sojourn, was there to snap some beautiful photos to share with *FLEET BEAT* readers.

The next birdwatching outing is scheduled for November 14 at Sheffield Park. Come join the fun!

Halloween New Resident Mix & Mingle

By Carol Smith

Photos by Ed Hollender and Janet Silvester



*Left: Marketing Witch Carrie Conrad.
Right: Travis Schryer and Jennifer Joy.*



Costume contest winners: Captain Crab Claw, Dracula, Flo, and Mayhem



Prison escapee joins the party.



Left: Steve Chapman. Right: Astronaut.

As residents gathered for the New Resident Mix & Mingle in Johnson Hall on October 31, they were shoved aside at the bar by a ghost who apparently wanted to get to the BOOS.

The Marketing Witches greeted cleverly costumed residents, many of whom entered the costume contests for groups or singles. Chief Operating Officer Travis Schryer and Director, Wellness Services, Jennifer Joy, presided over the contests, which were decided by audience applause. The best group costume prize went to Flo and Mayhem (aka Gail Sharp and Bill Spicer) as insurance company celebrities for Progressive and Allstate respectively. The single entries came down to Dracula (Tim Katchen) and Captain Crab Claw (Randy McDonald), who declared themselves a tie for first place.

Many residents offered the names of their dentist to Sandy Bousquet and Susie Canon, who were clearly in need of dental work. Prison escapees Liz and Mike Dubois took time to party even though they were on the run. Several residents offered a glimpse of our former lives and the way we dressed and wore our hair in the '60s and '70s, while Dana Neal came as Lola (Little Old Lady with Attitude). Nobody was able to guess the identity of the silent astronaut until she finally spoke and revealed herself as Leilani Roberts.

Eleven new residents were introduced and warmly welcomed by the partiers, who thoroughly enjoyed the tasty treats provided by Dining Services as well as the piano tunes played by local entertainer and Fleet Landing favorite, Steve Chapman.

Chips & Putts

By Bob Neal

Fleet Landing golfers held their monthly tournament on October 13. Nineteen golfers teed off at Hidden Hills Golf Club for an 18-hole scramble. The break from the summer heat was a welcome relief.

Taking first place by winning a nine-hole playoff with a total score of 66 and four birdies was Team 5 consisting of Bob Peterson (captain), Larry Magner, Rick Rochelle, and Bob Brymer (Atlantic Club). Taking second place with a score of 66 and six birdies was Team 2 made up of Richard Truelove (captain), Nancy Sander, Dick Beltson, and Jim Wayrynen. In third place, with a

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Chips & Putts

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score of 70 and three birdies was Team 3, captained by Bob Springer, with Sally Pitard, Ray Rigney, and Mike Moorhead. There was a tie for fourth place with scores of 72: Team 1 with four birdies, captained by Larry Sander, with Bobbie Fost, Miles Nogelo, and John Wortman; and Team 4 with two birdies, captained by Bob Neal with Isobel Spink and Lindsay Norman.

Prizes for the “Longest Drive” were won by Pitard for the ladies and Magner for the men. The “Closest to the Pin” for the men was won by Beltson. Unfortunately, no women hit the green this time.

Our next tournament will be held on November 10 at Jacksonville Beach Golf Club.

St. Augustine Pirate & Treasure Museum

Text and photos by Dita Domonkos



Left: Reproduction of the remains of a pirate in a gibbet. Right: Reproduction of Blackbeard's decapitated head.

On October 19, our guide Scott, dressed as a pirate, took us through the St. Augustine Pirate & Treasure Museum to explore the golden age of piracy, a period between the 1650's and 1730's. During this time, conflicts over trade and colonization among rival European powers encouraged piracy. With the rise of valuable cargos being shipped over vast ocean areas of Europe, the Caribbean, North America, and the Indian Ocean, maritime piracy was lucrative.

