

# Active LIVING

*The magazine for Tallahassee's  
active boomer and senior community*



## Find your purpose

### Volunteers honored for years of service





# LifeLong Learning for the holidays

**Maureen Haberfeld**  
LifeLong Learning Coordinator

Thank you to our LifeLong Learning sponsor Mulligan Park.

## Online Grocery Shopping: Shop Safely During the Holidays

**Tue., Nov. 17, 3–4 p.m.** Online shopping enthusiast Bijal Patel teaches how easy it is to purchase your groceries and other household items online with the option of picking them up in person (never leaving your car) or having them delivered to your home. She gives simple instructions on how to shop online at Wal Mart, Publix, and Target using your computer, tablet, or smart phone. Class includes tips on how to change or modify your order after it is submitted. No fee.

## Let's Eat...Cookies and Cocoa

**Tue., Dec. 8, 10–11:30 a.m.** Kitchen-Able Cooking School's chef-extraordinaire Jessica Bright McMullen shares her favorite holiday cookie recipes and demonstrates how to make delicious hot cocoa mix. Fill your Christmas cookie jar with classic shortbread bars, chocolate toffee crisps with pecans, cranberry orange bliss bars, and candy cane chocolate chip cookies. Take-away tasting box will include samples of each cookie plus the hot chocolate mix. Recipes provided. Tasting box pre-order pickup will be on Mon., Dec. 7, 3–5 p.m. at Kitchen-Able (by Lake Ella, 1635 N. Monroe St.—go to the back door). Fee \$22 includes tasting box with cookies and cocoa.

## Holidays in the Red Hills: How Local Floridians Celebrated the Season in the 1800s

**Tue. Dec. 15, 10–11 a.m.** Most North Florida communities have their traditional ways of celebrating the holiday season, but what did those celebrations look like in the 1800s? Historian Dr. Josh Goodman, State Archives of Florida, guides a virtual tour of 19th-century holiday traditions, as explained in sources written by the peo-



**Virtual L3X 2020, with 31 classes, successfully boasts almost 300 participants and over 1,000 sign-ups. Many thanks to our sponsors, volunteer instructors, Zoom volunteers, staff assistants, and all of those who participated. Another great team effort led by coordinator Maureen Haberfeld.**

**LIFE[LONG]LEARNING**  
WITH TALLAHASSEE SENIOR CENTER

## Technology Help Available

TSC volunteers are available to assist you with your technology challenges, including Zoom, email, iPhone, iPad, uploading photos, smart phones, e-books, and more. A partnership with FSU Institute for Successful Longevity. Call 850-891-4000 between 8 a.m. and 4 p.m. Monday through Friday for assistance and/or for a Zoom User Guide Resource Card.

ple who experienced them. Customs, decorations, and lots of food will be up for discussion—we'll even share some recipes from local kitchens that date back at least 150 years. Fee \$5.

## Deck-orate Your Holiday Table with a Festive Christmas Centerpiece

**Thu., Dec. 17, 3–4 p.m.** Floral Design Expert, Edna Hall Whitehead from A Touch of Class / Celebrations on Main in Havana, creates a beautiful holiday centerpiece for your home using fresh flowers and greenery. All supplies provided and can be picked up at the TSC on Thu., Dec. 17 from 11 a.m. to noon. Fee \$24. Limited space available.

Register for classes at [www.TallahasseeSeniorFoundation.org/](http://www.TallahasseeSeniorFoundation.org/). A Zoom link to join the event will be emailed to you before the class. For more information, email Maureen Haberfeld, LifeLong Learning Coordinator, at [Mauren.haberfeld@talgov.com](mailto:Mauren.haberfeld@talgov.com).

## ABOUT THE PUBLICATION

Active Living is a bi-Monthly publication of the Tallahassee Senior Center (TSC), 1400 N Monroe St., Tallahassee, FL 32303. 850-891-4000.

Sheila Salyer, Senior Services Manager, City of Tallahassee and Executive Director, Tallahassee Senior Foundation

Martha Gruender, Coordinating Copy Editor

The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+. Disclaimer of Endorsement: Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation or favoring by Tallahassee Senior Services or the Tallahassee Senior Foundation.

For more information on Tallahassee Senior Services, the TSC & Foundation, activities, and 15 neighborhood venues, contact 850-891-4000 or visit [www.talgov.com/seniors](http://www.talgov.com/seniors) and [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org). "Like" us at [Facebook.com/TallahasseeSeniorCenter](https://www.facebook.com/TallahasseeSeniorCenter).

## ON THE COVER:

Volunteer Coordinator Addie Carroll-Beal presents 30-year volunteer Martha Farmer with a gift of appreciation at the Volunteer Recognition Drive Through Oct 22.

Volunteer Lew Wilson, proudly displays his TSC jacket, awarded for 10 years of service on the TSC Foundation Board of Directors and currently a member of the County Senior Outreach Advisory Council.

Volunteers Glenn and Catherine Mingledorff, special events and Advisory Council member, receive their 10-year jackets in bags provided by our sponsor Capital Health Plan.



# Deck the Halls 2020: Online and on air! Tune in!

Carol Riley-Thompson

I don't think anyone could have imagined in March 2020 that TSC programs would be virtual and drive through events eight months later! But here we are, inviting you to "the event you love....in a new way!" Deck the Halls goes Online in November and On Air at Star 98.9 on December 4 from 5 to 7 p.m.

Practically overnight our lives changed drastically due to a pandemic. Among those hardest hit by the isolation that comes with social distancing are older adults. Those who consider the Tallahassee Senior Center the "Cool & Happening Place" were instantly separated from friends and, oftentimes, the support system needed to ensure continued independence and purpose. In March, as activities you love suddenly came to a halt, the TSC Team jumped into action to keep participants connected to familiar faces and warm voices—while physically distancing.

Now, as we approach the holidays, and our annual fundraiser, experience Deck the Halls goes Online and On Air in your own homes, or maybe with a few close friends. What hasn't changed is that Audiology Associates of Tallahassee is our presenting sponsor! And, your donation is more important than ever to ensure TSC participants stay active, connected, independent and well.

To increase the sweetness of the season, when you donate \$50, you will be entered to win one of five great prizes, including the \$250 Cash Giveaway (maximum of five entries per person). Winners will be announced during the On Air event on Star 98.9 on December 4.

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In addition to Deck the Halls On Air, you can also mark your calendar for evening Zoom events on Thursdays in November Online. These lead-up festivities will help you Deck your halls and celebrate the season, while enjoying a signature Deck-tini (aka martini) and Deck-licious appetizers.

While the City of Tallahassee generously maintains our building—our members, donors, business partners, and grants keep our programs going. Activities like wellness, fitness, and lifelong learning, drive-thru Lunch & Learns, Friends Connections, and GaP support groups—are all possible through donations to our TSC Foundation.

Give the gift of active aging this holiday season, by making your donation at TallahasseeSeniorFoundation.org or mailing your check to TSCF, 1400 N. Monroe St., 32303 Make a difference in your community today!

## Deck the Halls Online!

Join us for two more lead-up virtual classes as part our Deck the Halls event. Registration fees go to support a variety of programs offered through the TSC Foundation. Register for classes at [www.TallahasseeSeniorFoundation.org/](http://www.TallahasseeSeniorFoundation.org/). A Zoom link to join the event will be emailed to you before the class.

### Let's Eat...Deck-licious Appetizers

Thanks to KitchenAble Cooking School's Chef Jessica Bright McMullen for the wonderful class held November 5 to teach us how to prepare delicious holiday appetizers.

### Let's Be Merry...Deck-orate for the Holidays

**Thu., Nov. 12, 5:30-7 p.m.** Award winning John Gandy of John Gandy Events creates Holiday Celebrations as seen through his creative eye. This sought-after event planner combines style with attention to detail that will surely inspire you to plan your holiday festivities. Fee \$10.

### Deck-tinis and More

**Thu., Nov. 19 5:30 – 7 p.m.** Mixologist extraordinaire Eric Pounders, of Township Gastropub and Michael Spellman of Sniffen and Spellman share secrets for martini making! Learn how to mix some unique and enticing cocktails and kick your social gatherings up a notch during the holiday season! A drink kit includes all ingredients and liquor to make four different martinis. Other items needed are a cutting board, knife, ice, something to mix drinks with and glassware. The drink kit pre-order pickup will be on Wed., Nov. 18, at Madison Social 705 S. Woodward Ave. from 11:30 a.m. – 5 p.m. \$25 includes drink kit or \$10 without drink kit.

See Page 2 for more great Online events to make your holidays more festive!

## Deck the Halls

Online and On-Air

**STAR 98.9**  
A Better Variety of Music from the 80's, 90's & Today

December 4, 2020  
5 - 7 pm

For event information:  
[TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org)

Presenting Sponsor:



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# Woodville: 15 minutes, and a world away

**Susan Davis**

Leon County Senior Outreach Coordinator

This is the second in a series highlighting seniors, and the six communities served by the Leon County Senior Outreach program.



