

# Active LIVING

The magazine for Tallahassee's active adults



## Explore new activities with the Senior Center

### Outreach program connects with Redemptive Love Farm

**L**isa Baggett, Leon County Senior Outreach Coordinator, surprised the participants at the Miccosukee Lunch & Learn with a visit from Redemptive Love Farm. Owner Shannon Carroll and her beautiful children brought Millie the llama, a goat, two bunnies, a rooster, and two piglets named Wilbur and Charlotte. Members of the Miccosukee Community enjoyed petting the animals and getting their photos taken with Millie.

Leon Senior Outreach hosts monthly Lunch & Learns in the six communities on the outskirts of Leon County: 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 10:30am-12:30pm. Reservation required, \$7 suggested donation. Please call Lisa Baggett, Outreach Coordinator at 850-891-4065 to register.

**Left, Sam Wilson meets Millie the llama from Redemptive Love Farm during the Miccosukee Lunch & Learn**

**Above, Lifelong Learning participants learn about the legendary Tuskegee Airmen at the RISE ABOVE exhibit, which pays tribute to America's first African American military pilots**



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

11-Noon, Suggested donation: \$2 per class and includes a small snack and beverage.

Tues., Mar. 14, Apr. 11 and May 9 at Jack McLean Community Center (700 Paul Russell Road)

Wed., Mar. 15 and Apr. 19 at the Jake Gaither Community Center. (801 Bragg Drive)

Presentations in March will be led by Karl Jones with WCRx Health and Wound Care, a local prevention care clinic & pharmacy specializing in chronic diseases such as diabetes. Wound care includes bedsores, foot ulcers and infectious, ischemic, radiation and surgical wounds.

In April, presenter Calandra Portaltatin with Big Bend American Health Education Center (AHEC) will speak on Financial Literacy. Her classes are highly interactive and engaging. Find out what you don't know about being financially literate. On May 9, Calandra presents again along with Chelsea Vogtle, Health Promotions Specialist. They will prepare a healthy spring meal and take biometric screenings.

**Healthy for Life:** Matter of Balance (MOB) series continues at Jack McLean on Mar. 16, 23 and 30, with AHEC Aging Programs Coordinator Katharine Williams and Health Educator, Mariann D'Arcangelis. 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.

The next series of Healthy for Life classes will meet on Thursdays from 11



Wellness Circle participants with Genealogist Claudette Wideman.

a.m.-1 p.m., starting April 20 with "Brain Health" led by the FSU College of Medicine Dept. of Geriatrics REACH Program, followed by a 6-week series of interactive cooking classes with Helena Bazemore, Nutrition Educator with Second Harvest of the Big Bend. Suggested \$2 donation per class. Snack, lunch and beverage are provided.

**Brain Body Balance:** Classes are Tuesdays and Thursdays 9-10 a.m. at Optimist Park Center in Indian Head Acres. Exercises improve agility, balance, coordination, flexibility and strength. Space is limited so pre-registration is required. Suggested donation: \$3 per class. Fitness Cards are available for \$25 for 10 classes, or \$50 for 20 classes.

GRANDPARENTS AS PARENTS

(GaP) program is for grandparents or relatives who are the primary caregivers for their grandchildren. GaP offers sup-

port groups, informational luncheons, access to community agencies, legal services and health screenings plus social activities for the whole grand-family.

GaP SUPPORT LUNCH

Wednesdays, Mar. 29 & Apr. 26, 12-1:30 pm

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

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

GaP EVENING SUPPORT GROUP

Mondays, Mar. 13 & 27, Apr. 10 & 24, 7:00-8:00 pm

Meeting virtually via Zoom

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

Call 850-891-4027 or email Karen.boebinger@talgov.com for more information or to RSVP for any events above! GaP is a program of the TSC Foundation, funded by Leon County

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

Commission, grants and donations.

UPSLIDE

UPSLIDE is the program for you if you need more social interaction in your life! UPSLIDE is a twice award-winning program that addresses loneliness, isolation & depression in older adults by bringing people together and providing opportunities for meaningful connection. You are invited to our Friends Connection chat groups -- a great way to begin your journey to new friendships. We are a welcoming community of support and we would love to have you! UPSLIDE also offers no cost on-line and in-person counseling to help with obstacles to being more socially engaged. For more information, email Melanie.Lachman@talgov.com or call 850-891-4066.

UPSLIDE Friends Connection Meetings:

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.

LIFELONG LEARNING

Upcoming classes

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

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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

The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for

independent adults age 50+. Disclaimer of Endorsement: Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation or favoring by Tallahassee Senior Services or the Tallahassee Senior Foundation.

For more information on Tallahassee Senior Services, the TSC & Foundation, activities, and 15 neighborhood venues, contact 850-891-4000 or visit Talgov.com/seniors and TallahasseeSeniorFoundation.org. "Like" us at Facebook.com/TallahasseeSeniorCenter.

