

# Active LIVING

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

## Silver Stars shine bright

Role models for active aging are honored at the  
Senior Center's 2021 event



Betty Roberts



Edith Holiday-Austin



Judy Westbrook



June MacDonald and grandson



Tom Hart



Washington Sanchez



Marjory Turnbull



Regie and Pat Ashley

# Registration opens in August for Learning Extravaganza



## Patagonia virtual trip

**Thu., July 22, 1:30–3 p.m.** Join world-traveler Tom Friedman and virtually travel to Patagonia, near the bottom of the world. This virtual adventure begins in Buenos Aires, Argentina then to Ushuaia, Tierra del Fuego (Land of Fire), the world's southernmost city, and the Tierra del Fuego National Park. Cross the border into Chile and encounter the Patagonian version of the Grand Canyon. Next up is a Cape Horn, the southernmost point in the Americas. Observe beavers and large glaciers at Wulaia Bay.

Virtually travel by zodiac to the edge of Pia, Aguila and Condor Glaciers. On Magdalena Island we'll meet thousands of Magellanic Penguins. The Torres del Paine National Park (Blue Towers) is magnificent with views of glaciers, rugged hiking, and strange landscapes. We'll complete our virtual trip by re-

**12<sup>th</sup> ANNUAL**

# L3X

**LIFELONG LEARNING  
EXTRAVAGANZA**

**September 7-24**

**EXPLORE EXAMINE EXPERIENCE**

Art • Culture • History • Travel  
Nature • Science • Literature

**Launch Parties at TSC:**  
August 9, 9:30-11 am • August 10, 5:30-7 pm  
**Registration Opens August 11, 9:00 am**

**For registration or information**  
**www.TallahasseeSeniorFoundation/L3X**  
Maureen.Haberfeld@talgov.com • 850-891-4033

turning to Argentina to view the magnificent Perito Morena Glacier which rises 240 feet over the water and unlike most glaciers, is not retreating. Hybrid class, live at TSC and on Zoom. Fee \$5.

## 12th Annual Lifelong Learning Extravaganza (L3X)

**Sept. 7-24**

Discover and Experience New Adventures! The Tallahassee Senior Center launches the 12th Annual Lifelong Learning Extravaganza (L3X) through two preview parties on Mon., Aug. 9 from 9:30–11 a.m. and Tues., Aug. 10 from 5:30 – 7 p.m. Class registration will open on Wed., Aug. 11 at 9 a.m.

Dozens of unique, exciting, and informative classes will be revealed for the September line up.

Attendees can explore art, music, culture, science, technology, nature, history, literature, food, drink, travel, and more.

This year will be back in person, along with many classes offered on Zoom so participants can attend at their comfort level.

Some lecture classes will be offered as hybrid (both in person and via Zoom), some will just be virtual, and other classes will be field trips and tours.

Included among the upcoming classes are old favorites like Making a Centerpiece, Storytelling, and culinary classes at KitchenAble; new travel and culture classes about Cuba, Spain and France; classes on some world class art museums, the dead ball era of baseball, as well as tours of places such as the Riley House, Florida Archaeological collection, a goat farm, a foraging hike, and

## Technology Help Available

TSC volunteers are available to assist 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 from 8 a.m. to 4 p.m., Mon.–Fri. for assistance or for a Zoom User Guide.

much more.

Our popular closing luncheon with a special speaker will be back in person this year.

These affordable programs are open to any participants 18 years and older and many of our L3X programs are in the evenings to accommodate a variety of work schedules.

Learn something new, plan your next trip, an amazing meal, or visit a local 'hidden gem.'

Invite out of town family and friends to participate with you in a virtual class. We hope to see you at the 2021 Lifelong Learning Extravaganza!

To sign up for classes or more information, contact Lifelong Learning Coordinator Maureen Haberfeld at [Maureen.haberfeld@talgov.com](mailto:Maureen.haberfeld@talgov.com).

# Find a friend with UPSLIDE meetings in person or online

If you are feeling lonely and would like to meet new people, then UPSLIDE's Friends Connection group is for you! UPSLIDE is an award-winning program that addresses loneliness, isolation & depression, and Friends Connection is a great way to make friends, share ideas and engage in meaningful conversation.

It is a welcoming and accepting community of support and, mostly, just plain

fun. If you are 50+, you can join us! We have begun meeting in person again and would love for you to join us! UPSLIDE also offers no cost online and in-person counseling. UPSLIDE Friends Connection:

**Tallahassee Senior Center:** Monday 3-4:30 p.m., Thursday 1-2:30 p.m.

Virtual (via Zoom) 2nd and 4th Tuesday 1-2:30pm. Call or email for link.

**Lincoln Neighborhood Center (Vir-**

**tual):** Every other Wednesday, 1-2 p.m.

July 14, July 28, Aug. 11, Aug. 25, Sept. 8

For more information or to sign up to attend, email [Melanie.Lachman@talgov.com](mailto:Melanie.Lachman@talgov.com) or call 850-891-4066.

Services are provided at no cost to participants, donations accepted. UPSLIDE is sponsored by the Tallahassee Senior Center Foundation, City of Tallahassee and Tapestry Senior Living.



## ABOUT THE PUBLICATION

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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](http://Talgov.com/seniors) and [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org).

"Like" us at [Facebook.com/TallahasseeSeniorCenter](https://www.facebook.com/TallahasseeSeniorCenter).

# Lunch & Learn events resume in August

**Susan Davis**

Leon County Senior Outreach Coordinator

For Leon County seniors living outside of the Tallahassee city limits, it can be difficult to access resources, information, health screenings and social connections.

Some older adults don't drive, and many more don't feel comfortable driving all the way into the city proper where traffic is heavier.

There is no bus service in these areas, so life can be isolating.

Leon County Senior Outreach, a program of the Tallahassee Senior Center, is there to the rescue! Monthly Lunch & Learn events are held in six communities: Bradfordville, Chaires, Fort Braden, Lake Jackson, Miccosukee and Woodville.

These fun and educational meetings feature a variety of exhibitors, health screenings, interesting presentations, a catered lunch and the opportunity to meet your neighbors.

Come as you are and join us! No res-

ervations needed.

Suggested \$6 donation for lunch.

All events held from 10:30 a.m.-12:30 p.m.

**Bradfordville (Location TBD)**

**Chaires-Capitola, Dorothy C. Spence Community Center, 4768**

Chaires Cross Rd: Aug. 24

**Fort Braden Community Center, 16387 Blountstown Hwy: Aug. 17**

**Lake Jackson Community Center, 3840 N. Monroe St, Suite 301: Aug. 19**

**Miccosukee Community Center, 13887 Moccasin Gap Rd: Aug. 5 & Sept. 2**

**Woodville Community Center, 8000 Old Woodville Rd: Aug. 12 & Sept. 9**

A program of the TSC Foundation and primarily funded by Leon County government.

For information, email program coordinator, Susan.Davis@talgov.com or call 850 891-4065.

Are you a card player? Join Canasta at the Lake Jackson Community Center on Tue, 1:00 - 4:00 p.m. \$1 suggested donation.



## 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 Support Lunch

No meeting in July!

**Wed., Aug. 25, 2021, 12-1:30 p.m., Location TBA**

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

### GaP Evening Support Group

Mon., July 19, 2021, 7-8 p.m.

Mon., Aug. 2, 16 & 30, 2021, 7-8 p.m.

Meeting virtually via Zoom

Join other grandparents raising their grandchildren to discuss your unique situation

Call 850-891-4027 or email Karen.boebinger@talgov.com for more information, 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.



Transitions is a program that offers non-medical support to Veterans living with a serious illness.



