

Active LIVING

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

Center of attraction

Staff keeps building going until
seniors can return to activities



Plein air paint out

Jennifer Haskins
Art Program Coordinator

On Feb. 12, six excited TSC artists took to painting outside at Dorothy B. Owen Park. The weather was cold and breezy, but that did not stop these dedicated artists. There was a mix of artists, some who have ventured outdoors to paint before and some who were brand new to it.

Plein air painting is about getting out of the house and experiencing painting and drawing in the landscape. The practice goes back for centuries but was truly made into an art form by the French Impressionists who wanted to capture light. Plein air is the French expression for “in the open air.”

Debbie Gaedtke, TSC art instructor, started her painting career by painting outside and was eager to introduce the techniques and joys of painting outdoors with her students. Debbie offered a virtual class on Zoom the week before the Plein Air Paint Out to go over the supplies that would be needed and to share strategies that would help get the artists going.

Contact Jennifer.Haskins@tal.gov.com to learn more about the next Plein Air Paint Out!

TSC ONLINE ART GALLERY

Personal Expressions in Watercolors is currently on display. Go to TallahasseeSeniorFoundation.org and click on Art to view paintings by Tallahassee



Judy Fongheiser painting on the scene at Dorothy B. Owen Park.

Senior Center artists.

People's Choice Winners for Personal Expressions in Watercolors: Favorite Landscape: Florida Sunset, Cathy Neel. Favorite Floral: Dahlias for Integrity, Joyce Raichelson. Favorite Animal: Luminous Lexie, Cathy Neel. Favorite Use of Color: Dancing Trees, Gale Poteat,

Virtual Reception and Artist Talk Fri., March 26, 4-5:30 p.m. on Zoom.

Join TSC for the Arts as we congratulate People's Choice Winners, view Art Potpourri and hear from some of the TSC artists. Go to TallahasseeSeniorFoundation.org to register for this event.

Submissions for Art Potpourri deadline: March 19. Email .jpg submissions to Jennifer.haskins@talgov.com file saved with artist name, title and price. Submissions can include: drawings, pen & ink, pencil, charcoal, pastels, collage, clay, paper mache, basketry, zentangle, calligraphy, mixed media, fiber art.



Dedicated artist Tom Mitas bundles up for the Plein Air class and practices physical distancing with staff person Patti Wallace in the background.

ZOOM INTO ART WITH THE TSC

Ongoing art classes (below) are being offered via Zoom. Register for classes and check out upcoming workshops at TallahasseeSeniorFoundation.org or email Jennifer.Haskins@talgov.com for more information.

Hands-On Art History with Mark Fletcher

Mondays, 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. This is an on-going class and can be joined at any time.

Draw With Your Eyes, Paint With Your Heart, Mark Fletcher

Wednesdays, 1:30–4:30 p.m. Pen & Ink with a little watercolor. At least one prior art class highly recommended. This is an on-going class and can be joined at any time.

Advanced Painting Critique with

Debbie Gaedtke

Wednesdays, 11:15–12:45 This is an on-going class and can be joined at any time.

SMALL ART, BIG IMPACT

Handcrafted greeting card fundraiser for the Tallahassee Senior Center 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. Artists from the Tallahassee Senior Center for the 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. Go to TallahasseeSeniorFoundation.org/online-art-gallery/

TSC FOR THE ARTS FACEBOOK GROUP TSC artists and art instructors can request to join this private group under the TSC FB page. Facebook.com/groups/TSCfortheArts

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, and Karin Caster, Communications & Development

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 Talgov.com/seniors and TallahasseeSeniorFoundation.org. “Like” us at

Facebook.com/TallahasseeSeniorCenter.

ON THE COVER

GaP participants Marilyn Williams and Yvonne Waheed pick out books from the Senior Center's donation library.

TSC Artist Robert Smith braves the chilly weather to join the Plein Air class at Owen Park.

Arthur Rhynes enjoys his job in facilities at TSC by taking care of the building and helping seniors.

Veteran facilities staff Daniel Elias is ready for seniors to warm the building again with their stories.

Virtual Lifelong Learning doubles up

Maureen Haberfeld
Lifelong Learning Coordinator

Thank you to our LifeLong Learning sponsor Mulligan Park. Sign up for LifeLong Learning classes at TallahasseeSeniorFoundation.org/ or email Maureen.Haberfeld@talgov.com

Celebrate St. Patrick's Day with Tallahassee Irish Step Dancers

Wed., Mar. 17, 7-8:00 p.m. The Tallahassee Irish Step Dancers are the oldest Irish Step Dance company in Tallahassee and are

regionally known for performing both traditional Irish set dances and original Irish choreography by director David Jones. Grab a Guinness or an Irish coffee and join the dance company for this exclusive, live, virtual performance in the comfort of your home. The dancers will perform a variety of hard and soft shoe numbers and, in between performances, learn a little about Irish culture and the history of Irish dance. Virtual event on Zoom. Fee \$5

Living Abroad During the Pandemic

Thu., Mar. 18, 1:30-3 p.m. Lilli Reilly is a Philadelphia native and graduate of Temple University with degrees in Global Studies and Spanish. She has been employed as a language assistant at a K-12 Catholic school in Pamplona, Spain since the fall of 2019. In the spring of 2020, just as she thought she was getting used to life in Spain, the pandemic put the country into lockdown and sent everything she thought she knew out the window. In this presentation, she will discuss cultural differences between her native country and Spain, differing responses to the pandemic, and how Covid-19 has changed daily life. Virtual class on Zoom. Fee \$5

Voices and Votes: Democracy in America at the Florida Historic Capitol Museum

Tue. March 23 3-4:00 p.m. When American revolutionaries waged a war for independence, they took a leap of faith that sent ripple effects across generations. They embraced a radical idea of establishing a government that entrusted the power of the nation not in a monarchy, but in its citizens. That great leap sparked questions that continue to impact Americans: who has the right to vote, what are the freedoms and responsibilities of citizens, and whose voices will be heard? Voices and Votes: Democracy in America,

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.

based on a major exhibition at the Smithsonian Museum of American History, will be a springboard for discussions about those very questions and how they are reflected in local stories. Virtual Tour on Zoom. Fee \$5

Were the Confederates Traitors?

Thu., March 25, 1:30-3 p.m. We have heard the words "sedition," "traitor" and "treason" used very often since early 2021. There are those who believe that what happened on January 6 was a "rebellion" or "insurrection" that warrants expulsion from political office, and criminal trials. We have heard references to the 14th Amendment, Section 3. Well, we have heard it all before, at the end of the Civil War in 1865. Were the Confederates United States citizens who committed treason by warring on their own government? Or is the story more complicated than that? Very complicated, as it turns out. Tallahassee Historical Society president, Bob Holladay, will enlighten participants on this topic. Virtual class on Zoom. Fee \$5

Tallahassee & Florida's Territorial Bicentennial

Wed., March 31, 1:30-3 p.m. 2021 marks the 200-year anniversary of Florida becoming a United States territory in 1821. The significance of this event goes far beyond the political implications of the treaty with Spain, particularly when viewed through the experiences of indigenous peoples and free Black communities in the area near Tallahassee. Join John Grandage, Executive Director at The Grove Museum, for a discussion about the importance of the bicentennial anniversary for understanding the evolution of civil rights in early territorial Florida and Tallahassee. This program will be hosted live on Zoom. Fee \$5

More on Page 9

RLC
RESORT LIFESTYLE
COMMUNITIES™
Red Hills Village



Celebrate Life.

