

LIFESTYLE MAGAZINE FOR SENIORS

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SPRING 2018

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Applewhite**  
*Ageism: Change  
the Culture*

**Love at Any Age**

**Alzheimer's  
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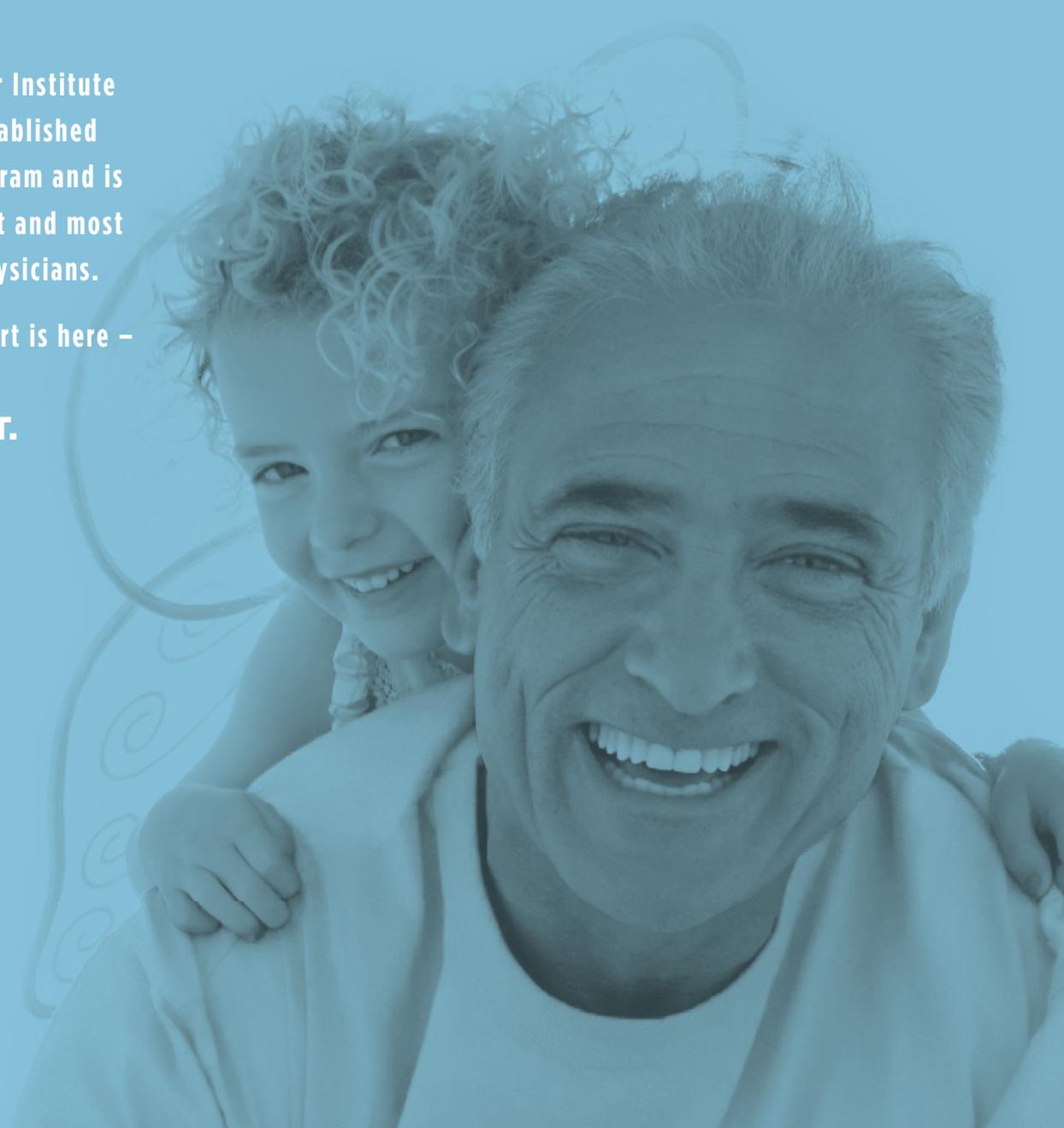
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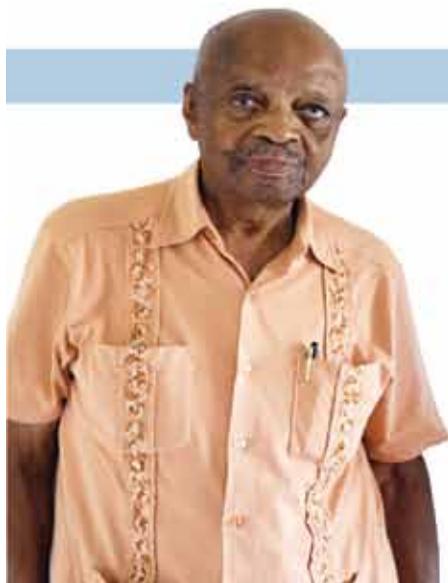
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# [FROM THE EDITOR]



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

Aging is living, as you'll read again in one of our articles this quarter. Why then do we try to avoid it? Why are we ashamed of the process and spend money, time and effort to cover it up? Misconceptions and biases around aging abound, and they largely fuel the shame and stigma associated with growing older. We all want to be active and engaged, to feel that we are contributing to something great or making positive change in the world. Some of us, young and old, just need a little more help than others. That's where Council on Aging comes in. If you can't get around like you used to, if you need nutritional assistance, a new group of friends, or a new purpose in your golden years, we are here to make that happen. We believe that our seniors have so much experience and love and passion to contribute; it would be a shame to let all that talent go unnoticed simply because of some silly preconceived notions we may hold.

One of the primary goals of this magazine is to keep you plugged in. From articles on health and wellness, to financial tips, event details, and fun new ways to enjoy life, we hope you feel empowered and motivated to continue living and aging and engaging. Often, we see stories of those in their 90s scaling mountains or those in their 80s winning strength competitions; and while I'm not sure you'll find advice within these pages to help with those specific endeavors, I know you will find encouragement to overcome your own personal mountains.

As I alluded to, we have a fascinating discussion this month with ageism expert Ashton Applewhite.

Not sure what ageism is? Turn to page 23 to find out! While you're flipping through, you'll also want to check out Lauren Meadors' article on another oft-misunderstood issue—Alzheimer's and dementia, as well as new, fun ideas to interact with those living through those experiences.

We keep on dismantling those pesky myths with a beautiful story about love, in all of its romantic, gushy, unexpected perfection. I don't want to spoil anything, but the tale was so captivating that it was covered by local news media and is still the talk of the town in some circles. Check out the gorgeous pictures and be inspired on page 18.

Other wonderful treats await you, just a few pages away, including features on using technology to achieve better health outcomes, a starter's guide to tennis, and details on some new and exciting events headed to our shores.

Finally, we feature local celebrity, public official and all-around interesting fellow PC Wu. He has a unique background and an even more unique outlook on life (not to mention, he has seen every side of Pensacola's sometimes confusing but always entertaining political sphere). I promise you this: you will be delighted!

Let me know if there's anything you'd like us to cover, anything that particularly delighted you, or anything that just rubbed you the wrong way. I so enjoy hearing from our readers! Call me at (850) 266-2507. Until next time, enjoy life—you've earned it!

## Readers' Services

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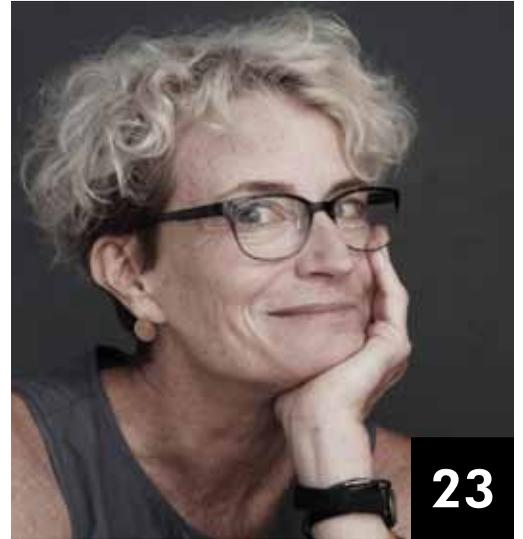


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LIFESTYLE MAGAZINE FOR SENIORS  
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**On the cover:**  
**P.C. Wu**  
**Photographed by Bara'ah Jaraiseh**

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## **FOUR GENERATIONS**

*"Caring From The Heart"*

**I**n this day and age, it's uncommon to see generations of one family working at the same place. Homestead Village in Pensacola, Florida is proud of the fact that they employ a four generation family. This speaks volumes about our family oriented atmosphere that our residents benefit from daily.

Our four ladies have over 28 years of combined service to Homestead Village. Sara Taylor, first generation family member, is 82 years young! She is our head cook and despite her age, her work and food quality is second to none.

LeeAnna Purifoy is our lead Personal Care Assistant (PCA) employee trainer and Sara's daughter. Much like her mother, she is dedicated to doing everything she can to make our residents feel loved and happy.

Cielita Johnson, daughter of LeeAnna and granddaughter of Sara, is also very hardworking and a dedicated employee who does whatever necessary to make our residents smile.

Zy'Kearia Clark, niece of Cielita, granddaughter of LeeAnna, and great-granddaughter of Sara, follows right in her family's footsteps by providing genuine, loving care to those she serves.

While this is our first 4 generation family employed at the same time, we are known to have employed sisters, mother and son, mother and daughter, and husbands and wives. This is a testament to the positive relationship between management and our employees. Our family oriented atmosphere resonates throughout the village and residents along with their family members truly become part of the Homestead family.



## A MESSAGE *from* **JEFF BRAGG**

Secretary of the Florida Department of Elder Affairs

The Department of Elder Affairs has been hard at work since our creation to support Florida families affected by Alzheimer's Disease and Related Dementias (ADRD). Through our programs that provide respite for caregivers, our relationship with the 15 Memory Disorder Clinics, and our work with Florida Silver Alert – to name a few – we have made great strides making a positive impact for millions of affected Floridians.

