

Active LIVING

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



Looking up for 2021

Be creative! Get fit! Have fun!



LifeLong Learning stays virtual

Maureen Haberfeld
Lifelong Learning Coordinator

Thank you to our LifeLong Learning sponsor Mulligan Park

Great Artists of Spain

Thu., Jan. 21, 1:30–3 p.m. Spain has produced extraordinary artists over the past 400 years. TSC artist, Tom Friedman, examines the works of El Greco, Velazquez, Zurbaran, Murillo, Goya, Fortuny, Sorolla, Gris, Miro, Picasso and Dali housed in the major Madrid museums: The Prado, The Museo Reina Sofia, The Thyssen-Bornemisza and the Museo Sorolla. As an aid to understanding why we consider a small number of paintings to be masterpieces, the artists' use of composition (placement of objects on the picture), tone (use of light and dark), color and intangibles (such as beauty, shock, inspiration or topical - generally social consciousness) will be discussed. At the conclusion, participants will understand the environment in which art was produced and why. Virtual class on Zoom. \$5

Mindfulness

Tue., Jan. 26, 3–4 p.m. Our world has become increasingly demanding and as seniors it's easy for us to become isolated and stressed, especially during the Covid era. Thankfully, there are powerful but easy to use techniques to address these stressors. As Wayne Dwyer notes, "By changing the way you look at things, the things you look at change." This presentation assists in understanding how and why we respond to stress. Special emphasis placed on strategies-both core mindfulness practices and everyday "dos and don'ts" designed to lighten the burden of stress. Instructor and Psychologist, Al Kircher, of Winnipeg, Canada most recently worked as a Psycho-Educational Clinician for the EAL Program [adult refugee program sponsored by the Canadian government]. He is experienced in meditation and has a special interest in preventative programs. Virtual class on Zoom. \$5

USSR – Russia Myths, Mysteries, and Spying

Thu., Jan. 28, 1:30–3 p.m. See details on p. 3

A Trip Through Time: I Love Planet Earth

Thu., Feb. 4, 1:30 – 3 p.m. What an amazing planet we have. There are so many interesting plants and animals. Neuroscientist, Dr. Karen Glendenning, has tied together some interesting facts about our planet by going through time. When did we



Bleakley and Logan Shettle, with Sarah Bleakley, show their beautiful arrangements, thanks to floral design expert Edna Hall Whitehead's Holiday Centerpieces class.

Beginner Ipad/Iphone: Technology – Is this thing on?

Did you get a new Apple Ipad or Iphone? Let's learn together what all of the buttons and icons mean. This class will be offered via Zoom on Thursday, Jan. 28th from 10-11:30 am. Must pre-register by Jan. 27th noon and space is limited. Sign up by calling: 850-891-4008 or email: Kristy.Carter@talgov.com.

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.



LIFELONG LEARNING
WITH TALLAHASSEE SENIOR CENTER

have slime, fungus, plants, reptiles etc.? This will lead into presentation # 2 on Feb. 11 which will cover what is intelligence and when did it begin. Virtual class on Zoom. \$5

Ohhh...So, you think you're so smart! Or...What is intelligence anyway?

Thu., Feb. 11 1:30 – 3 p.m. When we think of intelligence, we think about humans. But what about the intelligence of animals, how about plants? Do we need a brain to be intelligent? Do we even need neurons? Join Dr. Karen Glendenning for fascinating insights into intelligence. Virtual class on Zoom. \$5

Explore the Burgundy Region of France

Tue., Feb. 16, 10–11:30 a.m. Burgundy is a historical region in east central France. Join experienced traveler and tour guide, Colette Clarke, as she leads you on a virtual journey through this beautiful area rich in history and culture and famous for food and wine. Explore the fascinating history, culture and lovely scenery of the region, along with the wine and cuisine. Burgundy is one of France's main wine producing areas, known for both red and white varieties including some of the world's most expensive wines. The region is also famous for cuisine including Dijon mustard, coq au vin, beef bourguignon, and cheese. Virtual class on Zoom. \$5

Register for classes at 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 Maureen.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.tal.gov.com/seniors and www.TallahasseeSeniorFoundation.org. "Like" us at [Facebook.com/TallahasseeSeniorCenter](https://www.facebook.com/TallahasseeSeniorCenter).

ON THE COVER

Insider's Showcase 1st place: Robert Smith, for Anna Maria Island.

Llona Geiger leads outside Fitness class at County Outreach Woodville site.

Santa and the UPSLIDE Team greeted participants at the December Drive Through event. Santa (aka Nicolette Castagna), Ruth Nickens, Judy Shipman, and Melanie Lachman.



Friends Shirley Shiver, Jessie Mae Harvey, Margaret Williams, Juanita Nowling, and Barbara Burns enjoy getting together at the Fort Braden Lunch & Learn. It will be a happy day when they can gather again!

History and community define Fort Braden

Susan Davis

Leon County Senior Outreach Coordinator

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

If you have lived in Tallahassee long enough, you know that Highway 20 has a rough and tumble reputation. It couldn't be farther from the truth for many seniors who call the Fort Braden community home. For them, it is an oasis of connections to family and friends, sprinkled with a history of living off the land.



Established during the Second Seminole War, Fort Braden started as a U.S Army post (1839-42) located 18 miles southwest of Tallahassee. A farming community cropped up around the fort, and that foundation spawned generations of families who still call the land their home.

Jessie Mae Harvey, age 80, has lived in Fort Braden for 61 years. Her deceased husband Ray was born and raised there. He went to the Old Fort Braden school, a four classroom building constructed in 1926. At the end of eighth grade, he dropped out to work on the family farm. "Back then," she says, "his family produced everything they needed except for salt, flour and sugar." Her children went to the same schoolhouse, and she served on the PTA. Now, the schoolhouse serves as the Fort Braden Community Center where the Leon County Senior Outreach program hosts monthly events. Usual activities are on hiatus due to the COVID pandemic.

The Fort Braden community abuts



Sylvester Shields and County Senior Outreach Coordinator, Susan Davis, share fun times.

Lake Talquin where Jessie Mae remembers taking her children when they were young. "There used to be a path around the lake with a couple of benches where you could stop and gaze out over the water," she reminisces. Her daughter still lives in Fort Braden, thus continuing the area's next generation.

Sylvester Shields and his two sons bought land in the area over 20 years ago. He maintains a garden and grows 20 citrus trees. He loves the peace and quiet, and the sense of community. They help each other. His neighbor came over to help him split wood. And, Sylvester takes out the trash for a friend who is caring for her husband with Alzheimer's. "We go to town (Tallahassee) every Saturday so my wife can get her hair done, and we shop for groceries," he says. The rest of the week, he is happy to stay home!

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.



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The event you love found a new way

Carol Riley-Thompson

Thanks to Star 98.9 radio, Zoom pre and post events, faithful sponsors, and lots of generous donors — Deck the Halls found a way to come into your homes and celebrate active living to benefit TSC programs and seniors.

Presenting sponsor Audiology Associates of Tallahassee, along with numerous other businesses stepped up to ensure your TSC activities will continue through this pandemic and be here when things can safely re-open in person.

