

# COMING of AGE<sup>TM</sup>

*Presented by Council on Aging of West Florida*

## LIFESTYLE MAGAZINE FOR SENIORS

WINTER 2012

Choosing a  
Home Care Agency

Warm Holiday Recipes

Medicaid Managed Care

An  
Exclusive  
Interview  
with  
*Dr. Ruth*





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and Sibelius

### Russian Spectacular

April 6, 2013 at 8pm  
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Tchaikovsky, and Rachmaninoff

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Jeff Nall, APR, CPRC  
Editor-in-Chief

Happy Holidays! On behalf of the board of directors, staff and clients of Council on Aging of West Florida, I wish you the very best as you celebrate the season. I also encourage you to remember those who may not have as much to look forward to as some of us. There are many elderly people in our community who are facing poverty, loneliness and bittersweet memories of holidays past.

In addition to an exclusive interview with Dr. Ruth (yes, she is still around...and yes, she is as outspoken as ever), you will find information on Medicaid Managed Care, tips for selecting a home care agency and CarFit, a free program that helps mature drivers stay safe on the road.

For your more "holiday, feel good reading," please read about volunteer Pati Bryan, who has volunteered at our adult day health care center for more than 10 years. Pati was recently honored with the National Adult Day Service Award for 2012. For those who will be cooking during the holidays, you will also find great recipes from local residents on page 25.

As we bring 2012 to a close, I hope that you will consider making a year-end tax-deductible gift to Council on Aging of West Florida. More and more, we depend on community support to do what we do – care for seniors and their families in our community. If you would like to mail a check, there is a response card on page 44 that can be included with your donation. If you prefer to donate online, please visit [www.coawfla.org](http://www.coawfla.org). Your gift will be greatly appreciated.

Again, have a great holiday!

Until next time, enjoy life – you've earned it!

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Your subscription to *Coming of Age* comes automatically with your membership to Council on Aging of West Florida. If you have questions about your subscription, call Jeff Nall at (850) 432-1475 ext. 130 or email [jnall@coawfla.org](mailto:jnall@coawfla.org). Please do not hesitate to contact Jeff with any questions or comments about your service, and thank you!

#### Change of Address

When calling or emailing us your change of address, please provide Council on Aging of West Florida with both the old and new addresses to expedite the change.

#### Back Issues

Is there an issue of one of our magazines that you just have to have? Was your relative seen in a recent issue and you lost it? Give Ballinger Publishing a call at (850) 433-1166 ext. 30, and they will find one for you.

#### Letters

Council on Aging of West Florida welcomes your letters and comments. Send letters to Council on Aging c/o Jeff Nall at 875 Royce St., Pensacola, FL 32503, emails to [jnall@coawfla.org](mailto:jnall@coawfla.org) or contact editor Kelly Oden at Ballinger Publishing, P.O. Box 12665 Pensacola, FL 32591 or [kelly@ballingerpublishing.com](mailto:kelly@ballingerpublishing.com).

#### Writing Opportunities

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A MAGAZINE FOR THE ELDERLY  
HOPEFUL MAGAZINE FOR SENIORS



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*Council on Aging of West Florida, Inc. is compliant with the Better Business Bureau's Wise Giving Alliance Standards for Charity Accountability.*



## I've seen breathtaking views

I've seen the miracle of everyday blessings, from the radiating brilliance of sunsets over the calming Gulf waters, to the shimmering twinkle of stars against the pitch black sky. I've watched my son, the miracle of my life, grow from a tiny bundle of joy to a great man who is larger than life! I've witnessed the joy and triumph of my students' faces as they conquer new skills each and every day.

Oh, the blessings I've seen and the blessings I've yet to see.

J. Speed, Diabetic Retinopathy Patient

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*By John B. Clark*



John B. Clark,  
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of West Florida



# Medicaid Managed Care

**A few years ago** the Florida Legislature created a new program called “Medicaid Managed Care.” This legislation will change how some individuals receive their health care and/or long term care from the Florida Medicaid Program. These changes were not the result of the National Health Care Reform Act.\*

There will be two different programs that make up Medicaid Managed Care:

1. The Florida Long-Term Care Managed Care Program (now called the Medicaid Waiver and Assisted Living Waiver Programs) and
2. The Florida Managed Medical Assistance Program.

These changes will affect all of those people being served by Council on Aging of West Florida through what is known as the Medicaid Waiver Program and the Assisted Living Waiver Program (those elders living in an assisted living facility).\*

In mid-2013, those clients who are

receiving long term care services such as case management, home delivered meals, adult day health care, homemaker and respite from the Medicaid Waiver Program; as well as those clients receiving assistance from the Assisted Living Waiver Program, will be required to receive these services from a managed care program. This will be a program that has been approved by the state. Clients will have a choice among either two or three managed care programs in our area and these programs will then be responsible for coordinating all of their long term care services.

Within the next couple of months, the Florida Agency for Health Care Administration (AHCA) will publicly announce what managed care programs are being selected for the Medicaid Managed Care Program in our area. Following that announcement, most likely sometime in the middle of 2013, elders who are receiving their long term care services through the Medicaid Waiver Program will receive a letter informing them of these changes and

requesting that they select a managed care program that will provide their services. Along with that notification will be phone numbers that elders can call to receive information and/or assistance in selecting a program that would most fit their needs.

Recognizing the impact that these changes will have on those elders in Escambia and Santa Rosa Counties who are being served by our agency in the Medicaid Waiver Programs and wanting to continue its 40-plus years of service to elders in our two county area, Council on Aging of West Florida entered into a unique partnership with the Children's Home Society of Florida and WellCare (known as HealthEase Long Term Care). This partnership will afford us a continued opportunity to provide case management and other services for elders in our area who are currently served by the Medicaid Waiver Programs. This will allow elders to continue having their services coordinated by a local agency that knows the local community and will enable Council on Aging of West Florida to continue being of service to those elders in need. And, frankly, that should ultimately be what these changes are all about—serving those elders in need. COA

\*Source: Florida Long-Term Care Managed Care Program: Program Overview, AHCA August 1, 2011.


