



FLEET BEAT

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THE FLEET LANDING RESIDENTS' NEWSPAPER

June 2021

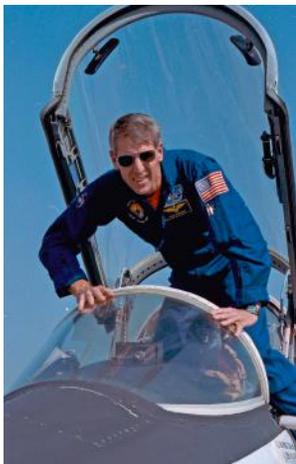
Independence Day Ceremony

By Howard Burdick



This year's Independence Day ceremony, conducted by Fleet Landing residents, was held in Johnson Hall, but on July 5, because July 4 fell on a Sunday. Residents' Council President Bob Burkart welcomed everyone to the 245th anniversary of this country's independence—and the most joyous of the three patriotic ceremonies held on our campus each year. (The other two are Memorial Day and Veterans Day.) He thanked council Vice-President Eileen Theis and Pat Kluever, who is president of the Military Officers of America Association (MOAA) Historic Mayport Chapter, for their coordination in presenting the program. Master of Ceremony Frank Donnelly introduced the Rev. Pete Wait, who reminded us that we are a nation under God, with the privilege of living here at Fleet Landing. He also reminded us of the great challenges and risks our founders faced, the inspiration we should take from them, and the faith we should follow when we fall short.

Donnelly introduced our principal speaker, Colonel Bob Springer, USMC (Ret.), a new resident, who was an aviator and astronaut. (See the "Welcome Aboard" article on page 9 for details on his distinguished career.) In his remarks, Springer reminisced on the genesis of our forefathers, their challenges and sacrifices, and traditional ceremonies to remind us. Revisiting the phrase "rocket's red glare" from our National Anthem, he showed modern rocket's red glare on the liftoff pad. He also revisited President Kennedy's 1962 dictum to go to the moon and re-



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Jacksonville City Council Member Speaks at June MOAA meeting

By Chet Davis

The Historic Mayport Chapter of the Military Officers Association of America (MOAA) held its monthly meeting in Johnson Hall on June 23. Although billed as MOAA events, these meetings are open to all Fleet Landing residents, and their purpose is to bring interesting and relevant speakers to our campus.

The featured speaker was Rory Diamond, who represents the Beaches on the Jacksonville City Council. In his second appearance at a MOAA meeting, he addressed issues that he is pursuing on the council. He opened his remarks by discussing the failed attempt to sell JEA, Jacksonville's community-owned electric, water, and sewer facility. He headed the City Council committee tasked with investigating the scandal-plagued attempted



sale. For the first time, a council committee had subpoena power and took depositions under oath.

One of Diamond's priorities is forcing the city departments to be more efficient with tax dollars. He has targeted nearly 25 areas of concern.

Diamond also spoke of his efforts to deliver city services to the Beaches during the pandemic. He worked first to get a testing site and then a vaccination site at the Beaches. With some 40 percent of Beaches residents who worked in its bars, restaurants, and hotels out of work, Diamond collaborated with the Beaches Emergency Assistance Ministry (BEAM) to support residents through financial and food aid. His office responded to over 3,400 appeals for help.

Diamond is the CEO of K9s for Warriors, an organization that pairs trained shelter dogs with persons with service-connected post-traumatic stress, traumatic brain injury and/or military sexual trauma. Based on the success of K9s for Warriors, Diamond spearheaded the efforts to establish The Fire Watch program in Northeast Florida. Its purpose is to end veteran suicide. The first such effort in this country, The Fire Watch includes the Watch Stander program. A 45-minute training program qualifies Watch Standers to be vigilant in regard to the concerns of veterans and direct

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June Residents' Council Meeting

By Howard Burdick

The June 15 council meeting was convened in Johnson Hall by Residents' Council President Bob Burkart, who welcomed new residents. He announced that council meetings were scheduled for the third Tuesday of each month at 2 pm. He said that Fleet Landing had been recognized as the organization raising the most money in Duval County for the 2020 Salvation Army Red Kettle Campaign: \$19,600 plus a diamond ring. (See *FLEET BEAT*, May 2021, page 9 for more information.) Those present responded with a round of applause for Dave and Mary Pat Lynch, who organized and managed the campaign. Burkart reported that the council had revised its Standing Rules. This document is available in the Dinda Library and on Fleet Link. (Go to "Resident Council," then "Resident Council General Info," and scroll down past the council's charter and by-laws.)

Management Review. Chief Operating Officer Travis Schryer reported that there were some programming issues to resolve before the Wi-Fi upgrades to the patio and manor homes could continue. More parking spaces for large events in Johnson Hall will be available as most staff parking will move to North Point.

Council Reports.

Special Events and Marketing. Vice-President Eileen Theis reviewed council-scheduled Independence Day events, which were to be held on July 5 because July 4 fell on a Sunday. (See articles on page 1 and page 12.) In reporting on marketing, she noted that as of May 31, there were 492 independent living residents in 334 residences, with 20 vacant but claimed units. Six closed sales brought in revenue of \$2,100,000. Residents have begun moving into the 8000 Building (5 units occupied in May, with 13 anticipated for June) and North Point (18 units occupied in May, with 5 anticipated in June). Leeward Manor is fully occupied or reserved. The Nancy House is over 95 percent occupied.

Finance. Bob Armacost reported continuing positive financial results close to overall budget projections, with days cash on hand over three times that required. Detailed reports can be reviewed in the Dinda Library. He also reviewed where our expenses of \$13,368,621 through April 30 were spent by percentage of a given category: dining, about 15 percent; healthcare, about 31 percent; maintenance, about 9 percent; housekeeping, a little more than 4 percent; admin and general, 18 percent; depreciation, 16 percent; and interest, 6 percent.

Wellness, Transportation, and Clubs. Jackie Mears called attention to upcoming events. She reported that there was now a shuttle to St. John the Baptist Catholic Church at 8:30 am on Sundays. Residents should sign up with Transportation if they wish to use the grocery shuttle, which operates at 2 pm on Tuesdays and Thurs-

days. Now that most resident-led clubs are meeting again, there will be a club fair this fall at a date still to be determined.