At Red Hills Village, we offer more than just a community, we offer all-inclusive independent retirement living. Designed exclusively for adults 55 and over, we take care of everything with one monthly price and no buy-in fee, so you can enjoy the good things in life.

Every day our seasoned live-in managers are moving new residents into our worry-free lifestyle with protocols in place to ensure a safe and easy move.

Open House

Wednesday, March 17
1:00 – 3:00 p.m.

Lots o' luck will come your way when you join us for St. Patty's Day! Experience the resort lifestyle first-hand and tour our beautiful community at our St. Patty's Day Open House. **RSVP by March 16.**

RSVP to experience our resort lifestyle for yourself, or call for a private tour.

850-792-5584

5103 Cold Harbor Drive ♦ Tallahassee, FL 32312
RedHillsVillageRetirement.com

HEALTH & WELLNESS

Ruth Nickens

RN, Health & Wellness Coordinator

To register for Zoom classes go to TallahasseeSeniorFoundation.org – Classes & Programs tab.

For more information email Ruth.Nickens@talgov.com.

Seniors & Students Buddy Program with FSU College of Nursing

Please ask a friend or loved one to consider joining this Buddy Program! In ongoing partnership with UPSLIDE, adults age 50+ are paired with nursing students to share life experiences and help them meet their educational needs. 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@talgov.com or call 850-556-5697.

Virtual Office Hour with Ruth

Fri., April 2 & May 7, 9–10 a.m. on Zoom

We miss being able to welcome 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: TallahasseeSeniorFoundation.org/events/virtual-office-hours-with-ruth/

HEALTH EDUCATION

Monday Mindfulness with Nicolette

Mon., Apr. 5 & May 3, 10 a.m. on Facebook (First Monday of every month)

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

Brown Bag Medication Review with WCRx Pharmacist

Wed., Mar. 17, 9:30–11 a.m. on Zoom

Do you have questions about your medications? Would you like to chat one-on-one with a pharmacist? Here is an opportunity to have a private medication education meeting with Dr. Emmanuel Inwang, Director, WCRx Pharmacy. Register at TallahasseeSeniorFoundation.org or email Ruth.Nickens@talgov.com

Breathing Easier with COPD and Other Lung Diseases

Wed., Mar. 24, 10 a.m. on Zoom

This presentation will address Chronic Obstructive Lung Disease (COPD), a series of progressive lung diseases characterized by difficulty breathing, including asthma, emphysema, and chronic bronchitis. Learn about the diagnosis, therapies, research and management for this disease that impacts 24 million Americans! Emphysema Offered by Allison Peters, RT, TMH Respiratory Therapy. Register at TallahasseeSeniorFoundation.org/?p=6884 For more info email Ruth.Nickens@talgov.com

2021 Nutrition Goals: Making Every Bite Count - 3-part series

Wed., Apr. 7, 14 & 21, 11 a.m.–Noon on Zoom

This 3-part series will help you learn skills for choosing and preparing healthy foods this year. This series is based



Bridget Welch leads entry level seated yoga classes.

on the recently updated Dietary Guidelines for Americans and will include a special focus on the nutrition needs of older adults, recipe demonstrations, and an interactive Q & A with local nutrition professionals. Presented by Tallahassee Memorial Metabolic Health Center and UF/IFAS Extension Family Nutrition Program.

Apr. 7 – The NEW Dietary Guidelines for Americans: What you need to know

Apr. 14 – Just the “Facts”: Food labels and Healthy Drink Choices and Ideas

Apr. 21 – Focus on Fruits and Vegetables: From Farm to Table

Please register for the series at TallahasseeSeniorFoundation.org/?p=7079 or call 1-800-272-3900 or email Ruth.Nickens@talgov.com

Staying Safe in Your Home: Environmental Safety

Wed., Apr. 14, 10 a.m. on Facebook

This video presentation offers relevant and updated information on how to continue to live safely in your home. Falls prevention, scam awareness, and environmental safety are a few of the topics that will be addressed. Presented by Sarah Vernon, BSW intern

Understanding Community Resources

Wed., Apr. 28, 10 a.m. on Zoom

The recent AARP survey revealed that seniors want more information about community resources yet connecting seniors to resources is one of the most important things that the Tallahassee Senior Center does! But what, exactly, does “resources” mean? In this interactive webinar, you will learn about what resources are, what resources are available, how to easily access and share resources, and how tapping into resources can improve your life! Presented by the TSC resource team.

FITNESS

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. Virtual fitness classes can be viewed 3 different ways!

1) WCOT TV - Talgov.com/WCOT Mon, Wed, Fri and Sat @ 9 am (Channel 13 on cable)

2) On-Demand - Tallahassee Senior Foundation website

TallahasseeSeniorFoundation.org/on-demand-fitness/

3) On Facebook - Facebook page 11 am
[Facebook.com/TallahasseeSeniorCenter/](https://www.facebook.com/TallahasseeSeniorCenter/)

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

Mondays @ 11 a.m. on Facebook

A fun active aging fall prevention program that fuses physical movement w/ brain-enhancing drills to improve balance, memory, brain health, reflexes, and life. Have a chair/water bottle on hand.

Mindful Movement w/ Lori Roberts, certified NIA yoga instructor

Tuesdays @ 11 a.m. on Facebook

This dynamic yet gentle, yoga-based class uses music and motion to enhance muscle strength, maintain flexibility, and reduce falls. This class is super-energizing and fun. You will need a chair/water.

Gentle Yoga with Ferdouse Sultana, E-RYT® 500

Wednesdays @ 11 a.m. on Facebook

Class includes standing/mat poses with chair option. Benefits are improved balance, movement, flexibility, strength, and breathing for stress reduction. Wear comfy clothes, have yoga mat handy.

Stretch & Flex with Robin Perry Davis, ACSM

Thursdays @ 11: a.m. on Facebook

This class will help you stay strong and flexible through gentle yoga-like movement. Some classes will be in chair, others use a mat, but viewers can easily move between.

Gentle Seated Yoga with Bridget Welch, LMT

Fridays @ 11 a.m. on Facebook

New, updated video of this entry level class that reduces stress/pain, improves circulation, promotes healthy joints, boosts immunity, enhances lung function, and strengthens pelvic floor muscles. You will need chair/water.

Chaires-Capitola, rich in history, land and people

Susan Davis

Leon County Senior Outreach Coordinator

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



On the far, east side of Leon County, between Hwy 90 and Hwy 27, lie two abutting rural areas form the Chaires-Capitola community. Surrounding land sports fertile, open fields dotted with old growth trees. History of the area features opulent farming plantations, cattle ranching, railroad stops, Indian uprisings and scandalous old-family romance. Current seniors have their own history.

Johnnie Davis has lived there for 50-plus years. She started working at nine years old, helping her aunt cook at a hotel café near the neighboring town of Monticello. She has fond memories of those times. "I didn't make much money, but I learned to make the best cornbread," she says. When she had her own



Clockwise, from top left: Johnnie Davis, Dot Spence, Ouida Harmon and Mamie Whitehead.

family, she used to walk her children to the Chaires school. Her mom, whom she misses very much, lived next door and often waived to Johnnie from her porch. They are a close family. Her grandson calls her almost daily from Texas. Johnnie shares that "we weren't rich, but we worked hard, made ends meet, and treated people the way you would want



The Woodville Fitness Class participants brave the cold weather through January and February to keep in shape. Led by instructor Llona Geiger, the class is always grateful to see each other.

to be treated."

