

Tallahassee Democrat ■ SUNDAY, JANUARY 8, 2023

# Active LIVING

*The magazine for Tallahassee's active adults*



## A toast to new adventures in the New Year



# Learning for the love of it

**Maureen Haberfeld**  
Lifelong Learning Coordinator

A variety of interesting classes are offered for adults who enjoy the fun and excitement of learning new things. Discover something new, plan your next trip, or an amazing meal.

The TSC offers classes in diverse areas such as history, science, nature, music, current events and places of interest in the Big Bend region. For more info or to register, go to [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) or contact Maureen.Haberfeld@talgov.com 850-891-4033

## Library of Congress 3-part series

Thurs., Jan. 19, 26, and Feb. 2, 1:30 – 3:30 p.m. TSC Activity Room

In 1800, the Congressional Library was established and began with 540 volumes and three maps. Today the Library has more than 170 million items. The scope of the library is amazing, but the Jefferson Building with mosaics on the floors, walls, and ceilings is beautiful. Many artists from the 1893 World's Columbian Exposition in Chicago were selected to decorate the building with murals and statuary. This course will cover the history and purpose of the library. We will take a virtual tour of the Jefferson Building. Finally, we will dive deeper into some of the exhibits. Instructor is Nell Stranburg, a former docent at the Jefferson Building. Hybrid class at TSC and on Zoom. Fee \$5 per session.

## Artists of the Renaissance 2-Part Series

Mon. Jan. 23 & 30, 10–11:30 a.m. NE Library

Renaissance art is marked by a gradual shift from the abstract forms of the medieval period to the representational forms of the 15th century. Characteristics of renaissance painting styles include linear perspective, realism, and nature. Join artist and art historian Libby Watson for a 2-session series covering Renaissance painters and their works. Learn the history of drawing and painting and how it developed. Artists covered will include Titian, van Eyck, van Leyden, Rembrandt, Goya, Vermeer, and da Vinci, and more. Live class



**Lifelong Learning will explore the Aucilla River and Sinks on Feb. 1.**

at NE Library. Fee \$5 per session.

## Spring House Tour

Tue. Jan. 24 or Wed., Feb. 22, 1:30–3 p.m.

Two opportunities to attend this popular tour! While attending the 1950 World Federalist Conference at Florida Southern College in Lakeland, FL, George and Clifton Lewis of Tallahassee asked Frank Lloyd Wright to design a home for them, saying they "have a lot of children and not much money." He agreed and the couple located a beautiful five-acre parcel in Leon County on the outskirts of Tallahassee, with a natural spring that flowed from the property to Lake Jackson. Mr. Wright completed the plans in 1952, of an unconventional pod-shaped house described as a passive solar "hemicycle." The house was built in just nine months in 1954. Take a guided tour this unique structure which is the only Frank Lloyd Wright designed home in Florida. Most of the

fee for this one-of-a-kind tour goes to the restoration of this local treasure. Meet at Spring House. Fee \$37 Limited Space Available.

## Aucilla River and Sinks Hike

Wed. Feb. 1, 9 a.m.–2 p.m.

Hike a unique section of the Florida Trail and learn about the interesting geology, flora, and fauna of the Aucilla River area. Emerging from the swamps near the Georgia / Florida border, the Aucilla River flows southwestward and appears and disappears in a series of "rises" and "sinks." In this area, Florida's ancient history is beneath your feet. View the conduit system in the limestone that was sculpted by groundwater over millions of years. Be sure to wear long pants, comfortable hiking shoes and bring water and insect repellent. Fee \$18 includes transportation from TSC and picnic lunch. Meet 9:00 am at TSC.

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

## ON THE COVER

Sponsor Emily Millett, and Taylor Phillips of Westminster Oaks, raise a toast at Deck the Halls

The scenic Wacissa River provides a beautiful backdrop for Lifelong Learning participants to learn basic paddling techniques and how to maneuver the kayak.

Mary Knight and Ken Bracy enjoy the Grandparents as Parents Holiday Party.

## Calendar of Activities

**Please view Senior Center calendar of activities at**  
**[TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org)**



# Save the date for Silver Stars

Silver Stars, set for Thursday, May 18, is the region's premiere event recognizing individuals who remain active after turning age 60. These individuals inspire their peers and future generations to keep going, keep working, keep serving. Their lifestyles make a positive impact on others' lives and the life of their community.

Presented by Capital Health Plan, City of Tallahassee and the Tallahassee Senior Foundation. For sponsorship opportunities contact Jennifer Naff, Partnership Engagement Specialist 850-891-4048 Jennifer.Naff@talgov.com

Now accepting Silver Stars nominations! Eight Silver Stars are selected who are examples of positive aging or community service since turning age 60. Silver Stars come from all backgrounds—teachers, nurses, church or community leaders, doctors, scientists, military veterans, parents or grandparents. The one thing Silver Stars have in common is their approach to optimal aging and maintaining an active lifestyle.

Nominees must be a resident of Leon, Franklin, Gadsden, Jefferson, Liberty, Madison, Taylor or Wakulla county. Deadline for submission February 10, 2023. For a nomination form, visit TallahasseeSeniorFoundation.org/silver-stars or request one by emailing Sarah.Vernon@talgov.com or call 850-891-4001.

## UPCOMING EVENTS

### Senior Technology - Basic Functions of Your Smartphone Class

Tue. Jan. 10, 10-11 a.m. TSC Dining Room

Instructor will offer step by step guidance, helping you become more confident using your smartphone. Bring your device and questions. \$5 donation

### Technology Help Available

TSC volunteers are available to assist with technology questions—bring your device and your questions.

1st Tuesday of each month, 12-1 p.m.

2nd and 4th Fridays, 3:30-4:30 p.m.

Call 850-891-4008 for more info.

### Dreaming about new travel destinations?

Come travel with us! Many of us are looking forward to traveling and dreaming about new destinations. You may want traveling companions - and someone else to handle the details of traveling.

Mark your calendar to learn about opportunities! Tue. Jan. 24, 10:30 am to hear more about these exciting upcoming trips and more!