Human Resources and Dining. Ray Bratcher reported that the Staff Member of the Month for May was Deborah Corde of Environmental Services. She has been with Fleet Landing for 26 years! Her wisdom, work ethic, and insight set an example for others, and her performance is flawless. There were 96 Lobster Tales submissions in May. The year-to date turnover rate is 16.23 percent. Staff now number 480. Dining Services has made a number of changes involving both LakeView and Currents.

Healthcare. Janice Flock gave a comprehensive review of the risks of dehydration as we enter the summer months, noting such tell-tale indications as dry mouth and skin; tiredness, dizziness, headache, and constipation; fainting; and effects on brain and heart functions, and mood. The quickest indication of dehydration is the color of urine: clear or light straw color indicates adequate hydration. Drink up, but stick mainly to water. Coffee, tea and alcohol can compound the effects of dehydration. Flock issued a call for weekend resident concierge volunteers (one to two hour shifts) to give directions in Leeward Manor or the Derfer Pavilion. Contact her or Jillian Fiedler at ext 1213. Flock also cautioned residents to get out of the outdoor pool when there is thunder anywhere in the area, or the skies are darkening.

Facilities. Lory Doolittle described the procedures for residential zone inspections; and reviewed recent inspection results at apartment buildings. She thanked building representatives who accompanied her and facilities staff on these inspections. Document maintenance requests through Fleet Link or with Shari Townsend at service@fleetlanding.com or ext 1141. For
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June Residents' Council Meeting

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landscaping issues, contact Sarah Day at ext 1142 or sday@fleetlanding.com.

Safety & Security, and Housekeeping. Kerstin Chelius reported that in May Safety and Security responded to 46 calls for help from independent living residents and did 320 house checks for residents who were out of town. Safety and Security urges residents to keep the 15 mph speed limit, and walk on the sidewalks. The Selva gate is open to staff and residents, but guests and vendors must still enter through the Mayport gate. The North Point gate, scheduled to open in July, will be available to residents and staff. Employee parking for 124 cars by North Point is being prepared. Chelius announced that Kay Combs, Manager, Housekeeping Services, would be leaving on July 2. Her replacement, Kevin Towsley, is already on board to assure a smooth transition. (See article on page 4.) He has commented that Combs did an amazing job planning to make the opening and staffing of new facilities easier and more efficient.

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

- Alphabetize the list of headings in Fleet Link. This has been done.
- Convert covered guest parking to resident parking. Management agrees that residents should be given priority.
- Serve ice cream in Currents. Expect this sometime in June.
- Allow selection of sides to pair with entrées. Residents can choose sides for in-person and takeout dining in LakeView and Currents, but this is not practical in preparing the large volume of meals for delivery. However, the delivery menu offers bonus sides.

There were six additional suggestions, but the responses, which were still pending, will be reported at future council meetings.

Resident Questions and Comments. These included availability of Derfer Pavilion rooms for residents (there is always room); bus service to the Jacksonville Symphony (will be available in the fall); zone inspections of healthcare facilities (handled separately from independent living zone inspections); availability of car wash (hose available where the buses are parked and water and air available by the maintenance building); and better bulletin board size/location in apartment buildings (being planned).

The next meeting will be on July 20 in Johnson Hall.

Editor's note: Meeting minutes and complete member reports can be found in the Dinda Library.

June Board of Directors Meeting

By Enith Vardaman

The June 15 meeting was held in closed session, Board Chair Helen Atter presiding. The information below was supplied to FLEET BEAT by Executive Director Josh Ashby.

The board authorized the purchase of the Sonic Drive-In at 2565 Mayport Road.

The board received the 2020 audit report. A copy is available in the Dinda Library.

The board's Governance Committee is restarting the effort to review the corporate structure of Fleet Landing to insure it provides contemporary methods of organizing Fleet Landing's various business activities, e.g., purchasing real estate such as the Sonic Drive-In, off-campus home health services, and existing continuing care services.

The Governance Committee is also searching for a non-resident director to replace the third retiring director. The other two director positions have already been filled by residents Kathleen Long and Lindsay Norman.

The board received an overview of the resident satisfaction measurement tool.

At the conclusion of the meeting, board members received an in-person tour of the Beacon Pointe project, which they may not have seen before because of the pandemic.

The Last Hurrah?

By Patricia Payne

Artists and photographers as well as other residents have missed the visual stimulation of exhibits on their way to LakeView while waiting for the Coleman Center renovations to start. Those bare walls were really sad, so the Art Club and the Photography Club collaborated on an exhibit of paintings, photographs, and sculpture to enliven the second floor atrium for as long as it's available. The exhibit has been dubbed the "Last Hurrah." Does that mean we won't have any more exhibits? No! It simply means that the last exhibit in the current venue needed to include all exhibitors who wanted to participate.

The Art and Photography clubs have formed a committee to work with the Fleet Landing administration to plan continuation of robust art and photography exhibits during the renovations and beyond. Director, Wellness Services, Jennifer Joy, and Executive Director Josh Ashby are supportive of these efforts in that they recognize the value of art and photography exhibits in contributing to the social and intellectual wellbeing of residents.

The 49 items in this exhibit were contributed by 27 artists and photographers. In fact, the "Last Hurrah" boasts a first: This is the first time artists and photographers have shown their work together.

Editor's note: Look for an article about the works in this exhibit in the next issue of *FLEET BEAT*.

Investment Club News: Anniversary Special

By Howard Burdick



Table of treats ready for the celebration



LtoR: Walt Trevaskis, Barbara Drake, Howard Burdick

At our June 9 meeting, we had a special celebration in honor of our 30th anniversary! Better Investing, a national organization which supports clubs such as ours, sent representative Barbara Drake of Jacksonville to present us with a certificate denoting this milestone. Regular business was put on hold while we quaffed, munched, and talked over the finer points of buying and selling stocks. Former members were invited, including past president Ed Fenton, an original member, and Fleet Landing's senior resident in terms of longevity. Past president Bob Dinda also attended.

One of the discussion topics included our use of a process called the Stock Study Guide, an analytical procedure which we require be performed before we buy or sell any stock. This involves a comprehensive review of such things as debt, sales, revenue, earnings per share, price-to-earnings (P/E) ratio, current and past prices, followed by a judicious forecast of future prices and P/E ratio, all of which fits into a neat formula to indicate whether we should buy, sell, or hold. As we meet only once a month, this supports our main philosophy as investors—not timely traders.

