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WINTER 2016

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For Caregivers

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John Appleyard

*An Interview with Pensacola's
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[FROM THE EDITOR]



Brandi Gomez
Marketing Communications
Director and Editor-in-Chief

They say great things happen outside of your comfort zone and one should not be afraid to take risks or explore new opportunities. With this as my last issue of *Coming of Age*, I am excited to announce that I will be starting a new chapter in my career and will be leaving my family at Council on Aging of West Florida. The feeling is extremely bittersweet.

These past three and half years have been quite the whirlwind. I have grown tremendously, both professionally and personally. COA gave me a chance right out of college as their Development Director (I still think they are nuts for doing this) where I learned the importance of being passionate for your work and I survived many Rat Pack Reunions. I have also enjoyed my short time as the Marketing Communications Director at COA where I have had the pleasure of overseeing the *Coming of Age* magazine and television show.

But more importantly, COA has become my family. They have seen and supported me through getting engaged, then married, and now through my next career move. I cannot thank Mr. Clark, the COA staff, board or directors and volunteers enough for being the best cheerleaders I could ever have asked for. I will cherish the memories created and lessons learned.

As always, I would like to thank all of our readers and community partners for your loyal support of *Coming of Age* and the agency. COA's programs and services would not be possible without your generosity and kindness towards our elderly population. I know I am leaving COA in good hands and look forward to seeing the agency grow and continue to impact the lives of local seniors and their caregivers.

All the best, and until next time – Enjoy life – you've earned it!



Josh Newby
Marketing Communications
Director and Editor-in-Chief

I am so honored to join the ranks of many great community leaders and servants at the Council on Aging. As the Marketing Communications Director, I will be on the other end of a magazine that I have enjoyed writing for and contributing to during my years at Ballinger Publishing.

It was at Ballinger Publishing that I first became aware of all the wonderful services the Council on Aging offers. From advocacy and awareness, to senior dining sites and The Retreat, this organization is truly a valuable asset to Escambia and Santa Rosa counties, and I consider it a privilege to support them in this new role.

The Council on Aging is great because of its people—staff, volunteers, donors and more. Brandi Gomez, my predecessor, has been a longtime friend and leaves behind so many accomplishments that I look forward to building upon. I'm excited to continually learn all I can about the organization and the people it helps, as well as discovering new ways to serve this region's senior citizens.

As a "Newby," I would love to get your input and hear any feedback about the *Coming of Age* magazine or the Council on Aging as a whole that you can provide. What are we doing well, and what can we improve on? Don't hesitate to reach out by calling 850-432-1475, or email jnewby@coawfla.org.

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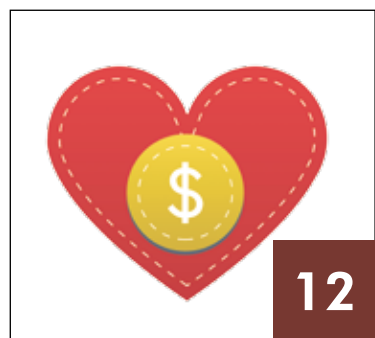
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LIFESTYLE MAGAZINE FOR SENIORS
COMING of AGE™



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On the cover:
John Appleyard
photo by Guy Stevens

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The Politics of Senior Care



Article courtesy of LuMarie Polivka-West, a senior research associate volunteer with Florida State University's Claude Pepper Center.

Florida's "mail box economy," the monthly Social Security checks, will receive a very small increase of .3 percent in 2017 after no increase in 2016.

The Social Security Administration announced the minimal increase recently, after the U.S. Labor Department reported an inflation measure of .3 percent in its calculation of the annual living-cost adjustment for retirement and other payments. The average monthly check of \$1,238 will receive an additional \$3.71 after Jan. 1, 2017.

Approximately 1/3 of Florida retirees depend only on their monthly Social Security check, and 74 percent of single retirees receive half or more of their income through Social Security.

What does this mean for their health care costs? According to the Medicare Board of Trustees, Medicare costs are anticipated to increase between 5 and 6 percent annually through 2024.

As the nation heard in watching the third presidential debate on Oct. 19, there are concerns with the long term financing challenges of Medicare. This is due to the increase of Baby Boomers in the health care system and the inability to reduce the costs because of the 2003 prohibition for Medicare to negotiate drug prices.

There are concerns for the individual retiree, but the long term data does not support a view that

Medicare and Social Security are going to run out of money anytime soon.

In addition to a minimal increase in the retiree's monthly check, increases in the monthly Medicare insurance premiums and out of pocket expenses, there is the stress of political pressures to shift the cost burden more to the individuals through a privatization of Medicare.

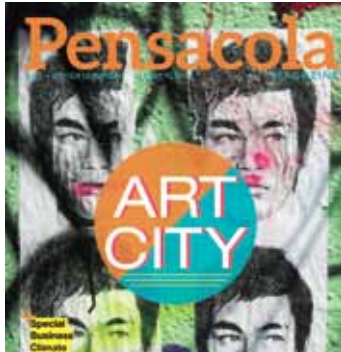
There have been proposals to turn Medicare from a social insurance program to a privatized voucher or a premium support program in order to make the Medicare recipient responsible for their coverage.

But there are also national experts such as former Health and Human Services administrator Don Berwick, who admonishes congressional leaders to expand Medicare rather than trying to privatize it.

Retirees and supporters of Medicare need to be aware of what happens after Jan. 1 with a new president and Congress. Attention to the policy details will be required to understand if a proposed change is a reduction in benefits as with privatization efforts or a reduction in costs, as with the provider fee schedules.

Health care and social security are intertwined as the basic framework of economic security for seniors and persons with disabilities. We have to stay informed and understand potential changes. ■

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IRA Charitable Distributions



By Kagan Jenkins
Development Coordinator

The hustle and bustle of the holidays are among us! Most of us are getting ready for parties and cooking away for large gatherings with family. Although this time is great for celebration, it's also a great time to give back through monetary donations. Not only does this benefit individuals and families in need, but the donor also reaps benefits.

If you have a traditional Individual Retirement Account (IRA), it is important to note you must start taking a Required Minimum Distribution (RMD) every year beginning at age 70 ½. An excellent way to avoid paying taxes on all the interest you've earned on those funds, and at the same time contribute to your favorite charities, is to establish qualified charitable distributions (QCDs).

Charitable rollovers are included in determining the amount of the RMD and therefore can eliminate up to \$100,000 of income per individual for tax purposes. Eligible IRA owners can make qualified charitable distributions up to \$100,000 (\$200,000 for married couples who each qualify separately) from traditional IRAs without having to pay federal income taxes on the distributions.

Since the \$100,000 isn't included in income, there is no phase-out of charitable deductions and the QCD does not impact your Adjusted Gross Income (AGI). This leads to several additional tax benefits:

- By not being included in AGI, the charitable rollover does not increase the base amount which might otherwise trigger an increase in the amount of Social Security income subject to income tax.

- Donors can effectively take both the standard deduction and a large charitable contribution deduction without itemizing.

- For those who do itemize, with lower AGI the charitable rollover does not increase the floor for medical and other deductions.

- Lower AGI may avoid triggering personal exemption phase-outs.

- Higher Medicare premiums may be avoided.

The rules for a "qualifying charitable distribution" are relatively simple but must be followed exactly.

The charitable distribution must:

- Come from a traditional IRA or a Roth IRA.

- Occur on or after the IRA owner has reached age 70 ½.

- Come directly from the IRA trustee to the charitable organization, with no intervening ownership by the IRA owner.

- Be made for each tax year no later than December 31 of the respective tax year.

- Be to a charitable organization as defined by the IRS. Donor-advised funds and certain private foundations are not eligible charities.

- Be for any amount up to \$100,000 per tax year.

You and your spouse are able to make combined distributions up to \$200,000, but only if each of you owns at least one IRA and each of you is 70 ½ or older.

What assets should you use to fund your QCD?

- The charitable distribution must be from a traditional IRA or a Roth IRA, but it is generally advised to use Traditional IRA funds first because ROTH IRA (a) distributions are already tax free and (b) have no Required Minimum Distribution while the owner is alive.
- In most cases you can rollover your other retirement funds directly into your Traditional IRA without incurring

any taxes. Required Minimum Distribution rules apply not only to Traditional IRAs but also to other non-ROTH IRA-based plans such as SEPs, SARSEPs, and SIMPLE IRAs as well as to all employer sponsored retirement plans, including profit-sharing plans, 401(k) plans, 403(b) plans, and 457(b) plans.

- While these other assets cannot be used for QCDs, most retirement plans allow you to roll your plan funds over into an IRA after you've left your employer's service. It is very important that you check with your financial or tax advisor before rolling any of these funds into a Traditional IRA because the rollover must

be directly into the new IRA or the administrator of the old plan will be required to withhold 20 percent of the rollover for taxes. Once rolled into a Traditional IRA, these funds then become eligible for tax-free QCDs.

The IRS doesn't provide a way to correct mistakes! The QCD check from your IRA must be made payable directly to a charitable organization. To make a contribution, contact the intended charity to determine the exact payee name for the check. Use that name to instruct your IRA trustee or custodian to make a transfer from the IRA directly to charity.

Last step: Ensure you receive a letter of acknowledgment from the charity.

Speak with your financial advisor to determine what is best for your overall estate plan. Implementing a tax-free QCD properly can be complex, so you should meet with your financial or tax advisor to discuss these ideas before making a Qualified Charitable Distribution.

Whether your heart strings pull for children or (we hope) the elderly, giving back before the New Year benefits all. For more information on IRAs and the benefits acquired from making monetary donations, please contact your financial advisor.

Council on Aging of West Florida Facts at a Glance for 2016

Meals on Wheels

Participants Served: 446
Meals Served: 129,551

Senior Dining Sites

Participants Served: 1,000
Meals Served: 90,770

Adult Day Health Care (The Retreat)

Participants Served: 99

Community Outreach

Total Reached: 9,561
(includes health fairs, senior expos, public speaking opportunities, etc.)

