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Presented by Council on Aging of West Florida

LIFE  AZINE FOR SENIORS

SUMMER 2012

An Exclusive
Interview With

*Julie
Newmar*

Snowbird
Turned Angel

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John McCaslin
5-8am



Laura Ingraham
8-11am



Burnie Thompson
11-2pm



Jerry Doyle
2-5pm



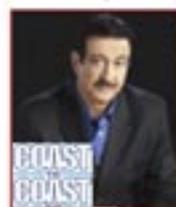
Michael
Savage
5-8pm



Mike Gallagher
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10pm-12am



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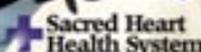
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Jeff Nall, APR, CPRC
Editor-in-Chief

We hope this issue finds you well and ready for a nice summer. We also hope that this issue is a perfect fit for your summer reading—whether at the beach, traveling or staying indoors keeping cool.

Thank you to everyone who stopped by the “Big Reveal” Open House to see the expansion and renovation of our Adult Day Health Care Center. Of course we would also like to once again thank all those who made it possible. A complete list of donors and photos of the center are on page 38. Please stop by for a tour.

In this issue, you will also find an exclusive interview with Julie Newmar, the original Catwoman. In addition, there are articles that will hopefully make you laugh as well as think about what you want your legacy to be and how you can start making those plans.

As it is summer in coastal Florida, we all need to remember the importance of sun protection and avoiding heat stroke. We also need to be cautiously aware of the “H-word.” A good resource for valuable information on disaster preparedness is the Florida Department of Elder Affairs’ publication *Disaster Preparedness Guide for Elders*. It can be read and downloaded online at http://elderaffairs.state.fl.us/doea/eu/2012/Disaster_Guide_2012_english.pdf. A copy can be requested by phone at (850) 414-2000.

We all wish you a very happy and memorable summer. Stay cool and stay calm.

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. Please do not hesitate to contact Jeff with any questions or comments about your service, and thank you!

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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.

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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 or contact editor Kelly Oden at Ballinger Publishing, P.O. Box 12665 Pensacola, FL 32591 or kelly@ballingerpublishing.com.

Writing Opportunities

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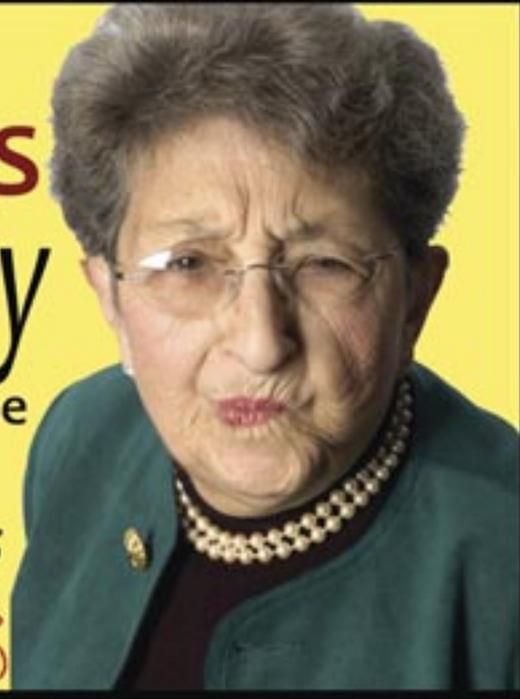
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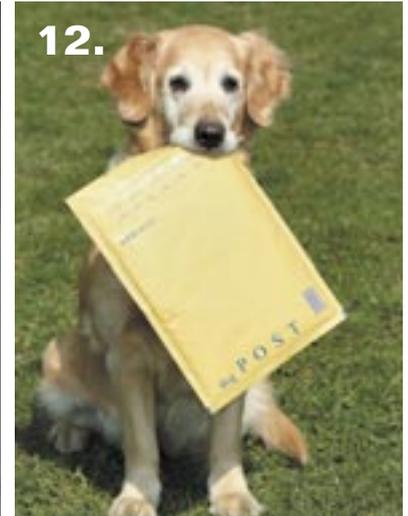
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Thank You

It is unfortunate, but too often in life and in the rush of day to day events, we forget to thank those who have helped us. Not only is this true in our personal life, but also in our professional one. Let me take just a moment and try to reverse this trend.

As most of you know, the overarching mission of the Council on Aging of West Florida is to help frail low-income elders remain in their own homes and avoid more costly institutional care by providing home and community-based services such as meals on wheels, adult day health care, homemakers, personal care, respite for caregivers and more. It has been proven time and again by policy analysts that, in the end, this is less expensive for everyone: the person who is receiving services, their loved ones and the taxpayers who most often support institutional placement through their tax dollars. Apart from the financial savings, the most obvious benefit is to the elder citizens themselves who very much want to remain in their own homes. While such services do save money in the long run, in the short run it does take financial support to provide home and community based care and much of that financial support comes to us through state appropriations.

We are fortunate that members of the Florida Legislature and our own legislative delegation have had the foresight to see the importance of home and

community based care, and in spite of difficult economic situations, they have “stepped up to the plate” to insure that funding is available so that elders in our state and local communities will be able to remain in their homes. Indeed, during this past legislative session, there was an increase in funding for these programs and services. This is especially significant when you consider that many demands are placed upon our legislators from many directions.

We are also most grateful to our local city and county elected officials who have been so supportive of eldercare services by providing critical funding, which serve as matching funds for our state programs. They too have seen how critical home and community based services are to our areas elder citizens. Like our state elected officials, they are often faced with difficult decisions and with multiple priorities.

So, let’s take a minute to say “thank you” to all of these elected officials for their ongoing support of eldercare programs. Let them know that we appreciate their support and thank them for doing what we all believe in—supporting eldercare services and funding in our state and our community. Because of their support thousands of elders in Escambia and Santa Rosa Counties will continue to receive vital in home services and avoid institutional care.

To thank our elected officials for their continued support and to request their ongoing support, you can contact them using the information below.

Also, remember to register to vote and to vote in the upcoming elections:

- August 14, 2012: Primary Election
- November 6, 2012: General Election

You can always vote by absentee ballot. To learn more about voting absentee, contact the Supervisor of Elections in your county:

Escambia County Supervisor of Elections David Stafford: 595-3900

Santa Rosa County Supervisor of Elections Ann Bodenstein: 983-1900.

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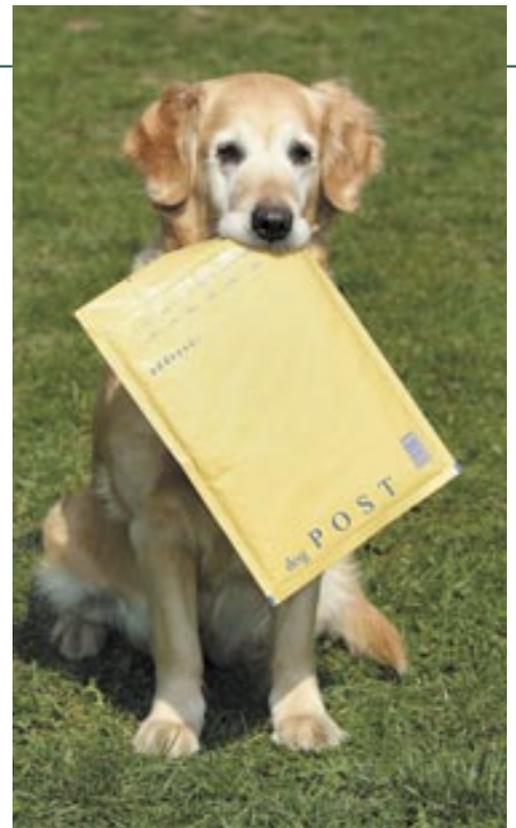
Almost daily we hear of some new modern wonder designed to make life easier. Often advancements are related to computer technology, but not always. The progress with service animals, for example, is noteworthy. Dogs are now trained to detect the aura of an oncoming seizure in epileptics, sense a drop in blood sugar in diabetics, and recognize breathing changes in patients with respiratory conditions, such as asthma. Of course, this is in addition to the wonderful seeing-eye dogs trained to help people who are blind.

My baby boomer friends and I recently joked about getting a 12-year-old to go with us to social events, shopping outings, plays, movies, even on vacation with us. It could be a neighbor's kid or some child one knows from church or temple. We'd look for a bright kid with computer skills and reasonable savvy, one anxious to earn a bit of money and who would not roll his or her eyes over the idea of hanging out with "older adults." There could even be a merit badge in it for a scout. Their tasks, should they choose to accept, would be to remember where we parked the car, where we left our keys and where we put our glasses. They'd remind us not to leave our umbrellas on the floor next to the table in restaurants

or forget a credit card in a store. They'd warn us about steps we might miss because of certain depth perception issues. Don't laugh. If you aren't to this point yet, you could be in the future, and then you will understand.

But perhaps a better idea might be a CRAFT service dog. Trained to do the same things as the kid, a dog might find your keys, your misplaced cell phone, the garage door remote, a lost checkbook or half of a missing pair of earrings. It could also guide you to your car at the mall when you forget what level you parked on. For those not in the know, CRAFT is a senior's acronym. It stands for "Can't Remember A Freakin' Thing."

Just picture it. Maybe I have a service dog named Max. I'm getting ready to leave for work or to run errands and I can't find my keys. I turn to trusty Max: "Max, car keys!" Max trundles off to find my keys, which he has been trained to do, and he comes back with them in his teeth. Or, he goes to the refrigerator and paws at the door. I open it, and there — next to last night's dinner — are my keys. Or, maybe I'm at the mall and I can't remember where I parked: "Max, find the car!" Max arfs knowingly and trots off, looks back to see if I'm following, and leads me to



middle of level four, Green, 4H. There's my Highlander. Wow, is he smart or what?

