



Congratulations Pelican Marsh Ladies!

Our very own Pelican Marsh team has advanced to the USTA National Tournament in Surprise, Arizona late January/early February. Good luck at Nationals ladies! Page 5

Tennis and Pickleball Pro League Games

Pelican Marsh is hosting the Southwest Florida Tennis Pro League here on March 7 and March 21 respectively. Come see our own pros in competitive play! Page 6

Casino Night

Mark your calendars for an unforgettable evening when Pelican Marsh hosts Casino Night, a lively fundraiser benefiting AVOW Hospice. Page 14



THE PELICAN MARSH BRIEF

The Foundation of Pelican Marsh, Inc., Official Publication

February 2025 <Volume 16, No. 2>

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New year brings hub of activity

By Joe Mulcahy, Foundation Board President

The Pelican Marsh community campus is full of life this season. Our tennis courts are buzzing with activity, hosting daily groups, cardio tennis sessions, private and group lessons, and league matches. The six new pickleball courts have quickly become a favorite spot for residents, family, friends and league teams. Bocce is also gaining momentum, with both casual play and league games adding to the vibrant atmosphere.

At the Community Center, the gym is a hub of activity as residents embrace their New Year’s resolutions and wellness goals. Alongside fitness, the center is hosting a variety of activities, including Bible study, card games, social gatherings and special events. It’s truly heartwarming to see so many residents enjoying the wonderful amenities available here at Pelican Marsh.

Courtside Restaurant

Courtside Restaurant welcomed the New Year with a



lively celebration featuring a live band. Regular live music performances continue every Thursday and Sunday evening, creating a delightful ambiance for dining and socializing. The fire pit area has become a favorite community gathering spot, with residents enjoying its cozy atmosphere throughout the day and into the evenings.



Joe Mulcahy

New outdoor seating area

Construction of the new outdoor seating area adjacent to tennis court No. 6 is nearly complete.

This new space, featuring tables, chairs and umbrellas, will provide another comfortable spot for watching matches, relaxing or enjoying food and drinks. By the time you receive this newsletter, the project should be complete and ready for community use.

Planning for the future

The first long-term planning workshop kicked off on Jan. 7, marking the start of an exciting new phase for our community. Throughout 2025, we will continue gathering resident input, conducting cost analyses, and prioritizing approximately 20 ideas for enhancing

the community campus. This planning process will extend through May 2025 and lay the groundwork for improvements over the next three to five years.

Community safety reminder

With the busy season in full swing, traffic within Pelican Marsh has noticeably increased. Please be extra mindful of pedestrians and cyclists and always adhere to posted speed limits. Together, we can maintain a safe and welcoming environment for all.

Here’s to a fantastic start to the New Year!



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NOTICE of the Foundation of Pelican Marsh ANNUAL MEETING

March 27, 2025, 7 p.m. in the Community Center

If you would like to be a candidate for one of the two open Board seats, please complete and return a Candidate Form to Pelican Marsh administration for consideration by 5 p.m. Feb. 14, 2025. Candidate Forms are available at the Community Center administrative office and on the Pelican Marsh website, www.pelicanmarsh.com. If there are more candidates than open seats, a Meet the Candidates Forum will be held on Thursday, March 6 at 2 p.m.

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Season is in full gear

By Paul Maddry, General Manager

You can definitely see that season is here. Our tennis, pickleball and bocce courts are full throughout most of the day, along with packed fitness classes and gym activity. Please make sure you are registered on the Pelican Marsh website and have downloaded the Pelican Marsh app so you can check out the calendar of events and get signed up while there is space still available! If you need assistance in getting registered, please email website@pelicanmarsh.com to request instructions.

We have been working with Comcast to make sure your service needs are addressed in a timely manner. To assist you in placing a service call, we have posted step-by-step



instructions on our website. If you have trouble reaching Comcast, please email the issue you are having to us at cable@pelicanmarsh.com, and we will assist in getting a service call scheduled.

We have engaged GetQuorum to provide electronic voting services for Pelican Marsh. GetQuorum is an established company that provides electronic voting services to more

than 3,000 communities. You will be receiving an email from notices@getquorum.com inviting you to sign an electronic voting consent form. We encourage every homeowner to sign this consent form for electronic voting as it will save us thousands of dollars in printing and postage costs to send out paper packets each year for our annual meeting notice and other required meeting notices.

As part of your New Year's resolutions, please make sure you have scheduled any needed cleaning and/or maintenance for your home. The summer rains and humidity cause mold and mildew to build up on walkways, walls and roofs. Remember, the Pelican Marsh rules require all homes to be kept clean and maintained. Be a good neighbor and help keep the community looking its best!

This is the time of year that brings out many residents who enjoy walking, running or biking throughout the community. When driving, please make sure you and your guests follow the speed limit and make full stops at all stop signs. Let's keep everyone safe this season!

Just a reminder, Feb. 14 (aka Valentine's Day) is just around the corner. Don't forget to buy a card, candy and perhaps make dinner reservations to celebrate your better half this year!

Remember, The Pelican Marsh Brief is supported through advertising revenue. Please show your support by using the services of those businesses who advertise in this publication.



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OUR COURT SPORTS FACILITY

Court sports are in full swing

By Johann Saurbier, Court Sports Director

On behalf of our staff, I would like to wish you all a very fun season on the courts as we welcome back our seasonal residents. We are grateful to have such an active and generous community that participates in our outdoor activities, particularly tennis and pickleball!

