

Beyond the

GATES

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CHLOE'S STORY

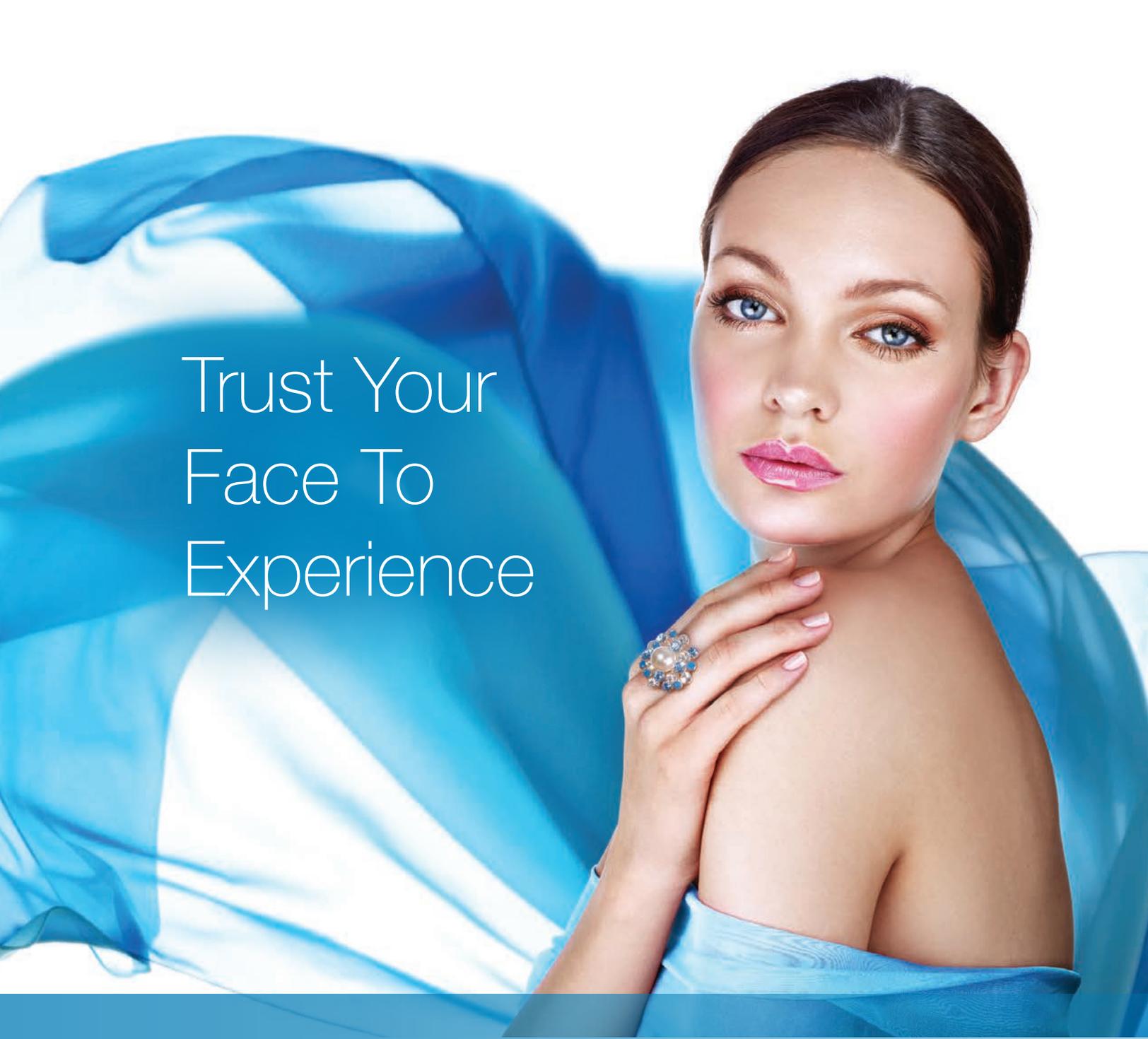
*A young woman overcomes epilepsy
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BROOKE'S LEGACY

*Giving animals the second chance her daughter
never got is a salve for Tink Bechtol's soul.*

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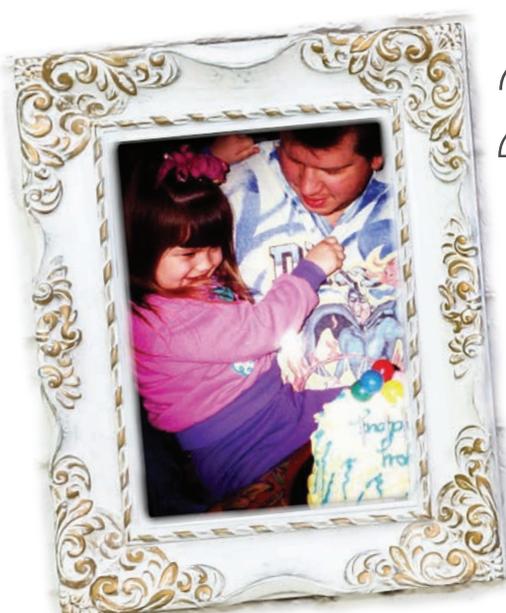
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Dear Readers,

During the holidays, we hope that you spent valuable moments and made beautiful new memories, too, with those you love best. Happy 2016!

Our first issue of Beyond the Gates for the new year provides heartwarming stories of courage and triumph. Our cover story features Chloe Kahn, a 16-year-old Naples resident who was especially brave to allow her story to be shared with all of you. She and her family are committed to educating other families who have children with severe seizure disorders.

We also invite your heart to be touched by an amazing mother's story of loss and legacy. When her daughter Brooke was killed in a 2004 automobile accident on her 18th birthday, Tink Bechtol found herself emotionally paralyzed. This

heartbroken mom found a new purpose by founding "Brooke's Legacy" to celebrate her daughter's love for animals. This animal rescue, specifically for animals that are scheduled for euthanasia, weaves together lots of loving hearts.

Learn about Hope Kids Care that eases the extreme pain after the loss of a loved one through Brittany Lukasik's story. She shows how the Hope program gave her strength to rebuild her life and move forward.

There are tips in our Math for 2016 that are perfect for the new year. Or laugh with us as we begin another exciting new year with some humor!

Also, mark your calendars to support a couple of very important Collier County causes. In late February, you are invited to participate in the 14th annual Hope Walk, a fundraising event for the National Alliance on Mental Illness.

In March, attend the Brain Fair, hosted by Miracles Among Us, Inc. This event is especially valuable for those who have a family member with traumatic brain injury. Learn crucial information and ask questions of the professionals during this free event.

May we all carry that magical generosity of Christmas into the coming months and remember the importance of helping one another.

Remember, always keep your faith; prayers work and miracles really do happen.

From the team at *Beyond the Gates*



Deborah K. Slusser
PUBLISHER &
CO-FOUNDER



Christianne M. Murphy
SENIOR MARKETING
MANAGER &
CO-FOUNDER



Sherri Coner
ASSOCIATE EDITOR



Brianne Hayden Melley
CREATIVE DIRECTOR



Michael Bohn
DIRECTOR OF
MULTI-MEDIA



Kathy Goodchild
MARKETING MANAGER

WE'RE LISTENING!

FEEDBACK

Isn't it true that only if we are heard can we effect change around us? Be a part of our transformation; let us know your thoughts! Please send us your feedback at *Beyond The Gates Magazine*, 5621 Strand Blvd. Ste. 303, Naples, FL 34110 or email us at debbies@conciergesimage.com.



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PRESIDENT & PUBLISHER
Deborah K. Slusser

ASSOCIATE EDITOR
Sherri Coner

SENIOR MARKETING MANAGER
Christianne M. Murphy

VICE PRESIDENT OF MARKETING
Don Zerba

MARKETING MANAGER
Kathy Goodchild

CREATIVE DIRECTOR
Brianna Hayden Melley

DIRECTOR OF MULTI-MEDIA
Michael Bohn

FINANCE MANAGER
Larrie L. Kirchdorfer

COPY EDITOR
Cyndi Bennett

CONTRIBUTING WRITERS
Michael Bohn, Sherri Coner, Kitt Walsh,
Dr. Les Wicker, Sandra Yeyati

CONTRIBUTING PHOTOGRAPHY
Brian Tietz, Jennifer Ziegelmaier

FOUNDING CREATIVE DIRECTOR
Leanne Kirchdorfer



ON THE COVER
Chloe Kahn and her mother Lisa enjoying one of their favorite activities. Photo by Brian Tietz

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He came not to a throne, but to a manger.
He lived not as a king, but as a servant.
He chose not a kingdom, but a cross.
He gave not just a little, but everything.

