



Fiddler's Creek Women Raise Funds to Benefit Naples Shelter for Abused Women and Children

April 5, 2016

By GSMA

Women taking part in an enrichment and wellness program at Fiddler's Creek recently raised funds for the Naples Shelter for Abused Women and Children.

Participants donated \$30 to attend the Women's Wellness Circle, a 3.5-hour body, mind and spirit workshop led by Fiddler's Creek residents Martine Amundson, a registered nurse and spiritual director, and Sylvia Pazolt, a licensed social worker.

The circle is offered three times during the winter season and provides an opportunity for Amundson, Pazolt and their fellow residents to help the shelter while connecting to themselves and others. Amundson and Pazolt donate all of the money to the nonprofit organization.

"I'm a part-time resident, and the shelter needs volunteers who are available year-round," said Amundson. "This is our way of helping and also raising awareness among other Fiddler's Creek residents of the shelter's needs. We try to direct ladies to the website so they can also donate on their own and volunteer."

The Women's Wellness Circle is one of many enrichment and wellness programs, personal fitness classes, seminars and clubs offered by The Club & Spa at Fiddler's Creek. The activities are designed to appeal to a variety of interests, and also include cooking demonstrations, history lessons, ballroom dancing, art classes and exhibits, book clubs and more. Many of the programs are offered year-round. Circle workshops typically average about 20 women per session and collectively raise \$2,000 annually.

"This is another example of how the residents of Fiddler's Creek give back," said Aubrey Ferrao, president and CEO of Fiddler's Creek. "They embrace every opportunity to support the local community, whether they're donating to the shelter, Manatee Elementary School, participating in our Volunteer Day or donating time and resources toward a variety of worthy causes. Their contribution to these organizations demonstrates



an innate culture of giving back that is shared by many of our Fiddler's Creek residents and benefits the community."

The January Women's Circle attracted a record number of attendees.

"It's really grown over the years," Amundson said. "We started it among friends and began offering it to the community four or five years ago. The Women's Circle is always mind, body and spirit related with an intellectual learning component, creativity and guided meditation."

Subjects have explored aging well, the meaning of dreams, and giving back to the community. On the creative side, women have made inspirational tiles and collages, and written poetry.

"I think the circle is so popular because it gives women time for themselves – they're not on duty," Amundson said. "We always say everything that happens in circle stays in circle. It's a powerful experience, and Fiddler's Creek is very supportive of our mission."

For membership details and more information about Fiddler's Creek, call 239-732-9300, stop by the Fiddler's Creek Information Center at 8152 Fiddler's Creek Parkway, or visit www.fiddlerscreek.com.