

COMING of AGETM

Presented by Council on Aging of West Florida

LIFESTYLE MAGAZINE FOR SENIORS

SUMMER 2013

Exclusive Interview with
Academy Award Winner
Olympia Dukakis

Death And
Digital Data



Senior Hunger

Memory Exercises
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Jeff Nall, APR, CPRC
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Welcome to the summer issue of *Coming of Age* magazine. We hope that you find this issue informative and entertaining. We are excited to bring you an exclusive interview with Oscar and Glolden Globe winner Olympia Dukakis, who at the age of 56 became a household name and sought-after film actress following her Oscar-winning performance in *Moonstruck*. A strong advocate of women's rights and environmental causes, she is also a figure on the lecture circuit covering topics as widespread as life in the theater to feminism, Alzheimer's, diabetes, and osteoporosis.

This issue is also full of resources including articles on games to fight dementia (page 12), how to deal with digital data when faced with a death in today's online world (page 23), and the creation of a new local resource alliance, the Escarosa Alliance (page 28). If you are thinking about seeking out volunteer opportunities, check out the article on why volunteers are winners (page 17).

For all the golfers out there, we hope you enjoy the article (page 20) on the Panhandle Charitable Open, which has raised thousands of dollars for local charities thanks to the generous support of businesses and individuals – both as sponsors and players. We encourage you to sign up today.

We would also like to remind everyone to be mindful of the dangers associated with the summer heat. The elderly are particularly vulnerable as chronic medical conditions and prescription medicines can impair the body's ability to regulate its temperature, which can increase the risk of heat stress and heat stroke. Helpful tips include limiting the time spent outdoors to the early morning and evening hours, drinking plenty of fluids (try to avoid overly sugary drinks), and wearing loose-fitting, well-ventilated, thin clothing in light colors when outdoors. Another option is to stay inside as much as possible on hot days and make use of the air conditioner. If you do not have an air-conditioned home, visit the mall or another public place for a few hours. And finally, keep an eye on elderly neighbors and relatives.

Stay cool and stay safe. Until next time, enjoy life – you've earned it!

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

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

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

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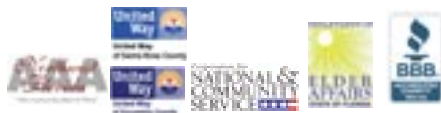
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John B. Clark,
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Senior Hunger

Things our mothers said to us: “Eat your vegetables and fruit, feed a cold, starve a fever, your eyes were bigger than your stomach, have some soup, it will make you feel better,” and my all time favorite, “Don’t turn your nose up at it without trying it!” Let’s face it; we grow up in our society with a love/hate relationship with food. We know that we have to eat to live (hopefully, not live to eat), but we have become obsessed with food. Clearly we love to eat, and in many cases not the right thing.

This obsession has also lead to our obsessive search for a magic bullet that will let us eat what we want without regard to the consequences. It has led to a plethora of diets and eating styles; remember the Atkins diet? Now we have the vegan lifestyle. Indeed, food is many things to us; it can be “comfort” in troubled times which is why we always take food to grieving families to help them out (and now some funeral homes will actually

cater food for the ceremony). Breaking bread with our family and friends is a way to bond and express our feelings of appreciation for them. However, despite living in a country obsessed with food, diet and with an abundance of every conceivable food item; it is sometimes hard to believe that in the United States in the year 2013 we are also faced with some harsh realities—actual hunger and food insecurity.


For those of us in the aging network, we see this food insecurity and hunger in many of the seniors we serve in our programs. In many cases, we know the reasons: inability to cook because of a chronic condition, poor fitting dentures and inability to pay for adequate dental care leading to a poor diet, inability to actually get to a grocery store to shop for food, a chronic illness requiring multiple prescriptions which affect diet, stretching a very limited income to last the entire month, and these are just some of the reasons for

hunger and food insecurity. Now we have some solutions to some of these problems if only we are able and willing as a society to spend the money.

For example, during a recent Council on Aging of West Florida board meeting, two senior volunteers at our rural Cantonment Senior Dining Site spoke about what this program means to people who attend this site. Their vivid testimony was moving, especially when they emphasized that for most of the attendees that meal was the only hot meal they get all day. We also have had caregivers and clients speak about the critical importance of home delivered meals and what it means to them from the perspective not only of diet, but helping them stay at home. Folks, these are real people and real stories and they are replicated thousands of times around our state. We know these stories and we have all heard them. We also know that many of the success stories about solving food insecurities and improving diet and good

nutrition among seniors have hinged on the availability of adequate funding through the Older Americans Act (OAA).