Our current holdings are a mixed bag, and not doing as well overall as in days of yore. These include Airbnb, Alphabet A (GOOGL), Amazon, Apple, Carvana A, Chewy, DoorDash, Ford, GM, Microsoft, Moderna, NIO,

and Tesla. We're waiting patiently for the tide to rise on too many of these, but real investors are patient.

Our regular meetings are held on the second Wednesday of each month at 7 pm in the Atlantic Room. Visitors are welcome to observe and to join if they wish.

Meet Kevin Towsley, Manager, Campus Housekeeping Services

By Chet Davis

Kevin Towsley recently joined the Fleet Landing staff as Manager, Campus Housekeeping Services, replacing Kay Combs who recently married and is traveling to her husband's new duty station.



An Ohio native and veteran (US Army combat engineer), Towsley comes to Fleet Landing with a wealth of experience gained from managing housekeeping services at Shands Hospital in Gainesville, FL; North Shore Medical Center in Miami, FL; and Brooks Rehabilitation here in Jacksonville. Prior to moving to this area eight years ago,

Towsley was the regional maintenance director for Consolidated Management Corporation, an owner of apartment properties.

When asked why he was interested in Fleet Landing, he responded that his friends at the American Legion said it was a great place to work. One month in, Towsley commented on the welcoming staff, the team atmosphere, and the fantastic residents.

Say hello when you see Towsley around the campus and welcome him to Fleet Landing.

Library Notes

By Enith Vardaman

The Library Committee bids farewell to one member and welcomes another. Mary Shawler has retired after five years of dedicated service to the Leeward Manor library. Ann Bell assumed this responsibility on July 1.

We thank our recent donors: Anne Conway, Bob Linn, Carla Philcox, and Mary Ellen Reed.

Reminders: Please do not return books belonging to other libraries to the Dinda Library. Often we have no way of returning a book to the library that owns it.

Please do not re-shelve books you have borrowed. We find many books incorrectly shelved, and a book so shelved is not available to other library patrons, who would be looking for it in its proper location. Books you are returning should be placed in the wooden box under the librarians' workstation or on the workstation.

Jacksonville City Council Member Speaks at June MOAA meeting

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them to the help they need.

Other topics Diamond addressed included improvements to Penman Road, new pier construction in Mayport Village, upgrading of police training, local infrastructure, and downtown Jacksonville development plans.

A Tour of Our National Parks

By Joan Carver and Howard Burdick

Why does it take two *FLEET BEAT* reporters to cover Mark Woods, metro columnist for *The Florida Times-Union*? In May 2017, Woods gave a slide presentation entitled “A Year in Our Parks: One Year in America’s National Parks, Looking Toward the Next 100” to Fleet Landing residents in Johnson Hall. Woods discussed his yearlong sabbatical visiting national parks from Maine to Hawaii and the resulting book, *Lassoing the Sun: A Year in America’s National Parks*.



That presentation was reported in these pages by resident Joan Carver. This year, on June 7, Woods reprised his presentation in renovated Johnson Hall to a very enthusiastic group of residents, and this report reflects Carver’s original article with additional items of note that reporter Burdick heard.

Woods’s tour of the parks was made possible when he applied for and received the Eugene C. Pulliam Fellowship for Editorial Writing, which is awarded annually to one journalist to study a subject in depth for a year. For his 2012 fellowship, he chose as his subject our national parks, noting that the centennial of the National Park Service was to be celebrated in 2016. His slides included not only pictures of the parks he visited, but also of members of his family in them, reinforcing how intertwined his love of them is with the experiences he enjoyed as a child with his parents and siblings and now with his own wife and daughter. A sad note in his talk was the diagnosis of late-stage cancer and subsequent death of his mother halfway through his year of visiting parks.

While there are over 400 parks, 59 are considered iconic. Woods visited one a month as representative of the great variety in our park system. He began his odyssey at the Acadia National Park in Maine, backpacking alone to the top of Cadillac Mountain in 2012 to watch a foggy sunrise on January 1. He completed his tour in December at Haleakalā National

Park on Maui, where he slept in the crater of a dormant volcano, marveling at the absolute quiet. There he experienced the last sunset of the year. The name of his book about the parks came from a Hawaiian myth that a son lassoed the sun to slow its rush across the sky in order to give his mother more daylight time to tend to her chores.

Other parks Woods visited during the year are listed below with his observations on each. While in each park, quarters for him and his family were a Ford pop-up camper and a pup tent.

- February: Saguaro National Park in Tucson, AZ, named after the cactus that grows in it. When his mother died, his family had a memorial service for her here.
- March: Glen Canyon National Recreation Area in Utah and Arizona, with its memories of whitewater rafting with his mother and family and of bright nighttime stars.
- April: Grand Canyon National Park, whose massive and powerful landscape made him feel small, and where he had special ties from many visits.
- May: Dry Tortugas National Park, seven small coral islands off Key West, one of which houses Fort Jefferson, which is the largest brick masonry structure in the Western Hemisphere. He camped two nights here alone in his pup tent.
- June: Yellowstone National Park in Montana, Idaho, and Wyoming—noted for its amazing hot springs—established in 1872 as our first national park. Its former millions of roaming bison are now reduced to about 7,000 after near extinction.
- July: Gateway National Recreation Area in Brooklyn, NY. Its 27,000 acres on the site of the former Floyd Bennett Field, New York City’s first municipal airport, appear neglected and mismanaged.
- August: Yosemite National Park in California with its massive granite boulders, including the famed El Capitan and Half-Dome favored by rock climbers.
- September: Flight 93 National Memorial in Pennsylvania, commemorating the September 11, 2001, national tragedy and preserving its history and memorial wall for future generations.
- October: The Olympic National Park in Washington State with the silence of the rain forest and one spot of absolute silence.
- November: The Big Bend National Park in Texas, where there are some of the darkest, clearest night skies in America.

What is the future of our parks? Woods’s presentation suggests that it rests in the public’s appreciation and reverence for them. He and his family clearly cherish the parks. Asked if he had to name one of our parks as the most iconic, he replied that each park holds something special, and it is a personal experience for each person.

Independence Day Ceremony

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The Note-Ables

turn, with the challenges, losses, and sacrifices endured in the space program ever since. He reminded us of the great importance of teamwork and the blessings of freedom to choose.