# Senior Games welcomes local and out-of-town athletes

Nick Gandy

Tallahassee has many sights and events bringing people in from out of town. There's the State Capitol, the three universities, the comfortable climate and outdoor pursuits of March, plus Springtime Tallahassee.

Add the 14th Annual Capital City Senior Games to that list as the registration database shows athletes traveling to Tallahassee from Pensacola to the west, Jacksonville to the east, the Atlanta area to the north and Clermont to the south.

Then there's David Van Handel and Debra Revolinski, from Wisconsin. The mixed doubles pickleball team play at Tom Brown Park on March 9. But it wasn't the lure of Pickleball that drew Milwaukee's Best, Van Handel and Revolinski to Tallahassee. It was the nearby Gulf of Mexico beaches that brought them from the frigid climate experienced by our neighbors to the north in the early months of the year. He found his way to St. George Island where he has visited for an extended stay for the last couple of years.

David grew up in a tennis playing family and admits he didn't have the talents of his father and brother, who were both All-State High School tennis players. But he held his own. He picked up the game of Pickleball a few years ago at the urging of his brother, who had converted to the sport and was teaching the game in Colorado.

During one of his Florida Gulf Coast stays, he found out there was an opportunity to play Pickleball in Port St. Joe and Mexico Beach. "I pulled into the parking lot where the courts were locat-



David Van Handel and Debra Revolinski travel from Wisconsin to compete in the 14th Annual Capital City Senior Games

ed and saw a car with a Wisconsin license plate," he recalled. "Once I got on to the courts, I called out, 'Who's the cheesehead?' His fellow cheesehead spoke up immediately and it turned out to be his future mixed doubles partner for the Capital City Senior Games, Debra Revolinski, of Brookfield, WI. She also takes a break from the Wisconsin winners on Florida's Gulf Coast.

The pair have won bronze medals in the Wisconsin Senior Games and have played in several northwest Florida tournaments. Van Handel learned for his 2023 Florida visit, Revolinski had signed them up for a tournament in Port St. Joe and the Capital City Senior Games. It is the first visit to Tallahassee for both.

While they have a goal to bring home a gold medal in the 65-69 age group, usually a highly competitive age group,

Van Handel is focused on the experience. "We're always working to improve our skills and play our best," he said. "But the social aspect of Pickleball is a huge part of the game and something I've never experienced. Win, lose or draw, we're going to have fun either way."

Thomas Nelson, a cyclist from Clermont, travels to cycling events state and nationwide and will be making a stop at the 2023 Capital City Senior Games. His last appearance in Tallahassee was 2021 and he has competed in seven State Senior Games competitions (Alabama, Florida, Georgia, Louisiana, Mississippi, South Carolina and South Dakota).

Besides catching up with his cycling circle of friends at the Capital City Senior Games, Nelson enjoys the Time Trials course location in the Apalachicola National Forest. "It's perfect out

## About the Senior Games

The **14th Annual Capital City Senior Games** concludes on March 14 with a Celebration of Athletes at the Tallahassee Senior Center.

Congratulations to all of the competitors! Wear your medals and celebrate the games!

More than 500 participants, from age 50 to 94, have competed in over 1,200 events throughout the area between March 1 and March 12. Designed with all fitness levels in mind, the Senior Games competitions included archery, bag toss, basketball, bowling, cycling, golf, horseshoes, pickleball, power lifting, racquetball, swimming, table tennis, tennis, track and field, water aerobics, and a one mile fun run/walk.

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.

there," he said. "Nice flat roads and not too busy with traffic on a Sunday morning."

Since its inception in 2010, the Capital City Senior Games has become a destination for athletes age 50 and over, both within and outside of the state boundaries. Let's keep showing the Tallahassee hospitality to the visiting athletes so they all come back for the 2024 Games, Ya Hear?

## Learning

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**The Courageous Heart of Irena Sandler:** Thu., April 13, 2-4 p.m., at Red Hills Retirement Resort. The incomprehensible horrors of the Holocaust are known, but little is known about those who stood up against the evil and resisted and/or rescued. Join us in the beautiful theater at Red Hills Retirement Resort to see the film "The Courageous Heart of Irena Sandler." Learn the story

of a young Polish social worker who rescued over 2,500 Jewish children from the doomed Warsaw ghetto. In person class, Fee \$5

**Connect with a Classic: Beloved by Toni Morrison:** Mon., April 24, 10-11:30 a.m. at the NE Library. Our popular Connect with a Classic series is back, focusing on classic banned books. This session will analyze the American classic *Beloved* including theme, symbolism, and character development, as well as notable literary passages in the novel. Join us for a robust discussion of this classic novel on the legacy of slavery

and notable banned book. Instructor Lynn Peterson. In-person class. Fee \$5.