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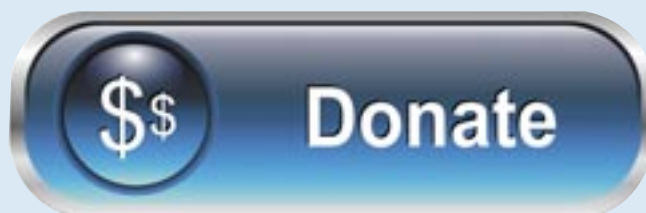
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# Overwhelmed with end of year donation requests? Join the club.



A wise and benevolent lady once said, "If I look at the mass, I will never act. If I look at the one, I will." - Mother Teresa

It is during this time of year that I always think back to Mother Teresa's words and reflect on how true her comments are in relation to so many aspects of our lives. Whether I am looking at a sink of dirty dishes from holiday meal preparations or thumbing through a stack of year end donation requests, I am reminded of just how overwhelming almost anything can be when looked at en masse. For me the only way to motivate myself to clean the kitchen or decide who is most deserving to receive my hard-earned money is to stop and ask, 'Who will benefit most from my action and how many can I impact?' To think of this in business terms, what will my ROI (return on investment) be? Clearly by washing the dirty dishes my family will benefit, but that stack of very worthy causes and their requests cannot be calculated as easily.

While there is no exact formula, there are some basic things that you can consider when deciding who or what will be offered a piece of your proverbial 'end of year' pie.

Personally I try to concentrate my charitable giving on local nonprofits where I can have the satisfaction of seeing how my investment helps make our community better for my neighbors. The first question I ask myself is "Who else in our community does this?" Duplication of services can

be a huge factor in how much impact you might have on a specific group of people.

One example of this in practical application could be the Toys for Tots, Angel Tree and many other holiday campaigns that provide toys for children during the holiday season. Without question we all want children to wake up and experience a magical holiday season, but we might also want to consider the opposite end of the spectrum and remember those seniors in our community who may wake up each and every morning wishing for even the basic necessities to live. There are literally hundreds of organizations that primarily work with children and amazingly few that focus on our growing elderly population. In this instance your impact might be wider felt by making an investment in the cause with fewer programs - making your donation a "big fish in a little pond" if you will.

My next step is to take a look at the financials for any organization that I am considering. Most nonprofits will share their annual reports and IRS form 990 on their websites, or you can contact them and ask for financial information. Beware the ones who refuse to give you access to such information – they usually have a reason why they don't want you to see it! Red flags are generally things like very high administration costs, low percentages of funding going to direct program expenses and high fundraising costs. It's great to raise a lot of money at an event, but it's not so great if an agency spends half of the money raised

putting on the event. The most effective organizations spend at least 75 percent of their budgets on direct programs and services. One easy way to do your homework is to make sure that any organization you are considering has the Better Business Bureau Wise Giving stamp of approval – they do the math for you.

Perhaps the hardest part of this process is separating the heart from the head when making investment decisions. Everyone is familiar with the sad television commercials that show starving children and mistreated animals and your heart goes out to them all. You simply cannot help them all – no matter how much money you have to donate. This is where Mother Teresa and her wisdom come into play for me. I know that I cannot help everyone who needs it in our community, but I CAN help that one person in need. My investment may be the difference between one person having nutritious meals or going hungry, or as simple as an elderly gentleman having someone help with simple chores he can no longer do for himself.

As the holidays come it's important to remember those less fortunate, and extend what help you can. You can even be selfish; one of the biggest benefits of giving is that you'll feel great about doing it. Regardless of who you decide to donate to, don't let your charitable giving go to waste. While your heartstrings might get tugged in one direction or another, taking a few minutes to do some basic evaluations can do a lot of good in our community.

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# CarFit – Helping Senior Drivers Find the Right Fit for Their Car



Although Henry Ford didn't invent the world's first vehicle, he is often credited with starting America's love affair with the car. His moving assembly belt production facilities made it possible for even middle class Americans to own a vehicle, and by 1918 nearly half of all vehicles in America were Model T's. As he famously stated in his autobiography, "Any customer can have a car painted any color that he wants, as long as it is black." Much has changed since those days: cars come in all sizes, shapes and colors. Anyone looking to purchase a vehicle can easily be overwhelmed with all of the choices in today's market. Today's consumer must decide between styles that come with electric, hybrid, gasoline or diesel engines and a plethora of colors ranging from black (just like the first Model T) to pearlescent and even color changing metallic.

One thing that hasn't changed, though,



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is the fact that Americans still love their cars. From the 16-year-old just learning to drive to the retiree traveling from state to state in a luxury motor coach, cars represent something else Americans are quite fond of: freedom. With freedom, however, comes responsibility. While technology has allowed auto manufacturers to make cars that are safer than ever, it is ultimately up to the driver to learn how to use that technology to his/her advantage. This especially holds true for today's senior drivers, who according to the latest census, are the fastest growing population in the United States. By 2030, one in five drivers will be age 65 or older, which means there will be more than 30 million older drivers on our roads. Because of their fragility, seniors have the highest crash death rate of everyone except teenagers.

Enter CarFit: a program developed in collaboration with the American Society on Aging, AAA, AARP and the American Occupational Therapy Association. CarFit is the first program to offer older adults the opportunity to check how their personal cars "fit" them. Trained professionals lead drivers through a 12-point checklist with their vehicle, recommend car adjustments and adaptations and offer community specific resources and activities that could make their cars "fit" better or enhance their safety. In most events, an occupational therapist is on hand to provide information to older drivers on how to maintain and strengthen driving health.



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The Escambia County Sheriff's Office and Gulf Breeze Police Department have partnered with local organizations to bring CarFit to Northwest Florida. Most recently, an event was held at Hillcrest Baptist Church.

Seniors were able to drive away with a new-found confidence and knowledge of their vehicle.

"We CarFitted my mom and she was so very impressed when you showed her that her seat belt does adjust! She has told everybody about it," said a CarFit participant.