## SERVICES PROVIDED TO VETERANS THROUGH TRANSITIONS INCLUDE:

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Wellness Calls from a Fellow Veteran

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Are not yet ready or qualified for hospice care

Want to remain in their own home with support

Have been hospitalized or needed emergency  
care several times in the past year

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# Meet the Silver Stars: 'Two for one' and a librarian

Tallahassee Senior Center & Foundation will celebrate the 19<sup>th</sup> Annual Silver Stars on July 29. We congratulate the 2021 Silver Stars who have demonstrated successful longevity and been a positive example of active aging since turning age 60. Thanks to our presenting sponsor Capital Health Plan, along with several other generous sponsors. Tickets will be limited this year to the Silver Stars and their guests.

## Regie & Pat Ashley

When she joined the Board of the Alzheimer's Resource Center, Pat Ashley told the Executive Director that they were getting a "two for one" deal. She meant it. Pat (80) and Regie (79) Ashley are a formidable team. For the past 25 years, they have lived in rural Wakulla County where they developed the resources that lighten the load of those who care for family members with Alzheimer's Disease or other dementias.

Pat was born in Tennessee and grew up in Memphis. She met Regie, who hails from Sanford, Florida, in Memphis while he was stationed at a Naval facility there.

They met at church and, almost 60 years later, faith remains at the center of their life and activities. After serving in the navy as a pilot, Regie's aviation skills led them to Orlando where he was an air traffic controller. Retirement brought them to Wakulla County where they could live near an airport and continue flying.

Pat served as caregiver for her mother who had Alzheimer's Disease. She participated in a support group in Orlando and was asked to start a group at Eden Springs in 1993 after moving her mother there.

This grew into a network of supportive services in the rural county including two support groups and a much-needed respite program in conjunction with the Alzheimer's Project. Although the pandemic forced them to close, programs have recently reopened. Regie was by Pat's side all the way and still volunteers at the respite program.

Pat and Regie kept current in the field by attending multiple educational



Regie and Pat Ashley

events, such as the annual Alzheimer's Update, to increase their knowledge about current best practices on behavioral and medical care. They always have time to offer comfort and support to anxious caregivers. Their contribution to the well-being of caregivers in Wakulla County over the years is incalculable, as there are no other local resources specifically targeted to this population.

Regie still flies his own plane. He and Pat enjoy travel, flying to visit family and favorite locations such as Cedar Key. They are active in the Lake Ellen Baptist Church. Pat quilts baby blankets for a pregnancy center and jokes that she "supervises" Regie as he does the yardwork she is no longer able to do.

Pat's secret to positive aging is "putting the Lord first." Regie adds that they also put each other first, enjoy time together, and like to do things together, which he feels is the secret to their hap-

py marriage.

- Judy Shipman, UPSLIDE Program Assistant

## Tom Hart

With an unparalleled passion for library science, Tom Hart at age 83, continues to find new ways to share and express that passion with others. During his career as an instructor at the School of Library and Information Science at Florida State University, Tom taught in Singapore for a year. He says he "lived like a King" while there and after some time, found that the lavish lifestyle of having others wait on him gave him some extra time. That is when he took up watercolor painting. He claims his very first painting, which was done on a paper plate, is still his favorite.

Tom retired in 2005 and started to do more painting. He participates in Linda Pelc's watercolor class and his love of col-



Tom Hart

lecting, preserving and cataloging books led him to volunteer as the TSC Art Library librarian. Tom has developed a well-organized treasure of art books.

Tom also volunteers once a week at the Roddenberry Memorial Library in Cairo, Georgia, teaching others how to paint with watercolors using his unique technique. His involvement with this library began in the 1970's and led to him helping design its renovation in the 1980's. Tom has 30 donated paintings on display at the Roddenberry Memorial Library.

Tom says he has loved nearly every minute of his life. He stays active with his volunteer work, writing his life story, gardening, traveling to many countries and painting. Pursuing his passions, exploring new ideas and developing ways to share his knowledge, time and talents has surely contributed to every loved minute.

- Jennifer Haskins, Art Program Coordinator

# Silver Stars: A pastor and a public servant

## Rev. Edith W. Holiday-Austin

Living by the philosophy that “hard work won’t kill you, but worry will,” Rev. Edith W. Holiday-Austin, at 90 years of age, shows no signs of slowing down! She trusts that her belief in God and a good education has guided her throughout her life.

Born into a large loving family in the Leon County community of Barrow Hill, Rev. Edith has spent her life pursuing and providing education.

To get to school, she and her sister left home at 5 a.m., rode the Greyhound bus into town, often returning home after dark. She excelled in academics and enjoyed playing basketball in high school. She states she still has great aim and can still “land a ball of paper in a box across the room.”

After high school, she married and had three children — two sons and a daughter. The marriage ended, and as a single mom, she enrolled in college, earned a BS and MS in Elementary Education from FAMU, and a certificate in Education Supervision and Administration from FSU. She worked for almost 40 years as an elementary and high school educator and was named “Teacher of the Year” before retiring from Leon County Schools.

Since retiring, Rev. Edith has remained very active in her church and community. Called to service and a believer in “speaking when we need to; being quiet when we must,” she became a pastor for the AME church. She belongs to the National Association of University Women Sigma Gamma Rho Sorority, the Leon County Teacher’s Association, Jake Gaither Neighborhood Association, the Masonic Order of Heroines of Templar Crusade, Order of Eastern Star, Order of Calanthe, the Barrow Hill Pallbearer Lodge, OJ Chestnut Assembly #207, United Sons & Daughter of Joshua.

Rev. Edith also describes herself as an entrepreneur. She is the former co-owner of the Chicken Shack Café, and currently provides housing to low-income families.

What is her recipe for successful aging? Learn to respect yourself and others, remember to love the unlovable, eat right, take your vitamins, and live a godly life to find peace, joy, and love.

- Ruth Nickens, Health & Wellness Coordinator



Edith Holiday-Austin

## Marjorie Turnbull

Dr. J. Wayne Reitz, who served as the President of the University of Florida, frequently said, “There is no limit to the amount of good a person can do as long as he or she doesn’t care to whom the credit goes.”

These words were inspirational to many; but especially his daughter, Marjorie Turnbull.

Marjorie, now 80, recalls an “idyllic, simple and happy” childhood. The combination of her mother’s practicality and her father’s close mentoring allowed Marjorie to grow up in a family that rejected the female stereotypes of the times, and encouraged her to do whatever she chose.

Marjorie did not have a specific career in mind when she attended college; she remained flexible and seized opportunities as they came her way. Her adventurous spirit led her to New York, where she worked at the Mission to the



Marjorie Turnbull

United Nations, first in the Xerox room from where she quickly moved up the ranks.

Marjorie’s professional career reflects a deep community connection, in which she continues to be active throughout retirement. Among her experiences, Marjorie served as the Executive Director of the Tallahassee Community College Foundation for 11 years. During six of those years, she represented District 9 in the Florida House of Representatives.

Marjorie also previously served as a Leon County Commissioner.

These demanding positions did not prevent Marjorie from being invested in service on a variety of community boards and committees, including the Tallahassee Symphony Orchestra Board, the Board of Trustees for Florida A&M University, the Big Bend Hospice Foundation, and Choose Tallahassee, among others.

Despite her professional accomplish-

ments, Marjorie says that her biggest achievement is being a mentor to others. She attributes much of her success and happiness to the mentors during her lifetime, and advises others to never hesitate to seek out a mentor, no matter how important that person seems.

Marjorie’s retirement has, to a certain extent, brought about a return to her “idyllic, simple and happy” childhood.

She has re-embraced mentoring and seizing opportunities to serve. Marjorie has one simple condition for any community opportunity: it cannot be related to her professional career. Marjorie’s other criteria, “Will I learn something; will it help other people; and will it be fun?”

Marjorie’s Dad had it right. His quote is framed in her house as a reminder and has fueled the drive, contributions, and accomplishments of Marjorie Turnbull.