**Thomasville History Center and Lapham Patterson House Tour:** Wed., April 26, 9 a.m.-3:30 p.m. The Thomasville History Center's collections include thousands of photographs, objects, and documents related to Thomasville and Thomas County's past, plus seven restored historic buildings on site. We will also visit the Lapham Patterson House and receive a guided tour of all three floors (mobility permitting) of this whimsical, Victorian era home. Afterwards, you will have time for lunch in

downtown Thomasville. Fee \$24 covers tours and transportation from TSC. Lunch not included.

**Journaling with a Purpose:** Thu., May 11, 1:30-3:00 pm TSC Activity Room. To honor yourself with the serenity and peace that comes from looking deep within, Journaling with a Purpose is the perfect gift for your personal well-being! We will explore the dos and don'ts of journaling, explore writing prompts and work with different aspects of writing. Instructor Beth Harrer. Fee \$5.



# Upcoming events at Senior Center

## HONORING OUR COMMUNITY'S SILVER STARS!

Every year we meet incredible people over age 70 who enrich our lives and make our community a special place to live! We are excited to recognize 8 outstanding "Silver Stars," living and serving the Big Bend area, at the 21st annual Silver Stars celebration on Thursday, May 18. Since 2001, over 160 individuals have been recognized as Silver Stars for their accomplishments after the age of 60.

Their stories and achievements serve to encourage all of us to live well and stay involved in our community, develop new hobbies, continue to learn, and motivate us to stay active and keep growing, doing, learning, and giving. They exemplify living an active, full and engaged life. We invite you to be a part of this wonderful celebration and be inspired by the incredible stories these Silver Stars have to tell.

Community partners can celebrate



**The 21st Annual Silver Stars celebration will recognize achievements of our community's seniors on Thursday, May 18.**

and honor our Silver Stars by becoming a sponsor of this event. Capital Health Plan leads the way as our Presenting Sponsor and many more wonderful partners also support this annual event. Your sponsorship is an investment in joining families and friends of our honorees to celebrate this occasion and applaud the lifetime achievements of these individuals. Please email Jennifer.Naff@talgov.com or call 850-891-4048 for more information on Silver Stars sponsorships. For tickets and information, visit: TallahasseeSenior-

Foundation.org/Silver-Stars

## TALLAHASSEE STAMP AND COIN SHOW

Sat., Mar. 25, 10 a.m.-5 p.m. and Sun., Mar. 26, 10 a.m.-3 p.m.

The Tallahassee Stamp & Cover Club's annual show, featuring regional stamp dealers and coin dealers. There will be stamps and coins for the beginning collectors up to the expert collectors, plus door prizes. Admission is free. For more information, visit [www.tsandcc.info](http://www.tsandcc.info) or contact Tom Ahlfeld 850-926-2939 email [teashark@centurylink.net](mailto:teashark@centurylink.net) or Mike Francis at [drmkief@comcast.net](mailto:drmkief@comcast.net)

## ADVANCED PLANNING EXPO

Mon., Apr. 24 from 11 a.m.-2 p.m.

Featuring experts in the aging field and the opportunity to connect with community resource exhibitors. Presentations will include dispelling myths about hospice and in-home care, preparing for future decisions about your medical care, and estate and life planning. \$10 donation. Lunch provided, advanced registration required, email [Sarah.vernon@talgov.com](mailto:Sarah.vernon@talgov.com) or call 850-891-4045. Sponsored by Tallahassee Memorial Hospital.

## SENIOR CENTER ANNUAL MEETING, FOLLOWED BY A SOCK HOP

**Wed., Mar. 29, 3:45 Annual Meeting | 5 Sock Hop**

Wear your 50's attire and come have some fun!

Music, light food and refreshments

Sock Hop is free for Members, \$10 non-members

[TallahasseeSeniorFoundation.org/Annual-Meeting](http://TallahasseeSeniorFoundation.org/Annual-Meeting)

## ADVANTAGES OF FUNERAL PLANNING

Wed., Apr. 26, 11 a.m.-12:30 p.m.

Join us for this Lunch & Learn with Bevis Funeral Home about the evolution of pre-arrangements. Learn the advantages of planning ahead, understand the simple steps of funeral planning, learn how to guarantee the value of final plans for life and review available veteran benefits. Lunch provided, \$5 suggested donation. Registration required, email [Sarah.vernon@talgov.com](mailto:Sarah.vernon@talgov.com) or call 850-891-4045

# Learning

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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

**Whole Food Plant Based Cooking Class:** Mon., March 20, 10:30 a.m.-Noon. Food is your greatest medicine. Whole, plant-based eating has proven to slow and reverse heart disease, diabetes, and other chronic illnesses. Learn the basics of eating your way to greater living, with a plant-based diet and how to avoid processed foods. Tastings of whole food based, gluten free recipes. Instructor Robin Bateman has a certificate in Plant-based nutrition from Cornell University. Fee \$7

**Florida Seashells:** Tue., March 21, 10 a.m.-Noon. Florida is a lush habitat for beautiful and interesting seashells. Ex-

amine over 90 species of shells found in Florida. Get ready for your next trip to the beach with instructor Dr. Ed Frayer. Space limited. Fee \$5

**Organ Donation:** Wed., March 22, 1:30-3 p.m. A representative of LifeQuest will provide education and answer questions about organ, eye, and tissue donations. Learn about the registration and donation process, common myths surrounding organ donation, and how to make an informed choice. \$5 donation.