Court time availability

With the addition of a renovated pickleball complex now featuring six great courts, this season will be the busiest ever. We have over 1,000 court sports players (with more than 300 playing both sports) here in Pelican Marsh. With so many active players, it is sometimes difficult to find court time in the mornings. Please be patient with us as we do



our best to accommodate your specific needs.

I would like to remind everyone that the afternoons and early evenings are beautiful and a great time to play. Even night play is great with our fantastic

LED lights. With the addition of Courtside Restaurant, you can now enjoy a drink or meal after play.

Tri-Court Challenge

Our first major event of the

season is a campus-wide event: the Tri-Court Challenge to benefit Guadalupe Center. This event combines everything that is great about this community — a passion for pickleball, tennis and bocce combined with the generous spirit of giving.

Tennis and pickleball Club Championships

Highlighting our winter season are the Club Championships for both tennis and pickleball. Also, don't miss out on the ever-popular Dink and Glow series on the pickleball courts in February.

Naples Pro League hosting

On the tennis side, we host the Naples Pro League in the

first week of March. League season is in full swing with 15 teams participating in tennis and eight teams in pickleball. Our ladies team, captained by Linda Mushock, is headed to Surprise, Arizona for Nationals after an impressive win at Sectionals. Come out and cheer on your fellow players, they love it! Check out our weekly newsletters and website for the schedule of events.

CourtReserve

We continue to enhance our data collection efforts and use CourtReserve for all court sports bookings and events. We also use the information gathered from it to plan for the future. We ask that you always *continued on page 5*

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Pelican Marsh team advances to USTA National Tournament!

By Johann Saurbier, Court Sports Director

Our Pelican Marsh USTA 65+ and over team traveled to the USTA National Campus in Lake Nona, Florida Nov. 6-8 to compete in the 65+ and over Sectional Championships. The competition was intense in a round robin format where the two top teams advanced to the Championship Match.

Our very own Pelican Marsh team was an outlier, sweeping all three courts in their finals and advancing to the National Tournament in Surprise, Arizona Jan. 31 through Feb. 2.

This will be the third time that our 65+ and over teams, led by Linda Mushock and Marybeth Greco, have had the opportunity to represent the state of Florida at Nationals. They contribute their success to their teammates' dedication, commitment and hard work. These achievements were made possible by each and every member of the team!

Congratulations Pelican Marsh ladies!



Pelican Marsh USTA 65+ and over Florida 2024 Sectional Championship team members Rosita Gilsenan, Annie Potts, Linda Mushock (Captain), Tridy Albrite, Barbara Seymour, Joyce Bunting, Helen Wardell, Beth Gilman, Marybeth Greco (Co-Captain), Paula Federman and Barbara Salenko

court sports...continued from page 4

input all players playing on a court reservation. Remember that your guests must check in to the Pro Shop and pay the appropriate fees.

Proper footwear

This is a great time to remind everyone about footwear. For your safety and for the integrity of our courts, we ask that you wear appropriate court shoes. For tennis, please avoid wearing running shoes with a waffle pattern. They destroy the courts. Specific clay court shoes are ideal, but all court shoes are ok.

For pickleball, it is important to wear non-marking court shoes so that we do not damage our beautiful courts. If you are coming from the tennis courts to the pickleball courts (or the gym), please make sure you clean your shoes thoroughly (or ideally bring a second pair). We do not want any clay on our pickleball courts (or fitness equipment). It will damage the

surface and make for an unsafe playing environment.

Court shoes (tennis shoes) are designed with more support with lateral movement in mind. Running shoes are designed to go forward only. Investing in a good pair of court shoes will enhance your playing experience and minimize the risk of injury. There are several retailers in the Naples area that have a wide selection of shoes. Let us get out there and show off your court shoes with some fancy footwork. Remember to always play with a little bit of attitude and lots of gratitude.

Lastly, if you have not been to the Pro Shop for a while, stop by and see us. Allie has done an amazing job stocking the shop with a wide variety of Pelican Marsh apparel and merchandise. We even have kids items! We look forward to a great season.

See you on the courts or in the Pro Shop.



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On the courts

17 courts, three sports, one community

By Allie Parker, Pro Shop Manager



Tri-Court Challenge

If you are reading this issue before Jan. 30, there's still time to plan to come to the courts on Jan. 30 for the Tri-Court Challenge. The tennis, pickleball and bocce challenges are a fundraiser for Guadelupe Center.

There will be a different challenge on each court, and you can sign up with a partner or we will match you with one. You do not need to know how to play any of the sports to participate. The event will be \$40 per player, which will include a T-shirt to wear on the day of the event, as well as a barbeque lunch.

Register on CourtReserve.com or call the Pro Shop at 239-514-3200. If you're interested in being a sponsor this year, please reach out to Terry O'Hara at 847-274-1435 to see how you can help! Terry and Sally O'Hara have pledged a \$2,500 donation for this event and would like to see if someone can match them. There will be opportunities for personal and corporate sponsorships — \$500 donation for a single event sponsorship or \$1,000 donation for an event booth sponsorship.

Our goal is to raise \$10,000 from this event to be donated to Guadelupe Center!

Pickleball mentorship program

Every other Wednesday from 3 to 4 p.m., we host a pickleball mentorship for anyone who has taken a lesson or participated in a beginner clinic but needs to practice in more competitive situations. Register on CourtReserve.com or call 239-514-3200. This is a **free** event!

Southwest Florida Tennis Pro League

Pelican Marsh is hosting the Southwest Florida Tennis Pro League here on March 7! The top tennis professionals around Southwest Florida will compete, including our very own Johann Saurbier (director of court sports) and Victor Monteiro (head pro). Matches will start at 4:30 p.m., and seating alongside the courts will be available. Below is a list of matches at other clubs that you can also attend if you wish.

