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# [FROM THE EDITOR]



**Josh Newby**  
*Marketing Communications  
 Director and Editor-in-Chief*

What a remarkable summer it has been at Council on Aging of West Florida! As you'll read in John Clark's Advocacy article, the past few months have seen a tremendous outpouring of support, generosity and advocacy from individuals of all ages and businesses of all types in our area. Our Senior Chill Out, which collects ACs and fans for low-income, vulnerable elders, broke all previous records. Home Instead Senior Care Foundation, a great partner, allowed us to raise over \$10,000 for more ACs and fans. Then, Peaden Air Conditioning approached us about wanting to repair and/or replace the HVAC units of four to six especially needy seniors in our community. Add all of this to the unprecedented financial and volunteer support of much-scrutinized programs like Meals on Wheels and Senior Companions, and it's not difficult to see that when there is a need, Escambia and Santa Rosa counties step up.

Those whose job it is to help the needy cannot rest on their laurels, though, because the end of year season contains several more fund-raising pushes that allow us to serve even more older individuals. Speaking of fundraising, many people ask how our administrative costs break down as a percentage of total revenue. Well, at Council on Aging, 92 percent of our funds are dedicated to the services we provide. Four percent of our costs are administrative and four percent is allocated to fundraising. We're proud of the effective and efficient operation we run, and to that end we bring

you our annual Rat Pack Reunion. This is the big one, folks. This annual fundraiser will generally net about \$125,000 and account for over \$1 million in matching funds. We are very proud of our Rats this year, and you can read more about them and the event as a whole on page 28.

Also in this issue, you will find a profile of local elderly veteran in honor of Veterans Day, a piece on the helpful effects of art and art education among seniors, a rundown on the benefits of joining organizations like AARP, and even a neat story on car aficionados and car shows.

Our cover star this quarter is Leeza Gibbons, famed TV and radio personality, philanthropist and caregiver. It is that last role on which the majority of our interview with her rests. Gibbons understands caregiver burnout, the importance of support, and all facets of the caregiver experience, and shares all of that with us starting on page 34.

I hope you enjoy this fall issue and I hope you understand just how much we here at Council on Aging appreciate you, whether you are a donor, an advocate or a client. You make every day brighter and every interaction more worthwhile. As always, you can call me directly at (850) 432-1475 if you'd like to chat about our services or this fine publication. Until next time, enjoy life – you've earned it!

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# What's Inside

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## Features

Lucky Number 7: The 2017 Ratpack **29**

Leeza Gibbons: An Exclusive Interview **34**

## Departments

- 10** From Advocate to Do-Gooder!
- 12** Veteran Profile: Larry Mosley
- 14** Nine AARP Benefits That May Surprise You
- 16** Age is a Work of Art
- 19** Fall Events
- 22** Spoon Up Tradition
- 25** Goin' Up the Country

## In Every Issue

- 40** News from Council on Aging of West Florida
- 42** Puzzle Page
- 44** Were you Seen?
- 45** Thank You to Our Donors

*On the cover:*  
**Leeza Gibbons**

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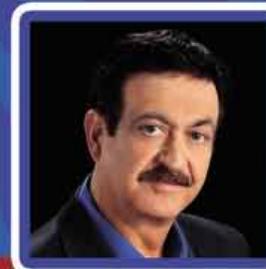
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# *From Advocate to Do-Gooder!*

by John Clark

**In every issue of *Coming of Age* we have an article on advocacy. Usually, it centers around money—always an interesting topic of discussion. But you know, it occurred to me that those of us who are sometimes called “do-gooders” (and sometimes that is used as a disparaging term) are usually people who responded to some type of advocacy. To me a do-gooder is, in a very real way, also an advocate.**

First of all, what does advocacy mean? Well, my four years of high school Latin kicked in and I knew it was a derivative of Latin—like lots of our language, except maybe the language we use in texts and tweets. Advocacy is a derivative of the Latin word “advocare” and quite simply means “to summon, call to one’s aid;” and an advocate usually means someone who is a pleader for causes or people. So, who are some of our advocates who are also our do-gooders?

Well, let’s just look at what recently happened during an event called Senior Chill Out. Working with Sue Straughn and WEAR TV 3, Cat Country and Lowes Home Improvement Stores, we galvanized the community and you responded to our “call for help” for low-income elders who lacked the ability to have some cool respite from the oppressive heat during the summer months. Our advocacy on their behalf resulted in you donating hundreds of fans and air conditioners and thousands of dollars in donations. Many of you stepped up to help with the installation of air conditioner units for those without the means to do so, and you also came forward to help with the pick-up and delivery on the day of the Senior Chill Out event.

In a similar vein, when we advocated for elders who needed help with yard work, minor home repairs, wheelchair ramps, and transportation issues, individuals and groups responded. You organized to clean out yards, local service clubs organized to paint homes, a group of retired men have become our famous “wheelchair ramp guys,” and some of you stepped up to provide transportation.

Throughout the year we also advocate for other agency programs and often call upon our community to donate in support of the various programs and services of Council on Aging. I seem to be slipping into the trend and making it about money. But kidding aside, all of you who are our wonderful donors are also responding to our advocacy efforts—our call for help or aid. And respond you do. We are so fortunate that our signature fundraiser for the past seven years—the Rat Pack Reunion—has been so successful; raising over \$600,000 net in the past six years. This would not happen were it not for our advocacy on behalf of our agency programs and those whose lives are touched by them.

You can see where Council on Aging advocacy on a topic, issue or problem can and often does turn into a solution and/or action. Each of you who respond to our advocacy by volunteering and/or donating have become a part of the solution and are also turning into advocates. How is that? Well, when others see you “doing good” they will want to know more about what you are doing and why. When you answer, you have become an advocate for your actions! So, in the end, you are a “do-gooder” and an advocate! And we cannot thank you enough!



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# Veteran Profile: Larry Mosley

by Kagan Jenkins

*At age 28, Chaplain Lt. Col. Larry D. Mosley had no military experience of any kind. An Associate Pastor of Florence First United Methodist Church in Florence, Alabama, Chaplain Mosley was working on acquiring a private pilot's license when he was recruited by the local Civil Air Patrol chapter to be a Chaplain. He had been an ordained minister for ten years during the Civil Rights movement and soon faced resistance in his upward mobility within the North Alabama Conference of the United Methodist Church due to his beliefs in equal rights. "I had come to believe and to preach that the teachings of Jesus Christ were absolutely incompatible with racism, white supremacy, religious bigotry and anti-Semitism," Chaplain Mosley says.*

or to participate in any form of combat."

Despite this, he began to receive recruiting letters from the Division of Chaplains stating the urgent need for chaplains as the Vietnam buildup of the military services was under way. "I considered this a call from God to seriously consider the

chaplaincy," he says. "During the interview [for the chaplaincy] I expressed my opposition to the Vietnam War. They explain to us that, according to the Geneva Conventions, chaplains are defined as "non-combatants" and are forbidden to bear arms

After the interview, Chaplain Mosley was informed that he would have to wait a year to be placed in the Air Force, whereas he could have been placed in the Army or Navy Chaplaincy that day. "The Air Force had always been my first choice," he says.

Three months later, he received his orders from the Chief of Air Force Chaplains to report to the USAF Chaplain School at Maxwell AFB in Montgomery, Ala. Following graduation, Chaplain Mosley spent two years at Reese AFB in Lubbock, Texas. "Because

I had a private pilot's license, I could talk flying with the young trainees," he states. "I flew a lot [in the instructor's plane's backseat] in T-37 missions, in the two-engine, straight wing jet with side by side seating."

The Vietnam War was heating up and there was a growing need for chaplains to minister and council with increasing number of troops. Chaplain Mosley felt a sense of God calling him to volunteer for service in Vietnam. With his family's support, he was later assigned to U Tapao Royal Thai Airfield in Thailand. "One of our main missions at U Tapao was the B-52 bombers that dumped tons of bombs on the Viet Cong invading South Vietnam," he recalls.

One memory that sticks out in Chaplain Mosley's mind is when a rescue helicopter crashed near the Thai Navy hanger. He helped get one survivor onto a gurney and rolled him through knee-deep water to the waiting ambulance. "I boarded the ambulance with him and prayed and comforted him as we drove to the hospital," he says. "I learned 30 years later that he had survived." He finally got in touch with the wounded soldier, Master Sergeant Tommy Miles, thirty years later and filled him in about the day of the accident.

Chaplain Mosley retired after 25 years of service in August of 1992 and later came to Pensacola First United Methodist Church as the Associate Pastor. His unyielding dedication to the United States and those who served it will never be forgotten.

