



# Jacaranda Trace

## Community Newsletter

Spring 2017 Issue



Mimi Nowak, Charlene Myers, and Kathryn Bland

## Our Community Is Number One In Venice!

Mimi Nowak, Charlene Myers and Kathryn Bland are proud to show off the many awards Jacaranda Trace won at Plantation Golf and Country ceremony for the Venice Gondolier Sun's Best of Venice Celebration. Jacaranda Trace won first place for the *Best Retirement Community*. Cadbury Park won *Best Small Assisted Living* and also an award for Memory Care. More than 400 people attended the celebration that included all of the Independent Living, Assisted Living, and Memory Care communities in Venice!

## Jacaranda Trace Has A New Exercise Gym

There is a sleek, newly renovated 1,500 sq. ft. exercise area at Jacaranda Trace! This recently re-opened facility is for the club members at Jacaranda Trace. The new space was relocated from the 2nd floor to the 1st floor and boasts a beautiful view of the pool area. After your workout access to the pool is convenient through double doors. There are 20 pieces of hi-tech equipment. The two treadmills are busy each day as well as the weights and exercise bikes. Chuck Hulbert, Jacaranda Trace's personal trainer from the Venice YMCA said that in his 40 years of experience, the exercise room is the nicest place he has ever seen anywhere!



YMCA Personal Trainer Chuck Hulbert and Frank Schultz on Treadmill.

A fitness program is created by Hulbert for each resident to ensure they are following what they are able to do or what is required by their physical therapist. "I work with Cindy Stones, Venice Regional physical therapist from our rehabilitation center and she tells me what program would be best for the individual resident."

Whether it is for fitness or rehabilitation, the exercise equipment at Jacaranda Trace along with recommendations and guidance from the personal trainer help our residents on the road to wellness. The trainer is available two days a week – Tuesdays and Thursdays from 9 am to 1 pm. The gym is open to club members 7 days a week.



Vivian Bauer working out in the newly renovated Jacaranda Trace exercise facility.

*Jacaranda Trace Is Committed To The Happiness And Well-Being Of Every Resident*



## 2017 Jacaranda Trace Travel Club

*There Are Many New And Exciting Trips Planned By The Jacaranda Trace Travel Club in 2017.*

- **May 28th to June 4** Cuba aboard the Fathom, Adonia. Havana, Cienfuegos, Santiago De Cuba. Cultural Exchange Activities on Ground included.
- **August 22 to August 26** New York City “Big Apple” tour – Broadway show; 911 Museum; Travel up to Rockefeller Center; Statue of Liberty dinner cruise. A trip of a lifetime!
- **October 7 to October 17** Catskill Mountains on American Cruise Lines Hudson River tour.
- **November 4 to 10th (7 days, 6 nights)** Royal Caribbean cruise to Havana, Cuba and Cozumel on the Empress of the Sea.
- **November 19 to 26 (8 days, 7 nights)** Holland American Rotterdam, Cozumel, Roatan, Honduras, Guatemala, and Costa Maya, Mexico.
- **2017 Day Trips**  
There are day trips planned for every month in 2017 – at least two a month – that includes trips to Palm Island, Vinoy Hotel, Sunken Gardens and Edison Ford Estate Christmas Light tour in December. Sign up for all of these exciting adventure trips with the Arts and Leisure Department.



*Thanks to the efforts of the Travel Club Committee: Vivian Bauer, Pat Becker, Connie Blum, Joan Brame, Kris Cottrill (Facilitator), Dickey Everson, Sheri Herbert, Marge Meister, Virg Stoltzner, and Shirley Thompson.*



## Residents Get To Name A Southeastern Guide Dog

It takes \$60,000 to train a dog to become a Southeastern Guide Dog. Not every dog makes it and some become security dogs or therapy dogs for Veterans with post-traumatic stress syndrome. Connie Blum's niece, Christina Adams, is involved with the Guide Dog Association and brought her dog Liberty to a Town Hall Meeting recently to meet our residents. They fell in love with the dog and the program.

Jacaranda Trace residents donated a total of \$5,700 toward the sponsorship of training a Southeastern Guide Dog. This enabled the residents to name the dog. They named it “Barklay” after both his cute bark and of course our Barclay building.