The outfit that Scott was wearing was faithful to the clothes that pirates wore. Some

pirates wore eye patches to help make the transition from bright deck to the hole below by switching the eye patch from one eye to the other. The pirate's tricorne hat was also practical. When the sides were let down, it provided sun protection. One part of the hat could be turned up when shooting muskets. Many pirates had been military men. By flipping the sides up during military drills when they marched shoulder to shoulder, their hats were not knocked off.

One of the more macabre exhibits showed a gibbet with the reproduced remains of a pirate inside. When a pirate was captured by a town, he might be put in a gibbet with no clothes, food, or water until he died and wasted away—a warning to pirates to stay away.

Scott explained that pirates were not after gold and jewels; they were after supplies. St. Augustine was an excellent port on the shipping lane from Spain to Cuba and an important supply town. St. Augustine was set ablaze and burned to the ground nine times by pirates. When burned, St. Augustine needed what the pirates wanted, more supplies to rebuild. These supplies came by ships, which would be raided by pirates.

The museum had colorful, informative exhibits including surgical tools, cutlasses, navigational tools, pistols, swords, cannons, treasure chests, movie posters from pirate movies, and the dangling reproduction of the decapitated head of Edward Teach, known as Blackbeard, and as “the devil incarnate” by his crew. Although a pirate for only three years, his terrifying looks and savagery made him a legend. We entered a dark room, put on earphones, and heard an audio presentation of Blackbeard's last battle in 1718, during which he was killed. His decapitated head was put on a balustrade in front of a ship as a threat to other pirates.

By the early 1700's, thousands of pirates were disrupting economies and hampering commerce as they plundered the world's sea lanes. Government authorities hunted them down and wiped them out, ending the golden age of piracy.

After this fascinating tour, Mary Faria, Manager, Wellness Services, arranged for us to have lunch at Mojo BBQ.

Atlantic Beach City Commission Elections

By Isobel Spink and Enith Vardaman

Photos by Ed Hollender and Mary Kluever



LtoR: Candace Kelly, Jennifer Lagner, Kevin Nottingham, and Jessica Ring

By the time you read this, the November 8 elections for local (and state and national) offices will have already

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Atlantic Beach City Commission Elections

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taken place. During the month of October, the Military Officers of America Association's Historic Mayport Chapter sponsored a series of four town halls for candidates for Seat 4 and Seat 5 on the Atlantic Beach City Commission. Chapter President Pat Kluever served as moderator for each forum.



Pat Kluever

The Atlantic Beach City Commission is made up of a mayor and four commissioners, all of whom have an equal vote. Elections are nonpartisan. To be sure that all areas of the city are represented, each of the four commissioners must live in a specific district. However, candidates are elected on an at-large basis, which means that residents, regardless of where they live, can vote for candidates for all seats up for election.

The candidates for Seat 4 were the incumbent, Candace Kelly, and the challenger, Jennifer Lagner. The two candidates for Seat 5, which did not have an incumbent were Kevin Nottingham and Jessica Ring.

Candace Kelly, a Navy veteran and an educator, provided considerable insight into Atlantic Beach city government. Jennifer Lagner had a background in human resources and facilities management. She had served on a committee and a board dealing with Atlantic Beach issues.

For Kevin Nottingham, a fifth-grade teacher in Jacksonville Beach, this was a first foray into city government service. His stated goals included bringing back community involvement and improving drainage and street safety. Jennifer Ring was an educator, who also holds a master's degree in public administration and government leadership. She had served as Chair of the Atlantic Beach Mayor's Council on Health and Well-Being.

Common issues ran through all of the town halls. Perhaps the most common was the awkwardness of having a dividing line between Atlantic Beach and Jacksonville running through Fleet Landing. Exploring the possibility of incorporating that part of Jacksonville into Atlantic Beach was frequently discussed. Other issues included preserving the tree canopy, dealing with the homeless population, parking at Town Center and the beach walkovers, and Mayport Road economic development and traffic control.

Whatever the outcome of the elections has been, all of the candidates demonstrated commitment to maintaining Atlantic Beach's quality of life.