Approximately eight miles south of the Florida State Capitol lies the hamlet of Woodville. Home to the state of Florida's second largest civil war battle, confederate soldiers met the union forces here on March 6, 1865; at what is now known as the Battle of Natural Bridge. Steeped in history, this community is home to generations of residents who value living in the "country," but also being "a stone's throw away" from Tallahassee amenities.

Bob Galloway, 86 years old, feels a kinship with his neighbors. Two of them lost their wives about the same time he did. They support each other and he likes that they are nearby. He appreciates Woodville. "There is a grocery, post office, barbershop, school, hardware store and churches—all the necessities," he says.

Mary Johnson used to know every car that passed by in the neighborhood she has lived in for 18 years. Now her three acre lot backs up to smaller lots as more people have moved in. "It's ok," she says, "us old-timers still wave at each other." She likes the grocery in Woodville, claiming that "they make great fried chicken!"

The downside of this location is limited



**Longtime resident and County Outreach Volunteer Mary Johnson likes that she can see her neighbors, but that they are "not on top of her" since she lives on three acres.**



**Due to the pandemic, volunteers like Vi Felber are missing the fellowship at Lunch & Learns, and look forward to seeing everyone again.**



**Before COVID, Jerry Wilson and Bob Galloway visit at the Woodville Lunch & Learn. They appreciate the camaraderie of long-time residents and the laid-back atmosphere.**

alternative transportation services. 96 year-old Vi Felber moved to Woodville several years ago to live near her son. Unfortunately, he passed away two years ago and now she's uncertain if she should stay, or move closer in. She still drives and feels Woodville is her home, so it is a difficult decision to make. Before the pandemic put in-person activities on hold, she and Mary Johnson were greeters at the Woodville Lunch & Learn events. She also volunteered weekly at the Tallahassee Senior Center. Staying active is what keeps Vi young.

For some, like lifelong resident Jerry Watson, who at 78, feel this area is particularly special. "I remember when it was just a hole in the wall," he says. "There is still a crop of us older people here and we remain close." When asked what there is to do for fun, he says, "You can hunt, fish and go down to the ballpark and watch the kids play baseball." And, that is ok with him!

A program of the TSC Foundation and primarily funded by Leon County government. For information, email Susan.Davis@talgov.com or call 850 891-4065.

## GRANDPARENTS AS PARENTS

The Grandparents as Parents (GaP) program is for grandparents or relatives who are the primary caregivers for their grandchildren. GaP offers support groups, informational luncheons, access to community agencies, legal services and health screenings plus social activities for the whole grand-family. GaP is continuing to meet virtually during the COVID-19 pandemic.



**GaP Coordinator Karen Boebinger and County Outreach Coordinator Susan Davis prepare to distribute Safe Mobility for Life resource bags at the drive through event.**



### Dates to Remember:

#### GaP Support Lunch

Wed., Nov 18 (\*early date to Thanksgiving!), 12-1:30 pm. Location TBA. No Support Lunch on Dec 30.

Complimentary lunch provided for grandparents and other relative caregivers. Reservations required.

### GaP Evening Support Group

Mon., Nov 9 & 23, and Dec 7 & 21, 7-8:00 pm. Meeting virtually via Zoom

Join other grandparents raising their grandchildren to socialize and discuss your unique situation.

For more information about the GaP program, how to access resources and services, or register to attend a virtual meeting, email Karen.Boebinger@talgov.com or call 850-891-4027 for Zoom links/phone numbers or to RSVP for any events above! GaP is a program of the TSC Foundation, funded by Leon County Commission, grants and donations.



# Robin Perry: TSC's Stretch and Flex queen

**Ruth Nickens**

RN, Health & Wellness Coordinator

TSC welcomed Robin Perry to the fitness team in 2019! And we were grateful she agreed to assume the very popular Kathy Gilbert's Brain-Body Classes at TSC and Allegro. Not only did Kathy and Robin teach with similar grace and energy, but some say they even look and sound alike!

Robin says she has always been passionate about fitness and movement. She trained as a dancer through high school and college and joined her first gym while living in Miami. Robin worked for many years as a middle and secondary school educator; teaching English, Social Studies, and Religion. Her passions for both education and wellness melded perfectly when she began teaching group exercise in 1986. She explains that she "loves to see the lightbulb go on!" with her younger students in the classroom and her older students at the gym and TSC.

She later acquired her ACSM (American College of Sports Medicine) certification, and an "Active Aging" certificate. As a personal

See **PERRY**, Page 6



Since going virtual, Fitness Instructor Robin Perry teaches TSC's Stretch & Flex class Wednesdays at 11 am on the Tallahassee Senior Center's Facebook and Saturdays at 9 a.m. on WCOT.

## Seniors & Students Buddy Program with FSU College of Nursing

In partnership with UPSLIDE, seniors and students will be paired in Buddy Program. Active adults age 50+ who would like to connect with nursing students to share life experiences and help them meet their educational needs are encouraged to participate. Conversations can take place via telephone or video chat, and frequency is flexible. Students are all earnest, back-ground checked, and supervised by their instructors. For more information, or to sign up, email [Judy.Shipman@tal.gov.com](mailto:Judy.Shipman@tal.gov.com) or call 850-556-5697.



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TALLAHASSEE SENIOR CENTER FOR THE ARTS

**TSC ONLINE ART GALLERY**  
**Creativity In Oils and Acrylics** is currently on display. Go to [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) to view paintings by Tallahassee Senior Center artists.  
**People's Choice Winners for Pantone Color of the Year: Classic Blue.** Favorite Abstract: Nancy Clements, Repetition. Favorite Use of Color: Joyce Raichelson, Blue Lily. Favorite Bird: Judy Goldman, Glossy Ibis. Favorite Overall: Joyce Raichelson, Blue Lily.  
**ZOOM INTO ART WITH THE TSC**  
Ongoing art classes and workshops (below) are being offered via Zoom. Register for virtual classes online at [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)  
Email [Jennifer.Haskins@talgov.com](mailto:Jennifer.Haskins@talgov.com) for

more information  
**ONGOING CLASSES MAY BE JOINED AT ANY TIME:**  
**Hands-On Art History, Mark Fletcher**  
Mon., 12:30 – 3:30 p.m. Create your own art applying and combining the methods of various artists like Van Gogh, Monet, Durer and others.  
**Advanced Painting Critique, Debbie Gaedtke**  
Wed., 11:15-12:45 p.m..  
**Draw with Your Eyes, Paint with Your Heart, Mark Fletcher**  
Wed., 1:30–4:30 p.m. Pen & Ink with a little watercolor. At least one prior art class highly recommended.  
**ART WORKSHOPS**  
**Life Stories/Mixed Media, Mariann Kearsley**

Tue., Dec 1–Feb 2, 1-4:00 pm or Thu, Dec 3–Feb 4  
Making art is not just about the skill of rendering an image. This class calls you to artistically tell your own life story. Class discussions go beneath the surface to focus on your life experience, your memories of events and exploration of your emotions. In-class sketching develops your visual vocabulary, personal style and ideas for developing artwork with personal meaning. Picasso was quoted, “Every piece of art is a self-portrait.” Create yours. Appropriate for all skill levels. 8 week workshop. \$80.  
**Acrylic Painting for Beginners, Debbie Gaedtke**  
Wed., Dec 2, 9, 16, 9:30-11:00 am.

Experiment with different paintbrushes, mixing colors and beginner painting techniques as you draw and paint along with the instructor. 3 week workshop. \$30  
**SMALL ART, BIG IMPACT – Holiday Edition**  
Handcrafted Holiday greeting card fundraiser for the TSC for the Arts. Receiving something you can hold in your hands, while not the same as a hug, can surely bring a bit of joy. ‘Tis the season to send Holiday cards to those you are thinking about and love. Send them an original work of art! Small Art: Artists from the TSC for the

See ARTS, Page 7

Perry

Continued from Page 5

trainer, she derives great satisfaction from enabling her clients to progress

to “graduation,” so they can remain independent, stay healthy, and see results every day. In addition to teaching at TSC, she also taught classes at Premier, including Pilates, yoga, spin (indoor cycling), for 20+ years until her recent retirement.

Robin is sports lover, avid golfer, and a rabid Duke fan! She plays golf with her father, who at age 87, has shot his age twice! She and her husband enjoy deep-sea fishing, watching Duke basketball, and spending time with their blended family of five chil-

dren and two grandchildren.  
Robin enjoys her full and busy life, and she rarely slows down, which supports her philosophy that “You don’t stop moving because you get old, you get old because you stop moving.”