"A lot of times what we will see is that seniors will not wear their seatbelt or they have it improperly adjusted, and what we hear is that it is uncomfortable on their neck or it's physically impossible for them to fasten their seatbelt due to arthritis or other health issues," said Fran Carlin Rogers of Carlin Rogers Consulting, LLC out of Orlando. In addition to seatbelt usage, the Senior Transportation Consultant and CarFit Instructor has noticed other trends. "From a study that we did of 1,400 Florida drivers, what we saw was that two-thirds of the drivers come away with recommendations about their mirrors. Another thing that is really staggering for me is the steering wheel tilt. Forty-seven percent of our participants come away with recommendations on how they should change their steering wheel tilt."

For more information on CarFit, or to host an event at your senior center, retirement home or church, contact Rhonda Ray with the Escambia County Sheriff's Office at 436-9553. 

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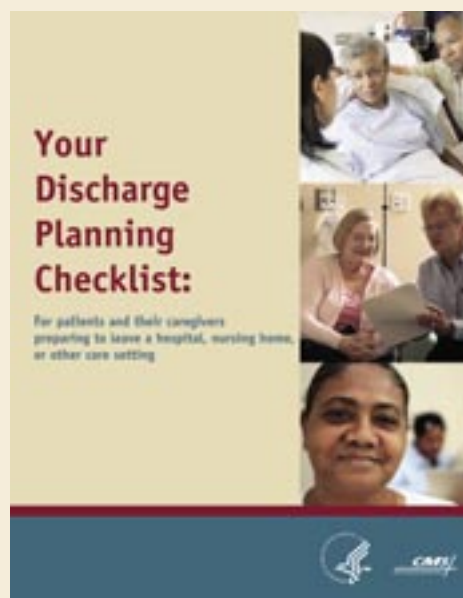
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## Heart failure. Pneumonia.

Heart attack. If you or a loved one suffers from one of these health conditions, you will want to make sure you get the right follow-up treatment. And starting this month, your local hospital will have a financial interest in making sure you do, too.

While politicians talk about how to reduce Medicare spending in the future, some steps are being taken right now as a result of the Affordable Care Act (the health care law). One of the big improvements the law made is to encourage hospitals to do a better job and get it right the first time. This will help prevent what are called “avoidable readmissions.” That’s when a patient has to go back into the hospital shortly after being discharged.

Beginning this month, hospitals that have high rates of readmission for three health conditions—heart failure, pneumonia, and heart attack—will have their Medicare payment rates reduced. Over the next few years, more conditions will be added to the list.

Why is this needed? Because evidence shows that too many patients end up back in the hospital when they don’t get the right care while they are there or when they are being discharged.

Of course, sometimes patients need to be readmitted through no fault of the hospital—for example, the person may need multiple surgeries to treat a particular condition. But too often, these readmissions could have been prevented with better care. For example, if no one at the hospital explains to a patient how to take their medications when they’re being discharged, they might easily end up with complications that put them back in the hospital. Until now, that hospital would have been paid when the patient was readmitted. So a hospital that didn’t do a very good job could easily get paid more than a hospital that kept its patients healthier.

Clearly, we want to reward hospitals for taking good care of their patients, not for giving them inadequate care. Changing the financial incentives will encourage hospitals to provide better care in the first place. For example, hospitals can do a better job when the patient is in the hospital by ensuring that all staff wash their hands frequently, which prevents the spread of infection. Hospitals can also improve communication with patients (and their caregivers) and with other health care providers who care for the patient. For example, they can make sure patients know how to care for themselves when they leave the hospital and that

their regular doctors know what tests were performed at the hospital and what medications were prescribed.

You have a role to play, too. A stay at a hospital can be overwhelming, but you need to take the time to ask important questions about your care plan and to make sure you understand it. You can ask a family member or friend to help. There are also several resources that you can use to help you through this process. The Family Caregiver Alliance provides a guide for families and caregivers that they can use during the hospital discharge planning process; this guide can be found online at [www.caregiver.org](http://www.caregiver.org) under "Fact Sheets." Medicare has created a checklist you can use during discharge from a hospital; the checklist is available online at [www.medicare.gov/publications/pubs/pdf/11376.pdf](http://www.medicare.gov/publications/pubs/pdf/11376.pdf). And if you ever have concerns about the quality of the care you receive, you can contact your local Medicare Quality Improvement Organization (QIO). You can find your local QIO by visiting [www.ahqa.org](http://www.ahqa.org) and clicking on QIO Locator. To contact the Florida Medicare Quality Improvement Organization call 813-354-9111. To learn more about how a QIO can help, visit [www.medicare.gov/Publications/Pubs/pdf/11348.pdf](http://www.medicare.gov/Publications/Pubs/pdf/11348.pdf).

Hospitals can greatly improve the outcome for patients by taking proven steps, such as patient education. No one wants to be in the hospital, and you certainly don't want to have to go back if that can be avoided. This change to the way hospitals are paid is a smart first step to improving care for all of us. COA

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# Local Volunteer Receives National Recognition



*Pati Bryan pictured on the left in the yellow shirt*

**The success of non-profit** organizations such as Council on Aging of West Florida depends heavily on the generosity and kindness of others. Those who volunteer do not seek recognition or favors in return for their services. Instead, volunteers and donors desire to give back to the community through the kindness of their hearts. Volunteers only seek a simple sign of gratification from those they help: a smile. Those who provide aid to organizations such as Council on Aging of West Florida tend to go above and beyond expectations as volunteers and receive plenty of recognition in return.

This is the case for Pati Bryan, the winner of the National Adult Day Service Award for 2012. Pati has been a volunteer at the Council on Aging of West Florida since 2002. She does anything she can to assist the Council with providing services and care to many seniors in

need. “She has a heart of gold,” describes Sandie Holtry, the director of the Council’s adult day health care center.

The award is given to one volunteer in the country to recognize the commitment and sacrifice made by the recipient to a non-profit organization. Pati has exemplified the meaning of this award by ensuring others come before herself at Council on Aging of West Florida. Pati was recognized due to her incredible amount of hours logged (over 6,500) and her exceptional kindness to others, by treating each person she encounters as if they were of her own kin. Pati found Council on Aging of West Florida shortly after the death of her parents in May 2001. She said she just wanted to “see what she could do to help.” Her first assignment was to be a friendly visitor, and that she was. Pati would visit an elderly couple almost every day; a time to which the couple always looked forward. She quickly befriended

the couple, and when the gentleman was in need of special care, Pati was quick to find many options for him from the Council.