The dog would have to learn the names and appearance of common objects: keys, glasses, sunglasses, TV remote, checkbook, umbrella, purse, BlackBerry, passport, asthma inhaler, etc. With the right dog, I think this is possible. I saw a segment on ABC with Diane Sawyer featuring a dog that was trained to recognize a large number of stuffed toys by name and appearance. The owner put all the stuffed toys on the far side of the room and mixed them all up in a jumble. Then he would tell the dog "Find froggie." The dog would go to the other side of the room, survey the pile of toys available, pick one out of 30 or so items, then come back with the stuffed frog in its mouth. Pretty impressive.

We know dogs are smart, we've seen them on Letterman and YouTube. Years ago there was Lassie and Rin Tin Tin. Look at all those times Lassie saved Timmy. Once,

Timmy was trapped in a cave where a boulder had fallen, knocking Timmy unconscious. A flash flood filled the cave entrance with water. Lassie ran for miles back to the farm and barked furiously at June Lockhart, who was busy hanging wet clothes on the clothesline. It took her a few seconds to get it. Duh, Timmy's in trouble (wouldn't she learn after several weeks?). Rin Tin Tin would run for miles to summon the cavalry from Fort Apache — on three legs because he had an Indian arrow in one of his paws. TV dogs are smart and persistent. I'm positive one could find my keys.

Alas, my swell idea doesn't appeal to everyone. I ran the idea by a friend, and her response was: "I'm waiting to have my own personal robot to manage my life and make sure I get to appointments, a la *The Jetsons*. It doesn't need to be fed and won't have bad days. I'll just plug it in every night to recharge."

Well, to each his own. But there is a certain tactile, warm fuzziness to a dog that a robot lacks and the technology wouldn't be obsolete after 18 months. Not to mention, after HAL, the computer in *2001: A Space Odyssey*, well, I'm just a teeny, tiny bit leery of getting too chummy with a computer-based critter. It wouldn't bite in the same sense as a dog, but it might want to exact revenge if given the wrong task. Meanwhile, I'll think more about my options (when I remember). 

About the author: A technical writer by trade, Connie Pursell began writing essays at 64 after being encouraged by her minister, Unitarian Universalist Reverend Tom Owen-Towle. In *Did Jesus Have a Cat?* and *Other Observations from a Quirky Mind*, Pursell tackles life's biggest questions with a distinctive voice and sharp wit. For more information, visit www.cpuselljesuscat.com.

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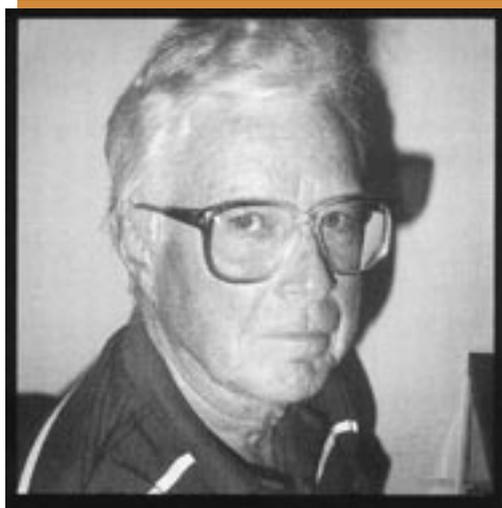
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Snowbird Turned Angel

Carl Smith, a retired research assistant from the UpJohn Corporation and self taught computer programmer, arrived at the Retired and Senior Volunteer Program (RSVP) office of the Escambia County Council on Aging (now Council on Aging of West Florida) in January of 1994. He was searching for meaningful volunteer work. He wanted a challenge that would take advantage of his computer knowledge. He was “hired” on the spot to take over the task of implementing the Paradox computer program into the agency’s existing system. From that fateful day, he spent countless hours conferring with staff to obtain a clear picture of what information would be needed for each program to fulfill the statistical data required to routinely run reports. Prior to



Carl Smith

retirement, Carl had been paid \$60 an hour to perform similar tasks.

The Senior Companion and Foster Grandparent Programs were the first to be up and functioning, and he made a good start on the RSVP Program before leaving to go north for the summer. Carl was one of those wonderful

volunteers who transplants to the Pensacola area in the winter. From January through December 1994 he logged over 675 volunteer hours. Not only did he take his work seriously, but he also took his work home with him- across state lines.

Carl wrote pages of explanation for the new computer programs. Corrections and improvements were needed to make it “user friendly.” While up north he wrote letters to keep staff abreast of changes as he made them. When he returned in October, however, he designed a new, more simplified program. Statistical information that had been logged by hand and calculated manually became available at the touch of a keyboard. Carl also worked on a new Meals on Wheels computer program.

Carl was recognized as the Council on Aging's Volunteer of the Year in 1995. The agency was the recipient of Carl's knowledge and he felt challenged and productive. He also knew he was needed and appreciated. Carl was an invaluable asset to the agency. Unfortunately, Carl passed away in 2010. However, that is not the end of the story. Carl's legacy and his commitment to Council on Aging of West Florida live on.

Upon his death, he wanted to help ensure that our work continued. His spirit of giving lived on when he bequeathed to the agency his entire estate providing important funds for such programs as adult day health care, Meals on Wheels, Senior Companions and other home and community based services which touch the lives of over 2,200 people each year. Thank you, Carl, for your enduring friendship. You made your mark on the agency and its staff.

If you or a family member plan to include Council on Aging of West Florida in your will, please let us know so that we can properly express our appreciation. For more information on planned giving and creating your own Council on Aging of West Florida legacy, please contact Jeff Nall, vice president of communication and development at 850-432-1475 or jnall@coawfla.org. 

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Is It Time For An Adventure?

Women are on the move—especially women of the Baby Boomer generation.

If you've felt the urge to see different places and experience a new adventure, you're not alone. The Travel Industry Association estimates that 32 million single American women traveled at least once last year—and a lot of them were Boomers.

"I'm in my early sixties, and in the last year, I traveled thousands of miles—with my husband and children, with girlfriends and alone," says Harriet Lewis, Vice Chairman of Grand Circle Corporation. The company specializes in international travel and adventure for Americans aged 50 or older.

Lewis says that travel can make a difference in our lives as individuals, and in the lives of those we come in contact with.

"During a recent trip to Egypt, I climbed Mount Sinai late at night in order to see the sunrise. The experience changed my life," says Lewis. "The Middle East was an area of the world I had explored before, but not in such depth, and spending time with people in Syria, Jordan, Israel and the Sudan in the past year has shifted my worldview. Travel changes us. It makes us more curious, more thoughtful, more tuned in to our world."

Lewis advises other women who are considering traveling to ask themselves some questions as part of their preparation:

- What do you want to gain from your travel experience: Adventure? Culture? Relaxation? Inspiration?
- Which destinations, countries or regions interest you most? Make a

will handle the planning for you?

- If you choose a tour operator, consider the size of the groups (the smaller the better), your cost per day and what you are getting for your dollar. Are the guides local, knowledgeable and able to connect you with local homes, schools and communities so that you get a real taste of local life?
- If you are traveling with a tour as a solo traveler (popular among women these days regardless of marital status), ask what the company offers solo travelers in terms of making them feel comfortable. Will they help match you with a roommate of the same

gender? How will they break the ice? What do they do when it comes to meal times to ensure that solos have partners or friends to eat with?

- How can you get the best value for your dollar? Compare what a tour operator can offer you vs. what you can find on your own. Can you use your airline miles to save costs? If you choose a tour, are the single supplement fees free or reasonable? Are there certain times of the year where costs are lower based on seasonality?

Lewis believes that taking the time to ask these key questions will ultimately give you a much more fulfilling experience.

"Travel is the best way I know to enhance your life," she says. "I really believe what Mary Anne Radmacher said about travel is true for women: 'I am not the same having seen the



list, put them in order, and outline the steps you need to take to make your "bucket list" a reality. Do you need to schedule vacation time or start saving?

- Do you want to travel with friends, family, or go it alone? Do you want to make your own travel plans or go with a tour operator that

moon shine on the other side of the world.”

Tips for the Savvy Female Traveler

Lewis has compiled a host of travel tips gleaned from her lifetime of travel and from the many women who have taken trips with Grand Circle over the years. “Women with a passion for travel are resourceful — I’m always amazed by their expertise and ingenuity.”

To share this wealth of knowledge, she put together the book *101 Tips for Women Travelers*, which is full of practical advice on making the most of your journey. Here are five key tips:

- Prepare two essential lists—for packing and for medical emergencies. Make an itemized list of everything in your checked luggage. Carry it in your purse. If your luggage gets lost, you can quickly reconstruct the information for the airline and insurance company. The other list should cite all your medications, what they’re for, the name and phone number of your doctor, and prescription numbers.
- Minimize what you pack. A good rule of thumb is to pack one outfit for every three days of travel. If you’re not planning on wearing something at least three times, leave it out.
- Stay healthy with sleep and hydration. You can bring an inflatable or down pillow to give you added comfort for sleeping. If tap water is unsafe, try a portable water filter or a collapsible water bottle that can be refilled from a clean source.
- Bring gear that serves more than one function. Dental floss can be used to repair jewelry or hang laundry. Duct tape holds suitcases together, repairs eyeglasses or cameras, and can serve as a bandage in an emergency. Wrap duct tape around a pencil to a one quarter inch diameter, so you don’t have to bring a whole roll.
- Carry a purse, not a satchel. Some museums have size restrictions on purses allowed, so make sure yours is no larger than 8 x 11 inches.