CONNECT WITH CLASSES

For more information email [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com). To register for Zoom classes go to [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) Classes & Programs tab.  
**Walk With Ease**  
Mon, Wed, Fri, Nov 3–Dec 16, 10–11:00 am on Zoom (No class on Nov 11 & Nov 26)  
WWE is a self-paced walking program by Arthritis Foundation that reduces pain and improves balance, strength, flexibility, endurance, and confidence. Class discusses safe walking steps, arthritis overview, pain management, overcoming barriers, stretching and strengthening exercises, and walking sessions. Due to Covid, class is held on Zoom, but will meet a few times in a park for supervised outdoor walking. Sponsored by Area Agency on Aging North Florida. No-cost to attend. To register, call 850-488-0055 or email [aaanf@aaanf.org](mailto:aaanf@aaanf.org).

**Ageless Grace with Marghi**  
Wed., Nov 18-Dec 15, 1 pm, on Zoom  
Back by popular demand, this 5-week Virtual brain fitness program consists of simple exercises that activate all 5 functions of the brain and promotes healthy longevity. The classes engage your body, memory, and creativity, and are interactive and super fun! Wear comfy clothes and pull up a chair. In partnership with TMH. The \$15 class donation is for all five classes. You will be emailed a Zoom link the day before.  
**Diabetes & COVID-19: What You Need to Know!**  
Wed., Nov 18, 10–11:00 am on Zoom  
This Healthy @ Home virtual event explores the relationship between COVID and Diabetes. Does Diabetes make you more at risk of getting COVID-19? What can one do to reduce your risk of getting COVID-19 and its complications if you have Diabetes? Tune in to this special class featuring the Endocrinology and Diabetes care team at TMH’s Metabolic Health Cen-

ter. There will be a live Q & A after the presentation!  
**Five Wishes: User-Friendly Advance Directives**  
Wed., Nov 18, 10–11:00 am on Facebook; Thu., Nov 19, 1–2:30 pm on Zoom  
Advance care planning is always important; but during a pandemic, it becomes even more so! Advance planning ensures that your end-of-life wishes, should you become unable to communicate, are understood by your family, loved ones, and physician. This interactive webinar about the Five Wishes advanced directive addresses personal, emotional, and spiritual issues while meeting medical and legal criteria. Presented by Aging with Dignity.  
**Healthy Cooking for the Holidays**  
Wed., Dec 2, 10–11:00 am on Facebook  
In this virtual event, you will enjoy some tantalizing new ways to prepare favorite holiday foods and acquire some ideas to celebrate safely this

year. Presented by Amanda Mitchell, UF ISAS Extension Center.  
**Virtual Office Hour with Ruth**  
Fri., Dec 4 & Jan 8, 9–10 am on Zoom  
We miss being able to welcome participants into our offices! Here is an opportunity to “stop by” Ruth’s office, TSC’s Registered Nurse. Bring your health/wellness questions, concerns and suggestions during this hour of personal interaction. Register at [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) or email [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com) to receive Zoom link.  
**Monday Mindfulness with Nicolette**  
Mon., Dec 7 & Jan 4, 10 am on Facebook  
Mindfulness is known to improve mental and physical health, including reducing stress, improving focus, and decreasing pain. This informative video explores what mindfulness means, the benefits it provides, and ways to incorporate practice into daily life. By Nicolette Castagna, MA, MPH, RMHCI, TSC UPSLIDE Counselor.



# Tallahassee Senior Center celebrates active aging

**Wendy Barber**

Southside Outreach Coordinator

This virtual opportunity opened the annual Southside Health Fair to the entire community for "Active Aging" Week Oct. 5-9. An all-star cast of speakers shared healthy aging tips with participants at four different sessions throughout the day.

Local mental health counselor Dr. Kenneth Fowler helped us examine our own views with "The Psychosocial Impact of Covid-19 and Social Injustice." We learned the importance of looking beyond our own viewpoint to understand those of others. Questions to ask yourself may be, "What part of (social injustice) concerns me?" and "How do we fix that?" Other things to consider include the thought that being equal may not be the same as equitable.

According to Dr. Fowler, "When sensible decent persons come together, change happens." Dr. Fowler brings the subject home by weaving in his personal experience as an African American male.

Next, Sonya Quijada, Certified Wellness Consultant, a Master Resilience Trainer for the military, and a certified iRest Yoga Nidra Meditation instructor, spoke on "Resilience Training 101: The Power of Positivity," and how to harness it in our day to day lives. She encourages others that regardless of life's circumstances, we can find joy, gratitude, and se-

## **SOUTHSIDE SENIOR OUTREACH**

### **Zoom Classes**

**Nov. 10, 11 a.m.-noon** — "Let's Talk About Medicare" with WellCare consultant, Liz Jenkins. Learn how to get more from Medicare with the benefits and options available to you with WellCare.

**Dec. 2, 11 a.m.-noon** — "CapTel Captioned Telephones" with representative, Jane Parsons. Learn how having access to this free service and telephone can help you easily communicate with callers.

### **Virtual Healthy for Life Classes**

**Nov. 12 & 19; Dec. 3 & 10, 11 a.m.** — 8-week series continues. These classes will help you set SMART goals to achieve your health objectives. Join Brian Smatt, Health and Wellness Coach, as he takes you through a variety of topics that will help you reach your goals.

**Dec. 17, 11 a.m.** — The series ends with an Educated Choices Program on "Cultivated Meats." Learn how using animal cells can create food and save the animals from slaughter.

Must be pre-registered to participate in these classes.

For more information or help with enrolling in these presentations, contact Wendy.Barber@talgov.com or call 850-891-4000.

renity. Sonya believes that "Positivity is the secret to becoming resilient."

According to Dr. Barbara Fredrickson, Ph.D. with positivity, "you see new possibilities, bounce back from setbacks, connect with others, and become the best version of yourself. You even sleep better." Sonya knows personally what she speaks, having suffered a traumatic injury to her

left arm jumping from an airplane as a paratrooper. Sonya suggested keeping a gratitude journal, deep breathing, laughing and singing to harness personal joy, gratitude and serenity in our daily lives.

Our third presenter was Spoken Word Artist, Linda Schuyler Ford, a storyteller originally from Sleepy Hollow, NY. She especially loves to share stories of peace,

women's success, and the magical Hudson River Valley. Linda magically wove together folktales, literary tales, and a true personal story from the 9/11 attack with the goal being to create peace.

The stories — poignant, funny, colorful — invited thoughts and conversations about peace...in our minds, our hearts and our communities. We heard diverse stories about dragons, a cemetery tour, an enslaved family, a man who thought he was always right. We were literally carried away to other worlds, after which Linda masterfully led us safely back to reality.

We learned that "you can't hate somebody if you know their story" and "families don't fit together like a jigsaw puzzle, but are fluid like water."

Dr. Freddy Kaye, noted clinical nutritionist and instructor for 40 years, has counseled and taught physicians and nursing students. Dr. Kaye shared "The Secret to Longevity from a Nutritionist's Point of View (or How to Live to 100 and Feel Like You are 50!)" Dr. Kaye's says to eat food...real food, but, not too much; drink plenty of water; eat oatmeal.

He emphasized the importance of eating breakfast and walking briskly 30 minutes a day...not a stroll, mind you. He says, "If I knew I was going to live this long I would have taken better care of myself" along with the comment, "Life is a long-term commitment. Don't look for short-term solutions."

## **Arts**

Continued from Page 6

Arts have created small original artworks to be sold as greeting cards. These beautiful cards are hand crafted with the original artwork on the cover. Big Impact: Receiving a card that is filled with thoughtful images and words is like receiving a hug from its sender, and your donation will help fund the TSC for the Arts so we can continue to learn, grow and connect as artists. To show your support and receive your original Holiday greeting card, go to [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) to find Small Art, Big Impact.

### **TSC for the Arts Facebook Group**

This is a private group under the TSC FB page. TSC artists and art instructors

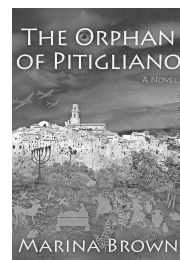
can request to join.

[www.Facebook.com/groups/TSCfortheArts](https://www.facebook.com/groups/TSCfortheArts)

### **TSC L3X Instructor Brings Home State Awards**

Congratulations to Marina Brown, resident guest instructor for L3X classes and regular table tennis player at TSC.

The Florida Writers Association, Inc. recently announced that Marina won two prestigious Royal Palm Literary Awards. Brown's winning literary fiction novel, "The Orphan of Pitigliano," received both the Gold Medal for Historical Fiction, and the top prize, the Published Book of the Year Award for all categories.