- Feb. 7 – Audubon Country Club

- Feb. 21 – Quail West Country Club
- March 14 – Kensington Country Club
- March 28 – Port Royal Club
- April 11 – Grey Oaks Golf & Country Club

Southwest Florida Pickleball Pro League

We will also be hosting the Southwest Florida Pickleball Pro League at Pelican Marsh on March 21 at 4 p.m. Come out and watch the top pickleball professionals face off on our new courts! We will have matches on all courts. Our very own Pelican Marsh Pickleball Pros Johann Saurbier and Victor Monteiro will compete as well! Come out and cheer them on.

Here is a list of matches at other locations to enjoy as well:

- Feb. 7 – Grey Oaks
- Feb. 21 – Pelican Preserve
- March 7 – Collier's Reserve
- March 28 – Mediterra (playoffs)
- April 4 – Wyndemere (playoffs)
- April 11 – Bonita Bay (playoffs)

KEEP PELICAN MARSH SAFE

Residents are back and are biking, jogging or just out enjoying the weather and taking in the scenery.

Please follow the speed limit when you are driving in Pelican Marsh and make full stops at each stop sign.

Let's all work together and keep everyone safe this season!

ASK DR. LO

Is there a safe way to reduce my appetite?



Dr. Gustav Lo, MD

Dear Dr. Lo,

I keep hearing about semaglutide for appetite suppression. How does semaglutide work? What makes it safer than its prescription weight loss predecessors?

Semaglutide: It's a great question, because diet drugs have a checkered history. In the past, the most effective weight loss drugs were amphetamine-like drugs ("speed," phentermine, etc.). They dramatically suppressed appetite and gave people a very energetic, euphoric feeling (as you would expect with amphetamines).

So, what's the problem? Very few people keep weight off after they stop taking those drugs, and they can't be used long-term due to severe side effects and high risk of abuse/addiction. They're still legal, but almost no reputable physician uses them anymore.

Fen-phen (combined fenfluramine and phentermine) was another craze you may remember from the early 2000s. It was taken off the market when heart problems surfaced after its public release.

Semaglutide is different. It's in the GLP-1 family, which was originally designed to treat diabetes, so it's unrelated to any other weight loss medication. The GLP-1s have been around since 2008 – with no new warnings from the FDA during that time – so most doctors consider them to be very safe, even for long-term use.

Unlike those old-fashioned diet pills, Semaglutide slows down food absorption, making you feel full longer. You end up absorbing your food calories more slowly too, so your body has a better chance to use them instead of storing more fat.

To make an appointment with Dr. Lo's team and learn more prescription weight loss, call or text (239) 302-3540.

Scan to watch Dr. Lo's workshop for the secrets to safe, effective weight loss.



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OUR FITNESS FACILITY

Stay healthy at the gym

Infection prevention tips for our Pelican Marsh community

By Patrick D. Webb, MBA, CPT

As we step into February, it's important to focus on maintaining a healthy environment for everyone at Pelican Marsh Fitness Center. Staying active is a key component of overall wellness, but it's equally essential to ensure that our fitness spaces remain clean and safe for all members.

Here are some practical tips and reminders to help prevent the spread of infections and keep our gym a healthy place to work out.

1. Wipe down equipment before and after use

One of the simplest ways



to prevent the spread of germs is by wiping down gym equipment before and after each use. We provide disinfectant wipes and sprays throughout the Fitness Center for your convenience. Taking a few moments to sanitize treadmills, weights and mats goes a long way in keeping germs at bay.

2. Wash your hands regularly

Hand hygiene is one of the most effective ways to prevent the spread of infections. Be sure to wash your hands with

continued on page 9




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stay healthy...continued from page 8

soap and water for at least 20 seconds, especially after using shared equipment. Hand sanitizer stations are also available throughout the Fitness Center for quick use.

3. Bring your own towel and mat

Using your own towel to cover gym benches and bringing a personal yoga mat can help minimize direct contact with surfaces. This adds an extra layer of protection and comfort during your workout.

4. Stay home if you're feeling unwell

We all love sticking to our fitness routines, but if you're experiencing symptoms like a cough, fever or fatigue, please take a break and rest at home. Coming to the gym when you're feeling under the weather increases the risk of spreading illness to others.

5. Avoid touching your face

Germs can enter your body through your eyes, nose and mouth, so try to avoid touching your face during your workout. Use a towel to wipe away sweat instead of your hands and remember to wash your hands afterward.

6. Practice social etiquette

Be mindful of personal space, especially during group classes or while using equipment. Cover your mouth and nose if you need to cough or sneeze and dispose of tissues immediately.

7. Stay hydrated with your own water bottle

Bring your own water bottle to avoid using communal water fountains. Staying hydrated is important, but doing so from your personal bottle is a safer choice.

What we're doing at Pelican Marsh

We take infection prevention seriously and regularly sanitize our fitness equipment, locker rooms and common areas. Our staff is committed to keeping high touch surfaces clean and ensuring that our fitness community stays healthy.

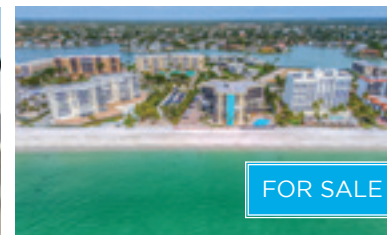
Thank you for doing your part!