To get your free copy of *101 Tips for Women Travelers*, call 1-800-248-3737, or visit www.gct.com/tips. 

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From the



Sacred Heart Health System has been a supporter of the Council on Aging of West Florida and its services for over ten years. Sacred Heart Health System and its SENIOR*Spirit!* program have continued to provide services that are pertinent to the



Willie Mae Obannon

Council on Aging of West Florida's success.

The Haven Hearts Ministry, also affiliated with Sacred Heart Health System, works hard to support its residents and people in our community each year. This year, the committee was able to raffle off baskets as a fundraiser, making enough money to provide an emergency alert system for a much deserving Council on Aging of West Florida client. The recipient is an elderly lady in her early 80s who is a client of the Council's Senior Companion program. She was recommended through the program because she is visually impaired and has lived alone since her mother recently passed away.

The security device protects her when her Senior Companion is not around. The device is an emergency alert system operated through CareLink that provides her with the security services she needs in order to continue an independent life at home. The Haven Hearts Ministry has raised enough money to sponsor the service for 13 months.

"I know the value of the emergency system," says Manager of Sacred Heart Senior Services, Debb Alonso. "It can be very helpful for someone at risk during an emergency." Sacred Heart Health System also supports the Council on Aging of West Florida by providing mandatory physicals to about 150 volunteers in both the Senior Companions and Foster Grandparents programs combined. Every new volunteer is required by federal law to have a health physical done upon initial entrance into the program and annually thereafter. These

physicals are nonnegotiable and cost about \$200 each. Sacred Heart Hospital has been extremely helpful by providing 100 of these physicals each year for the last ten years. You do the math.

The annual physicals and health screenings began in 2002 and include blood pressure checks, anemia checks, blood glucose checks and urinalysis. Sacred Heart provides them free of charge for the Senior Companions and Foster Grandparents. Lab tests and medication reviews are also provided at no charge.

“The value of the physicals is incredible,” says Linda Hoover, Director of Foster Grandparent, Senior Companion, and R.E.L.I.E.F. programs at the Council on Aging of West Florida.

The Senior Companions are volunteers, over the age of 55 who assist a fellow senior in their home 15-20 hours a week. They are fingerprinted, screened and trained for 40 hours. The Foster Grandparents give extra help to children who are having a rough time in school. There is always a need to recruit more volunteers in both programs, especially males.

“I can only imagine how patient, caring and compassionate these volunteers have to be,” says Hoover. “They are a special breed.”

For more information about the Council on Aging of West Florida’s Senior Companion and Foster Grandparent programs, please visit www.coawfla.org or call Linda Hoover at 850-433-0702. 

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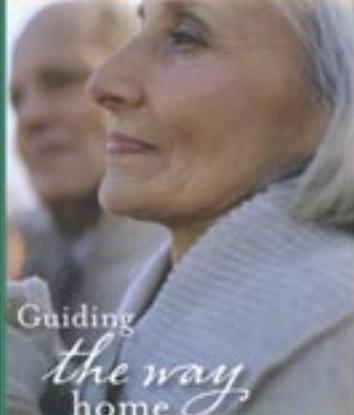


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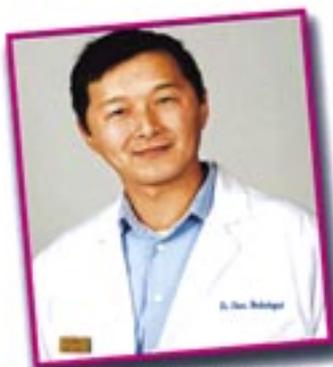
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Let's Talk about the Three A's: Age, Appearance, and Attitude

While probably not politically correct, the fact is the Three A's—age, appearance and attitude—have a major impact on the plight of the older, unemployed worker. If people think that these characteristics don't really matter when evaluating an applicant's chances of success in finding a job offer, they are mistaken. Studies have shown that, for better or worse, personal appearance and the ability to communicate clearly and convincingly are probably the two factors that predict best as to whether a person will ultimately land a job.

First, let's talk about age. There are a number of reasons companies discriminate against older workers – some of them based on financial reasons and others grounded in deeply-held biases lacking empirical support. On the financial side, employers are often worried about paying older, and likely more experienced, individuals higher wages. Obviously, the longer that people have been in the workforce, the higher they expect to be paid for their talent and expertise. Hiring a younger person lowers a company's labor costs. There is also the widely-held notion that older workers

are more likely to get sick, costing a company money in the face of fast-rising healthcare expenditures. On the other hand, there is the misconception, unsupported by hard data, that older employees take more sick time. The opposite has been proven to be the case as more mature employees are less likely to call in sick and abuse personal time to take a long weekend or recover from a late night of partying.

Besides economic considerations, there are prejudices about older employees and their ability to contribute in a changing world. Many companies feel that with increased reliance on technical skills, especially the use of computers and social networking tools, older workers are from another era and age – more specifically, the Stone Age. While those who entered the workforce before computers were so prevalent might be behind the learning curve, computer skills and being savvy about social networking tools can be learned, often quickly and inexpensively at a local community college.

Among the issues biasing employers against older applicants are the concerns

surrounding personal appearance – another unmentionable, taboo topic in today's politically correct climate. Whether we approve or not, studies have shown there is a bias in favor of thinner and more athletically fit applicants versus those that are overweight. Attractiveness, in general, plays a significant part in the selection process. Despite all of the statements that appearance is on the outside and it's what's on the inside that counts, the fact remains that personal appearance has a great deal to do with whether a person is hired or even called back for a second round of interviews.

Does appearance matter? Well, it depends. For jobs where there is a high degree of contact with the public or a company's customer base, it can be more of a factor than some would like to admit, especially when first impressions count in furthering a company's cause, like getting a foot in the door for a sales rep. For example, my cardiologist looks like an Olympic high hurdler leaping over desks and examining tables as he sprints into the waiting area to greet the tall, leggy blond offering the latest samples of her company's cholesterol-reducing medicine.

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However, for jobs that would be classified as individual contributor roles, physical appearance is not terribly relevant. Unfortunately, job interviews involve making favorable first impressions, hence no matter how isolated the position being advertised, the ability of the applicant to impress an interviewer is an important factor in getting hired.

Finally, there is the matter of attitude. Angry, resentful and bitter job applicants do little to help their cause. All too often, the interviewer or HR representative at the company gets the full brunt of the applicant's anger and annoyance with their raw deal from a previous employer along with the natural frustration of a person's prolonged job search. While at the end of the meeting the candidate might feel relieved and momentarily purged, the poor company representative is bewildered, not knowing what to think.

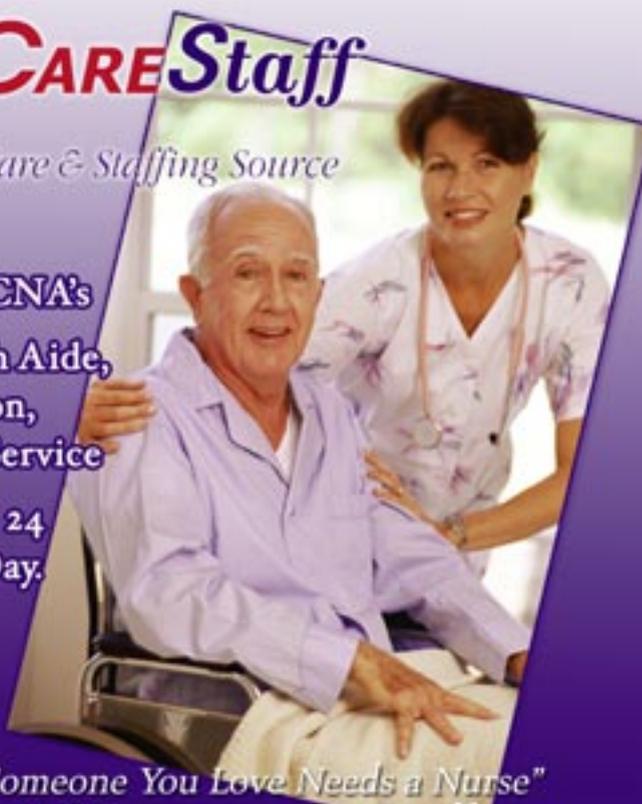
In other instances, a person's attitude is primarily a reflection of their sense of defeatism over the whole job search process. There is no question that it is a grind. A hang-dog attitude that fails to inspire a sense of energy and optimism in the employment interviewer will likely lead to a self-fulfilling prophecy and another rejection letter or rebuff by email or voice message. Thus, it is important to find ways to keep your spirits up and to maintain a positive attitude in the face of rejection.

Counterproductive attitudes can also be apparent when an applicant makes it clear that the job being offered is far beneath the person's experience level and expertise. On other occasions, bad attitudes emerge when older workers find themselves being interviewed by people the same age as their children, and their resentment is palpable.



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Remember, it is not the fault of the interviewer or the entry-level HR rep that he or she is young. It obviously becomes a red flag to a potential employer if the job candidate cannot seem to get along with younger coworkers.

Of course, age, appearance and attitude are not all unrelated to each other. The older worker may or may not have made an effort to stay fit. Moreover, those same effects of aging and appearance also hurt one's self-esteem and adversely impact a person's attitude. Furthermore, extra weight or graying (or no) hair make a person look and feel older. Finally, feeling defeated and depressed can add years to your personal appearance and also lead to unhealthy behaviors like overeating. In other instances, there are even healthier behaviors, like alcohol abuse which deteriorate appearance and take its toll.