*People's Choice Awards  
Celebration and TSC Artists Appreciation  
November 20th, 4:00-6:00, Virtual  
An event to recognize our People's Choice Winners in the  
Online Gallery exhibits, to announce Insider's Show  
winners and to celebrate TSC Artists.*

*Register online for this free event  
<https://www.tallahasseeseniorenfoundation.org/>*



# UPSLIDE joins FSU geriatrics REACH program

Nicolette Castagna

Thanks to COVID, everyone is adapting, and some programs are even expanding – at least temporarily. Due to additional federal funding, the REACH (Resources and Education for Aging, Community, and Health) with FSU College of Medicine Geriatrics, invited UPSLIDE to join them to provide additional programming.

The partnership focuses on reducing the risk of spreading COVID-19 while still meeting physical, mental, and social health needs of older adults. New emphasis encourages using technologies and provides resources to assist older adults with participating in telehealth appointments. This collaboration also extends the UPSLIDE Friends Connection model to other organizations seeking to safely provide social

engagement support during a time when we are physically distancing.

The REACH Program is dedicated to improving the quality of care for Florida's older adults through Age Friendly Care education. In partnership with national and Florida-based organizations, including the Tallahassee Senior Center, REACH focuses on training and collaborating with groups that provide care for older adults, and creating and disseminating patient and care partner education and support programs.

Visit [reach.med.fsu.edu](http://reach.med.fsu.edu) to learn more! REACH is funded in part by the federal Health Resources and Services Administration granted to the FSU COM Department of Geriatrics, which works to enhance Florida's geriatrics workforce.

## UPSLIDE: An award-winning program that addresses loneliness, isolation & depression

Are you feeling isolated at home and need someone to talk to? UPSLIDE can help! During this time of social distancing and uncertainty, our services include no cost on-line and telephone counseling; on-line chat groups for companionship, fun and support; and on-line activities and special events. If you are 50+ and want more information, email [Melanie.Lachman@talgov.com](mailto:Melanie.Lachman@talgov.com) or call 850-891-4066 for more information.

### UPSLIDE Friends Connection Chat Groups:

Meet new people, share ideas, engage in meaningful conversation, and have fun! All groups meet via Zoom. Contact Melanie Lachman to learn how to join.

**Tallahassee Senior Center:** Mondays, 3-4:30 p.m.; Thursdays, 1-2:30 p.m.

**Lincoln Neighborhood Center:** Every other Wednesday at 1 p.m. Services are provided at no cost to participants, but donations accepted. UPSLIDE is sponsored by the Florida Blue Foundation and the Tallahassee Senior Center Foundation.



### NEW GROUP

Do you have friends or family residing in a senior living community looking for ways to lift their spirits and connect with others?

UPSLIDE is adding a new virtual Friends Connection group just for these seniors. We understand the challenges and feelings of loneliness that can come with protective measures to limit the spread of COVID among residents and visitors. This Friends Connection group will give participants a safe and confidential space to build relationships, give and receive support, and engage in meaningful conversation with peers. If you or someone you love would benefit from this kind of interaction, please join us via Zoom on the 4th Wednesday of the month from 10 to 11:30 a.m. Contact Melanie Lachman to learn more and sign up. Technology assistance is available.

# Thank you to all our volunteers

Volunteer Years of Service Recognition – Congratulations to these individuals for their milestone achievement!

### 30 Year Volunteer

Martha Farmer, Lunch Bunch/Crafts

### 20 Year Volunteers

Calvin Bender, Legal Services

Bob Taylor, Helping Hands

Vi Taylor, Helping Hands

Kimberly VanWeelden, Senior Singers

### 15 Year Volunteers

Maxine Kendrick, AARP Tax Aide

Katie Moore, Library

Clevor Wilson, Miccosukee Lunch & Learn

### 10 Year Volunteers

Dana Bowermeister, Special Events

Ann Cleare, Advisory Council

Barbara Dunn, AARP Tax Aide

Marilyn Kane, Ceramics

Catherine Mingledorff, Special Events/Advisory Council

Glenn Mingledorff, Special Events

Joanne Reque, LIFE Exercise

Mary Sargent, Ceramics

Tina Shaw, Canasta Leader

Lew Wilson, County Outreach Advisory Council

Penney Young, English as a 2nd Language Instructor

### 5 Year Volunteers

Cindy Brown, Special Events

Anya Byrne, Special Events

David Byrne, Special Events

Rip Caleen, Table Tennis Leader

Doug Carlson, Foundation Board of Directors

Melanie Carlson, Special Events

Meena Chadha, Special Events

Jenny Chandler, Line Dance Leader

Annie Lee Davis, County Outreach

Chuck Davis, Capital Twirlers Leader

Lynda Dickens, Pickleball Leader

Carolyn Franklin, Seniors vs. Crime

Albert Green, Miccosukee Lunch &

## Tallahassee Active Lifelong Leaders (TALL) Update

Due to the pandemic, TALL Class 13 is being postponed until January 2022. We do hope to schedule modified, virtual versions of events and program days in the near future! For questions or information, email [hella.spellman@talgov.com](mailto:hella.spellman@talgov.com) or call 850-294-6127.

## Active Living Expo

We are exploring alternative ways to connect you with resources in our community since our traditional Expo won't be held due to COVID-19. Look for exciting and meaningful events with our sponsors to keep you informed. If you have questions about senior resources call 850-891-4000 or visit [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) to access Resource Cards.

Learn

Becky Griffin, Gap Advisory Council  
Ouida Harmon, County Outreach Advisory Council

Susan Hutchison, Special Events/Greeter

Rosetta Land, Receptionist/Greeter  
Margie Marcil, Tai Chi Assistant

Frankie McLaughlin, Tai Chi Assistant  
Christine Nye, AARP Tax Aide

Ida M. Smith, GaP

Suzie Still, Lunch Bunch

Katherine Wagner, Tai Chi Assistant

Diane Wunderlich, AARP Tax Aide



# Volunteers recognized for milestone years of service

**Addie Carroll-Beal**  
TSC Volunteer Coordinator

Thanks to all of our volunteers! We couldn't let 2020 go by without recognizing our longtime volunteers who have reached their milestone years of service. I don't think we ever imagined that a drive through lunch event would mean so much. It was great to see everyone who picked up their volunteer shirt or jacket for serving five, 10, 15, 20 and 30 years.

A pandemic couldn't stop us from putting together this fabulous virtual event. Special thank you to our sponsors Capital Health Plan and Capital Home Health for making this event possible!

We appreciate and value our volunteers for their time, energy, passion and enthusiasm they give to help us fulfill our mission at the TSC and our 13 neighborhood sites. Our volunteers fill a variety of roles, from teaching, to supporting, to leading. In all of their diversity, they share the common trait of welcoming others into our community we know as the Tallahassee Senior Center.

This past year, our volunteers together invested more than 9,741 hours at a value of \$265K to our programs and services over this unprecedented year. We are one of the best senior centers because of you — we couldn't do what we do without you!

I believe that Martin Luther King, Jr. summed it up best. "Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

This describes each and every one of our volunteers—you are all great!

## **Martha Farmer: 30 Years of Service**



**Martha Farmer: 30 Years of Service**

Martha Farmer, at age 92, enjoys volunteering with the Crafting Bees group and Helping Hands. When she thinks of the TSC she thinks of a nice and safe place for seniors to go to meet friends.

Martha says the TSC gives her the most satis-

faction and she enjoys sewing, making quilts, crochet, and embroidery. She also likes the morning van pick up with Elder Care Services, and all of the bus trips with her Lunch Bunch group.

She adds that she prays others will enjoy volunteering at the Tallahassee Senior Center as much as she has.

## **Calvin Bender: 20 Year Volunteer**



**Calvin Bender: 20 Year Volunteer**

Calvin Bender, volunteer attorney through Legal Services of North Florida, shares, "My 20 years of service at TSC is something that no one can take from me. It was always there to cheer me up and to support my faith. There were other things available to prop up my faith, but nothing so beyond argument as those 20 years."

Calvin, on behalf of the hundreds of seniors you assisted over the years—thank you!

## **Bob Taylor: 20 Year Volunteer**



**Bob Taylor: 20 Year Volunteer**

Affectionately known as Bob Bob to his TSC friends, he faithfully keeps the coffee brewing for guests on the third floor every afternoon, especially during busy times, such as Tax Aide season. Often at the Center in the early evening,

he always makes sure no one walks to their car alone. With a kind heart and clever sense of humor, Bob Bob loyally serves at TSC.

## **Vi Taylor: 20 Year Volunteer**



**Vi Taylor: 20 Year Volunteer**

At age 95, Vi Taylor has no plans to slow down. Beginning her volunteer service with TSC 20 years ago helping with mailouts and special events, she felt like it was what she needed to do. She believes, "The TSC is a great gathering place, the employees are all very nice and helpful."