- Canadian Rockies & Glacier National Park – July 2023
- Christmas on the Danube – Featuring a 6-Night Danube River Cruise – December 2023
- Shades of Ireland – March 2024



**Silver Stars, set for Thursday, May 18, is the region's premiere event recognizing individuals who remain active after turning age 60.**

Tours are open to all travelers. For additional info, [www.talgov.com/seniors/seniors-tours](http://www.talgov.com/seniors/seniors-tours) or contact Kristy.Carter@talgov.com or call 850-891-4008

### New! Caregiver Support Group Organizational meeting

Thu., Jan. 19, 11 a.m.

"There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver." - Former First Lady Mrs. Rosalynn Carter.

Caregiving is hard, even on the good days. It requires dedication, determination, and time, and if you provide support such as errands and grocery shopping, wound care and prescription management, or cooking, cleaning, and personal care at home – then you are a caregiver! And you probably would benefit from some support. Consider joining the new group at the Tallahassee Senior Center, so you can share your knowledge and experience, find resources and friends who understand. This informational session will help us explore the needs of our community. Express your interest to Judy Shipman at 850-891-4047.

### SPANISH LANGUAGE 101

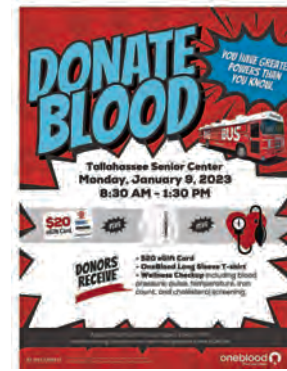
Tuesdays, Jan. 24-March 14, 1:30-2:30p 8-week class

Learn basic fundamentals in this series of Spanish classes for beginners. Limited spots available. A book purchase will also be required. Pre-register and pay \$24 for the series with Kristy.Carter@talgov.com or 850-891-4008.

### Elder Law Event

March 8 at the Tallahassee Senior Center

The Claude Pepper Elder Law Clinic is a holistic, interdisciplinary clinic focused on boosting the wellbeing and resilience of low-income older adults through legal advocacy and community education.



Law students enrolled in the clinic will present on numerous elder law-related topics, including: the importance of advanced directives and end-of-life planning, surrogate decision-making for health care issues, avoiding financial exploitation, accessing social services and navigating Medicare and

Medicaid, protecting yourself and others from abuse, and much more.

Trained students will present on various topics and then be available for legal questions. If the Elder Law Clinic cannot assist you with your specific legal issue, we will point you in the direction of other resources. The Elder Law Clinic can directly assist low-income seniors over the age of 60 with drafting powers of attorney, health care surrogate designations, and living wills. These services are free of charge. Please contact the Elder Law Clinic at PILC@law.fsu.edu or 850.644.9928 for more information and to sign up for services if you are eligible.



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Claudette Wideman from the Tallahassee African American Genealogy Society shares with participants at the Miccosukee Lunch & Learn.



The Grandparents as Parents families receive handmade Christmas ornaments donated by the Canopy Oaks Embroidery Guild of Tallahassee.

### LEON COUNTY SENIOR OUTREACH

**Lunch & Learns Return in February!**  
 Leon County Senior Outreach's monthly Lunch & Learns will be back in February 2023! Offering lively and engaging programs for adults 50+ in the Leon County communities of Bradfordville, Chaires, Fort Braden, Lake Jackson, Miccosukee, and Woodville. These social events feature a guest speaker, several exhibitors, fellowship, door prizes and lunch. If you would like to join us as a first-timer, your lunch is free! If you have attended before, invite a friend and you both eat for free! All Lunch & Learn events are held from 10:30 am to 12:30 pm. Reservations required, \$7 suggested donation. Please call Lisa Baggett, Outreach Coordinator at 850-891-4065 to register. Visit [www.tallahassee-seniorfoundation.org/outreach](http://www.tallahassee-seniorfoundation.org/outreach)

**Lunch & Learn February dates:**  
 Miccosukee, Feb. 2  
 Bradfordville, Feb. 8  
 Woodville, Feb. 9  
 Lake Jackson, Feb. 16  
 Fort Braden, Feb. 21  
 Chaires, Feb. 28

### SOUTHSIDE SENIOR SERVICES & PROGRAMS

For more information or to enroll in these classes, contact Wendy.Barber@talgov.com or call 850-891-4052  
**Monthly Wellness Circles:**  
 Genealogist, Claudette Wideman will help participants trace their ancestry. This activity is perfect for our celebration of Black History month. There are no

### GRANDPARENTS AS PARENTS

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

Wed. Jan. 25, 12–1:30 p.m.  
 Wed. Feb. 22, 12–1:30 p.m.

Leon County Public Library, 200 W. Park Ave., Program Room A

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

#### GaP EVENING SUPPORT GROUP Meeting virtually via Zoom

Mon. Jan. 2, 16 & 30, 7-8 p.m.  
 Mon. Feb. 13 & 27, 7-8 p.m.

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

Call 850-891-4027 or email [Karen.boebinger@talgov.com](mailto:Karen.boebinger@talgov.com) for more information or to RSVP for any events above!



Amy P. Mullins, MS, RDN, University of Florida IFAS Extension leads a cooking demonstration of healthy holiday side dishes.

**Wellness Circles in January.**  
 Tue. Feb. 14 (Second Tuesdays) at Jack McLean, 700 Paul Russell Road  
 Wed. Feb. 15 (Third Wednesdays) at Jake Gaither, 801 Wahnish Way  
 Meetings are from 11 am-Noon. Light refreshments and incentives are provided. There is a \$2 suggested donation for each event.

**Healthy for Life winter series at Jack McLean**  
 Class times are 11 a.m.-1 p.m. A light lunch will be provided. There is a \$2 suggested donation for each class.

Thursdays, Feb. 9, 16, 23 and March 2 & 9. Katharine Williams with Big Bend AHEC (American Health Education Center) is a trained Matter of Balance (MOB) coach. MOB is an eight-week, evidence-based fall prevention program designed to reduce the fear of falling and increase physical activity levels of older adults. Katherine will take the participants through a variety of activities that will address this concern.