Foster Grandparent Program

Foster Grandparents: 74
Students Mentored: 259
Hours Served: 71,160

Senior Companion Program and RELIEF Program

Senior Companions: 56
Peers Served: 71
Hours Served: 42,396

Caregiver Programs (Support and Training)

Caregivers Served: 302

Social Services

Total Served: 1,098
(includes case management services, case aide service, screening and assessment for services and information and referral)

Council on Aging Volunteer Program

Volunteers: 203
Hours Served: 37,747

In Home Services

Persons Served: 302
(assistance with personal care needs, homemaking, respite and companionship)

When Happily Ever After Ends

By Josh Newby

The termination of any relationship is complicated and heartbreaking for both parties, but the effects are exacerbated when that relationship is a lifelong marriage and the participants are in their golden years. For one reason or another, the divorce rates of those in their 50s and beyond has doubled in the last three decades, giving rise to an often undiscussed epidemic that many have dubbed "gray divorce."

Apart from the financial considerations—such as split retirement, alimony and who keeps the paid-off house—there are many psychological and mental health issues that arise. And while both parties may be older and wiser than when their high school crush broke up with them after a summer fling, the ensuing feelings can be devastating and difficult to manage.



The one silver lining is that many older adults rely heavily on their grown children for emotional support. They also do not have to deal with the messy custody issues that many younger couples face. Older children are also more understanding of relationship struggles and will not be as likely to "pick sides" as they may have been in their younger years.

Perhaps not surprisingly, older couples divorce for often the same reasons as those in their 30s and 40s, according to Christa Moody, a licensed mental health professional who practices in Pensacola.

"Sometimes, there is a success disparity where one individual does not find the fulfillment in their marriage that they do in their career and social circles," said Moody. "Other times, it is dishonesty and

infidelity. Regardless, it is always true that the one who does not share the feelings of divorce will be disproportionately affected." When that happens, Moody said, coping mechanisms are vital. "You can feel like things are out of your control, so it's important to rely on friends, engage your social circles, see a counselor if you feel depressed or unsure, and engage in light physical activity like walking or yoga," said Moody.

For senior citizens who already struggle with social anxiety and depression—or for those whose friends and siblings are no longer around—this can be an especially difficult time.

"There is a correlation between lack of social connectedness and depression," said Moody. "I tell my clients to rely on their faith and



When They Are Ready To Get Back Out There, Many Seniors Actually Find Great Success"

spirituality if that is something they express. You can also join a civic organization, attend divorce workshops at your local place of worship, or even get involved in a free college class."

Online dating is also quite popular among older Americans, and whether those connections lead to a short-

term spark or something more meaningful, it is important to not wallow in sadness for too long. In fact, as many as 20 percent of single seniors use dating apps to connect with their next partner.

However, most experts recommend waiting at least until the divorce is finalized before getting back out there. This time can help you process your feelings and work through whatever shortcomings the experience may have identified. Not only can a premature jump into the dating pool polarize friends and jeopardize legal proceedings, it can actually make you feel more alone than ever.

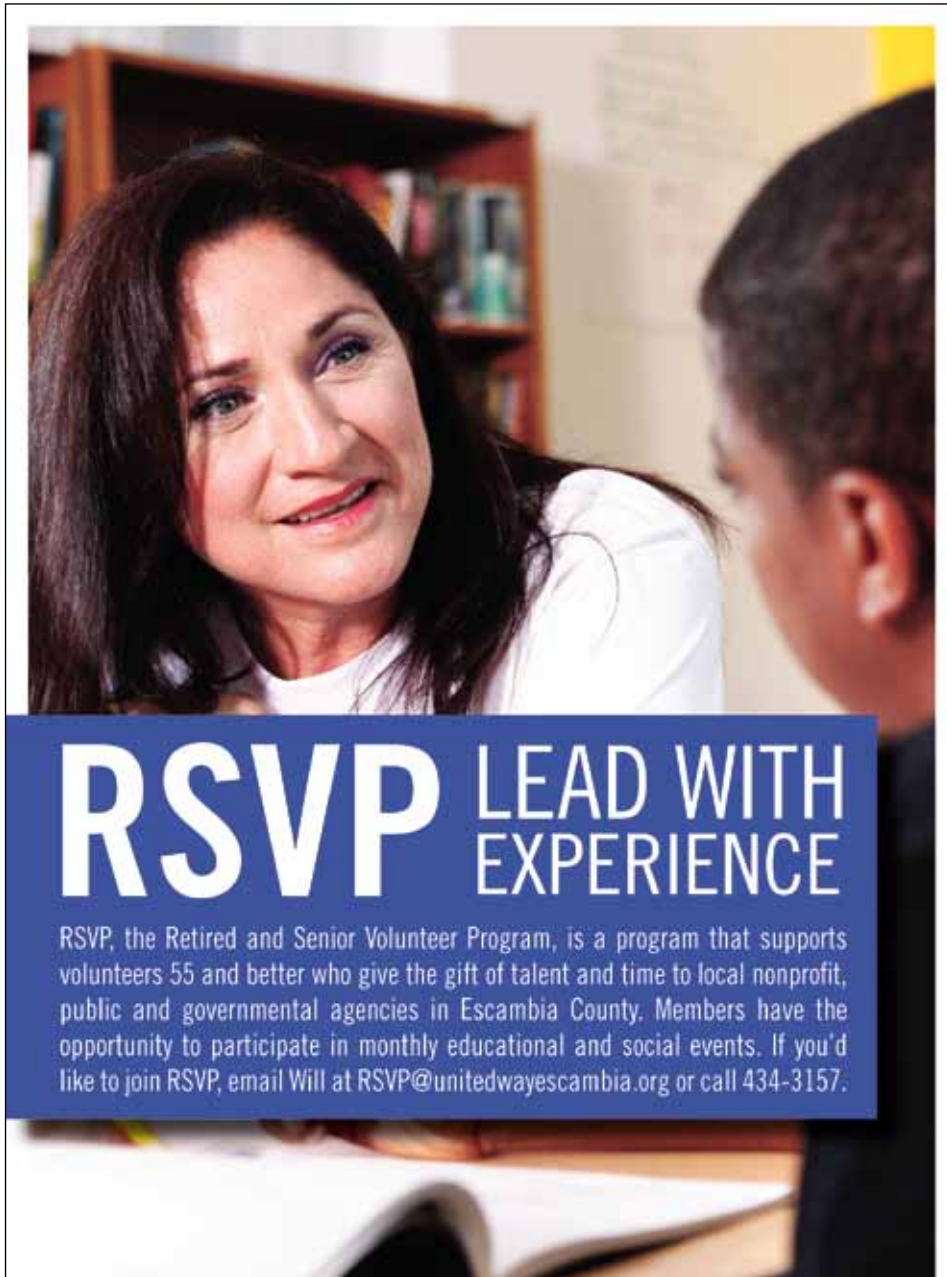
"When they are ready to get back out there, many seniors actually find great success," said Moody. "There's this notion that you shouldn't bother in any sort of relationship investment

in your golden years, but many people actually feel liberated and can reclaim a teenage sense of fun." Through it all, it is important to be aware of your own feelings, your own boundaries, and your own goals. If you do find a special someone and desire another go at tying the knot, most experts recommend a prenuptial agreement, as repeat marriages are more likely to end in divorce.

No one can say how long it takes to get over a lifelong love, and many never fully recover, but with some professional help, light physical activity, and a shot at putting yourself back out there, you may surprise yourself. ■



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10 tips

to Help Caregivers Keep the Holidays Happy

By Andre Hall, BA, CMC
Emerald Coast Hospice

Well, it's time again! The pumpkins are out; Christmas decorations are up at Walmart, and Starbucks has pumpkin spice lattes. It's the holiday season and excitement is in the air. But this time can be challenging for caregivers. Here are 10 tips to help caregivers enjoy the holidays and avoid the Grinch.

1 **Know when to say when**

This applies to putting too much on your plate literally and figuratively. Caregiving requires more time, patience and planning to attend events and get things done. That's why you shouldn't feel guilty about declining invitations. Some of us do have difficulty declining invitations or requests for assistance. If you are one of those people, practice saying "no" nicely. A great response always starts with, "I would love to but (fill in the blank)." It's important that you set boundaries and don't feel pressured to participate in everything.

2 **"All I want for Christmas is you"**

The holiday season should not be about material items but rather about spending time together and enjoying each other. Even if we know the reason for the season, we can fall prey to the need to provide things and succumb to the effective marketing tactics used by retailers. As a caregiver, take the time

to refocus and remind yourself that what makes this time special and memorable is not what you receive but the special time that you spend together.

3 **"Make your list and check it twice"**

The holiday season can be hectic and cause significant changes to our daily routines. This can lead to more mistakes and more forgetfulness. This is especially important when it comes to taking medications. So even if you don't usually need to write things down, consider writing them down to help remember. As a caregiver, you may be monitoring you and your loved one's medication list. Writing down what and when can help you avoid medication mistakes.

4 **Even Santa needs helpers**

Even the big guy needs help on Christmas Eve. So, you shouldn't be afraid to ask for and receive help from others to lighten some of your caregiving

tasks. This can make it much easier for you and the person for whom you provide care. Don't hesitate to get extra help from someone you trust. The added assistance can give you a much-needed break and provide time to focus on you.

5 **"Blue Christmas"**

The holiday season can be sad for some of us due to our present situation or loss we have experienced in the past. While it is important to have time to yourself, it's also important to remember that isolating can make the situation seem worse. If you're having a Blue Christmas, consider talking to someone you trust and letting them know how you're feeling. Identifying emotions and talking about them can make them more real and give you a chance to discuss your feelings. Remember emotions are not wrong or right, but just how we feel.

6 **"Silent Night"**

Adequate sleep and rest are usually overlooked as important parts of how we take care of ourselves during the holiday season. Most of us don't get enough sleep and just accept that as the norm. A caregiver's world can be complicated, and sleep is often missed to handle issues or provide safety for your loved one. But you can make it a goal to try to turn in earlier. Try to avoid stimulating activities and make your environment "sleep friendly". As a caregiver, that may take some planning, but it's still a great idea to make it a goal.

7 **Make sure that snowflakes are the only things falling**

As a healthcare professional in the aging field, I have seen firsthand the issues and decline that can result when a senior has a fall and a break. The decline that can result from a break is worth taking proactive steps to lessen the possibility of taking a tumble. Take the time to remove items such as chairs, rugs, and any other item that may block the path or create an uneven surface. Use special caution when visiting other places and lookout for potential hazards.

8 **"There's no place like home for Christmas"**

Sometimes staying at home and staying local is a better option in the long run. Use your judgment and be honest with yourself and honest with others about how you feel about traveling and having guests. When our routine is changed by something like a trip or visitors, it can throw us for a loop. This is especially true for someone who may have cognitive issues and for children. As you plan your schedule for the holiday season realize changes

in routine can lead to confusion and changes in behavior. Anticipating this and understanding the signs can help you avoid issues and stop problems before they get larger.