-HOLLEY GERTH

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from the Oaks Publishing Team



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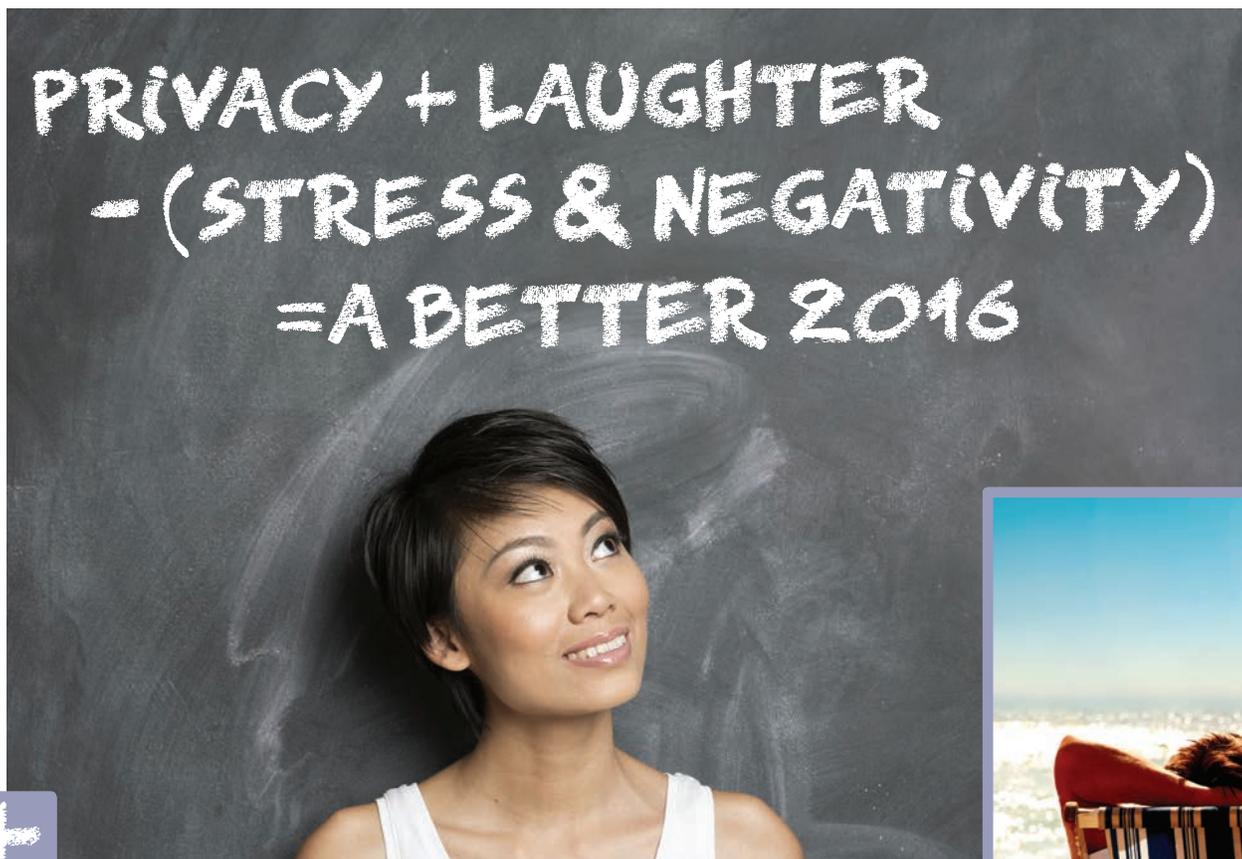
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The Math for Your 2016 Resolutions

Adding what you need and subtracting what you don't to start this year off right!

By Sherri Coner



Maybe you prefer to stick your toes cautiously into the New Year. If you are a Type A personality, you might already have a list of ways you intend to take 2016 by storm.

But just for the healthy mix of challenge versus relaxation, why don't we change it up this New Year? That's right, folks. Think about what you'd like to add to your life.

Use these tips to make 2016 the best year ever!



1. Add more time alone. Make 2016 the year that you set boundaries. Teaching others to respect your needs is an important lesson, for you and for them. By adding private time, you will likely be a better spouse, parent, employer, friend, etc.

2. Add more fun! See a great comedian with a big group of friends. Sign up for laughter yoga classes. Each week, memorize a great joke and share it with friends. Laughter is a wonderful salve for the soul.

3. Add more of what you need! More green veggies and water. More jogging, walking and laughing. More dance. More naps. More great books, and more time with people who make you happy.



Enhancing 2016 by adding important things to your life — such as privacy, laughter and adventure — is always a winner. But now, let's switch gears and consider what might be good to let go of in the coming year:

4. Shed your stress. Try Pilates, Tai Chi or yoga. Go to bed earlier and sleep later. Get more in touch with your faith and spirituality so you can stop worrying about what you can't change or control.

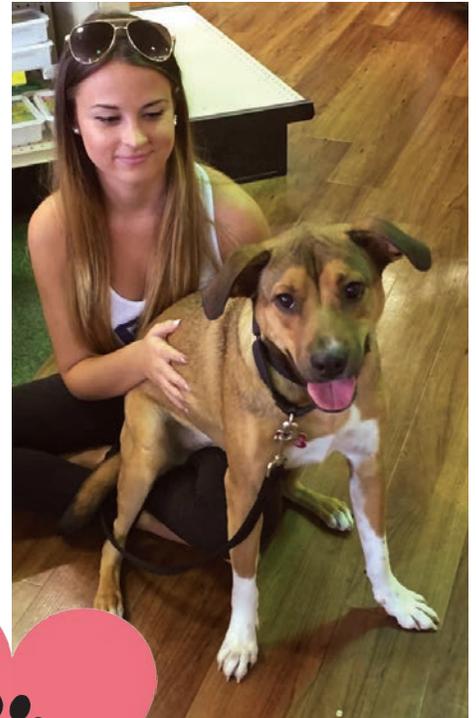
5. Stop rushing. Take drastic measures to prove to yourself how serious you are about it, too. Call a family meeting and request that everyone cut back on at least one activity outside the home. If hiring a housekeeper would pinch the budget too much, hold the kiddos to a family chore list. You might be rather amazed at how many cleaning skills they develop when leaving the house is directly tied to completing tasks at home.

6. Delete negativity. Avoid those who cause you anxiety. Stop participating in hurtful and disappointing activities and relationships. If people can't complement your life, don't allow them to complicate it.

Brooke's Legacy

Giving animals the second chance her daughter never got is a salve for Tink Bechtol's soul.

By Sherri Coner | Photos courtesy of Brooke's Legacy Animal Rescue, Inc.



After losing her oldest child, Brooke, in a 2004 car accident on Brooke's 18th birthday, Tink admits that her life fell into a darkness that nearly smothered her.

Finding her way back from such deep grief was anything but easy. Very often, she struggled to make herself remember why she should survive the pain.

But Brooke would have wanted her to get up again, learn to breathe again. Tink knew that her three younger children needed her attention and emotional presence. She knew that somehow, their family had to look for a new normal, a new way to function.

A not-for-profit program called Brooke's Legacy Animal Rescue became Tink's way to function.

"Saving the animals has pretty much saved me," she says of this Naples-based rescue organization. "Brooke loved animals. Children and animals, that was her thing."

With several hundred volunteers in the database and at least 50 animals to offer for adoption

at any given time, Tink says that pouring her heart into this mission has given her days a new beginning.

“I think God sent this to me,” Tink says of the program she founded. “He did it to keep me busy.”

Animals that are actually scheduled to be euthanized are the ones that Tink and her dedicated volunteers save. The dogs and cats are placed in foster homes where families can get to know their personalities. This information is valuable for successful adoptions.

Time and again, she has watched the eyes of these rescued souls staring intently at the humans who save their lives, Tink says.

And just as often, the animals save their new human companions. It might be that a fur baby brings them out of depression, loneliness, despair.

This is also true of her own life with four-legged creatures and their unconditional love, Tink says.

“These animals actually rescued me by giving me a purpose,” she says. “My purpose here is not just to save the animals. I also want other parents who have lost children to know that there is still a reason to go on.”

When Brooke died, her heart was definitely broken, Tink says. “But now I feel like I am doing something important instead of giving up on life.”



Snuggling with Chad and Nella, above, are Benjie, Georgie, Quincy, Mollie and Greta. Georgie and Mollie, left, love to have their picture taken.

Nella DeCesare-Patrick and Chad Patrick are proud parents of animals from Brooke’s Legacy. Here is what they share with us:

While we support all area animal rescue, our hearts are with Brooke’s Legacy Animal Rescue. Once the animals are obtained from shelters, they need costly medical care. Their volunteers take these animals into their own homes and foster until adoption, so donations are a critical need for them at all times.

Also, they brought us our family. We have five small dog, four coming from Brooke’s Legacy Animal Rescue. While it’s not always typical to adopt multiple dogs to one family, they knew us personally and knew we had the dedication and the means to provide a wonderful home for them.

Three were adoptions, and the fourth was a foster that we eventually adopted. While they had some emotional problems, they all just needed love and patience, and some professional training helped as well! It was amazing to witness their transformations. They each have their own loveable personalities and continue to amaze us in their intelligence and resilience. It brings us great joy to know these dogs are saved and are happy — and at times, they keep us laughing too!

-Nella DeCesare-Patrick

Opposite L-R: Adoptable pets Welcoming Winnie, Frankie (cuddling with a FGCU volunteer at a Cape Coral adoption event), and Fermata are just a few of the animals looking for their forever homes like Molson, below, who loves to color with his new sister.



Empowering and Building Confidence with 100 Cameras

By Sherri Coner } Photos courtesy of Courtney Bent

This fall, the Foundation for the Developmentally Disabled, in collaboration with the Naples Art Association, was chosen to be a part of the 100 Cameras Project locally. Award-winning photographer Courtney Bent launched the national initiative to help people with intellectual and developmental disabilities express themselves through photography.

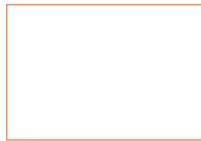
Courtney had produced the award-winning documentary "Shooting Beauty," the story of a photography program she started in Boston, Massachusetts, for people with disabilities. Because her family owns the popular Best of Everything stores in Naples, she was excited to bring the 100 Cameras Project to town. Her documentary received rave reviews at the 2010 Naples International Film Festival.

Partnering with Velcro USA, Inc., for the project, 100 cameras were adapted as necessary and placed in the hands of people with disabilities, including autism, Down syndrome, Alzheimer's and cerebral palsy. Courtney invited participants to define their own sense of wonderful by allowing them to express themselves through photography.

The vision of these new photographers was brought to life while building awareness of disability, diversity and inclusion through art. For many of them, it was the first time in their lives that they had a means to express their own vision of the world around them. For some, it was the first time they felt what life was like beyond their wheelchairs or adaptive equipment to speak.