If you were to mention Pati's name to anyone at the Council, their face would immediately draw a smile and their spirit would be lifted. Betty McLeroy, program manager of volunteering at the Council, always has a story to tell when she hears a discussion about Pati. "If you see Pati, you will see Pati's smile. It simply radiates from within like the bounce in her step, and it is contagious!"

Self-motivated, Pati sees what needs to be done and does it. She will tackle any task on any given day, be it cleaning the oven, refrigerator, doors and/or walls. She has even been known to weed-whack the back yard, pull weeds in the flower garden, plant flowers, and spread mulch. For Pati, no job is too big or too small!

Even in her own words, Pati shows the kindness of an angel. "One of the best things about the adult day health care center is that they are interacting as a group," says Pati. "We weren't intended to be alone. We need friends and other people. I come to the center, find a friend, and when I leave after a day of volunteering, my heart is just singing. I know that I have made a difference; that I have helped somebody and I've had fun myself!"

Spoken like a true gift to the earth. One thing is for sure; we need more Patis in this world.




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# Tips for Choosing a Home Care Agency

## Baby Boomers in Florida

are finding exciting options available that will allow them to age in the place of their choice. Since the 1980s the home care industry has expanded its role, enabling aging to take place in the least restrictive environment. We can now choose to age in our own homes with a variety of supportive services, reside in independent or assisted living facilities or with families. Home care provides services for short-term assistance with activities of daily living to 24-hour care. The informed consumer who explores the various options available will be able to select services that meet their needs and the needs of their families.

The Florida Agency for Health Care Administration (AHCA) oversees the licensure of home care agencies. Each company is licensed to provide the services of their choice, much like a cafeteria plan. For instance, in Florida a homemaker/companion company may also hold a license for personal care. Without the additional licensure, a homemaker/companion company cannot provide hands on care. When inquiring about services, you should ask all providers which services they are licensed to provide. An inclusive list of services is available from AHCA at [www.ahca.myflorida.com](http://www.ahca.myflorida.com) or by calling toll free at 1-888-419-3456.

As diverse as those served, home care companies


offer a variety of services through variable delivery methods. For safety purposes, ensure the company you select is licensed through AHCA, is a Drug-Free Workplace, holds insurance and is bonded. All employees should have a current background screen, be tested for drugs, and have verifiable work experience. As an informed client, you should ask questions about the policies/procedures that a company practices, how long they have been in business and the safeguards used to ensure the quality of services.

Entrusting your care or that of a loved one to a provider that screens to high standards, supervises caregivers and fosters professional relationships with you and your family is paramount to all other concerns. A plan of care, a living document that directs the services is created among the agency, the client and loved ones. You should be asked to participate in the plan of care. A dedicated human resource director should be able to answer any questions about screening, skill validation, ongoing education/training and hiring practices. AHCA can provide the latest information on the statutes or laws of Florida. Laws change frequently and savvy consumers will want to keep up with the changes. Once you have identified your needs, you are ready to begin selecting a home care provider. Consideration must be given to location, cost, need and opportunity. Select established companies; compare quality assurance measures, licensure, cost

and availability.

The growing home care industry has solutions for those who choose to age in their homes, independent living, in assisted living facilities or with a family member. The trick is to not limit your possibilities, or those of your loved ones. As unique as the individual, home care can be adapted to meet the needs of our aging population seamlessly.

*Lou Donaldson is the Administrator of TLC Caregivers located at 4400 Bayou Blvd, Pensacola. Since 1989, TLC and the TLC team have been providing companion/ homemaker and personal care services to residents in both Escambia and Santa Rosa Counties.*

Just as Council on Aging of West Florida does, all home care agencies who have agreements to provide services to our clients are required to sign affidavits of compliance stating that all their applicable employees meet the statutory requirements for background screening pursuant to state law and the rules established by the Florida Department of Elder Affairs. Though procedures are in place to screen individuals who work in the home care industry, family members are always encouraged to be aware of what is happening in the homes of their loved ones. To report abuse, neglect or exploitation in Florida, call 1-800-96ABUSE (1-800-962-2873). 



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# Warm Holiday Recipes for Cool Weather

*Written and photographed by Josh Newby*



Ellen Marks' Thanksgiving Table

As the crisp, holiday season is now fully upon us, these recipes, submitted by *Coming of Age* readers in the area, are sure to warm your hearts as well as your body and soul. One is a time-honored pie passed down from generation to generation, while another is a delectable stew that is guaranteed to put a smile on the faces of family and friends. So let these experienced cooks inspire your cooking this season as you set out to quench your holiday appetite.

**Ellen Marks**, a veteran cook who began entering bake-offs and other competitions at the age of 12, says that she inherited her expertise from her mother. She moved to Pensacola in 1954 and began a catering service in the 1980s, which inspired her to publish a cook book, *Cooking with Southern Accents*.



The first recipe she shared with COA is a sweet potato chiffon pie.

2 cups of cooked mashed sweet potatoes  
1 cup of sugar  
2 eggs, separated  
½ cup of butter at room temperature  
½ teaspoon of cinnamon  
¼ teaspoon of nutmeg  
½ teaspoon of vanilla  
¼ teaspoon of lemon extract  
¼ teaspoon of salt  
½ cup of heavy cream  
¼ cup of sugar for egg whites  
One 9" unbaked pie shell

In large mixing bowl, combine sweet potatoes, beaten egg yolks and butter. Beat until fluffy. Add heavy cream, spices, salt and flavoring, mix well. Whip egg whites until foamy, add sugar and whip until peaks form. Fold in potato mixture. Pour into pie shell. Bake at 350 degrees for 45 minutes or until done. Serve with whipped cream if desired.



The second recipe is for a fruit salad with pineapple dressing.