Donnelly reviewed briefly the long journey leading up to July 4, 1776. Following patriotic songs from our own resident choral group, the Note-Ables, They wished all a happy 4th on the 5th.

Editor's Note: Traditionally, *FLEET BEAT* photographer Ed Hollender covers all our 4th of July events, but this year he was sidelined at the last minute by severe wrist pain. Bob Springer and Mary Faria, Manager, Wellness Services, provided the photos for this article, and photographers named in the "Independence Day to Remember" article on page 12 graciously stepped in to help with the rest of the coverage.

Charitable Giving in Estate Plans

By Howard Burdick



Bill O'Leary and Olivia Bush

In Johnson Hall on June 22, Director of Charitable Gift Planning Olivia Bush introduced elder law attorney Bill O'Leary. He spoke about means of directing our money toward charitable causes and some special considerations that could argue for doing that soon. He is the principal at Legacy Planning Law Group in Jacksonville. He holds a B.A. from Georgetown University, a J.D. from Temple University, and an LL.M. in taxation from the University of Florida.

O'Leary first discussed lifetime gifting, which

includes charitable gift annuities, qualified charitable distributions, and remainder trusts as well as a proposed bill, the Legacy IRA Act, which would give mid-income seniors more flexibility in charitable distributions from their IRAs. He also discussed after-death giving through wills and trusts, life insurance, IRA beneficiaries, and remainder trusts.

O'Leary then discussed pending legislation that could affect estate planning and the role of charitable giving under those circumstances. Senator Bernie Sanders has introduced a bill entitled "For the 99.5 Percent Act," so named because it is meant to affect the wealthiest half a percent of Americans. Its provisions include a dramatic reduction in the estate tax exemption. Senators Chris Van Hollen, Cory Booker, Sanders, Sheldon Whitehouse, and Elizabeth Warren have introduced the "Sensible Taxation and Equity Promotion (STEP) Act." Currently, when someone dies with assets that increased in value during his or her lifetime, income taxes are never collected on those capital gains. Under the provisions of this act, capital gains above a certain amount would be taxed when heirs inherit assets for which the original owners never paid income taxes on those capital gains. These bills may not pass in their present form—or at all—and the provisions are too complex to be adequately explained in this short article. Anyone with a very large estate may wish to seek further information in case these proposed bills become law.

Bush is a resource for further guidance on topics discussed by O'Leary.

Fleet Landing in the News

By Enith Vardaman

As strange as it might seem at first glance, the June 21 issue of *The Providence Journal* had a lengthy article about resident Ray Rigney. A guest columnist of the newspaper seeks stories about living veterans, and she found one in Rigney's service in the US Navy. The story had two parts. The first was Rigney's heroic actions when, in June 1965, a Norwegian freighter collided with the aircraft carrier USS *Lake Champlain* in foggy conditions, causing a fire on the carrier. The second part involved the popular TV show *To Tell the Truth*, where a panel of celebrities tries to judge which of three contestants is telling the truth about an unusual occupation or experience. Having seen newspaper accounts of the collision, the show's producers invited Rigney to appear on the show. And why might this story have appeared in *The Providence Journal*? Rigney is a native of Rhode Island.

Editor's note: Thanks to resident Chet Davis for alerting me to this article.

The July 3 edition of the "Shorelines" section of *The Florida Times-Union* had an item about the Beaches Kiwanis delivery of a pool table to the Boys & Girls Club

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Fleet Landing in the News

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on Jacksonville's Northside. In the accompanying photo, Fleet Landing resident and Kiwanis member Karl Price, who facilitated the donation, is pictured with residents Ken DeVries and Andy Granuzzo as well as others who helped move the table to the club. While not mentioned in the item, the donor of the table was resident Lory Doolittle. (See article on page 10.)

Summer Concert Series: Special Consensus

By Kristin Perry



The second concert in the Fleet Landing Summer Concert Series featured the bluegrass band, Special Consensus, on June 11, and every seat in Johnson Hall was taken.

The band consisted of Nick Byrd on mandolin, Greg Blake on guitar, Dan Eubanks on standing bass, and Greg Cahill, who has led the group since 1975, on banjo. The group has been nominated for two Grammy awards, has received many bluegrass music awards, and just released a new album, *Chicago Barn Dance*.

Bluegrass music is difficult to describe because it is poignant but rousing at the same time. The lyrics from one of the first songs of the concert say it well:

Lots of stories, no better way to spend the time.

Lots of stories, memories of days gone by.

Lots of stories, tell me yours, I'll tell you mine.

Of course, those stories are filled with heartache, mayhem, loss and undying love set to a rhythm that moves your spirit.

Greg Cahill said it took them awhile to get to Fleet Landing with some transportation difficulties and that they "had to walk the last ten miles," but I'm pretty sure that was a joke—or just another story.

Special Consensus sang many bluegrass songs and a few country songs. There were too many titles to remember and list them all, but I certainly remember

my favorite, "Sea of Heartbreak" made famous by Don Gibson in 1961.

Sue Tice, a fiddle player from St. Augustine, was in the audience and made a special guest appearance, playing two songs with the band.

June WELLInspired Learning Series



Lindsey Poole and Joseph Tingson



Jennifer Joy (l) and Sue Dukes

The theme of June's WELLInspired Learning Series was cognitive health. Lindsey Poole, Director of Nursing, Assisted Living, and Joseph Tingson, Occupational Therapist in Fleet Landing's Therapy Department, spoke on June 3. Jennifer Joy, Director, Wellness Services, and Sue Dukes, a nutritional consultant from the Jacksonville area who participated via Zoom, spoke on June 17. The talks were held in Johnson Hall.

When Comfort Matters! Caring For Those with Dementia

By Isobel Spink

Lindsey Poole, who has been a nurse for ten years—eight of them here at Fleet Landing—presented a fascinating explanation and discussion of dementia. She explained that The Nancy House is accredited by Comfort Matters, a nationally and internationally recognized memory care organization. Fleet Landing has the first memory care facility in Florida to be accredited by Comfort Matters, and it is one of fewer than 40 in the US. (For more information about Fleet Landing's Comfort Matters accreditation, see *FLEET BEAT*, Sept./Oct. 2019, page 7.) The organization was started by three women with clinical knowledge, all of whom had close relatives with dementia, and who were determined to improve the care for memory-impaired patients.