Dot Spence arrived in Chaires just in time to start first grade at the local school. Her father and uncle bought acreage for farming and the family ate what they grew. There was no power when she first lived there, and they used kerosene lamps. Her children also went to the Chaires school, as well as her

grandchildren, and now, even her great-grandchildren. The local community center is named in her honor because of her fervent efforts to get it built. "The community needed a place to meet," she says, adding that she insisted it be called the Chaires-Capitola Community

See OUTREACH, Page 7



**THE GROVE
AT CANOPY**

A STARLING OPERATED COMMUNITY

Independent Living | Assisted Living | Memory Care



STARLING

**Proud recipient of Pinnacle
Quality Insight's 2021 Customer
Experience Award!**

**Call today to find out how we will help
pay your moving expenses!**

850-695-3215

2601 Crestline Rd., Tallahassee, FL 32308

GROVEATCANOPY.COM

ALF # 13331

RESOURCES: IN-HOME SAFETY

EMERGENCY PREVENTION

Tallahassee Police Department Crime Prevention Unit

Offers a variety of programs and services including home inspections for crime safety tips and an Extra Check during vacation or times away from your home. Call 850-891-4251 for assistance.

Leon County Sheriff's Crime Prevention Unit

Offers a variety of programs and services including personal safety tips.

For more information call 850-606-3250

Fire Prevention

The Tallahassee Fire Department will send a department member out to your home to replace a smoke alarm if it does not work. There is no cost to seniors. Call 850-891-6600 for this and other services.

Non-Emergency Police

Call 850-606-5800 to report non-emergency situations.

EMERGENCIES

Emergency Services: When immediate attention is needed, call 9-1-1 to dispatch police, EMS, or the fire department. 9-1-1 should only be used in emergency situations.

GAS LEAK INFORMATION

Signs of a gas leak include sulfur smell, hissing noise near gas lines, white cloud or cloud dust near gas line, and bubbles in water. If you notice any of these, you should immediately leave the house, call 9-1-1 to notify police and fire officials, and call the utility company's emergency number (850-891-4968 or 711 (TDD) for City of Tallahassee Utilities). Do not: turn on any electrical switches, appliances or lights, smoke or make a flame, or make calls from inside the home.

FALL PREVENTION RESOURCES

AARP Home Safety Checklist

For a brief home checklist that goes through the different areas in a home that may be unsafe, visit: assets.aarp.org/external_sites/caregiving/checklists/checklist_homeSafety.html

AARP HomeFit Guide

A guide to making your home safer with different tips and information about home risks is available at: aarp.org/livable-communities/housing/info-2020/

homefit-guide.html.

The Lifetime Home

This interactive website allows the user to go through various rooms in a house to learn about the most common fall risk factors and offers solutions. Visit <http://lifetimehome.org/rooms/> for more information.

Exercise Classes - Tallahassee Senior Center

Exercising on a regular basis and keeping your body active is one of the most effective ways to decrease your risk of falling. The Tallahassee Senior Center offers a variety of on demand fitness classes online. Register for classes at TallahasseeSeniorFoundation.org/on-demand-fitness/

FALL PREVENTION TIPS

Clear walking pathways in the home

Install adequate lighting in rooms

Remove or secure throw rugs

Wear nonskid shoes or socks in the house

Be aware of the location of your pets

Use supportive devices

HOME MODIFICATIONS FOR ACCESSIBILITY AND FALL PREVENTION

Companies that provide resources or renovations to your home to increase accessibility

Accessibility Solutions: Can do various renovations and modifications to meet your needs. Will come out to do an intentional inspection and offer solutions.

Visit Homeaccessfl.com/ or call 850-383-1100

Amramp: Can provide ramps, stair lifts, and vertical platform lifts to increase accessibility at home or for a business. Amramp professionals also provide a free on-site evaluation.

Visit Amramp.com/franchises/tallahassee-florida or call 888-715-7598

Age and Accessibility Home Solutions, LLC: Offers a free personal meeting to hear your needs. Services can range from installing simple grab bars to whole house renovations.

To schedule a meeting visit Ageandaccessibility.com or call 850-558-5775

My Home for Life: Provides equipment such as shower chairs and grab bars for purchase, increasing accessibility in the home.

Visit Myhomeforlife.com or call 888-688-6435

MEDICAL ALERT SYSTEMS

Button-like personal devices can be worn by seniors to report emergencies 24/7

Tallahassee Memorial Healthcare Lifeline Systems

TMH.org/services/lifeline 850-431-6838

Lifeline Medical Alert System

Lifeline.philips.com/medical-alert-systems.html 855-332-7799

Life Alert

Lifealert.com 800-990-0638

Critical Signal Technologies

CSTLTL.com 888-557-4462

ADT Companion Services

ADT.com/health 800-276-0965

LifeStation

Lifestation.com 877-354-3050

MobileHelp

Mobilehelp.com 866-205-2752

GreatCall

Greatcall.com 800-918-8543

OTHER IN-HOME SERVICES

Project Lifesaver Aids individuals and families suffering from Alzheimer's disease and related disorders by providing clients with a wristband that emits a tracking signal. This allows for quick location and rescue of missing persons. Visit Alzheimersproject.org/services/ for more information or call 850-386-2778

Ability1st Provides a variety of services including disposable supplies for low income individuals, equipment on loan, independent living skills training and planning for individuals transitioning home from a more restrictive setting such as a hospital of rehabilitation center.

Visit Ability1st.info or call 850-575-9621

CONTROL is an app that enables users to store their medical records on their phone, allowing for easy access during emergencies or while traveling. CONTROL also includes features that will notify emergency contacts of any incidents that occur. Visit EMTelink.com/control/mkt/index.html#home.

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/senior-services.aspx and TallahasseeSeniorFoundation.org.

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

SOUTHSIDE OUTREACH

Virtual Healthy for Life Classes

Reducing the Risk for Dementia Through Diet

Thurs., Mar. 18, 11 a.m.–noon

Reducing the Risk for Dementia Through Exercise and Tallahassee Senior Center Resource Presentation

Thurs., Mar. 25, 11 a.m.–1 p.m.

Virtual Healthy for Life Series (7 Classes):

Hometown Tales, Finding and Shaping Stories That Reinforce a Sense of Belonging with Storyteller Linda Schuyler Ford

Thurs., Apr. 8, 15, 22, 29; May 6, 13, 27 from 11 a.m.–1 p.m.

Rethink Your Drink, UF IFAS, Family Nutrition

Wed., May 5, 11 a.m.

For information or to register for these classes, please email Wendy.Barber@talgov.com or call 850-891-4000

Outreach

Continued from Page 5

Center, “because you can’t think of one community without the other.”

Mamie Whitehead was born in the area, went to the Chaires school, moved to Tallahassee, and came back 20 years ago. Her parents worked on the nearby Welaunee Plantation while she was growing up. She was one of nine children, and now only three of them are living. All three live on the same road. She loves the peaceful nature of the rural countryside compared to city living.