But in 2015, we decided that we needed to do more. We wanted to help increase awareness of dementia, provide assistance to communities across Florida, and advocate for dementia care and cure programs. That was the beginning of the Dementia Care and Cure Initiative (DCCI).

Individuals diagnosed with dementia and their loved ones talked to us about the isolation they felt after the diagnosis. They were not treated the same as their friends who needed support for other devastating diagnoses like cancer, which had more tangible treatments

and progress. We found that most people did not know what to say or how to be supportive of someone diagnosed with dementia, and many did not even know how to help. We want to promote compassion and awareness for Floridians and hope to expand DCCI across the state through the creation of Dementia-Caring Communities.

With more than 520,000 Floridians living with Alzheimer's disease, tens of thousands more with another form of dementia, and more than 1.1 million caregivers of individuals with ADRD, this is a huge issue in Florida. While dementia is not a "normal" part of aging, its incidence does increase with age. So with Florida having the highest population of 65+ in the nation, it is not hard to believe that we have – and will continue to have – many in our state affected by dementia. Our mission through DCCI is to engage communities across Florida to be more dementia friendly, promote better care for those diagnosed and their families, and support research efforts to find a cure.

**"We want to promote compassion and awareness for Floridians and hope to expand DCCI across the state through the creation of Dementia-Caring Communities."**

The City of Tallahassee/Leon County was announced as the first Dementia-Caring Community through the DCCI. A local task force was created to assess the community needs and identify tangible steps of improvement, such as dementia sensitivity training for first responders, health care professionals, business owners, faith-based leaders, and the public. Since then, we have replicated the model across the state in Pensacola, Jacksonville, Orlando, Fort Myers, and Sarasota, and we hope to continue this expansion until all communities in Florida are Dementia-Caring Communities.

Although the groundwork has been laid, the work is certainly not done. We are learning valuable lessons and best practices from each unique Dementia-Caring Community and will continue to encourage communities to advance with this noble work in support of the millions of Floridians affected by dementia.

As we work to implement Dementia-Caring Communities, there are many ways that the public can get involved, including through dementia sensitivity training and awareness, volunteering, and helping to encourage neighbors and friends who are living with Alzheimer's disease or dementia. We hope to never hear again from those affected of the loneliness and isolation; rather, we want to support each other, advocate for care programs and research efforts, and move forward together.

For more information about the Department of Elder Affairs, please visit [www.ElderAffairs.org](http://www.ElderAffairs.org) or call 850-414-2000.

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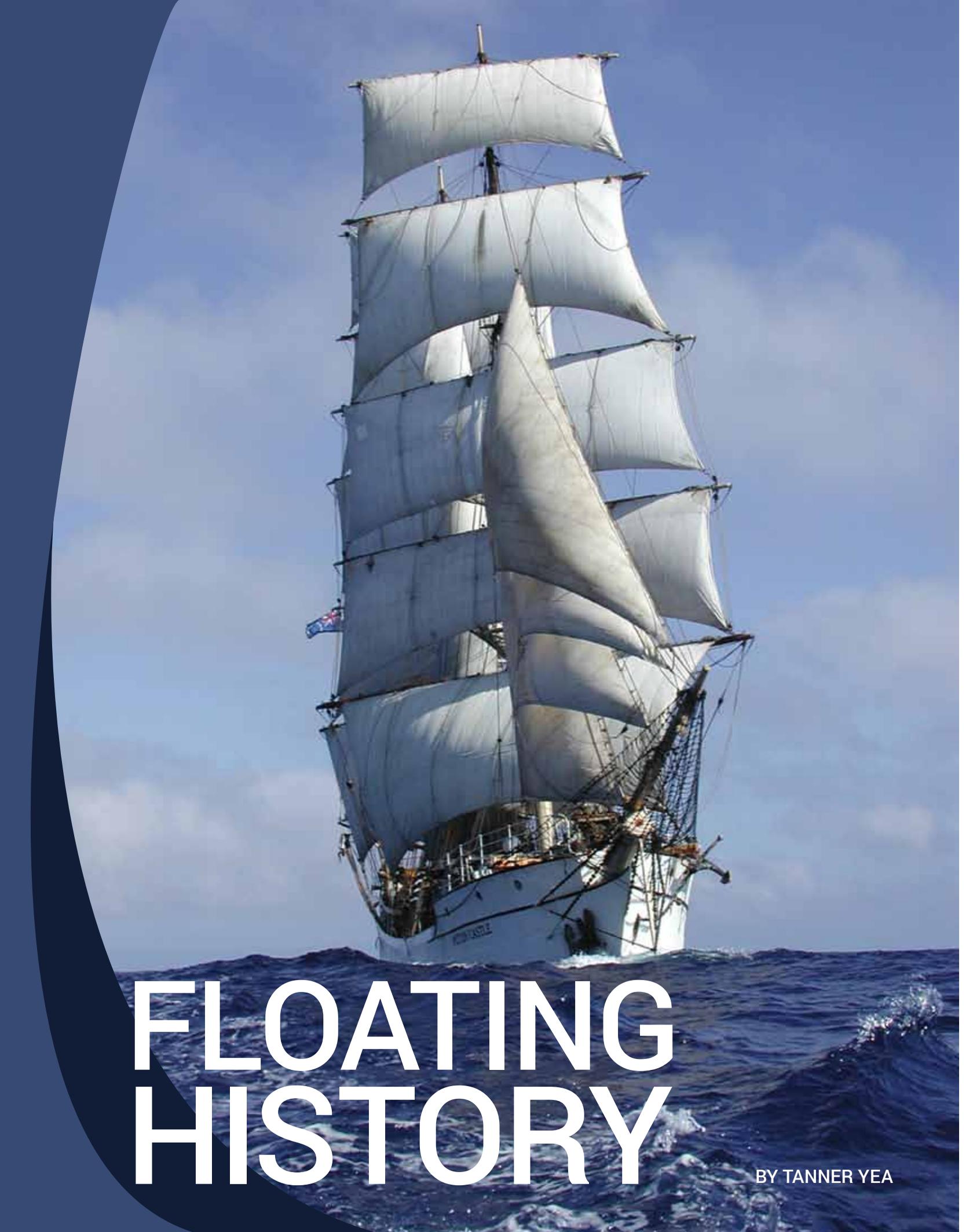
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# FLOATING HISTORY

BY TANNER YEA

## The flagship of this fleet will be the Elissa, which stands over 260' feet tall and was first launched in 1877.

Northwest Florida is a haven for history buffs, especially those with a passion for maritime history. Hundreds of years ago, schooners, brigs and barques used to fill the harbors of Pensacola and Mobile Bays, but these 'tall ships' appeared less and less as our technology progressed. However, our harbors will be full of cloth sails once again as Tall Ships Challenge Gulf Coast lands at Pensacola in April of 2018.

Taking place from April 12-16, 2018, Tall Ships Challenge Gulf Coast 2018 is part of the Tall Ships Challenge series—a series of races and port festivals held every year to honor America's long maritime history. Normally taking place on the Great Lakes, Atlantic and Pacific, this will be the first time the event will take place along the Gulf Coast.

"We are excited to expand the Tall Ships Challenge and its adjoining festivals and events to the Gulf Coast for the very first time," Tall Ships Challenge Manager Erin Short said. "Pensacola has a rich history and bringing the tall ships here makes sense. The fleet hasn't been to Pensacola before, so this is a whole new festival for the city and ships to get excited about."

Tall ships generally refer to any large, traditionally rigged sailing vessel. These include sloops, ketches, yawls, schooners, barques, brigs and brigantines. The term itself dates back to



the 19th century, first written by author and mariner Joseph Conrad. Tall Ships America, the organization behind the event, has roughly 120 different Tall Ships as registered vessels in their fleets.

And it's not just one ship; Pensacola will be receiving a small fleet of tall ships. The flagship of this fleet will be the Elissa, which stands over 260' feet tall and was first launched in 1877. Others include the Oosterschelde – built in 1917 in the Netherlands – and the Picton Castle – built in 1928 in the Cook Islands. The ships will initially launch from Galveston, Texas, and make their way to Pensacola, New Orleans and finally St. Petersburg.

"There will be six to seven tall ships, which you'll be able to

take day tours of, and nighttime and VIP events will also be held on board the vessels," said Curt Morse, executive director of the Downtown Improvement Board.

Tall Ships America was originally founded in 1973 as a non-profit organization dedicated to enriching youth education through character building and leadership programs aboard their tall ships. Short said the Tall Ships events provide an opportunity for people to go on the ships, speak with their crews, and actually touch history.

Visit Pensacola, the primary sponsors of the event, expects to attract 20,000 to 30,000 attendees from both Pensacola and the surrounding areas. Over the 15 years the Tall Ships Challenge series has taken place, it has been estimated to have brought a combined \$1.9 billion in economic impact to its host areas.

"These festivals are a way to bring people downtown, showcase the waterfront to the visiting public and engage the community," said Short.

Tall Ships Challenge Gulf Coast 2018 will be held from April 12-15 at the Port of Pensacola. Daily general admission is \$12, a weekend pass is \$30, and various VIP packages are available. To purchase tickets, visit [visitpensacola.com/tall-ships](http://visitpensacola.com/tall-ships). For more information about Tall Ships America and past Tall Ships Challenge events, visit [sailtraining.org](http://sailtraining.org).

# THE FUTURE OF HEALTH

BY TANNER YEA



**A**s our technology has become more and more advanced, it is becoming easier to combine new 'smart' technology with older tech in order to improve people's lives. One of the more common ways is in the fields of medicine and health, which has always stayed on the cutting edge of what's relevant. Coming of Age has gathered some exciting developments in senior health care that will make living your golden years even easier.

## **Sensor and Health Monitoring**

Some health issues, like heart disease, often require constant monitoring that can be draining on its users. However, cloud based technologies have made it easier for healthcare professionals to monitor your health 24/7 and act if needed.