9 **"Baby it's cold outside"**

The holidays come with a change in seasons. The weather becomes a bit more unpredictable with a greater range in temperature. Don't forget to take this into account when choosing what to wear or choosing what your loved one wears. As we get older our ability to regulate our body temperature decreases and we are less efficient at staying warm or cooling off. With the holiday season also comes seasonal allergies as well as flu season. One of the biggest ways that viral illnesses get transmitted is through surfaces and through the air (coughing, sneezing). To help stay well, consider getting a flu shot and practicing good handwashing.

10 **"Have a Holly Jolly Christmas"**

Laughter is the best medicine! The holiday season should be about happiness and spending time together. It should be about family and friends enjoying what they have and sharing with each other. So be sure to remember the reason for the season and focus on what matters. Don't take yourself so seriously that you can't laugh and have good humor. If you lose positivity, look in the bright eyes of any excited child, and you may feel it again.



Andre Hall is a Certified Geriatric Care Manager and member of the Aging Life Care Association. His certification is through the National Academy of Certified Care Managers. He has 16 years of combined experience in the senior care and health care industry. Mr. Hall does ongoing training about Alzheimer's Disease and other related dementia and is qualified to do so by the Florida Department of Elder Affairs. He currently works as a Hospice Specialist with Emerald Coast Hospice, affiliated with Kindred.

**Keep It Real
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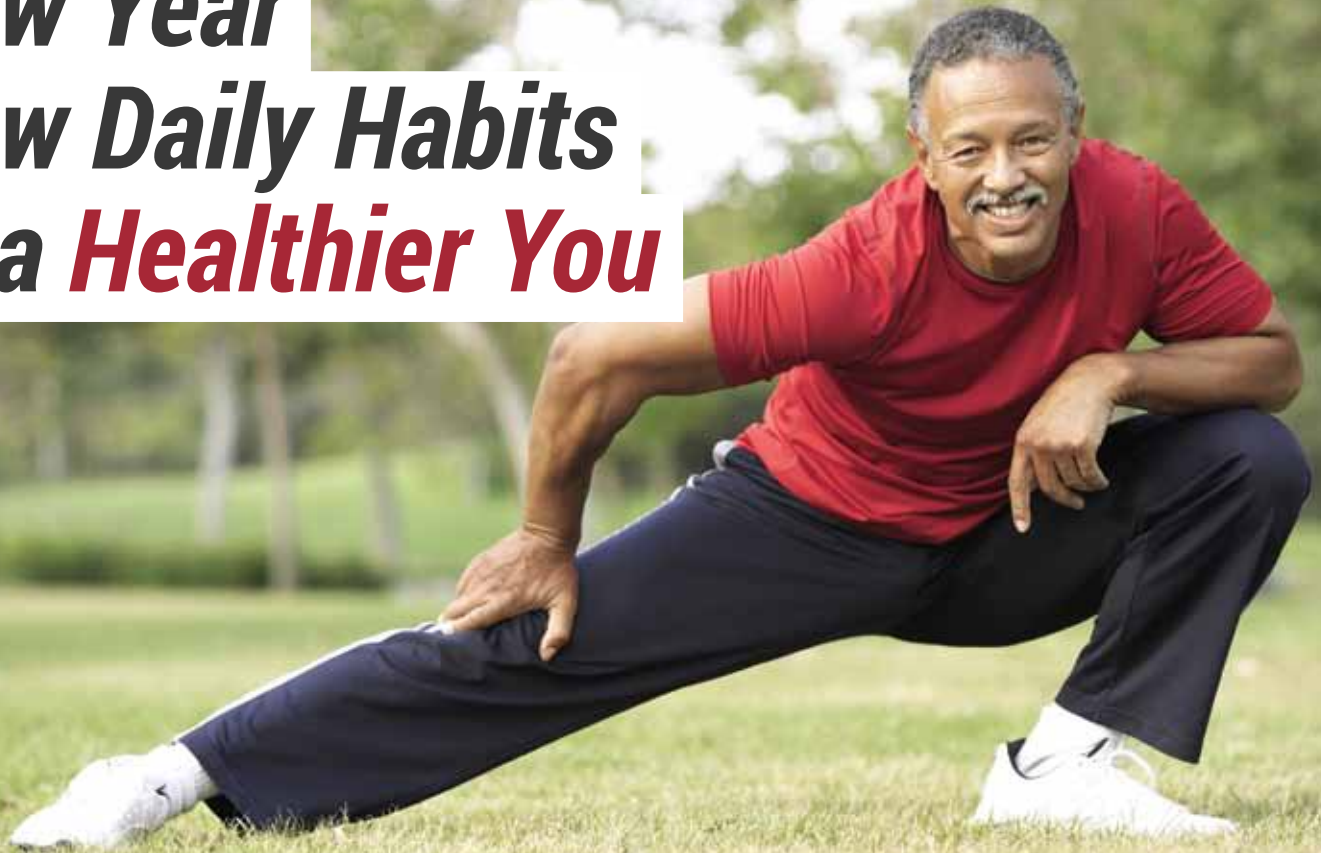


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New Year New Daily Habits to a *Healthier You*



New Years resolutions for many people include losing or maintaining a healthy weight along with adopting healthy habits for the year. January is a great time to re-evaluate your health and set realistic goals for weight management.

Meghan McCarthy, MBA, MPH, Director of Community Health & Wellness believes we can do daily, simple activities to maintain a healthy physical and mental state. She offers these at home fitness and meal planning tips.

Daily Physical Changes for Improved Health in 2017:

- Include resistance training while doing simple activities. Grab a canned good and use it to perform bicep curls while watching television.
- Practice balance and flexibility. Hold onto the kitchen counter and practice raising one leg at a time. If you are feeling strong, do calf raises too.
- While sitting, trace in cursive the alphabet with one raised ankle. Keep the other ankle on the floor for stability. Do each ankle once a day for increased stamina.
- If you've been inactive for a while, start with walking. Then gradually build up from there.
- Find an activity you enjoy. That will increase likelihood for long-term healthy habits. Dancing, gardening and laughing are all good forms of exercise!
- Find a group activity. Socializing with others, building friendships and becoming fit has many benefits.
- Always consult your doctor for any health concerns.

Daily Meal Planning for Improved Health in 2017:

- Fill half your plate with fruits and vegetables. Eat a wide variety, including dark greens, beans and peas.
- Avoid fruit juices that can cause blood sugar issues.
- Vary your protein options. Eat a protein from each food group, such as seafood, nuts or nut butters, lean meats, eggs and poultry.
- Reduce sodium intake and empty calorie foods that do not provide a source of energy.
- Enjoy foods but manage the portions. Older adults need fewer calories so use smaller plates and bowls.
- Slow down and savor the meal to avoid indigestion.

Need help getting started this New Year?

Join Meghan for Wellness Wednesday Lunch and Learns beginning in January at the Bear Levin Studer Family YMCA in downtown Pensacola. Community members can enjoy free workshops and learn to make quick and healthy meals in the demo kitchen.

Baptist Health Care is proud to partner with the YMCA of Northwest Florida. Baptist Health Care's Mission is to help people throughout life's journey. This means caring for members of our community when they are ill or injured, but it also involves

uniting with community partners to promote and provide access to wellness initiatives.

Andrews Institute Rehabilitation in the new YMCA will be one of nine of our rehab locations. To learn more, visit eBaptistHealthCare.org.

Reference: Adapted from the Academy of Nutrition and Dietetics "Eating Right for Older Adults" Tips Sheet, 2014.



WRITTEN
BY MEGHAN
MCCARTHY, MBA,
MPH
*DIRECTOR OF
COMMUNITY
HEALTH &
WELLNESS*



YOUNG AT HEART



THERE'S NO BUSINESS LIKE SHOW BUSINESS, and there is nothing more appealing than a group of talented individuals coming together to raise money for a charitable cause. This year, the award-winning philanthropic group, the Senior Follies, celebrate their platinum year with the 20th Annual Young at Heart Show, Seniors X 20. The special two-hour song, dance, and comedy showcase will review the Senior Follies' favorite creative moments from the last 20 years.

Senior Follies is a volunteer-based non-profit organization that is open to anyone 50 or over who would like to

perform in the annual performance. Ken and Carolynn Turk took the reins of Senior Follies 18 years ago. The husband and wife duo work together to plan a theme, write the script, and download the music. They are careful to give everyone a fair amount of stage time.

"It was a way to give seniors some entertainment at a very low price and then contribute back to the seniors," said Ken. "Basically, it's seniors for seniors. However, we do a lot of things that the younger crowd likes too."

The Senior Follies has an amazing group of 60 to 70 members who

all contribute to the performance in some way, whether it is by performing, selling tickets, ushering, or helping behind the stage to change out props between scenes. Each performer contributes their own costume and often makes their own props for their skit. Many of the dancers belong to one of the senior dancing troupes in the Pensacola area, such as The Clicking Cloggers, The Belles and the Beaus, and The Dancing Grannies, which Carolynn Turk teaches and leads.

Each September, the proceeds from the show are donated to support various senior programs

Senior Follies:

WSRE Jean and
Paul Amos
Performance Studio
on Friday, Feb. 10 at 7
pm and Saturday and
Sunday, Feb. 11 and
12 at 2 pm.



in the Pensacola community during a ceremony at the Lee House. Last year's beneficiaries include Council on Aging, Exchange Park, Sacred Heart System's Camp Bluebird, Bayview Senior Center, West Escambia Senior Center, Pensacola State College Scholarship, and ARC Gateway. The significant contributions allow local senior programs to expand and purchase items such as trophies for senior games at the centers.

In addition to hosting their Annual Young at Heart Show, the Senior Follies volunteer through United Way's Retired and Senior Volunteer Program (RSVP) and ARC Gateway. The Follies

are all members of the volunteer organizations and complete many hours of community service at local senior centers and various United Way functions each year.

In 2016, the Florida Department of Elder Affairs recognized Senior Follies for their excellence in their volunteer efforts. Representatives from Tallahassee attended last year's show and awarded them with a plaque, and a pin and certificate for each Senior Follies member. Additionally, the

“We always say, if you come to every show, you'll see a different show every night.”

Follies have been recognized by Sue Straughn of WEAR-TV as “Angels in Our Midst” twice in past years.