Twenty-five years ago, Ouida Harmon and her husband Richard moved from a Tallahassee neighborhood to Chaires-Capitola. He wanted flat land so he could garden. They bought three acres and his garden is one-third the size of a football field. They mostly grow tomatoes, squash and cucumbers. “He loves it,” she says, adding “we give most of it away.”

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.



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., Mar 31 and Apr 28, 2021, 12–1 p.m. – Location TBA

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

GaP Evening Support Group: Mon., Mar 1, 15 & 29 and Apr 12 & 26, 2021, 7–8 p.m.



GaP participant Wendy Bufkin appreciates the lunch and resources that she receives at the drive-thru staffed by program coordinator Karen Boebinger.

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.

A portrait of Dr. Niharika Suchak, a woman with dark, curly hair, wearing a black blazer over a white top. She is smiling slightly and looking towards the camera.

WE INSPIRE HOPE

by positively impacting the way our community experiences serious illness or grief — one family at a time.

“Big Bend Hospice is committed to patient-centered care and quality service in our community.”

-Dr. Niharika Suchak
Medical Director, Big Bend Hospice

The logo for Big Bend Hospice features a stylized tree with roots and branches. Below the tree, the text "Big Bend Hospice" is written in a large, serif font, followed by "your hometown hospice, licensed since 1983" in a smaller, sans-serif font.

1723 Mahan Center Blvd., Tallahassee
(850) 878-5310 • (800) 772-5862
WWW.BIGBENDHOSPICE.ORG

Tallahassee player has long racquetball connection

Nick Gandy

Jimmy Petrandis has been playing racquetball so long that when he started playing the game it wasn't even known by its current name. "I've been playing forever," said Petrandis, who won a pair of Racquetball gold medals at the 2020 Florida Senior Games. "I began playing when it was called paddleball and you played with a wooden paddle. I probably started playing in the 1950s."

Until 1969, the sport fell under the National Paddle Rackets Association and was known as Paddleball. Petrandis' game grew along with the popularity of the sport in the 1970s in Tallahassee and he's still on the court and winning Florida Senior Games medals in the 85-89 age group.

While his family name is well known in Tallahassee for ventures in restaurants and real estate, Jimmy Petrandis has been an ambassador for racquetball. His athletic career goes back to being the co-captain of the 1953 Leon High School football team.

He played racquetball in Tallahassee when the only courts in town were three-wall courts at Florida High School, when it was on the FSU campus. He and a group of racquetball-playing friends, including his brother Johnny, built the first four-wall racquetball court in Tallahassee in the mid-1960s. It was on what is now a vacant lot on Gadsden Street, between College and Park Avenues.

The court became a "Who's Who," of Tallahassee businessmen and politicians. Playing the ball off of any of the four walls included local lawyer Dubose Ausley, Paul Morgan, the founder of Morgan Electric and former FSU President Sandy D'Alemberte. "Bob Graham even stopped in to play a time or two when he was Governor," Ausley said.

The downtown court hosted tournaments in the 1970s and 80s and Petrandis competed in the Sunshine State Games, Florida's Olympic-style Sports Festival for athletes of all ages, into the 1990s. Petrandis is still on the court sending the ball into the wall three times a week at Premier Health and Fitness. "I play with four other guys," he said. "Whoever shows up, we play."

At the 2020 Florida Senior Games, at Richey Racquet Club in Port Richey, Petrandis played in Men's Singles and Doubles, with 90-year old Don Husman, of Atlantic Beach. He played against Husman in singles, winning both matches in a best of three series and the two paired to play a match against a 70-74 age group team. "He was quite a character," Petrandis said of his doubles partner, Husman. "I enjoyed playing with him. We came close to winning the second game of the match."

His continued racquetball success comes as no surprise to his long-time racquetball playing friend, Dubose Ausley, who also played football with Petrandis at Leon High School. "He's a really good racquetball player and has amazing hand-eye coordination," Ausley said. "He was a good football player also, kind of small but everybody was then, compared to today. He was fast and he was tough."

Besides his racquetball acumens, the Petrandis name in Tallahassee is synonymous with the restaurant busi-



Florida Senior Games Raquetball Medalists, Don Husman, 90, and Jimmy Petrandis, 85.

ness. Early on, Jimmy learned after working at his father's George's Restaurant on the Coast, in Panacea, the restaurant business was not for him. He and his brother, Jimmy, went into real estate. His brother Angelo, picked up the family business and owns the long-time area favorite Angelo's at the Ochlockonee River Bridge in Panacea. His nephew, Thomas, owns the Tropical Trader restaurant in the same area.

When not on the racquetball courts at Premier Health and Fitness, Petrandis can be found on the gulf fishing. Not for the family business but for personal consumption.

His gold medal winning performances at the 2020 Florida Senior Games earned Petrandis a spot in the 2022 National Senior Games. He's considering a trip to the Greater Fort Lauderdale to represent North Florida in the Games. "I'm thinking about playing," he said. "If I can keep my body together. I'm being held together with wire and nuts and bolts."

Jimmy's athleticism has been passed down and serves as an inspiration to family members. Four of his grandchildren are active in local sports and the college level. Two of his granddaughters are on local high school swimming teams, one was on the Maclay High School track and field team. One of his grandsons is a member of the Troy University track and field team. For eight decades, Jimmy Petrandis has proven himself a success in athletics and business. His success will inspire others for eight more decades into the future.

MARK YOUR CALENDARS FOR CAPITAL CITY SENIOR GAMES

Fri., Apr. 30—May 11

Dates, times, and venues may change.

In hopes of even better COVID numbers in our community, Capital City Senior Games has been postponed. At this time, only outside events will be held, but check back in case things change closer to the start dates.

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 Revised Schedule of Games

All Start Times TBD; Athletes will receive an email prior to their competition informing them of the start time for their events.

Apr. 30 Torch Run: Location TBD. At the least we will kick off The Games via Zoom!

May 1 Track & Field: Tentative Godby High School

May 2 Horseshoes: Forest Meadows

May 3 Bag Toss: Jake Gaither Tennis Courts

May 4, 5, 6 Pickleball: Tom Brown Park

May 7 Tennis (D): Forestmeadows

May 8 Archery: Tallahassee Archery Club

May 9 Tennis (M): Forestmeadows

May 9 Cycling: Apalachicola National Forest

May 10 Golf: Hilaman Golf Course

May 11 Celebration of Athletes: Location TBD. At the least we acclaim our medals via Zoom!

APRIL LIFELONG LEARNING CLASSES

Continued from Page 3

Bonjour Crêpes

Thu., April 1, 4-5:30 p.m. Join Chef Jessica of KitchenAble Cooking School as she teaches the secrets of making classic French crêpes. She will share her favorite crêpe batter recipe then demonstrate techniques that will help you successfully create these thin, buttery pancakes. She will also teach three different filling options (two savory and one sweet) as she creates a trio of delicious dishes including: Crêpe Complète (with ham, eggs and cheese), Garden Crêpes (with spinach and mushrooms), and Crêpes au Citron (with lemon). Virtual class on Zoom. Fee \$8

Dallas Holocaust and Human Rights Museum Virtual Tour

Thu., April 8, 2:30-4 p.m. The mission of the Dallas Holocaust and Human Rights Museum is to teach the history of the Holocaust and advance human rights to combat prejudice, hatred, and indifference. Join volunteer Docent Educator Lauren Ray, who has taught Holocaust classes for us in the past, as she guides us in a live virtual tour of the museum's permanent exhibition. Participants



At the UPSLIDE Drive-through, Officer Henni Hamby of TPD's Community Relations Unit distributes information about how to avoid telephone scams, while TSC Staff Daniel Elias assists with food distribution. Participants are always so grateful for resources and meals, but especially for the brief, physically distanced social interaction.