So isn't it ironic that while we know one very small way to combat food insecurity and hunger among seniors in our country, we are faced with OAA budget cuts known as sequestration and possibly more cuts next fiscal year? Oh, and by the way, according to a Meals on Wheels Association of America study, Florida ranks in the top 10 for food insecurity and hunger among seniors! I don't know what more we can say about how important OAA is to seniors and their desire to remain healthy and independent. We also know that many of the clients we serve in the OAA programs, especially home delivered meals and other in home services, are often just as frail as those served by our Medicaid Waiver Programs.

OAA is no longer just a nice program offering socialization to seniors. It has become a lifeline for hundreds of thousands of seniors. If we are truly serious about senior hunger and food insecurity, then OAA must be preserved and reauthorized. Funding lost to sequestration must be restored and next fiscal year's funding must be increased. To do otherwise is saying that senior hunger and food insecurity just doesn't exist; and those of us in the business of eldercare know otherwise. 

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Memory Exercises Are All Fun and Games



Many seniors today are using a new form of exercise to help improve their memory and to cope with Alzheimer's, dementia and other brain-related ailments: games. That's right, a new form of exercise that focuses on critical thinking, memory and strategy has replaced the dumbbells and weight benches. Connect 4, Trivial Pursuit, and even Nintendo's Wii game system are now commonplace with many seniors hoping to keep their mind sharp well into their golden years.

A recent study by the *New England Journal of Medicine*

reports that the cumulative cost of treating Alzheimer's and other forms of dementia is now more than \$100 billion, making it more expensive than other ailments like cancer or heart disease. The cost is expected to more than double to \$259 billion by the year 2040.

The reason for the cost? The day-to-day, minute-by-minute attention required by many severe forms of the disease averages out to more than \$33,000 a year per patient. Part of the reason for the unexpectedly high cost is that there are so few successful therapies available to treat those

with dementia.

While most of these costs fall to taxpayers, since about 70 percent of sufferers are eligible for or covered by Medicare, many seniors want to take their mental health and longevity in to their own hands. Family members also want to interact with patients more to help keep spirits high and costs low. Both traditional and new forms of gaming are ways for senior citizens and families to have fun doing so, and new research may indicate that exercising the brain works in much the same manner as exercising the body.

Memory prowess is boosted through rehearsal and repetitive action, both of which are attributes many games feature. By thinking hard and strategizing, blood and oxygen flow to the brain is increased, strengthening it just like a muscle. Seniors suffering with memory loss that is usual with aging brains can combat the effects using memory- and strategy-based games.

Today, games are being used as tools to help fight memory loss. Seniors suffering from cognitive memory loss to the point that it disrupts their normal routine and who find it

difficult to learn new processes are discovering that participating in games as a form of therapy is more inviting, fun, and sometimes useful, than other forms of treatment.

"Memory is fragile and is impacted by many different systems, one of which is age," said Laura Rice-Oeschger, a memory loss specialist at the University of Michigan, which hosts a senior gaming group called Mind Works. "Gaming helps memory by serving as a tool to promote resilience and tolerance. Gaming also helps by including group members who may otherwise feel left out, encouraging a sense of self, and combating depression, all of which helps strengthen and foster a healthy mind. The most important emotions these brains can experience are curiosity, playfulness and motivation."

Rice-Oeschger said that gaming also helps seniors connect more socially and amicably with their friends and family members. The social element of these activities fosters interaction and teamwork, and gives group members something to look forward to and reflect back on.

"Even grandchildren are finding it easier to interact with their grandparents, because many games are a source of mutual interest," said Rice-Oeschger. "We find group members praising their communal game times as the highlights of their week. They also now have a new topic of conversation to share with friends and family."

Research lags behind the gaming industry and its benefits

to memory and cognitive enhancement. But studies indicate that brain games—any mind-stimulating activity from Sudoku to higher-tech computer games—may boost memory prowess in the area of the brain that is being trained.

"Twenty years ago it was accepted that individuals with Alzheimer's disease couldn't learn something new and now we know that is absolutely not true," said Rice-Oeschger. "It certainly takes motivation, interest and patience, but I continue to be awed by our participants."