- Hella Spellman, TSC Program Supervisor

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Join us for two expert-led presentations this July. First, the founder of All Care Senior Consulting will offer tips on the best methods for managing the impact of a dementia diagnosis on the family. Then, come back to hear from a trusted local neurologist about the latest updates on Parkinson's disease management with a special focus on the commonly prescribed drug, APOKYN®.

## FAMILY STRATEGIES FOR COPING WITH DEMENTIA

**THURSDAY, JULY 15 | 5 P.M. – 7 P.M.**

*Presented by Nina Davis, Owner,  
 All Care Senior Consulting*

## PARKINSON'S TREATMENT UPDATE: SPOTLIGHT ON APOKYN®

**TUESDAY, JULY 20 | 5 P.M. – 7 P.M.**

*Presented by Dr. Tara Kimbason, TMH Physician Partners  
 Neurology Specialists*

**Dinner will be served at both events.**

**Events are limited to 20 attendees and reservations are REQUIRED two days prior.**

**Call Halie or go online to reserve your seat!**

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**OLLI membership includes club activities – among them Paddlers, Walking and the Men's Group.**

# OLLI is expanding class offerings for fall semester

**Fran Conaway**  
 OLLI Communications

As the new, longer Summer Semester of the Osher Lifelong Learning Institute at Florida State University draws to a close, plans for the Fall Semester are revving up. As Tallahassee Member President Harriet Waas says, "We look forward to an excellent class schedule in Fall. We will be privileged to have instructors from our own backyard and around the globe. While the pandemic forced a change in the way we structured our organization, it has also brought us new and interesting avenues of learning and staying connected."

Fall classes will reflect the state and nation's emergence from the COVID-19 pandemic. While OLLI classes and activities have been offered almost exclusively via Zoom during the pandemic, some in-person classes will be available during Fall Semester.

Among the face-to-face classes are String Quartets of Felix Mendelssohn; Stars, Supernovas and Black Holes; Group Piano Lessons; Introduction to Chinese Politics; and The Library of Congress: America's Library. Face-to-face experiences include Backyard Birding and Tree Identification.

Also scheduled are considerations of the COVID-19 pandemic and its effects; the history of American film comedy; yo-

ga; religions of Asia; Women and the American Revolution; French, Spanish and Italian; storytelling; art from pre-history to Picasso; extremism and its power; the discovery of elementary particles; and dozens more intriguing classes.

The full schedule will be available at [olli.fsu.edu](http://olli.fsu.edu). Registration for the six-week Fall Semester opens Sept. 15, and classes run from October until December. Clubs, special free lectures and activities are offered throughout the year.

Beyond classes, membership includes club activities—among them Paddlers, Walking and the Men's Group. Also offered are Spanish Club, book clubs, and tours of art, cultural offerings, nature and other attractions. 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.

For more information about OLLI at FSU, see [olli.fsu.edu](http://olli.fsu.edu). Need help? Contact Deb Herman at [dherman@fsu.edu](mailto:dherman@fsu.edu) or Terry Aaronson at [taaronson@fsu.edu](mailto:taaronson@fsu.edu).

# Silver Stars: Posthumous honoree, world traveler

## June MacDonald

We express our deepest regrets that Ms. June MacDonald passed away earlier this year. May her kindness and many years of service be an inspiration to all.

Prior to celebrating her 100th birthday last summer, when more than 50 cars drove by to wave and offer birthday wishes, a call to service guided June MacDonald throughout her lifetime. Raised in Ohio near Lake Erie, June met her husband John while she was obtaining her degree in education at Kent State University. John became a minister and the couple embarked on a commitment to serving others.

Her 40-plus years of teaching elementary school began in Ohio in 1940, when many of her students' parents were away due to the war. Several of these students continued to keep in contact with her over the years. In 1957, John's career brought them to Miami, where June taught for 26 years. A dedicated wife, mother and grandmother, June loved to travel around the world, and was happy to include her family in her travels.

The couple moved to Tallahassee in 1990 to be near their daughter's family. Throughout the years she called Tallahassee home, June played an extremely active role in volunteerism. Incredibly, she continued to volunteer even at age 99. At her church, she served as a coordinator of adult programs and luncheons for 12 years and also read stories to children in the Pumpkin Patch.

On the Volunteer Staff of the Tallahassee Memorial Hospital Auxiliary for over 30 years, she was recognized for over 7,000 hours of service. As a docent in the Florida Governor's Mansion, she not only gave tours to the public, she also provided spiritual support to the First Ladies. An active member of the Killlearn Ladies Club, June presented meditations at the meetings. Serving the Tallahassee Music Guild for many years, she received the Corinne H. Gridley Achievement Award in recognition of outstanding service to music in the community.

Her family recalls her advice, "Hold on to those you love." This well-dressed lady made a lasting impression on the many lives she touched in our community, who will have cherished memories to hold on to.

- Karin Caster, Communications Coordinator



June MacDonald and grandson

## Judy Westbrook

"If you stay active, your brain stays busy so it's not shutting down. If your brain shuts down, everything shuts down." At 88, Judy Westbrook is still leading an exceptionally active life. Judy rarely stays still, and you can often find her hiking on one of the many "beautiful and peaceful" local greenways or volunteering around town.

Judy was raised in Detroit, Michigan, the middle of five children. She started her first job at the age of 10 at an A&W Root Beer stand. She washed dishes, served food, and made root beer floats. Judy graduated from Wayne University with a degree in Education at the age of 20. She began her career teaching first grade in California and moved to Florida two years later. A friend introduced her to Byron Westbrook who became her

husband and she became stepmom to his two sons. They settled in Clewiston, Florida where she had a long teaching career.

In 2003, Judy, now retired and widowed, decided to start a new life in a different town. She took a road trip through Florida and during a stop in Tallahassee, a young man ran up to her and gave her a bear hug saying "Westbrook, you're here." He was one of her former students studying at FAMU. He graciously showed her around town, and Judy was convinced that she had found her new home.

Adventurous Judy is a world traveler. She has been to every continent including Antarctica. Her last trip was a 2016 hiking tour of Northern France where she visited many WWII sites. Some of her other favorite places include Thailand, Norway, New Zealand, Nova Sco-

tia, and above the Arctic Circle where the glacial ice is pink.

This busy lady has volunteered for many local agencies such as Word of the South, Opening Nights, Goodwood, Millstone, Village Square, Chain of Parks, and Sleep in Heavenly Peace. She especially enjoys putting meals together for Second Harvest and helping at W.T. Moore Elementary School. She engages her brain and body by participating in the Tallahassee Senior Center's Lifelong Learning and Outdoor Pursuits programs.

Judy considers her greatest accomplishment as being a healthy 88-year-old who takes only one prescription medication. Her advice to others is to "get outside and keep moving, keep your brain active, and ignore fake news."

- Maureen Haberfeld, LLL Coordinator



Judy Westbrook

# Silver Stars: Tallahassee native and military veteran

## Betty Roberts

Tallahassee native Betty Roberts, 85, has dedicated her life to the service of others. The seventh of 13 children, Betty attributes her upbringing to how she lives her life. "My parent's legacy to love and do good is the foundation for all I do," said Betty. After being educated in Leon County schools, Betty worked as a Licensed Practical nurse for 11 years before earning her Master's in Social Work Administration from Florida State University. She worked for various branches of State government, retiring from the Agency for Health Care Administration in 1998 after 38 years of public service.

Since retiring, Betty has stayed active through community service and volunteer work. She organized the Top Ladies of Distinction and served as the group's president from 1997-2002. The group focused on supporting senior citizens, teens, the status of women, and community beautification. Betty had also served in the following roles: Worthy Matron of Sheba Chapter #14, Order of the Eastern Star; President of Church Women United of Tallahassee; President of the Callen Neighborhood Association; Chaplin of the Zinnia Circle of the Capital City Garden Club; Supporting Member of the John G. Riley House Museum and Tallahassee Urban League; Smith William Service Center Senior Enrichment Program Teacher.