The evening is sure to provide fun surprises for all. Each night, seven to ten door prizes are raffled off to audience members. The Follies members create beautiful themed gift baskets that are filled to the brim with goodies. Nina Fritz, a local artist, will create a personalized portrait impression of the grand prize winner.

As a part of every show, the Follies include a segment to honor and appreciate the military. “One of the things the dance group is going to do this year is what is known as a cadence. There will be no music. It's just their tap shoes,” said Ken.



Senior Follies is about much more than getting three minutes in the limelight. The organization creates a lifetime of friendships, joy, and a sense of community. “We have a very close-knit group. We get together just about every quarter to have covered dishes and get together,” said Ken. “It becomes like a family instead of just performers.”

Their strong bond can be seen on stage. The Senior Follies like to have fun during their performances and throw in some improvisational material. “We always say, if you come to every show, you'll see a different show every night,” said Ken.

You won't want to miss any of their three performances. The Follies will be tapping their way to center stage at the WSRE Jean and Paul Amos Performance Studio on Friday, Feb. 10 at 7 pm and Saturday and Sunday, Feb. 11 and 12 at 2 pm.

“We were the first group to participate with WSRE Team of Paul Amos studio when they opened up in 2005 and we've been there every year since then,” said Ken. “We are thankful for them.”

Let's get on with the show! Tickets can be purchased for \$12 at Bayview Senior Center and West Escambia Senior Center. Tickets are valid for any performance. **For more information about the event, please visit their website at pensacolaseniorfollies.com, or call either 850.453.3016 or 850.417.7736.**

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Winter Weather WARM-UP

FAMILY FEATURES

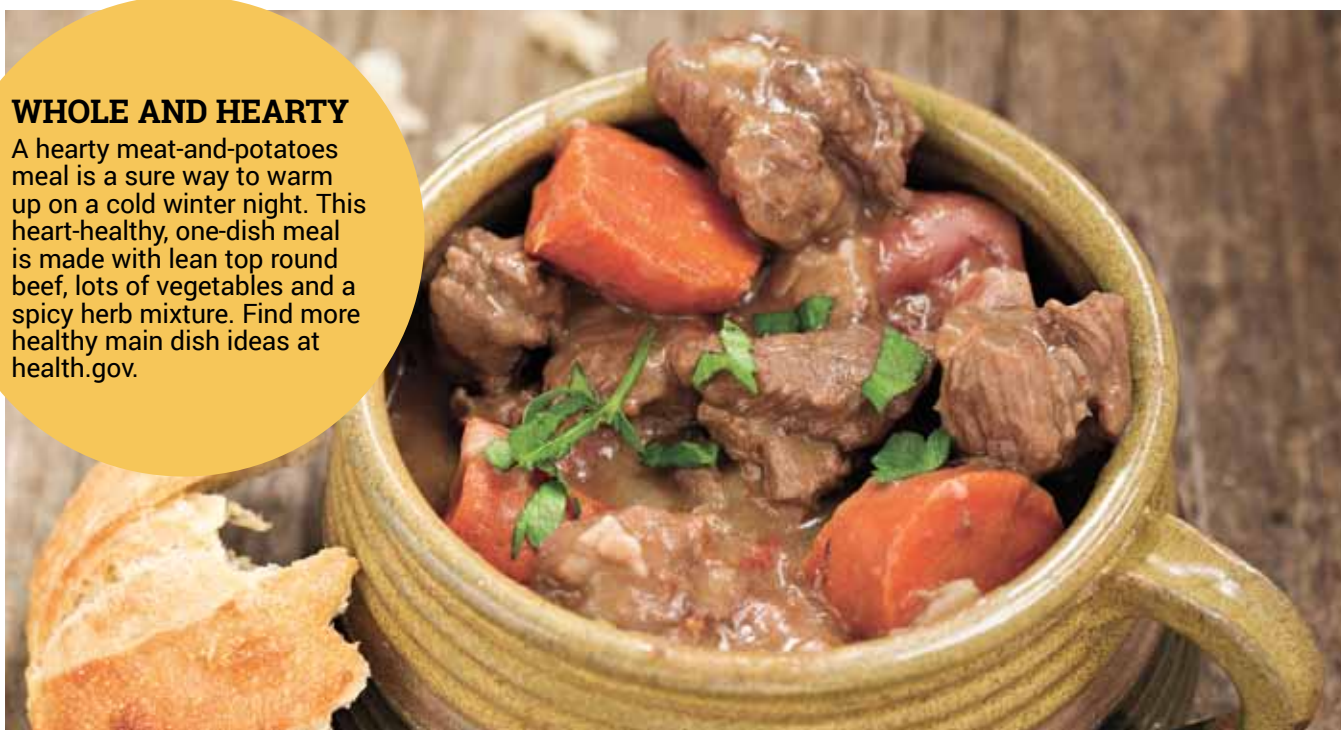
SWEATERS AND SCARVES AREN'T THE ONLY WAYS TO BRACE YOURSELF AGAINST BLUSTERY WEATHER. There's no time like winter to putter in the kitchen, where the cozy heat from the stove and the aromas of mouthwatering dishes can warm you from the inside out.

Rich, hearty stews and creamy casseroles are perfect for winter dinners, but when you're craving something other than traditional comfort food, there are plenty of other options that will chase away the chill, such as a glass of Pinot Noir.

These three dishes feature common proteins – chicken, beef and fish – in preparations that make it easy to reimagine your winter weather menu. Find more recipes and ideas for warming up this winter at culinary.net.

WHOLE AND HEARTY

A hearty meat-and-potatoes meal is a sure way to warm up on a cold winter night. This heart-healthy, one-dish meal is made with lean top round beef, lots of vegetables and a spicy herb mixture. Find more healthy main dish ideas at health.gov.



Black Skillet Beef with Greens and Red Potatoes

Recipe courtesy of the USDA

- 1 pound top round beef
- 1 tablespoon paprika
- 1 1/2 teaspoons oregano
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper
- 1/8 teaspoon dry mustard
- nonstick spray
- 8 red-skinned potatoes, halved

- 3 cups onion, finely chopped
- 2 cups beef broth
- 2 large garlic cloves, minced
- 2 large carrots, peeled and cut into 2 1/2-inch strips
- 2 bunches (1/2 pound each) mustard, kale or turnip greens, stems removed, coarsely torn

Partially freeze beef. Thinly slice across grain into strips 1/8-inch thick and 3 inches wide. Trim away visible fat.

Combine paprika, oregano, chili powder, garlic powder, black pepper,

red pepper and dry mustard. Coat strips of meat with spice mixture.

Spray large, heavy skillet with nonstick spray. Heat pan over high heat.

Add meat; cook, stirring constantly, 5 minutes.

Add potatoes, onion, broth and garlic. Cook over medium heat, covered, 20 minutes.

Stir in carrots; lay greens over top and cook, covered, until carrots are tender, about 15 minutes.

Serve in large serving bowl with crusty bread for dunking.

A COLD-WEATHER SOLUTION

While it can be a challenge, there are several ways to pair food and wine appropriately during winter, despite bitter weather. A warm, comforting dish, like Roasted Chicken with Salsa Verde from James Beard award-winning chef Jonathan Waxman, combines well with rosé during the cold season. One reasonably priced wine that matches chicken well is Angeline California Rosé of Pinot Noir. The crisp flavors of light red fruits combine with the herbs accompanying the chicken. It'll also complement the many other flavors of winter, when an array of dishes hit the table and challenge hosts to find the right wine to serve.

For more wines that work well in wintertime, visit angelinewinery.com.

Chicken and Salsa Verde

Recipe courtesy of chef Jonathan Waxman

Chicken:

- 1 fresh free-range organic chicken (4 pounds)
- sea salt, to taste
- freshly ground black pepper, to taste
- 1/4 cup extra-virgin olive oil
- 1 lemon

Salsa Verde:

- 1/4 cup capers in salt
- 4 anchovy filets
- 3 cloves garlic
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped arugula
- 1/2 cup chopped fresh basil
- 1/2 cup chopped fresh cilantro
- 1/4 cup chopped tarragon
- 1/4 cup chopped fresh chives
- 1/4 cup chopped fresh sage
- 1 cup extra-virgin olive oil
- 1/4 teaspoon sea salt

To make chicken: Heat oven to 450 F.

Wash chicken in hot water. Dry with paper towels.

Using kitchen shears, cut out backbone of chicken and remove any fat (this can be added to chicken stock). Using heavy chef's knife, cut out breastbone. Season halves with sea salt and black pepper.

Place chicken halves, skin side up, on two sizzle platters and dab with olive oil. Cut lemon in half and place 1 half, cut side down, next to chicken on each platter.

Roast chicken 35 minutes, basting every 10 minutes. When done, remove chicken to platter and pour off excess fat. Cut each breast in half and cut the thigh from the leg. Serve with salsa verde (recipe below) and garnish with roasted lemon.

To make salsa verde: Soak capers in cold water 1 hour then drain.