We loved hearing several of our own voices on Star 98.9 the evening of Dec. 4. Thanks to Ann Cleare, Brain DeLaney (Visiting Angels), Brenda Francis, Buck Gomillion, David Lee, Emily Millett, Shauna Smith, Gloria Swanson, and Nancy Wenhold for sharing their stories and holiday memories.

Five lucky Give Away winners heard their names called to claim their prizes. See pictures in this issue.

Lots of people enjoyed making appetizers, decorating their homes, mixing martinis, arranging centerpieces, and baking cookies — all connecting with others via Zoom from their own homes. We made the most of it and had a lot of fun doing so.

On behalf of our TSC Foundation Board and our City TSC, thank you for participating. Your combined giving



Deck the Halls went online and on air this year.

netted about \$55,000 for activities like wellness, fitness, art, and Lifelong Learning, Lunch & Learns, Friends Connections, and GaP support groups—at TSC, on the Southside, and in the County communities.

We hope to see you soon at a TSC program near you or via Zoom. Happy New Year!

Deck the Halls Online! Many Thanks to our Hosts!

John Gandy Events

Chef Jessica Bright McMullen with KitchenAble Cooking School

Mixologist extraordinaire Eric Pounders of Township Gastropub

Michael Spellman of Sniffen and Spellman, PA

Floral Design expert Edna Hall Whitehead with A Touch of Class / Celebrations on Main

Thanks to Extra Give Away Donors!

Chicken Salad Chick

Hollywood Feed (Pet Store)

Gadsden Art Center & Museum

Warren Dickens handmade wood carvings

Explore Russia myths and mysteries on Zoom

Maureen Haberfeld
Lifelong Learning Coordinator

On Jan. 28, at 1:30 p.m. TSC will offer a unique virtual presentation by Henry M. Quinlan, Esq. Mr. Quinlan, of West Wareham, Massachusetts, the owner and publisher of Omni Publishing Company. Between 1986 and 2018, he made over 60 trips to the former Soviet Union and Russia. He lived in Moscow between 1988 and 1994 and during his time there traveled to most Soviet Union Republics and

later the independent Republics. He witnessed history when the Soviet Union collapsed in 1991.

While engaged in a publishing venture in the former Soviet Union, Henry Quinlan was asked by President George H. W. Bush to organize the publication of the classic children's book, "Make Way for Ducklings" in Russia in 1991 and the erection of the statutes of the ducklings in Moscow. He attended the State Dinner President Bush hosted in honor of President Gorbachev in August 1991 in Mos-

cow.

During this one-hour live presentation, Mr. Quinlan will educate and entertain the audience with stories from his 30 year involvement with the former Soviet Union and Russia. He will include some history of the Soviet Union and WWII, the unusual story of Father Walter Ceszak, S.J., who survived 20 years in a Soviet prison camp, as well as the overthrow of Communism and the dismantling of the USSR. It will cover his encounters with the Russian Mafia as well as spying

for the FBI. Some famous Russian landmarks such as the Kremlin, Hermitage, and Bolshoi Theater will be featured as well as the Three Great Mysteries of Russia: The Amber Room, The Czar's Jewels, and the art taken by Napoleon. There will be an opportunity to ask questions.

To register for this fascinating, virtual event and other 2021 LLL opportunities visit www.TallahasseeSeniorFoundation.org/lifelong-learning/

There is a \$7 fee. For more information email maureen.haberfeld@talgov.com

Pomeroy Brinkley is Life Exercise mover and shaker

Ruth Nickens, RN
Health & Wellness Coordinator

Pomeroy Brinkley joined the TSC fitness team 15 years ago, bringing with him an abundance of energy and bravado! He teaches the ever-popular Life Exercise class three mornings a week (when the Senior Center is open). One need only walk through the auditorium door to witness the marvel of almost a hundred seniors smiling, moving, and grooving.

“Pomeroy’s popularity,” TSC fitness participant and sub David Lee explains, “is because he takes an interest in everyone! He learns names and finds a way to connect. Also, he encourages seniors to support one another, so the participants form close-knit groups



Pomeroy Brinkley’s LIFE Exercise classes pack the house. Looking forward to the day when we can be back in the TSC!

of friends.”

When asked where his passion for fitness originated, Pomeroy shares that he has always been athletic. He was a wrestler and pole-vaulter in high school, and he continued to wrestle in college. After graduation, while employed by FSU, his colleague turned him on to his first step aerobics class – and he was hooked! He started teaching a 6:00 am step aerobics class shortly thereafter and hasn’t slowed down since!

Pomeroy has certifications in Group Aerobics, Personal Training, Zumba and Silver Sneakers. He has taught in many places in the community over the years, including Premier Fitness, Tallahassee Mall, YMCA, and Leon County

See BRINKLEY, Page 6

CONNECT WITH CLASSES

For more information email Ruth.Nickens@talgov.com. To register for Zoom classes go to [TallahasseeSeniorFoundation.org](https://tallahasseeSeniorFoundation.org) – Classes & Programs tab.

Coffee Chat with Ruth Nickens, RN, Health & Wellness Program Coordinator

Tue., Jan 12 @ 9– 9:15 a.m. on Zoom

Grab your coffee and let’s chat about TSC’s programs and partners for active and healthy aging! Also, enjoy meeting our special guest partner, Dr. Emmanuel P. Inwang, Director, WCRx Health & Pharmacy. WCRx Health Inc. specializes in 24/7 monitoring of essential lab values with their advanced preventative care from clinic to pharmacy. Please bring your questions!

Debunking Myths about Hospice

Wed., Jan 27, 10–11 a.m. on Zoom

The word “hospice” is not as scary as you think! This talk addresses the history of hospice and dispels current myths about the scope and practice of hospice. Presented by Lori Fitzpatrick, Covenant Hospice.

Monday Mindfulness with Nicolette

Mon., Feb 1 & Mar 1, 10 a.m. on Facebook (First Mon. monthly)

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.

Virtual Office Hour with Ruth

Fri., Feb 5 & Mar 5, 9–10 a.m. on Zoom

We miss welcoming participants into our offices! Here is an opportunity to “stop by the office” of Ruth Nickens, TSC’s Registered Nurse Health & Wellness Program Coordinator. Bring your health/wellness questions, concerns and suggestions during this hour of personal interaction. Register at www.tallahasseeSeniorFoundation.org/events or email Ruth.Nickens@talgov.com

Smile Meditation with Leslie Hanks

Thu., Feb 11 & Mar 11, 10 a.m. on Facebook (2nd Thu. monthly)

This sweet, simple approach to meditation focuses on breathing and relaxation. Follow a 14-minute guided meditation that will enable your mind and body

to work together to find balance, symmetry, breath, and quiet within. Can be done in a chair or on the floor. Offered by Leslie Hanks, Yoga Unlimited.

The Diabetes Empowerment Education Program™ (DEEP™) is an evidence-based self-management program for people or families living with prediabetes/diabetes. The goal is to teach people how to reduce the risk of complications, such as kidney failure, amputation, vision loss, heart failure, and stroke. Offered by Big Bend AHEC, the no-cost interactive 6-week classes are held online using Zoom. For more info/registration, call 850-692-2845 or email ycandelaria@bigbendahec.org or mdarcangelis@bigbendahec.org or visit www.bigbendahec.org/programs

THE TRUTH & SCIENCE AROUND ALZHEIMER’S SERIES

This 3-part series covers the current facts and science about Alzheimer’s, a prevalent and progressive brain disorder, presented by Audrey Coachman, Alzheimer’s Association. Register <https://alz-org.zoom.us/meeting/register/tJlud--vqjwqEt3PL5W6jmcqsUY-IM3jkwHro>, call 1- 800-272-3900 or email ruth.nickens@talgov.com

Healthy Living for Your Brain & Body

Wed., Feb 3, 9:30–11 a.m.