Betty is also a devoted member of her church, where she serves as a teacher, chair of the Mother's Ministry, member of the Women's Ministry Leadership Team, H.V. Williams Services Club, and the Golden Age ministry which focuses on enriching the lives of seniors in the church.

When reflecting on all the work she has done throughout her life, Betty is most proud of being able to use her nursing skills to care for her late husband after he was diagnosed with Alzheimer's. She participated in FSU's African American Alzheimer's Caregiver Training and Support Program (ACTS2) and participated in the Florida Channel's Documentary, Community of Color ACTS2. The documentary provides insight into the daily successes and struggles of those with Alzheimer's and their caregivers.

Betty has been "blessed" with 57 years of marriage to Paul Roberts Jr.,



Betty Roberts

three children, three grandchildren, and one great-grandchild. Betty lives her life "in pursuit of a legacy of love and services pleasing to God."

- Sarah Vernon, Special Projects Assistant

## Col. Washington Sanchez

Helping veterans is Colonel Washington Sanchez's passion and he lives it every day. He began his military career in Tallahassee in the ROTC program at the Florida A&M University. After a 27-year Army career which includes two combat tours in Vietnam, he struggled with Post Traumatic Stress Disorder (PTSD). He found a treatment called Hyperbaric Oxygen Therapy (HBOT) that worked. Afterwards, Colonel Sanchez started serving his country again, this time as an impassioned activist and supporter of HBOT, credited with preventing many veteran suicides.



Washington Sanchez

Not being willing to sit still or fully retire, Col. Sanchez worked as the program director and treasurer of the first 3-day Homeless Veterans Stand Down in Tallahassee in 2013.

Veterans connected with each other and essential services in a safe environment. Besides offering free access to food, showers, medical and mental health services, it also brought instant judication for many veterans with outstanding legal issues.

Many honors came late in life for Col. Sanchez. He received the 2016 Florida Veteran Hall of Fame, 2020 ROTC National Hall of Fame, Patriot of the Year for his Chapter 758, Region and State. Col. Sanchez was the Florida Purple Heart selectee for a 4-day New York trip to the National Purple Heart Patriot Honor Mission which includes a visit to the National Purple Heart Hall of Honor, West Point and other historic sites.

Another way Col. Sanchez found to

help Veterans is by sharing his experiences in a documentary. "Not My Enemy" is planned to be completed this summer by the FSU School of Fine Arts' School of Dance.

Col. Sanchez is married to another passionate volunteer, Gloria Sanchez. She has become very active in the Military Order of the Purple Heart Auxiliary and served as the state, regional and national presidents. The Colonel has two children who have each given him two grandchildren all living in Washington D.C.

Veterans help each other and Col. Sanchez certainly lives that. Besides his work for his fellow veterans in need, one of his close friends nominated him for the Florida Veteran's Hall of Fame and he in turn has nominated friends. Col. Sanchez will certainly continue his passion to assist veterans in many ways.

- Patti Wallace, TSC Assistant Supervisor

## HEALTH & WELLNESS

### HEALTH SCREENINGS:

#### Podiatry Screening and Foot Care:

Thu., July 15, 9 a.m.-noon. Dr. Gary McCoy, Podiatrist cuts toenails, assesses and treats foot problems. Medicare, Medicaid, and secondary insurance, may cover costs for this. \$25 flat fee if not covered by insurance. Appointment required, email Sarah.Vernon@talgov.com or call 891-4000.

#### Skin health & Skin Cancer screenings:

Thu., Oct. 7, 10 a.m.-noon. Wayne Freilich, MD, and his dermatology staff are offering head-to-toe or skin spot screenings at TSC. Appointment required ruth.nickens@talgov.com or 850-891-4042. Offered by Dermatology Specialists.

### HEALTH EDUCATION

**Hurricane Preparedness:** Thu., July 22, 10:30 a.m. at TSC. Join the Neighborhood Affairs staff for tips and information about how to personally prepare yourself and your home for weather emergencies. Buckets will be distributed to “build your own emergency bucket.”

**Better Breathing with Asthma:** Wed., July 28, 10 a.m. on ZOOM. Asthma is a common and chronic disease that affects the airways in your lungs, and can be challenging to live. Learn how to manage it, stay active and enjoy doing the things you love. TMH's Chronic Lung Disease Navigator presents about the diagnosis, impact, and current treatments.

**Covid & Mental Health:** Getting “Back to Normal” Tue., Aug. 10, 10 a.m. at TSC and on Zoom. Following a year of social isolation, many folks find themselves tentative, anxious, or uncomfortable re-entering the social whirl. Even though it once felt natural, stepping back out may require some reassurance, strategy, and support. Presented Melanie Lachman, LCSW this interactive presentation will address the causes of post-pandemic social awkwardness and share some strategies for reclaiming your former charming social self. This is a hybrid event.

**Understanding Community Resources:** Wed., Aug. 18, 10 a.m. on ZOOM. A recent AARP survey revealed that seniors want more information about community resources! Learn what “resources” actually mean in this interactive webinar, what resources are available, how to easily access and

share resources, and how tapping into resources can improve your life! Presented by Nick Schrader, TSC Resource Coordinator.

**Staying Safe in Your Home: Environmental Safety:** Mon., Aug. 23, 10 a.m. on TSC Facebook. National Falls Awareness week is in September, so get a head start on staying upright and safe in your home. Information will be shared to help you continue to live in your own home. Falls prevention, scam awareness, and environmental safety are a few of the topics addressed. Presented by Sarah Vernon, Special Programs Assistant

**More than Skin Deep: Everything You Need to Know About the Body's Largest Organ:** Thu, Sep. 9, 12-1 p.m. at TSC and ZOOM. Board-Certified Dermatologist, Wayne Freilich, MD, will look deeply at the history, anatomy, function, disorders, and maintenance of the skin. This live, interactive presentation is guaranteed to create newfound appreciation of your own complex integumentary system. Offered by Dermatology Specialists.

Register for these classes at [tallahassee-seniorfoundation.org](http://tallahassee-seniorfoundation.org).

### FITNESS CLASSES

Virtual fitness classes can be viewed 3 ways!

- 1) WCOT TV - Mon, Wed, Fri and Sat @ 9 am (Channel 13 on Comcast)
- 2) On-Demand - [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)
- 3) On Facebook - Tallahassee Senior Center Facebook page @ 8 am (click any time of day)

### FITNESS RETURNS TO THE TALLAHASSEE SENIOR CENTER

See schedule on the Calendar on Page 16. Classes are approximately 1 hour. Requested donation is \$3 (50+), \$4 (others), unless otherwise indicated. Fitness cards can be purchased - \$25 for 10 classes (\$5 discount). For more information, email Ruth.Nickens@talgov.com or call (850) 891-4042

**LIFE EXERCISE**, Tue. & Thu. 9 am, workout consisting of aerobics, light weights, stretching, strengthening and balance exercises. Suitable for everyone and you can participate seated. Taught by Pomeroy Brinkley.

**BRAIN-BODY-BALANCE**, Mon. 1 pm, an active-aging, fall prevention program specifically created to train and reverse many types of aging. Taught by Merisha

Phillips

**MINDFUL MOVEMENT**, Tue. 11 am, a gentle, yoga-based, fitness class that focuses on increasing energy, reducing falls, and maintaining flexibility. Taught by Lori Roberts, certified NIA yoga instructor.