- 1 large package of fresh strawberries
- 3 large bananas, sliced
- 1 ½ pounds of green grapes
- 1 large box of sugar-free vanilla pudding (don't cook)
- 1 large can of pineapple chunks, drained
- 1 tablespoon of lemon juice

Pour lemon juice over bananas and set aside. In 1 ½ quart glass bowl, put layer of strawberries and sprinkle with 3 teaspoons of vanilla pudding. Repeat layers using bananas, grapes and pineapple. Serve in small salad bowl, topped with pineapple dressing.

To make the pineapple dressing...

- 1/3 cup of sugar
- 4 teaspoons of cornstarch
- ¼ teaspoon of salt
- 1 cup of pineapple juice
- ¼ cup of orange juice
- 2 eggs, beaten
- 2 (3 oz) packages of cream cheese, softened

Combine sugar, cornstarch and salt in saucepan, blend in pineapple and orange juice. Cook, stirring constantly, until mixture is clear, about 5 to 8 minutes. Slowly stir beaten eggs into mixture. Return to heat, cook, stirring constantly until thickened. Beat in cream cheese. Chill, serve over fruit. Makes 2 cups.

**Louise Arnett**, a 76-year-old award-winning cook who doesn't mind if folks know her age, has been cooking since she was six. That's 70 years of tried and true recipes that she either inherited from family members and friends or came up with on her own. She has won two awards from the local Farm Bureau and was kind enough to share one of her delicious recipes with *Coming of Age*.

Her recipe is for a cornmeal pie, which she inherited from her grandmother and has perfected over the years.

- 1 cup of melted butter
- 1¼ cups of sugar
- 3 eggs
- 1 teaspoon of vanilla
- 3 tablespoons of cornmeal

In a large bowl, mix together the melted butter, sugar, beat eggs, vanilla and cornmeal. Pour into a 9" pie shell and cook on 325 for 35 to 40 minutes.

**Deborah Williams**, a mother of two boys and a grandmother of one, is 61-years-old, semi-retired and loves to cook. She has been at it since age ten and made her first pound cake at the age of 12. She was born into a family of 13 and enjoys her family and seeing a big smile on their faces when they gather for the holidays.

**The recipe she shared with COA is an old-fashioned oxtail stew.**

- 2 pounds of oxtails—medium size
- 1 large onion, cut in chunks
- 1 large bell pepper, green, cut up
- 2 stalks of celery, cut
- 2 cloves of garlic, diced
- 1 teaspoon of salt
- 1 teaspoon of black peppers
- 1 teaspoon of garlic powder
- 1 can of cut tomatoes
- 2 cups of cut carrots
- 3 cups of petite potatoes
- 1 medium pack of cut string beans

Clean oxtail and place in cast iron pot or Crock-Pot. Add all ingredients, except the last four. Cook for 2 hours or until oxtail is tender. Add carrots, potatoes, beans and tomatoes. Let simmer for 1 hour. Let stand.



He goes by **Rev. Toms**, a minister at Bethel AME (African Methodist Episcopal) Church in Pensacola, and he has been cooking for 30 years. He works with seniors and the youth at the church and holds weekly outings for seniors in the community every Tuesday. He shared one of his more famous recipes with COA. A simple rice casserole recipe is relatively easy to make—and enjoy.

- 1 stick of butter
- 1 can of Campbell's Beef Consomme soup
- 1 can of Campbell's French Onion soup
- 1 small can of mushrooms, stems and pieces
- 1 cup of white rice

Melt butter in Pyrex dish or baking pan. Add soups and rice. Sprinkle mushrooms on top. Bake at 375 degrees for 45 minutes or until liquid is absorbed.

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# An Exclusive Interview with *Dr. Ruth*

By Kelly Oden

Dr. Ruth Westheimer is a psychosexual therapist who pioneered speaking frankly about sexual matters on radio with her program, *Sexually Speaking*. The show began in 1980 as a 15 minute, taped show that aired Sundays after midnight. One year later it became a live, one-hour show airing at 10 pm on which Dr. Ruth, as she became known, answered call-in questions from listeners.

Born Karola Ruth Siegel in Germany in 1928, Dr. Westheimer was sent to a children's home in Switzerland at the age of ten. The home became an orphanage for most of the German Jewish students who'd been sent there to escape the Holocaust. At 17 she went to Israel where she fought for that country's independence as a member of the Haganah, the Jewish freedom fighters. She then moved to Paris where she studied at the Sorbonne and taught kindergarten. She immigrated to the U.S. in 1956 where she obtained her Masters Degree in Sociology from the Graduate Faculty of the New School of Social Research. In 1970, she received a Doctorate of Education (Ed.D.) in the Interdisciplinary Study of the Family from Columbia University Teacher's College.

She worked for Planned Parenthood for a time and it was that experience that prompted her to further her education in human sexuality by studying under Dr. Helen Singer Kaplan at New York Hospital-Cornell University Medical Center. She later participated in the program for five years as an Adjunct Associate Professor. She has also taught at Lehman College, Brooklyn College, Adelphi University, Columbia University and West Point.

During her early days as a college professor, Dr. Westheimer never imagined that one day she would be making such wide use of the mass media to help spread what she has labeled "sexual literacy." However, with her unique style, she has been able to communicate effectively through almost every avenue available. In addition to radio and television, Dr. Ruth is a prolific author and is still a teaching professor.

COA was fortunate to speak with Dr. Ruth about her life, her career and her newest book, *Dr. Ruth's Guide for the Alzheimer's Caregiver*.



*Top: A young Ruth*

*Top Right: Ruth age 10*

*Above: Dr. Ruth at her wedding.*

**COA:** Hello, Dr. Ruth. Can you tell me a little bit about your upbringing in Germany and what first inspired your interest in psychology and sexuality?

**RW:** The first thing I want to tell you that is of interest to your readers is that the early childhood experiences—the early childhood situation—is very important. I grew up in a loving family as an only child, with my mother, father and my father's mother. My mother and my father were in business, and my grandmother had nothing else to do but take care of me. They sent me to an exceptionally good Jewish school in Frankfurt. I had a wonderful upbringing.