Welcome Aboard

2214

Wendy Bunch (November '21)

Wendy was to be born at Pearl Harbor, but her mother and her sister, Sandy Taylor, who is also a Fleet Landing resident, were sent back to the States. As a Navy family they moved between naval bases in Coronado, CA, and Newport, RI, plus London in Wendy's teenage years, when her father became an admiral. She accelerated and graduated in 3½ years from Duke University in 1964 in order to marry Frank, a 1961 graduate whom she met dancing. They danced for 57 years before he passed away in 2021.



DuPont moved the couple to Oklahoma; Boston, MA; Chicago, IL; New Jersey; Atlanta, GA; London, England; North Carolina; Taiwan; and finally Delaware. After retiring, Frank managed MBNA's golf course. Wendy, a former teacher, continued her 42-year real estate career, starting a RE/MAX franchise and then a Sotheby's, where she is still a minor owner with one son. She and Frank became Maryland residents, owning a historic 1781 waterfront farm in Chestertown for 24 years.

Always traveling, the couple's finest trip was around the world on the *Queen Mary 2* in 2010.

Wendy has two sons, one living in Siena, Italy, and the other in Delaware. They have given her three adored granddaughters.

Wendy is social, outgoing, an optimist, an avid Duke fan, says yes to everything, loves to travel, is always ready to play games (especially casual duplicate bridge), and feels lucky to be here.

—Isobel Spink and Wendy Bunch

8439

Monika and Fred Volker (November '21)

The Volkers, a lovely, nomadic couple, are originally from Hamburg, Germany. They met in New York City after both had worked and studied in Spain and various places in the US. Fred had also worked in France.



Monika, who has a business degree, worked for Bayer, and Fred, for Schering. While traveling worldwide on business, Fred pursued an MBA at night. After graduating from New York University,

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Welcome Aboard

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he bought a boat (sailing having been his passion since childhood), tested Monika's sailing abilities, and discovered that she was well qualified to become his first mate. They married in 1974 and spent a year on the boat, sailing to the Caribbean.

A new job took them to Chicago, IL, and then back to Germany before settling in Connecticut. As European Manager of marketing medical electronics, Fred spent much of his time in Europe, while Monika worked again for Bayer in Connecticut. Special projects moved them to Germany temporarily four more times, which allowed Monika to care for their aging mothers in Hamburg. After retirement in Connecticut, Fred and Monica both volunteered with local groups. Monika's chamber group brought music to prisons and homeless shelters, and Fred was on the town's Energy Task Force. They continued cruising the East Coast from Nova Scotia to the Caribbean.

Friends recommended Fleet Landing to them. They have found a warm welcome here and especially love the fitness program. Fred will soon resume sailing, this time joining the other radio-controlled boat enthusiasts on Lake Constellation.

We welcome the Volkens to the community.

—Isobel Spink

8331 Helen and Jerry Maroon (November '21)

Tennessee natives Helen (Chattanooga) and Jerry (Memphis) met in college at Memphis State. As a young man, Jerry was the paper-boy for Elvis Presley's home before Elvis came to fame. (This makes Jerry famous.)



During Jerry's 28 years in the Navy, the Maroons and their two boys were stationed in Japan and Puerto Rico as well as many US locations. Jerry was on the USS *Midway*

for two years in Japan. He did his flight training in Pensacola, FL, and was a Navy Hurricane Hunter pilot for three years, flying a C121 aircraft.

While they were in Virginia Beach, VA, Helen was a kindergarten teacher for four years. After retiring from the Navy in 1992, Jerry taught math and coached basketball in Tennessee. However, their retirement goal was to travel at least four or five times a year—and they did so with great gusto. They bought a timeshare in the Dominican Republic, which allowed them to swap the timeshare and spend 26 weeks a year wherever they wanted, with no further expenses. It was the dream of a lifetime.

The Maroon's apartment features leaping, adorable Maggie Mae, their 9-month-old black lab, who licked all my makeup off, plus fascinating pictures collected from Helen's grandmother, who was a devoted genealogist.