**Spring House Tour:** Thu., March 23 or Tues., April 25, 1:30-3 p.m. Two opportunities to take a guided tour this unique structure, which is the only Frank Lloyd Wright designed home in Florida. Designed in 1952, this unconventional pod-shaped house is described as a passive solar "hemicycle." Most of the fee goes to the restoration of this local treasure. Fee \$37. Limited Space Available.

**Beach Exploration Walk:** Mon., March 27, 8:45 a.m.-3 p.m. Experience a low-tide beach walk in Wakulla County

with Gulf Specimen Marine Lab naturalist and certified Green Guide, Debbi Clifford. Learn about the natural history of local shore life. Participants should be able to walk leisurely for 2-3 hours on the beach. Fee includes transportation from TSC, picnic lunch, and admission to Gulf Specimen Marine Lab. Space is limited. Fee \$35

**The Nile in Egypt (3 sessions):** Tue., March 28, April 4 & 11, 10:30 a.m.-Noon. Journey through Egypt with world traveler Tom Friedman for this three-session class. Session one: the Pyramids and Sphinx at Giza, the Egyptian Museum, and Mediterranean coastal city of Alexandria. Session two: the Karnak and Luxor temples, Valley of the Kings, and tombs of famous kings such as Tutankhamen and Ramses I & III. Session three: the temples of the last Egyptian Dynasty, the Aswan Dam, Abu Simbel, and much more. Fee \$15 for all three

**AAA RoadWise Driver Class specifically designed for drivers 55+:** Mon., April 3, 9 am-3:30 pm TSC Dining Room. This defensive driving course of-

fers tips to help mature drivers compensate for changing vision, reflexes, and response time. It also shows more advanced, risk-reducing driving techniques. Upon completion, you will receive a certificate which may qualify you for an auto insurance discount. Fee \$25 for class; \$10 optional bag lunch.

**Frank Lloyd Wright Virtual Tour of Florida Southern College:** Wed., April 12, 5:30 - 7:00 pm on Zoom. Frank Lloyd Wright, famous American architect, pioneered a style of "organic architecture" connecting buildings with the natural landscape. Twenty-eight of Wright's projects are National Historic Landmarks. Florida Southern College has thirteen FLW designed structures. Jack Coffey, director of tours and educational programs for the college's Frank Lloyd Wright Visitor Center will offer a virtual tour of the Wright designed buildings and this "Child of the Sun" architectural marvel. Virtual Class on Zoom. \$5 fee.

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## HEALTH & WELLNESS

### SENIOR FITNESS

Staying active is one of the most important things we can do to stay healthy and age successfully! A multitude of classes are offered at the Senior Center, neighborhood centers and on-line, such as Brain-Body-Balance, Life Exercise and Mindful Movement, and Yoga. Class times can be found on our website [www.tallahassee-seniorfoundation.org/fitness-class](http://www.tallahassee-seniorfoundation.org/fitness-class), or call us at 850-891-4000.

### OUTDOOR HIKING

Senior Center monthly guided hikes at a variety of local trails, on the 3rd Wednesday, weather permitting. \$3 per hike.

**March 15 (9:45 a.m.):** Lake Overstreet, 4750 N. Meridian Rd. (extra \$2 park fee)

**April 19 (9:45 a.m.):** St. Marks Headwaters Park Greenway, 654 Baum Rd.

### HEALTH & WELLNESS PROGRAMS

Ruth Nickens, Health & Wellness Coordinator 850-891-4042; [tallahassee-seniorfoundation.org/health-wellness](http://tallahassee-seniorfoundation.org/health-wellness)

### Lunch with the Doctor: Disorders of the Brain:

Thu., Mar. 16, 11 a.m., TSC and Zoom. Dr. Matthew Davis, TMH Neurosurgeon, will address a variety of brain disorders and treatments, including Parkinson's and tremors. Complimentary lunch, registration required: <http://bit.ly/3V2BazD>

**Brain Games with Ruth:** Tue., Mar. 21, 10–11 a.m. Join us for an hour of fun challenges and prizes to help keep your brain younger and healthier.

**Spring Wellness Fling:** Wed., Mar. 22, 9 am–Noon. Health expo offering tips to live a healthier, happier life, featuring TCC Dental Hygiene, Big Bend Area Health Education Center and other community health partners. Take advantage of health screenings, including comprehensive biometric screenings. Light lunch.