Your cooperation helps us maintain a safe and welcoming fitness environment for all members. Let's work together to stay healthy and keep our Pelican Marsh community thriving!

If you have any questions or concerns about infection prevention measures, please feel free to reach out to me or any of our staff members. Stay active, stay healthy, and let's make February a fantastic month for fitness!



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Relax, rejuvenate, renew

The benefits of spa services at Pelican Marsh

By Patrick D. Webb, MBA, CPT

In our fast-paced world, finding time to care for your body and mind is essential. The spa services at Pelican Marsh provide an oasis of relaxation and rejuvenation right here in our community. Whether you're looking to relieve tension, enhance your skin's natural glow, or simply take a well-deserved break, our spa offerings are designed to help you feel your best.

Stress relief is one of the primary benefits of spa services. Life can be overwhelming, and managing stress is crucial for both mental and physical health. Spa treatments like massages and facials offer an opportunity to disconnect and unwind. The soothing atmosphere, calming scents and expert touch of our therapists help to release tension, reduce anxiety and promote overall relaxation.

In addition to promoting relaxation, regular massages can be an effective tool for managing chronic pain and aiding in muscle recovery. Whether you're dealing with post-workout soreness, arthritis or tension from daily activities, our massage therapists tailor treatments to address your specific needs. Techniques such as deep tissue massage and hot stone therapy improve circulation, reduce inflammation and alleviate muscle discomfort.



Spa services also contribute to improved skin health. As the body's largest organ, your skin deserves proper care to maintain both health and appearance. Our spa offers a variety of facials that address concerns like hydration, anti-aging and acne management. Professional skin treatments cleanse, exfoliate and nourish your skin, leaving it radiant and refreshed.

Taking time for spa treatments can also enhance your overall sense of well-being. Spa services promote balance and harmony in your life, which improves mood, boosts the immune system and increases energy levels. Treatments stimulate the release of endorphins — the body's natural feel-good hormones — which can enhance happiness and reduce stress.

At Pelican Marsh, our spa services are personalized to meet your unique needs. Our skilled therapists take the time

to understand your preferences and concerns, ensuring that every visit is customized for maximum benefit. From Swedish massages to specialized facials, we offer a variety of treatments designed to help you achieve your wellness goals.

Spa treatments can also aid in detoxification and improved circulation. Body wraps and massages promote lymphatic drainage and improve blood flow, which helps remove toxins and supports the body's natural healing processes. Improved circulation promotes healthier skin and boosts overall energy levels.

One of the most significant advantages of our spa services is the convenience of having a wellness retreat right here at Pelican Marsh. There's no need to travel far to enjoy high-quality spa treatments. Our community spa provides a tranquil escape where you can recharge and focus on your well-being.

At Pelican Marsh, we understand the importance of self-care and its role in maintaining a healthy lifestyle. Our spa services complement your fitness routine and provide the balance your body and mind need. Treat yourself to a massage, facial or other spa treatment — you deserve it.

If you have any questions about our spa services or would like to book an appointment, please visit our front desk or contact us directly. Let us help you relax, rejuvenate and renew.



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ACTIVITIES & EVENTS

Have you updated your profile on the Pelican Marsh website?

By Lynn Atzingen, Director of Activities

Keeping your profile up to date on the Pelican Marsh website, PelicanMarsh.com, is more important than ever! Accurate information ensures smooth communication, especially in case of an emergency, and helps you take full advantage of all the features the website has to offer.

Here's what you should check and update:

• **Phone numbers:** Verify that your phone numbers are current. There are fields for both a mobile and a home phone number. If you use a

mobile phone exclusively, consider entering an emergency contact number in the "home" phone field, followed by the word "emergency" for clarity.

• **Addresses:** Make sure both your local Pelican Marsh address and your northern (or secondary) address are listed correctly.

• **Group preferences:** Select which groups and committees you'd like to receive updates from to stay informed about events and activities tailored to your interests.

• **Profile picture:** Add a photo to your profile to help neighbors and community members recognize you!

The website is a great resource to stay connected and informed about everything happening in the community. From signing up for events to accessing important notices, updating your profile ensures you won't miss a thing.

Take a moment today to log in to PelicanMarsh.com and review your profile. A few quick updates can make a big difference!



Why completing your registration for Pelican Marsh events matters

By Lynn Atzingen, Director of Activities

When it comes to events at Pelican Marsh, registering is just the first step. To secure your spot, it's crucial to complete your registration by making your payment. Without this final step, your registration isn't finalized, and unfortunately, this means you don't have a guaranteed place at the event.

Here's why finishing your registration is so important:

1. Avoid missing out

Pelican Marsh events are popular, and spots can fill up quickly. If your registration isn't complete and someone else is ready to pay, your spot could go to them. We understand how much our members enjoy these events, and we don't want you to miss out on an experience you've been looking forward to simply because your payment wasn't submitted.

2. Secure your place

An incomplete registration signals to us that your participation isn't confirmed. By finalizing

your registration with payment, you're letting us know you're committed to attending. This ensures we reserve your place and include you in all event planning.

3. Make life easier with a stored card

To streamline the process for future registrations, consider storing your credit card information on our secure website. This feature makes it quicker

and easier to complete registrations for upcoming events, so you won't have to dig for your wallet every time a new event opens up.