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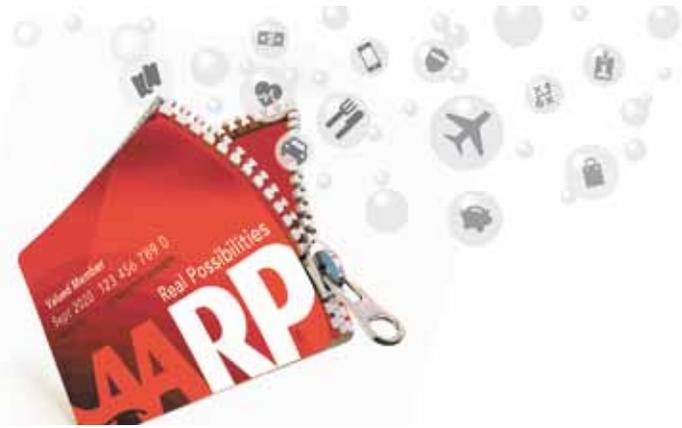
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### 5. Free Movies

AARP offers free screenings of popular movies in select cities through the Movies for Grownups program (both *Jackie* and *Moonlight* have been screened). You can check out what screenings will be available in your city on the site of your AARP state office.

### 6. Prescription Discounts & Health Tools for the Whole Family

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and can help you get moving toward better health in just a few clicks.

### 7. Insurance Coverage & Safe Driving Solutions Specially Designed for the 50-Plus

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# AGE IS A WORK OF ART:

## *The Value of Artistic Expression in Senior Lives*

*Art at its most basic is a way of understanding and interpreting the world. While a painting or a piece of music can be inspirational, moving, sad, motivational or all of the above, the process of bringing those things to life can be equally meaningful. As we touch brush to canvas, mold clay or capture fleeting moments, we are experiencing life even as we are preserving it. That act has many benefits beyond just the emotional; creating art can improve cognitive abilities, preserve memory, connect us with others and so much more. – by Josh Newby*

Oft-cited features associated with successful aging include a sense of purpose, interactions with others, personal growth, self-acceptance, autonomy and health. Creative activities contribute in some way to all of these features.

### **A SENSE OF PURPOSE**

Painting, knitting, writing and other forms of expression do so much more than just quell boredom. By regularly engaging in these activities, elders feel a sense of purpose associated with the task at hand and a sense of accomplishment when complete. More so than just watching television or lying in bed, art allows seniors to contribute to society and to

their own wellbeing while making an indelible mark on their world and others. There is now a reason to get out of bed, to eat, to continue in their lives.

### **INTERACTIONS WITH OTHERS**

As we socialize, our brains are activated. We are listening, comprehending, formulating responses, and so much more. Art as a communal activity gives older individuals an excuse to get together, discuss the latest news, share tips related to aging, discuss their children and grandchildren, and even wax nostalgic for the “good old days.” When reunited with their caregiver after the activity, the conversation can turn to the project. The

art becomes a point of conversation and bonding.

### **PERSONAL GROWTH**

Turns out, you can teach an old dog new tricks! Every day, there seems to be a new story of a 70-year-old who took up music for the first time or an 80-year-old learning to draw. These new skills activate parts of our brain that can easily go dormant when being a passive participant in life. Learning things is exciting, encourages us to share with others, and improves mental acuity.

### **SELF-ACCEPTANCE**

With age often comes various impairments. It can be difficult to accept these new limitations in life, especially for those who were active in their

younger days. However, slowing down can have its perks. As some seniors may be forced to take it easy, they find that they are capable of excitement in a new and different way. Composing music may not be as exciting as running a marathon, but it carries with it new challenges that can lead to self-acceptance and even self-love.

### **AUTONOMY**

At Council on Aging’s adult day health care center, The Retreat, we had a day of fun painting rocks for the Pensacola Rocks phenomenon. Many of these individuals live with Alzheimer’s and dementia and can no longer perform basic life functions by themselves. They seemed to understand, however, the



fun involved with touching brush to stone. Without any assistance, many of them created collages of color or recreated memories that they got to keep. This autonomy leads to greater confidence and, of course, greater health outcomes.

## **HEALTH**

Mental and physical health

are probably our primary worries as we age. And while art may not have a direct impact on physical health, it does help with hand-eye coordination, concentration, memory and so much more. Using art to engage with memories, like creating a collage of childhood photos, can even reinvigorate long-term memory and excite

the pleasure and memory centers of the brain.

Many community organizations offer great opportunities for those looking to get started in the exciting world of art, including Pensacola State College.

"The College of Continuing Education offers a large variety of classes for people of all ages," said Marianne Arroyo, an instructor at PSC. "I teach Drawing and Painting classes. The classes that I offer range from beginner to advanced with an emphasis on traditional techniques, as I believe, one must learn to walk before running. Students learn about different materials, brush techniques, composition and color theory. Students get to work right away because often the biggest obstacle that they face is fear."

For those reluctant to start a new creative chapter of their lives, Arroyo recommends that they listen, learn and then jump right in. She reports that oftentimes her older students are surprised by how well they are able to draw and paint.

"Working with adults is extremely gratifying," said Arroyo. "My students come from various backgrounds and different life experiences. They are interesting and have unique perspectives. Age doesn't limit the need for continued learning. For many of my students, this is the first time in their lives that they have the freedom

to choose what they want to do with their time. They've had careers and they have raised families. It's often a transitional time and the ideal time to experiment with various classes and discover something they love; something they can devote their time to. Additionally, it provides social interaction which is important as we age. I've seen many friendships develop as a result of these classes."

As we age, it is very easy to stay in a comfort zone. Trying something new may lead to a new hobby or even a new professional pursuit.

"I like to quote the artist Frederic Whitaker," said Arroyo. "A painter seldom makes his mark until middle age – and sometimes a great deal later. Many artists have done their best work after 70."

## **ART CLASSES FOR ADULTS:**

**Pensacola State College**  
**(850) 484-1797**

**Pensacola Museum of Art**  
**(850) 432-6247**

**First City Art Center**  
**(850) 429-1222**

**Painting with a Twist**  
**(850) 471-1450**

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# Fall Events, Ya'll!

**F**all in the Panhandle is always welcomed with outstretched, often sunburned, arms. The temperatures and humidity levels drop to a more comfortable range, and residents reclaim the streets, parks and beaches, soaking up the temperate and breezy air. Fall is the best season in the South for outdoor festivals and activities, and we've rounded up a list of our go-to favorites for the year.

written by  
Hana Frenette

## **Foo Foo Fest**

The Foo Foo Festival is a 12-day festival that brings an eclectic mixture of art and cultural events ranging in tastes—with everything from the Blue Angels air shows and songwriters' music festivals to ballet, opera, fine art and even the Big Green Egg Cook-off.

A "Foo Foo" is, by definition, an impromptu musical band known to come together on late 19th-century sailing vessels, consisting of members of the ship's crew. So, quite literally, the gathering of Pensacola's arts and entertainment organizations each fall is our very own "Foo Foo."

The festival includes a changing calendar of events each year, but is traditionally anchored around the Great Gulfcoast Arts Festival, the Frank Brown International Songwriters Festival, and the Blue Angels Homecoming Air Show. Previous years have included more than 20 different events presented by local arts organizations and special performances in town.

While many events on the Foo Foo Fest calendar are free, some events do require a ticket. More information about each event can be found through the Foo Foo Festival website at [www.foofoofest.com](http://www.foofoofest.com).

## **Great Gulfcoast Arts Festival**

The Great Gulfcoast Arts Festival is one of the most

popular arts festivals in the United States. The three-day, juried art show draws more than 200 of the nation's best painters, potters, sculptors, jewelers, graphic artists, photographers, craftsmen and other artists. The Festival is ranked #30 in the nation by Sunshine Artist magazine. In addition to the art on view, live musicians hit the right notes from the main stage with sounds ranging from bluegrass to Cajun blues to jazz, to classical. Dozens of local and traveling performing companies, dance schools, community groups, and area folk groups also have their time to shine.

Craft artists demonstrate traditional arts, crafts and trades, including blacksmithing, engraving, spinning, weaving and other skills in the heritage arts area. Children become artists at their very own section of the festival, the Children's Arts Festival, with numerous hands-on art activities. All children's art activities are free, fun, and geared toward children toddler age and older.

A number of dining options are available, from traditional treats in the Heritage Festival area, to local seafood favorites and regional festival fare—there's something delicious for every taste at the festival! For more information on the festival, maps or a list of participating artists and vendors, visit [www.ggaf.org](http://www.ggaf.org).



### **Blue Angels Homecoming Air Show**

It's pure aviation excitement as the Blue Angels return home for the NAS Pensacola Homecoming Air Show. The United States Navy's flight demonstration squadron will close out their season during Veterans Day weekend with their NAS Homecoming Air Show, which will be held on November 10 and 11.

Presented by Pensacola's Kia Autosport, the Blue Angels Homecoming Air Show is the flourish on an exciting air show season featuring the U.S. Navy's elite flight demonstration team.

The Friday Night Air Show on November 10 will begin at 4 pm. On Friday and Saturday, the air show gates will open at 8 am, with the show beginning at 9:30 am.