But what she really enjoys is the LIFE exercise class with "our excellent in-



**Kimberly VanWeelden: 20 Year Volunteer, leads the TSC Senior Singers.**

structor Pomeroy Brinkley." Vi also participates in Lifelong Learning classes. She proudly picked up her new TSC polo shirt and appreciation lunch at the Drive Through.

## **Kimberly VanWeelden: 20 Year Volunteer**

TSC volunteers come in all ages with all kinds of talents. (Dr.) Kim is an accomplished professor at FSU College of

Music. Among her research interests are geriatric vocal pedagogy and wellness, which fit perfectly with her leadership of the TSC Senior Singers. Her passion for teaching older adults, and merging their voices with college music students form a unique and well-toned intergenerational choir. Thanks to Kim's dedication throughout the years, many seniors enjoy the opportunity to continue singing, and at the same time share their life experiences with future generations.

## *"Where There's a 'Will', There's a Way"*

You have worked hard for your family home!

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GROUP

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# Outdoor Pursuits Resources

## OUTDOOR PURSUITS RESOURCES

Tallahassee offers many options for people who enjoy getting outdoors, ranging from hiking to kayaking and cycling. The TSC's Lifelong Outdoor Pursuits program offers workshops and other hands-on outdoor activities specifically for people age 50+. Due to COVID-19, please refer to the great opportunities mentioned below. LOP activities will resume in the future. Contact [susan.davis@talgov.com](mailto:susan.davis@talgov.com) or call 850-891-4065

One great place to start is [Trailahassee.com](http://Trailahassee.com). This website offers links to local outdoor organizations and businesses, as well as the Find a Trail search feature, which allows users to search trails by name or by surface (including water), skill level and desired activity.

While participating in outdoor activities during the COVID-19 pandemic is generally considered safer than indoor activities, it is still important to exercise caution. When in a group, be sure to wear a mask and stay at least six feet — about two arm lengths from others. Bring hand sanitizer and don't share items with anyone outside of your household.

## HIKING

Tallahassee boasts many paved and unpaved trails and paths in and around the city. In addition to state parks in the area, there are a variety of local, city and county managed options as well. Visit [floridahikes.com/tallahassee](http://floridahikes.com/tallahassee) for descriptions of the variety of hiking trails in the area. Both Alfred Maclay Gardens State Park and Elinor Klapp-Phipps Park are located within the city limits and offer beginner level hiking past rugged ravines. Additional paths and trails (many of which are paved) can be found in parks and gardens throughout the city. Outside the city there are further opportunities that offer more intermediate level hiking experiences. The Aucilla Sinks Trail is a unique trail located in Monticello. It follows a string of sinkholes and features walls of limestone, with the Aucilla River visible flowing through the sinkholes.

**The Florida Trail Association (FTA)**

## HELPLINES and HOTLINES

**Abuse Hotline:** 1-800-962-2873 or 1-800-96ABUSE

**Area Agency on Aging, Elder Helpline:** 1-800-96-ELDER (3-5337)

**Consumer Hotline:** 1-800-435-7352

**Medicare Hotline:** 1-800-633-4227

**2-1-1 Big Bend:** 617-6333 or 211

**National Suicide Prevention Lifeline:** 1-800-273-8255

FTA develops, maintains, protects and promotes a network of hiking trails throughout the state, including the unique Florida National Scenic Trail ([floridatrail.org](http://floridatrail.org)). The local Apalachee Chapter of the FTA is currently offering guided group hikes with COVID-19 safety practices in mind; visit [apalachee.floridatrail.org](http://apalachee.floridatrail.org) or contact [apalacheef-ta@gmail.com](mailto:apalacheef-ta@gmail.com) for details.

### Other Trails

In addition to State Parks in the area, many city and county parks offer miles of both paved and unpaved trails. Visit [floridastateparks.org](http://floridastateparks.org), [leoncountytfl.gov/office-of-resources-stewardship/parks-and-recreation](http://leoncountytfl.gov/office-of-resources-stewardship/parks-and-recreation), and [talgov.com/parks](http://talgov.com/parks) for information and maps highlighting local hiking and walking opportunities.

## CANOEING AND KAYAKING

In addition to trail hikes, another great way to see wildlife is to travel the waterways in and around the Tallahassee area. Whether you own a canoe or kayak, rent, or would like to learn how to canoe, kayak or even use a stand-up paddleboard, there are a variety of options available and suitable for all skills levels. The area around Tallahassee offers a variety of paddling options from beginner level paddling along the Wakulla River to more difficult trips down the Aucilla River or Chaires Creek Paddle Trail.

● TnT Hideaway, Inc. is located on the Wakulla River and offers canoe, kayak and stand-up paddleboard rentals, as well as eco-tours and guided fishing trips. Eco-tours are guided by profes-

sionals and include many of the rivers, creeks, and coastal areas along Florida's big bend. Fresh and saltwater guided kayak fishing trips are also available by professional fishing guides. Visit [tnthideaway.com](http://tnthideaway.com) or call 850-925-6412 for more information.

● Harry Smith Outdoors, located in Railroad Square, is a full-service kayak and accessory retail shop specializing in guided eco-tours and fishing trips. They also provide rental, repair and installation services. Visit [hsmithoutdoors.com](http://hsmithoutdoors.com) or call 850-591-3060.

● Wascissa Canoe and Kayak Rental is located on the Wacissa River. Shuttle services are available to and/or from Goose Pasture, Slave Canal, Aucilla River and Nutall Rise. Go to [wacissarivercanoerentals.com](http://wacissarivercanoerentals.com) or call 850-997-5023 or 850-545-2895.

● Jesse's Canoe and Kayak Rental is also located on the Wacissa River, and in addition to boat rental also provides shuttle service for launching and picking up your boat at the head waters of the river. Directions, including a map to the springs are also available. Visit [wacissacanoerental.com](http://wacissacanoerental.com) or call 850-766-1250 for more information.

● Florida Kayak School and Tours offers training courses focusing on technique and safe paddling. Visit [floridakayakschool.com](http://floridakayakschool.com) or email [info@floridakayakschool.com](mailto:info@floridakayakschool.com).

## BIRDING

The Great Florida Birding and Wildlife Trail provides many opportunities and sites for viewing birds and other wildlife in and around Leon County. Vis-

it [floridabirdingtrail.com](http://floridabirdingtrail.com) for more information about the trail as well as upcoming events and checklist.

There are many trail and birding apps available on mobile devices, such as: All Trails; Trail Link; Audubon Bird Guide; eBird. The Florida Trail has a guide app as well. Additionally, state and national park apps can also be found. These apps are free to download and can help you search for trails with specific lengths, activities and skill levels in mind.

## CYCLING

Many of the trails around Tallahassee are multiuse, offering opportunities for mountain biking in addition to hiking or horseback riding. In addition to mountain biking there are also a variety of paved cycling trails, including the St. Marks Historic Railroad State Trail which is 16 miles of relatively level paved surface that ends near the convergence of the St. Marks and Wakulla Rivers. For information on cycling shops, rentals, clubs and organizations visit [biketallahassee.com](http://biketallahassee.com).

● Capital City Cyclists promotes cycling for transportation, sport and health through education, advocacy, and rider development by coordinating cycling events, riding groups and safety workshops. Additionally, their website also provides maps of cycling routes for solo riding as well as updates on current cycling news. Go to [cccyclists.org](http://cccyclists.org).

● Tallahassee Mountain Bike Association works to protect access to trails, advocate for new trail development and host events large and small. Visit [tmba-bike.com](http://tmba-bike.com).

● The Great Bicycle Shop, in addition to sales, also offers a bike rental service. Rental bikes are a great way to get outdoors, try out a bike that you might consider for purchase, or show your out-of-town guests around town. Visit [gbs.bike](http://gbs.bike) or call 850-224-7461.

*This Resource Card is a service of TSC & Foundation, [Tal.gov.com/seniors](http://Tal.gov.com/seniors), [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org). Call 850.891.4000 or email [nick.schrader@talgov.com](mailto:nick.schrader@talgov.com). Note: Information on this resource card is not guaranteed to be all-inclusive and does not imply endorsement of any persons, offices, or agencies by Tallahassee Senior Services.*



# Tallahassee athletes compete at statewide pickleball

**Nick Gandy**

Capital City Senior Games

If there is any doubt that Pickleball has taken hold of the active senior athlete population in Tallahassee, in Florida and in the United States, consider the following.

Eight Tallahassee pickleball players traveled to the Pictona Fall Vintage Open in Holly Hills, located in Volusia County, the weekend of Oct. 23-25. The Tallahassee Eight were among a total of 637 players in action at Pictona at Holly Hills, a new 24-court pickleball facility, with eight covered courts. Pictona at Holly Hills also features the latest amenities to keep athletes occupied while they wait for upcoming matches.

Making the trip to Volusia County from Tallahassee were Capital City Senior Games medalists, Edith Barefoot, Barbara Cairns, Betsy Lieberman, Pat Sargeant, Jodi Yambor and Janice Yecco. Also making the trip was Ryan Burk and Tom Saxon.