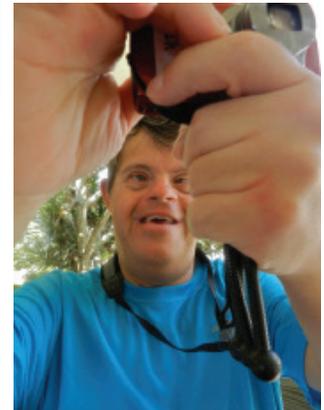
The goal of the project is not only to empower and build confidence in the new photographers but to stand as an example of the potential of art to heal, inspire and prove to all of us that no matter what our differences are, we have more in common than meets the eye!

For more information about this amazing project, visit www.shootingbeauty.org





Participants define their own sense of wonderful by expressing themselves through photography.



HOPE FOR KIDS

BY KITT WALSH

Hope Kids Care eases the extreme pain and emptiness that Brittany Lukasik felt after the sudden loss of her loving father.

At first, all Brittany Lukasik felt was numb.

When the shock wore off, that numbness gave way to searing pain, and the sobbing began and did not stop. Brittany had lost her dad. Her best friend and hero had died of a heart attack, and she never even got to say goodbye.

Brittany's parents had divorced, but she spent every summer, holiday and school vacation with her dad, and they held frequent (and epic) phone conversations regularly. The emptiness she felt at his passing was like a bottomless hole, and the 17-year-old began entertaining thoughts of suicide.

When Brittany began to miss lots of school, an attentive guidance counselor stepped in and referred the bereft teen to Hope Kids Care, a program that includes services for children who have lost someone. The free program proved to be a literal lifesaver.

Brittany met her counselor, Mindy Hall, and they got together once a week for a year thereafter so that Brittany could share about her father. She was given a journal and a packet of questions designed to

unlock memories like, "What would you say if you could speak to him one more time?"

"That was easy," recalls Brittany. "I would tell him how much I loved him, because I never told him enough, and I would give him the biggest hug ever."

Brittany admits she fought the help the program offered at first.

"I said I wasn't crazy and didn't need a therapist, but I was crying in the corner all the time," she says. "Mindy helped me snap out of it, and I owe her so very much. She helped me build up my strength and gave me back my life."

That life now includes an upcoming nursing degree. Brittany is finishing up her second year at NOVA Southeastern and will go into Pediatric Nursing when she graduates in May 2016. She plans to help comfort children as she was comforted, and to share their joy as well.

"Mindy influenced my whole life," she says. "I know well how someone feels when they have a loss or face a tough situation, and how important it is for them to know someone cares for them. What Hope Kids Care and Mindy gave to me, the patience and care they showed me, was amazing. I couldn't have done it without them." ♦

Hope Kids Care's mission is to care for children, their siblings and loved ones who are seriously ill or grieving. The program, which is entering its 25th year, currently cares for 185 children and has helped thousands of kids, ranging from toddlers to 19-year-olds, and their families and friends over the years.

"It is so very important to have such a grief program for children," explains President and CEO of Hope Healthcare Services Samira K. Beckwith. "It actually helps how they cope with problems and loss later in life. Instead of turning to maladaptive strategies like reaching for alcohol or drugs, they learn coping skills that will serve them forever."

Through counseling as well as music and art therapy, children receive the special care they need at a stressful time.

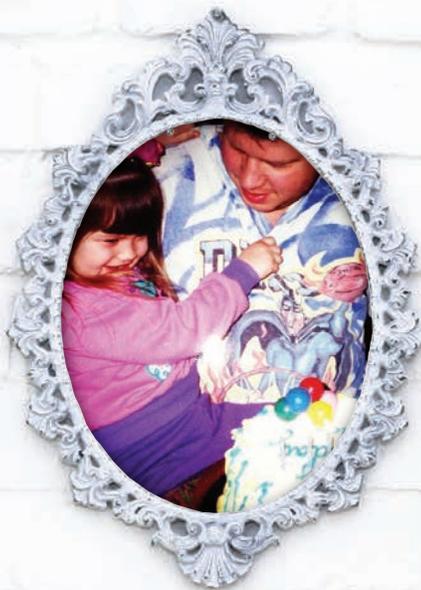
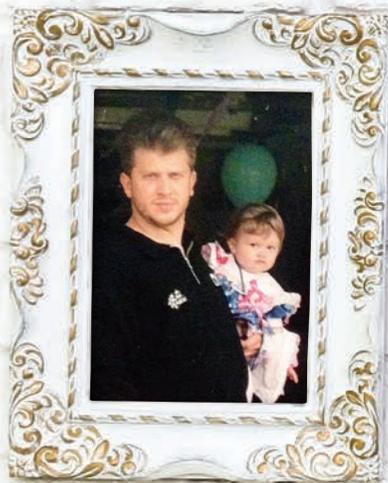
"Children process things in a different way than adults," points out Beckwith. "Siblings may not even understand why a sick child is getting all the attention. Our program includes the entire circle of those people surrounding the sick child. We offer an all-encompassing and compassionate program and are delighted to get the word out about it. It is a vital program and one of which we are very proud."

want more info?

To learn more about Hope Kids Care, visit www.hopehospice.org/childcare/.

Opposite: Brittany cherishes the memories of her father with the help of family photos, including the last image captured of the two of them together, top. She has gained strength and a new outlook on life with the help of her counselor, Mindy Hall, bottom left, her mother, bottom right, and her training to become a pediatric nurse.

Brittany plans to help comfort children as she was comforted, and to share their joy as well.





By Sherri Coner

Photography by Brian Tietz

Chloe's



While other baby girls quietly played with toys and happily met new friends at the playground, Lisa Kahn-Allen's little girl refused to wear clothing and tore off her diapers. Her otherwise sweet girl also had such fierce tantrums that her mother was baffled.

Though she hoped that her only daughter Chloe Kahn, now 16, was just incredibly strong-willed, Lisa's intuition remained on high alert. Before the question was ever asked aloud, it floated around in this devoted mother's heart: Is something wrong with my baby?

When Chloe's behavior resulted in dismissal from preschool, her parents were stunned. They had no idea why their blonde, green-eyed darling behaved so aggressively. Nothing they tried at home, from longer naps to early bedtimes to no sugar, dairy or bleached flour, made a difference in Chloe's abilities to cope.

And so, a frustrating 14-year search for a life preserver began.

First, the family traveled to the Tampa Children's Behavioral Center. But they returned to Naples with no answers. More doctor visits followed.

"Nothing was a magic bullet," Lisa says. "But we left no stone unturned."

The family, including Chloe's older brother, was at its wits' end. They avoided extended shopping trips. If they dined out at all, they arrived early and left early to avoid crowds. They were self-conscious about the mysterious raging of a little girl no one could control.

Year after year, the diagnosis varied. Medications were repeatedly changed. But Chloe saw no relief, and neither did her family.

When the family heard about a doctor in upstate New York who had written a book about healing children with behavior disorders, they launched yet another road trip, hoping the new contact could help all of them find a sense of normalcy. But that doctor also failed to produce a clear path.

A mid-year kindergarten expulsion and the onset of petit mal seizures brought even more stress about Chloe's mental and physical health. The only light in the darkness at that time was her positive reaction to a therapeutic horseback riding experience.

As Lisa wrote on her blog, "She was happy and calm on a horse. Something about that big, warm animal (so big it kind of freaks me out) soothed her. Sigh of relief. Finally, something good."

In elementary school, Chloe continued to act out. Her parents

She hoped that her only daughter Chloe was just incredibly strong-willed, but Lisa Kahn-Allen's intuition remained on high alert. It floated around in this devoted mother's heart: Is something wrong with my baby?

Story

separated during those years. But Lisa admits that she had no time to grieve the end of her marriage. There was little time for any other focus.

At age 10, Chloe suffered the first of countless grand mal seizures. Always, the seizure activity occurred at night, and this sparked totally new reasons to see pediatric specialists and neurosurgeons.

By middle school and high school, Chloe still struggled to control her behavior. She still struggled with both the academic and social aspects of school.

Lisa hoped for her child to enjoy some level of success. When teachers informed Lisa that Chloe would not graduate with a regular diploma like the majority of her peers, Lisa found that unacceptable.

And so Chloe's parents enrolled her in a specialized private high school for students with learning challenges. They made the adjustments financially and also in their daily schedules, committing to the expenses as well as the long drive every day.

But when that school proved not to be the right fit, and the faculty suggested a residential program placement for Chloe, Lisa began to fear that the family's story would lead to a dead end instead of an answer.

Her despair took an immediate turn when their family was referred to the David Lawrence Center, a Naples non-profit facility that provides a multidisciplinary approach to treatment for behavioral disorders and other mental illnesses.

"They have been so awesome," Lisa says passionately. "They



Chloe reacts very positively to her mother's approach to helping her feel grounded. She enjoys drawing, riding her bike and horseback riding.

have made all the difference in the world. They haven't only worked with Chloe; they have worked with all of us."

Life has improved by leaps and bounds for everyone, but most importantly, for Chloe.

Yes, she still has some challenges. But progress is definitely evident. And Chloe's favorite part about her school day is the opportunity to learn something new.

Now that she is developing insight into her behavior and moments when she feels stressed, Chloe often chooses to take time alone in her room rather than act out with her family.

Last Christmas, Lisa created an oasis for Chloe, filled with warm, relaxing colors, soft textures, Chloe's favorite music choices and some aromatherapy to further remind her daughter that she had many choices for soothing herself.

Chloe reacts very positively to her mother's approach to helping her feel grounded. When she needs time to herself, Chloe enjoys drawing, sketching, or watching TV and simply relaxing.

Also in her free time, she likes to create art projects, ride her bike and do some horseback riding.

Chloe offers advice for teens who suffer from seizures as she does.