For centuries, we’ve known that the health of the brain and the body are interconnected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Understanding Alzheimer’s & Dementia

Wed., Feb 10, 9:30–11 a.m.

Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, stages and risk factors, and current research and treatments available to address some symptoms.

Advancing the Science: Alzheimer’s & Dementia Research

Wed., Feb 17, 9:30–11 a.m.

This program reviews the current happenings in Alzheimer’s research.

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.

Dates to Remember:

GaP Support Lunch

Wed., Jan 27, 12–1 p.m. Location TBA.

Wed., Feb 24, 12–1 p.m. Location TBA.

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

GaP Evening Support Group

Mon., Jan 18 and Feb 1 & 15, 7–8 p.m. 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.



With expert guidance from Edna Hall Whitehead, a Touch of Class/Celebrations on Main, the GaP grand-families created a 2020 time capsule ornament to remember this unique COVID year.

Brinkley

Continued from Page 5

Schools. His philosophy about fitness for older adults is that the experience, first and foremost, must be fun! Fitness must also keep participants as functional as possible so they can continue to live their lives fully.

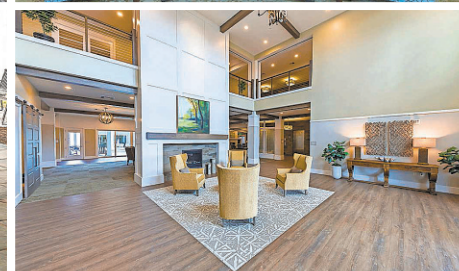
Pomeroy's classes are defined by his unique choice of contemporary upbeat music. Drawing from many genres—Jazz, Rock, R&B, Alternative, Deep House, Electro, Funk -- Pomeroy says, "I choose music with rhythms that makes me feel good and make me move, and if I'm feeling it, I'm going to give a better class. I prefer remixed music with a steady beat that everyone can follow."

Since circumstances have changed during the pandemic, Pomeroy has stayed connected with his students through check-in phone calls. He enjoys the conversations but encourages them to find creative ways to stay fit until it is safe to meet again in person. "Please keep an open mind," he implores. "Continue to exercise, find ways to stay fit, stay safe, stay balanced, and stay strong so you can do the things you need to do!"



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ELDER LAW

Elder Law Attorneys focus on the variety of legal needs of the elderly. Some of the main areas that make up elder law include but are not limited to: probate and estate planning and administration, Medicaid, disability and other long-term planning/care issues, guardianship and conservatorship.

Some attorneys have earned the designation “Certified Elder Law Attorney,” or CELA. The National Elder Law Foundation issues this certification. CELA attorneys have the enhanced knowledge, skills and experience to be properly identified to the public as certified elder law attorneys.

LOCAL ATTORNEYS

The following attorneys include Elder Law, Probate, Social Security, and Disability among other specialties of interest to elders. Please review websites for more detailed information about the practices. Certified Elder Law Attorneys, who are skilled in all the relevant areas, are noted with the Certified Elder Law Attorney (CELA) designation.

Law Offices of Stuart E. Goldberg, P.L.

Visit stuartgoldberpl.com or call 850-270-0411 / 888-641-6931

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Heuler-Wakeman Law Group, P.L.

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850-386-8833

Steven Rachin – steven@rachinlaw.com

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

The Sketchley Law Firm, P.A.

Visit sketchleylaw.com or call 850-894-0152.

Twyla Sketchley, CELA – info@sketchleylaw.com

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Lauchlin Waldoch, – lauchlin@mclawgroup.com

Kandace E. Rudd, – kandace@mclawgroup.com

Amy Mason Collins, – amy@mclawgroup.com

LEGAL HOTLINES, WEBSITES AND RESOURCES

Elder Abuse and Exploitation. Call to report elder abuse or visit the website below to file a report online. Elder abuse includes, but is not limited to, physical or emotional abuse, neglect and financial exploitation. For more information visit report-abuse.dcf.state.fl.us/Adult/AdultForm or call 800-962-2873

Seniors Vs. Crime handles complaints of civil crimes and fraud perpetrated against seniors; visit sites.google.com/a/svcproject.com/intakecenter/online-complaint to file a complaint online. More information can be found at seniorsvscrime.com or by calling 800-203-3099.

Florida Law Help website resource helps low income individuals needing

legal information find a legal aid or pro-bono lawyer, learn about rights and responsibilities and locate courts, government agencies and social services. Additional information at floridalawhelpline.org.

Florida Senior Legal Helpline provides free legal advice and brief services by phone to eligible Florida residents age 60+ with civil (not criminal) matters. For more information visit bals.org/senior-legal-helpline or call 888-895-7873.

Legal Aid Foundation provides legal counsel, for Leon County civil cases only, to residents unable to afford an attorney. Visit legalaidtallahassee.org for more information or call 850-222-3292, ext. 2.

Legal Services of North Florida, Inc. provides legal services to low-income individuals. Legal assistance not available for criminal or traffic matters. Further information can be found at lsnf.org or by calling 850-385-9007.

Legal Services of North Florida Legal Advice HOTLINE: Individuals with legal questions or concerns not involving criminal or traffic matters and who meet income guidelines may call Mon. through Thu., 9 am–5 pm. For more information visit lsnf.org or call 850-385-0029.

Southside Community Law Center provides low-cost nonprofit law services including document assistance and no-cost consultations available on a sliding fee scale. Visit sclclaw.org for more information or call 850-999-6674.

National Elder Law Foundation certifies practitioners or elder and special needs law. Additional information can be found at nelf.org or by calling 520-881-1076.

National Academy of Elder Law Attorneys, Inc. provides information about Certified Elder Law attorneys, and where to find them in Florida. Additional information at naela.org.

Tallahassee Bar Lawyer Referral Service will make a referral to a lawyer, with experience in the caller's area of interest, who will provide a half-hour consultation for \$25. For more information visit tallahasseebar.org or call 850-222-3292, ext.1.

NOTE: This information is not all-inclusive and does not imply endorsement of any persons, offices or agencies by Tallahassee Senior Services. For information, call 850-891-4000, email nick.schrader@talgov.com or visit talgov.com/seniors and Tallahassee Senior Foundation.org.

Virtual Healthy for Life classes

Wendy Barber

Southside Outreach Coordinator

Southside participants are always eager to meet and maintain contact with each other and our regular community partners who have been such a force in helping us preserve our independence and become healthier in all areas of our lives...social, mental, physical, spiritual and financial. Since we cannot do this face to face, we have been meeting virtually.