While no sure-fire ways exist to eliminate all of the effects of aging, appearance and attitude, there are proven techniques that can mitigate their impact. The key, of course, is to maintain a level of self-discipline to feel better about your appearance and have a healthier and more productive attitude, which, in turn, will allow you to be viewed as a more viable job candidate. In the end, the onus is on you to show that you can contribute to an organization's survival and growth in difficult economic times. **COA**

About the author: Stephen A. Laser, PhD has over 30 years of experience as a business psychologist. Over the past 10 years, Dr. Laser has been a guest speaker to various groups of unemployed individuals, typically over the age of 40, and previously taught courses in business psychology at Northwestern University, Roosevelt University and the Lake Forest Graduate School of Management. Dr. Laser is the author of *Out-of-Work and Over-40: Practical Advice for Surviving Unemployment and Finding a Job*. For more information, please visit www.laserassociates.net.

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

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Community Embraces Adult Day Health Care Center



Photos by Malcolm Ballinger

Pavilion and Walkway

By Justin Wescoat

Since 2009, the senior population (65 and older) has been growing tremendously in Florida, increasing the need for caregivers and options for assistance. According to the Florida Department of Elder Affairs, elderly citizens account for 17 percent of the population in Florida, a number expected to grow to 25 percent by 2030. Approximately 25 percent of all households in Escambia and Santa Rosa Counties include at least one person 65 or older.



Relaxation Room



Foyer



Activity Room

There are numerous statistics cited by a variety of sources that all read the same message: the elderly population in Florida is growing, and fast. With an increase in population always comes an increase in the need for resources. One of those resources in Santa Rosa and Escambia Counties is the Council on Aging of West Florida located in Pensacola.

The Council operates the only licensed adult day health care center servicing the two county area. The center provides a protective, stimulating environment for those with cognitive impairments like Alzheimer's disease. It also provides peace of mind for caregivers to know their loved ones are in a safe place while they go off to work or get much needed respite.

The difference between adult day care and adult day health care is that adult day care is more of a social setting whereas adult day health care requires that a registered nurse be on staff to administer medication, perform treatments and assess quick medical changes in frail elders. The staff also received on-going training on Alzheimer's disease and other forms of dementia.

Adult day health care centers, such as the Council on Aging of West Florida's, are becoming increasingly popular as the number of elderly people with specific needs increases. With the surge of elderly participants in need of caregiver assistance in the area, the Council has taken a proactive approach and expanded its building in order to accommodate more participants and provide additional space for activities. However, the Council is a non-profit agency, which meant that there would have to be a considerable amount of help from the community in order to bring the expansion project to life. The Council turned to two groups it had long standing relationships with – The Home Builders Association of West Florida (HBA) and Lowe's.

David Peaden, HBA executive director, and the HBA board of directors agreed to take on expanding the center. The HBA assembled a team of 33 members with specific skills such as carpenters, electricians, roofers and more, to donate materials and labor needed for the more than 450 square feet, which would include a new screened-in porch and extended activity room, complete with new large picture windows to allow maximum amounts of sunlight. In addition

to the larger space and new furniture, local artists from the Pensacola Plein Air Artists committed to rotating new pieces of art every six months, which was a huge need since the walls of the center were bare and desolate before.

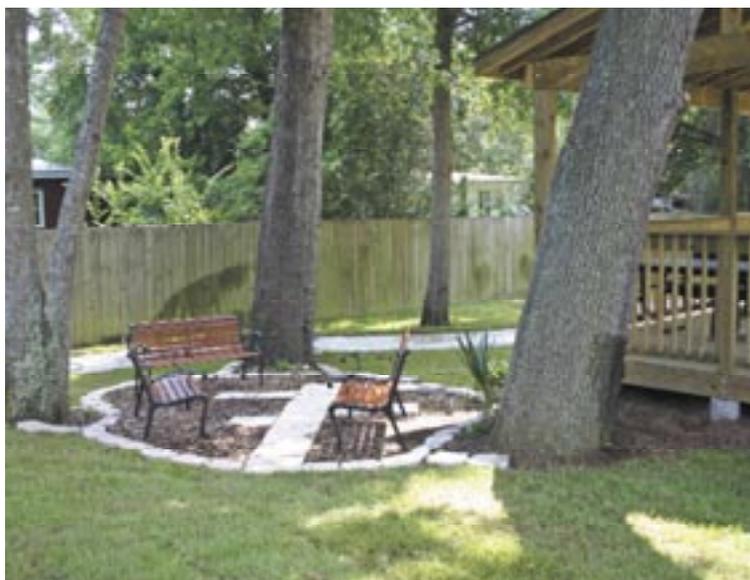
Ed Walker, market director of stores, and the area Lowe's managers were approached regarding the outside area. Lowe's Heroes, Lowe's employees who volunteer in their communities, knew they wanted to become a part of the Council's transformation and accepted the challenge of creating a beautiful backyard. Before Lowe's came along, the window from the day care center showed a massive wooden fence just a few feet away from the building, which gave the impression of an institution instead of a place of peace and beauty. For the renovation, Lowe's constructed a wooden pavilion with a bridge over a retention pond.

Thanks to the buzz these groups created, other community organizations and individuals stepped up to help finance additional improvements the Council wanted to make such as new flooring, redesigned restroom areas and foyer, and a concrete walkway, which was put in place to lead participants around the pavilion and through gorgeous flowers. Sandie Holtry, director of the adult day health care center, has seen a more energetic atmosphere with the new renovations. "It is usually hard to notice changes for most participants who have Alzheimer's disease, but since the completion of the renovations, the participants have been more talkative and energetic. Some say it looks like a fancy restaurant and a home away from home," says Holtry. "The staff also loves the new changes and is even happier to come in to work everyday." The transformation is a complete and magnificent change. The beautiful garden and pavilion is an awe-inspiring home of delicate beauty that present and future participants have and will cherish. The center now feels like home to all.

The expansion and renovations were presented to the community at a "Big Reveal" Open House attended by over 150 families and community well-wishers who all raved at the new space. Local media outlets posted stories showing pictures of the new renovations and features thanking those involved. "Feedback on the quality of the care provided at our adult day health care center has always been extremely positive. We



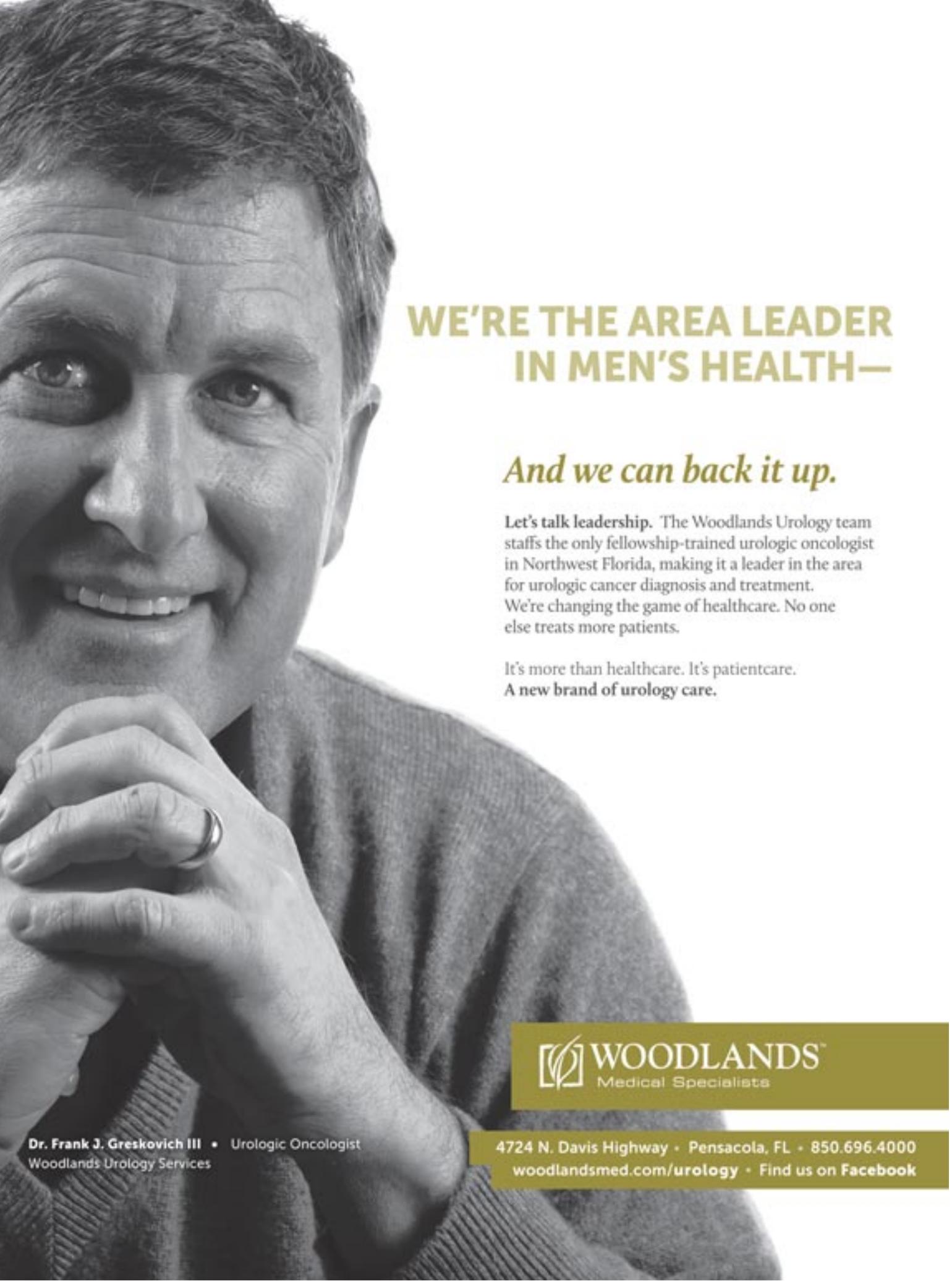
Pavilion



Benches and Walkway

are thrilled to now have a facility that is a better visual fit with the quality care we provide. And having the new backyard is the icing on the cake," says Jeff Nall, vice president of communication and development.