"Keep yourself safe, take your medications and, if things go wrong, call 911," Chloe says. ♦

Trying to help a loved one get the mental health care they need is very often difficult and time-consuming. In many situations, families juggle appointments with psychiatrists, case workers, school teachers and tutors, family physicians and, very often, probation officers, too. This reality adds more stress, especially when providers may be several miles away from each other.

But once families find the David Lawrence Center, the back-and-forth driving, repetitive paperwork in multiple waiting rooms, and explaining your complicated story to different providers is

no longer necessary.

In this 45-year-old, not-for-profit program, a patient's team of multidisciplinary professionals who communicate and regularly share their expertise on your case can be found under the same system of care with shared medical records, says Communication Director Trista Meister.

After serving 14 years at this Naples mental health and substance abuse treatment facility, Trista points out that patients of all ages — children, adolescents and adults — can be admitted for inpatient treatment, outpatient treatment or community-based care, or they might need

only to attend prevention-level class.

Jennifer St. Hilaire, therapist and clinical supervisor for three years at the center, remembers initially meeting Chloe and her family a year ago.

After a short inpatient stay, Chloe was enrolled in outpatient programming, where she began to learn how to better identify stress and depression. Chloe was also encouraged to communicate more frequently and calmly with her loved ones.

At the same time, Chloe's family members have learned to better understand how to help Chloe.

"I believe the family has really thrived by

“Chloe feels like there is a lot of hope now for her future. She has done all the work. I have seen her change tremendously.”

-Jennifer St. Hilaire

understanding Chloe’s mental illness a lot more,” Jennifer says.

During these months of treatment, Chloe’s response has been so positive that her parents celebrate often, along with the treatment team at the center.

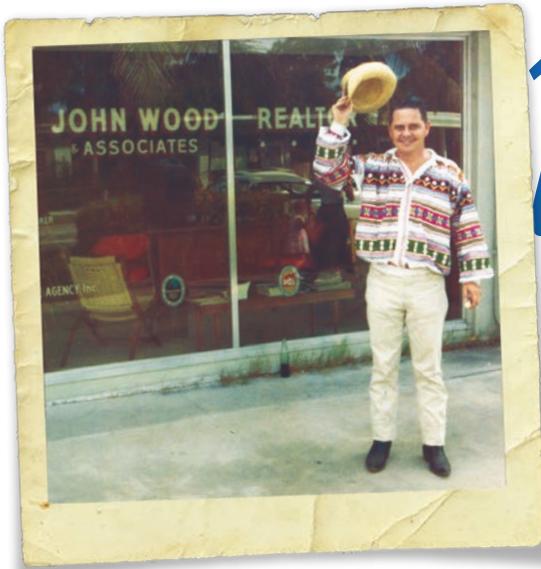
“Chloe feels like there is a lot of hope now for her future,” Jennifer says. “She has done all the work. I have seen her change tremendously.”

want more info?

Learn more at davidlawrencecenter.org



THIS IS THE STORY OF A FAMILY BUSINESS AND THE VALUES THAT LED IT TO BECOME ONE OF THE MOST SUCCESSFUL ENTERPRISES IN SOUTHWEST FLORIDA.



John Wood, founder of John R. Wood Properties, circa 1961.

It begins in 1957, when John Wood moved with his wife and three-year-old son, Phil, from Arkansas to Naples. He opened John R. Wood Properties a year later, selling residential lots in Port Royal, which at the time went for just \$7,500. As an only child, Phil grew up watching his dad build a

successful business. He saw how John found the right properties for people and learned what it took to provide good customer service. It looked like exciting work to him.

While in college, Phil spent summers working with his father.

“One summer I worked in the appraisal department, and another summer I worked on-site at a condominium project on the beach,” he recalls.

After graduating with a business degree from Emory University in 1977, Phil was ready to join the firm full-time.

“There were only eight agents when I started, and Naples was a much smaller place,” he says. “Nineteen seventy-seven doesn’t sound that long ago, but people don’t realize how incredibly small Naples still was.”

Business began to pick up in the 1980s, as Southwest Florida got a new airport, I-75 was built and more and more people learned about the area’s pristine landscape and refined lifestyle. While Phil

worked as a real estate agent for about 12 years, he developed a marketing department and other management strategies that would take the company’s success to new heights.

“I was trying to make some long-term improvements that I thought would benefit the company,” he says.

It was Phil who suggested that the agents concentrate on the luxury market because it was easier to sell homes to people who had bought homes before. Later, the firm created a statistics department to collect data, analyze trends and provide customers with up-to-the-minute information on the local real estate market.

“People don’t want to just walk in, pay \$1 million for a home and trust that it’s the true value of the property. They want to be shown some numbers and statistics to help support that value,” Phil says, adding that the company offers monthly reports to its customers and posts them on its website, making this valuable information available to the public, too.

Last year, John R. Wood Properties sold more than \$2.3 billion in real estate. With 14 offices from Marco through Sanibel Island and 600 people on the team — 350 of whom are real estate agents — their impact in the area is hard to ignore. Phil is now the CEO of the company.

“I try to be on a personal basis with as many of the Realtors as possible. It has become a little more difficult because we are such a large company now, but I try to interact with them in various ways. I visit the offices and go into training sessions. I also work with some of them one-on-one if they have a client that they want me to meet,” he says.

When asked how he measures the success of the business beyond looking at sales figures, Phil says, “We very much want to make a difference in the communities where we work, so we try to do various philanthropic activities, and we encourage and support our people to do those things, too.” He estimates that the company financially supports 75 local organizations per year, and that the agents support hundreds of additional causes.

“We’re very proud of all the things the staff does, and I don’t want to take credit for their efforts because many of them were doing it before they joined the firm. They grew up that way and that’s great; they’re a perfect fit for our culture,” he says.

It was Phil’s father who ignited the company’s philanthropic vision and commitment.

building *paradise* FROM THE GROUND UP

BY SANDRA YEYATI



La Capanna, top, listed by Bill Earls, PA and John R. Wood Properties, represents one of the most significant beachfront residences ever built in Naples, currently listed at \$58,000,000. John Wood, above left, started the successful real estate business, while son Phil, continues to grow the company and its philanthropic commitment.

“He taught me that actions speak louder than words,” says Phil. “He has always been involved in a number of charities and philanthropic efforts. It’s one of the things that we became known for and helped define the company.” In recognition of this good work, John has received numerous awards and honors, including the 2013 Hodges University Humanitarian of the Year and the 2007 Naples Daily News Outstanding Citizen of the Year.

In 2015, the Salvation Army honored Phil for his involvement as a 20-year board member and contributor.

“We tend to give some preference to charities that involve kids or those in need, such as the Salvation Army and St. Matthew’s House,” he says. “It’s a really good feeling to see the impact donations have on families that receive help with housing, clothing, expenses and food. I think we will always be philanthropic oriented. That’s just part of who we are.”

To Phil’s delight, his two daughters, ages 26 and 36, have joined the business.

“They are learning about the company every day and moving up the ladder so that they can presumably take it over some day. It’s great having them here. If that’s what they want to do, I’m all for it, and I really do enjoy getting to see them each day,” he says.

Most large real estate companies today are big franchise operations or nationally owned. While Phil recognizes that a family business competing in this sophisticated market faces sizeable challenges, he enjoys the fight.

“It makes work exciting every day, and we’ve been able to be very successful in that endeavor,” he says. “To my knowledge, we are the oldest real estate firm in the area. We’re certainly the oldest sizeable firm. None of the other big ones have been around nearly as long, and we’re very proud of our history and legacy.” ♦

want more info?

For more information about John R. Wood Properties, call 239-262-1900 or visit johnrwood.com.



Explaining Palliative Care

By Kitt Walsh

When most people hear the phrase “palliative care,” they instantly conjure up a vision of an end-of-life situation. But while making the last chapter of a patient’s life comfortable is one of the goals of palliative care, it is not the only one.

Palliative care is a growing field within the medical community, a subspecialty that includes symptom management for patients with chronic debilitating diseases, critical illnesses, potentially life-limiting conditions and yes, hospice care at the end stage of life. Such care focuses more broadly on improving quality of life and providing comfort to people of all ages, whether the focus is a curative treatment, chronic management or providing comfort care.

Dr. Rebecca G. Smith, MD, FAAPM&R, supervising physician for the Palliative Care Service of NCH, explains, “We focus on the physical symptoms, pain and nausea, but also on the emotional and spiritual-like symptoms, helping the patient and their family members make the decisions which need to be made at different forks in the road.”

“We focus on the physical symptoms like pain and nausea but also on the emotional and spiritual.”

Dr. Rebecca G. Smith

Smith oversees a team that includes nurse practitioners, two masters-level social workers and a chaplain, who interact with physicians, nurses, patients and family members to first identify a patient's goals of care and then address symptoms management and family concerns.

These may include determining a health care surrogate; helping resolve concerns about life care decisions; alleviating fear of the unknown or loss of life and function; treatment for depression; dealing with existential crises; and helping patients who are concerned about upsetting their children or facing changes in their role within the family.

“We understand that some physical problems may be outward manifestations of emotional ones, and enlist social workers and religious leaders if that is what is called for,” says Smith. “We know that there is more to pain management than morphine.”

Smith recalls a case where an adult daughter was torn between being at her critically ill father's side or with her mother, who suffered from Alzheimer's. With the palliative care team's help, the daughter and father were able to reach a decision not to prolong his life artificially but to let him pass comfortably when the time came. That decision freed the daughter to be with her mother, and Smith was sitting beside her father's bed, holding his hand, when the end came. Smith was able to share that experience so clearly with the daughter that she felt at ease.

“To give relief and allow patients to enjoy their family and give the family support while helping them to adjust to their new reality gives me so much satisfaction,” says Smith.