**FEELING FIT**, Thu., 1 pm, a part-seated, aerobic, balance, strength, flexibility class to increase energy, reduce falls, and maintain flexibility. Taught by Robin Perry Davis

### NEIGHBORHOOD FITNESS SITES

Each class \$3 (50+), \$4 others, \$5 yoga  
**Bradfordville Fitness**, Northeast Branch Library, Rm. 103: 5513 Thomasville Rd. Note: Class size limited, before attending your first class, call instructor Llona at 850-878-1685 or Ferdouse at 850-766-6001

Senior Fitness with Ferdouse: Tue. & Fri., 9:30 am

Senior Fitness (Beginner) with Llona: Tue. & Fri., 10:30 am

Senior Fitness (Advanced) with Llona: Tue. & Fri., 11:45 am

Beginning Yoga with Ferdouse: Mon. 2:30 & Wed., 4:15 pm

**Chaires-Capitola Dorothy C. Spence**

**Community Center:** 4768 Chaires Cross Rd.

Senior Fitness with Judy: Mon., Wed. & Fri., 8:30 am

Sit & Fit with Judy: Tue. & Thu., 9:30 am  
**Fort Braden Community Center:** 16387 Blountstown Hwy.

Senior Fitness with Wendy: Mon. & Wed., 10:30 am

**Lake Jackson Community Center:** 3840 N. Monroe., Ste. 301

Mindful Movement with Lori: Thu., 1-2 pm  
Beginning Yoga with Lori: Wed., 2:00 pm

**Miccosukee Community Center:** 13887 Moccasin Gap Rd. (\*Starts July 20)  
Senior Fitness with Judy: Tue. & Thu., 11:15 am

**Optimist Park:** 1355 Indianhead Dr.  
Brain-Body-Balance with Wendy or Ferdouse, Tue. & Thu., 9:00 am

**SouthWood Community Center:** 4675 Grove Park Dr.  
Brain-Body-Balance with Wendy: Tue., 10:45 am, \$5 donation

**Woodville Community Center:** 8000 Old Woodville Rd.  
Senior Fitness with Llona: Mon. & Wed., 9:30 am

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# Resources: Hurricane preparedness

Hurricane season is June 1 through Nov. 30. Depending on the situation, you may or may not decide to evacuate. It is important to have a plan both for sheltering in place and evacuating. In the event of even a minor storm, homes may be without power and water for days. If you rely on in-home services or suffer from health issues that may be affected by lack of power, staying in your home may not be realistic. Evacuation should be planned in advance, with emergency shelters as a last resort. Make sure friends, family and/or caregivers are aware of your plan.

**Prepare two emergency supply kits:** a shelter in place kit with two weeks of supplies, and an evacuation kit with three days of supplies. Be sure to include face coverings, hand sanitizer and anything you may need to protect against COVID should you evacuate to a shelter. For more info and to download the PREP (Plan for Readiness and Emergency Preparedness) visit [talgov.com](http://talgov.com).

**Essential supplies:** batteries, flashlight, non-perishable foods, water, medications, portable phone charger, first aid kit and important documents (insurance policies, advanced healthcare directives, legal documents, social security cards, birth and marriage certificates, passports, etc.) placed in a waterproof envelope. For more information on having a plan, building a disaster preparedness bucket, and preparing your home, review the Leon County Disaster Survival Guide found online at [leoncountyfl.gov](http://leoncountyfl.gov).

If you have a loved one in long-term care, talk to the facility about their participant care plan. If you or a loved one

have special needs, **Special Needs Shelters** are designed for persons who require more medical care than what can be provided at other shelters. To sign up for the Florida Special Needs Registry, call (850) 606-3700 or visit: [snr.flhealth-response.com](http://snr.flhealth-response.com)

If you are a pet owner, plan for your pet's needs too. Service animals will be accepted at any Red Cross shelter; which can be found at [redcross.org](http://redcross.org). Check Leon County and City of Tallahassee websites for updates on shelters that welcome pets. Talk to your vet about boarding options. Prepare essential pet supplies (food, water, medication, vaccination/shot records, etc.). For more on pet safety during emergencies, including a list of pet friendly hotels, visit [cdc.gov](http://cdc.gov).

## CITY AND COUNTY RESOURCES

**City of Tallahassee** – The city's customer service call center is staffed 24 hours a day during emergencies. [www.talgov.com](http://www.talgov.com) 850-891-4968

**@COTNews** on Twitter and Facebook for up-to-date information about response and recovery.

**DigiTally app** – The City's official app is free for download, and is the fastest, easiest way to report service issues, such as downed trees and electrical outages. The app sends reports directly to response teams.

**[www.leoncountyfl.gov/ei](http://www.leoncountyfl.gov/ei)** – This emergency information portal details the status of any verified emergency in the area.

**@LeonCounty** on Twitter and Facebook – Leon County emergency updates

will be posted to these accounts.

**Leon County Citizens Connect app** – Details emergency information verified by public safety agencies and emergency management personnel.

**@NWSTallahassee** on Twitter for the National Weather Service up to date information on weather events in Tallahassee.

## COMMUNITY RESOURCES

**Red Cross of North Florida** – If your home is in an evacuation zone, shelters may open; call for locations and special conditions. [redcross.org](http://redcross.org). 850-878-6080

**Advantage Aging Solutions** – The local aging and disability resource center (formerly the Area Agency on Aging for N. FL) [advantageaging.org](http://advantageaging.org) 850-488-0055

**211 Big Bend** – A gateway to community information, services and support in times of emergencies. Trained hotline counselors also provide emotional support, crisis assistance, information and referrals. [211bigbend.org](http://211bigbend.org) Dial 211 or 850-617-6333

**Salvation Army of Tallahassee** – Serves disaster survivors and relief workers with food, emotional support and other critical services. The Salvation Army's disaster team conducts wellness checks, provides spiritual care and assists in distributing food, water, clothing and clean-up kits. [salvationarmyflorida.org/Tallahassee](http://salvationarmyflorida.org/Tallahassee) 850-222-0304

**Kearney Center** – Provides 24-hour comprehensive emergency services to individuals experiencing or on-the-verge of experiencing homelessness-

## 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

[kearneycenter.org](http://kearneycenter.org) 850-792-9000

## STATEWIDE RESOURCES

**Florida Division of Emergency Management** – Plans for and responds to disasters and maintains the statewide special needs registry. [floridadisaster.org](http://floridadisaster.org) 850-815-4110

**Florida Department of Elder Affairs** – Provides disaster assistance to seniors during emergencies. [elderaffairs.org](http://elderaffairs.org) 800-963-5337

**Florida Department of Financial Services, Division of Consumer Services** – Offers a toll-free consumer helpline to assist insurance consumers with inquiries and filing complaints. [myfloridacfo.com/Division/Consumers](http://myfloridacfo.com/Division/Consumers) 877-693-5236

*NOTE: This information is not all-inclusive and does not imply endorsement of any agencies by Tallahassee Senior Services. For information, call 850-891-4000, email [nick.schrader@talgov.com](mailto:nick.schrader@talgov.com) or visit [Talgov.com/seniors/seniorservices.aspx](http://Talgov.com/seniors/seniorservices.aspx) and [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org)*

# Fan donations help keep seniors cool this summer

Elder Care Services

As temperatures rise, Elder Care Services continues to support kind and compassionate care for seniors in the Big Bend region. This summer, Elder Care will host an ongoing fan drive during the months of June, July, and August to keep seniors cool.

This annual initiative is dedicated to assisting those who may not have access to cool air in Tallahassee's hot summer weather. With the annual fan drive,

the organization strives to cut down on health and wellness risks that these seniors may otherwise face.

"Many seniors have a set income where they may not be able to afford a higher utility bill than usual. A box fan offers a low-cost solution for seniors to keep living comfortably," says Jocelyne M. Fliger, President and CEO of Elder Care Services.

As the lead advocate for senior care in the region, the nonprofit seeks to keep seniors cool and safe this season. Elder

Care aims to collect and distribute over 350 fans in Tallahassee. With the simple donation of a fan, a senior no longer has to choose between financial security and maintaining their health.