**Brain Body Balance classes** are on Tuesdays and Thursdays 9–10 a.m. at Optimist Park in Indian Head Acres. This class will help you improve agility, balance, coordination, flexibility and strength. Space is limited. Pre-registration is required. Suggested donation: \$3/class. Discount Fitness Cards are available purchase.

# 2023 is your year to make art

## Heath McRae

Art Program Coordinator

For TSC Art Program info and registration, visit [www.TallahasseeSenior-Foundation.org](http://www.TallahasseeSenior-Foundation.org), click on Art, or contact [heathhilary.mcrae@talgov.com](mailto:heathhilary.mcrae@talgov.com). If you need registration assistance, email [sarah.vernon@talgov.com](mailto:sarah.vernon@talgov.com) or call 850-891-4000.

### Upcoming Art Workshops

Workshops require pre-registration and pre-payment. Classes at the Tallahassee Senior Center, unless otherwise noted. We welcome adults under age 50, please visit website or call for pricing.

#### **DRAWING 102 - Libby Watson**

Mondays, Jan 23 – Feb 27, 1 – 4 p.m. (6 weeks)

Learn about composition and drawing what you see, with focus on negative space, geometric and organic form. Prerequisite: Drawing 101. \$60 (age 50+)

#### **WATERCOLOR 100 - Gail Bauman**

Tuesdays, Jan 10 – Mar 14, 1 – 3:30 p.m. (10 weeks)

Beginners learn and develop basic techniques. \$100 (age 50+)

#### **WATERCOLOR 102 - Debra Lachter**

Tuesdays, Jan 24 – Feb 28, 9 – 11:30 a.m. (6 weeks)

Beginners to Intermediate dive deeper into color, technique, and composition. \$60 (age 50+)

#### **WATERCOLOR 103 - Diane Ogorzaly**

Fridays, Jan 27 – Mar 3, 1 – 3:30 p.m. (6 weeks)

Continuing beginners to intermediates further develop watercolor skills. \$60 (age 50+)

#### **LIFE STORIES 1, ALL SKILL LEVELS - Mariann Kearsley**

Thursdays, Jan 12 – Mar 2, 10 a.m. – noon (8 weeks) via ZOOM

Artistically tell your life story with mixed media using life experience, memories, and exploration of emotions to develop ideas for creating artwork with personal meaning. \$96 (age 50+)

#### **ENGAGE WITH YOUR PAGE - Mary Liz Tippin-Moody**

Tuesdays, Jan 17 – Feb 21, 1 – 3:30 p.m. (6 weeks)

Beginners and continuing students create images with a variety of media and processes. \$60 (age 50+)

#### **INTRO TO ZENTANGLE® - Starr Payne**

Wednesdays, Jan 18 – Feb 8, 1:30 – 4:30 p.m. (4 weeks)



**Lucy Lee painting her clay creations in The Clay: Pinch, Coil, Slab workshop.**

Introductory workshop explores easy-to-learn Zentangle® method, creating beautiful, structured patterns inspired by your surroundings. \$40 (age 50+)

#### **ZENTANGLE® IN THE ROUND - Starr Payne**

Wednesdays, Feb 22 – Mar 15, 1:30 – 4:30 p.m. (4 weeks)

Explore circular structure of mandalas using a round “Zendala” tile to create beautiful patterns with ink strokes and graphite shading. \$40 (age 50+)

#### **WEAVING: BY LAND OR BY SEA - Leslie Cohen**

Thursdays, Jan 26 – Feb 16, 1 – 4 p.m. (4 weeks)

Gather colorful and textured yarns, to create a landscape or seascape on a cardboard loom which you’ll construct in the first class. \$40 (age 50+)

#### **CLAY CREATIONS - Mark Fletcher**

Mondays, Jan 30 – Mar 6, 9 a.m. – noon (6 weeks)

Sculpt functional and decorative objects. Experienced volunteers and teachers help take your clay art to the next level. All skill levels. \$60 (age 50+)

#### **CLAY: PINCH, COIL, SLAB - Barbara Balzer**

Thursdays, Feb 23 – Mar 30, 1 – 4 p.m. (6 weeks)

In this beginner’s class, learn the three ancient skills that will allow you to build anything with clay, from bowls to birdhouses. \$60 (age 50+)

#### **SUMI-E - Mark Fletcher**

Mondays, Jan 30 – Mar 6, 12:30 – 3:30 p.m. (6 weeks)

Learn basic Asian Ink Painting strokes the traditional way then expand into

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# Resources: Memory care

While there are no guarantees when it comes to preventing memory loss or dementia, certain activities might help delay or prevent the onset:

**Get plenty of physical activity** – Exercise increases blood flow to your whole body, including your brain. This may help keep your memory sharp.

**Stay mentally active** – Do crossword puzzles, play cards or other games, volunteer with a local organization, or participate in lifelong learning classes.

**Socialize regularly** – Social interaction helps ward off depression and stress, both of which can contribute to memory loss.

**Keep yourself organized** – Try to limit distractions and multi-tasking. If you focus on the information that you’re trying to retain, you’re more likely to recall it later.

**Get enough sleep** – Sleep plays an important role in helping you consolidate your memories, so you can recall them down the road.

**Choose a healthy diet** – Healthy foods are as good for your brain as they are for your heart. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, beans and skinless poultry. Limit alcohol and drug use.

**Manage chronic conditions** – The better you take care of yourself, the better your memory is likely to be. In addition, review your medications with your doctor regularly. Various medications can affect memory. If you’re worried about memory loss, especially if memory loss affects your ability to complete your usual daily activities, or if you notice your memory getting worse, talk to your doctor. He or she will likely do a physical exam, as well as check your memory and problem-solving skills.

### **LOCAL MEMORY CARE RESOURCES**

**TMH Memory Disorder Clinic** provides diagnostics and services to assist those experiencing memory loss and their caregivers. Referrals may be made on an individual basis or through physicians or family members. [tmh.org/services/neuroscience/memory-disorders](http://tmh.org/services/neuroscience/memory-disorders); 850-431-1155.