The Blue Angels will fly on Friday and Saturday, during the day shows, around 2 pm, but will not fly during the Friday evening show.

This year features the return of the U.S. Navy Leap Frogs parachute team, Shockwave Jet Truck, and the best military and civilian aircraft performances in the country.

For a list of performers, attractions, and vendors, or to purchase tickets to the show, visit [www.naspensacolaairshow.com](http://www.naspensacolaairshow.com).

### **Sweet Seasons Pumpkin Patch and Corn Maze**

Ready for a challenge? Come on down to the Sweet Farms corn maze! Bring your family and friends and tackle this year's twisting and turning design. Each year they offer a fun, new design to get lost in. The corn maze has been the farm's signature attraction since year one, starting out at only five acres and growing in size each year to now over eight acres of maze with lots of room to get lost.

The maze is divided into two sections, which includes a kiddie maze, in case you don't want to tackle the whole maze or want to try a smaller challenge before entering the main maze.

After you've made your way through the tall, majestic rows of corn, you and your family can choose from a variety of pumpkins in the pumpkin patch. Pumpkins are priced by size and range in price from \$1-\$25. The farm offers pumpkin wagons, available for use with pumpkins only, for the really large pumpkins. A percentage of all Pink Pumpkin sales goes to the American Cancer Society.

The farm also offers a long list of attractions for all ages, including a hayride, corn silo, pony rides, country carousel, barnyard animals, farm playground, a tractor slide, cornhole and redneck golf.

For more information on the maze, pumpkins or attractions, please call 850-675-3573 or visit [info@sweetseasonsfarms.com](mailto:info@sweetseasonsfarms.com).

### **Frank Brown International Songwriter's Festival**

Hear an old favorite or discover the next big thing at the Frank Brown International Songwriters' Festival at the Flora-Bama Lounge, which straddles the Florida-Alabama state line.

For more than 30 years, songwriters have migrated south in the fall for this meet-up of Grammy Award-winning lyricists and up-and-coming stars of tomorrow. They take to the stage each night to share their songs and stories in settings from quiet, intimate performances to raucous, sing-along parties.

In recent years, the event has attracted more than 200 artists from around the world to venues across Perdido Key and Pensacola, Florida and Orange Beach and Gulf

Shores, Alabama.

The Frank Brown Songwriters' Festival is the oldest festival of its kind and has been referred to as the largest gathering of songwriters at one time anywhere in the world. It has been named one of the Top 20 Events by the Southeast Tourism Society and has been recognized by *Billboard* and *American Songwriters Magazine*.

Festival attendees enjoy an up close and personal concert experience and are often able to learn the stories behind some of their favorite songs as told by the original author. Whether looking for a "listening room" experience, a pleasant dinner and music venue, a family-friendly musical adventure or a gritty roadhouse, the songwriters have a place for you.

Most venues are free to attend; a few charge a small cover at the door.

The festival is dedicated to the late Frank Brown, who was night watchman at the Flora-Bama for 28 years, and whose moral values, integrity and strength of character still endure. Mr. Frank, who was 91 years old when he retired, was featured on Paul Harvey's syndicated radio show, "The Rest of the Story."

For more information on the festival performers, and show times, visit [www.frankbrownsonwriters.com](http://www.frankbrownsonwriters.com).

### **Fall Guided Tours Through Historic Seville Square**

Grab a hot cocoa or a warm apple cider and stroll through the charming historic streets of Historic Seville Square as an expert tour guide informs you of the detailed historical facts surrounding downtown Pensacola.

The UWF Historic Trust offers guided tours of historic homes and buildings Tuesday through Saturday at 11 am and 1 pm. Guided tours are included in admission to Historic Pensacola—which encompasses 8.5 acres and 28 properties, 11 of which are open to the public.

Tours last approximately 1 to 1.5 hours. Guests will receive an in-depth tour of the 1805 French-Creole Lavelle House, the 1871 Dorr House, the 1832 Old Christ Church, and the 1890 Lear/Rocheblave House. Historic Pensacola also offers seasonal themed tours Tuesday through Saturday at 2:30 pm.

For more information on guides tours, museums, and special events, visit [www.historicpensacola.org](http://www.historicpensacola.org) or call 850-595-5985. ■

# Spooky Local Places — to Visit for — **HALLOWEEN**

written by  
Tanner Yea

We're all aware of the more famous haunted locations in Pensacola: Saenger Theatre, Seville Quarter, Fort Pickens, St. Michael's Cemetery and the lighthouse to name a few. We've selected a few places that might not be as well known, but are just as spooky and mystifying.

### **The Dorr House**

Located at 311 South Adams Street, the Dorr House was built by Clara Dorr, the wife of a wealthy sawmill owner. After her death in 1896, it was converted into a school, and then subsequently into the residence of the president of the University of West Florida. Since the 80s, people have reported noises of a woman softly crying, smelled non-existent freshly cut roses, and seen the ghostly figure of a Victorian-era woman dancing or sitting in a favorite rocking chair — presumably Miss Dorr.

### **The Victorian Bed & Breakfast**

Located at 203 West Gregory Street, this Victorian style house was built by ship captain William Northup in the 1890s. After his and his family's deaths, the house passed through several hands before it was turned into a bed and breakfast in 1996. People report odd happenings such as the sound of children playing, phantom sounds of classical music, and a woman in a nightgown wandering between rooms. There is also an occasional smell of strong pipe tobacco originating from Capt. Northup's old room.

### **Quayside Art Gallery**

Located at 50 East Zarragossa Street, the Quayside Art Gallery was built in 1873 as the Germania Steam Fire Engine and House Company. While still in service in 1892, several firefighters had experienced strange apparitions — noises of heavy footsteps and sounds of an object being dragged across the floor. This culminated in the middle of the night, when two firefighters witnessed a humanoid figure dressed in white, who travelled between the firefighter's bunks, touching the sleeping figures. This story made the paper back then, and the suspicion has never gone away.

# Spoon Up Tradition

When cooler temperatures call for something to warm you up, good, old-fashioned soups and stews may be just what you need.

You can create delicious, steaming pots that taste like they're straight out of mom's kitchen with flavorful, convenient ingredients. With these contemporary recipes, you're in and out of the kitchen in under an hour without any long simmering required.



## ***German Potato Salad Soup***

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 4

- 1 cup chopped onion
- 1 cup chopped red bell pepper
- 1 tablespoon olive oil
- 2 cans (15 ounces each) READ German Potato Salad, chopped
- 1 bottle (12 ounces) light beer
- 3/4 cup reduced-sodium, fat-free chicken broth
- 6 ounces (1 cup) diced ham, smoked turkey or sliced smoked sausage (optional)
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon pepper
- 1 tablespoon chopped parsley
- rye croutons (optional)
- crumbled bacon (optional)

In Dutch oven or 3-quart saucepan over medium heat, cook onion and bell pepper in oil until onion starts to brown, 5-7 minutes, stirring occasionally.

Add potato salad, beer, broth and meat, if desired, and stir to combine. Bring to boil, reduce heat and simmer, uncovered, 10 minutes, stirring occasionally. Add salt, if desired, pepper and parsley.



## ***Bacon-Apple Red Cabbage Soup***

Prep time: 15 minutes

Cook time: 20 minutes

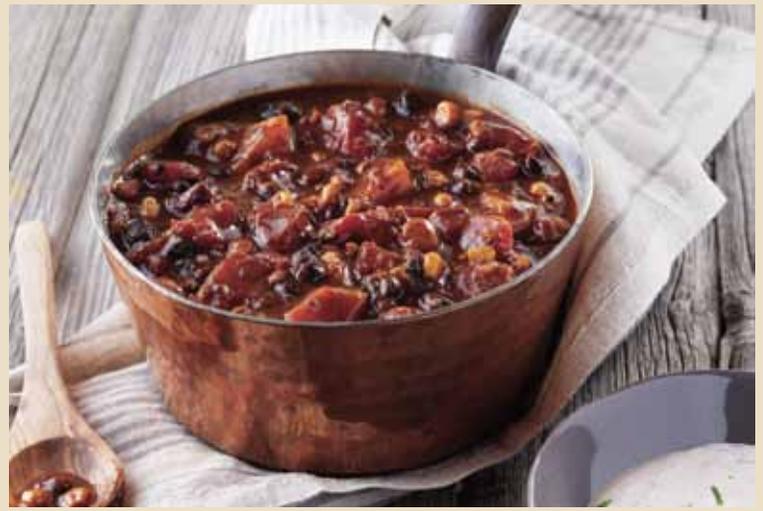
Servings: 4

- 2 slices thick-cut bacon, chopped
- 1 medium red onion, chopped (about 1/2 cup)
- 1 clove garlic, minced
- 1 jar (16 ounces) Aunt Nellie's Sweet & Sour Red Cabbage, not drained
- 2 cups low-sodium, fat-free chicken or vegetable broth
- 1 medium apple, chopped (about 1 cup), plus additional for garnish (optional)
- 1/4 teaspoon ground cinnamon (optional)
- 1/8 teaspoon ground allspice (optional)
- 1/8 teaspoon ground cloves (optional)
- plain yogurt or sour cream (optional)
- crumbled cooked bacon (optional)

In large saucepan or Dutch oven over medium heat, cook bacon 2-3 minutes, or until cooked through and crisp. Remove bacon from skillet; reserve. Drain drippings; return 1 tablespoon to pan; discard remaining drippings.