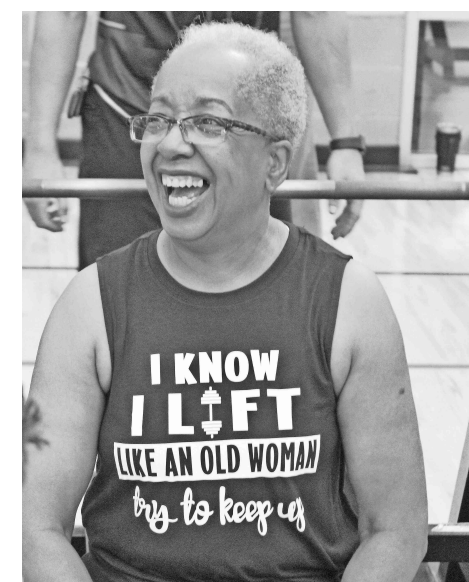
A new series of Healthy for Life classes begins in February via the Zoom platform. These diabetes prevention and management classes are coming to us from the Big Bend Health Education Center (AHEC), Inc.

The series — “Let the Power of the Diabetes Empowerment Program (DEEP) Work for You” — is sure to be an informative and interesting series and will cover the following topics:

- Understanding the human body
- Diabetes risk factors and complications
- Nutrition education and meal planning
- Understanding and managing diabetes medications
- Physical activity
- Accessing your health team
- Managing stress

Classes start Feb. 4 and run six consecutive Thursdays from 11 a.m.–1 p.m. through March 11.

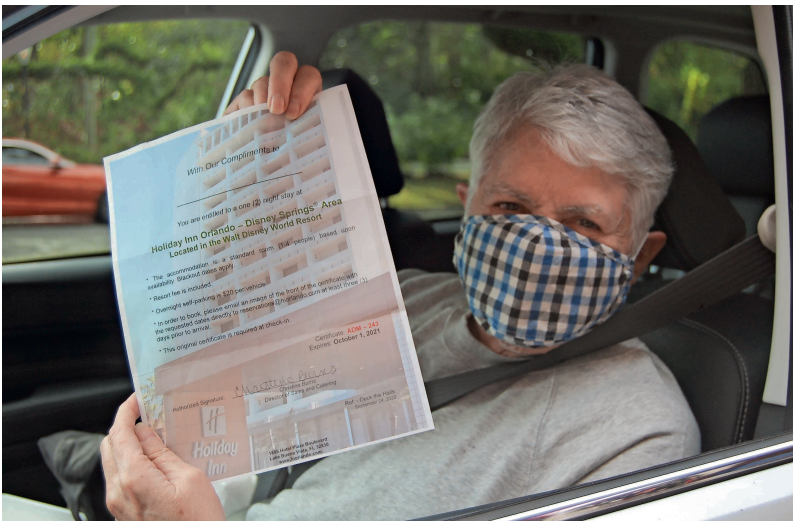
If you are interested in participating, email Wendy.Barber@talgov.com or call 850-891-4000.



Southside Coordinator Wendy Barber keeping fit as she celebrates a “Zero” birthday in December 2020! DON RUANE

Winners of the Deck the Halls big prize giveaway

Jane Parsons hits the cash jackpot — and donates half of it back to TSC!



Jill Sandler wins 2-night stay at Holiday Inn Disney Springs, donated by Aimbridge Hospitality.

Tallahassee Senior Center appreciates our Deck the Halls Sponsors

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Marge Hogan wins Tripletail Fishing Charter, donated by Williamson Outfitters.



Ana Garcia Quevedo draws diamond jewelry set, donated by Pentaltha Jewelers.



Buck and June Gomillion claim Vera Bradley luggage set, donated by Linda Smith.

Volunteering in 2021 will look different

Sharon D. Davidson

Each January, roughly one in three Americans resolve to better themselves in some way. Volunteering is a popular, non-selfish New Year's resolution and with a growing body of research indicating a strong relationship between volunteerism and individual health benefits, it's one that will motivate many to keep.

Many nonprofits, like Big Bend Hospice, initially found it challenging to keep their volunteers engaged and meet the needs of their patients and families while keeping everyone safe. But many were doing whatever it takes to support the organization's mission.

Technology has become a volunteer's biggest tool. In-person visits can be done virtually to adhere to CDC guidelines. Volunteers can meet several times a week with patients through ZOOM or Facetime. Pa-



Ginger Wheeler is the 2020 National Hospice and Palliative Care Patient-Family Volunteer of the Year.

tient-families use technology app-to order groceries and supplies. This gives Volunteers can then pick up and deliver these items to the families' front door.

Working remotely, Volunteers provide administrative assistance from their own homes, such as assistig in writing articles, doing data entry and researching local community resources for patient-families. For those a little intimidated by technology, there is always the "old-school" technique – using the phone to actually "call" patients and caregivers. Reaching out to those who feel isolated is important in preventing depression.

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Volunteers use their creative skills, like sewing, to help supply homemade masks. Those who love to quilt or crochet are making lap quilts and throws for our patient-families, especially red, white, and blue ones presented during our Valor Ceremonies to Veterans.

Volunteers pushed their own fears aside and began helping "screen" visitors coming to the Dozier Hospice House.

AmeriCorps Members, many from FSU and FAMU, participate in this national program thanks to a "hybrid" model for volunteering. They make visits following CDC guidelines or make calls to their assigned clients.

Big Bend Hospice has excellent volunteer opportunities that will enable you to engage in meaningful and tangible results. To learn more about the Big Bend Hospice Volunteer program, call Katie Mandell at 850.878.5310 or visit www.bigbendhospice.org.

Hospice services are provided by a team

under the direction of a physician and/or the BBH Medical Director (*patients can keep their own doctor under hospice*) and include:



BBH services are appropriate for patients that:

- Want to remain in their own home with support
- Have a terminal diagnosis
- Need assistance with pain management



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FAMU prof is a master on the Senior Games track

Nick Gandy

When it comes to his track and field efforts, Brian Hickey is a master for running in circles. He circles an oval shaped track twice, in the 800 meter run and almost four times in the 1500 meter run.

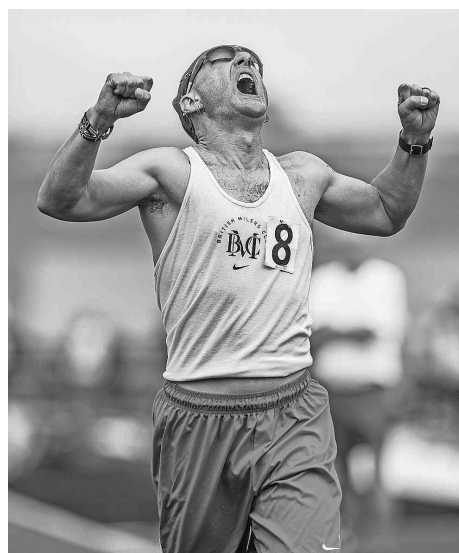
The outcomes are usually good, as was the case at the 2020 Florida Senior Games. At the track and field events, held at Holy Trinity Episcopal Academy, in Viera, Hickey won a pair of gold medals in the 50-54 age group in the 800 and 1500 meter runs.

The first of his two gold medal winning performances, the 800 meter run, was an impressive one as he crossed the finish line with the top overall time among all 26 runners in the event, with a 2:24.32. His last minute push down the homestretch passed a two-time record holder in the event, Alan Wells, of Orlando.

"I really gave it all I had at the end of the 800," Hickey said, following the race.