**Alzheimer’s Project** works to support caregivers as they care for their loved one, and to provide a comfortable, dignified existence for people living

### **HELPLINES and HOTLINES**

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

**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

### **UPSLIDE**

You are invited! If you would like to meet people and make new friends, then UPSLIDE is for you! UPSLIDE is an award-winning program that addresses loneliness, isolation & depression in older adults -- and its Friends Connection chat groups are a great way to connect with others, engage in meaningful conversation and have fun.

We are a welcoming and accepting community of support and we would love to have you! Join UPSLIDE for conversation, friendship, games and outings. UPSLIDE also offers no cost online and in-person counseling to help with obstacles to being more socially connected. For more information, email [Melanie.Lachman@talgov.com](mailto:Melanie.Lachman@talgov.com) or call 850-891-4066.

#### **UPSLIDE Friends Connection:**

**Tallahassee Senior Center:** Mon. 3-4:30 p.m. and Thu. 1-2:30 p.m.

**Virtual (via Zoom):** Tue. 1-2:30 p.m. Call or email for link.

**Lincoln Neighborhood Center:** 2nd & 4th Wed., 12:30-1:30 p.m.

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

with dementia, often allowing caregivers to keep their loved ones in the comfort of their own home. Additionally, support groups are offered for caregivers which provide a place to share knowledge, strategies and techniques on caring for a loved one with memory

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# Holiday fun at the Tallahassee Senior Center

It's truly wonderful when you can spend a glorious, memorable and fun holiday-themed evening and have it benefit Tallahassee Senior Services! Festively dressed guests were welcomed to the TSC auditorium, which was transformed into a holiday wonderland of twinkling lights, red, green and gold. Attendees sipped on their martinis from colorfully-lit glasses, noshed on delicious food and bid on unique auction items – all as they celebrated the season with friends, family, office mates and neighbors. Holiday tunes from Jazz Etcetera further added to the light-hearted yet elegant tone. Thanks to all who sponsored, volunteered, and participated! Find the Tallahassee Senior Center on Facebook to view additional photos.



Michael Spellman is ready to serve up festive martinis. His firm Sniffen and Spellman, P.A. are sponsors of the popular Deck the Halls martini bar.



DTH Robert Doyle ,Tim Bowman & Jennifer Reilly (Wellcare), Jennifer Naff (TSC) Hannah Anderson, Julie Anderson (Wellcare)



Students from Aurora Hansen's dance class served cupcakes sponsored by Caring Connections Senior Care.



Pam Granger, Melissa Corson, Lisa Myrick, Erin Lackinger from Audiology Associates.



TSC's Jennifer Naff, Caroline Ray with Bevis Funeral Home, Amber & Clay Dodson with Dodson Insurance.



Judy Fongheiser, Debbie Gaedtke, and Mary Lou Merritt-Smith celebrate their friendship at Deck the Halls.



Sarah & Bryan Macaluso and Gregory Soloman & Summer Dawes, with Eye Associates of Tallahassee.



HOLIDAY SHINES BRIGHT

Thanks to Deck the Halls sponsors

Thank you to our Deck the Halls Sponsors for making the Tallahassee Senior Center shine bright!

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Big Bend Hospice celebrates 40 years, keeps growing

To kick off their 40th Anniversary celebration, Big Bend Hospice (BBH) is launching its new palliative care program, Transitions Supportive Care (TSC). This will be an extension of the holistic approach to provide quality healthcare, including their physical, spiritual, and emotional needs as patients and families work through difficult medical decisions.

While hospice and palliative care focus on pain management, differences between the two are based on a patient’s prognosis, goals, and the decision to continue to treat a serious or life-limiting illness. Hospice is for people facing a terminal illness with a prognosis of six months or less who have chosen not to seek curative treatment. Palliative care does not have a prognosis timeline restriction and can be pursued at any stage of the illness, including those seeking curative treatment and in need of emotional support, pain management, and education. Palliative care is often covered by Medicare, Medicaid, and most private insurance. It is recommended you contact your insurance company.

Transitions Supportive Care Nurse Practitioner (NP) assists patients and families to create individualized care plans honoring their goals and wishes. Collaborating with the patient’s primary care provider and other specialists, the NP also helps manage challenging symptoms associated with serious illness(s) whether they be physical, psychosocial, or socioeconomic.

A Licensed Clinical Social Worker is available to provide specialized support, including education and counseling, to help patients and families cope with the challenges associated while living with a serious illness. The point of palliative care is to maintain a person’s life at home or place of residence, as studies show people facing serious illness prefer to be in their own environment. The Social Worker can assist in maximizing a patient’s quality of life, optimizing function, and providing attention beyond medical care to support their preferences.

What differentiates Transitions Supportive Care is the Community Navigation component. Navigators can help facilitate and connect patients and families with community re-

“Transitions Supportive Care will give those in our community access to a higher quality of life while pursuing curative treatment. It’s important for us to continue our 40-year legacy and soon we will be known for providing more than hospice care – we will be providing excellent care regionally in a post-acute model of healthcare.”

Bill Wertman, CEO

sources, which can help address nutrition deficiencies, caregiver burnout, housing, or facility coordination, and assist with challenges often encountered when applying for community services.

One of the most important benefits offered is assistance in navigating the health care system in our community. This includes moving patients between hospitals, homes, and other facilities. Staff can coordinate efforts of providers to ensure a patient’s personal plan of care is met.

According to a recent article in the Annual Review of Public Health (Hughes & Smith), over the past decade, palliative care has been one of the most rapidly growing fields of healthcare in the US. The benefits include: an increase in patient and provider satisfaction, equal or better symptom control, more discernment of and honoring choices about place of death, fewer and less intensive hospital admissions in the last months of life, less anxiety and depression, less caregiver distress, and cost savings.

“Transitions Supportive Care will give those in our community access to a higher quality of life while pursuing curative treatment,” says Bill Wertman, CEO. “It’s important for us to continue our 40-year legacy and soon we will be known for providing more than hospice care – we will be providing excellent care regionally in a post-acute model of healthcare.”