### Blood Pressure & Blood Glucose

**Screenings:** Tue., Apr. 4 & May 2, 10 a.m.–Noon. Offered on the 1st Tues of each month. No appt necessary.

**Hearing Screenings:** Thur., Apr. 6 @ 10 a.m.–Noon. For non-hearing aid wearers. Offered by Audiology Associates. Appointment required, call 850-891-4047 or email [Judy.Shipman@talgov.com](mailto:Judy.Shipman@talgov.com)

### Diabetes Education & Empowerment

**Program (DEEP):** Thu., Apr. 6 – May 11, 10 a.m.–Noon. In this 6-week program,



Participants enjoy fellowship at the Lafayette Heritage Trail.

learn about diabetes and its impacts, simple lifestyle changes, and how to have fun while managing your diabetes. Offered by AHEC. Register: 850-895-3480 or email [kwilliams@bigbend-ahec.org](mailto:kwilliams@bigbend-ahec.org)

### Monthly Monday Morning Mindful

**Meditations (MMMMM):** Mon., Apr. 10 & May 8, 10–11 a.m. Simple meditation designed to help you stay centered and focused. Presented by Jeff Hanson

### Pain Medication Safety and Misuse Prevention with FSU College of Medicine:

Wed., Apr. 12, 10:30 a.m. FSU College of Medicine REACH program leads a presentation about the opioid crisis, signs of misuse, and tips on medication safety. Register: <http://bit.ly/3Wn7dvc>

### Smarter Shopping, Healthier Eating:

Mondays, 11–Noon. April 24 - Making Sense of Food Labels; May 8 - Grocery Store Psychology; May 22 - Meal Planning for Older Adults. This 3-part series spotlights healthy meals, food labels, and grocery store psychology. Participate in cooking demos and enjoy tasty samples. Presented by AHEC. Register: <https://bit.ly/3vnbIQm>

### Understanding Sleep: From A to Zzzz:

Wed., May 3, 11 a.m. & June 21, 6 p.m. Physicians from Tallahassee Memorial Sleep Center will discuss sleep apnea,

the importance of good sleep habits. \$3 requested donation for lunch, \$7 for dinner. Register: <http://bit.ly/3HZxLwr>

**Keeping your Money Safe:** Wed., May 10, 10:30 a.m. Jim Davis, CPA and financial consultant, offers tips to safeguard your money, secure your financial future, and maintain financial stability. Bring your financial questions!

### Podiatry Screening and Foot Care:

Thu., June 1, 9 am–Noon. Dr. Gary McCoy, Podiatrist, cuts toenails and treats foot problems. Medicare, Medicaid, and secondary insurance may cover costs; \$30 otherwise. Appointment required: Call 850-891-4045 or email [Sarah.Vernon@talgov.com](mailto:Sarah.Vernon@talgov.com)

### TIPS TO AVOID SCAMS AND FRAUD

There are many types of scams and fraud. Some examples of what to look for include:

Fraudulent websites designed to look like legitimate government websites, or retail spaces. These sites are often laced with malicious ads seeking personal information or to collect credit card information upon checkout. While a fake website can look quite convincing, the URL will usually give it away.

Check your address bar. Fraudulent websites will often use domains ending in 'com.co,' 'ma,' or 'co.' Legitimate domains typically end in '.com' or '.org.' Installing an ad blocker can help prevent your browser from loading fraudulent ads.

Fraudulent emails and texts typically contain links to fake websites or malicious software. Many email and text message scams are designed to appear legitimate by impersonating government agencies. Phishing involves a scammer attempting to trick you into revealing sensitive account information, usernames and passwords, or the use of links that will download malware to your device.

Check the phone number, scam texts often come from numbers with more than ten digits. Check the email addresses, fraudulent email addresses will often be off by a character or two. Review links before clicking on them; hover your cursor over the link and check the URL, if it looks suspicious in any way (including the domain endings listed above) mark as spam and delete.

Phone scams typically involve a caller spoofing phone numbers to trick you into thinking the call is coming from a legitimate number. As with the phishing scams mentioned above, the goal is to retrieve account information and gain access to your finances.

Do not respond to calls from unknown numbers. If a fraudster spoofed the number of your bank or credit card company, the institutions name may display on your phone giving you false confidence that the call is legitimate. Hang up and call the company's customer service number to speak with a representative.

To report fraud or financial exploitation start by contacting your local law enforcement. The Tallahassee Senior Center hosts the Seniors Vs. Crime program two days a week, Tuesday and Wednesday, 10 am–1 pm. This program uses retired citizens not only to educate Floridians on consumer fraud, but also to help in some consumer investigations. The volunteers regularly conduct seminars on how seniors can protect themselves from becoming crime victims. Call 850-891-4044 to speak with a volunteer or visit [www.seniorsvs-crime.com](http://www.seniorsvs-crime.com)





Big Bend Hospice partners with Ability1st on ramp building.

# New year, new ramps and new partnerships

Big Bend Hospice

Over a dozen Big Bend Hospice's employees partnered with Ability1st and braved a cold Saturday morning to build a wheelchair ramp for a Gadsden County resident. This was part of BBH's "Community Give Back" campaign, one of the many ways BBH has planned to celebrate their 40th Anniversary in 2023.