For most of the contingent, it was their first competition since the CCSG in March. Betsy Lieberman has kept in practice utilizing the four pickleball courts at Tom Brown Park as many as four times a week.

Many mornings while practicing, all four courts have been full of players, as she prepared for the tournament.

"It's all you can ask for here at Tom Brown Park," said Lieberman, who also competed in Bag Toss, Horseshoes, Bowling and Track and Field at the 2020 CCSG.

Lieberman teamed with Candi Houston, of Holly Hills at the Pictona Open in the Women's Doubles 3.0, 65+ bracket, that featured eight teams. Her first match in Holly Hills was also her first match playing with Houston.

"She's a friend of Pat Sargeant's and it's interesting to play with someone for the first time in a setting like that," Lieberman said. "It's great to compete again since it's been so long. Being an outdoor facility is a draw. I was much more comfortable than if it would have been an indoor tournament."

Competition at the Pictona Open is limited to doubles play, and besides the team of Lieberman and Houston in action, there are other local pairings.

Gold medalists from the 2020 CCSG and 2019 Florida Senior Games silver medalists, Pat Sargeant and Jodi Yam-



Pat Sargeant and Jodi Yambor team up for doubles at the Capital City Senior Games in March.

bor played in the Women's Doubles 4.0, 65+ bracket. Edith Barefoot and Janice Yecco were in the Women's 3.5, 55+ age group and Barbara Cairns was in the Mixed Doubles 4.0, 35+ group.

The ranking system ranges in skill levels from 3.0 on the low end to 5.0 on the high end.

Tallahassee-area athletes age 50 and over are encouraged to compete in the 2020 Florida Senior Games to be held in a variety of locations statewide, December 5-13. Due to the cancellations of several local senior games competitions, the 2020 Games are an open competition with no qualification necessary. Visit [www.floridaseniorgames.com](http://www.floridaseniorgames.com) for

## TSC Fitness Now on TV and Virtual!

Tune in! The TSC offers a variety of virtual fitness classes at 9 a.m. on Mondays, Wednesday, Fridays and Saturdays on WCOT (Comcast Channel 13 or [Talgov.com/WCOT](http://Talgov.com/WCOT)) and M-F at 11 a.m., on the TSC Facebook page ([www.Facebook.com/TallahasseeSeniorCenter/](http://www.Facebook.com/TallahasseeSeniorCenter/)), and on-demand at [www.TallahasseeSeniorFoundation.org/on-demand-fitness/](http://www.TallahasseeSeniorFoundation.org/on-demand-fitness/). See p. 16 for a complete schedule of Fitness classes.

competition and registration information.

Keep your eyes open for information about the 12th Annual Capital City Senior Games in 2021. We hope to offer at

least some of the events. The health and safety of participants and staff are of most importance going forward. Stay safe and stay active!



# OLLI classes in full swing online

**Fran Conaway**  
OLLI at FSU

Hundreds of lifelong learners have gathered via Zoom this fall to engage in dozens of classes offered through the Osher Lifelong Learning Institute at Florida State University. For these eager students and their instructors, OLLI, with its courses and activities, has provided welcome intellectual and social stimulation during the COVID-19 pandemic, which has kept most of these seniors close to home and far from their typical activities.

Commenting on just one of those classes, "Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit," taught by Rev. Dave Killeen of St. Johns Episcopal Church, OLLI student Kris Ellington exclaimed, "Who knew you could have such good conversations on Zoom!"

Although February seems far off, OLLI's Spring Semester curriculum has already been planned, and it again offers a range of intriguing topics and activities tailored to students over 50 who love to learn. There are no prerequisites nor degree requirements for OLLI classes. There's also no pressure—no grades, no tests, no required homework. Nearly all classes will once again be offered via Zoom.

Most OLLI instructors come from the faculty of Tallahassee's institutions of higher education. Others are experts in their fields. With online classes not confined by location, OLLI's Spring classes also offer instructors from around the



OLLI class is session. KRIS ELLINGTON

country and the world, including Cambridge University in England, Washington, DC, Puget Sound, WA, Boston, MA, Santa Clara, CA, Vero Beach, FL, Fort Myers, FL and the University of Maryland, College Park.

Tempting topics include survey classes and in-depth examinations of

history of many eras, science, film, music, literature, art, technology, religion, architecture, health, politics and current events, Italian, Spanish and French.

Most classes, which are offered once a week, run either three or six weeks. Classes begin the week of Feb. 15 and

run through March 25.

The full Spring Catalog of Courses and Activities will be available in January at [olli.fsu.edu](http://olli.fsu.edu). Registration for classes begins Jan. 25.

For more information about membership in OLLI and enrollment in classes and activities, see [olli.fsu.edu](http://olli.fsu.edu).

## The Resource Manual: Playbook for caregivers

**John Trombetta**  
Executive Director

If you ever watch a coach on the sideline of a football or a basketball game, most are clutching some sort of paper. I think of Gene Hackman in the movie *Hoosiers*, always clutching a rolled up collection of papers. While the papers likely contain their game plan, it also is clearly something for them to take their



**Trombetta**

nerves out on.

Alzheimer's Project has one of these, too.

The Resource Manual is our playbook that will help you answer any questions you might have when it comes to being the caregiver of a person living with dementia.

The resource manual includes infor-

mation about all the services and education offered to you and to your loved one living with this disease. A physician, a day stay, home health nursing care, and places to call for medical equipment? All of this is found in our Resource Manual.

Dementia and Caregiving shouldn't be faced without a playbook. Coaches and players use playbooks that tell them what plays to call in certain situations.

What's more is we offer our Resource Manual in hard copy (in case you need it to help your nerves like Gene Hackman).

We also offer it online. Most importantly we offer it at no charge, because we have generous sponsors who know how important this playbook is to you. Call our office at 850-386-2778 or go to [www.alzheimersproject.org](http://www.alzheimersproject.org) on your computer or device, and click on the resource tab at the top of the page.



# Elder Care Services seeking ‘elves’ this holiday season

**Nicole Ballas**

Director of Fund Development

Elder Care Services, Inc. helps with the basics throughout the year – food, a bath, trips to the doctor. However, many seniors on a very low fixed income have nothing to spare to celebrate the holidays.

As we move towards Thanksgiving our thoughts turn to the joy the winter holidays bring. The theme behind this joyful season is often showing people that they matter to you and you are thinking about them.

It may look different this year, but the spirit of caring will be especially important. With Elder

Care Services you can show that love and worth to a local senior through Elder Elf, a gift giving program to benefit the individuals served by Elder Care Services throughout the year.

Care managers have identified clients in need this holiday season and are meeting with them to create wish lists with basic needs and holiday treats. Local businesses, families and individuals brighten the holiday each year for seniors in Leon County by “adopting” a senior’s wish list.

The connections created through Elder Elf provide wonderful memories and remind all what this season is truly about. Last year with the help of 90 generous individuals and groups, the Elder Elf Program brightened the holidays for over 175 seniors

and many more received gifts and other essentials to help them throughout the year.

If you are interested in being an Elder Elf, please contact Nicole Ballas at 850-245-5945 or [ballasn@ecsbigbend.org](mailto:ballasn@ecsbigbend.org).

Elder Care Services, Inc. is a private nonprofit corporation, dedicated to improving the quality of life for seniors in Leon and the surrounding counties, allowing them to remain at home with dignity. For more information, visit [www.ecsbigbend.org](http://www.ecsbigbend.org) or follow us on Facebook at [www.facebook.com/eldercareally](http://www.facebook.com/eldercareally). Or contact Nicole at [ballasn@ecsbigbend.org](mailto:ballasn@ecsbigbend.org) or call 850-245.5945.

## Hospice volunteers connect in virtual ways

**Sharon D. Davidson**

Senior Director of Volunteer and Community Services

The COVID pandemic has presented many challenges for volunteerism globally. As the world changes around us, the Big Bend Hospice Volunteer Department continues to pursue new ways to provide valuable support to our patients and their families, with safety as the top priority.

Through online platforms like Zoom, volunteers were connected through video meetings and virtual in-service training. This also opened the door for virtual support to patient-families, allowing activities like “virtual visits” from animal therapy teams.

While the world moved to online platforms, consideration also needed to be made on how to serve those families that did not have the technology to engage digitally. Comfort Callers check on caregivers every week. These volunteers have truly provided “comfort” and support, with phone conversations growing longer in recent months; which indicates this may be the only socialization some caregivers have during the pandemic.

Patients in facilities and their families have

been some of the most heavily impacted by COVID. To support them, patients and caregivers are connected to volunteers who can provide phone call support or become pen-pals through letter writing.