The company Preventice Technologies produces BodyGuardian, a non-intrusive body-worn heart monitor. It records data about your heart's activities constantly, and stores it on an Android device. From there, it uploads the information to a cloud that allows your physician or cardiologist to monitor your health. This allows your doctors to constantly

monitor your treatment and health, and also allows them to act quickly should something change.

Smart device enabled monitoring and tracking is also becoming more popular. GrandCare offers a simplified touch screen computer, which allows owners to track reminders, medication, communicate with family and loved ones, and even access web-based entertainment. The GrandCare System can also be linked to other smart devices like phones or smart watches so caregivers can monitor activities, environmental sensors and more for their loved ones.

## **Health Apps and Trackers**

With smart phones, smart watches and tablet computers becoming more common, there are hundreds of thousands of apps for any occasion – and countless ones related to health for seniors.

For seniors looking to maintain an exercise regiment, the choices are endless. Apps like My Fitness Pal, Map My Walk and Pocket Yoga help you keep a regiment, track your progress and work towards self-set goals.

Combining this with a fitness tracker such as a FitBit allows you to monitor your heart rate, your calories burnt and your progress automatically – and since most smart watches are Bluetooth enabled, they work across the spectrum of smartphones.

There are also other tools that are available on the various app stores. Medisafe helps keep track of your medications, set reminders and create reports on how well you stuck to your regimen. For those who are at risk for sudden falls or other unexpected issues, Life Alert has a mobile app that allows those with Life Alert service to easily alert one of their operators if they ever need their assistance should an emergency strike.

## **Implanted Devices**

Though it may seem handheld tech is leading the way in the health sector, traditional implanted medical devices have also made leaps and bounds due to rapid progression and integration.

Cochlear implants are becoming much more effective, and though they require minor surgery to implant, the results help alleviate hearing loss leaps and

bounds past what a hearing aid can accomplish. According to Jan Janssen of Cochlear, advances to cochlear implants include dual microphones which adjust the sounds based on different listening environments; integrated wireless technology that can link to wireless microphones or smart devices; as well as hybrid electric-acoustic devices that allow the benefits of both implants and hearing aids. These implants are even becoming more effective to those born with hearing loss, especially small children.

Pacemakers are also evolving, mostly thanks to the advancement of miniaturization technology that allows for device components to be produced smaller in size. The Micra Transcatheter Pacing System, made by Medtronic, is 93 percent smaller than normal pacemakers. It is so small it can be implanted directly into the heart without using any lead wires, which helps reduce the chance of infection and complication. The procedure itself only needs a catheter and does not require open-heart surgery, cutting drastically down on recovery time as well.



Technology is constantly advancing and helping improve people's lives along with it. These health technologies are only the tip of the iceberg, and even these easily accessible advances will allow seniors to live longer, healthier and happier lives.

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# BREAK POINT

## STAYING ACTIVE WITH TENNIS IN AND AROUND PENSACOLA

BY WILL ISERN



Staying active as we age is important for maintaining overall health and well-being. With many facilities and a thriving local community, tennis is an accessible and fun option for many Northwest Florida seniors.

According to the Center for Biotechnology Information, the health of veteran tennis players is improved by enhanced aerobic capacity, greater bone density, lower body fat, greater strength, and maintained reaction time performance in comparison with age matched but less active adults.

A study published in the *New England Journal of Medicine* in 1993 found that men who participated in “moderately vigorous sports activity” reduced their overall mortality risk by 23 percent. Those who reported participating in three or more hours of moderately vigorous sports weekly reduced their all-cause mortality risk by 50

percent and their coronary heart disease death risk by 51 percent.

There are many active tennis players in Escambia and Santa Rosa Counties, and leagues exist for players of all skill levels.

The Roger Scott Tennis Center in Pensacola is a popular choice of many players and Director of Tennis Brock Sakey said he’s seen the benefits for senior tennis players first hand.

“It’s a good amount of exercise where you’re not overdoing it, but you’re still getting good exercise and getting outside,” Sakey said. “It’s also good for people socially. All these people who play up here become good friends.”

The Roger Scott Tennis Center hosts both the Greater Pensacola Ladies Tennis League and the Under the Hill League for men over 50, as well as USTA leagues. The

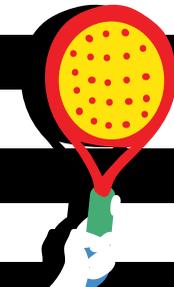
center also offers clinics for men, women and beginners throughout the week.

“There really should be something for everybody,” Sakey said. “That’s the goal and I think we do a pretty good job of that.”

Robin Olsson is the director of the Under Hill League, which he described as a very competitive and close-knit group. Players must have a 3.0 USTA rating and be over the age of 50 to qualify for the league.

“Don’t let the age fool you, these guys are good,” Olsson said. “But it’s a lot more than just tennis. To me it’s about the guys. It’s really giving something to these guys more than just hitting a ball back and forth.”

Olsson said the competitive level of play can take a toll on the joints, but league players will do whatever they can to stay on the court.



"It's something everybody looks forward to," he said. "As soon as as one session is over people are already talking about the next session and getting more people involved. It's very vibrant."

While the Roger Scott Tennis Center does charge daily court fees of either \$8 or \$12 depending on the type of court, free courts are available at Bayview Park, Armstrong Park and Hollice T. Williams Park.

In Santa Rosa County, the Pace Area Tennis Association hosts leagues and clinics at the Santa Rosa Sports Plex in Milton, and the Gulf Breeze Community Center is a popular option for many players. Many private courts exist in both counties, including at the Pensacola Country Club and Portofino Island Resort.

For more information on tennis in and around Pensacola, visit [TennisPensacola.com](http://TennisPensacola.com) or call the Roger Scott Tennis Center at (850) 912-4103.

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# Love at Any Age

Couple meet, marry at senior dining site

BY WILL ISERN

Janice and Bill weren't looking for one another, but a chance meeting over breakfast has led to so much more.

The pair are both in their 70s; a widow and widower, respectively. They met in late 2016 at a senior dining site, a Council on Aging program where active seniors can go to share a meal and socialize.

Neither was looking for romance, but they found it nonetheless.

"I started helping her with her crossword puzzles, and then we used to talk about cats and dogs for about

and year, and then all of a sudden it just happened," Bill said.

The pair had fallen for one another. As the relationship developed, Bill began planning for something he never thought he'd do again: a proposal. Just before Christmas, Bill popped the question. He did it at the dining site, where the couple met and forged their relationship.

"I knew we were getting serious, but I wasn't expecting anything like that," said Janice.

Bill's kids flew in and the wedding was held at the dining site too. They still

go to the site every weekday, where they sit together to eat, read the newspaper and play games.

"We've got good friends here and we all just eat and talk and play bingo every Tuesday and Thursday," Bill said. "It gets us out of the house and gives us something to do everyday."

Josh Newby serves as marketing communications director for the Council on Aging and said while the goal of the Senior Dining Program is to encourage seniors to get out of the house and socialize, Bill and Janice are the first couple to take that idea to all the way.

"We hope that they build meaningful friendships, but I believe this is the first time we've had a couple who met at a senior dining site eventually tie the knot and basically make the site the focal point of their relationship," Newby said.

When they're not at the senior dining site, Bill takes Janice to the pool hall where he plays, and they watch movies together.

"I knew we were getting serious, but I wasn't expecting anything like that."



*"Something was pulling us together."*



Their advice for finding love at any age?

"People ask us all the time, 'What's the best way to find a mate?' and we both tell them, 'Don't look,'" Bill said. "Neither of us were looking. We weren't interested in getting married. I don't know what happened, I just looked across the table and said, 'Would you like to go to the Shrimp Basket?' and the next thing I know she's come over to my house. Something was pulling us together."





# Cooking with Olive Oil

Olive oil is a flavorful and versatile cooking oil that is often trusted in popular cooking methods such as sauteing, stir-frying, dressing, marinating and grilling. It can also earn your trust when it comes to baking.

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## *Dark Chocolate Soufflé*

Prep time: 10 minutes

Cook time: 18 minutes

Servings: 2

**1/2** tablespoon Filippo Berio Extra Light Olive Oil, plus additional for coating pan

**1/4 cup** granulated sugar, plus additional for coating pan

**4 ounces** 70 percent cocoa dark chocolate

**1 ounce** 30 percent heavy cream

**3** egg whites

**2** egg yolks

A **pinch** of cream of tartar

Additionally, it provides high levels of mono-unsaturated fat ("good" fat) and low levels of saturated fat ("bad" fat), making it a more nutritional choice when compared to butter or margarine. Because you need less olive oil than butter in baking, you'll save calories as well.

One easy way to incorporate olive oil in your baked goods is during the prep work: where recipes call for buttering or flouring pans, instead brush the pan with olive oil and dust with flour for the same effect as butter.

Explore more tips and recipes using olive oil at [filippoerio.com](http://filippoerio.com).

Heat oven to 375 F. Grease two 6-ounce ramekins with olive oil and dust with sugar.

In double boiler, melt chocolate, 1/2 tablespoon olive oil and cream; let cool. Using electric mixer, beat egg whites until soft peaks form.

Whisk egg yolks into cooled chocolate mixture; fold in egg whites, 1/4 cup sugar and cream of tartar. Pour into prepared ramekins; bake 15 minutes.

Tips: This recipe can be easily doubled. Garnish with fresh berries, if desired.