4. Help us help you

When everyone completes their registrations on time, it allows us to better manage events, prepare the right amount of supplies, and ensure everyone has a fantastic experience. Your

continued on page 12

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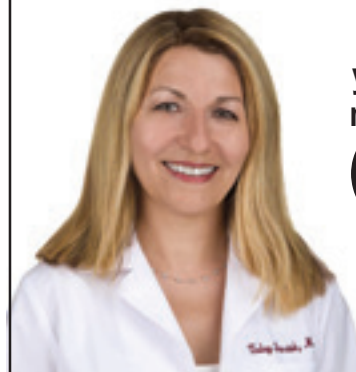
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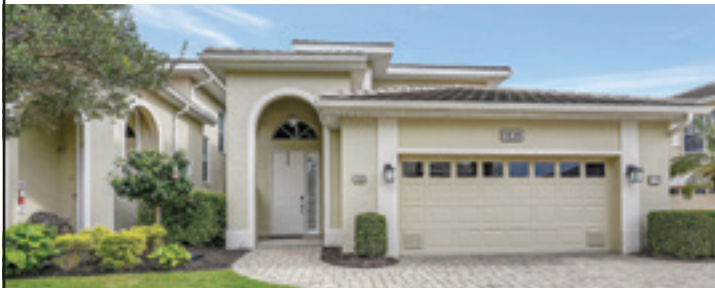


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How to add your credit card to your Pelican Marsh profile

By Lynn Atzingen, Director of Activities

1. Log into www.pelicanmarsh.com with your username and password.

2. Under the "My Marsh" tab, click on "My Current Activity" in the drop-down menu.

3. When that screen appears, click on "Manage Payment Methods" at the top right.

4. On the next screen, click on "Add New Method" (top left in blue). Choose "CC Account,"

and complete the required information, making sure to list the billing address for the card you are entering. Click "Submit" when all the information is entered. The new card will be your default card for payment.

5. If you already have a card on file, it will be listed under "Manage Payment Methods." Any changes to a current card (i.e.: expiration date) can be



made by clicking on "Edit" (to the right of card info), or you can delete the card listed and use the "Add New Method" to enter a different card (in case of fraud activity or a new card).

Get informed and get organized

By Lynn Atzingen, Director of Activities

Thinking about moving, but don't know where to start? Join us for an informative discussion on the "where and when" of senior housing options and the "how and why" of downsizing and transitioning. Mark your calendars for Wednesday, Feb. 5, 10 a.m. at the Pelican Marsh Foundation building. Our guest speakers will be Pelican Marsh resident and owner of Professional Organizer Florida, Marla Ottenstein, and senior housing specialist Bruce Rosenblatt, owner of Senior Housing Solutions.

As the population ages, many seniors and their families grapple with the decision of when and how to transition to senior housing. This seminar aims to provide valuable insights and practical advice to make the process as seamless as possible.

The first part of the seminar, presented by senior housing expert Bruce Rosenblatt, will focus on the "where and when"



Bruce Rosenblatt



Marla Ottenstein

of senior housing options, including those factors influencing the decision to move into senior housing.

The seminar will cover key considerations such as:

- The various types of senior housing options that are available.
- How to decide which option is the best fit.
- Discussing Continuing Care Retirement Communities (CCRC).
- Why utilize a senior housing specialist to help with the decision-making process?

With more than 30 years of experience in the senior housing industry, Rosenblatt is renowned as an industry expert offering personalized guidance to those seeking the best senior living options in Southwest Florida. A Certified Dementia Practitioner (CDP), Rosenblatt is skilled at addressing the challenges of aging, especially for those dealing with

continued on page 14

registration for events...continued from page 11

timely payment helps us create the best events possible.

**Don't wait — secure
your spot today!**

If you've started registering for an event but haven't completed your payment, please do so as

soon as possible. It's the only way to ensure your place at the event. Whether it's an art class, a community party or a special holiday celebration, we want you to be part of the fun.

Take a moment to log in to the Pelican Marsh website,

complete your payment, and enjoy the peace of mind that comes with knowing your spot is reserved.

Let's make great memories together!



Pelican Marsh Golf Club is Naples' premiere golf club where the only thing more important than the game *are the ones you play it with.*

Please contact the Director of Membership for details about joining the waitlist.
Shea Brower (239) 597-0016 • www.PelicanMarshGC.com



Casino Night at Pelican Marsh

Fun, games and giving back

By Lynn Atzingen, Director of Activities

Mark your calendars for an unforgettable evening! On Thursday, Feb. 6, Pelican Marsh is hosting Casino Night, a lively fundraiser benefiting AVOW Hospice, a trusted and compassionate provider of end-of-life care and support. Whether you're a seasoned card shark or just love a good time, this event is your chance to have fun and make a difference in the community.

Get ready to step into the thrill and glamour of a casino right here at Pelican Marsh! The night will feature:

• **Casino games:** Try your luck at classic games like blackjack, poker, craps and roulette. There's a game for everyone, whether you're rolling the dice, strategizing your poker face or doubling down at the blackjack table.

• **Live music by 5 More Minutes:** Groove to the sounds of

5 More Minutes, providing the perfect soundtrack for a high-energy, fun-filled evening.

• **BYOB:** Bring your favorite beverages and enjoy the night your way.

• **Play money:** Every guest will receive \$2,000 in play money to get started. Win big and you could take home some incredible prizes!

Proceeds from Casino Night will go to support AVOW Hospice, a local nonprofit organization dedicated to providing compassionate care to those facing serious illnesses or nearing the end of life. AVOW offers services like pain and symptom management, emotional and spiritual support, grief counseling and much more.

Your participation in this event helps AVOW continue its vital mission, supporting patients and



their families during some of life's most challenging moments.

Ready to roll the dice for a great cause?