Without the help of the Home Builders Association, Lowe's, and many other community members, the Council on Aging of West Florida's dream of expanding and improving its adult day health care center would not have happened. The agency's goal is complete, but the journey of serving the increasing population of seniors and caregivers in need still goes on. For more information or to arrange a tour, please call Sandie Holtry 266-2503. 



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A photograph of Julie Newmar sitting on a large, shiny, metallic-looking chair. She is wearing a white, long-sleeved, button-down shirt and a matching white skirt. She has voluminous, curly blonde hair and is looking directly at the camera with a slight smile. The background is dark and out of focus.

An Exclusive Interview With

Julie Newmar

By Kelly Oden

Beauty, brains and a fantastic sense of humor—Julie Newmar is perhaps best known world wide for her role as the sultry Catwoman on the hit series *Batman* or on stage for her original roles of Stupefying Jones in *Li'l Abner* and Vera in *Silk Stockings*, not to mention her Tony Award winning performance as Katrin Sveg in *The Marriage-Go-Round*.

A woman of great genetic stock, her father was a one-time Chicago Bears football player and her mother a star of the 1920 Follies. From an early age, Julie studied piano, dance and classical ballet. She graduated from high school at the age of 15, and spent a year touring Europe with her mother

and brother. Julie became prima ballerina for the Los Angeles Opera and attended UCLA studying classical piano, philosophy and French. Julie went to New York to audition for Broadway musicals, and almost immediately, made her Broadway debut as the ballerina in *Silk Stockings* in 1955. She also won acclaim for her role as Stupefytin' Jones in *Li'l Abner*. Although audiences and critics alike were stupefied by her good looks, that is not the compliment Julie had particularly wanted. Julie wanted to be known for her comedy, as she told the *New York Times*: "Tell me I'm funny, and it's the greatest compliment in the world." Promoting her various Broadway and off-Broadway show appearances, Julie often posed as a pinup girl.

Making the transition to TV, Julie appeared in Rod Serling's science fiction series the *Twilight Zone* in 1963, playing Miss Devlin. Julie was perfect to play Rhoda the Robot in *My Living Doll*, and the sitcom had an enthusiastic cult following. In 1966, urged on by her friends, she would try out for and be cast as Catwoman (a character she had never heard of) in the wildly popular TV series *Batman*. Due to a movie commitment, Julie was unavailable to play TV's Catwoman in the third season (her part was taken by Eartha Kitt).

Julie was very busy in the 1960s and 1970s, making guest appearances in many TV top rated shows and several TV-movies including *Star Trek*, *Beverly Hillbillies*, *Love Boat*, *Get Smart*, *McCloud*, *Bewitched*, *The Bionic Woman*, *Chips*, *Hart to Hart* and more. Because of her love of the stage and live performances, Julie toured the country in stage productions of *Damn Yankees* and *Dames at Sea* and others.

Becoming an entrepreneur in 1977, Julie turned up in *People Magazine* wearing her new invention, Nudemar pantyhose (due to an elastic back seam it provided fanny support). In the 1980s, Julie appeared in nine films while she was busy raising her son and working in the real estate business. In 1991, Julie toured in a stage production of *The Women*.

Still very active, Julie will appear at fan conventions occasionally. Most recently, Julie has been thrust back into the spotlight with her highly televised legal battle with neighbor Jim Belushi that resulted in her on air appearance in his hit series *According to Jim*.

COA: You grew up in the Hollywood Hills, correct?

JN: I did indeed. I was born in a hospital called the Hollywood Hospital and it still stands. That was about a million years ago.

COA: Growing up in such close proximity, were you influenced by Hollywood a lot?

JN: Yes, all the movies, and the dance studios that Hollywood had for movies.

COA: Were you a good student?

JN: Yes. Pretty good, I'd say.

COA: And what did your folks do?

JN: My father was the head football coach at the Los Angeles City College for 25 years. My mother was in the Ziegfeld Follies.

COA: Did your mother inspire your decision to go into dancing?

JN: Oh yes. I got to, in a sense, finish her career. She had a very short career in the Ziegfeld Follies. I would take dance classes all during the week and three or four classes on Saturday. I also took music lessons. I loved it.

COA: And obviously, being from a very creative background, your parents were supportive of your interests?

JN: My mother was, and my father was supportive of my mother. I had to get up at 7 in the morning and practice the piano until 8 and then go over to school. My brother would say, "Oh, all that noise!" But it helped.

COA: Well, most people know you as TV's Catwoman in the original *Batman*. But before that you were a dancer and had a lot of parts in Universal Pictures, correct?

JN: Yes. I danced. I was a dance director. When I was 19 I was a choreographer at Universal

Studios. Can you imagine? I used to run the dance classes and I'd teach whoever was under contract at that time, like Anita Eckberg. We used to keep a lot of people under contract.

COA: Was it typical for a 19-year-old to have such a prominent position at that time?

JN: No. I think they probably ran out of...Oh, who knows why? I had a lot of education. I'd studied in Europe and I knew almost all kinds of dance that there were. So I had a great opportunity and it was very good growing up in Los Angeles because of the schools. They really fed into the movie industry.

COA: What prompted you to head off to Broadway?

JN: Because my dear mother said, "If you make it on Broadway, you've made it." And she was right, because with all the theatres there, the musicals and comedies, and the casting directors, they all go to New York to see what's happening and who's good and who to put in next year's television series. That's how they cast many of their shows.

COA: You were in *Li'l Abner*. That was your first show, correct?

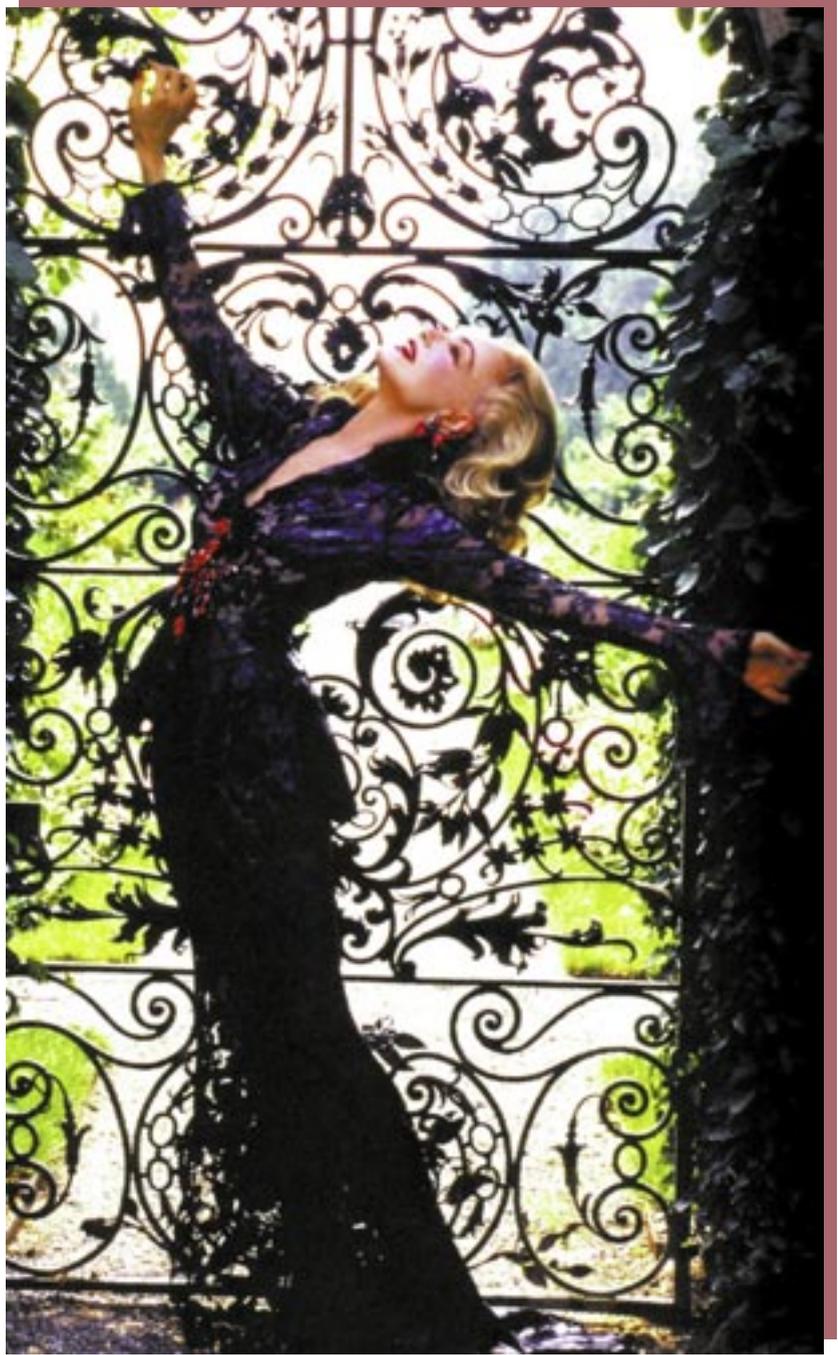
JN: Oh my goodness. Yes indeed. As a matter of fact, I played a character called Stupefyin' Jones.