## *Double Chocolate Biscotti*

Prep time: 30 minutes

Cook time: 25 minutes

Servings: 40

**3 cups** all-purpose flour

**1/2 cup** cocoa powder

**1 1/2 teaspoons** baking powder

**1/4 teaspoon** ground cinnamon

**1/4 teaspoon** salt

**1/2 cup** Filippo Berio Extra Light Olive Oil, plus 1 tablespoon for coating pans

**1 cup** packed light brown sugar

**2** eggs, plus 1 egg yolk

**1/3 cup** milk

**1 tablespoon** balsamic vinegar

**1 cup** semisweet or bittersweet chocolate morsels

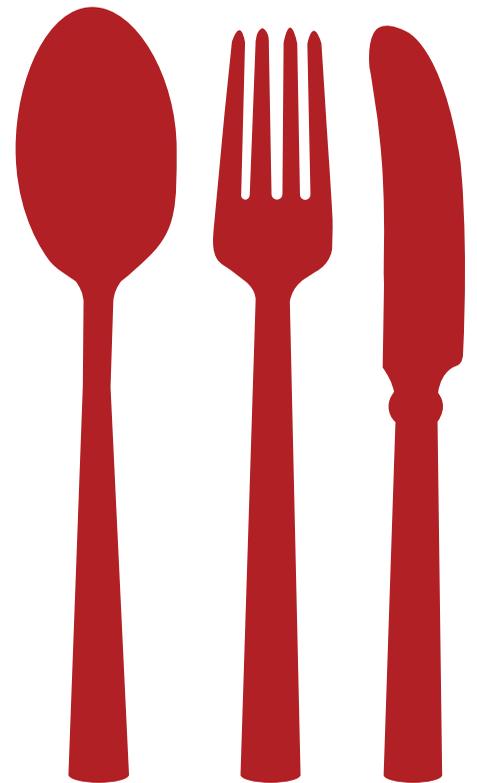
On sheet of waxed paper, combine flour, cocoa powder, baking powder, cinnamon and salt; set aside.

Using electric mixer, beat olive oil with sugar until smooth and light. Add eggs and egg yolk, one at a time, beating until smooth. Add milk and vinegar; beat until smooth. With mixer on low speed, gradually add flour mixture, beating until just combined. Stir in chocolate morsels with large

spoon; cover with plastic wrap. Refrigerate at least 4 hours.

Heat oven to 325 F. Grease two large baking sheets with 1/2 tablespoon olive oil each. On lightly floured surface, divide dough into quarters. Roll each piece of dough into log, about 1 1/2 inches in diameter. Place logs on baking sheets, leaving space in between. Bake about 30 minutes, or until golden and set. Transfer to rack; let cool 10 minutes.

Reduce oven temperature to 300 F. On cutting board using serrated knife, cut each log into 3/4-inch-wide slices diagonally. Place slices, cut-side down, on baking sheets. Bake 15-18 minutes, or until toasted. Transfer to racks; let cool.



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## ASHTON APPLEWHITE on

# AGEISM

BY JOSH NEWBY

Ashton Applewhite is a writer and activist who has spoken out against ageism and the culture that fosters it. Her book, *This Chair Rocks: A Manifesto Against Ageism*, and TED Talk earned national acclaim for her argument that implicit and explicit prejudice on the basis of age is the least visible and last socially acceptable -ism. Discrimination, self-doubt, and industries built around the idea of hiding the physical effects of aging are the real problems, Applewhite argues, not the aging process. As she says, aging is living and living is aging. She talked with *Coming of Age* about what ageism means for society and the individual, and what we can all do to combat it.

**You talk about how ageism is the last remaining socially acceptable form of prejudice. In what ways are older individuals discriminated against?**

Let me first say that because we all age, ageism affects younger people, too. But because we live in a youth-obsessed society, it affects older people more, I would say age discrimination is most evident in the workforce, where it is rampant. It is often the first form of discrimination that older white men encounter. AARP recently released a study

that two out of every three older job seekers report age discrimination of some sort. That is an alarming statistic. Women experience a double whammy because ageism and sexism intersect. This hits them hard because they are not only judged by age but also by appearance. There is this presupposition that if you look your age, somehow you are less valuable and less attractive.

There is a form of ageism that I think we are all hostage to, which is internalized ageism. Most of it is unconscious.

# Even the most terrified among us has to **acknowledge** that we are a product of all our experiences so far, and that **aging enriches** us.

One of my favorite responses to my book is, "I didn't realize how ageist I was! And how it affects my view of myself." But that's okay, because we can't challenge bias until we're aware of it. We're all ageist and we all need to do better. No judgement here.

Seventy- and eighty-year-olds have had an entire lifetime of being surrounded by negative messages about age and aging: that old people are incompetent, or ugly, or less interesting or valuable than young people. If we never challenge these stereotypes, it's easy for them to become self-fulfilling prophecies. For example, as we get older we tend to blame every ache and pain on our age. And you know, maybe that ache is arthritis, but it could also be because you cooked dinner for 10 people, or moved some heavy boxes. We have to move beyond every bad thing being a function of aging.

## **How should our elders reengineer their minds to take pride in their aging bodies?**

Well, we should set ourselves an easier goal, first off. It's a long journey from fear and denial of aging to being proud of getting older. I remember hearing about the disability movement years ago, how they were taking steps to combat ableism, and I thought it was just fantastic that they were celebrating disability as a valuable and critical part of their identities in a culture that prizes physical perfection. Disability pride! Some

time later, it dawned on me that age-pride should also become a rallying cry.

So first, try to dig yourself out of denial. Accept it: we are all aging. America's hyper-capitalistic society wants us to think that every problem can be solved by buying stuff. That's what fuels the market for things like wrinkle creams and "brain games," paired with the denial-based desire to "stop the clock" at middle age. Think about how you think about aging, and why —and who benefits when aging is framed as a problem or a disease. We're all going to age, no matter how much we try to intervene with measures like hormones or surgery. And that's okay. Ask yourself if you'd rather be young all over again, if it meant you couldn't bring your memories with you and you couldn't know what you know now. Everyone says no. Even the most terrified among us has to acknowledge that we are a product of all our experiences so far, and that aging enriches us. Look, I'm not a Pollyanna about aging. There are many real challenges. But we need to be conscious of the benefits. How do you feel about being your age? What are the benefits? Would you go back? We know that there are good and bad aspects to every stage of life.

## **How can we help make aging more joyous experience for our older friends and family members?**

All social change starts in each of us,

whether you're 12 or 112. One very practical step is to make and keep friends of all ages. Age segregation is a tremendous problem. Very few Americans have close friends more than 10 years older or younger than they are— which isn't even half a generation! The most important thing you can do is to deliberately age-integrate your social circles, especially older people because our social circles tend to shrink over time. Find a younger or older person who shares your neighborhood or your hobby or is a fan of the same sports team. It'll enrich you both, enlarge both of your worlds, and reduce age discrimination in the process.

## **How should seniors react to explicit or implicit aging discrimination in the workplace or in other aspects of life?**

Nothing changes unless we call discrimination out when we encounter it. That can be difficult if you're worried you'll lose your job if you bring it up, I get that, but age discrimination is illegal. Look at what's happening with the #MeToo movement right now. A few brave women spoke out and eventually, more and more came forward and said, "Sexual harassment has happened to me forever, it's been happening forever, and it has to stop." It became obvious that these cases of assault and discrimination weren't isolated events that women were somehow to blame for, but the result of entrenched systems of sexism and structural discrimination.

Every time someone speaks out, it gives courage to someone else. It has to start somewhere, and as awareness builds, eventually a broad social movement emerges. Change the culture. The laws will follow.

**Have you seen any communities or countries that really embrace the natural aging process?**

There are religious traditions around the world for which ancestor-worship is a foundation. They embrace the transient, circular nature of life and the inevitable transitions of living and dying. In India, for example, over 80 percent of people over 65 live with their families. It is just assumed that people will care for family members from birth to death, so there's no stigma around needing help, even around toileting. Imagine that! These transitions are natural and the obligations are shared and communal. But where you have consumer-driven societies where

the value of an individual is tied to their conventional economic productivity, it's hard to admit that you need help or seen as shameful to depend on your family.

**What do you most enjoy about aging?**

I feel like I know myself better. A lot of women describe aging as liberating. You're less worried about how you appear or whether you're conforming with how you "ought" to be and you're more in tune with who you want to be.

Dozens of reputable studies from the US and around the world have established that people are happiest at the beginnings and the ends of their lives. It's called the "U-curve of Happiness." Imagine what that curve would look like if we lived in a less ageist world, and were less brainwashed by fears that are way out of proportion to the reality. Whether or not you care about ageism, all kinds of prejudice are ascendant

now. Whatever the cause that's most important to you—whether improving education or going to Mars—make sure your team is made up of both young and old—in addition to diverse colors and genders. That's not politics, that's tactics, because it will make your team more effective. And no matter what your goals happen to be, you can dismantle ageism organically by working with people of all ages to achieve them. ●

**Change  
the culture.**

**The laws  
will follow.**



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# ALZHEIMER'S & IMPROV

## BY LAUREN MEADORS

Creating stories together crafts a unique experience between two people or, in some cases, two people and a large audience. Improvisational theatre is a form of spontaneous and unscripted storytelling. Improv can be a tool used for actors to play and grow within their characters while rehearsing for a play or can be a stand-alone performance act. These comedic performances can include a variety of improv games, from mining and guessing mysteries, to incorporating wacky audience suggestions into new scenes. Though there are no lines to learn, actors in an improv troupe must put in a great deal of work to build strong relationships and scenes together.

Debi Dunkerly worked in the social work field for many years and has ran Pensacola's local improv troupe, Improvable Cause, for the past 20. According to Dunkerly, the principles that guide the improv experience are almost identical to the tools and tips suggested for caregivers of Alzheimer's patients. Improv's golden rule is that if you work to make your scene partner look good, the scene will work out and you too will look good. Caregivers, in a similar way, focus on providing much-needed care for their loved ones so they can feel good and have a higher quality of life. Dunkerly shares that many of improv's guiding principles have a place in the caregiver's toolbox.



### **Yes, And...**

The first rule of improv that an actor learns is to always say, "Yes, and." This rule states that the actor must always say yes to what his scene partner has presented and build upon it. This simple exercise can look like this:

First Actor: I had a sandwich today.

Second Actor: Yes, and it smelled amazing.

First Actor: Yes, and it tasted great, too!

While this exchange is simple, the "Yes, and" instinct is a vital one for all improv actors to have. It empowers the actors to be confident in knowing that what they have to say will be accepted and useful for someone else. Using this practice in conversations as a caregiver creates a positive environment in which the loved one is confident in their conversations, at a time in life when that is vital.