Participants will explore the exhibition and ask questions in real time. This 1.5-hour tour includes all three wings of the permanent exhibition. The Holocaust/Shoah Wing provides an expanded look at the Holocaust through artifacts, survivor testimonies, photography and more. The Human Rights Wing covers trials of major Nazi leaders after the

Holocaust, the development of the Universal Declaration of Human Rights, and the 10 Stages of Genocide. The Pivot to America Wing focuses on our nation's foundational ideals, historical reality, and path toward human and civil rights in America. Virtual tour on Zoom. Fee \$13

Why Tallahassee? The Emergence of a New Capital

Thu., April 15, 1:30-3 p.m. Tallahassee was established nearly 200 years ago in 1824. The United States had just acquired Florida from the Spanish, and most of the new territory's white population was concentrated in Pensacola and St. Augustine. So why did the earliest territorial legislators choose to build a completely new capital in what was then such a remote area? How was the exact location selected? Furthermore, it's one thing to build a group of government buildings, but how did Tallahassee grow beyond its official capacity into a thriving community? In this course, State Archives of Florida historian Dr. Josh Goodman will explore the earliest deliberations about where Florida's capital ought to be, as well as the early history of Tallahassee's development as

a community. The program will incorporate a variety of maps, images, and other historical records from the State Archives of Florida. Virtual class on Zoom. Fee \$5

Water - Liquid Gold

Tue., May 4 and 11, 3-4:30 p.m. Water is our most precious natural resource. There are substitutes for the use of petroleum, coal, metals—we can even live for a few months without sunlight, as in northern Alaska or Antarctica. But imagine no water for a fraction of that time! Florida Professional Geologist, Joe Haberkamp, will examine our water supply sources, the primary uses of water, and drinking water treatment. What happens after water is used? It becomes wastewater and must be treated and disposed of with care to minimize the effect on our environment, including the water resources that we use for drinking water. Water treatment and disposal options will be presented. We will also look at the birth of the environmental movement, environmental regulations, case studies, hot topics, and items of local interest. 2-part virtual class on Zoom. Register for each session. Fee \$5 per session.



HarborChase

Make life colorful!

EXCELLENT HOSPITALITY | FULL ARRAY OF ACTIVITIES

Enjoy these premium amenities plus become eligible to receive the COVID-19 vaccine when you become a new resident today!*

HARBORCHASE OF
TALLAHASSEE
ASSISTED LIVING AND MEMORY CARE RESIDENCES

100 John Knox Road | Tallahassee, FL 32303

(850) 517-1811 | www.HarborChase.com

ALF# 9730 *Must lease by March 31st, 2021





PERSONALLY INSPIRED MEMORY CARE NOW ACCEPTING NEW RESIDENTS

YOUR Life™ of Tallahassee Memory Care was created with one purpose – to provide the most exceptional care and uplifting lifestyle to our residents. Memory Care is all that we do, so we focus all our energy, attention and resources on this one area, creating a community that caters to each resident's needs while providing unequaled peace of mind for families.



Inspired • Engaged • Fulfilled

1060 Clarity Pointe Drive
Tallahassee, Florida 32308
YourLifeTallahassee.com

Ask About Our Day Stay Program!

850-999-5898

Assisted Living Facility License #13113



Transitions program offers relief for the primary caregiver.

Transitions program helping with pre-hospice care

Sharon D. Davidson

The definition of success is personal, which is why Big Bend Hospice's pre-hospice program, Transitions, is dedicated to understanding clients and their unique needs. Whether visiting with someone who is lonely, linking a client to community resources, or supporting caregivers, success is defined by meeting and exceeding the needs of the people served.

Transitions is a professionally managed, non-(medical), volunteer-based support system provided in the comfort of a person's home, assisted living facility, nursing home, or wherever one calls home. There is no fee for Transitions services.

Transitions is designed for those who have an advancing illness with a prognosis of one year or less but have chosen to pursue curative treatment or palliative care. It is also for those who don't want or don't qualify for hospice care.

Social Workers and specially trained volunteers provide supportive services to clients and their families, such as:

- Assistance connecting to available resources in their community

- Telephone support/Wellness Calls
- Companionship & Friendship
- Relief for the primary caregiver
- Client and caregiver education
- Transportation and Errands

But Transitions is so much more. Hurricane preparedness bags were distributed to Transition clients last spring and materials in response to COVID-19 (toilet paper, masks, thermometers, and hand sanitizer) were given out during the summer. Big Bend Hospice volunteers have provided a special touch for those in the program by delivering small gifts during the holidays and recognizing their caregivers in February with cards and candies.

Each client is unique and each situation is special. Transitions success is based on assisting them in their needs, whether it's preparing simple meals, offering light housekeeping, or simply listening while the client reminisces. The goal is to help improve their quality of life.

For more information about the Transitions Program, contact Fabiola Jean Charles, LCSW, Transitions program manager, at 850-878-5310 or visit www.bigbendhospice.org

‘I miss the activity’: It’s more than a building

Rosetta Land
TSC Volunteer

There’s an historic building in Midtown that you may have noticed in passing. You may have skated there as a youngster, danced there as an adult, taken an art class or been involved in a completely different activity. The Old Armory enjoys a marvelous history.

The city’s historic Leon County Armory was constructed with the assistance of federal Public Works Administration (PWA) funds. The PWA provided a \$19,859 grant to the project, whose total cost was \$74,365. Construction occurred between November 1934 and June 1935. It’s housed the National Guard, been a city skating rink, and is now home for the Tallahassee Senior Center & Foundation.

The Senior Center has called the Old Armory home since 1978. The doors closed to the public one year ago due to COVID-19. What was once an annual Maintenance Week stretched into a year-long opportunity for facility projects. Coordinated by Assistant Supervisor Patti Wallace, our two dedicated Facility Care staff Daniel Elias and Arthur Rhynes completed one project after another while having the building to themselves during the pandemic.

“The building’s history is long and storied, but it’s the staff and participants who make things happen here,” says Sheila Salyer, Senior Services Manager. “Daniel and Arthur have shown up every day and continued to serve seniors, as well as maintain and preserve this wonderful 86-year-old building.”

Daniel and Arthur know every brick and probably even some secrets kept within the walls of this old building. The pandemic has kept both of them busy making sure the building is warm and welcome for the return of engaged and active adults.

The guys have pressure washed the entire exterior of the main facility, art building and even storage areas. Breezeways, the dining room and even closets sport new paint jobs – as do gates, walls, and stairwells. While they stay busy refreshing things, there are empty spaces in the building and in their hearts. It’s people that they miss. Activity and voices are the heartbeat amiss in their days.

Other maintenance projects completed include: deep cleaning of all building ventilation and elevator thresholds and



One of the favorite things about COVID for Daniel Elias is seeing participants during the monthly drive through events.



Arthur Rhynes helps load participant’s vehicle with lunch, resources, and donated items during monthly drive through events.

ensuring the building is totally ready for seniors to return to a facility that is sanitized and safe. Staff also took advantage of this time to refinish the auditorium floor – it’s beautiful!