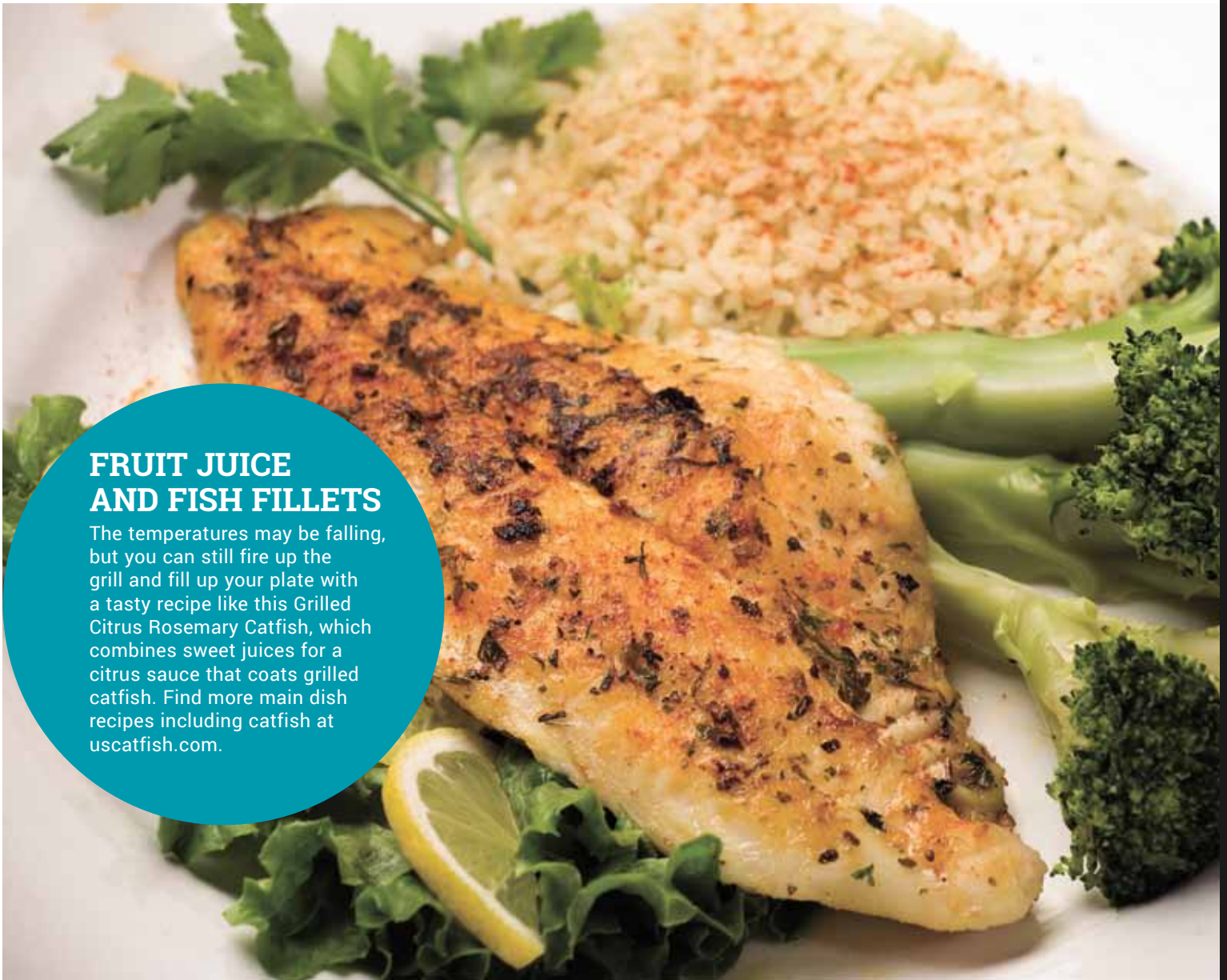
Soak anchovies in cold water 15 minutes then pat dry and remove bones.

Using mortar and pestle, smash capers, anchovies and garlic, until smooth, then transfer to large bowl.

Add all herbs and olive oil.

Season with sea salt.

Pair each serving with Angeline California Rosé of Pinot Noir.



FRUIT JUICE AND FISH FILLETS

The temperatures may be falling, but you can still fire up the grill and fill up your plate with a tasty recipe like this Grilled Citrus Rosemary Catfish, which combines sweet juices for a citrus sauce that coats grilled catfish. Find more main dish recipes including catfish at uscatfish.com.

Grilled Citrus Rosemary Catfish

Recipe courtesy of
The Catfish Institute
Servings: 4

Citrus Sauce:

- 1 lime, juice and zest only
- 1 lemon, zest only
- 1 orange, zest only
- 6 ounces pineapple juice
- 1/2 cup brown sugar
- 1 tablespoon fresh
rosemary, chopped
- 1/4 teaspoon salt

Catfish:

- 4 U.S. farm-raised catfish
fillets
- 2 lemons
- salt, to taste
- freshly ground black
pepper, to taste

Heat grill.

To make citrus sauce: In small saucepan, combine all sauce ingredients. Bring to boil; reduce heat and simmer 5 minutes.

To make catfish: Place catfish in shallow dish and squeeze 1/2 fresh lemon over each fillet. Sprinkle with salt and pepper. Let rest 5 minutes.

Grill catfish fillets, skin-side-up, 3-4 minutes. Flip over and grill 2-3 more minutes.

Transfer catfish to serving plates and spoon warmed citrus sauce over fillets.

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–Ursula Carney



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A DAY IN THE LIFE: ***Women in 1950s Air Force Basic Training***

By Dawn Gresko

HOW DID A SMALL-TOWN GIRL FROM MILFORD, CT., MANAGE TO JOIN THE AIR FORCE IN THE 1950S? According to Ruth Nellie Spooner, it all started in a church youth group gathering when a representative from Women in the Air Force (also called WAFs) came to speak about military opportunities. In her book, *Basic Training 1955, Women in the Air Force*, Ruth shares her story through letters to and from home that tell of her nine weeks in basic training at Lackland Air Force Base (AFB) in San Antonio. Her account not only provides insight into military training for women in the 1950s, but also inspires us with the tale of a young woman who left her familiar home and family to brave the unfamiliar (yet ultimately very rewarding) world of the military.



Ruth's formal picture taken as a A/2C

Into the Wild Blue Yonder...

Perhaps the best way to start is at the beginning: in the rural town of Milford, where Ruth grew up. There, she was the daughter of two hard-working parents; her father worked construction and her mother was a housewife who had raised five children—four sons and one daughter (Ruth).

Ruth wanted to do more than find a job or settle down. Instead, she wanted adventure—as one of her favorite songs says, she wanted to head “off ... into the wild blue yonder.”

With the help of a recruiting officer who had spoken at her church youth group, she filled out her papers to join the Air Force and was told what to expect during the first three weeks of basic training.

After graduating high school, Ruth didn't stay at home or pursue a husband; instead she pursued a job working in an office of assembled products. This was a source of

income and a way to occupy her time until she turned 18—the legal age to apply to join the Air Force, an application for which she completed on January 11, 1955.

The men who joined that same day were sent to Samson Air Force Base in New York State for basic training. However, Ruth, and other female recruits, were sent to Lackland AFB—the only base in the United States for training women.

“I'll never forget how wonderful and thrilling it was,” said Ruth N. Spooner. “When the anthem is played, or the flag goes by, I get such a wonderful proud feeling. It's hard to explain. We all considered it a privilege and everyone took great pride in the Air Force.”

Hurry Up and Wait...

It was at Lackland that Ruth met who was to be her group's Training Instructor (TI or Airmen Chisari), as well as where she met the other 40

women in her basic training class. She was a member of Flight 3 and she learned to refer to everyone not as their first names but as “Airman” accompanied by the person's last name. She also began to learn her drills, or how to march in line with the rest of her team according to verbal commands given by her TI.

Airman Chisari, the TI for Flight 3, was an Airman Second Class (A/2C)—only a rank above Ruth and the other new recruits, who were called Airman Basic (A/B).

As Ruth explains it, the Air Force motto was “hurry up and wait.” In other words, there were a lot of instances in which Ruth and her Flight had to do a lot of waiting before acting. For example, when Flight 3 arrived at the barracks building, they had to stand at attention for roughly 15 minutes before going inside.

There was also a lot of waiting during barracks inspections. Ruth

explains how her Flight was graded according to a “gig” system of inspection for the Flight quarters. During inspection, if something is not organized the correct way (e.g. blankets folded improperly, uniforms not correctly placed in the closet), then the Airman got a gig or mark against her. Furthermore, if one were to get six gigs in one week, then the person could not leave the barracks for the weekend. Plus, each member of the Flight would be tasked with a “detail,” or cleaning assignment for one week’s time.

During this time, Ruth also learned the difference between her uniforms: “Class A’s” and “fatigues.” Fatigues were used for daily wear and were made up of shiny blue slacks, a brown button-down jacket, a blue cap as well as what Ruth called “Lil Abner” shoes. According to Ruth, it was easy to tell when a newbie was on the base; they all wore limp caps until they learned the secret to crisping it up, which was by soaking it in liquid starch then forming it over a “butt can,” a container originally

used to hold discarded cigarettes, to sit overnight. Ruth recalls the long wait until she received her official Class A’s, which included a dress cap and shoes that were required to be worn anywhere outside the base.

But it wasn’t all work and no play. If the Flight performed well, and

on Russia and the “three rings of US control.” From a military point of view, the class illustrated what effect a war with Russia would have on the WAFs so they might better anticipate what would occur in the case of war. Imagine Russia at the center ring and from there are three rings that came out from

“I’ll never forget how wonderful and thrilling it was,” said Spooner. “When the anthem is played, or the flag goes by, I get such a wonderful proud feeling. We all considered it a privilege and everyone took great pride in the Air Force.”

did not earn too many gigs against them, they were allowed off base to attend parties, go horseback riding, and even see movies.

“If we wanted to go to a dance or a movie, we had to wear our Class A’s,” said Spooner. “I was so proud when I finally got to wear mine. Having to wait made me appreciate them all the more.”

Dis-Miss

If you think basic training was all about avoiding gigs and learning how to iron your uniform properly, you’d be partially correct. However, there was more to life in the barracks than just cleaning and organizing yourself, and your space, the proper way.

In fact, WAFs had tests and classes about various topics, including classes regarding chain of command, citizenship (including a review of US government), intelligence (including domestic and national policy), as well as classes on the Soviet Union, its people and government. According to Ruth, all classes were given in a separate building in training classrooms and the whole Flight would be in the same classroom.

One class in particular that stuck out to Ruth was her class

the center; each one of those rings was under US control.

Beyond the books, the Flight team experienced real-world runs as well. Ruth detailed a time when the Flight went to Bivouac, where they were sent through tear gas after it filled a test building. After that, the team walked out into a field where superiors set off different gases so the Airmen would learn the different odors if ever encountered.

Beyond the classroom was career counseling in which Ruth met with a counselor who would discuss her work interests and go over her score on aptitude tests in order to determine the right field of application for her. According to her results, along with her work history and experience, she was told that her strengths were personnel, statistical accounting and finance. She also learned to type in high school, which was considered clerical experience. Therefore, Ruth was told she would fit best in one of three positions: personnel (Tech School), personnel (on the job training), and business machines.

Another major component of basic training was running drills, or marching. Not only did the members of a Flight have to move



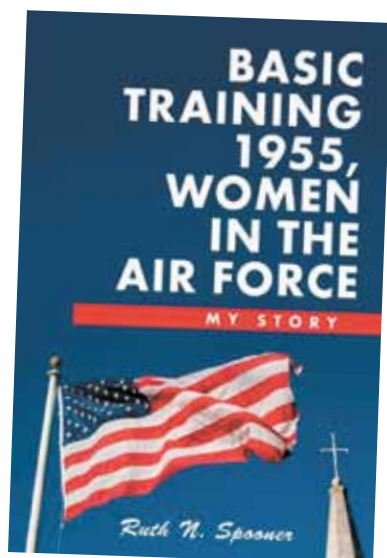
Ruth showing off her Class A uniform

in unison, but they had to learn how to respond to commands like “Fall In,” the first command for Flight members to form a line of four or six across with everyone else lined up behind those in front, as well as “Dis-Miss,” the final command issued to indicate the unit had permission to leave the parade square and stop drilling.