Big Bend Hospice has been serving this community since 1983 inspiring HOPE by positively impacting the way our community; Leon, Franklin, Gadsden, Jefferson, Liberty, Madison, Taylor, and Wakulla counties; experiences a serious illness or grief – one family at a time. If you would like information about services, please call 850-878-5310 or visit bigbendhospice.org

Art

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modern methods! All skill levels. \$60 (age 50+)  
**On-Going Studio Classes**  
Weekly Pastels, Oil and Acrylic Painting, Watercolor, and Drawing classes are available that do not require pre-registration. Visit TallahasseeSeniorFoundation.org/art-classes

Memory

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disorder. alzheimersproject.org; 850-386-2778.  
FOR ADDITIONAL MEMORY CARE RESOURCES, view our Resource Cards on tallahasseeSeniorfoundation.org/resources or contact Nick Schrader at 850-891-4000, email nick.schrader@talgov.com.

# Self-care for caregivers

**John Trombetta**  
Executive Director, Alzheimer's Project

Self-Care is the number one thing that we preach during support groups, counseling sessions, presentations and education sessions. Research shows that the stress people take on when caring for another person is a lot. It may not seem like a lot. Caregivers say “oh it’s just a few minutes here and there” or “it’s fine, we have a routine that works.”

The truth of it is that it is a lot and it’s not fine. Our culture is such that we dismiss stress too easily and may not recognize some of the signs until it’s too late. However, when you are a caregiver, you are typically so focused on the person you are caring for, you don’t care for yourself.

You blow off doctor’s appointments because you can’t break away from the person you are caring for. You quit your exercise routine because you are too tired from housework and taking care of your loved one. Or you don’t have time because you have to relieve another caregiver when you get home from work.

You know those people that say “let me know if I can do anything for you”? This is something they can help with. They can sit with the person you are caring for so you can get a break. We teach a class called Powerful Tools for Caregiving, with a curriculum designed by Iowa State University of Science and Technology.

**The truth of it is that it is a lot and it’s not fine. Our culture is such that we dismiss stress too easily and may not recognize some of the signs until it’s too late. However, when you are a caregiver, you are typically so focused on the person you are caring for, you don’t care for yourself.**

The purpose is to help caregivers care for themselves and their loved one. One of the tools is an “Action Plan” which makes a caregiver do something for themselves, to help reduce stress and not lose themselves in caregiving duties. It asks the caregiver what they are going to do, how much they will do, when, and how often. For instance, “I am going to work in the garden for one hour on Tuesday and Thursday of each week at 9 a.m.”

While the Action Plan makes it seem simple, we know something is bound to pop up. Perfection is not the goal here, commitment is. If you worked in the garden for 45 minutes instead of an hour, you will still be better off than if you had not worked at all. You were committed enough to do what you could.

Alzheimer’s Project has staff trained to lead Powerful Tools for Caregivers, Savvy Caregiver and other programs. Our next Powerful Tools class will meet virtually beginning on Jan. 18 at 10:30. For more information or to sign up, please call us at 850-386-2778.

# HEALTH AND WELLNESS PROGRAMS FOR SENIORS

## Matter of Balance: Falls prevention program

Thu., Jan. 12 - Mar. 2, 10:30 a.m. – 12:30 p.m.

If you want to prevent a future fall, this program is for you! This evidence-based award-winning program is designed to improve your balance and activity levels to help you prevent and manage falls. Taught by Ferdouse Sultana, Advantage Aging Solutions. There is no cost to attend. Class size limited. Register 850-891-4042 or email ruth.nickens@talgov.com

## Brain Games with Ruth

Tue., Jan. 24, 10 – 11 a.m.

Brain Games can keep your brain younger and healthier, so join us for an hour of fun, challenges and prizes.

## Hearing Screenings

Thur., Jan. 26, 10 a.m. – Noon

Offered by Audiology Associates

## Biometric Health Screenings

Mon., Feb. 6, 13, 20 & 27, 11 a.m. - Noon

February is Heart Health Month. Get your no-cost Biometric screening done. Includes: Blood Pressure, Height, Weight, Body Mass Index (BMI), and A1C test (3-month average blood sugar level). Offered by Big Bend Area Health Education Center

## Happy Heart Lunch N’ Learns

Mondays., Feb. 6, 13, 20, & 27, 11 a.m. – Noon

Celebrate National Heart Month at TSC! Tallahassee Memorial HealthCare cardiologists and heart surgeons present a weekly series of lunchtime events about keeping your heart healthy and expert care available here in Tallahassee. Biometric screenings available. Lunch provided, \$3 requested donation. RSVP 850-891-4042.

**Feb. 6** - Robotic Chest & Lung Surgery C. Patrick Murrah, MD, cardiothoracic surgeon

**Feb. 13** - Navigating Heart Failure Gian-Carlo Giove, MD, cardiologist & heart failure specialist

**Feb. 20** - Understanding Atrial Fibrillation (AFib) Venkata Bavikati, MD, cardiac electrophysiologist

**Feb. 27** - Treating Heart Valve Disease Pablo Rengifo-Moreno, MD and Thomas Noel, MD, interventional cardiologists

## Blood Pressure & Blood Glucose Screenings

Tue., Feb. 7 & Mar. 7, 10 a.m. – Noon

Offered on the 1st Tues of each month. No appt necessary.

## Bike Safety & Helmet Giveaway

Wed., Feb. 8, 10:30 a.m.

If you are interested in the pleasure and benefits of biking, you will want to learn about efforts to make biking in Tallahassee safer and more convenient for all. Also get fitted for a no-cost bike helmet! Presented by Tallahassee-Leon County Planning Dept.

## Monthly Monday Morning

### Mindful Meditations (MMMMM)

Feb. 13 & Mar. 13, 10 – 11 a.m.

An enjoyable program designed to introduce you to simple mindfulness meditation. MMMMM will help you stay centered and focused in your life. Presented by Jeff Hanson, Certified Mindfulness and Meditation Educator, 2nd Monday each month

### Spring Wellness Fling: 2-part series

Wed. Feb. 22 & Mar. 22, 9 a.m. - Noon

An interactive and educational health expo presented by the FSU College of Nursing students. Engage in health screenings, chat with students, gather resources and information to support a healthier, happier life. Light lunch available.