Spiritual Care Volunteers continue providing spiritual support through calls offering prayers, scripture reading, and sending cards with messages of hope. This has been a great comfort to anxious caregivers and lonely patients. Numerous volunteers offer support through running errands, and picking up and delivering essential items like groceries while maintaining social distancing.

At Big Bend Hospice’s Dozier Hospice House, volunteers have slowly returned as greeters, including members of the AmeriCorps Volunteer program. They help maintain safety procedures by screening visitors and limiting the number of guests. They have been key to keeping staff, patients, and families safe and allowing the Dozier House to keep its doors open to visitors. A small but committed team of Volunteers have even returned to the bedside of patients in the house that were alone, anxious, and needed support.

A few volunteers have made in-home visits on a case-by-case basis. Jefferson county BBH Volun-

teer, Andrew Creel, was assigned to a patient that was isolated and who had no support during the day. “During this time of wide-spread isolation, we both really appreciate our time together,” says Creel. “We enjoy reminiscing and sharing things we did when we were younger.”

As our community learns more about this virus, Big Bend Hospice will continue to meet with infection specialists to review processes, make changes, and provide the necessary protective equipment to keep everyone as safe as possible; this includes amazing Hospice Volunteers who continue to say, “we just want to serve!”

Big Bend Hospice, your hometown hospice since 1983, is a private, nonprofit 501(c)(3) hospice provider serving Leon, Franklin, Gadsden, Liberty, Madison, Jefferson, Taylor and Wakulla counties. The mission of Big Bend Hospice is to inspire hope by positively impacting the way our community experiences serious illness or grief — one family at a time. For more information, please visit the Big Bend Hospice website: <https://www.bigbendhospice.org/>



## TALLAHASSEE SENIOR FOUNDATION

### Be a Key Holder

Become a member! Join the Tallahassee Senior Foundation today. Your contribution supports programs for active adults and enhances services that keep seniors connected, minimizing social isolation and loneliness. At the TSC, our goal is that no one feels alone, even though you may be home alone. Seniors tell us that the virtual programming has given them something to look forward to while the Center is closed. This would not be possible without your support. During these months that the building has been closed, your Senior Center needs your donations to keep active adults healthy and connected to their community. Mail your annual membership contribution at the Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee FL 32303 or visit [TallahasseeSeniorFoundation.org/Membership](https://TallahasseeSeniorFoundation.org/Membership) for more information or to join online.

### Membership

Senior Citizen (Age 50+) \$30

Senior Couple \$50

Supporter (under age 50) \$40

### Key Holders

Friend \$120

Bronze \$240

Silver \$540

Gold \$1,020

Ruby \$1,500

Platinum \$2,520

Diamond \$5,040

Thank you for being a key to active living!

### Silver Key Holders

Nick & Anne Contos

### Bronze Key Holders

Jane Greene; Michael & Lori Swanson; Thomas Fitzgerald; Barbara Judd; Edna Owens; George & Liz Smith; Bonnie Strade

### Friend Key Holders

Hector & Barbara Aguirre; Rick & Jovita Ashton; H. Neil & Cindy Brown; Robert & Kathryn Callan; Diane Carr; Mechele Conklin; Skip & Paula Cook; Eugenia Coyne; Clara Floyd-Gaymon; Charles & Brenda Francis; John & Nancy Fruin; Duncan Hoehn; Emily Jamieson; Benjamin & Mary Sterner Lawson; Joanna Love; Joan Macmillan; Mary Ann Mathers; Susan McConnell; Emoryette McDonald; Barbara O'Donnell; Richard & Debbie Perry; Angela Prather; Joy Rowan; Sherrie Sloan; Marylin Stallworth; Barry & Tiffanie Webster; Nancy Wenholt; R.D. & Linda White; Fred & Charlene Williams; Stephen & Judy Winn

### New and Renewing Members and Program and General Donors

Thanks to your generosity, and due to limited space in this issue of Active Living magazine, your memberships and donations are listed on our [tallahassee-seniorfoundation.org](https://tallahassee-seniorfoundation.org) website. But please know that we are extremely grateful by your continued support. It's because of your contributions that TSC & Foundation is fulfilling its mission of offering programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness. Thank you for understanding that although these activities are offered virtually for now, we will return to in-person



At the end of September, Ruth presented Henry Steel, Health Program Assistant, with a token of the TSC and Foundation's appreciation for working with the Health Program for 12 years. We wish Henry well as he enjoys more leisure time with his family.



classes eventually. For now, please enjoy the many opportunities that are available, and reach out to us if you need resources, or just want to talk to someone.

### HONORARIUM DONATIONS

In honor of: Maureen Haberfeld

By: Nancy Bedford; Diane Stuart; Gloria Whitaker

In honor of: Margaret Hamilton's birthday

By: Dorothy Alfred; Pam Bareham; Jan Cuddington; Penny Davis; Penny Davis; Nancy Gentry; Ben Girtman;

Alice Harris; Auroran Hansen; Mary Rita Hodsdon; Dortha Kalinosky; Lisa Meyer; Mary Neel; Deborah Rios; Linda Roberts; Sheila Salyer; Hella Spellman; Roop Suchdeve

In honor of: Larry Lesko

By: Teri Cleeland

### MEMORIAL DONATIONS

In memory of: Flora J. MacColl

By: William Griffin



# Charitable giving that makes a difference

**Jim Davis**  
Estates & Endowment Committee

Albert Einstein said that “only a life lived for others is a life worthwhile.” When we add value to the lives of others, we cannot help but receive value ourselves. With a little planning, we can continue to add value to the people and organizations dear to our hearts.

One of the most important decisions in designing your estate plan is naming beneficiaries of your will, trust, retirement or insurance plans. It is common for the beneficiary to be family members; however, it is not unusual for favorite charitable organizations to be named. As our children establish their careers and become financially comfortable, we may look to support charities doing good in the community, such as the Tallahassee Senior Center Foundation.

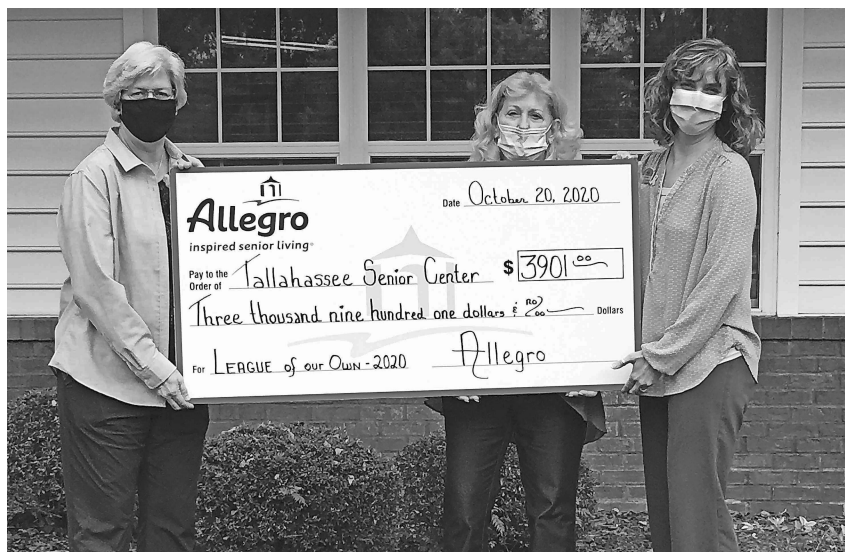
Legacy planning is your way to express your wishes and establish a plan for your beneficiaries and charitable organizations.

Charitable planned giving can benefit not only our community, but also the contributor and possibly their families. Your plans will ensure the long-term needs of you and your dependents are met, but also plan for tax strategies, and avoid probate.

At a recent presentation by Capital City Trust, we learned how important it is to document your wishes, clearly stating what you want to happen. Work with professionals (financial advisor, tax professional or estate planning attorney) to make sure your wishes are carried out with as little confusion as possible.

Assets must be properly titled to help you achieve the results you desire so there are no conflicts. For instance, accounts with named beneficiaries will go to those individuals, even if your estate plan says otherwise. It is important the people you love understand your intentions to avoid uncertainty and conflict for them during an already difficult time.

Many people see the lives touched by the Tallahassee Senior Center. We are driven to help seniors stay active, socially fit, and engaged in their community. We hope you will consider the TSC Foundation in your charitable giving. The legacy created by planned gifts will assure that programs and services will continue to be available to seniors in the future. If you have questions or want to request an Elder Law Resource Card, email [Karin.Caster@talgov.com](mailto:Karin.Caster@talgov.com) or call 850-891-4000.



Year #8 of Allegro's League of Our Own Annual Bowling League, to benefit the Tallahassee Senior Center, consisting of Tallahassee's aging network, medical providers, and business professionals – was dramatically different this year because of COVID. Thanks to some committed bowlers and faithful sponsors, Allegro still presented a check for almost \$4,000 to support TSC programs! Special thanks to our sponsorship partners Visiting Angels, Right at Home, and Capital Lanes, who donates a portion of the bowler fees back to our Tallahassee Senior Center!