Then came Hitler. My father was taken to a camp in November of 1938. It was not a concentration camp yet, but it would become one. I was told

that I had to go to Switzerland. At first, I did not want to go, but my father said I had no choice. So on January 5, 1939, I went, and that was the last I saw of my parents. The children with whom I travelled and I went to a children's home that became an orphanage. At 17, I went to Israel and joined the Haganah, the Jewish freedom fighters. I didn't kill anybody, but I was badly wounded in both legs and my shoulder on my 20th birthday.

I recovered and went to Paris, where I studied psychology at the Sorbonne. I studied and became a teacher. I came to the United States in 1956 after a divorce. The next man in my life came with me to America. We had one child. He went back to Europe and I stayed here. Then I married Fred and he adopted my daughter. We had a boy and now I have four grandchildren.

When I came to this country,

I cleaned houses for \$.75 an hour. Afterwards, I worked at the French embassy for a dollar an hour, and then I was given a job for Planned Parenthood. That is when my interest in issues of sexuality started.

**COA:** Tell me about your Graduate education.

**RW:** I got a Master's in sociology at the New School for Social Research because they gave me a scholarship. I then went to Columbia University and got a scholarship for my doctorate. This coming spring, I am going to teach on how the family is depicted in film, theater, print and Internet at Columbia. I am going full circle back to where I got my doctorate. I also taught about family at Princeton and Yale for six years each.

**COA:** What inspired you to write your new book, *Dr. Ruth's Guide for the Alzheimer's Caregiver*?

**RW:** The reason I wrote this book is because I have quite a number of friends whose spouses have Alzheimer's. I'm not talking about the disease itself. I'm not a medical doctor, but I'm doing this book for the helpers who are running out of steam. I don't want to tell people what to do in order to be able to continue giving care; just that they have to do something for themselves. Go get coffee, go to a movie, have friends visit. They should do certain things that will give them pleasure because this is a dreadful disease.

**COA:** How does taking care of a parent or sibling with Alzheimer's differ from taking care of a spouse?



*Top: Dr. Ruth with Bill Cosby*



*Above: Dr. Ruth on the Today Show*



**RW:** I don't know if it differs. I think the feelings of helplessness and feelings of anger that this happened to us are the same. I would not say that it's not different, except of course that it's the spouse and they have a different type of relationship. That's one thing. The important thing to tell children and families and everybody is to try and give as much support to the caregiver as you can.

**COA:** For the caregiver themselves, it's obviously a very emotional time and they're going to feel a wide range of feelings and fears. What is your advice?

**RW:** To participate in support groups. For some of them who are more private, maybe a psychologist or social worker can help. For most people, read my book. I try to use a sense of humor. It's not the only book they have. There are all types of resources, but I'm saying the one thing I can contribute, now that I'm 84, is to have a love of life experiences. The one thing I can contribute is



*Top: Dr. Ruth with Quantum Leap star, Scott Bakula*

*Left: Dr. Ruth with Matthew Broderick*

to say, what's happening to you is terrible. Let's see what can be done to make it easier.

**COA: Do you think there is a point in time when the caregiver should step back and let professionals take care?**

**RW:** I could never pin point. All I could say if there are professionals or paraprofessionals available, use them. I could never predict when is the point. I just want to give support to the caregivers by saying not to feel guilty if you see somebody, not to feel guilty if you use other resources that can help you.

**COA: One of the sections in your book goes back to sexuality. It talks about Alzheimer patients becoming much more sexual.**

**RW:** There is that type of behavior, like not closing curtains, not sitting properly or exposing themselves. Correcting is of no use. Screaming is certainly no use. Just put a blanket over the body, that's all.

**COA: So just deal with it and move on.**

**RW:** Right. Have a blanket ready to put over their lower body. I don't mention it in the book, but I'm telling you.

**COA: Can you talk a little about the different stages of Alzheimer's and are there different coping techniques for each?**

**RW:** I really would like to leave that to the professionals, because I don't want to miss some. What I would like very much is for people like you, after this article appears, to pay attention to the professionals and do more research on caregiving and Alzheimer's. Various clinics have done research. I hope that a book like mine is going to give a little bit of push to talking about what a terrible disease it is. Now let's find a cure.

**COA: Do you have any advice for caregivers in terms of combating the anger and depression?**

**RW:** If somebody's a caregiver and has those feelings deep down, they have to go to a professional. I would never say anything else, because I'm not a medical doctor, but they have to go to see a professional.

**COA: You're obviously very famous for your frank approach to sometimes awkward topics. Why do you think it is that people of all ages have responded positively to your message?**

**RW:** I was very well trained. I was a very established professional before I started in television. My accent has helped. Whenever they turned on the radio or television, they knew it was me. And I was able to use humor--not jokes--to talk about those issues. I could never do a reality show. The people on my show were always actors and actresses portraying different problems. I would never do a reality show because there's nobody afterwards to pick up the pieces. In the Jewish tradition, it is said that, "A lesson taught with humor is a lesson that will take." So no jokes, but humor is certainly acceptable. And I think I was very fortunate, that even today, young people still know who I am. I also think that's because I continued teaching at Yale and Princeton and doing interviews like the one with you and appearing on television.

**COA: When you first began talking about subjects like sexuality, they were considered risqué, but now many of those topics are commonplace and are the subject of most primetime television shows and national magazines. So how do you feel the role of sex in today's world has changed?**

**RW:** What has changed is not the programs, but the vocabulary. People talk much more openly, and people read more about this in

every magazine. Look at *50 Shades of Grey*. There is more knowledge and people talk even more about it.

**COA:** Do you think sexual literacy has increased since you coined that phrase?

**RW:** Well, it was not just me who coined the phrase. There are plenty of other people who have written about it and talked about it, but I certainly was a part of it.

**COA:** Tell me about the Leo Baeck Medal you received for your humanitarian work promoting tolerance and social justice.

**RW:** Yes, that's something I do. I am concerned with the reduced stigma associated with human sexuality and you have to promote human fulfillment in family life.

**COA:** You were listed as one of *People Magazine's* most intriguing people of the 20th century. How did you feel about that honor and the other honors you've received?

**RW:** I was. I was also sent a plaque from Mayor Bloomberg on my 80th birthday. He said, "On your 80th birthday, the world is a much better place because of you." It's very touching.