- Date: **Thursday, Feb. 6**
- Location: **Pelican Marsh**
- Registration: Sign up now at **PelicanMarsh.com** to secure your spot.

Casino Night promises to be an evening filled with entertainment, excitement and community spirit. Whether you're here for the games, the music or the chance to give back, this is a night you won't want to miss. Register today at PelicanMarsh.com.

We'll see you at the tables! 🎰

Shred Truck event at Pelican Marsh

Save the date

By Lynn Atzingen, Director of Activities

Protect your privacy and declutter your home with ease! The shred truck is coming to Pelican Marsh on Thursday, Feb. 6, from 2 to 3 p.m. This is your opportunity to safely and securely dispose of sensitive documents without leaving the community.



Shredding is an essential step in protecting yourself from identity theft and ensuring your private information doesn't fall into the wrong hands. Whether it's old tax returns, bank statements or other confidential papers, shredding is the safest way to dispose of sensitive materials.

Event details:

- Date and time: **Thursday, Feb. 6, 2-3 p.m.**
- Location: Pelican Marsh Community Center parking lot
- Cost: **\$7 per box** (a box you can carry)
- Payment: Bring **cash** to pay at drop-off
- Onsite shredding: All shredding will be done onsite before

the truck leaves Pelican Marsh, ensuring your documents are securely destroyed.

Gather any sensitive documents you no longer need, such as financial statements, medical records, legal documents, old bills and personal files. The shred truck event is a hassle-free way to dispose of your documents while staying in the neighborhood. Plus, with onsite shredding, you can have peace of mind knowing your materials are securely destroyed before the truck leaves the property.

Mark your calendar and don't miss this chance to declutter responsibly. See you on Feb. 6! 🎰

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get informed...continued from page 12

memory loss. He is also the founder of the National Network of Senior Housing Advisors (NNSHA), connecting trusted senior housing professionals nationwide.

The second part of the seminar, presented by Professional Organizer and Certified Move Manager Marla Ottenstein, will address the "how and why" aspects decluttering and downsizing, an imperative process that is essential for a stress-free transition into senior housing.

Ottenstein will cover the following:

- Creating a decluttering plan.
- How to decide what stays and what goes.
- Why engage the services of a professional organizer when you can do it yourself?

• Why hire a certified move manager to coordinate the move from start to finish?

Ottenstein is recognized as Southwest Florida's leading authority on how to get — and stay — organized. A renowned downsizing expert, her professional services include expert home and office organizing, decluttering, consolidation, moving, packing and unpacking. She is highly adept in helping clients sort through and organize important papers and tax-related files by creating easy-to-use systems.

This seminar is ideal for seniors considering a move, adult children helping their parents with this transition and professionals working in elder care. Register at www.PelicanMarsh.com. 🎰



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TROON LAKES



\$1,795,000

9296 Troon Lakes Dr.

Nicely updated 3 bedrooms + den single-family home in Troon Lakes at Pelican Marsh. Newer roof, kitchen, bathrooms, crown moldings, wood floors, pool/spa and a 2-car garage are some of the many features that compliment this lovely home. Located in a quiet cul-de-sac setting with private preserve views. Pelican Marsh offers numerous on-site amenities including fitness center, spa, tennis, pickleball and bocce courts, restaurant, award-winning golf course and miles of bike and walking paths.

OSPREY POINTE



\$1,295,000

9061 Whimbrel Watch Ln.
#102

Time to enjoy the rewards of your hard work with this unique opportunity in desirable Osprey Pointe. This southern exposed 3-bedroom, 2.5 bath, 2 car garage offers 2060 square feet of air-conditioned space. Totally remodeled and appointed with top-of-the-line materials including: Legano Bastone wood floors, porcelain tile, Emtek door hardware, solid core 3-panel doors, Pompeii quartz countertops and vanities, new electrical switches, LED lighting, high baseboards, new cabinets and so much more. This unit needs to be seen in person. Call today for your private showing.

TIMARRON



\$895,000

1965 Timarron Way

Two bedrooms plus den pool/spa home in Timarron at Pelican Marsh. Ideally situated on the lake affording nice views from the lanai. Timarron has a peaceful quiet setting and offers great curb appeal. New roof 2023! The Community Center is a gathering place to enjoy tennis, bocce, pickleball, a fitness center/spa, community events and a restaurant. Pelican Marsh Golf Club offers several levels of optional membership. Upscale shopping, dining and sugar sand beaches are just outside the community.

MONT CLAIRE



\$1,295,000

2355 Mont Claire Dr. #201

Outstanding lake and golf course views complement this 2748 sq.ft. 2nd floor condominium nestled in the heart of Pelican Marsh at Mont Claire. The well-designed living space has a great room, formal dining room, den/media room, breakfast nook, three large bedrooms, bonus room, storm shutters, private elevator, and a two-car garage. Features include a new A/C, wet bar for entertaining, stainless appliances and granite tops in the kitchen, updated seamless glass shower in the master bath, crown molding, and recessed lighting. The great room opens to the lanai, creating a cozy seating area and entertaining space to complete the Florida lifestyle.

LES CHATEAUX



\$1,125,000

1840 Les Chateaux Blvd.
#303

Leave your worries behind as you enter this recently painted 3 bedroom/2.5 bathroom gem at Les Chateaux in Pelican Marsh. This unit provides 2515 sq. ft. of generous, well-designed living space. Some of the many features include an open floorplan with volume ceilings, updated tile flooring, roomy master ensuite with walk-in closet, updated bathroom, updated kitchen with new appliances, white quartz counter tops, renovated community pool area, and over-sized 2 car garage with epoxy flooring. The building elevator leads you right to the front door. The two expansive lanais offer serene views for your relaxation and enjoyment.