Add onion to pan. Cook about 2 minutes, until tender, stirring frequently. Add garlic; cook and stir about 30 seconds. Add red cabbage and liquid from jar, broth and chopped apple. Stir in cinnamon, allspice and cloves. Bring to boil. Reduce heat and simmer, covered, 10 minutes. Add water, 1/2 cup at a time, if soup is too thick. Add bacon to pan. Continue simmering about 3-5 minutes, until apples are tender and soup reaches desired consistency.

Spoon into bowl. Garnish with apples, yogurt and crumbled bacon, if desired.



## ***Tex-Mex Bean and Butternut Squash Stew***

Prep time: 30 minutes

Cook time: 10 minutes

Servings: 4

### **Stew:**

- 1 can (15 ounces) READ Southwestern Bean Salad
- 1 teaspoon ground cumin
- 1/4-1/2 teaspoon chipotle chili powder
- 1 clove garlic, chopped
- 2 cups cubed or chopped butternut squash, fresh or frozen (about 1/2- 3/4-inch pieces)
- 1 can (14 1/2 ounces) no-salt-added diced tomatoes
- 1 1/2 cups low-sodium vegetable or chicken broth
- 1 teaspoon lime zest, plus additional for garnish
- Chipotle-Lime Crema
- chopped cilantro (optional)

### **Chipotle-Lime Crema:**

- 1/4 cup plain nonfat yogurt or sour cream
- 1 teaspoon lime zest
- 1/8 teaspoon chipotle chili powder

**To prepare stew:** Place half of canned bean salad, cumin, chili powder and garlic into bowl of food processor. Puree until blended but still slightly chunky. Add remaining bean salad to large saucepan. Stir in butternut squash, tomatoes, broth, pureed bean salad mixture and lime zest. Bring to boil. Reduce heat and simmer 10 minutes, or until squash is tender and stew reaches desired thickness.

**To prepare crema:** In small bowl, combine yogurt, lime zest and chili powder.

Serve topped with Chipotle-Lime Crema, cilantro and lime zest.

**Notes:** If using frozen butternut squash, add to stew during last 2-3 minutes of cooking to prevent overcooking. Orange zest can be used instead of lime zest, if desired. Recipe can be doubled.

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# Goin' Up the Country

*America has always had a love affair with cars—from the muscle to the sleek to the sport, there is something about a classic roadster that's American as apple pie. That's why across the country, people are joining car clubs to show off their classic vehicles, swap stories or simply hang out. We've listed three big car clubs in the Pensacola area that you can enjoy whether you have a cherry speedster, or are just a fan of these classic machines.*

## **PANHANDLE CRUISERS**

If you are looking for variety in your hot rods and roadsters, Panhandle Cruisers is your one-stop shop for all that matters in vintage and custom cars.

Formally called the Panhandle Cruisers Car Club, they are a non-profit that was founded in 1981 to encourage restoration, repair and modification of vehicles of all kinds. The vehicles vary from vintage 1900s automobiles to hot rods to muscle cars and even modern-day imports. Some cars are unaltered factory standards, while others are heavily modified and custom.

Panhandle Cruisers hosts events year round throughout Pensacola.

In addition to their bi-monthly membership meetings, their most well-known meetup they attend is the Cars & Coffee events, held the fourth Saturday of every month. Located at the Carmike Bayou at 5149 Bayou Blvd, both members and spectators are encouraged to grab a cup of coffee at the nearby Starbucks and wander through the roadsters, motorcycles and domestics. Other car clubs and independent owners also attend this free event, so there is always a variety of vehicles.

Panhandle Cruisers host other events such as cruise nights, dinner get-togethers, Christmas parties and car shows. They also

*Written by Tanner Yea*

participate in charity car shows, fairs and events by promoting, managing and judging them as a way to give back to the community.

Membership is only \$20 per year and your car qualifies if "it has wheels and you think it looks cool," according to the Club. For more information on the club, their events and to join their membership, visit [panhandlecruisers.com](http://panhandlecruisers.com).

## **EMERALD COAST REGIONAL MUSTANG CLUB**

If any car has kept its class and reputation intact since its earliest days in 1964, it would have to be the Mustang—which to this day is synonymous with style, power and performance.

That's why the Emerald Coast Regional Mustang Club (ECRMC) devotes itself to the 53-year-old legacy of the Ford Mustang.



Rabbits to Beetles to Buses, there is no mistaking the charm of these eclectic cars.

The Rare Air Emerald Coast VW Club was built to help keep the legacy of these iconic vehicles alive. The Club was established in 1991, when two separate Pensacola VW clubs – Rare Air and Emerald Coast – were consolidated into their current form. Rare Air Emerald Coast is part of the Vintage Volkswagen Club of America, and is the largest VW club in the Florida Panhandle. “Wild” Bill Tucker is the current president of the club, and has been involved with it since 1994.



their Mustang and Ford Powered Car Show, which is set to take place on October 28 at the Fort Walton Beach Civic Auditorium. Featuring Mustangs, Model Ts, Falcons, T-Birds and other specialty cars, this is the club’s biggest fundraiser and is also a chance to take home a sleek trophy in any number of competition classes.

The Club also focuses on their charity efforts, donating to local organizations such as the American Cancer Society, Sharing and Caring, Silver Sands School and more.

As long as you have a Mustang and can pay the \$25 annual membership fee, you’ll find a passionate group who not only wants to show off their cars, but help others who can’t resist the allure of the famous ‘Pony.’ For more information on the club, their events and to join their membership, visit [emeraldcoastregionalmustangclub.com](http://emeraldcoastregionalmustangclub.com).

### **RARE AIR EMERALD COAST**

Volkswagen has produced some of the most distinct looking cars on the road since they first arrived in America in 1949. From Things to

“There’s this whole subculture for VWs. There’s a sense of camaraderie – you wave at other VW drivers. If one is pulled over on the side of the road, you pull up and see if you can help. It’s our code,” said Tucker.

Rare Air Emerald Coast is both a social club as well as a resource for VW owners to come to for help maintaining and repairing their vehicles, since there are very few mechanics in the Pensacola area who work on air-cooled VWs any more.

Some of the club activities include participating in car shows, and two major shows are coming up in the next few months. On October 21, the club will host its 21st Annual VW Show at Five Flags Speedway in Pensacola.

The Rare Air Emerald Coast VW Club is open to anyone with a classic VW and \$15 per year to spare on their membership fees. For more information on the club, their events and to join their membership, visit [bit.ly/2vE43G7](http://bit.ly/2vE43G7).

Originally founded in 1987 by four local Mustang fans as an informal social group, the ECRMC became a Florida non-profit in 1989 and was adopted as part of the Mustang Club of America in 1995. Over the years it has seen every generation of Mustang, as well as every generation of new Mustang lovers.

ECRMC hosts a huge list of events every month—many of which are cruises. The second Friday every month is their Navarre Classic Car Cruise-In, where they meet at the Fort Walton Beach city hall and drive to Navarre Park. Their biggest event, however, is

## LOCAL MEET-UPS AND CAR SHOWS

### Bugs on the Bayou

September 16, 8 am  
State Road 85 North, Niceville, FL, 32578

### 17th Annual Navarre Car, Truck & Bike Show

October 14, 8 am  
8600 High School Blvd., Navarre, Florida 32566

### Miracle League Car Show

October 14, 8 am  
555 East Nine Mile Road, Pensacola, Florida, 32514

### Pensacola North Rotary Charity Classic Car Show

October 21, 9 am  
5725 North Ninth Ave, Pensacola, FL, 32504

### 21st Annual Rare Air Emerald Coast VW Club Car Show and Swap Meet

October 21, 7 am  
7451 Pine Forest Rd, Pensacola, FL, 32526

### 18th Annual Mustang & All Ford Powered Car & Truck Show

October 28, 8 am  
107 Miracle Strip Pkwy, Fort Walton Beach, FL, 32548

### 28th Annual Arts & Crafts Festival & Car Show

November 11, 9 am  
2800 Wilde Lake Blvd, Pensacola, FL, 32526

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**December 8, 9 & 10, 2017**

TICKETS ON SALE TO THE GENERAL PUBLIC BEGINNING:  
October 25, 2017

### One World, Many Voices

A CELEBRATION OF DIVERSITY THROUGH SONG

One World, Many Voices is a celebration of music's rich cultures and how we can achieve oneness through song. Guest conductor and renowned composer Andrea Ramsey will take the podium to bring her own style and flavor to our eclectic program. Join us as we bring a global message to our small town home.