Dementia is an "umbrella" term associated with loss

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June WELLInspired Learning Series

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of brain functions, including memory, language skills, visual perception, problem solving, self-management, and the ability to focus and pay attention. It affects a person's ability to live independently. Not all dementia is Alzheimer's Disease, but it is the most common form. Dementia is not a normal part of aging; it is a progressive, terminal illness with no cure.

Poole said that multiple types of dementia can coincide. This is called mixed dementia, and it begins in the brain's hippocampus and slowly develops around the brain. The center of the brain, called the amygdala, gives us the ability to feel emotion. It is unaffected by dementia, so a caregiver for someone with dementia needs to try to read the patient's emotions.

Comfort is the absence of suffering. A quote from Hippocrates, the Father of Medicine, says, "Cure sometimes, treat often, comfort always." This saying is adhered to in the treatment of Nancy House occupants. How do we bring comfort to someone who has lost his or her ability to communicate? One of the goals is to encourage patients to have happy emotions through their environment. If the nurse or CNA has learned about a patient's life, that caregiver can bring up happy memories by reminding the person of something fun—perhaps music, or some events. This approach would also apply to a person living with a spouse who could be moving towards dementia. Patience and the goal of providing comfort through joyful emotions are tried-and-true ways to communicate with a loved one with this progressive disease.

The question was asked how violent patients were handled. Poole said all efforts are made to establish reason with the resident, but there were other methods used in comprehensive care management. Physicians implement many methods to understand and address why somebody is expressing themselves with these actions. Medications may be used, but other methods are considered best practice. She stressed that the safety of both residents and staff was of critical importance.

Resident Bob Armacost suggested that we should all record some of our favorite things to be kept with our medical records, so that if the time comes for us to go to The Nancy House, the staff would know how to bring us happy emotions. Poole welcomed that suggestion.

In response to another question, Poole said that Physician Assistant Doug Fowler made rounds daily in The Nancy House, and he sees each resident once a month in the homelike setting of The Nancy House.

How Do We Care for Those With Allen Cognitive Levels?

By Isobel Spink

Joseph Tingson explained the different stages of Allen Cognitive levels. The Allen Cognitive Levels Scale was developed by Claudia Allen, MA; Occupational Therapist, Registered; Fellow, American

Occupational Therapy Association, and her colleagues to evaluate the ability to learn new tasks and function independently.

The goal of intervention in treating dementia is to promote safe engagement in activities, allowing patients to experience their best abilities to function in a supportive environment.

The Allen Levels were described as follows:

Level 6.0: Able to think about actions before performing them; considers others' needs; attends to abstract cues like the potential outcome of an action, safety hazards, and social expectations. No cognitive impairment.

Level 5.0: Includes the ability to cook a three-course meal, to remember effects of previous actions, and to learn new activities.

Level 4.0: Able to complete a goal; can prepare a simple meal, but may need help in initiation and safety; requires daily checks or assistance. Routines are beneficial at this stage.

Level 3.0: Able to follow a one-step simple direction in a familiar setting; easily distracted; cannot learn new behaviors; has poor hand use for familiar objects; requires 24-hour supervision and assistance for daily care.

Level 2.0: Advanced dementia. Able to move the body for sitting, standing, walking, and balance, but has severely impaired cognition and requires 24-hour care.

Level 1.0: Advanced dementia. Severely impaired cognition and requires 24-hour care.

Tingson had some great reminders for dealing with someone experiencing dementia:

- Don't expect too much. Simple activities using current abilities are best.
- Help the person get started. Break an activity into small steps, and compliment each step completed.
- If there are signs of agitation and frustration, redirect the person's attention to something else.
- Incorporate activities that the person enjoys into the caregiver's daily routine at a similar time.
- Take advantage of health and wellness services available at Fleet Landing.

Both Tingson and Poole provided excellent information for everyone at Fleet Landing, with lots of good advice for us and our loved ones. Clearly, comfort is the key to caring.

Brain Fit

By Victoria Freeman

Jennifer Joy and Sue Dukes spoke on the topic of cognitive decline. Uncontrollable factors include age, genetics, and family history. Controllable factors include sleep, comorbid conditions, social support, stress, cognitive stimulus, physical activity, and diet.

Sleep is important in a number of brain functions, including how nerve cells communicate with one another.

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June WELLInspired Learning Series

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Sleep plays a housekeeping role, removing toxins from the brain. Chronic lack of sleep, or getting poor quality sleep can produce a higher risk of disorders such as high blood pressure, depression, and obesity. These conditions are comorbidities

Cognitive stimulation can be encouraged by such activities as computer-based learning and learning an instrument or a foreign language.

According to the Mayo Clinic, physical activity—30 minutes per day—is the most powerful and effective intervention strategy, regardless of the type of cognitive decline.

As the name suggests, the recommended MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet is a hybrid of the DASH (Dietary Approaches to Stop Hypertension) and the Mediterranean Diet. Elements of this diet are: leafy green vegetables, berries, nuts, olive oil, beans, lentils, and fatty fish. A sip of wine (4 ounces) is good, but too much alcohol is harmful. A combination of healthful foods provides the necessary amounts of omegas, choline, and lutein.

Fleet Landing offers many activities to address controllable factors contributing to cognitive decline. Examples include physical activity (group exercise classes, bike rides, and beach walks) and mindfulness meditation and practices, yoga, tai chi, and qigong for managing stress.

A copy of the presentation is available on Fleet Link. Go to “Fleet Landing Presentations.” and scroll down to “WELLInspired Learning Series.”

Welcome Aboard

5817 **Debbie and Bob Springer** (May)



This very accomplished couple joined us from Rockledge, FL, after moving around the country with Boeing Aerospace Company; and significant travel in Italy, Scotland, and British Columbia. They started looking at us after they saw an ad in MOAA's *Military*

Officer magazine.

Debbie grew up in the Rockledge area. She earned an M.S. in human factors from Florida Technical Institute and worked as an engineer with Boeing, doing design work for fixed wing aircraft and space vehicles. Bob grew up in Ashland, OH. He graduated from the Naval Academy (B.S.), and was commissioned in the Marine Corps. Following flight training, he flew over 550 combat missions in Vietnam in fighter attack jets, Huey helicopters, and reconnaissance aircraft. He is a

graduate of the Naval Postgraduate School (M.S.) and the Navy Test Pilot and Top Gun Fighter Weapons schools. He has flown over 50 types of aircraft. Following selection as an astronaut, he logged over 237 hours in space, flying two missions: a commercial mission performing various experiments, and a classified mission for the US Department of Defense. In his second career, he was Director of Quality Systems, Integrated Defense Systems at Boeing.