### **Label Emotions**

Without a script and plot mapped out, it can be difficult for your scene partner to determine what emotion or idea in the scene you may be working up to. Newer or even advanced actors may aim to make an angry face, just to be told, "You don't have to be sad." A practice that actors may use in an improv scene is to label the emotion that they are acting out verbally to make it easier for their scene partner to pick up on and work with. Those with Alzheimer's may battle managing and expressing different

emotions both within themselves and others around them. Labeling that emotion and saying, "I know you are mad about this..." or, "I am sad because..." helps your loved one identify the emotion to begin to work with it.

### **Reframing**

During a game asking for audience suggestions to set the scene, someone in the back row may shout out that the actor's home has been destroyed by a tornado. The scene could open on the actor wallowing in the terrible news and lamenting at his bad luck. While this may be realistic, it is not a lot of fun for the audience to watch. A good improv actor will reframe the problem and add an interesting twist to allow the scene to change and grow, such as, "I am so glad my house was destroyed by that twister and I found all of this gold buried underneath." The reframing of different details creates space to have fun.

With Alzheimer's, managing one's emotions and reframing unfavorable situations is not always possible in the moment. A caregiver's role often includes stepping up in these moments not to agree that the situation is frustrating, but to help reframe it. By acknowledging the situation and adding positive comments on it, the caregiver can calm their loved one and empower them to take control of the situation.

### **Avoid Blocking**

An improv scene consists of a few people who have no idea what is going on that need to work together creatively to build something special and memorable. Two actors in a scene are actively reaching out to each other with new ideas. If one actor says, "My dog grew a third ear after eating my TV remote," and the other responds with, "That didn't happen to your dog," or even, "You don't have a dog," there is an awkward freeze. The first actor, blocked by the denial, has nowhere to go from there, and the audience can sense the tension while he is embarrassed and looking for something else to say.

Those living with Alzheimer's disease feel frustration and disappointment with their lack of memory. Loved ones correcting them and becoming upset at this causes even more grief at their condition. As a caregiver, blocking and rejecting your loved one's stories or clearly untrue details can be hurtful and confusing.

### **Accept New Realities**

An improv scene about a husband and wife can go from the two of them arguing at the dinner table to the husband slaying a dragon to show his wife that he can protect their treasure when they move to Mars. If the actors work together to find a beginning, middle and end to their story, anything is possible. The mimed dragon fight could be a rousing and Oscar-worthy performance, and the audience never would have seen it if the scene partner refused to accept the new reality. If she had shut down the actor's outlandish ideas, this art would not have formed.

Reality is a difficult concept with Alzheimer's disease. It can be incredibly hard to accept that a spouse or parent is losing precious memories. For someone living with Alzheimer's, reality can shift and change. Your loved one may come out with things that seem silly and impossible, but avoid shutting those ideas down. Instead, jump into their reality and keep them company in it. If your father insists he was a general in the Civil War, ask him to tell you about his favorite battle he fought and accept the reality that is currently true to him.

### **Avoid Asking Questions**

One improv principle that caregivers should differ from is to avoid asking questions. To ask a scene partner what they did last night puts them on the spot to come up with something and can be unfair, as suddenly your scene partner is doing all the work. Likewise, vague open-ended questions may be frustrating for someone with Alzheimer's. However, it is encouraged to ask leading questions. Dunkerly suggests not just coming home and asking, "What did you do today," but adding on to the question with details; for example, "Did you see anything good on television today? I saw a story on Neil Diamond. Do you have a favorite Neil Diamond song?" Add details to the scene until it sparks an idea for your loved one to add to. Asking leading questions allows them to participate in the conversation while having somewhere to start.

### **Offstage Exercises**

Dunkerly suggests engaging your loved one by challenging them to a storytelling game, with the caregiver acting as both the audience and supporting scene partner. This exercise can be tailored to fit any stage of Alzheimer's. The story can be about anything, from asking your mother to tell you about the day she met your father, to asking your wife about her favorite childhood fishing trip with her brothers, to asking your dad about his first time going to a jazz concert. Adding details to the prompt is key to engagement. Feel free to ask clarifying questions along the way that include guiding comments such as, "Wasn't there a broken fishing pole?" While you should

help guide them in the storytelling, it is important to listen intently to pick up on any cues that may be important. The structure of the story is vital, but not the accuracy. The most important part of this exercise is to accept their reality without correcting or blocking them. The goal of this exercise is to simply tell a story with a beginning, middle and end, without getting lost somewhere along the way.

Doing this exercise daily will give you a good idea of the coherence level and progression of your loved one. More importantly, the exercise will open a dialogue and create a



***“By practicing different daily processes, your loved one may feel more confident in their ability to retain knowledge of the tasks.”***

---

stronger bond. The fluidity of this exercise can bring up incredible stories of your loved one’s life that you may not have thought to ask about.

Another exercise Dunkerly suggests is a simple process miming game. As Alzheimer’s progresses, a person may struggle to remember old processes and procedures, such as cooking or even handwashing. A miming activity game can be created for any type of process with steps, as simple or as complex as you see fit. You can work together, with step one of handwashing, asking them to mime turning on the water with you, and labeling it as you do it. The next step would be to both announce that you are running your hands under the water and continue miming each step. You can even mime the steps and have your loved one guess what you are doing. This activity helps those with Alzheimer’s grasp activities that they may be losing hold of. By practicing different daily

processes, your loved one may feel more confident in their ability to retain knowledge of the tasks.

One thing improv actors must be wary of is losing sight of the relationship between the two characters. A scene can feature stand-up worthy jokes, but without an interesting relationship between the actors, the audience loses interest and it falls flat. The relationships between the actors in the scene are what drive the plot and provide a vehicle for stronger comedy. These improv principles can be used by caregivers to facilitate meaningful and fun interactions with those with Alzheimer’s. Being a caregiver comes with a great deal of difficulties while working in an unknown new realm with a loved one. With caregiving, this is a unique time in the lives of you and your loved one. Focus on the special relationship that you have and together you can build beautiful scenes and even find comedy along the way.





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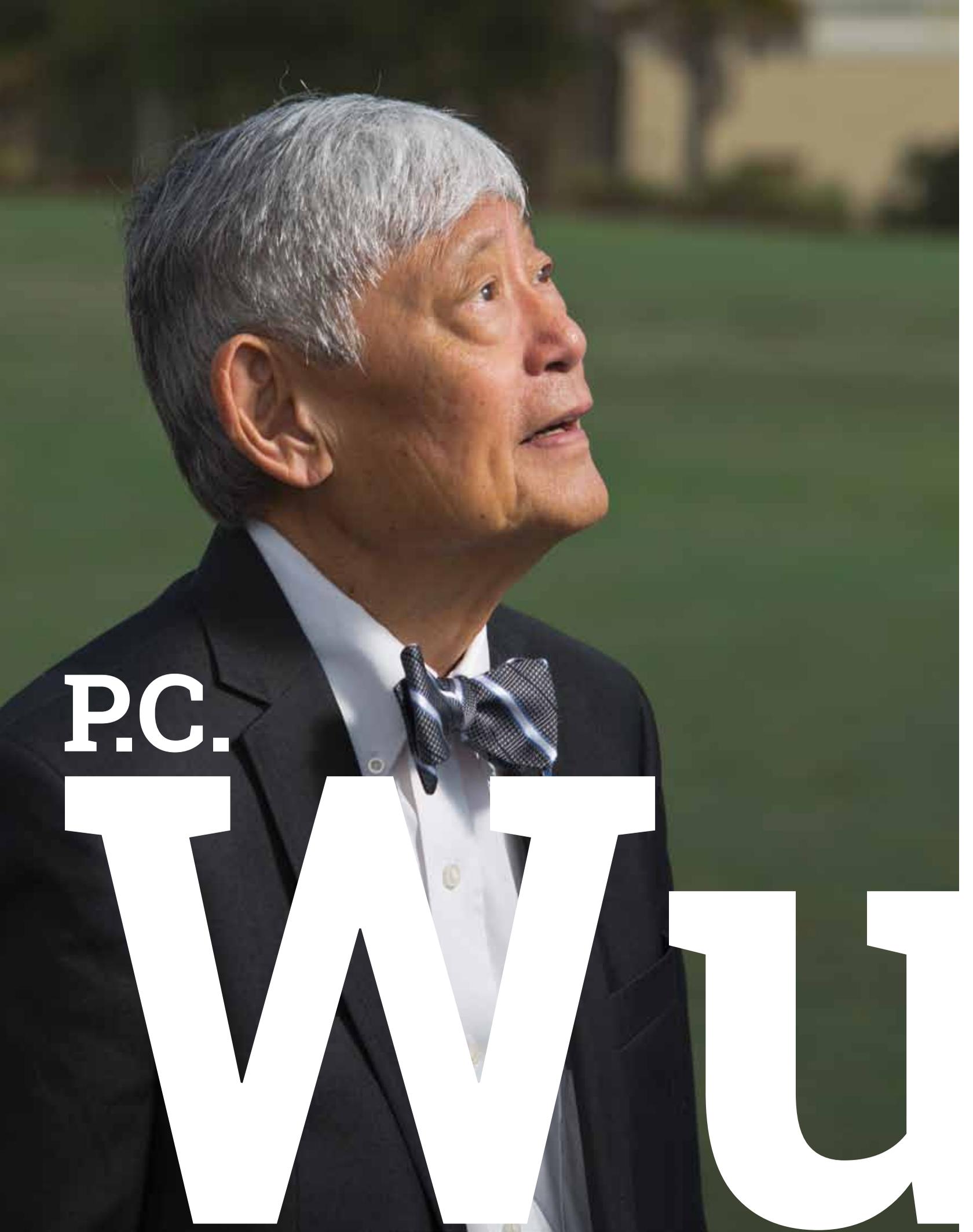
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# A LIFETIME OF SERVICE

BY KELLY ODEN

When P.C. Wu says it's the people that make Pensacola such a wonderful place, one can't help but think that he perfectly exemplifies his own point. Truly, one of the nicest people you will ever meet, Wu is also incredibly down to earth. Born the son of Chinese immigrants, Wu grew up in Savannah, GA working in his father's Chinese restaurant for much of his young life. The first of his family to go to college, Wu really made it count, earning a bachelors, masters and doctorate from Florida State University. Wu and his wife Judi moved to Pensacola in 1977 and since then he has contributed untold hours of community and volunteer work to the area he calls

home. A member of the Pensacola City Council since 2004 and a man of many accolades, Wu counts his marriage of more than 50 years, his children and grandchildren, and the impact he had on his students while teaching at the University of West Florida among his greatest achievements. He and his wife have two children, Christopher and Ashley and son-in-law, Jonathan. They also have two grandchildren, Kai and Claire. They are active members of St. Christopher's Episcopal Church where Wu has been a chalice bearer for many years. Coming of Age had the opportunity to talk with P.C. Wu about his life, his family, and his thoughts on a life well-lived.