ISLAND COVE



\$995,000

2255 Island Cove Cir.

Charming ranch style single-family 2 bedroom plus den home in Island Cove at Pelican Marsh. This low maintenance gem has a newer roof (2019), newer a/c, quartz counter tops, plank tile flooring, newer appliances, seamless shower glass, partial lake view, hurricane shutters, 2 car garage, community pool and much more. Pelican Marsh is a premier gated community close to beaches, shopping and dining, and features an active community center including tennis, bocce, pickleball, fitness center, and a restaurant.

TIMARRON



\$975,000

1980 Timarron Way

Charming two bedroom plus den southern exposed pool/spa home in Timarron at Pelican Marsh. This move-in ready beauty is ideally situated on the lake and for your convenience has all the upgrades done! New roof 2021, new pool marcite 2022, new kitchen and tops, new bathrooms, new custom lighting, new paint, new custom wood ceilings on lanai and entry, new plantation shutters on all windows, hurricane protection throughout and much more.

RAVENNA



\$749,000

2408 Ravenna Blvd. #102

Panoramic long lake views with abundant wildlife and brilliant sunsets compliment this 3 bed/2 bath condo in the re-mastered community of Ravenna at Pelican Marsh. In 2022 Ravenna underwent a community-wide renovation which included new roofs, impact windows & sliders, hurricane-rated garage doors, new exterior elevation, paint, and updated poolside cabana including new pool pavers. This home features wood and tile flooring, plantation shutters throughout, granite countertops, stainless appliances, and an abundance of natural light.

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Join us for a Canasta Tournament fundraiser

Support the Humane Society Naples!

By Lynn Atzingen, Director of Activities

Mark your calendars for a day of fun, community and giving back! On Tuesday, Feb. 11, we're hosting a Canasta Tournament at the Community Center to raise funds for Humane Society Naples, a non-profit organization dedicated to improving the lives of animals in need.

Humane Society Naples is committed to providing compassionate care, shelter and medical services to homeless pets, as well as offering adoption and community programs to create a better future for animals. By attending the tournament, you're directly contributing to their mission of saving lives and finding loving homes for pets.

As part of this special event, Humane Society Naples' adoption bus will be parked in the Community Center parking lot from 10 a.m. to noon. Stop by to meet some adorable, adoptable animals and learn more about this important work. Who knows? You might even find your new best friend!

A heartfelt thank you goes to Nancy Tuck, whose dedication and hard work have been



instrumental in organizing this tournament. Her passion for both the game of canasta and supporting Humane Society Naples has truly brought this event to life.

Come enjoy a day of friendly competition, connect with fellow animal lovers, and make a

difference in the lives of pets in need. We hope to see you there!

For more information or to register for the tournament, please go to pelicanmarsh.com or call 239-594-7800.

Together, let's shuffle the deck for a great cause!



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Not Getting Our Emails?

Are you missing activities or important information because you don't receive email from Pelican Marsh? Call Monique Rowell or email her at MRowell@PelicanMarsh.com to be added to the list!

Save the date: AVOW Hospice donation drive at Pelican Marsh

By Lynn Atzingen, Director of Activities

Clear your clutter and make a difference! Join us on Saturday, March 1, from noon to 3 p.m. for the AVOW Hospice Donation Drive, an opportunity to support a meaningful cause while tidying up your home.

AVOW Hospice is collecting gently used items that can be repurposed to help fund their vital services. Consider bringing:

- Clothing
- Small furniture
- Artwork
- Books



- Jewelry
- House décor
- Household items

The AVOW Hospice donation truck will be conveniently parked in the Community

Center parking lot from noon to 3 p.m. Drop-offs are quick, easy and impactful. Your donations help support AVOW Hospice, a nonprofit organization dedicated to providing

compassionate care and support to individuals and families facing serious illnesses or end-of-life challenges.

By giving your unneeded items, you're contributing to

their mission and helping to make a difference in the lives of others.

This is the perfect chance to part with items you no longer need while supporting a great cause. So, gather your gently used clothing, books and household items, and bring them to the donation truck on March 1. Let's come together as a community to make this donation drive a success!

See you there!



Winter Bocce League kicks off with record participation!

By Lynn Atzingen, Director of Activities



The very popular Winter Bocce League is off to an exciting start with a record-breaking 64 teams joining the fun! With both competitive and social divisions, there's something for everyone to enjoy this season.

While it's too late to sign up as a team, there's still an opportunity to get involved as a substitute player. Being a substitute is a fantastic way to meet new people and enjoy the game without the commitment of a weekly schedule. Substitutes can jump into games as

needed, adding flexibility and fun to the experience.

Games take place Monday through Thursday from 4 to 7 p.m. Whether you're playing or cheering on the teams, be sure to stop by and check out the action. The league promises to be a season full of camaraderie, skill and community spirit.

If you'd like to join as a substitute, visit the Pelican Marsh front desk or call 239-594-7800 for more information. Come be a part of the fun and make this bocce season one to remember!



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Pelican Marsh residents brighten lives with Pillowcase Making Day

By Lynn Atzingen, Director of Activities



In December, Pelican Marsh residents came together to create something truly special: 100 handmade pillowcases to be distributed to children in local hospitals through the nonprofit organization, Ryan's Cases for Smiles. The event was a heartwarming display

of creativity, compassion and community spirit.