When asked what they look forward

to, both say “seeing the seniors having a good time fellowshiping together again.” Daniel’s been at the center since 1996 and says, “It’s depressing not seeing the seniors. I usually sit during my break and talk with the folks. That’s one of my

favorite things. I’m eager to hear the life stories they share with me.” Even though the building’s been closed for a year, Daniel enjoys seeing a dozen or so of the ‘regulars’ who stop by outside or call.

Arthur also looks forward to participants returning. He’s worked at TSC since “I was 30 years old,” the 45 year-old says proudly. What’s his favorite task? “I like a clean environment and I really like making the dining room floor shine on Fridays,” Arthur says. He chuckles and adds, “That’s a day the bridge group’s not there so I can do a really good job.”

Those Fridays were before COVID...when things were business as usual. “I miss the activity,” Arthur pauses to say, “I look forward to every day when the center’s open. He likes the labor of setting up for numerous special events and, while it doesn’t take the same physical energy, Arthur also enjoys spending time with participants. “Some folks need someone to talk to or listen to them. I like to cheer them up. I want things to get back to normal.”

As we all do. Keep checking the schedule to see when new activities are offered.

At 72, retiree is advancing her dream with degree

Rosetta Stone Land
TSC Volunteer

"I'm following my lifelong calling," says Addie Carroll-Beal. Addie has served volunteers and participants at the Tallahassee Senior Center for almost five years and is moving on to further her education. Her goal now is to complete her BSW/MSW program at Florida Agricultural & Mechanical University (FAMU) by 2022. "It's my dream," Addie adds with eagerness in her voice. She sees this opportunity as a way to fulfill her purpose and help her community. While it's not unusual that someone decides to further their education but, at age 72, it is true inspiration to others!

Her experience as the Participant and Volunteer Coordinator at TSC provided the chance to work with not only hundreds of eager volunteers, but also energetic participants, innovative instructors and a committed staff. Realizing she wants to continue reaching for greater professional achievement, Addie speaks thoughtfully as she says, "I think it's the right time to move forward. My passion is to help seniors tell their stories through bibliotherapy. There's great need among African Americans right here in Tallahassee. I want to assist other seniors discover their own passion...to advance their



Addie Carroll-Beal's goal is to complete her social work program at Florida A&M University by 2022

dreams."

Addie explains that through the use of books as creative art therapies, "bibliotherapy helps promote healing, health and wellness." The new student offers that "As we age, our purpose changes but it's always been my desire to reach a higher

level – to keep learning and further my knowledge."

Before Addie joined the center's staff, she served on the TSC Advisory Council and is a graduate of the Tallahassee Active Lifelong Leaders (TALL) program. Serving the senior community seems to be in the fabric of her soul.

During her years at TSC, Addie coordinated 400 volunteers for the senior center. While the building has been closed due to the pandemic, she continued to connect with volunteers, encouraging them to be active and engaged, and to connect with family. Addie explained that "each and every volunteer has an assigned staff member to serve as their coordinator and provide support." Even with closure, Addie coordinated drive-through receptions for volunteers to occasionally pick up bagged lunches, tee shirts, smiles and conversation.

What do volunteers do when the center is open? Those who greet incoming guests give tours of the facility and talk about all of the activities open to adults 50+. There are donations requested for some activities and classes, and fees for others, while many people choose to become members of the TSC Foundation to support programs.

"Volunteers are appreciated for their support in TSC's mission to offer pro-

grams and activities that encourage active living, optimal aging and social fitness," says Addie. Volunteers work on special events. Some teach classes. Others answer phone calls and register new participants. Volunteering can be a busy job! Keeping up with 400 volunteers as the coordinator is also a very busy job! Addie expects that she will miss that interaction. She'll also miss the buzzing of nearby conversations with seniors and the busyness of being in an office beside the front door and near reception.

Addie shares that she's always worked with people, and in her earlier career as a CETA program supervisor educating parents on child abuse and neglect prevention programs. She worked with Disc Village Raft program as a therapeutic assistant for troubled teenage girls, facilitated family groups, and found her soft skills useful for teaching middle school girls self-esteem and the art of etiquette.

"We are so happy for Addie's new adventure," said Sheila Salyer, TSC executive director. "Everyone at TSC shares in Addie's exciting new pursuit of optimal aging, but we will greatly miss her enthusiasm for volunteers. Addie always came to work with a positive attitude. She will not only pursue her dreams, but she will be an amazing mentor to the next generation of social workers."

OLLI gears up for full slate of spring semester

Fran Conaway
OLLI at FSU

With the success of classes delivered through Zoom for the past year, the Osher Lifelong Learning Institute at Florida State University is expanding its traditional three-week May semester to a full summer semester.

Why did OLLI make this decision? Enthusiasm for Zoom classes and the relief they have offered from pandemic isolation is clear in the words of OLLI member Paula Walborsky. She writes, "There needs to be a medal struck for the volunteers, instructors and administrators who have guided us through this seemingly never-ending siege. When we were all sent home to our 'hobbit burrows,' it was about mid-session of our Spring

2020 OLLI classes. We grabbed one another's virtual hands and stepped onto the Zoom platform with greater and lesser results. But we did it."

OLLI's lifelong learners 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.

An extensive range of courses will be offered during the summer semester, including, to name just a few: Pioneers of Rock and Roll; The Lives of Winston Churchill, taught by Cambridge University instructor Eoin Devlin; The Parallel Universe of Ants; the History of Talla-

hassee; and Live Television Comedy from the 1950s.

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. Instructors typically come from the faculty of local institutions of higher education and area experts, but Zoom extends the range of instructors and students, who can join OLLI's classes and activities, regardless of location.

Both three- and six-week classes will be offered, with all six-week classes beginning May 3. The term will incorporate a two-week break, and classes will end June 24. Registration for OLLI classes, which is open to lifelong learners aged

50-plus, will begin April 19 at olli.fsu.edu.

OLLI activities and clubs will also offer meetings and events. OLLI's special lecture series, which has covered multiple aspects of the COVID-19 pandemic and its impact on older adults, will also continue throughout the spring and summer months. Other free special lectures will also be offered. The full listing of courses and activities, along with registration and membership information, will be posted at olli.fsu.edu in early April.

For more information about joining OLLI and registering for classes and activities, see olli.fsu.edu. You may also contact Debra Herman, dherman@fsu.edu, or Terry Aaronson, taaronson@fsu.edu. Thanks to Mary Anne Price for assistance on this article.

Elder Care joins nationwide March for Meals

Moriah Iglesias

Communications & Development Coordinator

Elder Care Services announced that the organization will be participating in the 19th annual March for Meals. This month-long celebration observes Meals on Wheels and our senior neighbors who rely on this essential service to remain healthy and independent at home. As one of the area's leading care providers for seniors in Leon county, Elder Care Services is continuously seeking to support and help seniors age comfortably without the fear of hunger or the helplessness that can accompany being home-bound.

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

In 2020, Elder Care Services served 147,977 meals to older adults in the com-

munity. This is an increase of 27,744 meals from the previous year. Due to the COVID-19 pandemic, many seniors are unable to access food safely. Meals on Wheels became the reliable access point for more seniors than ever before in Tallahassee. In response, Elder Care Services was able to on-board over 400 new clients to the Meals on Wheels program.