*Left: Photo by Guy Stevens*



P.C. Wu at nine months old



Front Row: Wu's sister Diana, his brother Daniel, and P.C. Wu. Top Row: P.C. Wu's parents, Lancy and John Wu.

**Tell me a little bit about your upbringing. I understand that your parents were immigrants and they had a Chinese restaurant in Savannah, GA?**

I was raised in Savannah, Georgia and my father opened a Chinese restaurant there in 1930. My father came over when he was seven years old. He didn't speak a word of English. He tells me he had 25 cents, but I don't know how in the world he even had 25 cents. He came by himself. He had relatives that were already in Jacksonville. He learned how to cook. He started as an apprentice and ended up opening the first Chinese restaurant in Savannah. It was open from 1930 to about 1993. It was a long time. He ran it until he retired and then my sister and brother ran it for a while. It was a very hard way to make a living. In the early days, he was open at least 14 hours a day, seven days a week. The only two days he closed

was Christmas and New Year. It was very hard work. They cooked on woks—they had three of them and he was the only cook in the beginning. The kitchen wasn't air conditioned and the woks were gas fired, so imagine cooking on those three woks for 14 hours a day. I look back at it and I'm amazed how the man did it. Back then, if you didn't work, you didn't eat. My father came from Canton and the restaurant was named after the city.

My mother was from Shanghai. She came in the 40s. She came over to marry my biological father and he passed away. So, she was a single mother raising me. Single mothers are absolutely amazing. You have to picture that this woman didn't speak English very well and so everything was harder for her. She moved to Savannah when she remarried—to my adoptive father. She worked in the restaurant with him, but her hobby was helping about 100 to 150 people legally emigrate to the U.S. She did that sitting in the restaurant after it closed with her Chinese-American dictionary looking up every word she needed to fill out the forms. She did this for so many people and she did it all without ever charging anyone a penny. She did it mainly because she loved this country so much and she wanted other people to have the same benefits that she felt like she had gotten. She was given a gold medal from the DAR, the Bar Association of Savannah gave her a Liberty Bell Award, and if you go to the federal district courthouse in Savannah, there is a bronze plaque in her honor hanging there.

I spent a lot of years working in the restaurant. I worked in the back prepping food and mopping floors, busing tables, you name it. People now ask me if I get tired with everything that I do and I say, 'No—not after having that background and working like that, nothing has been really hard after working for my father.'

**What was your boyhood like?**

As a little child, the first thing I discovered was the public library. It was about five blocks from the restaurant. The library to me was like getting a key to the world. You're able to get a book and the next thing you know you are traveling the world and you are learning that other people have difficulties and hard lives as well. One of my early joys was reading. One thing that had a tremendous influence on me when I was young was that I joined the Boy Scouts. I absolutely loved the Boy Scouts. I became a member of the Order of the Arrow. It's a group within the Boy Scouts. They take you out and let you spend a night by yourself and it's based on Indian rituals and they do Indian dance. I became an Eagle Scout and I look back at those days and I think that had a tremendous influence on how I developed. When I was young I also joined DeMolay. They are part of the Masonic group. I later became a Mason and a Scottish Rite Mason and then ended up being a Shriner and 32nd Degree Mason.

**How do you think growing up the son of an immigrant shaped your life?**

The interesting thing is that the early part was a little rough—being a little different and everything. That ended when I went to high school. From high school on, it was smooth sailing. I was Presbyterian and I was sent to a Catholic school. Back then, probably a quarter to a third of Catholic schools were Jewish. My best friend was Jewish. One day a week I would go to the Presbyterian Church and drink grape juice, the next day I'd be singing a Gregorian chant in a Catholic choir, and the third day I'd be eating a kosher meal at one of my Jewish friend's houses. I grew up thinking everybody had that experience—that people move within religions. I found out later that the world is not like that and it's a shame. People get locked into their group and it's their group

# P.C. Wu



Wu in his uniform at Benedictine Military High School.

against the other group instead of their group with the other group. As a result, I'm very comfortable no matter what group I'm with. I look back and I'm very thankful that I had that. The high school I went to was started in 1912 by Benedictine monks and it was a military school. The monks had permission to hit us if we misbehaved. We had M1 rifles and we dressed in military uniforms. We'd get demerits—if your hair was too long or your shoes weren't polished, you'd get a demerit. If you got over five demerits, every demerit was an hour on the parade ground marching with your rifle.

**You received your bachelor's, master's, and doctorate degrees from Florida State University. What did you study and why did you choose Florida State?**

My bachelor's degree was in Political Science and I liked math so much I took math classes as electives. I was one of the few people who took calculus classes as electives. I also met my wife at Florida State and last year was our 50th anniversary. I was the first person to go to college in my family and my wife was the first in her family. She's Irish, by the way. We were going to stay in Tallahassee, so I could either teach or work for the state. I was hired to teach math at a middle and high school. In order to continue teaching, I had to take classes in the college of education. A friend said, "If you are taking classes you might as well get a degree in education." So, I got my masters in educational leadership and my doctorate was in educational administration.

I was honored in 2013 by the College of Education at Florida State. They made me distinguished alumni in the area of government and community service. At that time I told them that the reason I ended up at Florida State was that I had applied to the University of Georgia and they did not accept me. Somebody asked if it bothered me. I said, 'Well, I met my wife who I've been married to for 50 years, and I ended up with a doctorate degree. I should be sending the University of Georgia a contribution for not taking me.' I think the simple answer is that Florida State took me and Georgia didn't. Why didn't they take me? It was 50 or 60 years ago, it was a different time. Did that have anything to do with it? I don't know.

**Tell me how you met your wife.**

At Florida State, I joined a fraternity called Lambda Chi Alpha. My wife was at a sorority called Sigma Kappa. There were probably about three Chinese students at FSU at the time. I was one and my cousin Ava was another. What was strange is that my cousin was in Sigma Kappa and my wife was my cousin's sorority sister. At Florida State, I

didn't have a lot of money. One way I fed myself was that different sororities hired fraternity guys to serve the meals. So, we would have to go to the sorority and we would have to enter by the back door. We had these nice little white jackets and the girls would ring the bell and we would go over and they would say, "Can we have ketchup or salt or gravy?" We would go get it for them. The rule was you could not date the girls in the sorority if you worked there. They didn't want a breakup to cause any bad vibes. So, I tell people that I didn't date anybody in the sorority; I married somebody in the sorority. I remember the first time I met her because she wouldn't go out with me. There was a hurricane coming and they were having hurricane parties. I invited her to one of the parties and she very readily suggested some alternate people that I might invite. So, I thought well, I don't know if this is a good sign.

**How did you win her over?**

I would say persistence. It must have worked, because like I said, we've been married for 50 years. We were married in the place where she grew up—Sanibel Captive Island. It's like a tropical island. It's like going to the Bahamas without leaving the country. There are no stoplights on Sanibel. About 80 percent of it is a nature preserve. So we got married in an Episcopal Church on Sanibel in 1967 and we were so poor—it was three years later before we could have a honeymoon. We went to Saint Thomas Virgin Islands and we ran out of money at the end! I was only making \$4,600 gross a year teaching.

**How and when did you end up in Pensacola?**

I came to Pensacola in 1977. I ran a program called Teacher Centers for years. The state mandated that teachers had to have in-service

*"I have always had a lifelong passion for seniors and part of that stems from the fact that in the Chinese culture, the older you are, the more respect you are given."*



*Photo by Guy Stevens*

training. So, the University of West Florida would contract with all the districts between here and Tallahassee to provide in-service. I was a conduit between the counties and the people at the University. When the Teaching Center ended, I went into teaching full time. I taught educational leadership in the graduate school. The Santa Rosa County School District superintendent, Tim Wyrosdick, is a graduate. The principals of Escambia High, Washington High, and Pensacola High are all former students of mine. I also taught principals Jobenna Sellers of Westgate, Aggie Bauer of Cordova Park, and Sister Kierstan of Pensacola Catholic High. Norm Ross, the Escambia County School District deputy superintendent, is also a former student of mine. It's a marvelous feeling. I drive an 18-to-20-year-old car because teaching is not the most lucrative business to go into, but I tell people looking back, I'd pick the same profession because nothing has been more rewarding than to see my students go on and accomplish what they have.

**What did you think about the community in 1977 and what made you want to stay here?**

Everyone will probably tell you the same thing—they fall in love with the place. They fall in love with the place for two main reasons. The main reason is the people. They're just nice, down to earth, warm, caring people. Not only in Pensacola, but I was teaching classes all over Northwest Florida and the people are just wonderful everywhere you go. One reason that I got into politics is that the community has been so good to my family that I just wanted to repay that somehow. I look at being in politics as a way of trying to repay. The other thing that Pensacola has is the beaches—they are just visually beautiful—especially in 1977. When people come here, I say welcome to Paradise. You've found a hidden gem.

**How many children do you have and what careers are they pursuing?**

We have two children—our son, Christopher, is a software engineer who lives in Tampa. Our daughter,

Ashley, is a speech pathologist who lives in San Diego. We have two grandchildren, Kai and Claire, with our daughter and son-in-law, Jonathan.

**What do you like best about being a grandparent?**

The nice thing is watching them grow. We go out to San Diego about twice a year together and the wife goes more often on her own. They are sweeties.