Each month, BBH will partner in one of their service counties with an organization to "give back." Other activities planned throughout the year include partnering with Meals on Wheels, Second Harvest, Keep Tallahassee Beautiful, Sleep in Heavenly Peace Bunk Beds Building, Wakulla Coastal Cleanup, Madison's Down-Home Days, Jefferson's Watermelon Festival, Franklin's Promise, and Taylor County's Florida Forest Festival.

Building a wheelchair ramp allowed many BBH employees who had never used a drill, nail gun, or table saw an opportunity to learn something new. Ability1st Volunteer Corps, led by Mr. Timmy, were available to provide instruction, assistance, and more importantly, comradery for a successful experience.

Carlos Soria, BBH's DEI Specialist, had never used a drill gun before and shared the experience with his father afterwards who responded proudly, "glad to see you doing this type of work." Mary Powell, BBH's Medical Records Manager, was the point-person who organized the event. Like everyone else, she was very impressed with the speed the ramp went up. "In less than 3 hours we had built a two-level ramp with rails," says Powell. "We also got to see the resident try out her new ramp before we left. The joy on her face told us the impact we'd made."

In addition to helping someone in the community, the "Community Give Back" campaign is also giving employees a chance to work shoulder-to-shoulder

with other staff members they may not get an opportunity to see in their current roles. During this "give-back" event, the Director of Finance was using a nail gun alongside the Gadsden County Social Worker. The Manager of 24-Hour Care helped lay boards with the HR Specialist.

The Ability1st Access to Independence (ATI) program is made up of three components. The most well-known component is the access builds. Partnering with professional groups, like Big Bend Hospice, they construct wheelchair ramps and half-steps to enable members of our community with disabilities to get in and out of their homes safely. Partnering with volunteers enables them to stretch available funds and provide more services in our community.

BBH has been proud to serve as THE Hometown Hospice since 1983. It was Community Leaders and Volunteers who established the modern-day hospice in the big bend area. We honor that partnership by working with other community leaders and volunteering to serve. For 40 years, BBH has offered a holistic, team approach to those facing a serious illness. Physicians, Nurses, Aides, Social Workers, Music Therapists, Bereavement Counselors, and Trained Volunteers have inspired Hope by positively impacting the way those in our community experience a serious illness or grief – one family at a time.

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 [www.bigbendhospice.org](http://www.bigbendhospice.org)

## FMLA turns 30, just in time to care for baby boomers

**John Trombetta**

Executive Director for the Alzheimer's Project

A few weeks ago, I was invited to the White House for a 30th Anniversary Celebration of the Family Medical Leave Act (FMLA). I have no idea how I got invited. The only thing I could think of is that the Alzheimer's Project was known for caring for caregivers and should be part of this. I can't argue with that logic. We care for caregivers.

Caregivers most certainly depend on the Family Medical Leave Act in order to care for loved ones. There were several people at this gathering who were instrumental in the writing and passing of this legislation. In talking with a few of them and listening to the remarks of former President Bill Clinton, it appeared as though the legislation was passed by highlighting the needs of expectant mothers going through pregnancy, birth and bonding with their child in the child as a newborn.

Of course the legislation was far more reaching and included many scenarios where one might need to take leave to care for a family member. Fast forward 30 years. Those expectant mothers who needed time for their children are the same ones we see now as caregivers for their baby-boomer parents with Alzheimer's or Dementia. Or, in some cases, they are caring for a spouse who may have early-onset dementia.

The fact that people can take time off to be a caregiver is a good thing. With all the stress that comes with being a caregiver, not having to worry about whether or not you will lose your job is helpful. Barron's Magazine has recently featured articles regarding the enormous cost of care for nursing facilities and memory care facilities.

Even in-home care can sometimes be cost prohibitive. As such, many people are having to be a caregiver while managing a work schedule. There are a lot of baby boomers who will need caregivers over the next 15-20 years. Thanks to laws like FMLA, these folks can stay at home longer and get care from a loved one.

**Even in-home care can sometimes be cost prohibitive. As such, many people are having to be a caregiver while managing a work schedule. There are a lot of baby boomers who will need caregivers over the next 15-20 years. Thanks to laws like FMLA, these folks can stay at home longer and get care from a loved one.**

# FSU's Osher Institute changes lives

Fran Conaway

Marie Clewis moved to Tallahassee four years ago knowing only one person in town, and within months, OLLI became "the center of my world." She was familiar with OLLI, having participated at OLLI at Kennesaw State University in Georgia, and not only signed up for classes in her new hometown, but also joined groups like the Walking Club, a Book Club, the Wednesday with OLLI social group and participated in OLLI's varied activities. With all this, plus her professional career, she suddenly had ready-made friends and a more-than-full calendar.

As if that weren't enough, she became a champion for OLLI, volunteering to serve as Activities Chair. In that role, she gets people together to learn and have fun with friends, old and new." She also promotes OLLI membership vigorously. Now, she says, "If my friends aren't members of OLLI, I wonder what's wrong with them."