The organization is in awe of the outpouring support from locals and businesses as they continue to provide consistent and nourishing meals. The pandemic has introduced the already ongoing harsh reality of food insecurity and social isolation occurring nationwide. Far too many seniors experience

this daily. More than ever before, communities everywhere must rally together to support these essential community-based programs that have become a lifeline for a growing number of people in need. Please join Elder Care Services in celebrating the power and importance of Meals on Wheels this March and always.

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 ECSbigbend.org or follow us on Facebook at [Facebook.com/eldercaretally](https://www.facebook.com/eldercaretally).

The courage to ask for help with Alzheimer's

John Trombetta

Alzheimer's Project Executive Director

Health is a personal thing. As kids we were happy to show off our cast to have friends sign or get that special treatment at school. It helped us forget the pain that led us to have the cast in the first place or the annoying itch or inability to use that arm, hand or leg brought us. As adults, our health is a more intimate detail.

Privacy laws and HIPPA have come a long way in making sure we have ultimate decision authority on our health care. It has also let us get away with not

dealing with our own health issues or those of a loved one. We summon our self-sufficiency and take the 20 pounds of problems, throw them in a 10 pound sack and wobble through the world trying not to fall.

Many community organizations offer various health care services at minimal or no charge. Our Alzheimer's Project support groups and respite rooms are offered at no charge. We are happy to take a donation, but do not require it.

Yet, we know there are caregivers and those living with the disease who have not availed themselves of these services. Yes, there are other barriers

that we are working on. We haven't been able to do health fairs and those in person events for a year now, but we are still here and still helping folks like you. So are many other non-profits in our community. Sometimes, you just have to ask.

As I mentioned earlier, health is very personal. As you age your health care needs grow more intimate. This causes us to not want to ask for help. That goes for caregivers and the person in need. Caregivers take an enormous responsibility that is not easily unloaded because of that self-sufficiency I talked about earlier. The same goes for some-

one with health needs. It's not easy to talk with a stranger about these things, even though we know we need help.

If you or someone you know is in need of services, or they are a caregiver, please help them find that courage to raise their hand and ask for help. There are great organizations right here in our community that will help them at little to no cost. We are truly here because we care and want to help. We will continue to do our best outreach to find you, but don't be afraid to find us first.

You can contact Alzheimer's Project at info@alzheimersproject.org or call 850-386-2778.

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 assis-



tance 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.

Upcoming dates for LNC: March 17, March 24, April 7, April 21 and May 5

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.

TALLAHASSEE SENIOR FOUNDATION

I want to take this opportunity to thank each of you who donated in Mom's memory to the TSC, as well as all of you who texted, emailed, sent cards, and Facebook messaged over the past 3 months. It was the closure to a long journey that lasted 8 ½ years following Dad's unexpected death. Mom showed so much courage and desire to stay active although her physical mobility and cognitive abilities continued to decline. With the strength of her faith and many loving friends and caregivers she continued to touch people's lives with her sweet spirit and big smile almost until her very last day. Your gifts will help other seniors find the warmth of good and caring people at the TSC as Mom did. With heartfelt gratitude, thank you for helping this work continue. TSC services will be needed more than ever coming out of this pandemic. Your Director, Friend, and Colleague, Sheila.

Membership Makes Programs Happen

Thanks to your Membership and donations, Tallahassee Senior Center programs continue to happen! Your support allows us to provide Fitness,



Mary Salyer

TALLAHASSEE Senior Center Foundation

FOR ACTIVE ADULTS

Art, Lifelong Learning and Wellness classes on line – keeping seniors connected, and mentally and physically healthy. Emails and phone calls provide resources, activities, and ideas for staying engaged. Go to www.TallahasseeSeniorFoundation.org to learn more.

We appreciate everyone who helped us celebrate Membership Month by showing your love for the Senior Center!

Congratulations to our Membership Month Winners!

Nancy Buck; Lorraine Coonrod; Mary Gwin; Judy Murphy; Sunny & Daniel Saunders; Dotte Shearn; Linda Stalvey; Susan Trimble

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 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 member!

The following list includes December 2020-February 2021 Members

Platinum Keyholder

Foy Winsor

Silver Keyholders

Mike Francis

Bronze Keyholders

Mary Louise Bachman; Adrienne Bowen; Vivian Evans; Annette Gaul; Gordon & Aurora Hansen; Virginia Horak; Maxine Kendrick; Earl & Elizabeth Lines; Charles Nam; Philip Potter; Stephen Rollin & Mary Apple; Barbara Steffes

Friend Keyholders

Harry Ackerman; Karen Boyster;

Julie Clark; Deborah Crosby; Adeline Evans; Jacque Foster; Beverly Frick; Ben Girtman; Marguerite Glasgow; Sherward & June Gomillion; Tonya Harris; Bruce & Margaret Harter; Frances Kochan; Christine Koontz; Frances Kratt; Phyllis Kupiszewski; Susan Moody; Jerome & Joanna Novy; William & Alice Pomidor; Wynette Power; Gloria Sanchez; David & Ann Schelbe; Linda Stalvey; John & Frances Stiles; Scott Wagers

New and Renewing Members: Due to limited space in this issue of Active Living, your memberships are listed on our TallahasseeSeniorFoundation.org website. We are extremely grateful for your continued support.

HONORARIUM DONATIONS

In honor of: Nicolette Castanga

By: Alana Gissen

In honor of: Jodye Clark

By: Susan Hilton

MEMORIAL DONATIONS

In memory of: Joan Reibman

By: Catherine Williams

In memory of: Devon Vasquez, TSC FSU Student Volunteer

By: Alexa Alvidrez

In memory of: Mary Salyer

By: Wendy Barber; Carol Boebinger; Karen Boebinger; Dana Bowermeister; Neil & Cindy Brown; David & Audrey Bynre; Addie Carroll-Beal; Kristy Carter; Nicolette Castagna; Karin Caster; Michael & Debbie Chbat; Jan Collier; Clyde & Patti Cordle; Melissa Corson; Lisa Covert; Marynell Dales; Susan Davis; Lynda Dickens; Ashley Edwards; Daniel Elias; Mary Ann Fitzgerald; Nancy Gentry; Angie Goodman; Maureen and Joe Habberfeld; Gordon & Aurora Hansen; Jennifer Haskins; Jesse & Rita Hodsdon; Linda Hudson; Dorothea Ingle; Laurie Koburger; Melanie Lachman; Deborah Moroney; Lisa Myrick; Ruth Nickens; Arthur Rhynes; Linda Roberts; Nick Schrader; Judy Shipman; Joan Spainhower; Michael & Hella Spellman; Sandra Stoutamire; Mike & Lori Swanson; Patti Wallace; Zippy Wartenberg; Jean Williams; Jerry & Janice Wise; Shirley Zahn

*Thinking of Selling?
How About Buying
downsizing to a
smaller home? Or,
just staying in your
present home?*

With over 46 years in real estate, and with 85 COLDWELL BANKER agents to back me up, we will make your wishes come through.

**Give me a call.
Let's talk.**



E Ann Cleare

Realtor Emeritus
Senior Real Estate Specialist
Real Estate Counselor

850-544-0109

aclear@comcast.net



A last interview: In honor of Ed Duffee Jr.

Rosetta Land
TSC Volunteer

We want to express our deepest regret that Mr. Duffee passed away Feb. 16, shortly after this interview was conducted. Because his story is such an excellent example of all that the Tallahassee Senior Center represents – we wanted to publish it. Our hope is that you will be inspired and motivated by this amazing trailblazer and wonderful person. Ed always came to Board meetings and TSC events with a presence of dignity and personal warmth – a combination that is greatly admired.