The organization was founded in 1982 working out of an old building with a few volunteers and generous supporters. Today they have a beautiful campus with a dedicated staff including veterinarians, training and breeding facilities and housing. The foundation is accredited by the two premier, global accreditation bodies: the International Guide Dog Federation and Assistance Dogs International. Southeastern Guide Dogs serve more than 450 graduates across the United States and continues to place more than 100 dogs each year benefiting people with visual impairments and Veterans.





## An Elegant Event For YMCA



From left: Catherine Harman, Marilyn Brodhead, Rowdy and Joan Ballard, Edgar and Barbara Maugans.

## Container Gardens Are Blooming



Residents plant vegetables, herbs and flowers in containers and grow beautiful produce and flowers for gardeners to enjoy.

## Our Amazing Chefs In The News



Left: Executive Chef Didier Guedras' Seafood Boiled Pot with shrimp, middle neck clams, oyster, crawfish, blue crab, snow crab, and more!



Right: Grill Chef Crystal Blount awarded 2nd Place in the Chili Cook-off for the Alzheimer's Foundation.

## Events and Activities



Katia Mikhaylov, holds her award from Jacaranda Trace's Freedom Senior Management as the "Rock Star" Employee of the Year For 2016.

*Congratulations!*



Top: Identity Theft Safety Workshop With Cathy Duff  
Middle: Mr. Kraus & Mr. Schultz Getting A Workout In The New Gym  
Bottom: David Eshelman, Billy Willis, Angeline Fuller, Ginger Eakin, Elenore Laverty, and Patricia Linton Fly Kites On A Windy Day.

## Resident And Her Pet Therapy Dog Are A Team

When their standard poodle Sarah died at 7 years old, Linda and Bob Carlier were devastated. They were reluctant to get another dog because she recently had several surgeries on her legs. Neither could walk a dog. But when new neighbors visited with their adorable Havanese dog “Poco,” they fell in love.

After researching Havanese, they found that they are like poodles and have hair rather than fur which is good with those who have allergies to pets. They visited *T-Wags Havanese Breeders* in Brooksville where they found one little guy who won their hearts at first glance. Two weeks later they picked him up and brought him home and named him Jethro.

“At first we had a dog walker but with the help of Jethro, I started to walk myself” she said. Years before Carlier volunteered in a nursing home in Port Charlotte with one of their standard poodles. As a Tidewell Hospice volunteer, she decided to train Jethro to become a pet therapist also. He passed his test, and she and Jethro have worked frequently at Tidewell Hospice in Port Charlotte, the Veteran’s Facility, as well as Consulate nursing home.

Linda and Bob found Jacaranda Trace when they started to look for a retirement home. One of the many reasons they chose Jacaranda Trace is because their acceptance policy for pets. Now Jethro works with many people in the community and residents look forward to his visits. They attend meetings such as mild-cognitive impairment and the grief and loss support group.

Jethro is a registered and insured therapy dog by “*The Bright and Beautiful Therapy Dogs, Inc.*,” located in Morris Plains, NJ. She and Jethro make house calls occasionally or frequently join others for sunshine on the beautiful campus. Linda said that Jethro knows instinctively who needs him for a little pat, kiss or a lap to snuggle. “People tend to open up more easily around him,” she said. “We are grateful for the opportunities here and thankful for all of our blessings and for finding this wonderful community.”



*Linda Carlier and Therapy Dog Jethro*



*Salon Stylists Debbie, Abbi, and Vicki*

## Introducing The Salon at Jacaranda Trace

The Salon at Jacaranda Trace opened this winter with owners Richard Day and Raymond Peper welcoming everyone to the newly decorated oasis of massage, nail tech and hair services – all available to our residents and employees.

The exciting part of the new salon is that they have not only updated the space but now can offer refreshments and cable television to the customers, and they have added high quality styling, perm and hair color products – also available for purchase.

The salon has been completely redecorated with a special manicure room available by appointment for manicures, gel manicures, pedicures, and spa pedicures. A licensed massage therapist is available on Tuesdays and Wednesdays by appointment. The salon will take cash, checks and credit cards. They do their own billing and they are not participating in the annual

holiday fund, so tips are welcomed at the time of service.

Services are available for both men and women and include, styling, blow dry or roller set; cut, shampoo, no style, cut and style finish. Hair treatments, color, perms, highlights, waxing and lash and brown tint.

**For Appointments Call 941 408 2080. Walk-Ins Are Always Welcome At The Salon At Jacaranda Trace.**