Ryan's Cases for Smiles is a remarkable organization dedicated to helping children cope with the stress of illness and hospitalization. By providing colorful, cheerful pillowcases, the organization brings comfort

and joy to children facing tough times, reminding them that they are loved and supported.

A heartfelt thank you goes to Joyce Kaydan, whose leadership and dedication to Ryan's Cases for Smiles made this event a success. Her passion

continued on page 19

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PELICAN MARSH WOMEN'S LEAGUE

Welcome February!

By Emilia Libers, PMWL

Fun and educational events await Pelican Marsh Women's League members this upcoming season.

Luncheons

The February luncheon at the Pelican Marsh Golf Club brings our very popular Fashion and Trunk Show by Rebecca's Ladies Fashions. In March, League members will enjoy a cruise and lunch on the Naples Princess. Our final



Our Mission: To provide the opportunity for all women residents of Pelican Marsh to enjoy cultural, social, educational and charitable activities in the spirit of friendship and community.

a variety of activities. We currently have three book clubs, a Movie and Happy Hour group, a walking group, the Lunch Bunch group, and

activities they'd like to pursue are always welcome.

Coffee and Conversation

Our very popular Coffee and Conversation event is scheduled at the Pelican Marsh Community Center from 10 to 11:30 a.m. on Tuesday, Feb. 11. This event is for new members and for women residents in Pelican Marsh, who would like to learn about our organization.

If you are already a member of the Women's League, please join us for coffee and bring a

continued on page 20



League luncheon meeting will be held in April where our guest speaker will be Angela Melvin, founder of Valerie's House.

Interest groups

Our small interest groups offer

our Ladies on the Links group. League members enjoy learning and playing mahjong, hand and foot, and canasta games with a new Contract Bridge group being formed. Suggestions from members for



pillowcase making...continued from page 18

for sewing and her commitment to this cause inspired residents to lend their time and talents to make a difference in the lives of young patients.

If you enjoy sewing, there's more good news! A sewing group is set to start meeting at the Community Center on Saturdays in February, and it's open to all who want to join. This is a great opportunity to connect with others, hone your



sewing skills and contribute to meaningful projects like this one.

Together, the Pelican Marsh community has proven that small acts of kindness — like sewing a simple pillowcase — can make a big difference. Stay tuned for more opportunities to get involved. Thank you to everyone who participated in this incredible event!

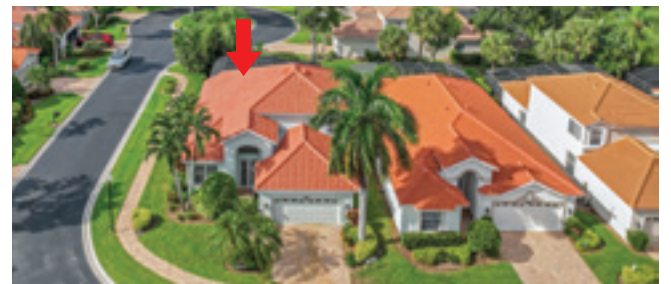
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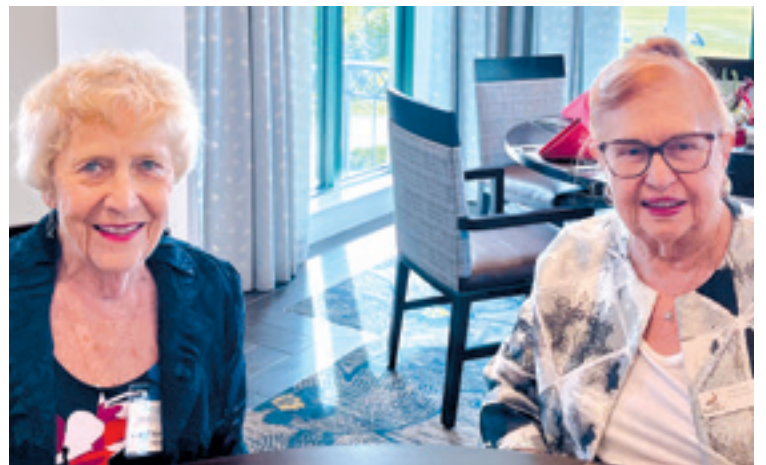
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welcome february...continued from page 19

friend, a neighbor or a new Pelican Marsh resident. Come out and meet current members and other interested newcomers and learn more about this terrific organization. Please RSVP to Esther Fusco at esther.fusco@hofstra.edu if you would like to attend. New membership forms will be available at Coffee and Conversation.



“In February there is everything to hope for and nothing to regret.”
~ Patience Strong

Only PMWL members are eligible to participate in the League's events and small interest groups, so don't wait — stop by the Community Center and pick up a copy of the new member form and join our league! The yearly membership fee for the Pelican Marsh Women's

League is \$40, with monthly events running from October to April. This membership fee becomes a charitable donation to worthy institutions in our area at the end of the season.

Feel free to contact League President Diane Romano at dmroma53@gmail.com if you would like to have more information about Pelican Marsh Women's League.

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FEBRUARY 27 THROUGH MARCH 16

PREVIEWS: FEBRUARY 23, 25, & 26

Scan here to see our season lineup

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Update Your Address(es)!

Keep your address(es) up to date (both physical and email) for news from the Pelican Marsh Foundation. Please contact Monique Rowell in the administrative office at mrowell@pelicanmarsh.com or call 239-594-7800 between the hours of 9 a.m. and 4 p.m., Monday through Friday.



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New Administration and Your Retirement: Positioning Your Portfolio

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