## Summer Semester Travel

OLLI membership provides access to intriguing classes, fun-filled activities, special interest groups—but that's not all. Travel targeted toward lifelong learners is also available. Summer Semester 2023 offers travel across Scot-



OLLI Activities Chair Marie Clewis shows off her project at a recent arts and crafts activity.

land (with an optional stay in London) July 31-August 9. The trip begins in Glasgow and ends in Edinburgh.

Among the highlights: a bagpipe lesson, whisky distillery, Isle of Skye, Ar-

madale Castle, Loch Ness, Orkney Islands, Dunrobin Castle, sheepdog demonstration, Edinburgh Castle, Scottish cooking experience and the world-famous Royal Edinburgh Military Tattoo.

## Summer Semester Courses

As OLLI's Spring Semester draws to a close, Summer Semester courses have been selected, ranging from The Mountain Dulcimer to COVID Controversies and from Stress Resilience to Football 101. The OLLI Course and Activities Catalog, chock full of course and activity descriptions, will appear at [olli.fsu.edu](http://olli.fsu.edu) in April. Classes begin May 2 and run through June 24.

Membership in OLLI at FSU is open to all adults 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 has extended the range of instructors and students, who can join OLLI's classes and activities, regardless of location.

For more information about OLLI at FSU and how to become a member, see [olli.fsu.edu](http://olli.fsu.edu) or contact Debra Herman Florida State University OLLI (850) 644-3520 [dherman@fsu.edu](mailto:dherman@fsu.edu) or Terry Aaronson at [taaronson@fsu.edu](mailto:taaronson@fsu.edu).

*Fran Conaway is chair of Marketing and Communications for OLLI and co-chair of the Curriculum and Special Lectures committees.*

## Celebrate Meals on Wheels this March with Elder Care Services

Elder Care Services is proud to announce its annual March for Meals celebration, a nationwide campaign to raise awareness and support for Meals on Wheels programs across the country. The month-long celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act to include a national nutrition program for seniors.

Since 1970, Elder Care Services has been dedicated to serving seniors and their families in the Big Bend. The agency began providing nutritious meals to homebound seniors only a few short months after the program was signed into law.

"March for Meals is a special time of year when we celebrate our successes, thank our supporters, and raise awareness about the importance of our work," said Jocelyne Fliger, President and CEO of Elder Care

Services. Last year, with the support of volunteers, donors, and community partners, Elder Care Services was able to deliver meals to over 450 local seniors directly in their homes. But the demand for services continues to increase and the agency still hasn't fully recovered from the loss of volunteers caused the COVID pandemic.

"This year, we are inviting our community to support seniors by committing to volunteer for our Meals on Wheels program through the month of March and beyond," said Fliger. "Meals on Wheels is essential to ensuring that seniors in our community don't go hungry or feel isolated. By giving just two hours of your week, you will allow us to continue providing this vital service for years to come."

"March is an important time for us to come together to ensure that Meals on Wheels is there for all of our

senior neighbors in need," said Ellie Hollander, President and CEO of Meals on Wheels America. "We must maintain and expand the programs that have helped so many get through this unprecedented time in our nation's history. We can't do it alone. It takes all of us to keep the nationwide Meals on Wheels movement going."

To volunteer with Meals on Wheels, visit [www.eldercarebigbend.org/volunteer](http://www.eldercarebigbend.org/volunteer) or call Elder Care Services' Meals on Wheels office at 850-245-5938.

Elder Care Services, Inc. is a private non-profit corporation, dedicated to improving the quality of life for seniors in Leon and the surrounding counties, allowing them to remain at home with dignity. For more information, visit [www.ecsbigbend.org](http://www.ecsbigbend.org) or follow us on Facebook at [www.facebook.com/ElderCareBB](http://www.facebook.com/ElderCareBB)



# Jumpstart creativity this spring with an art workshop or class

## Heath McRae

Art Program Coordinator

For more info, visit [www.tallahassee-seniorfoundation.org](http://www.tallahassee-seniorfoundation.org), click on Art, or contact [heathhilarly.mcrae@talgov.com](mailto:heathhilarly.mcrae@talgov.com) or 850-891-4016. For registration assistance, email [sarah.vernon@talgov.com](mailto:sarah.vernon@talgov.com) or call 850-891-4045

### UPCOMING ART WORKSHOPS

Workshops require pre-registration and pre-payment.