Other types of games, even those offered by online cognitive services like Luminosity.com, help improve brain function, helping keep seniors keen well into their twilight years.

Lumos Labs, the company behind Luminosity, has developed an array of games and programs based on extensive research in the field of neuroplasticity, which refers to the brain's ability to grow and strengthen as a response to various strategic stimuli. Multiple studies have been published on Lumosity's ability to improve key abilities such as working memory, visual attention, fluid intelligence and executive function. No matter the age of the participant, improving these core cognitive functions can enhance real-life abilities and lead to a decreased likelihood for cognitive disability later in life.

Luminosity's focus on personalized training allows gamers to hone their abilities in a variety of cognitive functions, including memory, speed,

problem solving, flexibility and attention. Furthermore, approximately 97 percent of users report increased brain abilities, some after spending just 10 hours with the program.

For those already suffering from Alzheimer's and other severe forms of mental illness, games may not altogether reverse the memory loss, but they certainly help with morale and social skills. These types of games also help with patients' emotional health, according to recent research conducted by North Carolina State University. These individuals are also less likely to be depressed.

"The research published suggests that there is a link between gaming and better wellbeing and emotional functioning," said Dr. Jason Allaire, lead author of a paper describing the study and an associate professor of psychology at North Carolina State University.

Findings suggest that playing may serve as a positive activity associated with successful aging, according to the study.

Many games with a physical focus, such as charades or activities on the Nintendo Wii and Xbox Kinect, also help seniors stay active and fit in a fun way. As technology and research continue to advance in this young subject, the benefits for the aging population are becoming clearer and more immediate, as seniors and even middle-aged adults are taking their future memory and brain functions into their own hands and realizing that exercise no longer benefits just the body.





2-1-1 Resource Hotline

United Way of Escambia County's 2-1-1 recently celebrated its second year providing resource, advocacy and referral services to our community. In February 2011, a grant from AT&T and other support enabled United Way of Escambia County to convert its First Call For Help service to a three-digit phone number, 2-1-1.

The free, confidential, service and easy to remember phone number (2-1-1) connects Northwest Florida residents to essential community information and services including senior care, food, shelter, crisis intervention and more. 2-1-1 functions the same way as First Call For Help did in its 25 years of operation, but is now accessible 24 hours per day in nine counties in Northwest Florida.

Last fiscal year, our nationally certified 2-1-1 team supported over 35,000 residents, visitors and social service agencies in the community. Over 50 percent of 2-1-1's referrals are from agencies that are unable to provide all of the requested assistance from

local residents. In 2012, 2-1-1 also expanded the resource database to include nine counties, and was recently successful in expanding services to cover a nine-county area across the Florida panhandle.

"When a person calls 2-1-1, their call will be answered by a real person who is trained and has access to a database of more than 4,000 community resources," said Rita Icenogle, director of 2-1-1 Escambia. "The call center specialist will ask a series of questions to determine what services, information or resources are needed to help the caller. And, because we are able to answer calls in 150 languages, 2-1-1 call specialists can really help get information out to the harder-to-reach populations in our community."

Of the calls last year, 1,662 calls represented 1,859 elderly in need of assistance from 2-1-1. Among the calls from elderly recently included an 87-year-old woman who was homebound, had no family resources and no transportation to get to local food

resources. The 2-1-1 resource and referral specialist who answered the call quickly discovered the woman had next to no food left in her pantry. 2-1-1 was able to connect her to the right resources, and she is now well on her way to a long term solution for her food crisis.

2-1-1 has also proven to be a vital resource during disasters – something to keep in mind as hurricane season approaches. During disasters, like the devastating floods that impacted our area in June 2012, 2-1-1 can update its resource database within minutes and operate remotely if necessary. During last summer's flood, 2-1-1 captured flood victim data and redirected the requests for assistance to disaster teams, the American Red Cross and BRACE (Be Ready Alliance for Coordinating Emergencies). 2-1-1's real-time database can be accessed at www.211nwfl.org.

With the expansion of 2-1-1's services to cover nine counties in Northwest Florida, 2-1-1 also anticipates a higher call volume and need for additional team members to better serve our community. Interested in getting involved with this high-impact compassionate team? 2-1-1 is always looking for volunteers, particularly individuals who are willing to assist during times of disaster. For more information on how you can serve our community through 2-1-1, contact Rita Icenogle at 850-434-3157 or rita@unitedwayescambia.org.