The Springers have three sons and a daughter from prior marriages and a handsome seven-year-old Lab named Piper. Both are sipping aficionados of single malt Scotch whiskey, and they are active in charity work. Bob was the principal speaker at our recently conducted Independence Day ceremony. (See article on page 1.)

Welcome!

—Howard Burdick

Skirting the Rules



Front view



Back view

As was reported in the May issue of *FLEET BEAT*, (page 3) photography was not allowed at the St. Augustine Wild Reserve. However, if you are as photogenic as this peacock, you find a way around that prohibition by making this impressive display **outside** the gates. *FLEET BEAT* photographer Ann Bell, who always has her cell phone camera at the ready, captured the moment.

New Club on Campus

By Enith Vardaman



Richard Wong (third from right) definitely had everyone's attention.

Resident Richard Wong has taken the initiative in creating a new campus activity, the Chess Club. The club's first meeting was held on June 15 in the Windward Commons lobby. Although Richard's wife, Yim, declines to call herself an expert, she was on hand to help out.



Yim Wong (right) provides instruction to Constance Miller.

The club will meet weekly on Tuesdays from 1 pm to 3 pm in the Windward Commons lobby, and all levels of chess players are welcome. Participants are requested to bring their chess set and board if they have them. A weekly chess

puzzle will be given and explained. Richard can be contacted at RWong2453@gmail.com for more information.

Help Your Neighbor (HYN)

By Fleet Landing Woodworkers' Club (FLWWC)

The "Help Your Neighbor" program is designed to bridge the gap between the Fleet Landing maintenance staff and commercial vendors for specific projects that Fleet Landing residents need completed.

FLWWC member effort is **free**. Materials and supplies will be estimated before starting the project, and reimbursement may or may not be requested, depending on the club inventory and/or purchases. Donations are accepted and are **voluntary**. They are not tax deductible.

Typical HYN projects include the following:

- Furniture repair (examples: loose/broken chair arms and legs, table legs, drawer sides and backs, hinges, tightening screws)
- Furniture modification (examples: raising/lowering couch or bed frame height by leg replacement, reduction, or extension)
- Assembly (examples: walkers, bicycles, shelves, desks, swings, online purchases)

- Adjustment (examples: walkers, shelves, cabinet doors, hinges)

- Making wood racks to hang things inside or outside (examples: planters, wine racks, book racks, peg board)

- Lamp repair (examples: rewire, replace switches, tightening). House switches and wiring are excluded.

If your situation is not listed above, please contact us and we will still consider doing it or possibly recommending a solution.

Note: FLWWC will normally not accept refinishing or resurfacing old wood furniture because of the difficulty of matching old finishes. However, special consideration might be given to unique situations.

Contact us by calling: (904) 249-9900, ext 1471 and leave a message. If no call back within 48 hours, contact a club officer as listed in Fleet Link or through the Coleman Center concierge.

Join FLWWC: Are you interested in joining the Woodworkers' Club? Residents join our club for various reasons, including working on personal and community projects, borrowing tools, doing HYN assignments as they become available, and so on. Whatever your interests, we would be happy to have you as a member. Contact a club officer as listed in Fleet Link or through the Coleman Center concierge to schedule a tour of our excellent shop and/or to join.

Pool Table Donation



LtoR: Dennis Eller, Bill McLeod, Karl Price, Ken DeVries, Shecara Coney (a Boys & Girls Clubs official), Andy Granuzzo

One day, in the heart of our COVID-19 lockdown, resident Lory Doolittle returned to her apartment and found a huge box outside her door. Inside it was a small-sized pool table with collapsable legs. Her son had sent it so that she could practice her pool game during the pan-

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Pool Table Donation

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demic. (In pre-pandemic days, she could often be seen at the pool table in the Dinda Library.) Now that things have been getting back to normal, she thought the table would be a good item for a Boys & Girls Club. Knowing that resident Karl Price works in Kiwanis and has connections with such clubs, she offered it to him.

Price knew that the Boys & Girls Club on Jacksonville's Northside needed a pool table. He put together a group of strong men from Fleet Landing (volunteers Ken DeVries and Andy Granuzzo) and from Kiwanis (Dennis Eller and Bill McLeod), and they moved the table from Doolittle's apartment to its new home on June 15.

Editor's note: The information for this article was provided by Lory Doolittle and Karl Price.

A Grand Fourth of July with Crescendo Amelia!

By Chet Davis



On July 4, a very large audience of Fleet Landing residents—undeterred by heavy rain—were treated to a highly entertaining and professional concert by the Crescendo Amelia Big Band. Established in 2013, this jazz orchestra is composed of professional musicians, some of whom are current and former service members.

The program began with the National Anthem. Crescendo Amelia performed other patriotic songs, including the Armed Forces Medley and "America the Beautiful." The group brought the Big Band sound to Johnson Hall, and much of the program celebrated jazz as an American musical genre. Classic songs, mostly from the '40s, included "Chattanooga Choo Choo," "Don't Sit Under the Apple Tree," "Route 66," and "Stardust." One of the group's drummers was highlighted in the band's jazzed-up version of the Bennie Goodman concert favorite "Sing, Sing, Sing," which the band had renamed "Sing, Sang, Sung." A particularly amusing number was the performance of the "Theme from Rocky," which featured an appearance by Rocky Balboa. The group's singer and two energetic dancers rounded out the highly enjoyable program.

A poignant moment during the concert was the performance of a drumline piece written for a trio of high school students. The composition was dedicated to one member of the trio, who had died while collaborating on writing it. The two remaining members of the trio got a standing ovation for their rendition.

The full house was generous in its applause and showed great appreciation for music that was of our generation. It is hoped that Fleet Landing will hear Crescendo Amelia again in the not too distant future.



In Memoriam
Penelope Sandarg 1945-2021 Patty Sharer 1917-2021
Adelle Williams 1933-2021

An Independence Day To Remember

By Enith Vardaman

Photos by Ann Bell, Ed Hollender, Karen Farrell, Dick Fuller, Bob Gossen, and Glenn Perry

With COVID-19 restrictions gradually relaxing, all of Fleet Landing seemed really ready to celebrate Independence Day. You can read about the outstanding Crescendo Amelia (page 11) performance and the equally impressive traditional Independence Day ceremony (page 1) elsewhere in this issue. The photos below further capture the festive nature of this year's celebration.