**February 18, 2018**

TICKETS ON SALE TO THE GENERAL PUBLIC BEGINNING:  
January 16, 2018

### Showtime

Do you like Broadway? Get your ticket. Country, rock, or even disco? Then Showtime is right for you! Join us for a celebration from music across all genres, featuring our amazingly talented PCC singers. From lights to sound and costumes to choreography, you'll leave dazed and amazed. Don't miss this musical extravaganza!

**May 4, 5, & 6, 2018**

TICKETS ON SALE TO THE GENERAL PUBLIC BEGINNING:  
March 21, 2018

[WWW.PENSACOLACHILDRENSCHORUS.COM](http://WWW.PENSACOLACHILDRENSCHORUS.COM)





# LUCKY NUMBER

# 7

## THE 2017 RAT PACK

By Kagan Jenkins • Photos by Meg Burke

**A**S THE RAT PACK REUNION enters its seventh year of fundraising and advocating for seniors in need, four community leaders seek to raise awareness for a cause that is often forgotten. An idea spawned by DeeDee Davis back in 2010, the annual gala nets an average of \$115,000 yearly. Notably, due to Council on Aging's ability to leverage from state and federal funds, this fundraiser makes an eventual impact of one million dollars – all of which benefits programs that assist elderly residents in Escambia and Santa Rosa counties. This year's "Lucky Number 7" Reunion will be held on Friday, October 27, 2017 from 5:30 pm until 11:00 pm at Skopelos at New World.

While there is a lofty goal in mind, it's certainly not an issue of all work and no play. Amongst raising funds for Council on Aging's programs, guests are wined, dined, and serenaded to a Frank Sinatra tribute-band, ushering in echoes of the past when the real Rat Pack once reigned supreme. As for Pensacola's 2017 "Lucky Number 7" Rat Pack – they are roasted and toasted by the people who know them and their community service best. This year's collection of Rats and outstanding Pensacola leaders are Marianne McMahon, Nels Offerdahl, John Peacock, and Roger Webb.

Charlie and Fran Switzer, this year's Rat Pack Reunion co-chairs, know first-hand what being a Rat entails – Charlie was one of them in 2015. "We are so thrilled to host the 'Lucky Number 7' Rat Pack Reunion this year," Charlie says. "We sincerely hope that this great event can continue to provide important funding for Council on Aging and the seniors it serves through its variety of programs."



# MARIANNE MCMAHON

Marianne McMahon is the third female Rat to grace the Rat Pack Reunion. Originally from Ozark, Alabama, she decided to move to Pensacola after vacationing here as a child. "I couldn't wait to move here. I came to school here in 1983 and never left the most beautiful place I know." Marianne raised her three children here and started volunteering at their school. As they got older, it was natural for her to start volunteering in the community. "I read once," says Marianne, "[that] 'much is required from the person to whom much is given. Much more is required from the person to whom much more is given.' I'm so grateful for my life, and my family and I love my community."

Marianne is active with numerous nonprofit organizations

in the Pensacola area. Most notably, she is on the boards of PACE Center for Girls and The Arc Gateway. "I got on the board at PACE Center for Girls about 11 years ago," she says. "I absolutely love being involved with the school and seeing the girls change and grow." Last year, Marianne got involved with the Fiesta of Five Flags. "It was hard work but fun and I learned even more about our great community." She takes volunteering very seriously and knows that she is lucky to be able to do what she does. In her spare time, Marianne loves to cook and entertain friends and family. She also enjoys boating and scuba diving.

Marianne was present at the first Rat Pack Reunion and learned much about the organization from that event. "The Council on Aging brings in lunches every day for [Arc Gateway's] senior program at Bayview," she says. "It is greatly appreciated by the clients and their families." Marianne hopes the 2017 Rat Pack Reunion will be able to raise much needed money to continue to provide services to the elderly who need it.



# ***NELS OFFERDAHL***

Wisconsin native and loyal “Cheesehead,” Nelson “Nels” Offerdahl moved to Northwest Florida with his family in 2001. After spending time in the corporate world, he was looking for a way to work for himself and found the answer: movie theatres. Looking to expand his franchise, Nels built three local movie complexes in Gulf Breeze, Pace, and Crestview – all of which he still currently operates. However, for Nels and his family, it’s not just about business but also about giving back. “I have always felt a community that gives back, flourishes from within,” he says. “My wife and I were touched by how giving the community was and how many different charities were being helped out.”

Two areas of special interest to both Nels and his wife are children and seniors. Their focus on children stems from a desire to see local kids receive the right tools

in order to become productive members of society. For seniors, Nels says, “It is so important to give back to the generation before us. Having aging parents, I know how support groups, activities, and knowledge are so important.” Nels is a board member for the Panhandle Charitable Open, an organization that hosts a high-quality golf tournament every year to support numerous local charities, including Council on Aging.

In his spare time, Nels enjoys spending time with family and playing a little golf. He is excited to be a part of the famous Rat Pack Reunion, which he has attended as a guest before. When asked what he hopes to see from the gala this year, Nels says, “I know that I will once again see a community come together for such a great cause and a great time!”



# JOHN PEACOCK

John Peacock, although not originally from Pensacola, has made a name for himself both in business and the nonprofit community. A former US Navy E-6 and Consultant to the US Department of Energy, John has served as a Financial Advisor for Edward Jones in Pensacola since moving here in December 1995. As a single father with three boys at the time, John did not know anyone in Pensacola but saw an enormous amount of potential in the welcoming community. "Pensacola has been very kind to me and my family," says John.

John started getting involved in the community

by joining several boards, including the former Retired and Senior Volunteer Program for Council on Aging. "My community involvement grew as my business grew. I feel like it is important to leave a job, community or organization better than you found it," John says. Following the loss of his son, John Ryan, John also started the Panhandle Charitable Open, a fundraising golf tournament that provides funds for numerous nonprofits in the community, including Council on Aging.

John, who served on the Council on Aging board for many years, believes the services Council on Aging provides are vital to the community's most needy seniors: "Without the services of COA, many of our seniors would experience significant hardship." He hopes to see a record year of fundraising for this year's Rat Pack Reunion. In his spare time, John enjoys golf, reading, and spending time with his grandchildren.



# ROGER WEBB

Roger Webb rounds out this fabulous group of community leaders. Roger began his career with Wendy's in 1970 when Dave Thomas, former founder and chief executive officer of the fast-food restaurant chain, hired him as a part-time employee when the third restaurant opened in Columbus, Ohio. When asked how he got to where he is, Roger says, "Dave Thomas always told me, 'Work hard to build a business, be smart to be successful and give back to the communities that provide your opportunities.'"

His family was a franchise owner of Wendy's in Ohio and Florida, and by 1985 Roger bought the family

interest and moved to Pensacola to live on the beach. These days, Roger owns the Wendco Group, which has a total of 43 Wendy's restaurants and employs a staff of over 1,200 people in Northwest Florida and South Alabama. In his free time, Roger spends time with his wife and almost three-year-old daughter.

Roger has been familiar with Council on Aging for a number of years and has come to find the true value of the organization more recently. "Council on Aging is an important service to facilitating the difficulties of aging," he says. "If anyone has resources available, consider [helping] Council on Aging." He is a firm believer in giving back to his community, claiming that it is a responsibility. When asked what he hopes to see from this year's Rat Pack Reunion, Roger says, "I hope we raise more money, provide more services and bring a smile to more aging people in our community."



# LEEZA GIBBONS

## An Exclusive Interview

by Kelly Oden

Most people recognize Leeza Gibbons from her long run on the popular news show, *Entertainment Tonight* or from her winning appearance on *Celebrity Apprentice*, but she is also a business woman, bestselling author, Emmy award winner, wife, mother and a tireless advocate for caregiving.

Born in Hartsville, South Carolina, Gibbons graduated Summa Cum Laude from the University of South Carolina's school of journalism and mass communication. Gibbons' career in entertainment and news media runs the gamut—from her on-camera hosting dominance in entertainment news to her award-winning daytime talk show, *Leeza* and her PBS show *My Generation*, which earned her a 2013 Daytime Emmy for Outstanding Talk Show Host.

Gibbons has published a number of bestselling books, including *Fierce Optimism: Seven Secrets for Playing Nice and Winning Big*, *Take 2: Your Guide to Creating Happy Endings and New Beginnings*, and *Take Your Oxygen First*. In 2015, Gibbons was crowned the winner of NBC's *Celebrity Apprentice*. Having raised over \$700,000 for her foundation, Gibbons became the second woman ever to win the long-standing competition show and the season delivered their highest overall ratings in nearly five years.

Recognized as a social entrepreneur, Gibbons has become one of the leading voices for issues facing family caregivers. When her mother and grandmother were struggling with Alzheimer's disease, she created what she wished she and her family had and started the Leeza Gibbons Memory Foundation. Her training as a journalist united with her compassion and business savvy when she opened the foundation's signature programs Leeza's Place and Leeza's Care Connection, offering free services for family caregivers encouraging them to call on their courage and summon their strength for the long journey ahead.