Shannon Brown, Palliative Care Consultants Program Coordinator, has experience as an RN in an ICU ward and understands a patient's serious illness affects the whole family in many ways — psychologically, emotionally, spiritually and financially — exposing the whole family unit to anxiety, stress and fear.

“Some issues that come up may never have been addressed before,” explains Brown, “so we talk together, explore the issues, ask specific questions and answer theirs.”

What drew Brown specifically to palliative care is the stark contrast between the brief amounts of time one usually has to spend with a patient in a typical hospital setting and the amount allotted by a palliative care team.

“From our very first encounter, we take as much time as it takes to involve the whole family, and whomever the patient feels is family, to hold meetings together,” Brown explains. “We laugh and cry, and share triumphs and tragedies.”

Brown believes she and her team provide a vital service and points to the amount of personal satisfaction she gets from the thank-you notes she receives. They say things like, “We had two good weeks with Dad that we wouldn't have had if you hadn't explained his situation so clearly to us all.”

Brown says, “It's about building relationships and suspending judgment. We meet them where they are and we support them, whatever their values and goals. We make sure they are not alone.”



**Dr. Rebecca G. Smith
MD, FAAPM&R**

*Physical Medicine and
Rehabilitation (PM&R)*

Medical Education

*Board Certified by the American
Board of Physical Medicine and*

Rehabilitation in the specialty of PM&R and subspecialties of Pain Medicine, Hospice and Palliative Care; completed internship at Louisiana State University Medical Center, residency at Temple University Hospital and fellowship in Pain Management at Harvard Medical School.

Academic and Clinical Accomplishments

- *Director, Inpatient Musculoskeletal Program and Pain Rehabilitation Program, MossRehab at Elkins Park/ Einstein, Philadelphia, PA*
- *Director, Cancer Rehabilitation, Hospital of the University of Pennsylvania*
- *Interim Medical Director of Rehabilitation Services at Providence Medford Medical Center, Medford, OR*
- *Director of Pain Management Section of the PM&R, Department of Medicine, Louisiana State University Health Science Center, New Orleans, LA*
- *Pain Management Physician, Department of Anesthesiology, Dartmouth Hitchcock Medical Center, Lebanon, NH*
- *Member of the American Academy of Pain Medicine & American Academy of PM&R*
- *Authored and co-authored several research publications and textbook chapters, including those in the New England Journal of Medicine, Journal of the American Medical Association and Archives of PM&R*

want more info?

For more information on Advance Directive Seminars please call NCH's Access Healthline **(239) 624-1999**.

Defining Real Success

By Michael Bohn



Mary Beth Crawford



Deborah Russell

How do you define success? For many companies, success is determined solely by monetary return, but for some progressive organizations, helping others is a critical factor when gauging the organization's success. Science has recently backed up that claim. According to smartbusinessonline.com, two-thirds of Americans say they are more likely to trust businesses that are aligned with social issues.

Cummings & Lockwood, a Connecticut-based law firm with satellite offices in both Bonita Springs and Naples, is a firm where profitability is not the sole determination of success. Year after year, these generous attorneys have taken it upon themselves to provide meaningful contributions to their community, and they say that is a huge part of what has made them successful over the years.

The company was founded in 1909 and has one of the largest trusts and estates planning practices in the United States, providing legal counsel to private clients as well as commercial enterprises and national foundations. Among its specialties are organizing charitable giving and establishing legacy planning for private clients. Many people choose to make monetary contributions to charity groups or foundations, and many elicit guidance from an attorney to help coach them through their various options.

Becoming knowledgeable about the various charities and foundations in and around the community is important for these specialized attorneys. Mary Beth Crawford of the Bonita Springs office says the best way to get to know these charities is by getting involved.

"When I first joined the firm in 1998, I was encouraged to become involved within my community," says Mary Beth. "Personally getting involved with these organizations not only helps us connect clients with organizations that are aligned with their values, but it helps us build a deeper connection to our community and its members."

She is far from the exception amongst the men and women of Cummings & Lockwood. Many are board members for some of Collier County's most beloved charities, such as The Conservancy of Southwest Florida, The David Lawrence Center, United Way of Collier County, Angels Undercover, Center of the Arts of Bonita Springs, Community Foundation of Collier County, Planned Giving Committee of Naples Botanical Garden, Immokalee Foundation, Friends of Foster Children, Florida Gulf Coast University Foundation, Drug-Free Col-

lier County and Baby Basics, to name just a few.

Mary Beth says there is one thing all the attorneys agree on: No matter how busy they are with work and their personal lives, if they left out this special part of their lives, they wouldn't be the well-rounded people they are today.

Deborah Russell, Cummings & Lockwood-Naples, has also donated significant time to various non-profits over her 14-year career.

Russell says the personal satisfaction volunteer work produces is immeasurable and well worth the long days. Russell was honored for her many contributions to area charities with the Legacy Award from the American Red Cross in 2012.

"Whatever you give up, whether it's your time or talents, you get back more than you give," says Russell. "Each of us gets personal satisfac-

tion from the time we donate to the non-profits we're working with. Particularly when we see the good that's been done in the community by that particular organization."

Russell says when looking for an organization to donate your time or money to, it is important to find a cause that you are passionate about. These men and women are involved in many different charities and can offer real insight into the inner workings of area non-profits and their various foundations. If you would like to discuss your financial future or receive guidance about donating to area charities, contact the law offices of Cummings & Lockwood today

Eighteen attorneys from Cummings & Lockwood in Connecticut and Florida were listed in *The Best Lawyers in America 2016*.

NAPLES OFFICE

Collier Place II, 3001 Tamiami Trail North, Suite 400
Naples, FL 34103

Phone: 239.262.8311

Email Contact: Olyvia Eldridge (Administrator) oeldridge@cl-law.com

BONITA OFFICE

8000 Health Center Boulevard, Suite 300
Bonita Springs, FL 34135

Phone: 239.947.8811

Email Contact: Olyvia Eldridge (Administrator) oeldridge@cl-law.com

Visit www.cl-law.com to see a full list of practice areas for this generous and award-winning law firm.

You Can Be a Border Buster

by Dr. Les Wicker



How many people — some well-meaning family members or friends — have advised you to “stay put”? Staying put means staying in your comfort zone, where life is easy and there are no particular challenges. It is ever so easy to heed the advice of these well-intentioned people when you know they do not want you to take risks that may bring you hurt in some way, such as a much-sought-after dream that never materializes. Yes, but! There is a yearning in your heart to reach beyond yourself and to have your life fulfilled with all you were created to be. Should you go for your dream?

Often the people who want you to stay put have a vested interest

in your doing so. They do not want to lose you from their close circle because you are a source of comfort and companionship. Having you around fortifies their life in certain ways. They gain something because you are there for them. You become a source of affirmation for who they are. You fulfill their needs.

They may further be threatened by being left behind if you leave your comfort zone — and them — and cross a border for a greater dream. It is often in their interests to tell you to stay where you are. They may even offer some persuasive arguments as to why it is better to stay where you are than to follow your dream.

In busting the border to your new life, remember you are "fearfully and wonderfully made" (Psalm 139:14) and that "It does not yet appear what you shall be" (I John 3:2).

But there are others who will not only grant you the freedom to seek your dream but will encourage you to do so. They will be waving you on, giving you the "okay," the "go for it," because they want your life to be fulfilled so that you can be all you were created to be.

While these people may be in their comfort zone, more likely than not they have already crossed a border to a dream fulfilled, and want you to have the same satisfaction they felt in finding their dream. They are all about you! They instill a certain kind of confidence that you have within yourself what it takes to be a winner in your life by going for your dream.

You may be standing on a border right now. Looking back, you may see where your life has been. Up until this moment, it's been rather easy because you have been in your comfort zone — no challenges, no borders to cross, all familiar terrain. But deep down inside, there is something churning about your life, what you should do, who you should be.

You have been on this threshold before and stayed put. But staying put has not fulfilled your life. You have not claimed the dream. Not only do you not feel fulfilled, but you feel like a coward, because you did not find the inner strength to cross the border to find your dream. You feel weak and spineless, disparaging towards yourself, even gutless.

But there is another person inside you who is just waiting to bust the border to a more fulfilling life. Indeed, that inner person is much stronger than you imagine. S/he is just waiting for you to give the word to go for your dream.

Once you listen to this person and allow this person to pilot your life, you will find strength and courage, far more than you may have ever thought possible. And the thing of it is, that sense of empowerment and energy will just keep coming and coming. You will be proud of who you are and what your life has become. You will wonder why you ever stayed in the comfort zone or why you had any resistance to crossing the border to your dream.

You will feel in your heart of hearts that your newfound life and your fulfilled dream were all you were created to be. But it doesn't stop there. That is only the beginning. Your life is only beginning.

What about the people you left behind in the comfort zone? Will they be okay? Will they still love and care about you? They will be okay, because after all they are still in their comfort zone. Nothing will have changed for them. What's more, they will still love you. But one thing more: Now they will not only love you, they will admire you. They will be so very proud that "one of theirs" had what it took to cross the border to find his dream. In fact, they will have a kind of vicarious ownership of you and your dream.

Crossing the border from a comfort zone to reaching for a dream is never easy. There are always risks. There is always uncertainty. But the dream is always worth the risks. The people of faith understand they are never alone in pursuing their dreams, as is stated in Philippians 4:14, "I can do all things through Christ who strengthens me." In reaching your dream, you must further remember the words of Paul in Romans 8:31: "If God be for us, who can be against us?"

There has never been anyone in your corner waving you on like the One who created you and who has a dream for your life. In busting the border to your new life, remember you are "fearfully and wonderfully made" (Psalm 139:14) and that "It does not yet appear what you shall be" (I John 3:2).

So what dream have you been harboring in the secret place of your heart? When you find the strength and cross that border to reach your dream, incredible things begin to happen.