COA: I love that name!

JN: She's supposed to stupefy the men so all the girls can catch them. And in any case, 42 years later I played the same part on Broadway in virtually the same costume.

COA: That's amazing.

JN: It wasn't much more than two layers of stocking material and black velvet patches in one or two places on my body.



COA: I think it is interesting that you played that role again later in life. And since *Coming of Age* is a magazine for mature adults, I'd also like to talk about the fact that you began walking the runway so much later in life than most people do.

JN: Yes, in my sixties. But that's a tribute to the French. That's a tribute to Thierry Mugler. In France, they appreciate people of a certain age. They always love and respect us and hold us on

high and design clothes for us. It was a great opportunity to be in Paris and I also got to do some music videos with George Michael.

COA: You were the original Catwoman, and they've now announced that Anne Hathaway will be the next one and I wondered what you thought about her being cast and what you thought about the character's evolution through all the actresses who've played the role.

JN: Well, Catwoman, being such a magnificent part, will be played this year, next year, ten years, 50 years from now. It's just a choice part for an

actress. Anne Hathaway will be wonderful. When I see the costume, I don't think they have my secrets. She's wearing six-inch heels. My heels were about three inches. You can still run pretty fast in three-inch heels.

COA: But you're quite tall, aren't you?

JN: I'm 5'11." I had to bend my knees a little bit when I stood next to Batman.

COA: So, through time, what are your thoughts on how this character has changed from TV to the movies?

JN: I think it was a very desirable character to play in the 1960s and the reason for that is those seem to be happier times in America. The films that they've made since then have been dark, very dark. A friend of mine said that they are so dark that when you go to the theatre, you don't know which way to face. It reflects the age that we live in. It was so much fun in the 1960s.

COA: Who, beside yourself, has been your favorite Catwoman?

JN: Michelle Pfeiffer was glorious. The way she looked and behaved. The quality of character that she displayed.

COA: She had that real feline quality to her.

JN: Yes. She had the most beautiful blue eyes. She truly was something wonderful.

COA: When you took that role, did you realize what you were getting into, how big of an impact and how big of a role this was going to become? Did you have an understanding of what you were doing, or were you shocked by it?

JN: No, I didn't have any idea. As a matter of fact, I had never heard of the Batman show. My brother was visiting me with five of his friends



and when the call came in and they said, “Could you come out to Hollywood and play this Catwoman character?” My brother heard Batman and just leapt off the sofa and said “Yeah! You’ve gotta do it, it’s our favorite show after school.” So, I flew out on the weekend and Monday I was being fitted for costume and Tuesday we were rehearsing and on our way. Things happened fast.

COA: When your character became a hit, how did you feel about that then? Was it a surprise to you? Did it happen quickly or gradually?

JN: It was a reverse tsunami. Now the people recognize you. They play it on a new network called HUB. It’s great for the kids. It can be seen again. It was on the last two nights and it’s amazingly fun to watch on your 60-inch screen, which I happen to have in my bedroom. It originally came out on 14 or 17-inch and usually on a black and white screen. It really looks good these days.

COA: That’s great! I understand that you designed the costume. Had you dabbled in fashion prior to that?

JN: Well, I kind of redesigned the costume. I made the waist look much more curvy. I moved the gold belt from my waist down to my hips, because that would emphasize my hips. I turned the costume inside out and made little marks on the inside so that the seamstress would sew it in a certain way.

COA: How did you learn these secrets?

JN: My dear beloved grandmother taught me how to sew when I was a little kid. I used to make doll clothes and then when I was a teenager I’d make some of my own clothes. I got some good practice. We really learn a lot from our grandparents.

COA: Speaking of clothes, lets go back to fashion and Thierry Mugler. You’ve been described as his muse. Tell me about working with him.

JN: Thierry Mugler is a French fashion designer. He lives in New York and designs for Beyonce and he has designed some fabulous Las Vegas shows. He has that extraordinary talent for



making women look out of this world. Wearing his clothes, you feel out of this world because the waistlines are about twenty inches around. It’s gorgeous. Why not look gorgeous for a few uncomfortable minutes? It’s so exciting to be in Paris and to see how the French make clothes, what they do about design and how they make women look great. I feel like a girl from the farm when I arrive in Paris and see all these incredible talents that they have and what they do with clothes. It’s amazing what they’ve taught us.

COA: That reminds me of what I read in your book. You said, “When you go to a party be innocent rather than sophisticated because it puts people at ease.”

JN: Yes, I think to show up and be present, but innocence allows more things to come to your attention than having just attitude. It’s more

refreshing. You are easier to get along with. I love the word “play.” To be in this world and be able to play with what you do best and acknowledge other people for what they do best.

COA: Let’s talk about your book, *The Conscious Catwoman Explains Life on Earth*. What inspired you to write this?

JN: I think I was teaching myself from the very beginning. This is a how-to book. It’s not a book

that you read, exactly, it’s more like a recipe book. The books that I loved as a teenager were the how-to books. I always wanted to learn how to make myself better, how to be more comfortable with people. It’s really how to be more than your age, your education, your looks, your bank account and all that small stuff. It’s a little bit tongue-in cheek. It’s about having a good time with life and it’s helpful in the sense that eventually, if you do the right thing, you get to live to a healthy age. You know what I mean? Or you get to be healthy with age.

COA: Aging well is something that you are known for.

JN: There’s a simple secret to long life. You get to be a hundred, and then be careful. You’re getting older when it takes you more time to recover than it did to tire you out. You know you’re getting old when your idea of an early bird dinner is lunch. For someone up in years, weightlifting consists of standing up.

COA: You joke, but you are known for having aged exceptionally well — both mentally and physically.

JN: My mother taught me. She didn’t go out in the sun and she was right. She didn’t have any wrinkles well into her seventies. She taught me not to cross my legs because she thought the veins would get all out of place. She was very ladylike and quite wonderful. I learned a lot from her.

COA: What do you do for exercise or beauty routines?

JN: If you don’t use it you lose it. I do 10-10-10. Ten minutes on the floor exercising because it loosens up the spine. I go to the garden and pretend to do ballet while holding my ballet bar. I swing my legs as if I was doing ballet, which I can’t do anymore, but I kind of do it and it feels good. I do 10 minutes there. And finally, 10 minutes back in the office on the exercise machine. I do that almost every day.



COA: I did want to ask about your other book, *First Fantasy*. Are you still working on it?

JN: *First Fantasy* is inspired from when I played Catwoman and I would be out on the street and men would walk up to me and say, "Ms. Newmar, did you know that you were my first turn-on?" I got the courage to ask how old they were when that happened. Surprisingly, they would say "4 or 5." It's a very sweet thing when people can tell stories about who first lit up their life at a young age and made them feel that they would be happy and comfortable with the opposite sex. Later in life, they fell in love with these types of people—the girl with the long brown hair, and certain types of personalities. The stories that people send me are just so heartwarming. I would love it. Of course, if anyone wishes to contribute, I'd make them famous. All they have to do is go to my website www.julienewmarwrites.com. In the top right corner, in red, is how to send me the story. It practically does it for you, even gives you a sample story. You only need to send me one page. You can't write about me because I don't want the book to be all about me.

COA: So the book consists of compilations of these types of stories?

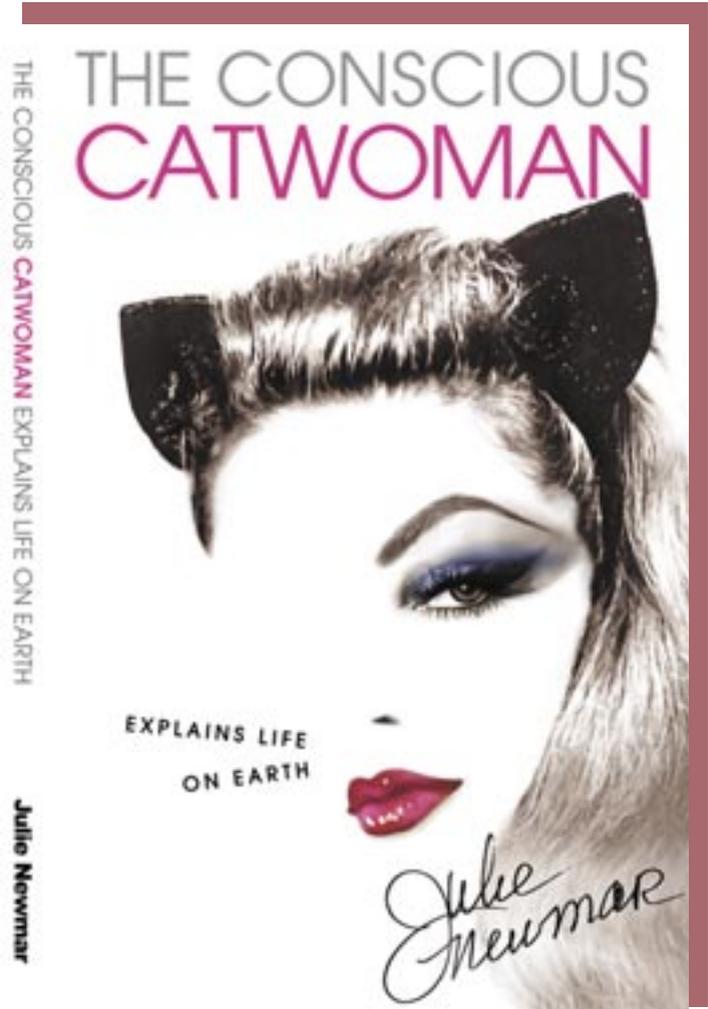
JN: Right. Sweetheart stories all the way.