All drills were led by the Flight TI, except in a few rare cases in which another member of the Flight led them in drill instruction when the TI was busy. Before the final week of basic training, each Flight had to enter in the last Drill Competition—and Ruth’s own Flight ranked eighth place.

After Drill Competition, basic training concluded with Ruth’s discovery that she would work as a clerk typist at Headquarters AACS (Airways and Air Communications Service), part of MATS (Military Air Transport Service), under the Department of Defense Command.

“I was so happy for my career in the Air Force,” said Spooner. “It was a life experience like no other. When my tour ended, the only reason I did not re-enlist is because I was planning my wedding.”



Nearly 60 years after her experiences in basic training, Ruth decided to share her story in her autobiographical novel scattered with humor, wonder, family history and insights into military life. If you'd like to delve into Ruth's story, check out more at ruthnelliespooner.com.

Training Timeline

Week One

Ruth had her first plane ride on American Airlines on Jan. 12, 1955 and arrived at Lackland Air Force Base (AFB) in San Antonio. Ruth meets Airman Chisari, her Tactical Instructor (TI), and gets to know the other 40 girls in Flight 3—aka her assigned team with whom she trained with at Lackland AFB.

Week Two

Ruth received her “Class A’s,” or Dress Uniforms, which must be worn by all Airmen if they go any place outside of the base.

Week Three

Ruth and Flight 3 learned drills and how to march in formation at the command of the TI. Ruth was the last one of her Flight left standing when maintaining a march at the order of the TI without making a mistake.

Week Four

Ruth had her first class about current events, which details what would happen if the US were to go to war, and the class explains the three rings of US control within Russia circa 1955. Ruth notes that when (and if) war were to be announced, the only thing that would affect the WAFs are tighter restrictions and less ability to take leave (vacation).

Week Five

Ruth composed her own verses for a musical number she titled “Flight 3 Class Song.” She also received her first telegram, which tells her that a new addition to the family has been born—Kevin.

Week Six

Ruth and Flight 3 had their first experience with tear gas; they were sent through a test building and could not put their gas masks on until a few minutes after exposure. Ruth noted that the gas does exactly what its name might imply; it causes her eyes to water and stings her face.

Week Seven

Ruth undergoes Career Counseling and narrows down her three choices for assignment to Personnel (Tech School), Personnel (On the Job Training), and Business Machines.

Week Eight

Ruth and Flight 3 have their final drill competition. Ruth reflects on how the drills made the team cohesive, and she attributes teamwork as the key to earning the better score.

Week Nine

Ruth graduates successfully on March 14 from Lackland AFB and discovers she will work as a clerk typist at Headquarters AACS (Airways and Air Communications Service), part of MATS (Military Air Transport Service), which is under the Department of Defense Command.



photo by Guy Stevens

John Appleyard

Pensacola's Resident Story Teller

INTERVIEW BY KELLY ODEN

One of Pensacola's most beloved residents, Appleyard was born in 1922 and has lived in Pensacola since 1950 when he moved here as a manager for Armstrong Cork Company. Nine years later, Mr. Appleyard opened The Appleyard Agency with his wife Eleanor, to whom he has been married for more than 70 years. The Appleyard Agency grew to become one of the biggest and most innovative agencies in Pensacola.

With age and wisdom on his side, Appleyard has easily become the city's leading historian. He has published more than 100 books, including histories of prominent local families, novels and non-fiction works detailing the area's rich history, and a series of more than 100 mysteries involving two 1900s-era Pensacola policemen. Notable works include *A Short History of Pensacola: Volumes 1 and 2*; *Pensacola: A City Under Five Flags—A Novel*; and *Mysteries of Pensacola 100 Years Ago*.

Recently, Mr. Appleyard partnered with the UWF Historic Trust on the John Appleyard Storytelling Cottage.

The exhibit features Appleyard's work with Cox Communications—51 different stories, some featuring one 15-minute episode and some including multiple episodes and lasting as long as 90 minutes. Appleyard's passion for history was evident 67 years ago when he photographed both the European landscape and the atrocities of war while serving as a registrar in WWII.

John Appleyard and his family have become an integral part of Pensacola's creative, civic and historic communities. We sat down with Mr. Appleyard to learn more about his life and his love of Pensacola.





Tell me about your childhood. You were born in Chicago?

I was born in Chicago and I went to public schools there. Those were Depression times and quite honestly, I was blessed. From kindergarten through the 12th grade I went to excellent schools with wonderful teachers. Our family lived in an area on the northwest side of Chicago and we also had a family farm that was about 12 miles away where the family raised peonies. That was the family business. My father's siblings and his parents lived there when they were alive. It was a fairly good-sized place. They had 17,000 bushes of peonies. That's a lot of flowers. It was a wonderful family business because from the time you were able to walk and understand what to do, there were jobs for you. So, beginning when I was a just a little tot, I was part of the peony business and I was until I went off into the military. That's a part of my life I am grateful for.

We lived in the city. My father was the manager of a large factory in the loop area of Chicago. The factory manufactured netting, primarily for the fishing industry

but for any kind of sport that requires netting. That was what he did, so that I can say with gratitude that we went through the Depression and we didn't know there was a Depression, other than seeing my school chums were hurting. We lived just fine. We were on the northwest side of Chicago and that was a 10-minute streetcar ride from Wrigley Field. I was introduced to the Cubs in an interesting way. In the 1920s, before commercial radio sets were really for sale, my dad was experimenting with making a crystal set. There were a couple of stations that you could get and by 1927 one of these was WGN Chicago which was broadcasting the Cub games. So, on Saturday and Sunday afternoons we would hear a little bit of that sometimes. So I got hooked and I've been part of the Cubs fan club since the 1920s. By the time I was 8 or 9, my folks would give me a dollar to get in to the game and 15 cents for the car fare back and forth. That was an afternoon's enjoyment.

In high school, I lettered in swimming and baseball. I had a wonderful class. I went to a school

that had about 2,500 students. It was not a small school at all. When I finished high school I was very fortunate in that one of my ancestors was a part of a group of about 100 men, each of whom put up \$1,000 dollars in 1851. That was the seed money that started Northwestern University. When they did this, they issued what were called perpetual family scholarships. My aunt, who was just a wonderful person, was the family historian and she was rummaging through old papers and came upon that certificate and she took it out to the university. I was negotiating with two other schools for scholarships at the time. She came back and said the family had never used the certificate and they canceled it 50 years ago. But, since the family has never used it, I could use it. That's how I started at Northwestern. It was great. I had two very good years there. The highlight of it was working with a singing group. We formed a group of five men and one girl. We performed gay 90s, old-fashioned style things. We became very popular.

You served in WWII. Tell me about that experience.

Of course, I had only been in school there for a couple months when World War II involved the United States. Our advisors said the thing to do is sign up as a reserve and that will probably keep you in school a little bit longer, which it did. We were called up in April of 1943 and they put us through the fundamentals. Then I was lucky and I was picked up to return to school. The army was starting what was known as ASTP—the Army Specialized Training Program. They were taking primarily young men who had been called up in the reserves and sending them back to school. That's how I ended up back at the

"We were on the northwest side of Chicago and that was a 10-minute streetcar ride from Wrigley Field. I was introduced to the Cubs in an interesting way. In the 1920s, before commercial radio sets were really for sale, my dad was experimenting with making a crystal set. There were a couple of stations that you could get and by 1927 one of these was WGN Chicago which was broadcasting the Cub games. So, on Saturday and Sunday afternoons we would hear a little bit of that sometimes. So I got hooked and I've been part of the Cubs fan club since the 1920s. By the time I was 8 or 9, my folks would give me a dollar to get in to the game and 15 cents for the car fare back and forth. That was an afternoon's enjoyment."

University of Delaware in June 1943, where I met my wife-to-be. We were there not quite a year and then I was lucky enough to be reassigned to a cadre that was putting together an evacuation hospital—what you might call a MASH hospital today. We were trained in Hattiesburg, Miss. for about eight months. We were in France early in January of 1945. We were in action in France, Belgium, Holland and Germany up to the end of the war. We saw a lot of action.

When the war was over, the hospital stayed open but we had very little patient load. For about three months, we had a wonderful arrangement. We would work one day and be off three. We could take a few rations that we could put over our shoulder and we'd hitch rides on Army vehicles. They didn't care where we went just so long as we got back. So we went all over and we saw a lot of Germany. At that point, the war in the Far East was not over yet. So, the Army didn't know what to do with us. We had eight million men and women in Europe. So they decided to keep some of them busy and they opened eight army university centers at big, well-known European universities—Oxford, Cambridge, University of London, Sorbonne and so forth. Anyone who was in a reserve that got called up was eligible to put his

name in a hat and maybe he'd get picked. I put my name in a hat and sure enough, I was picked. I was sent to Oxford University, but many of our classes and where we lived were at what had been the British Air Force Training Center. That's where I spent the next four and half months. It was a wonderful arrangement because we went to school from 8 am on Monday until noon on Friday. Then they gave us a free travel warrant to anywhere we wanted to go in England, Scotland or Wales. I happily took advantage of that. We were there until mid-December, went back to Germany and at that point they were dissolving most of the units. I was home by mid-April. I was out of the Army and Eleanor I were married in July of 1946.

What did you do after the war?

After finishing school at Delaware, I joined what was then called the Armstrong Cork Companies, now Armstrong World Industry. I spent 10 years with the company. Three years in Western Pennsylvania, five and half years here and about a year and a half in the home office in Lancaster. At that time I had been in the South for five and half years and I got back up North and I said, "This is not for me." I resigned and we came back to Pensacola and started our own business here. I originally moved here with Armstrong Cork Company in 1950.

I loved Armstrong because I was moved into a job assignment with the company, which was a wonderful challenge for someone who was 28 years old. This was an opportunity to do something because they told me in the home office that they were going to close the Pensacola plant in about two years. Well, I came down here and my very first night, the manager took me to dinner and he said, "I know what they told you, but we are going to save this plant. I'm not going to be the captain of the Titanic." He put a series of challenges in front of the department managers and we saved the plant. It's out there today doing very, very well. One of the things that the manager wanted to do was to establish corporate identity in the community. He told me that was part of my job, so within a matter of 30 days I was on the board of the YMCA and the Community Chest. That really set the stage for me when I came back to Pensacola.