This initiative's continued success depends on the generosity and kindness of the community. Please join Elder Care Services in the fight to keep seniors cool by donating a box fan or contributing financially on their website or by a check mailed to the office.

Fans are accepted at Elder Care Ser-

vices' main office at 2518 W. Tennessee St. For any questions regarding the fan drive or local senior care, please contact Elder Care Services, Inc. at 850-921-5554.

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

# What hospices knew, learned from COVID

Big Bend Hospice

As the bell curve of the pandemic appears to be on the decline, many industry leaders and politicians have been asking, “What has COVID-19 taught us?” It’s an important question to ask but hospices, including Big Bend Hospice (BBH), have consistently focused on and developed standards on several things that rose to greater importance over the past year: Hand hygiene, social support through volunteers, advance care planning, and the role of essential workers.

Hand hygiene has always been a critical step in impeding the spread of infections. Since 1983, every new Big Bend Hospice employee and volunteer, under the direction of the Infection Control department, has been provided instructions on the proper way to wash their hands with soap and water and how to properly dry the hands to remove bacteria and other harmful substances which can cause cross-contamination or illnesses.

It has been interesting over the past



During 2020, Big Bend Hospice trained volunteers provided over 5,300 hours to patients and families.

year to see the use, or rather misuse, of people wearing gloves. It was common to see cashiers handling products and money, never changing their gloves between customers. It would have been more sanitary for them to simply use an

alcohol-based hand sanitizer between each transaction, another practice taught in the healthcare field when soap and water are not available.

As Julianne Holt-Lunstad wrote in a blog post on the “double pandemic” of

social isolation and Covid-19 for the Health Affairs website, “being socially connected in meaningful ways is actually key to human health and survival.” Hospice, especially community providers like BBH, has long recognized that illness shouldn’t condemn someone (including caregivers of the patient) to isolation. Volunteers are a vital component to the caring of the sick and aging, and help ward off feelings of loneliness.

Medicare and Medicaid knew the importance of having trained hospice volunteers when they set up the Conditions of Participation. They require 5% of all direct patient care be provided by a trained volunteer. During the peak of the pandemic, many hospice patients and Transitions clients continued to request volunteer assistance. Even when no in-person visits could be conducted, volunteers made telephone calls and wrote special notes to patients and their families. This was vital for people to stay connected when so many were feeling alone. During 2020, BBH Trained Volunteers provided over 5,300 hours to patients and families.

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# By the numbers at the 2021 Capital City Senior Games

**Nick Gandy**

The 2021 Capital City Senior Games hosted 325 athletes competing in 735 events in 12 sports over the course of 11 days, April 30-May 11! Athletes age 50 and above provided encouragement to one another to accomplish personal bests in their respective sports, and be presented with gold, silver, and bronze medals around their necks.

Back to the numbers.

**12 years of CCSG.** For many athletes, it's a starting point to advance to the 30th Annual Florida Senior Games, Dec. 4-12 in the Greater Fort Lauderdale area. From there, athletes may advance to the 18th National Senior Games, May 10-23, 2022, also in the Greater Fort Lauderdale area.

**21** — the number of free throws hit by Wayne Pye at the Basketball Shooting competition at the Sue McCollum Community Center. Pye won the 65-69 age group, connecting on one more free throw than Mitch Englert and William Allen and two more than Ronald Hall.

**11** — the number of strokes Gerry Rose, Anthony Hardiman and Charles Haworth shot under their combined age. Playing in the 80-84 age group, the trio has combined for 245 years of life. They shot a combined 234 strokes at Hilaman Golf Course. Rose, 80, shot a gold winning 76, Haworth, 84, took the silver with a 77 and Hardiman, 81, won the bronze



**Bill Bogan competes in golf at 2021 Capital City Senior Games which featured 12 sports.**



**Ebo Barefoot takes a shot at the Capital City Senior Games, held April 30-May 11.**

with an 81.

**52** — the number of Pickleball doubles teams playing at Tom Brown Park. A total of 27 men's and women's teams were on mixed doubles teams. Seven players won medals on both days. Congratulations to Joseph Aracri, Ebo Barefoot, Elizabeth Cairns, Ruel Cablatera, James Darst, Bessie Graham and Don Levitan on their Pickleball doubles prowess.

**20** — the number of laps to complete the 500 yard freestyle. It's such a grueling event, the swimmers have assistance in keeping up with the number of laps swam. When the swimmer reaches the side of the pool, opposite the starting blocks, an assistance drops a placard in the water showing the swimmer how many laps they've swam.

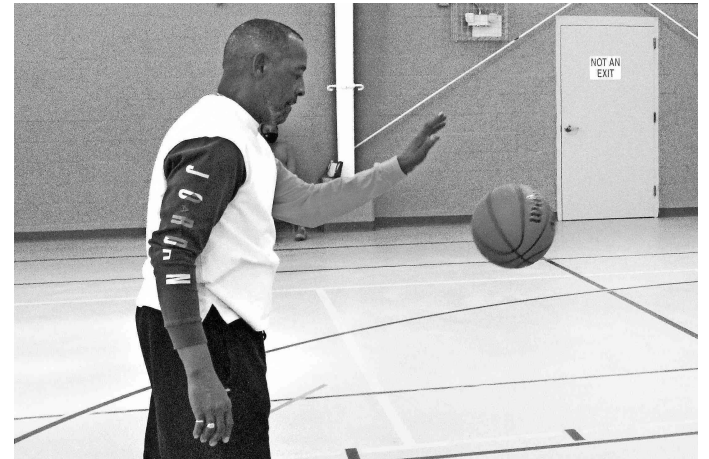
**25.84** — the time it took Andy Kroupa to swim two lengths of the Wade Wehunt

Pool at Myers Park and win the 50 Yard Freestyle Gold Medal in the 50-54 age group. That's just under 13 seconds, for each lap. Kroupa finished 1.7 seconds ahead of Barry Kays, who recorded a time of 27.54.

**12.27** — not only is Barry Kays fast in the pool, but he's fast on the track as well. Kays won the Men's 50-54 age group 100-meter dash gold medal with just over 12 seconds time at the Godby High School track. It was the fastest time of all runners. Kays also won the 200 meter dash gold medal with a time of 28.67.

**35** — the number of miles traveled by Deloris Chavis to win gold medals in the 5K Cycling Time Trials and Horseshoes. After completing the 5K course in the Apalachicola National Forest, with a

**See GAMES, Page 15**



**Wayne Pye dribbles during the Capital City Senior Games, April 30-May 11.**



**A discus throw at the 2021 Capital City Senior Games, which featured 325 athletes competing in 735 events in 12 sports**



**Cindy Mead, David Maus, Carl Maus and Charles Haworth at the 2021 Capital City Senior Games.**



**Michelle Bono and Vicki Tauxe compete in pickleball at the 2021 Capital City Senior Games.**

# A fond farewell to artist Rosemary Ferguson

A fond farewell to Rosemary Ferguson  
Thank you Rosemary Ferguson for sharing your love and knowledge of watercolor painting with TSC artists.

Rosemary will be missed by her students and will surely continue to create and inspire in her new adventures.