Over the years, Gibbons has become known as a trusted girlfriend, valued confidante, and source of inspiration and information, empowering women to show up for their lives with confidence and pride. Whether it's her scrapbook line honoring the value of memories, her jewelry collection to symbolize transformation, or her cosmetic products to reveal inner and outer beauty, Gibbons develops programs and products to help women claim their strength and rewrite the story of their lives.

Gibbons currently resides in Los Angeles with her husband, Steven Fenton. She has three children—daughter Leksi and sons Troy and Nate. *Coming of Age* caught up with Gibbons to discuss her life, career and her work with Alzheimer's and caregiving.»



**You've become a tireless advocate for caregiving in terms of our aging population. Tell me about your journey as a caregiver.**

I have tremendous respect for the resilience and sheer grit it takes to be a caregiver. I started my caregiving journey years ago when my siblings and I took care of my mom while she battled Alzheimer's disease. And now, my journey has led me to caring for my dad who has heart disease. For both of my parents, I was and am caring for them from a distance, which can add different challenges to caregiving. After experiencing the ups and downs of caregiving, especially when you're hundreds of miles away from your loved ones, I wanted to help others who may be in the same boat I was in when I started this journey.

In the beginning, I didn't know about the tools and resources available to help both my parents (and me!) through the caregiving process. I hope to use the knowledge I've gained through my own personal experience to help the millions of caregivers out there who have to navigate through this hard, yet rewarding, job. Caregivers don't get as much credit and recognition as they deserve, and I want to help ease the process for them, while bringing awareness and acknowledgment to our nation's unsung heroes.

**What were the most difficult aspects of caring for your mother while she fought her battle with Alzheimer's?**

The hardest part was knowing I couldn't stop it and that I couldn't change her fate. It's especially hard for those who care for someone with dementia because your loved one can't necessarily let you know if what you're doing is making a difference, and they may not even know who you are. The moment my mother could no longer remember that I was her daughter was a stab in the heart. I kept reminding myself that a heart never forgets and that love transcends the shadows of this disease.

**How did you balance a career, caring for your mother, and time for yourself and your family? Did you experience burnout?**

I think you'd be hard pressed to find a caregiver who hasn't struggled with burnout. Caregiving is a demanding job and I was often stressed trying to make it all work. For a while I felt guilty about the amount of time I was able to spend with my children and I worried about being away from my parents, who live on the other side of the country from me. There were mornings when I woke up and felt overwhelmed with all of my responsibilities as a caregiver, along with my obligations at

work and the demands of my kids.

Adjusting to the new normal of caregiving is different for each person and will undoubtedly include a fair share of trial and error. I was finally able to achieve peace and stability and rise above the feelings of stress and guilt with a lot of flexibility and forgiveness. Here are some tips that might help:

Recognizing guilt – I came to recognize that guilt is normal and that recognition helped me acknowledge that I am doing the best I can – no one is perfect! The key is to keep moving forward.

Prioritizing tasks – It helped me to take things one step at a time and break down tasks by when they needed to get done – can going to the grocery store wait until tomorrow?

Speaking with employers – It's important to be open with your employer about your caregiving responsibilities and discuss flexibility in your schedule. Ask for what you need.

**Sometimes taking care of a family member with Alzheimer's or other diseases can take its toll on the immediate family, but I understand your family really banded together. How did you keep the frustrations and difficulties from tearing you apart?**

My mom was always the rock in our family. When she got Alzheimer's disease, my siblings and I felt like our family was falling apart. Looking back at that time, I remember how differently I handled the situation from my brother and my sister. I learned there are various ways to handle sadness and grief, and it's natural for people within the same family to react differently.

Some family members may need to be more removed from a loved one's declining days and avoid seeing them in a frail state, while others may not want to ever leave a loved one's side. Not being present doesn't mean your family member isn't helping though – they may be best at handling other



***"My mom was always the rock in our family. When she got Alzheimer's disease my siblings and I felt like our family was falling apart. Looking back at that time, I remember how differently I handled the situation from my brother and my sister. I learned there are various ways to handle sadness and grief, and it's natural for people within the same family to react differently."***

necessary details, such as managing finances or getting legal documents in place, while you're attending to your parent's in-person needs. Resentment can be common and that immediate feeling you may have towards family members who aren't acting in the way you would initially expect may lead in this direction. But remember that different people have different limits when it comes to dealing with pain and it's important to cut others some slack when dealing with family challenges – doing so will help both them and you.

In addition to putting yourself in your family members' shoes, it's also helpful to have continuous family check-ins – whether in-person or over FaceTime, to avoid any conflict boiling up. Constant communication can help ensure everyone feels included and on the same page when it comes to

caregiving responsibilities. Just having their voices heard, without judgment, can give your siblings with the personalized love and attention they may need during hard times.

**What advice do you have for those looking to relate/converse with those living with Alzheimer's, particularly family members?**

You have to join your loved one in their world, because they can no longer join you in yours. That means avoiding correcting and arguing in an attempt to get them to be "rational." To help with constant repeating, try writing things down on note pads. That way when mom asks (for the fifth time) "where are we going?" she can look at the notes. It also helps to label everyday things and put names under pictures of loved ones. Try to understand what's behind statements like, "I want

to go home." It's pointless to explain that they are home or that they sold their house. Instead, ask questions like, "Tell me about home" or "Who will be there when we get there?" Then, you can say, "OK, we can go later." That's what I call the loving power of a little white lie. Usually the diagnosed person just wants to be heard and will soon "forget" the entire episode.

**What self-care strategies do you use and what do you recommend for others?**

It's easy to empty out when you're caring, so to keep from depleting, it's important to know how to nourish yourself; mind, body and soul:

Put yourself first – Prioritizing your own health is vital to providing your loved ones with the best quality of care. If your body is only running at 70 percent and your mind is running



at 50 percent, then the care you provide others will be jeopardized. In this situation, you could accidentally fill your parent's medication dispenser with the wrong pill which could result in major health consequences. It's important to get plenty of sleep and exercise, eat well, drink plenty of water and make time for yourself, so you don't snap and unravel under the strain.

Be realistic – There is such a thing as “good enough.” When you're juggling a career and family, it can be difficult to manage your time. Try not to procrastinate and stay as organized as possible with your immediate responsibilities letting go of an expectation of perfection. Simplify as much as you can by learning to say no. Take one thing at a time and don't overload your plate with more than you can realistically handle. If you do get overwhelmed, do some deep breathing, grab a quick walk if you can (five minutes can do wonders), and reach out for support.

Ask for help – No one expects you to be superhuman and handle everything on your own. Don't be afraid to ask for help and delegate tasks to loved ones – creating a care network that you can trust will take some of

the weight off your shoulders without leaving you feeling like your loved one isn't getting the best care. When you need help from someone, be specific in exactly what you need them to do. Clear communication can increase care quality and efficiency.

### **What lessons have you learned from caring for a loved one with Alzheimer's?**

I learned the power of simply being present without offering a solution. I learned that we are all driven by a need to be productive and Alzheimer's disease doesn't change that. I gave mom “tasks” which made her feel she was contributing: “Find all of the pictures in the magazine of chocolate cakes so I can decide which one to make,” “Sort the silverware,” or “Put all the white socks in a basket.” I learned that music is one of the last things to leave our memory so I used familiar songs to help change the mood or get things done.

### **You started the Leeza Gibbons Memory Foundation. Tell me about the foundation and what it offers.**

Through our signature program, Leeza's Care Connection, we help prepare caregivers for an ever-changing life through education, empowerment and energy. All of our programs are free and are for the husbands, wives, sons and daughters (and friends) who are their family's first responders when someone they love gets a chronic illness or disease. By offering care for the caregiver, we can help create better outcomes for the care receiver.

### **Tell me about Leeza's Care Connection. Can those who live outside of California and South Carolina benefit from the services?**

We help family caregivers “call on their courage and summon their strength” for the difficult journey ahead. Through a wide variety of programs ranging from drum circles and creative expression classes, to our “ask the experts” series and “humor thera-

py,” we help caregivers become more resilient and resourceful. Our two flagship locations are like safe havens for caregivers to know they are not alone. Even for those who can't physically be part of our community, we can help connect caregivers to resources and support in their neighborhoods.

### **You decided to become a spokesperson for Phillips Lifeline after a very personal experience with the service. Tell me about that.**

I've always been a daddy's girl. As a long distance caregiver for my dad, I constantly think and worry about him when I can't be by his side in South Carolina. When my dad was diagnosed with heart disease a few years ago, it made me even more worried that I couldn't be nearby, so my family and I made the decision to get him the Philips Lifeline medical alert service in case he had an emergency.