Patriotic Sing-along

Steve Chapman, perhaps Fleet Landing's most familiar guest entertainer, led off this year's celebration on July 2 with his annual patriotic sing-along. He performed in Johnson Hall, which was already decked out in red, white, and blue.



Parade

Two-, three-, and four-wheel vehicles turned out in force, with some canine residents participating along with their humans.



Flag Ceremonies

Because July 4 fell on a Sunday this year, most of the celebratory events were held on July 5. The pictures below show the beginning of the day's events, the 8 am raising of the American and POW/MIA flags. The flag retrieval took place at sunset.

Setting out from the Coleman Center



Passing Windward Commons



*Just beyond the Mainstreet restaurant building
(continued on next page)*

An Independence Day To Remember *(continued from preceding page)*



The 8000 Building was a new addition to the parade route this year.



Continuing along Fleet Landing Boulevard



Patriotic outfits



*Circling Antares Court
*(continued on next page)**



Building 2000 residents took an unorthodox approach to their holiday attire. They came out in their bathrobes and sang as the parade went by.

An Independence Day To Remember

(continued from preceding page)



Lots more friendly waves



Virginia Byrd's mother pig and piglets and a close-up of the mother pig



Safety and Security is always on hand to keep everyone safe.



Patriotic Decor



Windward Commons



Seen around campus



The Atrium

Cummer Exhibit

By Victoria Freeman

On June 17, a full busload of Fleet Landing residents followed resident Lory Doolittle's car, which carried still more residents, to Jacksonville's Cummer Museum of Art & Gardens.

At the museum, Doolittle was their docent for a viewing of "Zanele Muholi: Somnyama Ngonyama, Hail The Dark Lioness," an exhibit of works by South African
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Cummer Exhibit

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photographer Zanele Muholi. ("Somnyama Ngonyama" translates as "Hail The Dark Lioness" in Zulu.) The exhibit, which consists of self portraits, confronts the politics of race and representation in a visual archive. Using everyday materials such as scouring pads and latex gloves, the artist commented on specific events in the South African past as well as urgent global concerns pertinent to the present.

Doolittle encouraged individuals to decide what art meant to them individually. She provided several powerful personal experiences.

After the tour, a delightful lunch was served in the museum cafeteria.

Flag Day/US Army Birthday Ceremonies



Left: Flag raising. Right: Flag retrieval.

Fleet Landing celebrated Flag Day and the US Army's birthday on June 14 with flag raising and retrieval ceremonies. The flag raising ceremony drew about 40 Fleet Landing residents and Military Officers of America Association (MOAA) Historic Mayport Chapter members. In addition to the American flag and the State of Florida flag, the POW/MIA flag was raised, and for one day, the US Army flag replaced the Fleet Landing flag. Residents Jim Karr and John Lones, together with new resident Larry Rose, handled the US and POW/MIA flags. New resident Dick Beltson handled the Army flag, with resident Maury Edmonds giving permission to raise it. The Army song was sung. Also on hand to observe the ceremony was another new resident, Lieutenant General Buster Hagenbeck, who is now the senior Army officer at Fleet Landing.

Fleet Landing management and staff provided support for the day's events, including refreshments at the morning ceremony.

Editor's note: Much of the information in this article came from resident Pat Kluever.

Queen Bees: A Spicy Fleet Landing?

By Howard Burdick

Photos by Ann Bell and Mary Faria



Like many men, I'm not a movie fan, but I was "informed" we were taking in the Johnson Hall premiere of the film *Queen Bees*, which was inspired by

our own resident, Sparky Dinwiddie, and her late husband, Don. Sparky's grand-daughter, Sarah, is married to Harrison Powell, a movie producer who hatched the plot after visiting Fleet Landing and learning of Sparky's experiences here. When Editor Enith Vardaman asked me to cover the film for *FLEET BEAT*, I went online to learn what I could. The first brief review I came across got my attention with such phrases as "lusty widows," "cut-throat bridge tournaments," and "mean girls." I thought that no way was this reflective of Sparky and Don and the Fleet Landing we know (honest!). But the basic plot is true, not only to Sparky and Don, but others of you here who have lost mates, grieved, and eventually found new life in new mates or new activities. We all came for somewhat different reasons, but to be open and opti-



Sparky Dinwiddie on the red carpet

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Queen Bees: A Spicy Fleet Landing?

(continued from preceding page)

mistic at any age.

The film featured good cinematography and great dialogue as well as excellent acting by a first-rate cast that included Ellen Burstyn, Ann-Margret, Loretta Devine, Jane Curtin, James Caan, and Christopher Lloyd. The basic plot is often more direct than some of us might be accustomed to in our finer digs here, but still thoroughly enjoyable. There were even a few misty eyes at the end.

While in Atlanta, GA, to participate in the filming of the movie in the role of guests at a wedding and reception, Sparky and Don discovered the often laborious process by which movies are produced. The showing here on June 10, was one day prior to its release to the public on June 11.

At the outset, our popcorn machine was not performing up to snuff, so Mary Faria, Manager, Wellness Services, and Jennifer Joy, Director, Wellness Services, coaxed it back to life and delivered bags of popcorn to our viewers during this great show. What a cast we have right here!



June New Resident Social

By Enith Vardaman



The attendance at the June 24 “New Resident Social,” the second in a planned series of such events, left no question about the popularity of this activity. After so many months of no large gatherings and wearing face coverings, residents were happy to be able to get together and, in many cases, to see the people behind the masks for the first time.

The afternoon began with socializing over beverages and hors d’oeuvres to the accompaniment of tunes played on piano and bass by two members of the Blue Muse jazz group. Then, Chief Operating Officer Travis Schryer and Director, Wellness Services, Jennifer Joy, led the audience in an amusing “Would You Rather” quiz. Attendees raised their hands to register their preferences on such weighty issues as being a passenger or a driver, losing sleep or missing a meal, having a vacation or a staycation, and opting for coffee or tea. As a follow-up, someone would be asked to comment on his or her choice.

These socials are scheduled for 3 pm on the fourth Thursday of the month, with the next one coming on July 22. They are a great way to get together with residents you already know and especially to meet and welcome new Fleet Landing residents.