Physically, Hickey is in direct contrast to Wells, who won the 55-59 age group gold medal with a time of 2:25.49. While Wells fits the classic distance runner mold of tall and lanky, Hickey is a few inches shorter without the long-legged build.

Following his all-out performance in



Senior Games Brian Hickey.

the 800, Hickey took it easy in the 1500 meter and won a silver medal in the 50-54 age group, with a time of 5:15.45. It was the second fastest time of 31 total runners in the event.

Hickey's medal winning performances on the track are well documented. To qualify for the 2020 Florida Senior Games, he was a gold medal winner in both events at the Capital City Senior

Games, in March 2020. While his first Florida Senior Games appearance was in 2018, when he hit the qualifying age of 50, Hickey competed for many years in the Sunshine State Games, an Olympic-style Sports Festival for Florida amateur athletes of all ages.

The Florida A&M associate professor in the Department of Health and Physical Education, Sports Management program, Hickey began winning gold medals in 2002, in the 400, 800, 1500 and 3000 meter races. Since then, he has won more than 40 gold medals during the span of Sunshine State Games and Florida Senior Games appearances.

His long list of amateur athletic achievements were recognized following his 2017 Sunshine State Games performance and he was named the annual Games Athlete of the Year. Over the course of his athletic career he has earned over 30 national titles, set an American record in masters track and competed in the 2004 U.S. Olympic Trials for cycling. He has represented the United States as a national team member twice in masters track and field and five times in duathlon.

Some may consider running in circles an effort in futility, but not Brian Hickey.



John Trombetta
Executive Director

What's next for the Alzheimer's Project?

In the long running TV Series West Wing, fictional US President Jed Bartlett, played by Martin Sheen, always asks "what's next" when he finishes a task or wants to end a conversation in which he is no longer interested.

Many of us have been asking that same question since it was announced that a vaccine for COVID 19 had become available and was being distributed. For the Alzheimer's Project, what's next is that we will begin opening our respite rooms in January.

We will have only enough spaces that allow us to stay socially distanced, and we will be vigilant about our PPE. We will start at a reduced number of hours offered, too. As we get more comfortable with how our clients are responding and how the environment is working, we will add more sites and more hours.

What's next for Caregivers and those living with the disease? Vaccinations may be available, but to whom? Also, how, when and where to get them may be a little more confusing. Start with your primary physician or your local health department to find out those answers. You may need to advocate for yourself or your loved one to make sure you receive appropriate priority in the vaccination queue.

Your physician should be able to help with that as well. The biggest part of all of this, as with any care issue, is that you and your loved ones feel comfortable with your decision. We, along with other senior service providers look forward to welcoming our friends back to our social clubs and other care sites. We recognize there is still a risk, but are being diligent to minimize that risk on our side.

Our hearts, appreciation and awe go out to all of the caregivers who continue to keep them and their loved ones safe during this pandemic. While it's not over yet, it's not too early to think about "What's Next" and what it means for you and your loved ones.

MARK YOUR CALENDARS FOR CAPITAL CITY SENIOR GAMES!

Fri., March 4– Tue., March 17!

Dates, times, and venues may change.

For our age 50+ active adults who like to have fun and enjoy a little friendly competition, the Capital City Senior Games are planning to be held at our usual time in March. However, you know the drill by now—all things are subject to change depending on the status of the COVID pandemic in our community at that time.

A tentative schedule is listed below and Registration is now open. Beginning at \$15, one event includes your CCSG T-shirt and access to the Celebration of Athletes. Each additional event costs \$3. For more information on event locations, times, and registration, register online at Talgov.com/SeniorGames, or call the

TSC at 850-891-4000.

The CCSG are hosted by the City of Tallahassee's Parks, Recreation, and Neighborhood Affairs (PRNA) department and the Tallahassee Senior Center (TSC) in partnership with Friends of Our Parks, Leon County Government, TSC Foundation and Visit Tallahassee. For sponsorship information email lori.swanson@talgov.com or call 850-891-4000.

Tentative Schedule of Games

March 4 Torch Run: Location & time TBD. At the least we will kick off The Games via Zoom!

March 5 Bowling Singles: Capital Lanes

March 6 Track & Field: Location & time TBD

March 6 Archery: Tallahassee Archery

Club

March 7 Horseshoes: Forest Meadows

March 8 Bag Toss: Location & time TBD

March 9, 10, 11 Pickleball: Location & time TBD

March 11 Swimming: Location & time TBD

March 12 Powerlifting: Premier Health & Fitness Center

March 13 Bowling Doubles: Capital Lanes

March 14 Basketball Shooting: Location & time TBD

March 14 Table Tennis: Location & time TBD

March 15 Cycling: Pending

March 16 Golf: Hilaman Golf Course

March 17 Celebration of Athletes: Location & time TBD. At the least we acclaim our medals via Zoom!

OLLI spring semester gears up with art, history

Fran Conaway

"How did I ever live without OLLI?" That's the question a new member asked after participating in Fall Semester classes and activities offered by the Osher Lifelong Learning Institute at Florida State University.

Now, with OLLI's Spring Semester gearing up with a wealth of classes and events — most offered via Zoom — that new member and hundreds of others will have many opportunities to indulge their love of lifelong learning. Spring Semester begins the week of Feb. 15 and runs through the week of March 22, with most classes running six weeks. Others range from one to three sessions.

OLLI's lifelong learners will enjoy classes in history of eras across time and countries around the world; science, from biology to physics; social science from economics to anthropology; the arts, from music to literature to architecture; languages; technology, from computing to artificial intelligence; wellness, religion and current affairs.

Imagine a Monday class schedule that begins with "The Art of Living and Dying in Buddhism," followed by "1939: Hollywood's Greatest Year," followed by "Leonardo Da Vinci: The Shaping of an Artistic Genius." And those are just a few of the offerings for Spring Semester Mondays.

Or consider some of the offerings for Wednesdays: "The Glory That Is Greece," "Read, Write, Speak, Listen to French," "The Library of Congress: America's Library," "Germany 2021: Understanding the Latest Developments,"

"Ancient Greece: Foundation of Western Civilization," "Experiences of a German Girl During the Nazi Era," "Advanced Spanish," "Putin's Russia: The Less You Know, the Better You Sleep," and "Explore Paris and Discover the Architecture, Art and Romance of the City of Light."

It can be hard to choose from all the tempting classes.

With almost all classes and activities online, OLLI's gifted instructors come not only from area institutions of higher education, but around the world. Most classes originate in Tallahassee

or Panama City, thanks to OLLI at FSU, PC30A.

In addition to classes, OLLI also offers activities and clubs to help keep students

informed, engaged and connected.

Another member notes, "The OLLI program with its courses and activities via Zoom has been a bright light in a very difficult time."

Membership in OLLI at FSU is open to all adults 50 and older who love to learn in a stress-free environment where there are no tests, no homework and no required reading. There are no education prerequisites. Lifelong learners from around the country are invited to join OLLI at FSU.

Registration for classes begins Jan. 28 at 10 a.m. (Eastern).

For more information about joining OLLI and registering for classes and activities, see olli.fsu.edu. The full Catalog of Classes and Activities is available at that site, along with a video preview of all Spring classes (available January 26). You may also contact Debra Herman, dherman@fsu.edu, or Terry Aaronson, taaronson@fsu.edu.