Then, in the summer of 2015, the emergency happened – my dad suffered a heart attack. He hit the floor and was unable to reach the phone and call for help. Thankfully he was wearing his Philips Lifeline help button and was able to get access to help quickly. The response center dispatched an ambulance immediately and got him to the hospital in time to save his life. Philips Lifeline is one of the reasons I still have my dad in my life today and why he can still watch his grandchildren grow up.

Now my dad has the Philips Lifeline's GoSafe mobile system with AutoAlert fall detection, which can place a call for help without pushing the button if a fall is detected. GoSafe gives me peace of mind knowing he has access to help around the clock if another emergency occurs and I'm not there. My dad also uses Philips' automated medication dispensing service that helps ensure he takes the right medications at the right time each day, which is another concern for caregivers. My dad and I want to spread awareness to seniors and caregivers about the amazing variety of services Philips Lifeline has avail-

able to promote healthy and independent aging.

**You recently turned 60 and you believe that 60 today is very different than it may have been even 20 or 30 years ago? How so?**

For our parents and grandparents, turning 60 typically symbolized downshifting and preparing for retirement – a striking difference compared to those of us welcoming this decade in today's world. Those of us turning 60 today are upshifting, taking on new challenges, finding new passions and redefining our lives. We are still very active and determined (maybe even more so than when we were younger!) to achieve success and live life to the fullest. Instead of settling down and looking back on what we have achieved so far in life, we're forward thinking and know the best is yet to come. Our new generation of 60+ is actively disproving existing aging stigmas and, as a country, we are gradually redefining what it means to age well.

**You are a big believer in marking items off your bucket list. How can seniors make sure they are doing all they can to live vibrant and productive lives?**

Getting older doesn't mean slowing down and playing it safe! It's important for seniors to continue doing what makes them happy and to have things to look forward to. In order to live life safely and independently, healthy aging is key and seniors should leverage the technology and resources at their disposal to make it happen.

Some seniors may be resistant to getting help, thinking they are capable of taking care of themselves and that accepting help is a sign of rejecting independence. However, using medical alert technology doesn't mean you're losing your independence – it keeps you safer and enables you to continue your independence. Services like Philips Lifeline are vital to keeping older adults both mentally and physically active in their communities and ul-

timately helps seniors achieve their bucket list goals!

**As a woman in Hollywood, how do you approach aging? What are your secrets to aging gracefully?**

Aging is a natural part of life that we should embrace, not fear! At 60 I feel stronger than I ever have before. As we age, I've learned it's important to focus on the people and things most important to you in life and not to waste your time stressing over things out of your control or that don't matter. Aging well means letting go of what was, so you can make room for what is and what will be. Aging gracefully means making sure you make enough time for yourself and replenish your own mind, body and soul. Eating well, exercising regularly and getting enough sleep are critical to successful aging.

**In 2015 you were crowned the winner of NBC's 'Celebrity Apprentice' and raised over \$700,000 for your foundation. Tell me about that experience and what it was like working with Donald Trump.**

It was an extraordinary opportunity for me to stand for families who face caregiving challenges and to honor my own family's experience. I joke that I have a PhD in drama avoidance – that show is all about drama, but I managed to stay in my own lane, do my work, stay fiercely optimistic, and emerge victorious. People said I was too "nice" to win, but they discounted the fact that I was too focused to fail. As I told Donald Trump in the finale, "never underestimate a woman who knows what she wants and what she is willing to do and not do to get it."

**In addition to your broadcast career, you are also a prolific author. How did you become interested in writing? What do you get from writing that is different from your other professional endeavors?**

I'm a storyteller. That's it. I love being the conduit through which other people's experiences and journeys find an

audience. I have always considered it to be the highest honor when someone trusts you with their story. I also enjoy expressing what I learn from within the pages of the story of my own life. While I do love to write, I've never been discriminatory about the medium, I just enjoy sharing and telling stories.

**What projects are you currently working on? What's coming up?**

I will be co-hosting the Rose Parade with Mark Steines on New Year's Day 2018. I love being part of this long-standing tradition. It's like TV comfort food. I've also just completed a project offering yoga to more mature women for flexibility, mindfulness, better sleep, more strength and pain management. My yoga practice is definitely a work in progress, but that's the great gift of yoga – you learn not to judge yourself, but rather to be where you are and try your best. I think that's a pretty good guide for life.



# ● What's the News?

*Council On Aging of West Florida*

## **Council On Aging Receives \$10K For Air Conditioners Intended For Seniors In Need**

For 65 hours, from 7 am on July 11 to midnight on July 13, senior care organizations across the country banded together to give hope to seniors and raise money for their causes. The online event, called GIVE65, was a fundraiser facilitated by Home Instead Senior Care Foundation and was the first and only crowd-fundraising platform exclusively devoted to helping elders in the communities where they live. Council on Aging of West Florida raised money through this platform for its annual Senior Chill Out drive, which seeks to provide air conditioners and fans to those 60 and older who either do not have

home air conditioning or who have an inadequate cooling system in their house.

A limited number of organizations from a pool of applicants competed for a total of up to \$100,000 in matching grants. Council on Aging of West Florida was fortunate to not only be designated a GIVE65 participant, but to also receive matching funds by Home Instead for the first \$5,000 raised. With that match, Council on Aging raised \$10,740 in all at event close, exceeding the \$10,000 goal set by the agency. This will allow for the purchase of approximately 83 window AC units that will go straight to low-income, high-risk

seniors in our community struggling to endure the hot Florida summer in a healthy and comfortable manner. These units are especially valuable to older people who have health challenges that inhibit their body's ability to regulate temperature and moderate blood pressure.

The local Home Instead Senior Care office, headed up by owner and vice president Stacy Robello, was instrumental in recruiting donors, marketing the event and building excitement for the 65-hour fundraising blitz.

"It has been wonderful experience to give back to the people who built the Pensacola community," said Robello. "And what's

so exciting is knowing that all these funds will come back to the local, grassroots level. This could not have been possible without the Home Instead Senior Care Foundation, the tremendous efforts from Council on Aging and local supporters of this beautiful project, so I thank all of them."

In order to receive an AC unit, interested individuals 60 and up must call the Council on Aging office at (850) 432-1475 and complete an over-the-phone assessment to determine eligibility. If the elder meets certain criteria set by the agency, a case manager will contact the individual to arrange a pickup time.

## **New Senior Dining Site located at Westwood Homes**

On July 17, Council on Aging opened a new Senior Dining Site at Westwood Homes. If you are interested in joining the site and enjoying daily games, activities, exercise,

socialization and food, call (850) 432-1475 to sign up. A donation of \$2 is requested but not required.



## **Inaugural Senior Prom boasts more than 150 in attendance**

Council on Aging recently hosted its inaugural Senior Prom event as a thank you to the agency's Senior Companions and Foster Grandparents. The Hats and Heels Senior Prom, sponsored by Humana

and Island Doctors, was a success, with dignitaries such as Superintendent Malcolm Thomas and Mayor Ashton Hayward in attendance. Seniors ate, socialized and danced long into the night.

## Panhandle Charitable Open Sept. 28–30

The area's premier golf tournament returns for its 16th year this September. This high-quality golf tournament puts your donations to work supporting many local charities. Whether you choose to become a top-tier sponsor, want to enter a two-person team in the tournament, or simply want to join in the fun at our Fore! Charity Par-Tee, your support is greatly appreciated! Even if you don't play golf or can't make it to our events, you can support our efforts by making a donation.

The Panhandle Charitable Open, a 501(c)(3) non-profit

organization, was originally formed to honor the memory of John Ryan Peacock who lost his life in a car accident at the age of 17. Today, the tournament serves to also remember the life of Ashley Lauren Offerdahl who passed away suddenly at the age of 25. This charity event is designed to transform these tragic events into a celebration of giving in their names. Visit [pcogolf.org](http://pcogolf.org) for more information.



## Peaden Air Conditioning installs free ACs for seniors

As part of a partnership with Council on Aging of West Florida, Peaden Air Conditioning has repaired or replaced HVAC units in the homes of vulnerable seniors this past summer. Many of these individuals

have not had central air for many years, and their homes regularly reach 90 degrees on a typical summer day. The estimated value of these services tops \$10,000.