### Driving Safety: The CarFit Program

Wed. Mar. 8, 10:30 a.m.

Assuring that you and your vehicle fit well together is important to your safety! Join us to learn how you can improve your fit in your personal vehicle and how this may increase your safety and safety of others on the road. Plus, information on free resources available in Florida. Megan Case, Safe Mobility for Life Coalition

### Podiatry Screening and Foot Care

Thu., Mar. 9, 9 a.m. – Noon

Podiatrist Gary McCoy cuts toenails and treats foot problems. Medicare, Medicaid, and secondary insurance accepted, which may cover certain costs, \$30 flat fee if not covered by insurance. Appointment required. Call 850-891-4000 or email Sarah.Vernon@talgov.com

## SENIOR FITNESS

Staying active is one of the most important things we can do to stay healthy and age successfully! Senior Fitness Classes are available at the Senior Center and at community centers throughout Leon County, in addition to options on WCOT and online. Options include Brain-Body-Balance, Life Exercise, Mindful Movement, Gentle Yoga, Evening Yoga classes. Find details at [www.tallahassee-seniorfoundation.org/health-wellness](http://www.tallahassee-seniorfoundation.org/health-wellness) For more info, email Ruth.Nickens@talgov.com or call 850-891-4042

**OUTDOOR HIKING**, 3rd Wednesdays at 9:45 a.m.

**Jan. 18:** Phipps Park

**Feb. 15:** Lafayette Heritage Trail

Guided hikes at a variety of local trails. Weather permitting. [TallahasseeSeniorFoundation.org/outdoor-activities](http://TallahasseeSeniorFoundation.org/outdoor-activities)



# OLLI inspires teachers and students alike



OLLI members learn how to make chocolate treats during a field trip to Peterbrooke Chocolatiers.

**Fran Conaway**  
Osher Lifelong Learning Institute

The Osher Lifelong Learning Institute's Fall Semester has come to a close, and classes have drawn rave reviews, not only from students — but also from faculty. Many OLLI faculty members teach at FSU, FAMU and TCC and praise the interactivity and preparedness of OLLI members, their willingness to ask and answer questions, and the fact that no OLLI student ever asks, "Will this be on the exam?"

French Professor Maggie McColley offers her thoughts: "My OLLI students are the most committed, bringing their life experience and language-learning goals and dreams to class. Sometimes I get to see their France travel dreams grow to fruition: several have traveled to France, and one has even presented on his travels. I love the energy and dynamism of the OLLI group, and the palpable interest. I've gained a lot of personal well-being teaching them."

David Powell has been in both roles. He says, "I so enjoyed my association with OLLI this year, both as an instructor teaching 'Early Cuban Exiles: Memories of Loss, Struggles and Rebirth,' and as a student, taking 'Perceptions of Justice.'"

"I've so enjoyed the beginning Spanish class, being part of the Zoom Spanish Club and eating out once a month. I've made some lovely connections," says Gail Adams, who recently moved to Tallahassee. "The two book clubs are a delight. Both have led me to further connection in the community, which for a relative newcomer is a great help. I'm looking forward to continued participation in OLLI. It's a great program," she adds.

Spring Semester will offer at least five

classes in hybrid form, available both in person at the Broad Auditorium on the FSU campus and via Zoom. Instructors typically come from local institutions of higher education and area experts, but Zoom has extended the range of instructors and students who can join OLLI's classes and activities, regardless of location.

Instructors for Spring Semester, which runs from Feb. 20 through April 7, will come from as far away as Micronesia, where Serjeel Ahmed, an imam serving the Ahmadiyya Muslim community, will present an introduction to Islam.

Included among the many fascinating classes to be offered during Spring Semester: An Appreciation for Acting; Climate Risk: The Challenge; Coffee Appreciation; Understanding the Internet; From Union to Secession: The United States 1800-1860; French, Spanish and

Italian; The Parallel Universe of Ants; The Mad Hatter's Tea Party; The Play's the Thing — A Deep Dive into Hamlet; Tips and Tricks for Managing Your Passwords; Supreme Activists: Justices Making Law; Writing Our Life Stories; Chaplin: The True King of Comedy; and Chair Yoga. And that's just for starters!

The OLLI Course and Activities Catalog will appear at [olli.fsu.edu](http://olli.fsu.edu) in mid-January. The Showcase of Classes is scheduled for Jan. 30. Registration for classes and activities begins February 1. 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.

For more information about OLLI at FSU and how to become a member, 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).



# Longtime tennis player and coach turns to pickleball



Celeste Tibbetts, left, and Anne Davis compete in the 31st Annual Florida Senior Games

## Nick Gandy

Throughout the life of Tallahassee's Anne Davis, it's always been about teaching and playing. She's been a tennis player and coach and has now joined the pickleball ranks as a coach and player.

After a collegiate career at the University of South Florida, she joined the college coaching ranks as an assistant tennis coach at Florida State University and was then the head coach from 1980-87. She earned the 1980 Metro Conference Coach of the Year and compiled a 141-105 record over her eight seasons leading the Seminoles women's tennis team. She led FSU to its highest national ranking at the time, of Number 18 and a sixth-place seeding in the 1982 AIAW Championships.

After coaching collegiately, Davis moved into pri-

vate coaching for the City of Tallahassee before ultimately arriving with United State Tennis Association (USTA) and its Community Tennis programs to recruit new players and coaches. She was also instrumental in fostering a diverse environment at the top of tennis, a crucial aspect in the sport's quest for equity, especially at the youth and grassroots levels.

Most recently, Davis took her talents to the 2022 Florida Senior Games, presented by Humana, in Florida's Sports Coast/Pasco County. She and her women's doubles partner Celeste Tibbetts played pickleball in the 65-69 age group.