Jacksonville Downtown Art and Mural Tour

By Glenn Perry



Gary Sass discusses one of the murals.



Part of the tour group and a jaguar sculpture



Fourteen Fleet Landing residents, accompanied by Manager, Wellness Services, Mary Faria, participated in an art and mural tour of downtown Jacksonville on May 18. Transportation was provided by Driver Rob Friedman. Gary Sass, familiar to residents as a professional guide on Jacksonville tours, was the docent for the tour of multiple works of art and twelve murals. Since 2016, ArtRepublic, a cultural production agency based in Jacksonville, has facilitated more than 50 murals throughout the city by artists of many nationalities.

There were a variety of styles from hard-edged and brightly colored geometrics to figurative portraits and images that resembled 19th century steel plate engravings. The mural sizes and complexity were truly overwhelming. Fortunately, *FLEET BEAT* photographer Ann Bell was on the tour and captured photos of some of these striking murals.



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Jacksonville Downtown Art and Mural Tour

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There is mural art closer to home: This spring, ArtRepublic collaborated with Atlantic Beach to create multiple murals on Mayport Road in the block between Robert Street and Edgar Street, opposite the Atlantic Beach Arts Mart. Many food trucks are often present on this block on weekends. Stop by for a bite to eat and see the very colorful street art.

A Different View of St. Augustine

By Enith Vardaman; photos by Ann Bell

On June 25, a busload of residents headed to St. Augustine to board the *White Pelican* for a Dolphin Odyssey & Sightseeing Tour offered by Red Boat Tours. On tap was the opportunity to view some of the iconic sights of St. Augustine from the water and to encounter some friendly dolphins. Lunch after the tour was at Beaches at Vilano, a Vilano Beach restaurant featuring Caribbean cuisine.



Towers of a building at Flagler College. The structure was originally the luxurious Ponce de Leon Hotel, the first hotel Henry Flagler built in St. Augustine. It opened in 1888.



Left: St. Augustine Lighthouse. Construction was completed in 1874. Still functioning, it is now owned by the St. Augustine Lighthouse and Maritime Museum, a nonprofit organization.



Right: The Great Cross. Reputed to be the tallest cross in the Western Hemisphere, it stands 208 feet tall. It was erected to celebrate 400 years since the 1565 arrival of Christianity in what is now the United States.



Top: Castillo de San Marcos National Monument. Construction as a Spanish fort was completed in 1695. It now belongs to the National Park Service.

Bottom, left and right: There were indeed dolphin sightings.

Chips & Putts

By Helen Craig

June 10 was a perfect day for the Fleet Landing Monthly Golf Tournament at Windy Harbor Golf Club, and 15 players took full advantage of this opportunity. Plenty of sunshine and bright skies overhead! Adding to the good cheer was the renewed opportunity to enjoy an after-golf dinner and celebration of results in the Atlantic Room—a very welcome amenity now that it has become possible to relax COVID-19 restrictions.

Following dinner and prior to revealing the day's winners, Tournament Chairman Bob Mills commented that over two years ago, this group had met and outlined the rules and procedures that we were using now. Noting that it was time for renewal of this discussion, he proposed that we meet again, and offered to schedule this meeting very soon. All agreed for the need. Site and details will be announced.

At this point, Mills introduced John Hedge and his Golfing Trivia contest—two questions for all members present, and one question for the ladies only. Example: "Who was the oldest golfer to win a major golf tournament before Phil Mickelson's recent win at age 50?" (Answer: Julius Boros in 1968, at age 48.) Mike Moorhead got that one. Gerry and Miles Nogelo correctly answered the next two questions.

Now to the tournament results. In first place was the team of Dan Barry (captain), Lindsay Norman, Nick Malie, and Miles Nogelo with a score of 70, including three birdies. In second place was the team of Hedge (captain), Larry Magner, Moorhead, and John Coman with a score of 71 and two birdies. The third place team was captained by Bob Huhta and included Jim Wayrynen (Atlantic Club), Joan Moorhead, and Don Goretsas (new North Point resident). They scored a 74 with two birdies. Then, in fourth place was the team of Isobel Spink (captain), Tom Gonwa, and John Neyhart with a score of 76 and one birdie.

Special prizes were awarded for "Longest Drive" (on hole #12) and "Closest to the Pin" (on hole #14). For the ladies, Isobel Spink won both prizes. For the men, Moorhead won "Longest Drive," and Hedge won "Closest to the Pin." The Sandbagger Trophy goes to the player on the winning team determined by its captain to have contributed the most to that win. Barry awarded this trophy to Nogelo for his sterling play. Hedge awarded the Birdie Trophy to Coman, as he got the only birdies for their team, a "selfie" birdie on hole #5, another birdie on hole #12, and he also sank a 30-foot putt for par on hole #18.

The team captains then gave a brief description of their team's performance. Barry noted that this was his first time as captain, and he related some advice that he had found most helpful: "Keep your head down, and let others keep their heads up! That worked for our team. Each player was great, and we seemed to gel."

Final comments from many of the players related to

the consistently effective and vital work of our tournament chairman—all offering a most hearty congratulations to Bob Mills.

Fitness Activities: Outdoor and Indoor

With the relaxing of COVID-19 restrictions and the reopening of Windward Commons, Wellness Department fitness activities have expanded beyond outdoor events. Exercise Physiologist Alisa Blanchard's photos provide a glimpse of the breadth of offerings now that indoor activities are once again possible.



Outdoor activities at the pool and the beach



Fitness class



*Left, top and bottom: Ballroom dancing class.
Right: Fitness assessments.*

Adaptable Luau

By Enith Vardaman

The June 14 “Summertime Luau” was originally planned as an outdoor event. Given the threat of inclement weather, Dining Services quickly regrouped and held it in LakeView, keeping the festive features of a luau: enticing food choices, a complimentary themed cocktail, steel drum music, colorfully clad staff, and leis at every seat. The diners were equally colorfully dressed, accentuating the cheerful atmosphere. As an added touch, attendees could have their picture taken in the Atrium with their choice of amusing props.



Yappy Hour

Lots of dogs and their owners enjoyed the June 18 Yappy Hour.

Important note: You do not have to be a dog owner to attend a Yappy Hour. You can come just for the fun of socializing with your human and canine neighbors.