**You're involved in numerous civic organizations and charities, including the Council on Aging board of directors. What interested you in serving on the Council on Aging board and what do you see as the important issues facing seniors?**

I have always had a lifelong passion for seniors and part of that stems from the fact that in the Chinese culture, the older you are, the more respect you are given. I even know of Chinese folks that will lie about their age to make them seem older. It's almost the reverse of our society where everyone wants to be young.

# P.C. Wu

So, I've always had a great love for seniors from a cultural standpoint.

My love for Council on Aging is that it does so much for people who have done so much for others. We are talking about our parents, our aunts and uncles and so on. What I also love is that the Council on Aging hits almost every aspect of aging you can think of. I love the Meals on Wheels program. By the way, Congress is thinking of doing away with a lot of programs and one of them is Community Development Block Grants, which provides a lot of funding that ends up in programs like Meals on Wheels. The program takes care of the physical needs in terms of nourishment, but we also have things like congregate meals where people can come together for community because a lot of times seniors end up living by themselves and they have no interaction with people. One of the things about Meals on Wheels that is so great is that it provides someone to bring the meals, so not only are they getting nourishment, they are getting interaction with the person bringing their meal. Another aspect is that it is an opportunity for the person bringing the meal to check on the senior and make sure they are alright. The other thing that Council on Aging has is senior daycare, The Retreat. You can drop a senior off and they have activities for them. The people in the daycare program get to enjoy each other's company, but it also gives relief for the person who has dropped a senior off because they may be the primary caregiver and they get a little break.

## What is your proudest accomplishment?

My children and grandchildren. My marriage of 50 years. Being the first to go to college in my family. Being the first elected official from Pensacola to be elected president of the Florida League of Cities. I'm also proud of being in my second term

on the board of the National League of Cities. Every year, the Northwest Florida League of Cities selects an outstanding municipal official. Several years back they named the award after me. When they did, I asked if they knew something about my health that I didn't because usually you get something like that posthumously.

## As a son of immigrants, what do you think about the current attitude toward immigration in this country?

Let me start off by saying that one of the activities I do that I get the most fulfillment from is to speak to newly-minted citizens. I don't know if you've ever been to a naturalization ceremony, but there are few things in life that will move you as much as seeing somebody who has spent their life somewhere else and on that day becomes an American citizen. I think we have a Catch-22. On one hand, despite problems here and there, we've made this the best country in the world and as a result, everybody wants to come here. So, you can't fault anybody for wanting to come. The dilemma we find ourselves in is that there is a right way to do it and a wrong way to do it. So, even though you can't blame somebody for wanting to come, I

think what you need to do is follow the rules that we have for coming in and doing it the right way. In terms of immigrants, the bottom line is that other than Native Americans, we are all immigrants. When you get to legal versus illegal, it's another area. We are a country of laws and it's hard to say you obey some laws and not others.

## How did you become involved in Rotary and why is Rotary so important to you?

I became involved in Rotary through John Fogg. When he was mayor, there were several shootings at several clinics. John Fogg put together a top notch committee to discuss how to reduce violence. On that committee you had the president of the junior college, the president of the university, the sheriff, the newspaper publisher. I don't know how, but I ended up on it. I noticed that a good number of people on this committee were Rotarians. One day John and I were driving somewhere and I asked him about rotary. The next Monday he took me to his Rotary. This was probably 1995. I loved it from the very first moment. There are



Wu with his wife Judi and their grandchildren, Kai and Claire.

probably about eight Rotary clubs in this area. The largest one is the Pensacola Downtown Club. They have about 275 members. My club is Five Flags. We are capped at 150 members. One great achievement was getting to be Rotary governor for our region. The reason I like Rotary is that one of the mottos is service above self. So what Rotarians are trained to do is serve others and to think of ways they can help people. My club has probably done at least 12 Habitat Houses and I've personally worked on 27. I cooked at Loaves and Fishes once a week for five years. I've been a bell ringer for the Salvation Army for 16 years. We look at how we can make the world better and how we can help people. There are things we do globally and things we do locally.

#### **What's on your bucket list?**

One thing that was on my bucket list was to be the president of the National League of Cities. I ran last year and did not win. Personally, I've been so blessed that there are not many things that I can think of that I've wanted to do and been unable to do. Number one, to have a wife who has tolerated you for over 50 years and to have beautiful children and grandchildren. To have a parent who came over with a seventh grade education and for me to have the opportunity to earn a doctorate degree and teach graduate students. To run for politics and to get on city council and to become president of the Florida League of Cities and to serve on the national board. I'm so extremely blessed. I've never put much stock in the material stuff, so on my bucket list, I don't want to have a BMW. I don't want to have a yacht. I don't want a gold chain. All those things in the money realm don't appeal to me. What appeals to me is seeing people do well. On that note, the whole time I was in administration, I had three secretaries. I hounded all three until they went back to school. All three ended up getting their bachelor's

degrees. I lost them to better jobs once they got their degrees, but even knowing that I still hounded them. That's one of my crowning achievements.

#### **You are known as one of the nicest guys in town and for your positive outlook. Have you always been that way?**

I believe so. I think partly I heard a long time ago that one of life's most important lessons is to be grateful. Start looking for things you can be grateful for—the fact that you are

alive, that you are breathing, that you have people who love you, that you have food and a roof over your head. It shifts us away from what we don't have. We all have problems, but I try to focus on the fact that we are all blessed.

#### **What's your secret to staying spry of mind and body?**

Part of it is that I'm a workaholic. I think you have to like what you do, otherwise it's hard to bring enthusiasm to it.

*"We all have problems, but I try to focus on the fact that we are all blessed."*



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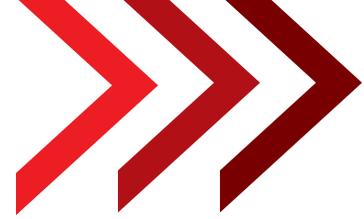


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# What's the News?



*Council On Aging of West Florida*

## **Council on Aging impacts families on MLK Day of Service**



Over the course of two days during the Martin Luther King Jr. Day weekend, nearly 20 volunteers from Council on Aging of West Florida made an impact on nearly 50 individuals—young and old—in Escambia County.

The volunteers, who normally serve Council on Aging as Senior Companions and Foster Grandparents, take part in an MLK Day of Service project each year that improves the community in some meaningful way. Senior Companions are healthy older adults who help other adults live independently, while Foster Grandparents give their experience and talent to help children in K-12 schools develop the skills, confidence and strength to succeed in life. Together, they use their own resources to give generously to others.

On Jan. 12, several volunteers gave goody bags full of hygiene and personal care products to clients of the Rehabilitation Center at Park Place. Throughout the prior week, Council on Aging Senior Companions and Foster Grandparents compiled the bags with donations given by Comfort Inn Pensacola, as well as Hilton Inn, Hampton, Holiday Inn and Days Inn of Pensacola Beach.

As Rehabilitation Center clients streamed into the large meeting area at Park Place, the smiling faces of volunteers

were waiting to make their day a little brighter with music, dancing, food and of course the goody bags.

"I just love what I do," said Rosie Smith, a Senior Companion of nearly a year. "You can tell the clients really appreciate it and it just makes me so happy. I'll definitely participate again next year."

On Jan. 15, almost a dozen Senior Companions and Foster Grandparents gathered at Ronald McDonald House of Northwest Florida to cook and serve food to the families staying at the facility. Both the Seniors Companions and Foster Grandparents had purchased the ingredients and supplies with their own money and spent several hours that day preparing the food and ensuring it would be hot, delicious and ready for the clients' noon mealtime.

Several of the volunteers went above and beyond leading up to the Day of Service, recruiting their friends and families to donate to Ronald McDonald House. When the big day came, the Senior Companions and Foster Grandparents were able to present a check for \$100 to the organization.

"The Ronald McDonald House has done a lot for my family personally, and giving back to them in this small way means so much to me," said Beverly Dubay, a Foster Grandparent of six years. "I love working with my fellow Foster Grandparents on this. It's a lot of fun and I know the families will be so appreciative. I certainly was when I stayed at a Ronald McDonald House."

Council on Aging of West Florida's Senior Companions and Foster Grandparents truly believe in giving back to the community in every way they can, not just among elders and children, but to any cause that supports the less fortunate among us. This MLK Day of Service certainly proved that, but for our senior volunteers, every day is a day of selfless, passionate service.

## **Rural Senior Dining Sites are underserved and looking to add clients**

Council on Aging Senior Dining Sites in Jay and Century are open to the public for those 60-years-old and over. These sites, located at 5259 Booker

Lane and 6025 Industrial Boulevard, are looking to add clients. Seniors can visit these sites five days a week and enjoy exercise, games, socialization and a hot noon-time meal, all

for only \$2 a day. A site membership is free for those who cannot afford it. Please call (850) 432-1475 by noon the day before you are looking to join to reserve your spot!



## A Christmas Miracle: Council on Aging distributes more than \$28,000 worth of Christmas presents



Every year since 2009, Council on Aging of West Florida has asked Escambia and Santa Rosa county residents to help make Christmas special for our clients age 60 and over, and every year, the community answers the call. Approximately \$28,300 worth of gifts were donated to Council on Aging beginning in mid-November and continuing through the week before Christmas. These gifts included blankets, craft supplies, vacuums, microwaves, space heaters, hygiene products and more courtesy of individuals and organizations like Home Instead Senior Care, Be Local Pensacola, Gulf Power, Keller-Williams, Alexis Bolin, Escambia County School District, Navy Federal Credit Union, Five Flags Rotary, Ascend Performance Materials and others.

The holidays can be an especially lonely time for vulnerable elders, as many of their friends and family have either passed away or no longer live nearby. The delivery of these gifts – made to homebound seniors through the Meals on Wheels program, Senior Dining Sites and other initiatives – infuses their end-of-year season with joy.

“Receiving these gifts not only makes a tangible impact by disbursing the necessities of life to these low-income elders, but it also makes an emotional impact when they see that they have not been forgotten, that people still care,” said Josh Newby, marketing communications director at Council on Aging. “They are reminded that they can still be active in their community, and that is the greatest gift of all.”