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

Tuesdays, Mar. 14 - Apr 18, 1-3:30 p.m. (6 weeks)

Create images on paper with a variety of media and processes - beginners and continuing students. \$60 (age 50+), \$72 others

#### PHOTOGRAPHING YOUR ARTWORK - Maria Reznulli

Mon., Mar. 20, 1-4 p.m. (1 day workshop)

Learn how to professionally photograph your artwork with your smartphone or camera. \$12 (age 50+), \$15 others

#### POP ART - Sonia McDowell

Wed., Mar. 22 & Mar. 29, 1-3:30 p.m. (2 weeks)

Explore the world of Romero Britto and create "happy" POP ART drawings of animals filled color and pattern. \$20 (age 50+), \$24 others

#### WATERCOLOR 103 - Diane Ogorzaly

Fridays, Mar. 24 - Apr 28, 1-3:30 p.m. (6 weeks)

For continuing beginners to beginning intermediate student to further develop skills in watercolor. \$60 (age 50+), \$72 others

#### WATERCOLOR 102 - Debra Lachter

Tuesdays, Mar. 28 - May 2, 9-11:30 a.m. (6 weeks)

Continuing Beginner to Intermediate students dive into color, technique, and composition. \$60 (age 50+), \$72 others

#### CLAY CREATIONS - Mark Fletcher

Mondays, Apr 3 - May 1, 9 a.m.-12 p.m. (5 weeks)

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

#### SUMI-E - Mark Fletcher

Mondays, Apr 3 - May 1, 12:30-3:30 p.m. (5 weeks)

Asian Ink Painting, learn the basic



Art instructor Debbie Gaedtke (l) and Judy Fongheiser (r) love the TSC art program.

strokes then expand into modern methods! All skill levels. \$50 (age 50+), \$60 others

#### ART AND PHOTOGRAPHY - Bob Feuerstein

Wednesdays, Apr 5 - Apr 26, 1-3:30 p.m. (4 weeks)

Learn the basics of photography in this workshop on lighting, composition, and editing tricks. \$40 (age 50+), \$52 others

#### DRAWING 101 - Libby Watson

Mondays, Apr 17 - May 22, 1-3:30 p.m. (6 weeks)

An introduction to principles and techniques of basic drawing using dry media. \$60 (age 50+), \$72 others

### ON-GOING STUDIO CLASSES

Classes meet weekly and do not require pre-registration. Pay the days you attend. We recommend visiting the class and talking with instructor to receive a supply list before joining. \$10 per class (age 50+), \$12 others; or buy an art card that gives you eight classes for the price of seven. When an instructor is not available to teach, the space is open as a lab, \$5.

#### LANDSCAPES IN SOFT PASTELS - Wendy Devarieux, Tuesdays, 9 a.m.-12 pm

**OIL AND ACRYLIC PAINTING**, Beginner-Intermediate - Debbie Gaedtke,

Wednesdays, 9:30 a.m.-12:30 p.m.

**OIL AND ACRYLIC PAINTING**, Intermediate-Advanced - Debbie Gaedtke, Wednesdays, 1-4 p.m.

**EXPERIMENTAL WATERCOLOR**, Intermediate-Advanced - Linda Pelc, Thursdays, 9 a.m.-12 p.m. (option 1); Thursdays, 1-4 p.m. (option 2)

**OIL PAINTING**, Advanced - Eluster Richardson, Fridays, 9 a.m.-12 p.m.

**OILS AND ACRYLICS**, Beginners - Fran Buie, Fridays, 1-4 pm

### ONGOING CLASSES VIA ZOOM

**DRAW WITH YOUR EYES, PAINT WITH YOUR HEART** - Mark Fletcher, Wednesdays, 1:30-4:30 p.m. Pen & ink with a little watercolor. Class can be joined at any time.

### NE LIBRARY, BRADFORDVILLE

**WATERCOLOR 200** - Eluster Richardson, Thursdays, Mar. 30 - May 4, 1:30-4 pm (6 weeks). Develop more in-depth skills and insight with watercolor. Intermediate level. \$60 (age 50+), \$72 others  
**WATERCOLOR 101** - Debra Lachter, Fridays, Mar. 31 - May 5, 1-3:30 pm (6 weeks). Learn the basics of watercolor, build confidence and have fun. \$60 (age 50+), \$72 others.

## TSC FOR THE ARTS GALLERY

**Landmarks of Tallahassee**, landmark themed paintings by TSC Art Participants and Instructors currently on display in the Senior Center Auditorium through March 31 and online.

**Pantone Color of The Year Magenta Showcase**, artwork displayed in the Senior Center Dining Room through March 31.

## THANK YOU FOR SHOWING YOUR LOVE FOR THE TSC!

Many people don't know about the Tallahassee Senior Center Foundation, what we do and why it is important to join. The Foundation is a nonprofit organization which provides funding for our Senior Center programs. The Foundation partners with the City of Tallahassee to make the best Senior Center possible.

We are proud to offer over 150 classes and programs each month in diverse areas such as history, science, nature, music, current events, and places of interest in the Big Bend region. We have a variety of art classes, physical fitness programs and health seminars. If you like to play cards, sing, quilt, knit, play pickleball, learn a foreign language—we have it.

Your Membership and donations allow us to 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. We want to say thank you, we are extremely grateful for your continued support.

Visit [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) for more information. Join online or mail your contribution to the Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee FL 32303. For questions, contact Donna Lever at 850-891-4049 or [donna.lever@talgov.com](mailto:donna.lever@talgov.com)