Tell me about your work on Florida Quadra Centennial.

Between leaving Armstrong and starting the agency, I took one year to be the director of the Florida Quadra Centennial—Florida's 400th anniversary—and I was assigned to work with the chairman. This was 1958. The Florida Legislature had just approved the establishment of



a Quadra Centennial commission for Florida and a second one for Pensacola. This was August 8, 1958 and the opening date was to be May 14 of the following year. We had no plans and very little money. They wanted to put together a mini world's fair of Florida history. We had to develop relationships with foreign governments. We had to assemble this whole thing and there were two of us. We got some amazing assistance from places like Colonial Williamsburg and the Florida State Museum and we did it. We opened a pair of exhibits that received very high marks. That was my introduction to being part of Florida history.

Why did you decide to enter the advertising business?

When I came down here, I'd been affiliated with another agency for about a year. And, when I was with Armstrong in their home office, I had an opportunity to do a lot of work in the field of filming and putting together shows for Armstrong. In the journalism school at Northwestern and in the Army I got very much involved in photography. I saw the agency business here. There were two

other advertising agencies and I could see they were missing the boat on certain opportunities. We opened in 1959 on South Palafox because one of the first clients we had was to continue working with the Port of Pensacola. We began with three clients—the Port of Pensacola, Baptist Hospital and a building materials company that no longer exists. They were our three clients and our roster of clients grew very rapidly. We were dealing with banks, savings and loans, the Ford dealership, and Elebash Jewelry. We had a very fine roster of clients.

I understand your agency was very innovative for its time. You were the first to have an in-house recording studio and film production in the area. How did you foresee those technologies having such a large role in the future of advertising?

Some of the first equipment bought was the making of a recording studio. Other agencies would produce a spot for radio and they would write the copy and carry it to the station to have it cut for them. That wasn't what we did. We got the copy approved by clients and then we brought in talent and we cut spots with sound effects and everything. We delivered the whole thing to the radio stations along with the check. Very quickly we made friends across the board with the radio. Slowly we moved into television as well. I say slowly because at that point, in 1959, most retail businesses—that included banks and savings and loans—considered television advertising too expensive so they did very little of it. We kept encouraging it. Once they finally broke down, we went beyond the sound part of it in to the cinema part of it so we could shoot the film and marry the film to the copy and deliver it to the station. By the

time we were in our second year we were doing training videos for companies. We developed quite a reputation for that.

Another thing the agency was part of, beginning on almost the first day, was a project called Project Alert. We are talking about 1959 to 1960. This is when the Cold War and concerns about Communist infiltration was really beginning to blossom. People here in the business community were concerned, so a group was put together that would create programs to tell the story to people and a parallel program about American values. For ourselves and our clients, we won more than 100 Freedom Foundation awards. This went on for almost 10 years. When the Cold War began to settle down, that battle was won and we moved on to other things.

Besides your careers in advertising and as an author, you also played an important role in the healthcare industry locally. Tell me about that.

In 1967, a group came to me. They were a relatively new organization that was made up of men who were presidents of hospital systems across the country. They were a think tank for themselves, but they were also serving as consultants for clients that provided anything that was being used in a hospital. At that time there were 16 members of this group and they were doing work for 11 companies. It started as a hobby, but it was getting out of hand because the members couldn't handle all of the requests coming from the clients. So they needed someone to do that. So, we said, okay we will try it. We started this in the fall of 1967 and I continued on as the president of the group until I reached age 70 in 1992 and then my daughter took over. By the time I stepped

down, the 16 had grown to 35 and the 11 had grown to 50. Those were self-imposed ceilings. We could have had a lot more. It just became extremely successful.

When did you become interested in writing about Pensacola history?

When we got to that same date in 1992, my son Dick took over the Agency. I stepped back from what I had been doing in healthcare. That's when I really moved on to doing books and programs in the community. We are above 160 titles right now. We did the mystery stores for 11 years. They were extremely successful. They were stories of fictional happenings here right at the turn of the 20th century. The plots were fictional, but all background was real so that we could tell the story of what was happening here over that period of time. All together I did 192 mysteries.

How do you approach history? Do you prefer book research or when possible, first-person accounts?

It depends on what we are doing. I have a huge supply of books that deal with facts, figures and so forth on American history and local history. I've studied American history from one end to another. The beauty of what I've done locally is that I've done 25 histories of families or companies. Putting one of those together involves looking through corporate records, interviewing family members, and looking at letters or whatever they might have. Then, I blend them together, always with little things that happened in the community so there is a point of reference for the reader to know what was going on when "so and so" did "such and such." There are times when things require a different sort of approach. We produced about half a dozen stories that deal with people or events that are local. We wanted to

do them to help people remember who people were or how events came to be. I've also done two novels.

You have always been very active in the community. What inspires you to continue giving back?

I guess that's the way I was taught at the Armstrong Cork Company. The men I worked for felt that a large company took its values from

give back. I've had the privilege of working with groups that did things on behalf of veterans. I'm part of a little group that was formed about 30 years ago. It started out with about eight or nine men who got together to talk about current events. Gradually they added guest speakers. In 1999, the men who developed Veteran's Park came to us and asked us if we would take responsibility for establishing a



the community, was given things within the community and that they owed something back. The leadership urged their staff to do that. When we opened the agency, it was the same philosophy. We existed because the community allowed us to be here. It wouldn't be any different if we were a hot dog stand. If you are standing on a corner and people are buying your hot dogs, you owe them something back. We are lucky to be able to

World War II memorial. We thought about it and said yes. It was a wonderful experience. On Veteran's Day in 2002, we dedicated the memorial. Within a few months they came to us and asked if we would do the same thing for the Korean War. So we did that. Then in October of 2007, I had a call from Congressman Miller's office asking if I would be part of a group to meet with him at Veteran's Park on Veteran's Day. He didn't say what it

was. We went and he told us he had learned about the idea of carrying World War II vets from their home area to the World War II memorial in Washington D.C. He wanted to start that here and he wanted us to organize it. We thought it was one trip. As it turned out, we did nine trips over a period of four and a half years. We took 925 men and women to Washington. We stopped because we couldn't find any more local World War II vets who wanted to go.

years ago and we agreed to put up some money and UWF put up the balance. It officially opened on the fourth of June of 2016. I go down there twice a week to tell stories and introduce it to people.

Since 1998, I've also had a daily radio series called *Fictional Newscast*. These are things that actually happened. When I record it, I record it as though it happened yesterday. I may be off on a couple of days, but I am right close to it. We could be talking about something that happened

the side. I am also doing 80 or 90 lectures in an average year. As far as the physically active side, one of the few smart things my wife and I did was to install a swimming pool in the backyard 43 years ago. I swam competitively in high school and college. I use it faithfully. When the water temperature reaches 64 in the spring, I am in. When it goes down to 64 in the fall, I am out. This year I got short changed because I had an accident. Up until I was 70, I was still playing softball regularly. And then at home, I cut my own lawn. To me that is the sort of thing that keeps you going.

"On average, I am producing five or six new books for somebody per year and I usually have a couple others I am doing on the side. I am also doing 80 or 90 lectures in an average year."

What is the John Appleyard Storytelling Cottage and what inspired you to participate?

About five years ago we came up with the idea of producing little shows about Pensacola history. We sat down with Cox Cable and came up with a plan to produce copy for 51 different subjects related to Pensacola history. They were done in 15-minute increments. Sometimes it took multiple segments to tell a story. When we finished, we'd done 51 stories—93 episodes all together. They used them on their stations. Now we have them at the Appleyard Storytelling Cottage, which is a part of the UWF Historic Trust. My son Dick was doing some work with the UWF Historic Trust and they started talking about the Cox Cable films. They started talking about the idea of creating a place where these could be seen. So, we have a little family foundation that I started 25

in 1858 or 10 years ago. We are on ESPN and 1620AM. I also have a column every Sunday in the *Pensacola News Journal*. My goal is to keep Pensacola history alive and understood by people.

You still write your history books on a typewriter, right? It's oddly appropriate.

Well, I gave the computer an honest, one-year trial and it defeated me. I have a collection of six manual typewriters, including two 1954 Royals.

You just turned 94. Your mind is sharp and your health is good. How do stay sound of mind and body as you age?

I have been blessed in that I have been able to keep active physically and mentally. On average, I am producing five or six new books for somebody per year and I usually have a couple others I am doing on

You've been married for 70 years. What's the key to such a long marriage?

When we met, we obviously had common interests—as much as you can say that at age 20. In the course of our lives together, we've had wonderful children who have done so beautifully. I am just so proud of them both. Eleanor enjoyed the times with the Cork Company. When we started our own business, she was part of it big time from the very beginning. When we got into the healthcare business, there was a lot of paperwork and a lot of bookkeeping. She did it all. She did an absolutely fantastic job. As a result of some of the things we did, we've been able to travel. We've been overseas 13 or 14 times. And we've been all across this country together. We've been blessed. How does a marriage stay together? I'd say common interests and sharing.

What do you want your legacy to be?

That I just loved the community I have lived in and that I have, in some little way, helped to preserve things that might have been lost.

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● What's the News?

Council On Aging of West Florida



Rat Pack Reunion and Rat Race 5K Raise \$140K

Nearly 400 individuals attended the sixth annual Rat Pack Reunion on October 21, 2016 at Skopelos at New World in support of Council on Aging of West Florida and its programs. At the event, four local business leaders including DeeDee Davis, Joe Durant, Sheriff David Morgan, and Ray Russenberger, were honored for their leadership and service to the community.

"The gala was a fabulous success," said Angela Moore, co-chair of the Rat Pack Reunion Committee. "From the gorgeous décor, delicious dinner by Chef Gus Silivos, master of ceremonies Brent Lane, videos by WEAR ABC 3, roasting of our rats and dancing to the tunes of Ol' Blue Eyes... we could not have asked for a more exciting way to celebrate these generous community leaders while raising support for local seniors."

COUNCIL ON AGING APPRECIATES YOU!