**COA:** That's fantastic. You're teaching this spring and you've taught over much of your career and you've done a lot with children and teenagers. How do you communicate your mature messages to younger people?

**RW:** I think that parents have to be parents and teachers have to be teachers. And when I do a seminar, for example, I talk to young people with no adults in the room. And I talk to adults with no one under 16 in the room. So I respect the issue of age and I think that's why they listen to me.

**COA:** Have any of your children or grandchildren shown an interest in following in your footsteps?

**RW:** No. My daughter is a doctor. She's very involved in early childhood education. My son has a doctorate from Stanford. He is a



*Dr. Ruth in Moscow*

professor of education at the University of Ottawa. He is the head of research and he teaches.

**COA:** If I may ask, how did your late husband feel about your frank talk about sexuality?

**RW:** I never let Fred come to any of my talks.

**COA:** You never let him come?

**RW:** No, because he would say, "Don't listen to her, it's all talk." When Diane Sawyer came with *60 Minutes* to my apartment to interview me, I didn't have the heart to say to Fred, 'You can't be here,' because he loved her. So as soon as Diane is sitting down, she asks the first question. She said, "Mr. Westheimer, how is your sex life?" He said, "The shoemaker's children don't have shoes."

**COA:** So, you're 84. Do you ever plan to retire?

**RW:** Never. Although I would love it in Florida. I was just there in September. I talked to 350 women and you could've heard a pin drop. It was real quiet. I do like Florida.

**COA:** Could you give us some of your secrets for a long, happy, healthy life?

**RW:** The one thing that has helped me is human relationships. Because when I talk about sex, I highly value the issue of human relationships. I think in my case I'm fortunate, because I'm healthy and I'm fortunate that I'm very busy.

**COA:** Is there anything else you want to say about your new book or about care giving for Alzheimer's patients in general?

**RW:** I'm very happy that you called, very happy that it could make some noise about the disease. **COA**



*Dr. Ruth and Shaquille O'Neal*

# News from Council On Aging of West Florida

## Greater Pensacola Society for Human Resource Management Raised Funds for to Help Seniors



*Sandra Smith with SHRM presents a check for \$3,500 to President & CEO John B. Clark and VP/Human Resources Rosa Sakalarios, PHR.*

The Greater Pensacola Society for Human Resource Management (SHRM) demonstrated its care and concern for the elderly in our community by selecting Council on Aging of West Florida as the beneficiary of its holiday silent auction and raffle, raised almost \$3,000. An additional donation from the board raised the total donated to Council on Aging of West Florida to \$3,500. Thank you to the members of the Greater Pensacola Society for Human Resources Management for selecting us.

## Check Out Our New Website



We invite you to check our new website. We hope that you find it more user-friendly and full of valuable information in a variety of formats. We've included new ways you can determine how we can best serve you based on your particular

challenge. We've also included new ways you can help seniors in our area by making donations, setting up monthly recurring gifts and tribute gifts in honor or memory of family or friends. We've also included testimonial from both clients and supporters, and you just might see some familiar faces. We have also created a new mobile website to provide greater viewing convenience on smartphones and other mobile devices.

## Thanks at Thanksgiving

The Thanksgiving of many of our clients was made happier thanks to Creative School Age Childcare, Epps Christian Center, Little Red Hen Quilting Bee, Magic 106.1 FM, Woodbine United Methodist Church, St. Joseph Catholic Church, Seville Quarter and Partners (Fresh Point Gulf Coast, The Happy Pig, AT&T Pioneers, Restaurant Technologies, Inc., Seville Quarter Milers, Turkey Trot 5K Participants/ Supporters, and the Managers & Staff of Seville Quarter), Sandy Nevels & FSU College of Medicine, Waterfront Rescue Mission, Windy Hill Baptist Church and Sharnell Swanson, Michelle Sims, Charlene Hamilton and Donelia Griffin. Our sincere thanks to all.

## Rat Pack Reunion 2012 Wrap Up



We would like to thank the community for supporting our Rat Pack Reunion fundraiser. Once again, this year's event set a new event fundraising record for us. We

would like to especially thank our honorees, Lewis Bear, Jr.; Corbett Davis, Jr.; Richard McAlpin; Pete Moore, and Frank Patti and Master of Ceremonies Fred Levin as well as Gulf Breeze Mayor Beverly Zimmerman, Pensacola Mayor Ashton Hayward Collier Merrill and Teri Levin.

We would also like to thank Gold Nugget sponsors - Pete Moore Automotive Group; Jewelers Trade Shop; Budweiser; Vinyl Music Hall; Levin Rinke Resort Realty; Gay and Bo Carter; TLC Caregivers; the Kugelman Foundation; Levin, Papantonio, Thomas, Mitchell, Rafferty & Proctor, PA; Quint and Rishy Studer; Pensacola News Journal; WEAR ABC 3; Ideaworks, New World Landing; Jackson's and Pensacola Magazine, Flamingo sponsors - Joe Patti Seafood; Patti Marine Company; Richard, Jerri and Keller McAlpin; Home Instead Senior Care; Spencer Law PA; Valerie and Ray Russenberger; Nursefinders of Pensacola; and Cat Country-News Radio 1620, and Sands sponsors -John B. Clark, John and Jerre Peacock; Landrum Human Resources; Baptist Health Care; Captain C. Flack and Kathleen Logan; Ace Unlocks; Gulf Power; Homestead Village; American Fidelity Life Insurance Company; Bob Tyler Toyota; Hancock Bank, and Escambia County Sheriff's Office, David Morgan, Sheriff; Sole Inn and Suites, and Florida Senator Greg Evers. Special thanks also to event chair Caron Sjöberg and board chair DeeDee Davis.

## Need a Gift for the Person Who Has Everything?

How about making a donation in their honor? The donation is tax-deductible and the honored individual will receive a card acknowledging the gift. Gifts can also be made in memory of someone. The honoree or the family will receive a card acknowledging

the gift. Checks should be made payable to Council on Aging of West Florida and sent to PO Box 17066, Pensacola, FL 32522. Donations may also be made online at [www.coawfla.org](http://www.coawfla.org) or by phone at 432-1475.