Jerry is a golfer and looks forward to playing more golf with Fleet Landing residents.

The Maroons and Maggie Mae are happy to be here, and we are happy to have them.

—Isobel Spink

4213 Eunice and John Rogerson (March)

After years in The Villages, the Rogersons found us in time to star in our 2022 Follies. Eunice played alto saxophone and was John's partner in the Edelweiss dance. John also danced in other numbers, and he sang his way through "Leaving on a Jet Plane," "New York New York," and in the "Around the World" finale ensemble. Both had prior mates, and they are on their fifth year of an extended honeymoon.



Eunice was raised in the Boston, MA, area, where she was a champion tennis player. She grew up in a musical family, starting on the piano and sax at early ages. After graduating from Boston's Emmanuel College with a B.S. in psychology, she lived as an expat in Saudi Arabia and England, and later was a case worker for low-income elders.

John was raised in Princeton, NJ, and has degrees in music, meteorology, biomedical technology, and dentistry. Most of his career was in the Air Force as a supply squadron commander, meteorologist, professor of aerospace studies, and clinical prosthodontist. Following USAF retirement, he was in private dental practice in Portland, OR. He plays several musical instruments, and he is a karate black belt.

Eunice and John met at The Villages, where each was active performing in musical groups of all types—on and off campus. Complementing their entertaining bent, they are accomplished athletes who enjoy pickleball and participating in the Senior Games. They each have two daughters and four grandchildren. What a talented addition to our family!

—Howard Burdick

Hint

Would you like to see the pictures in this issue in color? Go to "*FLEET BEAT*" under "Publications" on Fleet Link. To see larger print as well, scroll to the end of the issue and select "Click here to view and/or download the entire document."

Jack's Walks

As resident Ann Bell walks her terrier, Jack, around campus, she keeps her eyes peeled for photo ops. She found four quite different ones recently: the concrete repair and replacement project, Ian preparation and debris, an osprey pair, and Halloween decorations.

Concrete Repair and Replacement Project



Ian: Preparation and Debris



Osprey Pair



Halloween Decorations



Staff Halloween Celebrations

By Enith Vardaman; photos by Ann Bell, Ed Hollender, and Mary Faria

At the October 28 “Pumpkin Decorating Contest,” held in the Therapy Garden, staff had an opportunity to display their creativity. The October 31 “Staff Costume Contest” was another such opportunity. This event had a special twist, with staff parading to all the healthcare facilities before returning to Johnson Hall for skits and the judging presided over by Chief Operating Officer Travis Schryer.

Pumpkin Decorating Contest



First place: “Fleet Lightning” (Plant Operations)



Runner-up: “Gru and His Minions” (Coleman Dining)



Runner-up: “Movie Snacks” (Home Health)



Left: “Sugar Skull” (Reception).

Right: “Olaf the Snowman” (Leeward Dining).



Left: “Lifeguard on the Beach” (Human Resources).



Right: “Francine Fitness” (Fitness).

Staff Costume Contest



Sales and Marketing staff perform their skit.



Left: Group winner, “Wizard of Oz” (Health Services Activities Team).

Right: Individual winner, Sally from Nightmare Before Christmas (Melissa Burkee).



All the contestants

Navy Birthday Flag Raising

Fleet Landing celebrated the Navy's 247th birthday with a traditional 8 am flag raising ceremony at the Flag Plaza on October 13. As usual, Dining Services provided refreshments. *FLEET BEAT* photographer Dita Domonkos was out early to capture photos of the ceremony.



Bottlenose Dolphin Beach Walk

Photos by Ann Bell and Janet Silvester

On October 18, Terran McGinnis of Marineland led a group of Fleet Landing residents on an educational walk on Vilano Beach.



Left: Terran McGinnis.

Right: Beach erosion from Ian collapsed this walkover.



St. Augustine viewed from Vilano Beach



There were some dolphin sightings.



Two sightings you would expect to see at the beach and one you wouldn't