COA: I wanted to ask you about *To Wong Foo, Thanks for Everything!* Julie Newmar. How did you react when you heard about their plans for the title and how did you end up appearing in that film?

JN: I was curious to see what the story was because I wanted to see what they were saying about me. It was adorable. It was fun. It was an uplifting story about three gay men who travel across the country to Nebraska. What happens in between is lots of fun. It's a wonderful comedy. I got to wear a beautiful dress designed by Thierry Mugler, a \$70,000 rubber lace dress. Oh, did that take a lot of fittings.

COA: Were you scheduled to be in the movie from the beginning? How did that come about?

JN: Not really. It was an afterthought that I was even in the film at the last minute. Steven



Spielberg was one of the producers. It turned out quite positively and it became a big hit.

COA: You are a woman of many hats. You are a businesswoman. You have fashion lines of hosiery and lingerie and you've been in real estate development. How does the business side of life compare to your more creative acting life?

JN: After 50, you just have to work for yourself. I'm the nicest boss in town. It's the only way to go. I run my own life and I can keep on growing and keep on experimenting and keep on refreshing my ideas and going after new things all the time. That's really what keeps me young and also what keeps me happy because I do decide to be happy. I refuse to be unhappy about anything.

COA: That's a great thing to learn.

JN: I've given up criticism. I never do that anymore.

COA: What sort of business are you in now? Do you still handle real estate?

JN: Yes, I love real estate. I own some buildings and my tenants are all artisans of one kind or another. It's very fulfilling to be a landlord because I bring in people who create things in America and who do things with their mind and bring back the old craft and this is very important. It's very life-giving.

COA: You were responsible for turning around a particular neighborhood in LA?

JN: The truth is that money follows the creative artist. Not the other way around. People come if you lead them. You have a great restaurant, other businesses will come around there expanding the good energy. It's all about energy, really. Or about the way you love people and care for them and handle things with integrity. It's a very important part of the way I see life. You don't have to be the biggest guy in town or the most well-known person in the country. You have to do your own best thinking and treat people at the highest level. And finally, like water seeks its own level, you will work with and be in business with the same kind of people and it's so rewarding. When I walk up to one of my buildings I get goosebumps because there are people who are doing what they love and nearly always succeeding.

COA: One thing that we talk about in our magazine is caregiving. With people aging, caregiving becomes a big issue. You are a caregiver in a different way with your son. Can you tell me a little bit about that?

JN: My son has a handicap. He's deaf. He doesn't walk very well. He's sort of very handicapped. I just find him so easy to be with. When you provide for another. I do have to make an income that supports 5 people. I don't want the government doing it. We have many good things and he goes to a government school. I find it very rewarding internally. I like it. Does that make sense?

COA: Yes. How old is your son?

JN: He's 30.

COA: I read some lovely things you have said about the way you two communicate.

JN: Yes. I've learned sign language but he hasn't. I still sign to him because he's deaf. I think it's more the attention that I give him. The way I sign to him. I watch his face to see when it lights up and how quickly he receives what I'm saying to him. What it's done for me is to make me very sensitive to other people's feelings and rather than just to talk at people, you have to be aware that they may be shy or can't speak. You have to be aware that they have feelings about what the situation is about that the two of you are in. I don't impose myself on the other, but just make opportunity for the other.

COA: He's taught you quite a bit.

JN: You bet. When you have a situation like that, you have to succeed. You have to make things work.

COA: Well you sound like you are a very peaceful, calm person. I'm wondering if some of that has to do with your garden. Many people find peace and relaxation through gardening and the pictures of your garden, from what I've seen is amazingly beautiful and you've had a number of flowers named after you and are very involved in that world. Is that something brings you back down to earth?

JN: The garden, in the old sense of the word, translates to paradise. I have a garden mansion that is in the middle of the city that is probably the most beautiful garden west of the Mississippi per square foot. I just love expressing myself in it. I've had it for 30 years. I do a little bit here, and a little bit there. Then I get help and sooner or later it does become paradise. A big window at my office looks out on these gorgeous begonias and an olive tree and there are two secret gardens in the back and there's an Alice in Wonderland gate, the one that you open, there's a mirror there, as though you could walk in and wind up in a magical place. Visitors to my garden, I just hear these ecstatic expressions coming out of their mouths.

COA: The actual planting and digging in the dirt—is that something you get pleasure from?

JN: Absolutely. One thing about a garden is if you

are troubled with something, you walk out into nature and you see how long it takes something to materialize and you realize that you are either pushing too hard or expecting too much and you are not aligned. It is very important to be aligned. It's an automatic teacher of well-being.

COA: What is your idea of a perfect day?

JN: What I'm doing right now. Talking to you, playing on the computer. Since I don't dance anymore, I dance on the computer. It doesn't matter; I found a way to make my life rich and interesting. Creating, writing, working with photography, anything that I can do on the computer is just so rewarding.

COA: What causes or charities are close to your heart?

JN: Through my garden, I've raised money for children's charities. My garden is the favorite of all of them because of the secret gardens. Children love secret gardens because they are built for little people. When they walk into these secret gardens everything is just so magical to their minds and what they see and what they experience. It's a great thrill to walk through my garden with a young child.

COA: Is there anything we haven't covered that you'd like our readers to know?

JN: No! I just wish you well. You live in a wonderful part of the world. Florida is wonderful, with warm wonderful nights, and I remember them being so magical. I want to thank you for what you do. **COA**

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Panhandle Charitable Open



It's time again to sign up to sponsor and/or play in the Panhandle Charitable Open, held in memory of John Ryan Peacock and benefiting local charities including Council on Aging of West Florida. The 2012 Panhandle Charitable Open will be held on Friday, September 28 & Saturday, September 29 at Marcus Pointe Golf Club.

The annual two-day, two-person Best Ball format tournament has raised over \$250,000 over the years. The tournament, now in its 11th year, includes a hole-in-one contest, challenge match, silent auction, food and drink, and live music on Friday evening. For information on team fees and sponsorship opportunities or to donate items for the silent auction, visit www.pcogolf.org or call 850-712-7466.

Council on Aging of West Florida Wins Top PR Awards for 2011 Rat Pack Reunion



Council on Aging of West Florida took top honors at the Florida Public Relations

Association's Northwest Florida Image Awards. The regional competition is conducted annually by the Pensacola and Northwest Florida Coast Chapters to recognize outstanding public relations programs.

The Council won the Grand All Image Award, which goes to the highest scoring entry in the competition, and an Image Award in the special events category for its Rat Pack Reunion fundraiser. Council on Aging of West Florida and Ideawörks also received the Grand Image Award in the Printed Tools Division for the Rat Pack Sponsorship Solicitation Packet, which also garnered an Image and Judges' Award in its category. Both entries will go on to the state competition.

Campaign Kicked off to Urge Seniors to Update Voter Signatures

Council on Aging of West Florida and Escambia County Supervisor of Elections David Stafford held a joint news conference on May 21 to kick off a campaign to urge senior citizens and other registered voters to update their voter signature. Voters whose signatures may have changed due to aging, health or other reasons should ensure that the Supervisor of Elections office has their current signature on file. A voter signature is used to verify absentee ballots, provisional ballots and candidate and initiative petitions, and more. An outdated signature on file can render absentee ballots, provisional ballots, and petitions invalid. The process of updating a voter signature can be done quickly using a Florida Voter Registration Application (FVRA). At the same time, voters can update their address, change their party affiliation, or even update their name using an FVRA.

The campaign encourages any voter who wishes to do so to update their signature prior to the August 14 Primary Election. Voter applications are available not only from the Council on Aging and the Supervisor of Elections office, but nearly 50 locations in Escambia County. For a complete list of locations, visit EscambiaVotes.com and click on "Register to Vote" in the top left corner. For more information, contact the Supervisor of Elections office at (850) 595-3900 or email soe@EscambiaVotes.com.

Successful Adult Day Health Care Center "Big Reveal" Open House



Over 150 family caregivers and community well-wishers turned out for the "Big Reveal" Open House of our newly renovated and expanded adult day health care center. The center, which is the only licensed adult day health care center in the two-county area, provides a protective, stimulating environment for those with cognitive impairments like Alzheimer's disease. It also provides peace of mind for caregivers to know their loved ones are in a safe place while they go off to work or get much needed respite. The majority of the work was completed pro bono by the Home Builders Association of West Florida and Lowe's Heroes from the Escambia and Santa Rosa County Lowe's Home Improvement Stores.

Among those attending the open house hosted by Council President and CEO John Clark were David and Susan Peaden, Newman Rodgers, Dr. David and Shirlee Aronson, Sue Straughn, Gulf Breeze Mayor Beverly Zimmern, Commissioner Wilson Robertson, Councilman P. C. Wu, Janet Holley, Dona Usry, Ethel Tamburello, William E. Mayberry, Kathleen Logan, Jeff Rock, James M. "Mick" Novota, Andrea Farage, Larry Mosley, Mike Denkler, Richard and Sara McLeod, Carlette Howell, John and Jackie Hattaway, Ed Walker, James Rodgers and Brandie Beauchamp.