COA Welcomes New Volunteer Program Manager

Welcome back, Tricia Dixon, to the COA team! Tricia previously worked for the Council on Aging of West Florida in the Administrative

Department. She has a degree in Marketing and Business Administration from the University of West Florida, and her prior work experience includes Marketing and Development Assistant position with the Northwest Florida YMCA, Campaign Manager with United Way of Escambia County, and Community Representative with the Northwest Florida Blood Center.

Her passion is working with people and improving the lives of others by serving the needs of seniors through volunteers in our community. We're happy to have you Tricia!



COA Welcomes New Marketing Communications Director

Welcome, Josh Newby, to the COA team! Josh received a bachelor's degree in public relations and a master's degree in strategic communication from the University of West Florida, where he

worked as a Communications Specialist for two years following graduation. He comes to the Council on Aging from Ballinger Publishing, where he worked as an Editor for four years, developing client publications; writing on happenings in business, art, government and lifestyle; expanding brand recognition; and serving as the lead on web and social media strategy. He is a graduate of the Pensacola Chamber Foundation's Leadership Pensacola program and serves on the board of EscaRosa Coalition on the Homeless and Tiger Bay Club.

We know Josh will bring an array of expertise to Council on Aging. We're happy to have you Josh!



Employee Celebrates 20 Years with COA

Sandie Holtry, RN, celebrated her 20th anniversary with Council on Aging. Sandie is our Director at The Retreat, Council on Aging's adult day health care center. Beginning her career at the agency, Sandie initially served as the Foster Grandparent Supervisor before transferring in September 1997 to our adult day care center; now called The Retreat. When the position of Director became available in 1998, Sandie was the obvious choice to fill that position. Since that time, she has truly been the heart of The Retreat.

We could not do it without her! Thank you, Sandie, for your loyal dedication to COA and passion to serving local seniors.



Escambia County Sheriff's Office Donates \$10,000

Sheriff David Morgan and the Escambia County Sheriff's Office donated \$10,000 to Council on Aging of West Florida. To put into perspective, \$10,000 is worth:

- 1,333 meals for Meals on Wheels
- 588 hours of personal care
- 154 days at The Retreat (adult day care center) compared to only 42 days in a nursing home.

Thank you, Sheriff Morgan, for your generosity and allowing us to continue our mission of keeping seniors in their homes for as long as possible!



Council on Aging Honored at 2016 Best of the Coast

For the second year in a row, Council on Aging was recognized in *InWeekly's* 2016 Best of the Coast! Congratulations to all of the winners. Our community is fortunate to have such outstanding business leaders and organizations.

Runner-Up Best Boss: John B. Clark

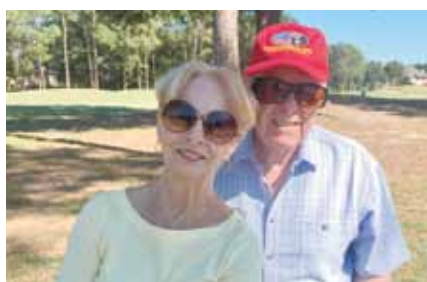
Runner-Up Best Non-Profit: Council on Aging

Runner-Up Charity Event: Rat Pack Reunion

Panhandle Charitable Open Sets Fundraising Record

The Panhandle Charitable Open raised \$210,000 during its September golf tournament, a record fundraiser in its 15-year history. All of the \$210,000 net proceeds of the PCO support local charity organizations in the Pensacola area including Council on Aging of West Florida. The event is run and managed entirely by volunteers. Council on Aging helped out this year by selling raffle tickets, sponsoring the Par-Tee event, and hole-in-one watching during the tournament.

The total amount raised by the PCO in 15 years is \$915,000 for local charitable causes. Thank you, John Peacock and the Panhandle Charitable Open team, for your hard work and generosity to this community!



Tune in to *Coming of Age* TV

Similar in concept to *Coming of Age* magazine, *Coming of Age* TV also covers a wide variety of senior-related topics. Each 30-minute program consists of interviews with three local experts. **New programs are recorded monthly and air on WUWF-TV, Cox Cable Channel 4 (Escambia County) Monday, Wednesdays and Fridays at 7 pm and Tuesdays and Thursdays at 9 am.** For individuals in Santa Rosa County and beyond, each segment from the program is uploaded to youtube.com/coawfla. *Coming of Age* TV is proudly sponsored by Baptist Medical Group and their more than 100 caring physicians serving the Gulf Coast. Meet a caring doctor in your neighborhood at BaptistMedicalGroup.org.

Sign Up for Our Newsletter

Enjoy the COA updates in *Coming of Age* magazine? Sign up for our monthly e-newsletter and stay current on all the news and happenings! Visit coawfla.org and click "e-newsletter" to sign up today!

Out & About

20th Annual Pensacola Senior Follies Performance

Friday, Feb. 10th at 7 p.m.

Saturday, Feb. 11th at 2 p.m.

Sunday, Feb. 12th at 2 p.m.

WSRE-TV, Jean & Paul Amos Performance Studio on College Blvd. and 12th Ave.

The theme for the 2017 Pensacola Senior Follies performance is "SENIORS X 20" as they celebrate 20 years.

These multi-talented seniors will present a two-hour song, dance and comedy review with proceeds going to support various senior programs in the community. Last year's checks were presented to Council on Aging, Exchange Park, Sacred Heart System "Camp Bluebird", Bayview Senior Center, West Escambia Senior Center, Pensacola State College Scholarship & ARC.

Show tickets can be purchased at Bayview Senior Center and West Escambia Senior Center. Tickets will be valid for any performance. Ticket information is also available by calling (850) 453-3016 or (850) 417-7736

Caregiver Support Groups

As part of COA's mission to serve seniors and their families, we offer caregiver support groups in Escambia and Santa Rosa counties. These groups are available to all caregivers regardless of the condition or illness of the person being cared for, including grandparents caring for/raising grandchildren or relatives caring for a disabled adult. Attendance is free and new members are always welcome.

• Milton Caregiver Support Group

First Thursday of each month at 5:30 pm

Santa Rosa Health and Rehabilitation, 5686 Broad St.

Light supper provided.

• Century Caregiver Support Group

Third Thursday of each month at 6 pm

Century Care Center, 6020 Industrial Blvd.

Light refreshments provided.

• Pensacola Caregiver Support Group

Last Thursday of each month at 6 pm

Council on Aging of West Florida, 875 Royce St.

Light refreshments provided.

Last Thursday of each month at 9 am

Myrtle Grove Baptist Church, 5920 Lillian Hwy.

Light refreshments provided.

Third Monday of each month at 2:30 pm

Facilitated by Covenant Alzheimer's Services.

Respite provided on site during the meeting.

Call Sandie Holtry at 850-266-2503 to arrange.

GET OUT, MEET PEOPLE & GO PLACES

• Pensacola Grandparents Raising Grandchildren and other Relatives

Second Thursday of each month at 6 pm

Council on Aging of West Florida, 875 Royce St.

Light refreshments provided. FREE Child Care provided.

Reservations requested to (850) 432-1475

• Navarre Grandparents Raising Grandchildren and other Relatives

First Thursday of each month at 8 am

Holley Navarre Intermediate School, 1936 Navarre School Rd.

Light refreshments provided.

Reservations requested to Tammie White at (850) 936-0620 or whitem@santarosa.k12.fl.us

Day on the Go

Day on the Go, a program of COA's adult day health care center, The Retreat, is an exciting off-site experience for higher functioning participants who can follow directions, have good endurance and are capable of attending area attractions and events with limited supervision. Schedules are planned to allow for a full day of activity for participant as well as extended respite for caregivers. Day on the Go includes breakfast, exercise time, an outing and lunch. Dates and locations to be visited are planned quarterly. For more information, call (850) 266-2503.

Volunteer Orientations

Council on Aging is always in need of volunteers! From helping plan events to delivering Meals on Wheels, our programs and services would not be possible without the help of our community. Join us for a brief 45-minute volunteer orientation this winter:

Council on Aging - Conference Room

875 Royce Street

Pensacola, FL 32503

Jan 19, 2017 at 9:30am

Feb 16, 2017 at 5:30 pm

March 16, 2017 at 9:30am

For more information, contact Tricia Dixon at (850) 432-1475 or email tdixon@coawfla.org.



Every year, the Council on Aging is the grateful recipient of funds raised by the Panhandle Charitable Open.



The Florida Council of Residential Specialists and the Pensacola News Journal held a gift-giving drive for homebound seniors this year for the fifth annual Christmas for Seniors event.



The UWF theater department delighted our Retreat guests with Christmas carols that put us all in the holiday spirit!



The Escambia County School District wowed the Council on Aging with a dropoff of wonderful holiday gifts for our clients.



Employees at Ascend Performance Materials generously gave over \$2,000 worth of gifts to seniors in need this Christmas. For many, these will be the only gifts they receive.



We needed the whole staff to help unload Navy Federal's generous donation of hundreds of items for aging adults in the region!

Were You Seen?

Rat Pack Gala

Oct. 21 at New World Landing-Skopelos



Jerre Peacock and Ray Russenberger



An and Ashton Hayward



Sarah and Corbett Davis III



Kaipo Robello and Tom Pace Jr.



Kathleen and Capt. Flack Logan



Mary Hoxeng and Belle Bear



Margaret and Richard Tuten



Glenys Ballinger, Angela Moore and Crystal Spencer



John L. Peacock and Lumon May



Chaplain Larry Mosley and Mick Novota



Mark and Madrina Ciano, Diane and John Ripley



Michelle and Mitch Miguez



John B. Clark, Marilyn Bryant and Kenny Holt

Thank You.

Many thanks to our donors. We appreciate your generous support. Gifts received from August 24-November 16, 2016

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In memory of Helen and Avery Beadle
By Mr. Gary Beadle

In memory of Dr. James Carruth,
James Cleveland Moulton, Cheryl L.
Evans, Dr. Paul O. Austin, and Dr. Jay
D. Williams
By Mr. and Mrs. Ed Turner

In honor of John B. Clark
By Alan and Margie Moore

In honor of DeeDee Davis
By Mr. and Mrs. Charles Carlan

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

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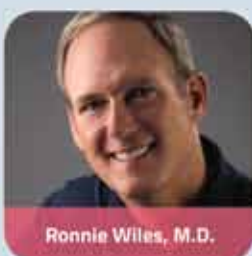




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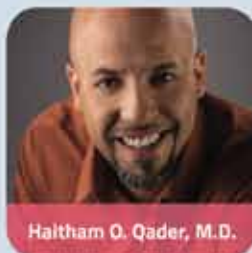
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