### Matching gifts

**Double your Donation!** Matching Gifts are an easy way to increase your donation. If your employer offers a matching gift program, please complete the matching gift form (available from your employer) and submit it to us. Find out if your employer participates in a matching gifts program by visiting <http://www.matchinggifts.com/aha>.

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### Thanks to the Plein Air Painters of Pensacola

We would like to once again thank the members of the Plein Air Painters of Pensacola who have loaned their artwork to create a soothing, home-like atmosphere at our adult day health care center. The group rotates out loaned artwork on a quarterly basis, keeping the facility fresh and fostering stimulating conversations among our participants. Our thanks to artists Nina Fritz, Rhoda Warren,

Hazel Shiell, Jane Seal, Kay Packwood, Fred Myers, Terence Sutherland, Cecile Hines, Carmen Maldonado and Marian Guthrie for sharing who their talent and their hearts with us.

### Panhandle Charitable Open



*John Peacock, PCO board members Doug Gooch and Anne and Doug Hickerson present President & CEO John B. Clark with a check for \$15,000.*

The Panhandle Charitable Open golf tournament, which is held in memory of John Ryan Peacock, has raised more than \$310,000 to help local charities and organizations since 2006. This year, Council on Aging of West Florida received \$15,000 from the proceeds. The Panhandle Charitable Open was recently selected as the 2012 Outstanding Philanthropic Organization by the West Florida Chapter of the Association of Fundraising Professionals. The award was presented as part of National Philanthropy Day. The Panhandle Charitable Open was nominated for the award by Council on Aging of West Florida.

### 2013 Pine Meadow Vet Clinic Charity Calendar



100 percent of proceeds to benefit the Council on Aging of West Florida's Meals on Wheels Program. The clinic will be donating pet food and supplies to be delivered to local home-bound seniors with companion animals. The calendar is available for \$20 online at <http://www.lulu.com/shop/christina-likness/my-calendar/calendar/product-20477687.html> or by phone at 850-477-2194.

### Caregiver Support Groups

Our monthly support groups are designed to reduce stress, increase coping skills, provide strategies for effective management of care giving tasks and enable caregivers to provide high quality care in the home. Attendance is free. New members are welcome.

#### Milton

1st Thursday - 6 pm  
St. Rose of Lima Catholic Church  
6451 Park Avenue

#### Century

3rd Thursday - 6 pm  
Century Care Center  
6020 Industrial Blvd.

#### Pensacola


Last Thursday - 6 pm  
Council on Aging of West Florida  
875 Royce Street

### Grandparents Raising Grandchildren and Other Relatives Support Groups:

#### Pensacola

2nd Thursday 6 pm  
Homewood Suites  
5049 Corporate Woods Drive  
Dinner is provided through Homewood Suites' evening Manager's Reception.

#### Gulf Breeze

4th Tuesday - 6 pm (In December, this group will meet on the 3rd Tuesday, which is December 18 due to the holidays. Regular date with resume in January.) Oriole Beach Elementary School, 1260 Oriole Beach Road. A light dinner is provided at 5:30 pm. 

### **A Taste of Christmas Tradition**

*Saturday, December 15*

7 pm

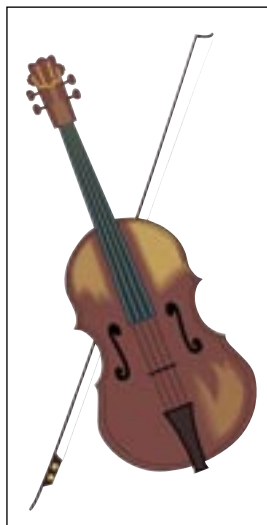
Bagdad Village Museum

4512 Church Street, Bagdad

Tickets - \$40 per person.

Black tie optional

Celebrate the holidays with a Christmas Music Gala & Reception featuring voice and violin by Mrs. Margaret Arnold, Regional Classical Soloist and Santa Rosa County Music Educator, and Dr. Leonid Yanovskiy, Russian born violinist and Director of Strings/Orchestra at the University of West Florida. For more information, call 850-623-3288. Reservations are required in advance due to limited seating.



### **Martin Luther King, Jr Day Parade**

*Monday, January 21, 2013*

11 am

1401 East Gregory St

Downtown Pensacola

Parade route begins at Spring & Garden Streets; travels east to Palafox; turns north onto Palafox; Palafox to Wright Street, and turns left; turns left onto Palafox; travels south on Palafox to Main Street. For more information, call 850-377-1898.

### **Be a Santa to a Senior**

*Through December 18*

Walmart stores in Ensley, Pace, Gulf Breeze, and Blue Angel Parkway and Creighton Road in Pensacola

You can make the holidays brighter for a local senior citizen by participating in this holiday gift drives. Trees with wishes are located at the Walmart stores in Ensley, Pace, Gulf Breeze, and Blue Angel Parkway and Creighton Road in Pensacola. Be a Santa for a Senior part of Home Instead Senior Care's commitment to seniors and our community. For more information about the program, visit [www.beasantatoasenior.com](http://www.beasantatoasenior.com) or call 850-477-1947.




### **Smokin' In The Square BBQ Cookoff**

*March 1, 2013 - March 2, 2013*

Friday, noon-9 pm; Saturday, 10 am-7 pm

Seville Square

Government & Alcaniz Streets, Downtown Pensacola

Professional barbecue teams from around the U.S. will gather to compete at the first barbecue contest locally to be sanctioned by the Kansas City Barbecue Society (KSBS). Professional teams will be competing for prize money and points. Local barbecue enthusiasts also will be competing for prize money and bragging rights in the Backyard competition. Great family fun, entertainment, and food. Proceeds go to local charities. For more information, call 850-516-2622. 





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...at the Rat Pack Reunion



John Alexander, Beau Noonan, with DeeDee and Corbett Davis Jr.



Mike Papantonio, Larry Mosley and Janet Holley



Gay and Bo Carter

• To view and purchase photos from the event, visit [www.carmenjonesphotography.com](http://www.carmenjonesphotography.com)

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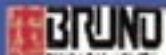
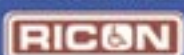
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