## Small Art, Big Impact

Original artwork holiday greeting card fundraiser for the Tallahassee Senior Center for the Arts.  
'Tis the season to send holiday cards to those you are thinking of and love.  
Send them an original work of art and support TSC for the Arts!

Visit the gallery at  
<https://www.tallahassee-seniorfoundation.org/greeting-card-gallery/>



## TALLAHASSEE SENIOR SERVICES CALENDAR – VIRTUAL + NOVEMBER 9 – DECEMBER 11, 2020

We are now offering online classes some which require pre-registration for the Zoom link. Please note the initials in the parenthesis after the class title. The corresponding contact name and registration email address is noted at the bottom of the calendar.

Description and Registration located at: [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NOV 9</b> 10a Medicare Open Enrollment: Making an Informed Decision FB (RN) 10:30a Adv. French ZM (KC) 11a Art Council ZM (JH) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History ZM (JH) 2:45p Poetry Group ZM (KC) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)	<b>NOV 10</b> Quit Smoking Now PRR (RN) 224-9340 9a Coffee & Chat ZM (HS) 11a Mindful Movement FB (RN)	<b>NOV 11</b> VETERANS DAY	<b>NOV 12</b> 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 5:30p Deck-orate for the Holidays ZM (MH) 7p Capital Chordsmen ZM (KC)	<b>NOV 13</b> 9a English 2nd Language (KC) 10a Virtual Office Hours with Melanie ZM (ML) 11a Seated Yoga FB (RN) 11a Ukulele PRR ZM (KC)
<b>NOV 16</b> 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 11a Beginner's Ukulele PRR ZM (KC) 12:30p Hands-On Art History ZM (JH) 1p Advisory Council ZM (SS) 3p Friends Connection ZM (ML)	<b>NOV 17</b> Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN) 3p Online Grocery Shopping: Shop Safely During the Pandemic FB (RN)	<b>NOV 18</b> 8:30a Capital Coalition on Aging (KC) 10a Diabetes & COVID FB (RN) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p LCSO Advisory Council (SD) 1p Ageless Grace ZM (RN) 1p Friends Connection LNC ZM (ML) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	<b>NOV 19</b> 11a Stretch & Flex FB (RN) 1p Five Wishes ZM (RN) 1p Friends Connection ZM (ML) 5:30p Deck-tinis & More ZM (MH) 7p Capital Chordsmen ZM (KC)	<b>NOV 20</b> 9a English 2nd Language (KC) 11a Seated Yoga FB (RN) 11a Ukulele PRR ZM (KC) 4p People's Choice Awards Banquet & Art Appreciation ZM (JH)
<b>NOV 23</b> 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History ZM (JH) 2:45p Poetry Group ZM (KC) 3p Friends Connection ZM (ML) 3p Holiday Arrangements ZM (MH) 7p GAP Circle of Parents ZM (KB)	<b>NOV 24</b> Quit Smoking Now PRR (RN) 224-9340 9a Coffee & Chat ZM (HS) 11a Mindful Movement FB (RN)	<b>NOV 25</b> 10a Friends Connections Facilities ZM (ML) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p Foundation Board Meeting ZM (SS) 1p Ageless Grace ZM (RN) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	<b>NOV 26</b> THANKSGIVING	<b>NOV 27</b> THANKSGIVING
<b>NOV 30</b> 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History ZM (JH) 3p Friends Connection ZM (ML)	<b>DEC 1</b> Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN) 1p Life Stories / Mixed Media ZM (JH)	<b>DEC 2</b> 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p Ageless Grace ZM (RN) 1p Friends Connection LNC ZM (ML) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	<b>DEC 3</b> 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1p Life Stories / Mixed Media ZM (JH) 7p Capital Chordsmen ZM (KC)	<b>DEC 4</b> 9a Virtual Office Hours with Ruth ZM (RN) 9a English 2nd Language (KC) 11a Seated Yoga FB (RN) 11a Ukulele PRR ZM (KC) 5p Deck the Halls – ZM & 98.9 Radio (KaC)
<b>DEC 7</b> 10a Mindfulness ZM (RN) 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 11a Beginner's Ukulele PRR ZM (KC) 12:30p Hands-On Art History PRR ZM (JH) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)	<b>DEC 8</b> Quit Smoking Now PRR (RN) 224-9340 9a Coffee & Chat ZM (HS) 10a Cookies & Cocoa w/ KitchenAble ZM (MH) 11a Mindful Movement FB (RN) 1p Life Stories / Mixed Media ZM (JH)	<b>DEC 9</b> 11a Gentle Yoga FB (RN) 1p Ageless Grace ZM (RN) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	<b>DEC 10</b> 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1p Life Stories / Mixed Media ZM (JH) 7p Capital Chordsmen ZM (KC)	<b>DEC 11</b> 9a English 2nd Language (KC) 10a Virtual Office Hours with Melanie ZM (ML) 11a Seated Yoga FB (RN) 11a Ukulele PRR ZM (KC)

TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 891-4000  
**LEGEND** - PRR= Pre-Registration Required; LLL=Lifelong Learning; FB=Facebook; ZM=Zoom Meeting

(KB) Karen.Boebinger@talgov.com; (KaC) Karin.Caster@talgov.com;  
 (KC) Kristy.Carter@talgov.com; (JH) Jennifer.Haskins@talgov.com;  
 (MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com;  
 (RN) Ruth.Nickens@talgov.com; (SS) Sheila.Salyer@talgov.com;  
 (WB) Wendy.Barber@talgov.com

**Need computer or technology assistance? Please contact the Tallahassee Senior Center at (850) 891-4000 Monday – Friday, 8am-4pm and we will assist.**

Despite our temporarily closed doors, we are working hard to develop and share opportunities (such as virtual, live and on demand classes) to keep our age 50+ participants active, optimally aging, and socially fit. Now more than ever, your support is very important to make this possible and we encourage your donations for virtual and on demand classes – to donate, [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org); click the donate button (top right hand corner) or to become a member or renew your membership – click the membership tab - or checks can be mailed.

### Tallahassee Senior Center Fitness Classes on WCOT Monday, Wednesday, Friday & Saturday at 9 am

*Staying active is one of the most important things we can do to stay healthy and age successfully, and we realize you are missing your weekly in-person classes.*

*To help you access quality senior fitness, WCOT (Channel 13 on cable or Talgov.com/WCOT) will now be airing four TSC classes with some of your favorite instructors. Fitness classes are provided by the City of Tallahassee Parks, Recreation & Neighborhood Affairs and the Tallahassee Senior Center and Foundation. Learn more by visiting [Talgov.com/Seniors](http://Talgov.com/Seniors). Below are the classes that you can view.*

**Monday Mindful Movement w/ Lori Roberts, certified NIA yoga instructor**  
 Mindful Movement is a gentle, yoga-based, fitness class focuses on increasing energy, reducing falls, and maintaining flexibility. Brought to you in partnership with Capital Health Plan.

#### Wednesday Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500

Enjoy a gentle yoga class which includes both standing and mat poses for balance (a chair is an option). Benefits include improved range of motion, flexibility, balance, and strength. It also focuses on breathing exercises for stress reduction and relaxation.

#### Friday Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT

An active-aging, fall-prevention program created to be fun while reversing many types of aging. The class fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair on hand.

#### Saturday Stretch & Flex w/ Robin Perry Davis, ACSM

This class will help you stay strong, flexible, and mobile with gentle yoga-like movement. Safe stretching routines maintain joint mobility and muscle flexibility. Some classes will be seated, others use a mat, viewers can easily move between. For more info, contact our Health & Wellness Coordinator [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com)  
 Thank you to our Health & Wellness Presenting Sponsor:  
 McDonnell Hearing Solutions

Staying active is one of the most important things we can do to keep healthy and age successfully. While we can't be together in person, we encourage to join us for a variety of virtual fitness classes, offered 3 ways for your viewing convenience:

- (1) WCOT (Channel 13 on cable or [Talgov.com/WCOT](http://Talgov.com/WCOT)) on TV - M/W/F/ & SAT @ 9 a.m.
- (2) On demand: [www.TallahasseeSeniorFoundation.org/on-demand-classes/](http://www.TallahasseeSeniorFoundation.org/on-demand-classes/)
- (3) Posted on our Foundation page at 11:00 a.m. – Tallahassee Senior Center

**The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+.**

**TSC programs like these Fitness classes are supported by donations to the TSC Foundation. If you would like to contribute or become a member, go to [www.tallahassee-seniorfoundation.org](http://www.tallahassee-seniorfoundation.org) or mail your check to: TSC Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303.**