*Dr. Les Wicker is the founding pastor of First Congregational Church of Naples. Almost at the age of retirement, he was invited to plant this new church start in 2004. In a "Leap of Faith" he left an established church in Wisconsin to start the church in a school cafeteria. The church is now a thriving church with over 250 members. This article in many ways reflects Dr. Wicker's journey of crossing borders with the faith that God will bless your efforts. A graduate of Duke University Divinity School, Dr. Wicker has served churches in North Carolina, Wisconsin and Florida. He is the author of *The Miracle Church*. He was awarded the Harry Butman Award for outstanding pastoral leadership in 2015.*

Hope Shines Walk

by Sherri Coner | photos courtesy of Collier County's National Alliance on Mental Illness



According to national statistics, 1 in 4 people suffer from a serious and persistent mental illness.



Bring your favorite canine on a leash, invite your friends and neighbors, and don't forget your appetite for the 14th annual "Hope Shines" walk, an important fundraiser for Collier County's National Alliance on Mental Illness (NAMI). Each year, this non-profit source of support provides education and advocacy for more than 16,000 local residents who live with mental illness.

This year's grand marshal, Keith O'Neil, is a former NFL player for the Dallas Cowboys, the Indianapolis Colts and the New York Giants. During his career, Keith played football with undiagnosed bipolar disorder. As a passionate advocate for those with mental illness, he is the president and founder of the 4th and Forever Foundation, which raises research funds for the treatment of mental illness.

Those who are uninformed about mental illness tend to picture Jack Nicholson in "One Flew Over the Cuckoo's Nest," says Jacquelyn Metcalf, director of communications and donor relations at NAMI since 2014. Keith is devoted to erasing this stigma of mental illness in our society through his own personal experience. NAMI aims to

improve quality of life of those affected and their families.

But according to national statistics, 1 in 4 people

suffer from a serious and persistent mental illness such as bipolar disorder, post-traumatic stress disorder, anxiety or depression.

"Your best friend may have a diagnosis. You may have a diagnosis. Celebrities are coming out every day and telling us they have a diagnosis," Jacquelyn says. "Let's recognize the national epidemic and fund it properly. Write to your congress and senators; ask them to fund the programs necessary to make a difference."

Lots of raffles, free entertainment, games and great food will accompany the fun.

Above: Participants in last year's "Hope Shines" walk.

Right: Former NFL linebacker and mental illness advocate, Keith O'Neil.



WHEN: Saturday, February 27 | 8:30 am: Registration | 9 am: Walk begins | WHERE: Cambier Park, Naples | Free

Brain Fair

by Sherri Coner | photos courtesy of Miracles Among Us



You are invited to a Brain Fair from 2 to 6 pm on March 19 at the River Park Community Center, 301 11th Street North in Naples. The event is sponsored in part by the Miracles Among Us non-profit organization that was launched in 2008 by Suzan Berg, a brain injury survivor.

During the Brain Fair, volunteers from Miracles Among Us, Inc., will provide:

- A spokesperson specializing in TBI treatment
- A panel discussion about brain injury

In addition, Pilot Club of Naples will donate and fit 100 bicycle helmets for children.

There are at least 12,000 documented cases of people with brain injuries residing in Collier and Lee Counties, says David Smith, a spokesperson for Miracles Among Us. His son Patrick is a survivor. A freak accident five years ago left Patrick with a broken neck and a long road to recovery.

More than a year later, the medical community discovered that when Patrick was initially injured, he also suffered a traumatic brain injury (TBI).

"In Patrick's case, the doctors missed the brain injury," says David. "They were dealing with multiple injuries."

Without an immediate diagnosis of TBI, his son missed access to several valuable months of intense rehabilitation, David says.

In speaking with different medical staff, David says he has learned that missed diagnosis of TBI for a patient can occur as much as 30 percent of the time when physicians are treating several potentially life-threatening injuries.

To help other families avoid these frustrating and sad results of missed or delayed diagnosis of brain injury, David serves on the board of directors for Miracles Among Us, Inc. He feels a strong need to provide research and educational opportunities in the community. He knows it is necessary since he personally receives at least 80 calls each year from families in need of assistance.

These hours of volunteer work — researching program availability, listening to families with hurting hearts, answering questions as often as possible — became a passion for David when his son became one of these very misunderstood people.



Top left: Suzan Berg, Sue Grosser and Alan Berg at a Miracles Among Us event. Above, Patrick Smith, brain injury survivor, with his wife, Colleen.

There are at least 12,000 documented cases of people with brain injuries residing in Collier and Lee Counties.

WHEN: Saturday, March 19 | 2 - 6 pm | WHERE: River Park Community Center, 301 11th Street North, Naples

NATURE FESTIVAL



12th Annual Southwest Florida Nature Festival FRIENDS OF ROOKERY BAY

Friday, Jan. 15: Field trips begin; enjoy Buy One, Get One admission to the Rookery Bay Environmental Learning Center (ELC). **Saturday, Jan. 16:** Field trips continue; ELC offers lectures, guided walks, marine life touch tank, films, art gallery, nature store, and more - \$10. **Saturday Evening Keynote:** *Florida's Living Beaches* in the ELC auditorium - \$15. Our Keynote Speakers this year are acclaimed author Blair and artist Dawn Witherington. The premise in their presentation, appropriately entitled, "Our Living Beaches," is that our wave-swept coastline offers more than a sandy stroll amidst stunning scenery. **Sunday, Jan. 17:** Field trips conclude; ELC closed. 300 Tower Rd., (239) 530-5940, rookerybay.org/learn

JANUARY

9: Naples Artcrafters Festival

Cambier Park, 755 8th Ave. S., 10 am - 5 pm, (239) 213-3058, naplesartcrafters.com

10: Kristin Chenoweth

with the Naples Philharmonic
Hayes Hall, 5833 Pelican Bay Blvd., 7 pm, (239) 597-1900, artisnaples.org

14 & 16: Don Pasquale - An Opera Bouffe in 5 Acts

Opera Naples, 2408 Linwood Ave., 8 pm, (239) 963-9050, operanaples.org

16: Tony's Off Third 20th Anniversary Pastry Tasting

1300 3rd St. S., 3 - 9 pm, (239) 262-7999, tonysoffthird.com

16: Whirl'n Twirl - Hula Hoopathon & Family Fair

Cambier Park, 755 8th Ave. S., 9 am - 12 pm, (239) 649-5260, naplesgov.com

17: Pets on Third

1207 3rd St. S., (239) 434-6533, thirdstreetsouth.com

19: Renee Fleming with the Naples Philharmonic

Hayes Hall, 5833 Pelican Bay Blvd., 8 pm, (239) 597-1900, artisnaples.org

19: Outdoor Movie: To Kill a Mockingbird

Mercato, 9132 Strada Pl., check website for time, mercatoshops.com

21: Peppa Pig Live!

Germain Arena, 11000 Everblades Pkwy., Estero, 6 pm, (239) 948-7825, germainarena.com

23: Live Life in Color Gala hosted by The David Lawrence Center

Naples Botanical Gardens, 4820 Bayshore Dr., 6 pm, davidlawrencecenter.org

29-31: Naples Winter Wine Festival

280 Vanderbilt Beach Rd., benefits the Naples Children & Education Foundation, (239) 598-3300, napleswinefestival.com

30: Beyond the Traditional: Stroke Recovery Panel

Sanibel Community House, 2173 Periwinkle Way, 2 pm, (239) 254-8266

FEBRUARY

8-14: ACE Group Classic

The TwinEagles Club, 11725 Twineagles Blvd., (239) 403-1028, theacegroupclassic.com

13: Ferrari Club of Naples Annual Car Show

5th Ave. S., 10 am - 3 pm, (239) 692-8436

13: CREW Concert & Silent Eco-Auction

Riverside Park, 27300 Old Rte. 41, Bonita Springs, 5 - 9 pm, (239) 657-2253, crewtrust.org

13: Naples Artcrafters

Cambier Park, 755 8th Ave. S., 10 am - 5 pm, (239) 213-3058, naplesartcrafters.com

14: Paradise Coast Marathon

8520 Rattlesnake Hammock Rd., 7 am, (239) 774-2701, naplesmarathon.com

16: Outdoor Movie: Wall-E

Mercato, 9132 Strada Pl., check website for time, mercatoshops.com

20: Butterfly Ball

Naples Grande Beach Resort, 475 Seagate Dr., 5:30 - 11 pm, (239) 649-3697, avowcares.org

23-27: Naples Philharmonic

100 Years of Sinatra

Hayes Hall, 5833 Pelican Bay Blvd., 8 pm every day, plus 2 pm on Sat., (239) 597-1900, artisnaples.org

27: NAMI's 14th Annual Hope Shines Walk

Cambier Park, 8:30 - 11 am, NAMICollier.org/walks

MARCH

5: Naples Craft Beer Festival

Bayfront, 450 Bayfront Place, 12 - 4 pm, (239) 649-8700, naplescraftbeerfest.com

Thru 6: Yves Saint Laurent + Halston: Fashioning the '70s

Baker Museum, 5833 Pelican Bay Blvd., (239) 597-1900, artisnaples.org

11: Humane Society Naples' 16th Annual Pet Lovers Gala

Naples Grande Beach Resort, 475 Seagate Dr., 7 - 11 pm, (239) 643-1555, humanesociety.org

11: ZOOobilee

Naples Zoo, 1590 Goodlette-Frank Rd., 7 pm, (239) 262-5409, napleszoo.org

**FEBRUARY 20-21:
37TH ANNUAL NAPLES
NATIONAL ART FESTIVAL**

Featuring 270 local, regional and national artists. Voted among the top 25 art festivals in the country by Sunshine Artist Magazine. As one of the oldest festivals in Collier County, Naples National is counted by the local community as among its premiere, must-see events, thanks to the high quality of art, the engaging personalities of the artists and the festive atmosphere. Cambier Park & 8th St. S., 10 am - 5 pm, 239-262-6517

12: Naples St. Patrick's Day Parade

5th Ave. S., 11 am - 1:30 pm, (239) 213-1000, naplesgov.com

12: Kids' Fishing Clinic at Naples Pier

Naples Pier, 12th Ave. S., 9 am - 12 pm, (239) 682-0900

13: Tony Bennett

Hayes Hall, 5833 Pelican Bay Blvd., 7 pm, (239) 597-1900, artisnaples.org

19-20: 28th Downtown Naples Festival of the Arts

5th Ave. S. & Park St., 10 am - 5 pm, (239) 262-6517, naplesart.org

19-20: Old Florida Festival

Collier County Museum, 3331 Tamiami Trl. E., (239) 252-8476, colliermuseums.com

APRIL

1: Sound Minds Mental Health Symposium Wine Tasting hosted by The David Lawrence Center

von Liebig Art Center, 6 pm, (239) 304-3505, davidlawrencecenter.org/news-events/events

2: Sound Minds Mental Health Symposium Music Festival hosted by The David Lawrence Center

Naples Botanical Garden, 3 pm, (239) 304-3505, davidlawrencecenter.org/news-events/events

ONGOING EVENTS:

Third Thursdays on Third

Every third Thurs., 6 - 9 pm, 3rd St. S.