## Volunteers Help Vulnerable Seniors this Summer

After Council on Aging received record-breaking participation in its annual drives to collect AC units and financial contributions for low-income seniors in need during the summer, many local organizations stepped up to help even further. During our Senior Chill Out event, Council on Aging received more than 220 window AC units, and while many of the needy were able to stop by offices to receive theirs, some were unable to make the drive or even install the units. That's when Fortis Institute, a local vocational college, stepped in, recruiting

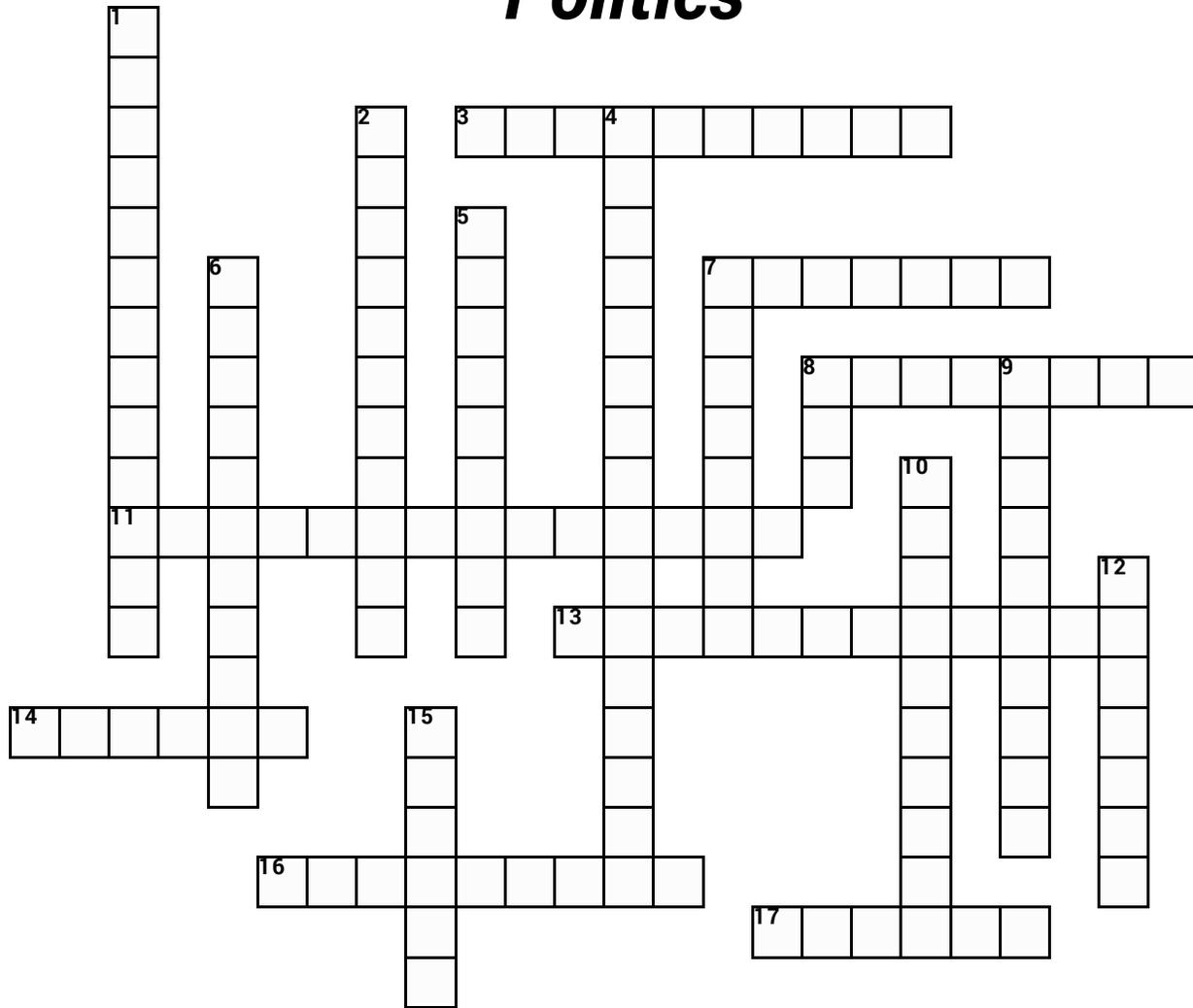
their HVAC installer and repair students to mount the ACs free of charge.

Another problem our elders face in the summer is overgrown yards. Not only are they unsightly, but they can also be dangerous and greatly reduce mobility. Ascend Performance Materials helped clean yards, trim trees and mow grass for our clients through their Ascend Cares Summer of Caring program.

Thank you to all our wonderful volunteers!



# Politics



## Across

- 3. Way for citizens to vote on state and/or local laws.
- 7. Person appointed to vote in presidential elections for the major candidates.
- 8. Geographic area that contains a specific number of voters.
- 11. This allows a person to vote without leaving the comfort of their own homes.
- 13. Location in which voting is carried out.
- 14. List of candidates on which you cast your vote.
- 16. Donations given to political parties but not designated to a particular candidate's election.
- 17. Special election in which citizens can vote to remove a public official from office.

## Down

- 1. System in which the candidate who wins the popular vote in a state usually receives all of the state's electoral votes.

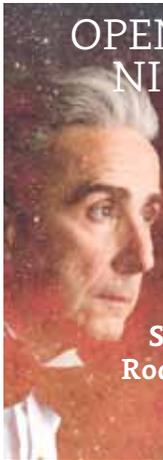
- 2. All those who are eligible to vote.
- 4. Group of people named by each state legislature to select the president and vice president.
- 5. Politician who has already been elected to office.
- 6. Petition asking for a new law.
- 7. Survey taken at polling places to get a general idea of how they voted.
- 8. Political organization established by a corporation, labor union or other special interest group designed to support candidates by contributing money to their campaigns.
- 9. Procedure by which citizens can propose new laws or state constitutional amendments.
- 10. Certain ideas that may involve messages meant to mislead and manipulate people.
- 12. Ballots and results of an election.
- 15. Lack of interest.

Stumped? Answers on page 44.

# 2017-2018 CONCERT SEASON

MASTERWORKS

**OPENING NIGHT!**



**10.7.17**  
**7:30PM**  
 with  
**Santiago Rodriguez,**  
 piano

BERLIOZ  
*Roman Carnival*  
 Overture

SAINT-SAENS  
 Piano Concerto No. 5  
 "The Egyptian"

R. STRAUSS  
 Suite from  
*Der Rosenkavalier*

RAVEL  
*La Valse*

**AWAKENINGS**



**11.4.17**  
**7:30PM**  
 with  
**Westwater Arts:**  
 Symphonic  
 Photochoreography

BARBER  
 Overture to  
*The School for Scandal*

CURIALE  
 Awakenings

COPLAND  
 Suite from  
*The Tender Land*

Dvořák  
 Symphony No. 9

**BEETHOVEN & BLUE JEANS**



**1.13.18**  
**7:30PM**  
 with  
**Tracy Silverman,**  
 electric  
 violin

MARQUEZ  
 Danzon No. 2

SILVERMAN  
 The Kiss and the Chaos

KENJI BUNCH  
 Embrace

GINASTERA  
 Dances of Estancia

BEETHOVEN  
 Symphony No. 5

**PAPA HAYDN**



**3.3.18**  
**7:30PM**  
 with  
**Scott Kluksdahl,**  
 cello  
 & UWF  
 Singers

HAYDN  
 Depiction of Chaos,  
 from *The Creation*

Incidental Music for  
*Il Distratto*

Cello Concerto  
 in C Major

*Te Deum* for the  
 Empress Maria  
 Therese

Symphony No. 100  
 "Military"

**SYMPHONIE FANTASTIQUE**



**4.28.18**  
**7:30PM**  
 with  
 Guest  
 composer

BERLIOZ  
 Symphony  
 Fantastique

*and more to be  
 announced*

POPS!

**CELEBRATE THE NEW YEAR!**



**12.31.17**  
**7:00PM**  
 with  
**Dee Daniels,**  
 vocalist

Dee Daniels brings her swing, soul, and blues inspired program celebrating Ella Fitzgerald, Sarah Vaughn, Peggy Lee, and more to ring in the New Year with us!

**ALL YOU NEED IS LOVE**  
**A BEATLES TRIBUTE**  
 with Classical  
 Mystery Tour



**2.10.18**  
**7:30PM**

The Classical Mystery Tour returns to perform the legendary music of the Beatles, live in concert with the Pensacola Symphony.

OPTIONAL ADD-ON

**RUSSIAN SPECTACULAR**



**4.7.18**  
**7:30PM**  
 with  
**Gil Shaham,**  
 violin

TCHAIKOVSKY  
*Romeo and Juliet*

STRAVINSKY  
 Symphony in  
 Three Movements

TCHAIKOVSKY  
 Violin Concerto

**SEASON SUBSCRIPTIONS AVAILABLE NOW**

**INDIVIDUAL CONCERT TICKETS AVAILABLE SEPTEMBER 2017**

# Were You Seen? .....

## The Senior Prom at New World Landing



I want to show my support for our community elders by donating to the Council on Aging of West Florida.

\$2,500    \$1,000    \$500    \$250    \$100    \$50    \$25    other amount \$ \_\_\_\_\_

I have enclosed a check in the amount of: \$ \_\_\_\_\_ Or charge my one time gift in the amount of \$ \_\_\_\_\_

Or I want to become a **monthly supporter**, please charge my credit card \$ \_\_\_\_\_ monthly.

Please print name(s) as you would like it to appear in donor recognition.     I prefer that my gift be made anonymously

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Expiration: \_\_\_\_\_ Security Code: \_\_\_\_\_

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