Nearly 1,500 older adults received Christmas gifts through the initiative this year.

“Our clients are so grateful for these gifts,” said Margaret Jerauld, activities supervisor at Council on Aging who helps oversee the Christmas program each year. “These may be the only presents they receive and the only quality interaction they have during the holidays, so it makes a transformative impact.”

## Lauren Meadors selected as development coordinator

Lauren Meadors joined the Council on Aging of West Florida in January 2018 as the Development Coordinator. She is responsible for charitable giving, various outreach efforts, donor relations and major special events.

Born and raised in Pensacola, volunteering in the arts and social services has always been an integral part of Lauren’s role in this community. Lauren has a background in communications and public relations across a range of industries. From a federal agency in our nation’s capital to Pensacola nonprofits, and from higher education institutions to a financial institution, her experiences have been eclectic and immersive throughout her recent

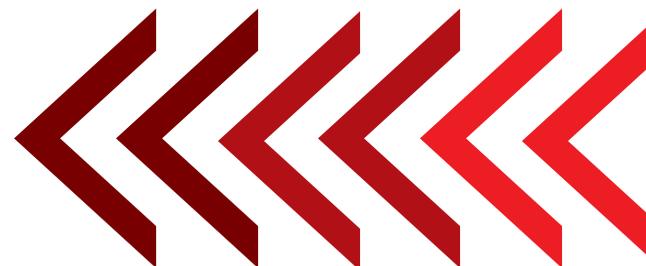


undergraduate career.

Lauren earned a bachelor’s of arts in communications with a public relations specialization from the University of West Florida in 2017. She is currently pursuing further education at the University of West Florida for a master’s of arts in strategic communication and leadership.

## Rat Pack Reunion 2018 announced

Council on Aging of West Florida’s signature annual fundraiser, the Rat Pack Reunion, will return on Oct. 19, 2018 to New World Landing for its eighth year. This year’s honorees, affectionately called Rats, are Troy Rafferty, Valerie Russenberger, Bob Tyler and Justin Witkin. If you are interested in attending or sponsoring this year’s theme “Fly Me To the Moon,” call (850) 266-2513.





# What's the News?

## Montessori School of Pensacola brings Mardi Gras celebration to assisted living facility



Montessori School of Pensacola (MSP) recently let the good times roll all the way to Summer Vista Assisted Living. The school, known for its commitment

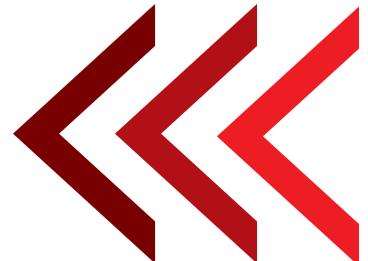
to community awareness and service, engaged Summer Vista residents with festivities that included a mini-parade by three- to six-year old students

and a festive musical performance that included music teacher and locally-renowned musician, Fred Domulot, alongside three MSP band students. The Mardi Gras celebration provided the students with the opportunity to celebrate a major Southern cultural event while giving them a deeper understanding of their community. It was a repeat visit for the school, which has enjoyed several intergenerational gatherings at Summer Vista. MSP public relations coordinator, Lauren Southern-Godwin, says, "Our hope is that by

sharing meaningful events, the children will come to see senior citizens as important people in their community who are able to offer warmth, knowledge and companionship."

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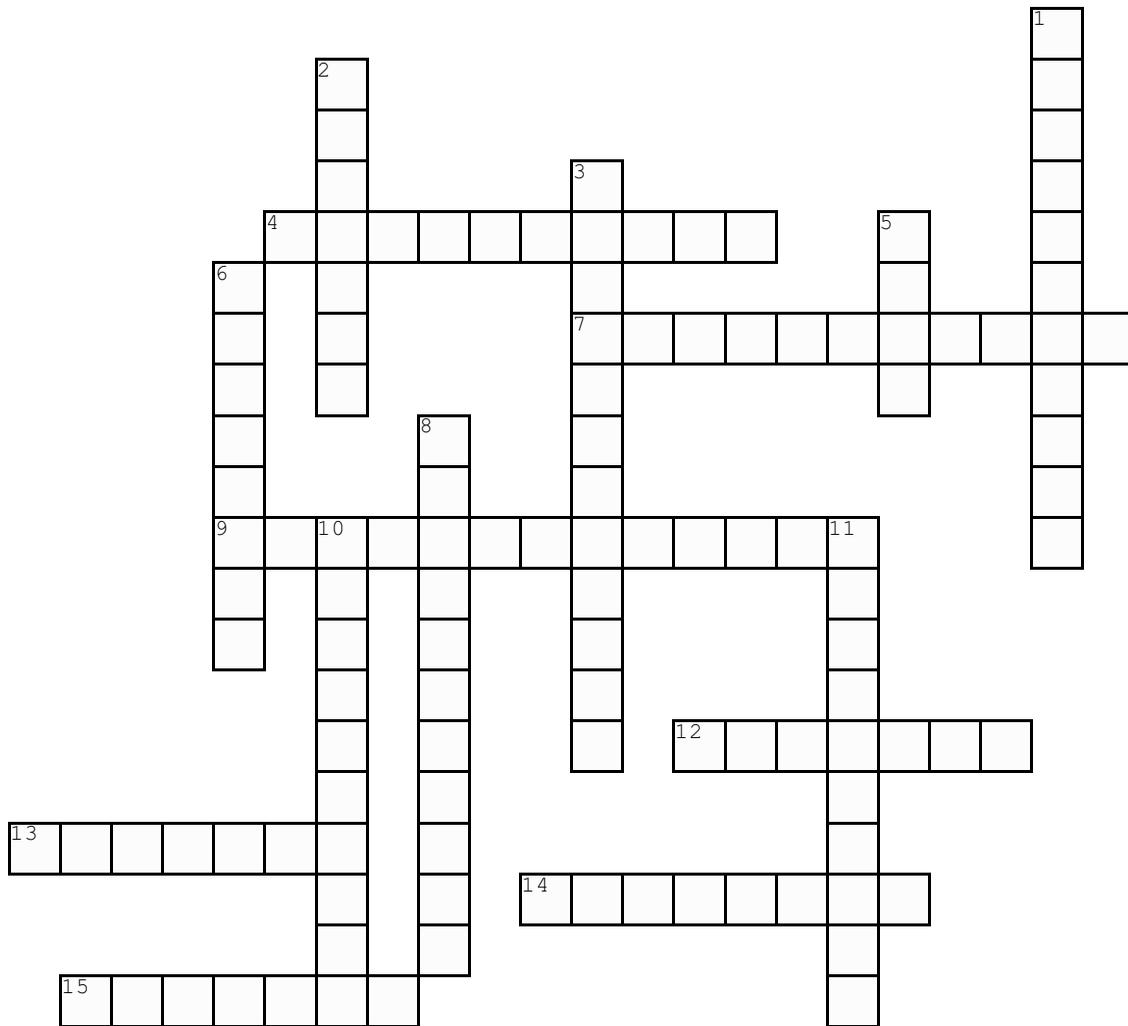
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# Puzzle *Earth Changes*



## Across

4. The process that breaks rock into smaller pieces.  
 7. Rocks formed from pieces of other rocks.  
 9. When carbon dioxide is mixed with water this is created.  
 12. The processes that carry away soil and weathered rock.  
 13. A landslide is caused by this type of erosion.  
 14. The type of landform that is formed when two plates collide causing the earth to push upward.  
 15. The type of landform that is created by a build up of snow over time.

## Down

1. Rocks formed from extreme pressure or heat.  
 2. Rocks formed from cooled lava or magma.  
 3. This takes place when water gets into cracks in rock and freezes.  
 5. This type of erosion is deposited when it hits a barrier.  
 6. This type of weathering has no chemical changes.  
 8. This takes place when plant roots grow into cracks and rock causing them to break.  
 10. The processes by which one type of rock is transformed into another type of rock.  
 11. The processes by which eroded materials are dropped off.

*Crossword Answers:*  
 Across: 1: metamorphic; 2: sedimentary; 3: root action; 4: deposition; 5: glacial; 6: wind; 7: gravity; 8: carbonic acid; 9: physical; 10: erosion; 11: frost action; 12: weathering; 13: rock cycle; 14: mountain; 15: glacier; 16: wind  
 Down: 1: igneous; 2: sedimentary; 3: metamorphic; 4: erosion; 5: deposition; 6: weathering; 7: root action; 8: weathering; 9: sedimentary; 10: metamorphic; 11: erosion; 12: weathering; 13: rock cycle; 14: mountain; 15: glacier; 16: wind

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**Westwater Arts:**  
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 Photochoreography

BERLIOZ  
*Roman Carnival*  
 Overture

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

R. STRAUSS  
 Suite from  
*Der Rosenkavalier*

RAVEL  
*La Valse*

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

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 SEPTEMBER

2017

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David Cooper	George Jones	Crystal Pinson	Walmart Corporate Giving
Lance Coy	Geneva Junior	Michael Prevatte	Ward's Temple AFM Church of God
Sonya Daniel	Nathan Kahn	Shirley Raney	Ella Warren
Doctors Directory	June Kassahn	Pamela Raybourn	Westminster Presbyterian Church
Patricia Douglas	Sarah Kellen	Janet Ream	Tom Wheeler
Patricia Dunn	Adriane Kichler	William Redding	Arlene White
Morris Eaddy	Landrum Family Foundation	Janet Riesberg	Gertrude Wilson
Joe and Patricia Edmisten	Carol Law	Riesberg Institute	Robert and Ledonia Wise
Escambia Lodge No. 15, F&AM	Daniel Lawrence	Reed Rollins	Ken Woolf
Ken Evans	Lois Lepp	Ray Russenberger	Marie Young
First Christian Church	Flack Logan	Harry Schwartz	Paula Zak
First United Methodist Church of Pace	Lutheran Church of the Resurrection	Benny Sepulveda	William Zimmern

*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](http://www.coawfla.org).*

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LIFESTYLE MAGAZINE FOR SENIORS

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