Elder Care Services celebrates 50 years of serving seniors

Moriah Iglesias

Communications & Development Coordinator

As one of the community's longest established non-profit agencies, Elder Care Services continues to serve seniors and caregivers by maintaining and improving the quality of life for those that are often overlooked. For over 50 years, this mission remains a cornerstone that has been passed down by those who have worked and volunteered at Elder Care throughout the years. Elder Care's wide variety of services allows seniors at all different stages of life to receive care that is compassionate and tailored to all of their needs. From active seniors to those that are homebound, Elder Care

continuously develops programs to ensure that seniors have the safety and independence they need to age comfortably.

With the COVID-19 pandemic, the community and world have changed and at Elder Care the ability to adapt is imperative to meet the needs of seniors sheltering at home. Due to numerous changes, many seniors are isolated and face new challenges. While the service structures and in-person contact may have been modified, the work being done continues at higher level than ever before. Elder Care is serving more meals, providing weekly phone calls, and meeting emergency needs for an increased number of seniors this year.

Since March, Elder Care has:

- Served over 112,000 prepared and delivered meals to clients

- Made over 13,000 telephone calls to socially isolated seniors to check-in and assess needs

- Provided over 20,000 hours of care to seniors in their homes

- Distributed over 1,200 bags of food to seniors

- Supplied over 4,000 other material aid items (700 were paper goods or cleaning products)

At Elder Care, the pandemic has put efforts into a clear focus as more community members rely on the agency to deliver compassionate care and bridge the gaps in Tallahassee. Elder Care tirelessly pursues ways to provide

critical assistance to clients and caregivers in Leon County.

Going into 2021, Elder Care reflects on the support and assistance that so many gave through their donations last year. To all residents of Leon County, thank you for supporting the mission of Elder Care Services and improving the life of so many seniors and caregivers for 50 years.

Elder Care Services, Inc. is a private non-profit 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 or follow us on Facebook at www.facebook.com/eldercaretally.

Art program announces People's Choice Awards

Jennifer Haskins
Art Program Coordinator

On November 20, TSC artists and friends gathered on screen from their homes for the first virtual TSC for the Arts event. While enjoying their delicious snacks from KitchenAble and sipping on their favorite beverages, the People's Choice winners from three of the 2020 on-line exhibits were recognized, the Insider's Showcase was viewed, and the juried winners of the Insider's Showcase were announced.

Five different People's Choice Award artists spoke about their winning pieces. Nancy Clements gave us insight into her experimental process of creating abstract paintings. Her uninhibited approach toward the canvas resulted in several layers of paint that created wonderful texture in her work, Repetition. Robin Gray described her realistic color pencil work, Bloomin' Healthy. She enjoys capturing a moment in time on her paper. Joyce Raichelson's Blue Lily caught the eye and interest of voters in the Pantone Color of the Year exhibit. She talked about the specialty paper, techniques and unique mediums that she uses to create her beautifully expressive pieces.

Speaking from the heart, David Lee expressed his artistic challenges and joys while sharing heartwarming stories about his two pet portrait pieces, Oliver Spellman and Wilson Spellman. Winning favorite landscape in the Creativity in Oils and Acrylics exhibit was Alice Stadin's painting of First United Methodist Church. She revealed how she looked for the right perspective, angles and lighting to capture the mood she wanted to express. This work of art now hangs in the First United Methodist Church in Monticello.

It was an evening of inspiration and fellowship as we viewed the art that TSC artists have continued to create in their homes. Be on the lookout for the next virtual TSC for the Arts event!

TSC ONLINE ART GALLERY

Insider's Showcase is currently on display at www.TallahasseeSeniorFoundation.org.

People's Choice Winners for Insider's Showcase. Favorite Landscape: Brenda Francis, Palm and Palmettos. Favorite Seascape: Siroos Tamaddoni, Santa Marta. Favorite Animal: Cathy Neel, Evening's Last Romp and Charles Hazelip, Hunting Dog. Favorite Portrait: Mary Liz-Tippin Moody, Fast Friends. Favorite Use of Color: Tom Friedman, Music of the Spheres. Overall Favorite: Joyce Raichelson, Twenty Twenty.

Submissions for Personal Expressions in Watercolors deadline: Jan. 15. Email .jpg submissions to Jennifer.haskins@tal.gov file saved with artist name, title and price.

ZOOM INTO ART WITH THE TSC

Ongoing art classes and workshops (below) are being offered via Zoom. Register for virtual classes at www.TallahasseeSeniorFoundation.org or email 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 by applying and combining the methods of various artists like Van Gogh, Monet, Durer and others. Beginners welcome!

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

Acrylic Painting for Beginners, Debbie Gaedtke

Wed., Jan. 13-Feb. 3, 9:30-11 am.



Insider's Showcase, judged by Annie Booth, Coordinator of Education at FSU Museum of Fine Art, awards Audrey Thomson 3rd Place for her Portrait of a Husband.

Experiment with different paintbrushes, mixing colors and beginner painting techniques as you draw and paint along with the instructor. 4-week workshop. \$40

Beginner Basics of Art, Mark Fletcher

Tues., Jan. 12-March 2, 9:30-12:30 pm.
8-week workshop, \$80

Artistic Colored Pencil, Robin Gray

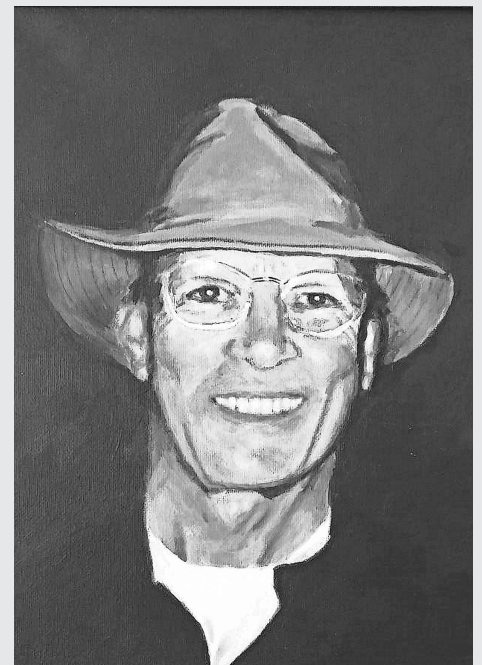
Thu. Jan. 14-Feb. 18, 9:30-12:00 pm.