Mercato Nights Music Series

Every first Thurs., 6 - 9 pm, Mercato, 9132 Strada Pl., mercatoshops.com

Art Lessons by Malenda Trick

Every Thurs., 6 - 9 pm, 258 Royal Palm Dr., Marco Island, (239) 394-2787, malendatruck.com

First Friday's Art for Art Lovers

Every 1st Fri., 5 - 7 pm, 258 Royal Palm Dr., Marco Island, (239) 394-2787, malendatruck.com

Wellfit Naples Paddleboard Fitness and Yoga

Every Sat., 8:30 - 9:45 am, Beach on 2nd Ave. N., (239) 591-3199

2.5 hour Kayak Tours

9:30 am, 12:30 pm, Sunset, 920 Capri Blvd., (239) 695-0067, kayakmarco.com

Naples Jazz Concert Series

Most Sun., call for dates and showtimes, Cambier Park Bandshell, 580 8th St. S., (239) 263-1113

Live Entertainment at Miromar Outlets

Sat., 4 - 7 pm, & Sun., 1 - 4 pm beginning in Nov., Miromar Outlets, 10801 Corkscrew Rd., Estero, (239) 948-3766, miromaroutlets.com

FEBRUARY 12-14:

46TH ANNUAL EVERGLADES SEAFOOD FESTIVAL

Featuring three days of live country music, carnival rides, arts, crafts and incredible food. Feast on fresh gulf shrimp, fish and stone crab claws, fried gator and lots more seafood. More than 100 vendors offer a variety of great seafood, refreshments, and handmade arts and crafts. The kids will love the rides on the midway. Admission is free. Broadway on the Circle, Everglades City, (239) 695-3781, evergladesseafoodfestival.org

BUTTERFLY RELEASE



MAR. 26

11th Annual Naples Butterfly Release AVOW

Participate in Avow's Butterfly Release remembrance ceremony featuring songs, inspirational readings and a public reading of the names of those being remembered. At the close of the ceremony, the butterfly tent will be opened for a breath-taking release of hundreds of beautiful butterflies. The cost to register one name to be read in the public ceremony is \$40 in advance or \$50 on the day of the event. Cambier Park, 755 8th Ave. S., 10 am - 1 pm, (239) 261-4404, avowcares.org

FARMERS' MARKETS



SAT. & SUN.

Farmers' Markets

THIRD STREET SOUTH & VILLAGE ON VENETIAN BAY

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THIRD ST. S., behind Tommy Bahama and the Old Naples Pub, every Sat., 7:30 - 11:30 am

VILLAGE ON VENETIAN BAY, south side, every Sun., 9 am - 2 pm

The Older We Get...

By Sherri Coner

I've never been one to lie about my age. And I could not possibly care less about the deep crevices on my face or the wrinkled curtain hanging around my neck. I am deliciously happy to be 56 years young.

But I still remember being a smart aleck in high school, sort of expecting my 50ish teachers to croak at any moment — preferably right before a pop quiz.

Now, at this age, I am absolutely nothing like my teachers were.

The same is true with the difference between my grandparents and those of this generation.

Today's grandmas and grandpas have got it going on. They travel. They live loudly, passionately. And they have absolutely no use for those stereotypical rocking chairs.

It might be my imagination, but I think today's over-50 crowd has a lot more fun.

Speaking only for myself, I would also add that I am not nearly as much of a moron as I was in my 40s.

I know a lot about me. Actually, I know more about who I am than ever before. I don't lose sleep anymore about who likes me or who disappointed me. Sometimes I go to the grocery store with a face naked of makeup, and I don't care who likes that, either.

I spent way too many years caring way too much about whether I looked attractive enough. Bleh, I'm a retired Barbie doll. And I have the fat rolls to prove it. I also know many women who feel exactly like me. We don't order salads. We go for anything with gravy. Life is short. I'm having double chocolate fudge cake if I want it. And that's that.

I have also embraced something else about myself: I don't want



Today's grandmas and grandpas have got it going on... they have absolutely no use for those stereotypical rocking chairs.

to be in the company of negative, nit-picky narcissistic people anymore. Be a brat around me and you will see my wide-load hind-end as I sprint for the nearest exit.

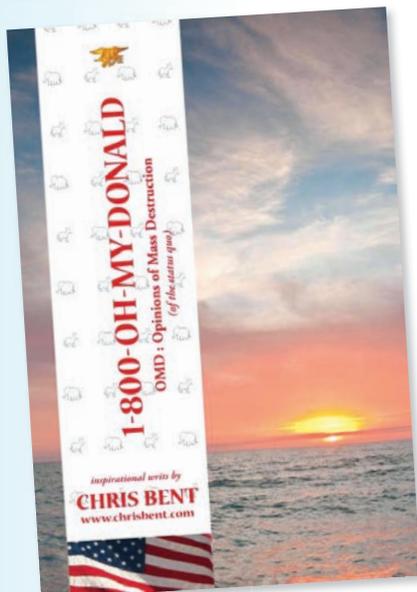
The same goes for stress. Of course, everyone defines stress in different ways.

For me, the company of fussy children is kind of ... well, miserable. If the background music is a screaming child, I will walk right out of any store, and many restaurants, too.

It is wonderful to simply be who we really are. Like what we like. And avoid what we don't. And be okay with all of it.

Oh My Donald!

Author Chris Bent reveals what we can learn from Donald Trump and His Candidacy for President of the United States



Straight-talking, pithy sometimes irreverent, humorous prose about the mogul who would be President written by a former Navy Seal.

Order all books by Christopher Bent at Amazon.com

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About the Author:

After Yale and the US Navy, Chris Bent spent 30 years merchandising in department stores. For the last 15 years he has helped his wife with the success of her store, Best of Everything, in Naples, Florida, and Kennebunkport, Maine. Author of 7 books, Bent says he is "attacking the attack on our traditional values." According to enthusiastic readers, lives have already been changed.

From one reader's review of 1-800-OH-MY-DONALD:

"Having read almost any other book by Chris Bent... I knew that at the get-go, **'1-800-Oh-My-Donald' is going to be like a missile that hits you in the heart.** What I love about Bent's writing is the sheer absence of pretention... Bent is just being himself, and he draws upon the deep well of personal experiences to write these... "flash essays."

This book revolves around Donald Trump and the upcoming elections. But it would be a mistake to simply think that this book is an endorsement of Donald Trump nor is it exclusively about Trump... this book is an invitation to wonder and think about the many unspoken ponderables that strike us whenever election season comes.

Bent's wry sense of humor and dead-pan observations pours down on you like a bucket of warm water... I love this book for its timeliness and for Bent's effort in collecting some of the most important morsels of wisdom from his past books. Makes a great gift to loved ones. Highly recommended to readers of all ages."

~ Meghan, October 13, 2015

Visit the author at www.chrisbent.com

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11190 Health Park Blvd., 239-552-7222, nchmd.org/brookdale

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Celebrate Recovery 43
763-218-7867, celebraterecoveryLWFC@gmail.com

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6075 Bathey Ln., 239-455-8500, davidlawrencecenter.org

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9118 Strada Pl., Ste. 8125, 239-566-9300, spectaclesofnaples.com

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239-254-8266, strokevictor.com

Swan Centers 4
Naples, Bonita Springs, Fort Myers, Sarasota, 1-800-590-7138, swancenters.com

Visiting Angels Living Assistance Services 2
1100 5th Ave. S., Ste. #201, 2800 Davis Blvd., Ste. 207, 239-561-7600, visitingangels.com/FortMyers

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Naples Baptist Church
654 104th Avenue North, www.naplesbaptistchurch.com

Seagate Baptist Church
1010 Whippoorwill Lane, www.seagatebaptistchurch.com

Catholic Churches

Ave Maria
5068 Annunciation Circle

St. Ann Catholic Church
475 Ninth Avenue South, www.naplesstann.com

St. John the Evangelist
625 111th Avenue North,
www.saintjohntheevangelistStreet.com

St. Peter the Apostle
5130 Rattlesnake Hammock Road, www.stpeternaples.com

St. William
601 Seagate Drive, www.saintwilliam.org

Charismatic Churches

Living Word Family Church
10910 Immokalee Road, www.napleschurch.com

Christian Churches

Living Waters
22100 South Tamiami Trail, Estero, www.livingwaterscc.com

Naples Christian
8000 Goodlette Road North, www.napleschristian.org

Christian Science Churches

First Church of Christ, Scientist
649 Central Avenue, www.christianscienceusa.com