In addition to the Home Builders Association of West Florida and Lowe's Heroes, we would like to thank the following individuals, business and groups that contributed to the to the projected: 31-W Insulation, A & K Portable Toilets, A.J. Duffurrena, ABC Supply, Adult Day Health Care Advisory Council, Advanced Insulation, Advanced Roofing and Waterproofing, Air Design Systems, American Concrete Supply, Anchor Pest Control, AVS Systems, Capital Trust Agency, Commissioner Wilson Robertson, Creative Flooring, D&S Building Contractors, Dalrymple Sallis Architecture, David Clewis, David Wright Siding, Dean A. Spencer Engineering, Duggins Services, Electronic Supply Co., Emerald Coast Building Materials, Ethereal Home Theater, Gateway Lighting & Fans, Greg Allen Construction, Gulf Power, Gulf Power Transformers, Hattaway Home Design, Home Instead Senior Care, Humana, Ideawörks, Janet Holley, Jeff Nall, John B. Clark, Junot Construction, Kay Packwood, Kenneth E. Witt Carpentry, Inc., Key Aluminum and Vinyl Supply, Mary Chandler, Mathes Lighting

and Lamp, McAlpin Interiors, Milton Truss Company, Montgomery Paint, NASP Recruiting School, Nina Fritz, Pensacola Five Flags Rotary, Pensacola Hardware, Pensacola Plein Air Painters, ProBuild Building Materials, Rotary Club of Pensacola, Seacoast Supply, Seville Rotary, Sue Straughn, Swift Supply, Threaded Fasteners, UWF Health Communications Class Spring 2012, Wal-Mart, 2650 Creighton Rd., Westerheim Properties, and Williamson Electrical Company. For more information on the center and arranging a tour, please see page 25.

Beach Community Bank "We ♥ Community"



Lauren Keith, Abbye Lucas, Karen Van Luven, Tiffany Burdess, Fawn Chustz, Donna Gray and John Clark.

Beach Community Bank selected Council on Aging of West Florida to highlight in its April "We ♥ Community" campaign. The bank placed posters describing our services in its branches. An employee jean's day was also held that raised \$185 for Council on Aging of West Florida. The check was presented to John B. Clark by staff at Beach Community Bank's Garden Street Office.

Students Show Support for Seniors

Among those donating to the adult day health care center project students in the University of West Florida's Spring 2012



John Clark, Mary Chandler and Britney Toner

Health Communications Class. The students invited John Clark and Jeff Nall to talk about our programs and services and to accept a \$200 donation from the class, which was matched by student Mary Chandler.

Our Commitment to Continuing Education

Margaret Jerauld, Mary Lee Lowe, Robin Stephens, Erica Ratcliffe and Angela Rudolf attended the Gulf Coast Falls Prevention Coalition's Spring into Falls Prevention workshop for professionals and family caregivers on April 11, 2012. The workshop was designed to assist professionals and family caregivers in hands on practical applications in falls prevention when working with persons that may be at risk.

A group of 25 employees were provided a customer service training session by University of West Florida graduate students studying Communications Training as part of the Strategic Communication and Leadership master's program. Facilitators Hulda Bocchino, Kelly Cooke and Sonya Daniel provided us with all the training materials so that our Employee Liaison Committee can train future employees.

Congratulations to Emily Williams, assisted living waiver case manager on passing the state-wide Assisted Living Facility Core Exam. 

Bands on the Blackwater Concert

Fridays from 6-8 pm
South Riverwalk,
Downtown Milton



Celebrate the end of the week with a free outdoor concert courtesy of the City of Milton Downtown Redevelopment Advisory Board. Enjoy live music alongside the Blackwater River in the comfort of your lawn chair or in the convenience of your boat. Food and beverages are available for purchase. Personal coolers are permitted. For more information visit www.ci.milton.fl.us or call 850-983-5466.

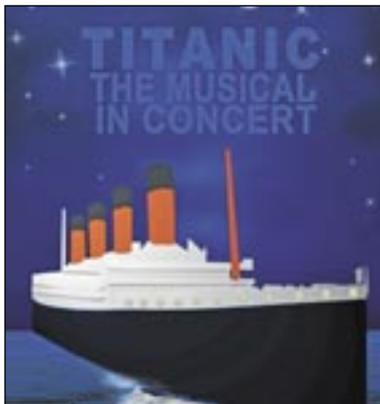
Titanic: The Musical in Concert

June 29-July 01, 2012

Fridays & Saturday at 7:30 pm
Sunday matinee at 2:30 pm

Pensacola Little Theatre, 400 S. Jefferson St.
Tickets from \$14 to \$30 per person. There is a \$2 discount for senior citizens.

A century after its sinking, RMS Titanic's tragic maiden voyage is still captivating. Presented in full concert style, "Titanic" celebrates the hopes and dreams of the passengers and crew who face disaster on the north Atlantic in April 1912. For more information, visit



www.pensacolalittletheatre.com or call 432.2042.

Thursdays in the Park Summer Concert Series

Thursdays from 6-8 pm
through August 30

Navarre Park, just west of the Navarre Beach Causeway Bridge on Highway 98.

Don't miss The Navarre Beach Area Chamber of Commerce's popular Thursdays in the Park Summer Concert Series. Each week the concert will feature a different genre of music ranging from Latin to Country to Oldies to Southern Rock and much more. For more information, visit www.navarrechamber.com or call 850-939-3267.

Evenings Under the Stars - Star Gazing Events

Fridays & Saturdays June 22-23, July 27-28, August 24-25, and October 19-20

Gulfside Pavilion, Pensacola Beach
FREE



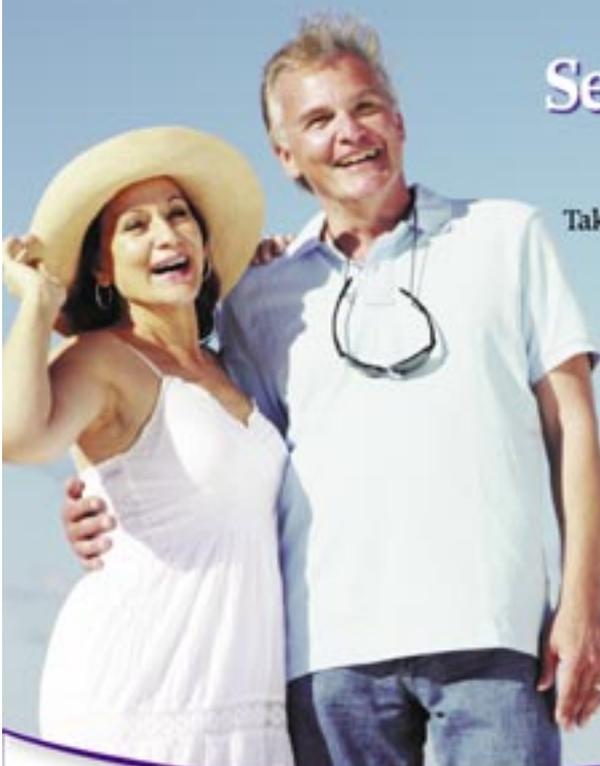
Escambia Amateur Astronomers Association volunteers will set up nearly 20 telescopes ranging in strength and size from duplicates of Galileo's original telescope to today's incredible large-scope devices for viewing of the Moon, planets and other celestial objects just before sunset, clear skies permitting. For a closer look, video cameras will also be used with some of the telescopes to display images on monitors up to 100 times more clearly than viewing through the telescope with your eye alone. For more information, visit www.visitpensacolabeach.com or call 850- 932-1500 or 1-800-635-4803.

Old School Birthday Party

August 21, 10 am-3 pm

Bayview Senior Center
FREE

All seniors welcome. Door prizes, games and food by Andrew's Angels. Sponsored by the Seniors Ministry of Bethel AME Church. For more information, call 850-937-1079. 



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Council on Aging of West Florida is a local independent 501(c)(3) not-for-profit organization that has served seniors and their families since 1972. Council on Aging of West Florida helps seniors in Escambia and Santa Rosa Counties live healthy, safe and independent lives in their own familiar surroundings by providing community-based, in-home programs and services such as Meals on Wheels and Alzheimer's respite care. For more information, call 432-1475 or visit www.coawfla.org.

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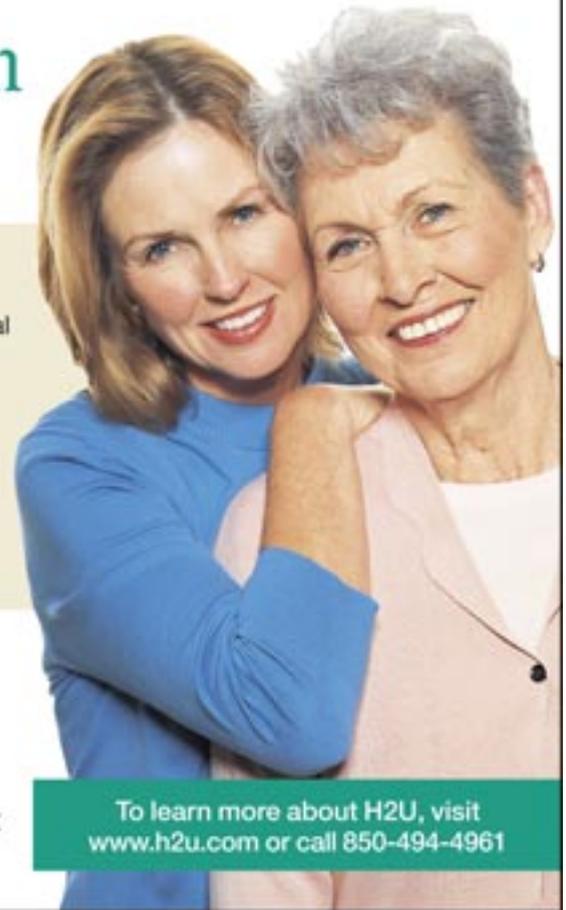
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