Beginners: Review color mixing theory as it applies to colored pencils, and practice the pressure, blending and burnishing essential to using colored pencils. Continuing students: We'll practice additional techniques with simple tutorials that may include watercolor and/or the use of non-toxic mediums. 6 week workshop, \$60

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/TSCfor-theArts



Participants of the People's Choice Awards are treated to a party food pick-up Drive Through to enjoy during the virtual celebration. Art Coordinator Jennifer Haskins presents TSC artist Cathy Neel with her goodies

Buddy Program having positive impact on seniors, students

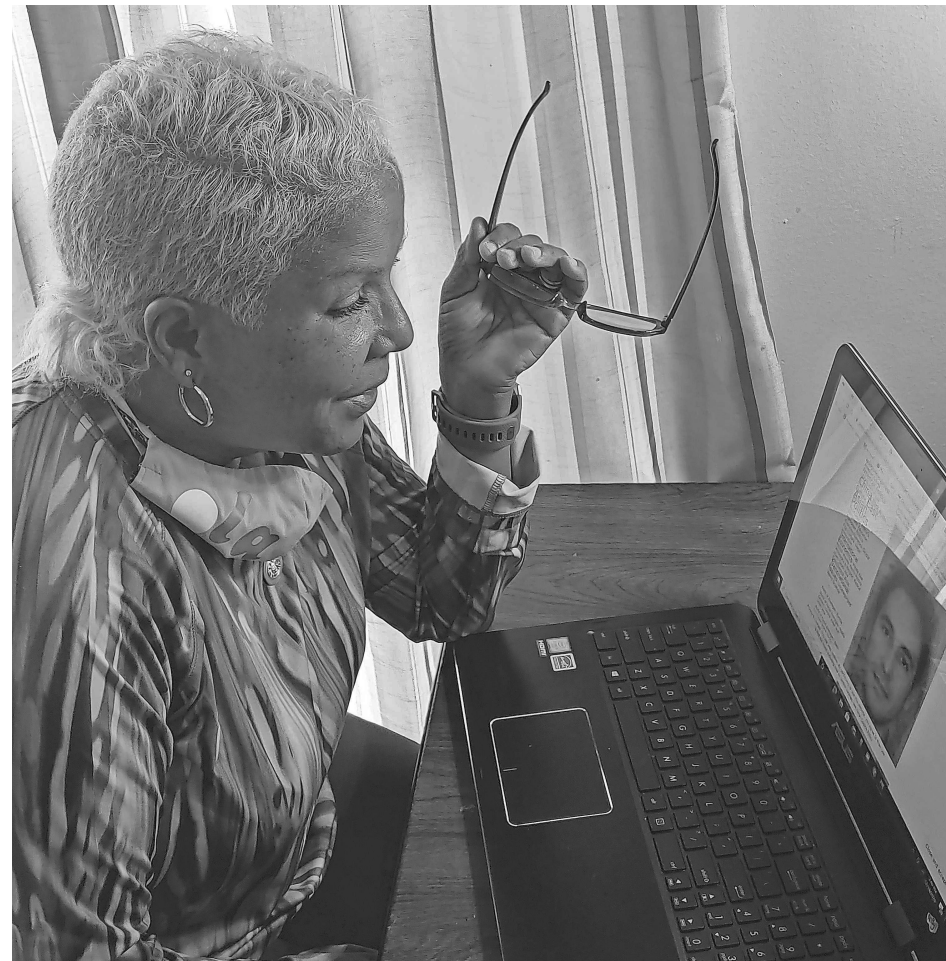
Ruth Nickens, RN
Health & Wellness Coordinator

March 2020 will be remembered as the month when everything changed. With the coronavirus looming, and the loneliness epidemic raging, the stage was set for a perfect storm of social isolation. Businesses, offices, restaurants, stores, theaters, churches, parks, schools, nursing homes, and universities were forced to close or curtail hours and procedures of operation, and facilities serving as clinical training sites were required to limit access to students. No one was spared the impact of Covid-19, but seniors living alone and nursing students needing clinical experiences were two groups hit exceptionally hard.

From this collision of circumstances and need, the FSU College of Nursing and the TSC UPSLIDE program teamed up to create the Buddy Program—which creates connection between nursing students and adults age 50+. The objective is to afford new student opportunities to learn about the unique needs and issues of older adults, while also allowing for intergenerational relationships to develop.

The students made their first phone calls in early November. There were a few small glitches in the beginning, (which is to be expected with any new program) but within a few weeks, things were rolling along smoothly. In fact, now the program is getting rave reviews!

One senior buddy, Dene Scott, shares that she is having an “excellent and very positive experience.” She explains, “I have two buddies, and both are professional, appropriate and friendly. It is a pleasure to talk to them—I learn from



Active TSC volunteer and participant chats via Zoom with her new “Buddy”!

them and they learn from me. I consider it a gift to influence future health care providers, to help them gain insight into the lives and health concerns of seniors.”

The Nursing students, who are all vetted and background checked, are paired

with their senior buddy in their first semester, and remain with their buddy for two years, the duration of their nursing training, until graduation. While they will have some clinical assignments to complete, such as health history and a medi-

cation review, there is also time to have free flowing conversations that may lead to meaningful long-term relationships. The expectation is to connect via telephone, since some seniors do not use computers, however buddies have the option to meet via video chat. One senior was excited to report that her student buddy taught her to use Facetime!

Lauren Kendall, FSU College of Nursing Director of Community Outreach, states, “We are thrilled to partner with the Senior Center to implement the Buddy Program. We planned for it to be a positive intergenerational experience for all, and through this program, we also strive for the students to better understand a nurse’s responsibility and role in society—to be advocates, to be altruistic, and to be active in and accountable to their own community.”

Recruitment for seniors to enroll in the FSU CON Buddy Program will be ongoing. We are actively seeking 60 new seniors each semester. You do not have to be lonely or live in Leon County—but you must want to connect and try something new. You may also have a friend, neighbor, or loved one that would benefit. Melanie Lachman, UPSLIDE Program Coordinator says, “We regard this as an ideal opportunity for seniors who feel lonely or isolated to develop connections and camaraderie, but senior buddies do not need to be lonely to participate! This program has the potential to enhance lives on many levels. For instance, another senior, who was looking for new friends, was thrilled to share she had found her soulmate!”

For more information or to enroll, email Judy.shipman@talgov.com or call 850-891-4000

UPSLIDE can help combat loneliness during isolation

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

Are you feeling isolated at home and need someone to talk to? Would you like to meet new people? 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, for building friendships, support and



fun; plus on-line activities and special events. If you are 50+ you can join us!

Email Melanie.Lachman@talgov.com or call 850-891-4066 for more information. Technology assistance is available if needed!

UPSLIDE Friends Connection Chat Groups on Zoom:

Join us and meet new people, share ideas, engage in meaningful conversation, and have fun!

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

Lincoln Neighborhood Center: Every other Wednesday, 1 p.m.

New Group for residents of senior living communities: 4th Wednesday of each month, 10 a.m.

Services are provided at no cost to participants, but donations accepted. UPSLIDE is sponsored by the Florida Blue Foundation, Tallahassee Senior Center Foundation, the City of Tallahassee and the FSU College of Medicine.



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TALLAHASSEE Senior Center Foundation

FOR ACTIVE ADULTS

Drive thru honors volunteer receptionists and greeters

In 2020, what do you do to show appreciation to your valued volunteers when you can't host your usual Holiday Luncheon? Well, of course – you do the Drive Through!

Each quarter, TSC Volunteer Receptionists who serve at the Front Desk or in the Health Suite, along with Greeters, attend training specific to these jobs. Although these roles have been suspended during the pandemic, we wanted to express our gratitude for all they do when TSC is open.

It was so good to see those who drove through, and look forward to them being back at their volunteer assignments in 2021!



Health Suite Volunteer Nurse, Jane Green, brightens our day when picking up her appreciation gift and goodie box from Second Harvest.

TALLAHASSEE SENIOR FOUNDATION

Be a Key to Active Aging

Join the Tallahassee Senior Foundation today. Your contribution supports programs for active adults and enhances services that keep seniors connected. Mail your annual membership contribution to the Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee FL 32303 or visit www.TallahasseeSeniorFoundation.org/Membership for more information or to join online.