It was a first for Davis and Tibbetts, who regularly play in organized groups at Tom Brown Park and at area tournaments. The duo played in the 2022 Capital City Senior Games to qualify for the Florida Senior Games. "We came in second to qualify and thought,

## REGISTER NOW FOR CAPITAL CITY SENIOR GAMES!

Are you age 50+ and do you enjoy fun, competition, athletic camaraderie, and challenging yourself?

The Senior Games are designed with all fitness levels in mind; competitions include archery, bag toss, basketball, bowling, cycling, golf, horseshoes, pickleball, power lifting, racquetball, swimming, table tennis, tennis, track and field, and a one-mile fun run/walk. Beginning at \$15, registration for one event includes a T-shirt and two tickets to the athlete celebration dinner! Each additional event costs \$3.

Games begin March 1 and sports enthusiasts of all levels are welcome! For more information on event locations and times and registration, visit [Talgov.com/SeniorGames](http://Talgov.com/SeniorGames), or pick up a form at 912 Myers Park Dr., the Tallahassee Senior Center, 1400 N. Monroe St., or call 850-891-3866.

The Capital City Senior Games are hosted by the City of Tallahassee's Parks, Recreation, and Neighborhood Affairs (PRNA) department and the Tallahassee Senior Center (TSC) in partnership with Capital Health Plan, Audiology Associates of North Florida (a division of Tallahassee Ear, Nose and Throat), Friends of Our Parks, TSC Foundation and Visit Tallahassee.

why not," Davis said.

Davis and Tibbetts were among more than 400 pickleball players at the Sarah Vande Berg Tennis and Wellness Center, in Zephyrhills, on Friday, Dec. 9. They represented Tallahassee and the Capital City Senior Games among the more than 2,100 athletes, age 50 and over at the 31st Annual Florida Senior Games.

"While we didn't have the outcome we hoped for, we had a really fun time," Davis said. "We got to see the competition outside of Tallahassee, and it's pretty good."

It was her women's doubles partner Celeste Tibbetts who convinced Davis to start playing pickleball. Between Tibbetts arm twisting and her desire to compete, she ended up on the smaller court. "I thought I would play tennis forever, until my body broke down," she said. "I needed something to fill my competitive need since I wasn't playing tennis," she said. "Pickleball has really filled that need."

Her extensive coaching background once again benefitted local players in City of Tallahassee Pickleball programs and also as a player. Davis was a natural fit for the WCOT Capital City Senior Games Pickleball coverage as a commentator. "There's a very active Pickleball community in Tallahassee. Once the pandemic cleared, a nice, friendly group of people came out to play."

Throughout the years, the love of racquet, and now paddle sports, Anne Davis has been able to pass her knowledge and love of the game on to others to thrive and prosper.



## Help keep seniors warm with Elder Care's heater drive

Winter is here and so is Elder Care Services' annual heater drive. The Keep Seniors Warm campaign runs from December through February and is one way the agency works with the community to keep seniors safe and comfortable in their homes.

As we age, our bodies lose a protective layer of subcutaneous fat that helps regulate body temperature. Without this protective layer, seniors become more sensitive and vulnerable to extreme temperatures, both hot and cold. Taking certain medications can further exacerbate this problem.

For many seniors on a fixed income, however, turning on the heat when the temperatures drop is simply not an option. In fact, according to research by the American Council for an Energy-Efficient Economy, people over the age of 65 already have an energy burden 40% higher than the national median, spending 4.2% of their monthly income on energy. For low-income seniors, the energy burden comes in at an astonishing 9.3%, three times the national median.

Space heaters provide a lifeline for seniors in these situations. "Many seniors have a set income where they may not be able to afford a higher utility bill than usual. A space heater offers a low-cost solution for seniors in order to keep living comfortably," says Jocelyne Fliger, President & CEO of Elder Care Services. Last year, with community support, Elder Care Services was able to distribute space heaters to over 250 seniors in need.

Elder Care Services asks members of the community to support seniors by donating a space heater or making a financial contribution to the agency's heater fund. Donations can be dropped off or mailed to Elder Care Services' main office located at 2518 W Tennessee Street. Financial donations for the heater fund may also be made online at [eldercarebigbend.org/donations](http://eldercarebigbend.org/donations).

Elder Care Services, Inc. is a private nonprofit corporation, dedicated to improving the quality of life for seniors in Leon and the surrounding counties, allowing them to remain at home with dignity. For more information visit [eldercarebigbend.org](http://eldercarebigbend.org) or call their main office at 850-921-5554.

# More than a job: Hella Spellman is ready for a new adventure



Hella and Michael Spellman.

After being a part of Team Senior Center for 23½ years, Hella Spellman is ready for her next adventure! Since 1999, Hella has left her mark on many TSC programs that have grown through the years to reach thousands of seniors. In addition to touching lives in Leon County, Hella has also shared her expertise and forward-thinking ideas with colleagues across the state and through the National Institute of Senior Centers.

Beginning her career as the "Services Coordinator," she quickly learned that meant all of the many programs and services. Hella joined Sheila and the three other professional staff at the TSC. Her love for learning how things work and passion for activities that bring joy, meaning, and connection to others have been critical to the TSC program growth, and played an important role in what is now a 27-member team.

In her early days, Hella was assigned oversight of the Art and Volunteer programs and charged with expanding Lifelong Learning and Senior Resources.

Perhaps one of her greatest accomplishments was the development of the TALL – Tallahassee Active Lifelong Leaders – program that has graduated 13 classes of senior leaders who also make a positive mark on our community. Other significant successes in-

clude the now robust Lifelong Learning and L3X programs, expanded Senior Resources, and amazing Art classes and galleries – accessible to in-person participation and virtually on our website.

Through these many accomplishments, Hella found that what she initially thought would be a two-year gig turned into a fulfilling 23+-year journey yielding a long list of benefits – to her personally, as well as to all of the wonderful people she has met along the way.

She says she feels "honored, humbled, and blessed to be a part of this Senior Center that helps every participant find ways to age gracefully: staying active physically, socially, mentally, creatively, and intellectually." Every day has been full of new encounters and incredible people from all walks of life who are mastering life's challenges with a "can do" attitude and never giving up.