Ed Duffee takes his responsibility to help others seriously. He serves the Tallahassee senior community with continued support to the Tallahassee Senior Center & Foundation. Ask him why he is a frequent donor to this nonprofit organization and he's proud to share with you that he believes in his mission "to improve someone else's life." Ed served as TSCF president for two terms and has seen the difference that "quality programming and services can make in the lives of seniors."

"By making beneficial health checks and interesting classes available to



Duffee

those over 50, the senior center plays a vital role in their quality of life," says Ed. "At little or no cost to participants, even in the pandemic, seniors can participate in creative programs. "Especially now with COVID-19, I like to feel that my donation plays an important role in encouraging older adults to try new ways to connect and keep growing in a relaxed and welcome environment. They've learned to Zoom," he adds with a smile.

Classes continue to be offered via the virtual format that is now a popular way to connect with new and innovative programs. Without ways to stay involved, experts warn us that seniors can become depressed or uninterested in daily life.

Ed points out that Sheila Salyer, executive director of the center, remains committed to the challenges and has the ability to lead staff moving forward. This is important to Ed as a donor. "The center has dedicated, sincere people working there. It's a place where participants can feel welcome and relaxed – even though now it's by Zooming. Par-

ticipants directly benefit, not only from the programs," the former TSCF president believes, but from "the camaraderie of sharing time together and keeping tabs on one another."

"Board members today must bring creative fundraising ideas to the table. I think of myself as a stakeholder, an ambassador for the Center. I encourage others to donate and become involved. Let's fund it together. It's just personally rewarding to know my wife Alberta and I contribute to such a valuable asset for area seniors."

He and Alberta married in 1962 — three days after he completed his three years, three months and three days in the US Army. He holds a law degree from Florida Agricultural & Mechanical University (FAMU), served as a legal assistant under Secretary of State Tom Adams, and was an adjunct professor at Florida State University. "As a legal assistant for Secretary Adams, I was the first African American professional to work in the Capitol since Reconstruction," Ed notes.

In closing, every Saturday, this octogenarian could be found at the Frenchtown Farmer's Market on the corner of Martin Luther King Blvd. and Georgia

Street. He sold a wide assortment of vegetables and fruit at his stand. Choose from avocados to greens and sweet potatoes. Cukes, tomatoes and squash are among other fresh picks. Shoppers are going to miss Ed's specialty — his homemade cane syrup!

Ed also loved to fish. One time he caught two bass weighing over 15 pounds in area lakes. But, he claimed with much enthusiasm, "Alberta is still my favorite catch!"

Ed was honored as a Silver Star by the Tallahassee Senior Center in 2015 and leaves a legacy of giving and always finding purpose in life. Donations may be made in his memory to the TSC Foundation. He will truly be missed at TSC and in our community.

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

Help embrace new possibilities on 60th birthday

Lori Swanson
Community Development

Celebrating 60 years with joy, grace, and a dash of sass!

"Big" birthdays are a time of joy and reflection and this 60th birthday has me focused on embracing the possibilities and the opportunities as well as appreciating all that I'm grateful for—my marriage (37 years!), our wonderful family, and the arrival of our first grandchild (just call me Gigi!), fabulous friendships, and a job that I love.

It has me considering what I still want to accomplish, examining my priorities, and focusing my time and attention where they are most needed. This is a chance to consider purpose and passion in both our personal and professional lives. A recent Legacy Planning Workshop at the Tallahassee Senior



Lori and Mike Swanson

Center began with an exercise in asking some life questions to gauge what is important to us. As I embark on this new decade, I have come up with my own set of questions:

- What makes me excited to get up each morning?

- What activities are fun and meaningful to me?
- What type of exercise makes me feel strong and healthy?
- What do I still want to learn and what engages me?
- How can I better love and serve my family, friends, church, and community?

Life is what we make it, and that is so powerful. Five years ago, I embraced a second career with the Tallahassee Senior Center and Foundation. I found out it is a very cool and happening place with numerous opportunities to learn new things through the Lifelong Learning program, to take fabulous Fitness and Art classes, to learn a new language or play the ukulele, to volunteer, and a host of other activities. Staying active and engaged is always possible with our Tallahassee Senior Center! We continue to

offer all these opportunities in new virtual ways to meet our mission of keeping seniors active and engaged.

This is why I have decided to celebrate my 60th birthday with a fundraiser for the TSC Foundation. I love being a part of this team of amazing people that work together to not just improve the lives of seniors, but to make life fun—even during a time of isolation and financial challenges. I am starting this off with a donation of \$1,000 and a goal of \$5,000. Please join me in supporting this cool and happening place, and cheers to big birthdays!

Lori Swanson works for the Tallahassee Senior Center Foundation in Community Development. You can join Lori's celebration of active living by making a donation at www.TallahasseeSeniorFoundation.org or mail to TSC, 1400 N. Monroe St., Tallahassee, FL 32303.

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

**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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAR 15 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 (SS) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)	MAR 16 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN)	MAR 17 8:30a Capital Coalition on Aging (KC) 9:30a Brown Bag Medicine Review ZM (RN) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1:00p LCSO Advisory Council (SD) 1:30p Draw with Your Eyes ZM (JH) 7p LLL-Celebrate St. Patrick's Day ZM (MH) 7:15p Al-Anon-tallyalanon.org	MAR 18 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-Living Abroad During Pandemic ZM (MH) 7p Capital Chordsmen ZM (KC)	MAR 19 9a English 2nd Language (KC) 11a Seated Yoga FB (RN) 11a Ukulele Fingerstyle PRR ZM (KC)
MAR 22 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History ZM (JH) 1p COVID-19 Vaccine & Therapeutics ZM (KB) 2:45p Poetry Group ZM (KC) 3p Friends Connection ZM (ML)	MAR 23 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN) 3p LLL-Voices and Votes: Democracy in America ZM (MH)	MAR 24 10a Breathing Easier with COPD 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) 2p Foundation Board Meeting ZM (SS) 7:15p Al-Anon-tallyalanon.org	MAR 25 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-Were the Confederates Traitors? ZM (MH) 7p Capital Chordsmen ZM (KC)	MAR 26 9a English 2nd Language ZM (KC) 11a Seated Yoga FB (RN) 4p Art Reception ZM (JH)
MAR 29 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History PRR ZM (JH) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)	MAR 30 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN)	MAR 31 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1:30p Draw with Your Eyes ZM (JH) 1:30p LLL-TLH & FL Territorial Bicentennial ZM (MH) 7:15p Al-Anon-tallyalanon.org	APR 1 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 4p LLL-Bonjour Crepes ZM (MH) 7p Capital Chordsmen ZM (KC)	APR 2 9a Virtual Office Hours with Ruth ZM (RN) 9a English 2nd Language (KC) 11a Seated Yoga FB (RN) 11a Ukulele Fingerstyle PRR ZM (KC)
APR 5 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)	APR 6 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN)	APR 7 11a Nutrition Goals 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	APR 8 10a Meditation FB (RN) 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 2:30p LLL-Dallas Holocaust & Human Rights Museum ZM (MH) 7p Capital Chordsmen ZM (KC)	APR 9 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; (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; 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.