Although our activities are offered virtually for now, we will return to in-person 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.

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 member!

The following list includes Members & Donors through Dec. 1, 2020

Silver Key Holders

Larry & Jo Deeb

Friend Key Holders

Richard Dozier; Brian & Jean Esterby; Nancy Godette; Jo Ann Gooding; John & Karen Haugabrook; Brenda Jarmon; Elda Martinko; Peter & Betty Ann Piper; Nikki Pritchett; Joann Sapolsky; Judith Shipman; Meredith & Elsa McKinney

New and Renewing Members: Due to limited space in this issue of Active Living magazine, your memberships are listed on our TallahasseeSeniorFoundation.org website. 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.

Honorarium Donations

In honor of: Jill Sandler

By: Karen Stanford

In honor of: Karen Boebinger

By: Carol Boebinger

In honor of: Karin Caster

See FOUNDATION, Page 15

Cheerful participant Lynda Dickens believes in giving

Rosetta Land
TSC Volunteer

If you've ever enjoyed the good fortune of speaking with Lynda Dickens, a Tallahassee native and avid pickleball player, you know she laughs a lot and loves to talk about how good it feels to be a part of her community and donate to worthy causes.

One of the charitable causes she believes in supporting is the Tallahassee Senior Center and Foundation. Why? Because, "I know that any donation helps fund activities for seniors in our community," Lynda says without hesitation.

Any conversation with this delightful lady will lighten your mood and make you smile. She's quick to say how much she enjoyed Chordsmen concerts at the TSC and how special events including the Active Living Expo gave her the opportunity to mingle among local businesses who support active aging. And Lynda can tell you about trips she's taken with other adults who love to travel. Like hundreds of seniors in the area, Lynda is eager for all activities to return soon to TSC.

Lynda worked 43 years for the Florida Department of Transportation. Retirement came in 2011 and seven years ago she discovered pickleball when a friend got her excited about the sport. She soon became aware that she could play several hours a week at the TSC. Pre-covid 19, the energetic senior participated



Donor Lynda Dickens.

four or five times a week. Now she plays only three to four occasions a week. This lady expects to return to the more rigorous schedule when the center opens again! But for now she plays at Northside and Tom Brown Park.

How did she become aware of the Senior Center? "That goes wayyy back," says Lynda. "I used to roller skate at the Armory." (FYI, the TSC occupies the building that was once the site of the Leon County Armory and later the Parks & Recreation skating rink). The 85-year-old building is rich in history itself, but that's another story.

Lynda and her husband Warren have donated to the TSC Foundation for a few years. Warren, a gifted wood carver, donated a carving of the flag planting at Iwo Jima for last year's Deck the Halls. The

Become a member!

From Art and Lifelong Learning to Fitness classes—TSC programs continue to provide fun and diverse opportunities designed to keep seniors fit—physically, intellectually, socially, and creatively. We invite you to join us, become a member or even purchase a membership for a friend. During the month of February, Members may enter our drawing for one of our prizes:

PRP Wine International—certificate for private wine tastings for up to 12 people; in person or virtual

Chick-Fil-A goodie baskets

The Gem Collection—Garnet, Onyx, and Diamond Pendant and Chain

Membership starts at \$30 a year for age 50+; couples are \$50.

Go to www.TallahasseeSeniorFoundation.org to learn more or email Karin.Caster@talgov.com

On our website you can subscribe to our weekly Newsletter, register for LifeLongLearning and Art classes, events or programs, find Resources, take a leisurely stroll through our on-line Art Galleries, or make a donation to support your favorite activity.

carving took 30-40 hours to craft and was made from birch wood.

While one is more athletic and the other artistic, the couple just enjoys fun activity to keep life interesting. Part of that fun in younger years saw their two sons Anthony and Sean growing up, maturing, graduating from FSU, each holding a Masters degree, and now business partners in Atlanta.

Now, with time on her hands, Lynda invites you "to come find me and I'll be glad teach you how to play. It's wonderful

exercise, while having fun, and you will meet some of the nicest people ever!"

Many people see 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, email Karin.Caster@talgov.com or call 850-891-4000

Foundation

Continued from Page 14

By: Bonnie Burk, Barbara Clark, Adrinna Ho

In honor of: Linda Roberts

By: Patricia Mann

In honor of: Lisa Meyers

By: Nancy Gentry

In honor of: Rosemary Amiss

By: Adrienne Amiss

In honor of: Sheila Saylor

By: Elaine McConaughay

In honor of: Zane Boyster

By: Karen Boyster

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TALLAHASSEE SENIOR SERVICES

CALENDAR – VIRTUAL +

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN 11 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) 1p Advisory Council (SS) 2:45p Poetry Group ZM (KC) 3p Friends Connection ZM (ML)	JAN 12 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN)	JAN 13 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p Friends Connection LNC ZM (ML) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	JAN 14 10a Meditation FB (RN) 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 7p Capital Chordsmen ZM (KC)	JAN 15 9a English 2nd Language (KC) 11a Seated Yoga FB (RN) 11a Ukulele Fingerstyle PRR ZM (KC)
JAN 18 Martin Luther King Holiday	JAN 19 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN)	JAN 20 8:30a Capital Coalition on Aging (KC) 10a Falls Prevention FB (RN) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p LCSO Advisory Council (SD) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	JAN 21 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-Great Artists of Spain ZM (MH) 7p Capital Chordsmen ZM (KC)	JAN 22 9a English 2nd Language ZM (KC) 11a Seated Yoga FB (RN)
JAN 25 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)	JAN 26 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN) 3p LLL-Mindfulness ZM (MH)	JAN 27 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p Foundation Board Meeting ZM (SS) 1p Friends Connection LNC ZM (ML) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	JAN 28 10a Beg. iPad/Phone ZM (KC) 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-USSR-Russia Myths ZM (MH) 7p Capital Chordsmen ZM (KC)	JAN 29 9a English 2nd Language ZM (KC) 11a Seated Yoga FB (RN)
FEB 1 10a Mindfulness FB (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 ZM (JH) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)	FEB 2 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN) 1p GaP Advisory Council ZM (KB)	FEB 3 9:30a Healthy Living for Your Brain Health ZM (RN) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	FEB 4 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-A Trip Through Time ZM (MH) 7p Capital Chordsmen ZM (KC)	FEB 5 9a Virtual Office Hours with Ruth ZM (RN) 9a English 2nd Language (KC) 11a Seated Yoga FB (RN) 11a Ukulele Fingerstyle PRR ZM (KC)
FEB 8 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)	FEB 9 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN)	FEB 10 9:30a Understanding Alz. & Dementia ZM (RN) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p Friends Connection LNC ZM (ML) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	FEB 11 10a Meditation FB (RN) 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-So, You Think You're Smart ZM (MH) 7p Capital Chordsmen ZM (KC)	FEB 12 9a English 2nd Language (KC) 11a Seated Yoga FB (RN)

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; (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

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; 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. 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

#Senior #fitness #flexibility #Stretching #mobility #yoga

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) on TV - M/W/F/& SAT @ 9 a.m.
- (2) On demand: 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 or mail your check to: TSC Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303