Church of Christ Churches

Naples Church of Christ
3001 Santa Barbara Boulevard, www.napleschurchofchrist.org

Church of God Churches

Naples Church of God
1074 10th Street North, www.naplescog.org

Parkway Life Church
5975 Golden Gate Pkwy., www.plcministries.com

Congregational Churches

First Congregational Church of Naples
6630 Immokalee Road, www.naplesflchurch.com

Episcopal Churches

St. John's Episcopal Church
500 Park Shore Drive, www.stjohnsnaples.com

St. Paul's Episcopal Church
3901 Davis Boulevard, www.saintpaulsnaples.org

Trinity-By-The-Cove
553 Galleon Drive, www.trinitybythecove.com

Jewish Temples

Chabad Jewish Center of Naples
1789 Mandarin Road, www.chabadnaples.com

Temple Shalom of Naples
4630 Pine Ridge Road, www.naplestemple.org

Lutheran Churches

Emmanuel Lutheran
777 Mooring Line Drive, www.naplesemmanuel.org

Shepherd of the Glades Lutheran Church
6020 Rattlesnake Hammock Road, www.sotgweb.org

Grace Lutheran
860 Banyan Boulevard, www.graceofnaples.com

Methodist Churches

Cornerstone United Methodist
8200 Immokalee Road, www.cornerstonenaples.org

East Naples United Methodist
2701 Airport Road South, www.enaples.org

First United Methodist
388 First Avenue South, www.fumcnaples.org

North Naples United Methodist
6000 Goodlette Road, www.northnaplesumc.com

Nazarene Churches

Faith Community
Oakes Boulevard at 22nd Avenue Northwest,
www.faithcommunitynaples.com

Nondenominational Churches

Calvary Chapel Naples
3285 Pine Ridge Road, www.calvarychapelnaples.org

Celebration Community Church
Cambier Park, www.celebrationbeachchurch.com

Community Christian Church
2200 Santa Barbara Boulevard, www.naplescommunitychurch.org

New Hope Ministries
7675 Davis Boulevard, www.newhopeministries.org

The Fisherman's Home Church
16165 Livingston Road

Word of Life Community Church
931 5th Avenue North, www.wordoflifecc.net

Orthodox Churches

St. Katherine Greek Orthodox
7100 Airport Road, www.stkatherine.net

Presbyterian Churches

First Presbyterian Church
250 6th Street South, www.fpcnaples.org

Mooring Presbyterian Church
791 Harbour Drive, www.mooring-presby.org

Vanderbilt Presbyterian Church
1225 Piper Boulevard, www.vpcnaples.org

Southern Baptist Churches

First Baptist Naples
3000 Orange Blossom Drive, www.fpcnaples.org

North Naples Baptist
1811 Oakes Boulevard, www.nnbc.net

United Church of Christ Churches

Naples United Church of Christ
5200 Crayton Road, www.naplesucc.org

Unity of Naples Church
2000 Unity Way, www.naplesunity.org

Nonprofit Organizations

Alzheimer's Support Network
660 Tamiami Trail North
www.alzsupportnetwork.org

American Cancer Society Naples
5020 Tamiami Trail North, www.cancer.org

American Red Cross-Florida's Southern Gulf Region
2610 Northbrooke Plaza Drive
www.gulfcoastredcross.org

Artis Naples
5833 Pelican Bay Boulevard
www.artisnaples.org

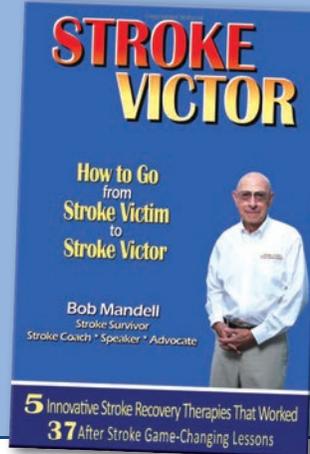
Avow Hospice, Inc.
1095 Whippoorwill Lane, www.avowhospice.org

Bosom Buddies Breast Cancer Support
4330 Tamiami Trail East, www.bbbsci.org

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**Naples meetings are held on the second Monday of every month:
 January 11, February 8, March 14. Visit our website to join our
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Boys and Girls Club of Collier County
 7500 David Boulevard
www.bgccc.com

Brooke's Legacy Animal Rescue
 979 1st Avenue North
www.brookeslegacyanimalrescue.org

Cancer Alliance of Naples
 990 1st Avenue South
www.cancerallianceofnaples.com

Catholic Charities of Collier County
 2210 Santa Barbara Boulevard
www.catholiccharitiescc.org

Children's Advocacy Center of Collier County
 1036 6th Avenue North
www.CACcollier.org

Collier County Audubon Society
 1020 8th Avenue South
www.collieraudubon.org

Collier County Hunger & Homeless Coalition
 5251 Golden Gate Parkway
www.collierhomelesscoalition.org

Conservancy of Southwest Florida
 1450 Merrihue Drive
www.conservancy.org

Corkscrew Swamp Sanctuary/Audubon of Florida
 375 Sanctuary Road West
www.Corkscrew.Audubon.org

David Lawrence Center
 6075 Bathey Lane
www.davidlawrencecenter.org

Drug Free Collier
 5775 Osceola Trail
www.drugfreecollier.org

Eden Autism Services Florida
 24860 Burnt Pine Drive
www.EdenAutism.org

Education Foundation of Collier County
 3606 Enterprise Avenue
www.GetOnTheBusCollier.org

First Book of Collier County
 2400 Tamiami Trail North
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Foundation for the Developmentally Disabled
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www.ffddnaples.org

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Golisano Children's Museum of Naples
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 509 Hope Circle
www.guadalupecenter.org

Habitat for Humanity Collier County
 11145 Tamiami Trail East
www.HabitatCollier.org

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 4760 Tamiami Trail North
www.holocaustmuseumsfwl.org

Hope for Haiti
 1042 Sixth Avenue North
www.hopeforhaiti.com

Jewish Family & Community Services
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3635 Bonita Beach Road
www.sfla.wish.org

Mental Health Association of Southwest Florida

2335 9th Street North
www.mhaswfl.org

NAMI of Collier County

6216 Trail Boulevard
www.nami.org

Naples Art Association

585 Park Street
www.naplesart.org

Naples Botanical Garden

4820 Bayshore Drive
www.naplesgarden.org

Naples Children and Education Foundation

6200 Shirley Street
www.napleswinefestival.com

Naples Zoo at Caribbean Gardens

1590 Goodlette Road
www.napleszoo.org

PACE Center for Girls

160 North 1st Street
www.pacecenter.org

Parkinson Association of SWFL

1048 Goodlette Road
www.pasfi.org

Planned Parenthood of Collier County

1425 Creech Road
www.plannedparenthood.org

Salvation Army, Naples Corps

3180 Estey Avenue
www.salvationarmynaples.org

Shelter for Abused Women and Children

www.naplesshelter.org

Shy Wolf Sanctuary

1161 27th Street Southwest
www.shywolfsanctuary.com

Special Olympics Collier County

2663 Airport Road South, Suite D101
www.specialolympicscollier.org

St. Matthew's House

2001 Airport Road South
www.stmatthewshouse.org

Susan G. Komen for the Cure

26800 Tamiami Trail
www.komenswfl.org

The Humane Society Naples

370 Airport Road North
www.hsnaples.org

United Arts Council

2335 Tamiami Trail North
www.collierarts.com

Voices for Kids of Southwest Florida

3301 E Tamiami Trail
www.voicesforkids.org

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Contact Katie Archer @ 763-218-7867
celebraterecoveryLWFC@gmail.com



Be completely humble and gentle;
be patient, bearing with one another in *love*.

Ephesians 4:2 New International Version (NIV)

Hatred paralyzes life;
love releases it.

Hatred confuses life;
love harmonizes it.

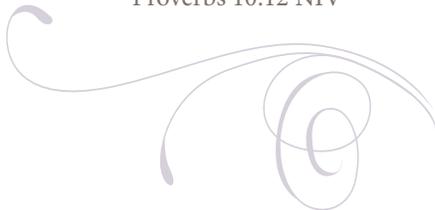
Hatred darkens life;
love illuminates it.

Martin Luther King Jr.



Hatred stirs up conflict, but *love*
covers over all wrongs.

Proverbs 10:12 NIV





Nichole is a loving 28-year-old mother whose journey through addiction has been long and painful. Despite several attempts at sobriety for her son's sake, patterns repeated and she lost custody. She racked up arrest after arrest and her life spiraled out of control.

When Nichole entered the Collier County Drug Court program, she made the best choice of her life. She spent the next 15-months surrendering completely to the treatment process. She did the work and learned the tools. While in Crossroads Residential, she embraced the equine and art therapy, and yoga classes and flourished.

Now sober for two years, Nicole has her son back and is expecting her "second chance". She works her program, stays active and healthy and has "a great life" counting her blessings one day at a time.

Her Recovery is *Our* Concern.

Mental health is a community issue.
Fortunately, there's a community solution.

Nichole is among one in four in Collier County who suffer from a mental illness. One in nine of us will experience some form of substance abuse. When a family member, friend or coworker battles a mental health or substance abuse problem, we suffer with them. Thankfully, David Lawrence Center is here for our community.

A not-for-profit organization founded and still governed by community leaders, the David Lawrence Center is the behavioral health component of our community's healthcare network. A true local resource, it relies on donations, fees and grants to invest in the health, safety and wellbeing of our community.

When you or someone you love needs help, call on the highly compassionate, committed and competent professionals of the David Lawrence Center to inspire you to move beyond the crisis towards life-changing wellness.



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Restoring & Rebuilding Lives

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