Seniors' stories have touched her life, and the TSC quickly became more than "just a place to work." The Advisory Council and Board members, volunteers, participants, and colleagues became friends and extended family. The student interns she mentored now serve their communities as directors, social workers, and volunteers.

Fellow staff members shared milestones and life's ups and downs and remain connected beyond their employment at the Senior Center. It's a special and unique place, and we are grateful

## SHARING THE LOVE AT THE SENIOR CENTER

With February being Membership Month, we invite you to become a member of the Tallahassee Senior Foundation, or you can purchase a membership for a friend and share the love. Membership starts at \$30 per year for an individual and \$50 for a couple.

During the week of Feb. 13-17, our members can enter to win a gift basket as we show our appreciation for you. Simply stop by the Receptionist desk, spin the wheel, and get entered to win. We appreciate all of our members and participants, and what you bring to the Tallahassee Senior Center.

As the new Member and Donor Relations Specialist, I am amazed at the diverse opportunities offered in this building and offsite. It is truly the members and the volunteers that make the TSC so special. Come in for a tour and see for yourself. Please feel free to call me at 850-891-4049 or email at [donna.lever@talgov.com](mailto:donna.lever@talgov.com). If you are in the building, please stop in on the 3rd floor and say Hi!

On our website you can subscribe to our weekly newsletter, register for Lifelong Learning and Art classes, events, or programs, find Resources, or even take a leisurely stroll through our online Art Galleries. You can also sign up for membership, renew your membership or give a donation to support your favorite activity. Visit [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org).

- Donna Lever, Membership and Donor Coordinator

for the many years that Hella shared her passion and talents with us, her TSC family.

We look forward to watching her launch her next adventures and follow the examples of the many seniors who inspired her over the years. Hella will always hold a special place in the life of the Tallahassee Senior Center. So, this isn't goodbye, but simply our blessing for your next opportunities to make a positive impact on the lives of others.



### History of the Old Armory (TSC Building)

Mon. Feb. 13, 11 a.m.–12:30 p.m. TSC Auditorium

Most people are aware that the current Tallahassee Senior Center building, constructed in 1935, was the former armory. Did you know that it was always something of a community center even when it was an armory? Matthew Storey from the State Library and Archives will present the history of this iconic Tallahassee building in conjunction with the art show “Tallahassee Landmarks.” The art will be on display in the TSC auditorium during the presentation. Optional pre-ordered lunch will be provided. Fee \$5 or \$15 with lunch.

### “RISE ABOVE” Traveling Exhibit

Wed. Feb. 15, 9–11 a.m.

Pay tribute to the legendary Tuskegee Airmen, America’s first African American military pilots, who triumphed over discrimination and the enemy in World War II to defend our country’s freedoms. The display is dedicated to educating audiences about the history and legacy of these brave service members. The visit includes an up-close view of a historic P-51C Mustang with the iconic Red Tail and a Q&A with a current pilot of the plane. The exhibit is presented by The Commemorative Air Force Red Tail Squadron in partnership with Dr. A.J. Brickler III. Fee \$5 includes transportation from the TSC. Meet 9:00 am at TSC.

### Hidden Gems of Paris

Thu. Feb. 16, 1:30–3 p.m. TSC Activity Room

Experience Paris and its hidden gems through the eyes of Francophile, Colette Clark, and the photos of Robert Feuerstein. You may have visited the Eiffel Tower and the Louvre Museum, but have you heard about the city of the dead in the underground catacombs of Paris? Learn about many less visited and more unusual sites in the “City of Lights.” Hybrid class at TSC and on Zoom. Fee \$5

### Coastal Plains Institute Hike

Mon. Feb. 20, 8 a.m.–1:30 p.m.

Rebecca Means of the Coastal Plains Institute (CPI) will guide us on a 2 mile round trip hike through the longleaf pine forest to their research site in the Apalachicola National Forest. Once there, she will share the details of their project to bring back a rare salamander species, then train us to check the drift fences that completely encircle two wetlands. Bucket traps, placed along the fence, capture amphibians moving into and out of the wetland including, if



The Spring House tour offers the opportunity to visit a Frank Lloyd Wright designed home, here in Tallahassee.



The Monuments Tour with local resident and retired journalist, Don Ruane, reveals fascinating examples of public art and monuments.

we are lucky, the rare striped newt. If we are unlucky, we will still see some great invertebrates, carnivorous plants, and other sandhills fauna and flora. Depending on water levels, we may get the chance to get our feet wet dipping for amphibian larvae and other aquatic species. Fee \$17 Includes bag lunch and transportation from the TSC. Meet 8:00 am at TSC.

### Connect with a Classic: *Catcher in the Rye* by J.D. Salinger

Mon. Feb. 27, 10–11:30 a.m. NE Branch Library

Our popular Connect with a Classic series is back, and we are focusing on

banned books. This literary session will analyze the American classic *Catcher in the Rye* and will include elements such as theme, symbolism, and character development, as well as some of the most notable literary passages in the novel. Whether it’s been a while since you’ve read this classic or if you’ve never read it, come join us for a robust discussion of this classic coming of age novel and notable banned book. Instructor Lynn Peterson. In-person class. Fee \$5.

### Goat House Farm

Thu. Mar. 2, 9:45 a.m.–2 p.m.

Goathouse Farm is a locally owned mi-



Artist Mary Sterner Lawson shares a unique selection of her autographed celebrity sketches at the Gadsden Arts Center.

cro-farm on beautiful Lake Talquin. Founded on the love of animals and a passion for sustainability, they are committed to compassionate practices and natural care of their land and animals. The farm is home to a happy herd of Pygmy and Nigerian Dwarf goats, a flock of chickens, a spoiled hog named Houdini, some lazy barn cats, and busy bees. Spring is the time for baby goats! Tour the farm, meet the friendly goats and their babies, and the other animals. Purchase some goat soap and enjoy a picnic lunch following the tour. Wear comfortable outdoor clothes and shoes, sunscreen, and insect repellent. Fee \$20 includes lunch and transportation from the TSC. Meet at TSC 9:45 a.m.

Thank you to Dodson Insurance, proud partner of Lifelong Learning.