"Rosemary Ferguson is the most talented watercolor artist I have had the pleasure to know and study under. When she puts the brush to the paper, a masterpiece emerges! Her knowledge of the medium shows in her paintings and in the classroom. I have had the privilege of studying under her for the last 8 years and I have learned so much. She is very encouraging and leads you in the right direction. You can always count on learning techniques whether it be smooth washes, dry brush, creating and developing a pour, blending to get rid of hard edges and developing harmonious colors. I cannot say enough good things about Rosemary. She is so talented and a wonderful teacher. I am going to miss her class at the Senior Center." -Karol D Selvaggio

"Rosemary is a wonderful teacher. I am sad to see her leave the center. Rosemary was always dedicated and is such a talented artist. She took the time to offer workshops that would help us grow in our painting skills. She always had something positive to say about everyone's paintings and encouraged all of us to attend workshops offered by professional artists. Plain and simple, I will miss her. She is a true gem to all of us that had the opportunity to study with her." -Jenny Swearingen

## TALLAHASSEE SENIOR CENTER FOR THE ARTS

Email [Jennifer.Haskins@talgov.com](mailto:Jennifer.Haskins@talgov.com) or call 850-891-4016 for class information

## ON-GOING CLASSES, IN-PERSON AT THE TALLAHASSEE SENIOR CENTER

\$10 a class unless stated otherwise

**Portrait Studio Lab**, Mondays 9-12, \$5; Draw or paint from live model, bring your own art supplies, no instructor.

**Pastels with Wendy Devarieux**, Tuesdays 9-12; Some drawing or painting experience preferred. Ask for a supply list and/or visit the class before deciding to join.

**Ceramics**, Wednesdays 9-12; \$2 lab fee, plus cost of materials and firing fee. Mold-made bisque items to paint or glaze. Lead by helpful volunteers.



**Palms Up** by Rosemary Ferguson, who is moving away after many years working with students at TSC.

**Acrylic Painting with Debbie Gaedtke**, Wednesdays 9-12; Learn and develop basic skills and techniques with a versatile acrylic medium in a friendly, supportive class. For beginners, as well as continuing artists.

**Oil and Acrylics with Debbie Gaedtke**, Wednesdays 1-4; Explore your creative side among a friendly, supportive group of painters. Work at your own pace on your own projects with feedback and participate in critiques. This class is NOT for beginners.

**Intermediate Watercolor Painting with Linda Pelc**, Thursdays 9-12

**Advanced Watercolor Painting with Linda Pelc**, Thursdays 1-4

**Oil Painting with Eluster Richardson** (Advanced), Fridays 9-12

## ZOOM INTO ART WITH THE TSC

**Hands-On Art History with Mark Fletcher**, Mondays, 12:30-3:30; 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,

See ART, Page 15

## Creativity in Oils and Acrylics Art Reception

Fri., July 23, 5:30-7:30 p.m., TSC Auditorium

Join us as we celebrate the return of Senior Center Art Receptions! Meet the artists and hear them speak about their artwork. Vote for People's Choice – winners announced at the reception. Refreshments will be served.

## Save the Date

Join us Tue., Aug. 31, 5:30-7:30 p.m., at the TSC Auditorium

**As Sheila reaches Mile Marker 25 years at TSC**

Donations for this special milestone will be invested in the TSC endowment fund at the Community Foundation of North Florida to help pave the way for next leg of the journey. Go to [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) to make your contribution. Checks may be mailed to TSC.



**Mile Marker 25:** A 25th year celebration for Tallahassee Senior Center director Sheila Salyer is planned for Tuesday, Aug. 31, 5:30-7:30 p.m., at the TSC Auditorium.



TSC staff had the privilege of honoring Devon Vasquez, Volunteer Receptionist and Technology Assistant, with a star on our Galaxy Star Wall in her memory. Devon's young life was cut short earlier this year. With a heart for seniors, Devon focused on helping them learn to navigate technology to keep them connected to loved ones, especially during COVID. We felt honored that Devon's Mom, LeAnna Leyva, chose to honor her life and the special place that TSC held for her, with a Star on the TSC wall. For those of you that knew Devon, we invite you to come by to see this beautiful tribute. Devon is still shining at our Tallahassee Senior Center. If you would like to honor a special person or hang a star in memory of a loved one, email [Lisa.DollarCovert@talgov.com](mailto:Lisa.DollarCovert@talgov.com) or call 850-891-4003.

# Your support makes programs happen

Your Membership and donations help provide programs for active adults, such as Fitness, Art, Lifelong Learning and Wellness classes – keeping seniors mentally and physically healthy – with activities, resources, and ideas for staying engaged. Join the Tallahassee Senior Foundation today! Mail your annual membership contribution to the Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee FL 32303 or visit [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) for more information.

**Membership:** Senior Citizen (Age 50+) \$30; Senior Couple \$50

**Key Holders:** Friend \$120; Bronze \$240; Silver \$540; Gold \$1,020; Ruby \$1,500; Platinum \$2,520; Diamond \$5,040

Thank you for being a key to active aging!

**Platinum Keyholder:** Emily Millett  
**Ruby Keyholders:** James & Elaine McConaughay

**Gold Keyholders:** Mike & Cheri Mad-



sen

**Silver Keyholders:** Stephen Mayberry

**Bronze Keyholders:** Ken & Carol Allman; Doug & Melanie Carlson; Joe & Maureen Haberfeld; Jerry & Rauha Jessup; Nancy Lickson; Mike & Lori Swanson; Angel & Dee Trejo

**Friend Keyholders:** Carol Allen; Robert & Sara Brunger; Angela Campbell; Kay Cleary; Beverly Frick; Terry Galloway; Gerry Hammond; Jean Itzin; Mary Lee Kelly; Devoe & Shirley McEwan Moore; Mildred Moran; Gita Pitter; Elizabeth Pollock; Ann Schelbe; Charles & June Townsend; Ruth Weaver; Robert & Karin Werner

**See SUPPORT, Page 15**





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ALF# 9730 \*Limited time only. Some restrictions may apply.

# Southside wellness programs resume

**Wendy Barber**  
Southside Outreach Coordinator

Southside Outreach begins transitioning to face-to-face meetings and will soon be at “our new normal.” Things won’t be exactly how they were before; hopefully they will be even better!

Monthly Wellness Circles at Jack McLean and Jake Gaither will resume. Our Healthy for Life Series will also meet at Jack McLean or Jake Gaither. These are 8 classes that meet weekly,

one series in the fall, the second in the winter and the final one in the spring. We will resume our health fairs, with the Annual Health Fair in September. Stay tuned for more information about these events and the exciting things we are doing on the Southside.

Nick Schrader, TSC Resource Coordinator, will guide you through accessing resource cards that provide an array of information you probably didn’t know you didn’t know.

He will share resources specifically

on two timely topics, depression and loneliness. This is a Zoom workshop taking place on Aug. 12, 11 am – noon.

Indoor Brain Body Balance (BBB) classes are now happening at Optimist Park in Indian Head Acres on Tuesdays and Thursdays from 9 – 10 am.

Space is limited so pre-registration is required.

Suggested donation is \$3/class. Fitness Cards are available for \$25 for 10 classes, a savings of \$5.

Join us for “Fruit and Vegetable BIN-

GO” classes. You will learn how different nutrients and vitamins work to help you maintain your health and vitality; then have a ball playing bingo.

These events will take place at Jack McLean on Tues, Aug. 10 and Jake Gaither on Wed., Aug. 18 both from 11 am – noon. Suggested donation is \$2 per class. Space is limited so pre-registration is required for these events as well.

For more information or to enroll in these classes, contact Wendy.Barber@talgov.com or call 850-891-4052.



Kelley El-Urfali competes during the Capital City Senior Games held in April 30-May 11, 2021.

## Games

Continued from Page 12

time of just over 29 minutes to win the Women’s 75-79 gold medal, she strapped her bike on the rack attached to the back

of her car and made her way to Forest Meadows Racquet Club to win a horse-shoes gold medal. Chavis also won track and field gold medals in the javelin and discus throw. Start planning now for your 2022 Capital City Senior Games experience in March.

It’s all about the numbers.

## Support

Continued from Page 14

**New and Renewing Members:** Due to limited space in this issue of Active Living magazine, your memberships are listed on our TallahasseeSeniorFounda-

tion.org website. We are extremely grateful by your continued support.

