



Jacaranda Trace

Community Newsletter

Winter 2017 • Happy New Year!



The Grill Has A Grand Opening!

The Grill at Jacaranda Trace opened to a big crowd in December. There were some exciting fresh and healthy salads added to the menu and now grilled shrimp, salmon and chicken can be added



to the salads! Our two chefs Chrystal Blout and Joe Heid will be making fresh home-made soups every day.

You can actually see the cooks preparing the food in the new open kitchen and if you are eating by yourself there is now a community table which lets you join others. Flavored coffee and the latte' machine with decaf coffee is available 24-hours, and a television is planned for the back of *The Grill* for your enjoyment.



Steve Roskamp cuts the ceremonial ribbon to open The Grill.

Reservations are required during the day for parties of four or more. *The Grill* will also be open for dinner with a special menu on Monday nights from 5 to 7 p.m. – reservations required. Call (941) 408-2092 for reservations. *Photographs courtesy of Larry Linton.*

Introducing Doctor Elizabeth R. Smith, DPT A New Physical Therapist at Jacaranda Trace

We have a new Physical Therapist at Jacaranda Trace, Dr. Elizabeth R. Smith. She is a Doctor of Physical Therapy and we are proud to have her join the Jacaranda Trace Team in our brand new *Venice Regional Bayfront Health Rehabilitation Center* newly located on the 2nd floor of Cadbury Commons.

Dr. Smith specializes in upper arm and hand therapy as well as concerns with strengthening, flexibility, walking, balance, body mechanics, pain management, or adapting to arthritis. Both our therapists have years of experience and take into account your medical, physical, psychological, social, spiritual, cultural and economic needs, offering the best possibility for your optimal recovery.

You can contact both Cindy Stones, P.T.A. and Dr. Elizabeth R. Smith, PT, DPT at 941-244-9582 to schedule an appointment. All scheduling goes through the scheduling line. They each have appointments available.



Cindy Stones with Dr. Elizabeth R. Smith (right)

Jacaranda Trace is Committed to the Happiness and Well-Being of Every Resident



Bridging the Gap Talent Show

Jacaranda Trace's intergenerational bonding program created by Venice High School students was given a boost of energy when the students recently joined up with the residents to show them their talent.

Highlight of the show was student Anthony Desalvia playing a comedy skit. He had the residents laughing with his comedic talent and quick wit. Other highlights were a piano duet with singing and a cardio fitness class dance to "Elvira."



Residents clapped, cheered and of course laughed! The program was enjoyed by both the students and the residents. High School student Beatrice Abancio even recited the alphabet, backwards – a feat that is not very easy!

In preparation for the show students used a lot of the routines they practiced for school activities. Cheerleaders used routines they normally practice for varsity cheer. The singer and pianist duet practiced the duet from performing arts classes and the student who did the water bottle trick learned it from a YouTube video. He practiced it a couple of times for our residents chugging full water bottles.

These talented teens will perhaps go on to careers in the arts. Pianist Hannah Richard plans to attend

drama school in Los Angeles and continue with her dramatic endeavors.

The event provided a way to share with the residents some insight into their lives. The skit, short stories, photo presentations, Internet Dating and funny signs brought both a glimpse into their lives along with laughter and some reflection.

The biggest challenge was making sure everyone was ready to go and transitioning smoothly between acts. They had the help of the Jacaranda Trace staff with the sound and coordination of the show. The Students' parents were very proud of their children for getting involved in the community and putting on a show of this magnitude. There were up to 50 residents that attended the event. Everyone will remember the fun for a long time.



Calling All Pull-Tabs!

We are collecting "pull-tabs" from cans; soda, beer, cat food, soup, etc. These will be taken to a Ronald McDonald House where they will be sold as scrap aluminum to help financially support Ronald McDonald Houses. They provide housing a little or no cost to families that are near a hospitalized child, thus providing love, care and support to ill children.

Pull-Tab collection boxes are located in the in-house mailroom and right outside the Arts and Leisure office.



Events and Activities

Happy New Year!

Walk to End Alzheimer's



Jacaranda Trace, Cadbury Park and Sarasota Bay Club residents, employees and their families at the Walk to End Alzheimer's

Aerobics Class Holiday Style!



Left to right front row: Vincent Pietsch, Sherry Brown, instructor YMCA, Rowdy Ballard, Sherry Herbert; back row left to right: Lydia Holt, Betty Pietsch, Lois Grant, Trudy Beleky, Gail Rainville, Marge Meister, Pat Linton, Kris Cottrill, Shirley Thompson and Hans Wessels.



The Wonderful World of Book Art

When Linda Sharp decided that she wanted to somehow mix her artistic skills together with her love of books she discovered an unusual creative mode called *book art*.

"I always was interested in calligraphy," said Sharp "so I took a class and mastered the formation of making pretty lettering." After completing the course, she had to now figure out what to do with her new found skill. "I was just writing letters, decorative letters but still just the alphabet," she said. That is when Linda decided to branch out into book art. She joined groups that were all creating different types of book art in the form of scrolls, fold outs, boxes, weaving and even sculptures that form book-like objects. "I just like to experiment a lot while I am working on a new piece," she said. She sews and some of the projects combine calligraphy with woven art to form a collage.



A Star tied together with string. Each piece of the star has proverb on it.

Originally from Maine, Linda was an elementary school teacher for 25 years, has lived in Arkansas, Alaska and California, and has two children and two grandchildren.

One granddaughter writes poetry, so Linda has put all of her poems into a calligraphy keep-sake book. She proudly points out that her granddaughter took it to college with her to remind her of her poetry and her grandmother. Linda's husband Warren is an artist himself, working with decorative wood pieces. Together they share a two-person workshop within in their home at Jacaranda Trace.



Linda Sharp stands by her home workshop where all of her creative projects begin.

Don't Be A Victim of Fraud

Mark Cavic, Postal Inspector/ Federal Agent from Fort Myers spoke to the residents of Jacaranda Trace about mail fraud. He gave people advice and the following is a recap of his talk.

Sweepstakes: If you get a card saying you won a sweepstakes, car or a free prize – this is usually a fraud. When you contact the company they will ask you to pay a processing fee or insurance fee and ask for your credit card. If you do not give a credit card they will ask for a check to be sent to a foreign address. You have to be very wary of this type of promotion.

Free Vacations: When they call or send you something that you won a free vacation, there is always a catch. They will ask you to join a vacation club or pay a membership fee. When you go to take your vacation there will be many restrictions and you will be required to pay many other fees to book or change your vacation.

Government Look-Alike Mail: If you receive a brown look alike envelope in the mail and think it is official, carefully read all of the information even if the return address looks like it was sent by the government.

Solicitations Disguised as Invoices: Don't be victimized by con artists who try to get you to order goods and services by sending you mailing solicitations disguised as invoices. Do not pay for anything that you did not order, even if they send you an invoice.

Charity Fraud: Most mail solicitations for charities are legitimate, but some are phony. Give to charities you know. Check out the ones you have never heard of and whose names are similar to ones you have heard of. Always make out a check to the organization and not to an individual.

Investment Fraud: Whether they're selling bogus securities, commodities, or oil wells, fraudulent investment promoters try to get you to invest money — lots of it. They will promise you either a large increase in the value of your investment, higher-than-market interest on your capital, or both. If you are promised an unusually high rate of return or interest payment on your capital and pressured to make a decision because new investment units "are selling fast. This is not a good investment.