### HONORARIUM DONATIONS

In honor of Lori Swanson

By: Nina Davis; Nick Schrader

In honor of the Art Program

By: Sara Crayton; Jean Itzin; Thomas Mitas

In honor of Ukulele & Fitness Classes

## Art

Continued from Page 13

1:30-4:30; Pen & Ink with a little water-color. At least one prior art class highly recommended. This is an on-going class and can be joined at any time.

### TSC ART GALLERIES

Pantone Color of the Year paintings by Tallahassee Senior Center artists currently displayed in the TSC Dining Room and on our website [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) (click on Art). Vote for your favorites! Art Pot-pourri People’s Choice Winners:

**Favorite Sculpture:** Sally Crayton, Udu Drum and Tom Mitas, Dolphin

**Favorite Black and White:** Charles Townsend, Trinity Community Church

**Favorite Portrait:** Laurie Cunningham, Connection

**Favorite Use of Color:** Cathy Neel, Summer Meltdown

**Overall Favorite:** Leslie Cohen, Coil Basket

TCC Fine Art Gallery Students and Instructors Exhibit Winners:

By: Laura Ruane

In honor of Ukulele Classes

By: Ann Megargee

In honor of Lifelong Learning

By: Jean Itzin

In honor of the support the Senior Center provides

By: Joan Nolte

In honor of Ageless Grace & my

mother, Ruth Harders

By: Kathy Woods

### MEMORIAL DONATIONS

In memory of my mother, Nancy Lee Miller

By: Willie Veta Bivens

In memory of Ed Harvey

By: Steven & Nancy Boettcher; Doug & Pam White

**TALLAHASSEE SENIOR SERVICES  
CALENDAR OF WEEKLY PROGRAMS  
JULY 12 – AUGUST 7, 2021**



1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:00 Brain Body Balance FB (RN)</b> 8:30 <i>Fitness at Chaires</i> 9:00 Quilting Bees 9:00 Portrait Studio 9:30 <i>Fitness at Woodville</i> 10:00 SHINE <b>10:30 Adv. French ZM (KC)</b> 10:30 <i>Fitness at Fort Braden</i> 11:00 Senior Counseling (by appointment) <b>12:30 Hands-On Art History PRR ZM (JH)</b> 1:00 Brain-Body-Balance 1:00 TDBC Bridge 2:30 <i>Beg. Yoga NE Library</i> 3:00 Friends Connection 6:00 Twirlers Square Dance 6:00 Capital City Carvers	<b>8:00 Mindful Movement FB (RN)</b> 9:00 Life Exercise 9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 9:00 Pastels 9:30 <i>Fitness NE Library</i> 9:30 <i>Sit &amp; Fit at Chaires</i> 10:00 Seniors vs. Crime 10:30 <i>Fitness Beg. NE Library</i> 10:45 <i>Brain Body Balance at Southwood PRR (WB)</i> 11:00 Mindful Movement 11:15 <i>Fitness at Miccosukee (July 20)</i> 11:45 <i>Fitness Adv. NE Library</i> 1:00 TDBC Bridge 1:00 <i>Canasta at Lake Jackson</i> 2:30 Ping-Pong 4:00 Guitar	<b>8:00 Gentle Yoga FB (RN)</b> 8:30 <i>Fitness at Chaires</i> 9:00 Ceramics 9:00 Nimble Fingers 9:00 Acrylic Painting 9:30 <i>Fitness at Woodville</i> 10:00 Seniors vs. Crime 10:30 <i>Fitness at Fort Braden</i> 11:30 Pickleball 1:00 Oil & Acrylics <b>1:30 Draw with Your Eyes, Paint with Your Heart ZM (JH)</b> 2:00 Pickleball Lesson 2:00 <i>Beg. Yoga at Lake Jackson</i> 4:15 <i>Beg. Yoga NE Library</i>	<b>8:00 Stretch &amp; Flex FB (RN)</b> 9:00 Ceramics 9:00 Watercolor 9:00 Life Exercise 9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 9:30 <i>Sit &amp; Fit at Chaires</i> 11:00 Senior Counseling (by appointment) 11:15 <i>Fitness at Miccosukee (July 20)</i> 1:00 TDBC Bridge 1:00 Friends Connection 1:00 Feeling Fit 1:00 Watercolor 1:00 French Study Group 1:00 <i>Mindful Movement at Lake Jackson</i> 2:30 Ping-Pong 6:00 Capital Chordsmen	<b>8:00 Seated Yoga FB (RN)</b> 8:30 <i>Fitness at Chaires</i> <b>9:00 English 2nd Language ZM (KC)</b> 9:00 Oil Painting Adv. 9:30 <i>Fitness NE Library</i> 9:45 Take Off Pounds Sensibly (June-Aug) 10:30 <i>Senior Fitness Beg. NE Library</i> 11:30 Pickleball 11:45 <i>Fitness Adv. NE Library</i> 1:00 Model Building 5:30 Ballroom & Swing 7:00 Al-Anon Newcomers

**Monthly, Bi-monthly & Special Events and Programs  
TALLAHASSEE SENIOR SERVICES  
Please reference LEGEND noted below  
JULY 12 – AUGUST 7, 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JULY 12</b> 11a Ice Cream Social PRR 11a Art Council 1p Poetry Group 1p Ice Cream Social PRR	<b>JULY 13</b> 1p Friends Connection ZM (ML) 6p Stamp and Cover Club	<b>JULY 14</b> 1p Friends Connection LNC	<b>JULY 15</b> 9a Podiatry PRR	<b>JULY 16</b>	<b>JULY 17</b> 6:30p USA Dance: Watermelon Crawl
<b>JULY 19</b> 7p GAP Circle of Parents ZM (KB)	<b>JULY 20</b>	<b>JULY 21</b> 8:30a Capital Coalition on Aging ZM (KC) 1p LCSO Advisory Council	<b>JULY 22</b> 10:30 REACH- Hurricane Preparedness 1:30p LLL-Patagonia PRR H (MH)	<b>JULY 23</b> 5:30p Art Reception	<b>JULY 24</b> CENTER CLOSED
<b>JULY 26</b> 1p Poetry Group	<b>JULY 27</b> 1p Friends Connection ZM (ML)	<b>JULY 28</b> 10a Better Breathing with Asthma ZM (RN) 1p Friends Connection LNC	<b>JULY 29</b>	<b>JULY 30</b>	<b>JULY 31</b> CENTER CLOSED
<b>AUG 2</b> 10a Mindfulness FB (RN) 7p GAP Circle of Parents ZM (KB)	<b>AUG 3</b> 12:30p Friends Connection at Miccosukee 1p GaP Advisory Council ZM (KB)	<b>AUG 4</b>	<b>AUG 5</b> 10:30a Miccosukee Lunch & Learn	<b>AUG 6</b>	<b>AUG 7</b> CENTER CLOSED

We are now offering **in-person** and **virtual classes**; some which require **pre-registration**. Please note the following **LEGEND**:

- **VIRTUAL LOCATIONS:**      **FB** = Facebook                      **ZM** = Zoom
- **HYBRID Classes (virtual + in-person):**      **H** = Hybrid
- **REGISTRATION INFORMATION:**
  - o **PRR** = Pre-registration Required
  - o **ROL** = Register Online at [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) unless otherwise noted
  - o **( )** = Contact staff to pre-register and/or for Zoom link as follows:
    - **(KB)** [Karen.Boebinger@talgov.com](mailto:Karen.Boebinger@talgov.com); **(KC)** [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com);
    - **(JH)** [Jennifer.Haskins@talgov.com](mailto:Jennifer.Haskins@talgov.com); **(MH)** [Maureen.Haberfeld@talgov.com](mailto:Maureen.Haberfeld@talgov.com);
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    - **(WB)** [Wendy.Barber@talgov.com](mailto:Wendy.Barber@talgov.com)