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Council on Aging of West

Florida recognizes its volunteers are “winners” and recently thanked them with its very first Volunteer Appreciation Luncheon, which was held at First Baptist Church in downtown Pensacola. As volunteers arrived for the luncheon, members of the Council’s board of directors placed medallions around each volunteer’s neck that were

inscribed, “Outstanding Volunteers.” One volunteer, Comfort Keepers Care Manager Karen Altman, was pleasantly surprised by the invitation to the event. “I don’t expect any kind of recognition for volunteering, I do it because it’s just a good thing to do,” Altman said.

The program began with the reading of a card from a

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grateful client who has received help from volunteers. "I can't express what you have done for me and what it means to me," the card read. "You [Council on Aging of West Florida volunteers] are making my life so much less difficult. Thank you!"

The volunteers then heard from Brandie Beauchamp, a representative of the sponsor of the event, Humana. "Thank you all very much for making a difference," Beauchamp said. (And thank you Humana!)

Beauchamp's presentation was followed by the National Anthem, sung by Senior Dining Site Manager Kathryn O'Gwynn, who is also a voice/performance major at the University of West Florida. Reverend Larry Mosley, a member of the Council's board of directors, then led the invocation.

Following lunch, Betty McLeroy, volunteer program manager, gave a heartfelt speech on the reason for recognizing and thanking volunteers. "Volunteers do what they do because of motivation from within," McLeroy said. "They are not looking for grand expressions of thanks and appreciation. We have set this day aside in an attempt to demonstrate our sincere appreciation and gratitude for the contributions you make all year."

McLeroy even went so far as to compare the value of a volunteer's labor in pay per hour. "Since April 2012, 188 Council on Aging of West Florida volunteers have donated 10,566 hours of service to our



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seniors," McLeroy said. "At \$22.14 an hour, the average value per-hour-estimate from the Bureau of Labor and Statistics, our volunteers have donated a value of \$255,973.24 in the last year alone. That is not chopped liver!"

The luncheon ended with a beautiful rendition of Bette Midler's "Wind Beneath My Wings" sung by O'Gwynn. Afterward, the volunteers were surprised with another treat: gift cards, hidden under select tables in the hall.

The overall atmosphere of the luncheon was one filled with warmth and kindness, reflecting the people attending. Some were rambunctious and full of life, others were quietly grateful to be recognized.

Carol McCrory, who has been a volunteer for eight years, described the kind of work she has been asked to do. "We work a lot with our hands," McCrory said. "We do whatever they need."

Another volunteer, Betty Rieth, has been actively helping others for 24 years and still finds fulfillment in it. When asked what she would say to anyone considering volunteering, Rieth's answer was simple and straightforward. "You should help someone else," Rieth said. "There is reward in it."

There may not always be recognition for the help one gives, but there is always personal satisfaction in knowing one has made a difference in someone's life. Thank you, volunteers; you are truly winners! 



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Panhandle Charitable Open

The Panhandle Charitable Open, held in memory of John Ryan Peacock, has grown over the past 12 years into a very popular two-person, two-day high quality golf tournament that is also a very successful fundraiser for local charities.

Since its inception, The Panhandle Charitable Open, a 501(c)3 non-profit organization, has raised thousands of dollars for local charities thanks to the generous support of businesses and individuals – both as sponsors and players. Julian McQueen, CEO and founder of Innisfree Hotels (The Hilton, Holiday Inn Resort and Hampton Inn on Pensacola Beach and the new Hyatt Place Hotel Pensacola Airport as well as other coastal properties) has participated in The Panhandle Charitable Open in both roles. “As a sponsor, I was touched by

John Peacock’s desire to honor his son in a way that is so meaningful – giving back to the community in his son’s honor. If I were ever faced with a

to maximize business networking and pleasure, explains McQueen.

Jim Wells, who has played in several tournaments and lives



similar unfortunate situation, I would hope to have the strength and insight to turn it into something like this. As a player, I like the fact that players of all abilities can participate. I also like that the tournament organizers do a great job of matching up teams

on the Marcus Pointe course, says The Panhandle Charitable Open is one of the very best for several reasons. “One, the reason – all of the charities are great. Two, the leadership – the tournament is well thought out, the board meets regularly and everything goes as it


should. Three, it's enjoyable – it's at a great place and held at a great time of year," explains Wells. "Everyone is really helpful and friendly. The board wants it to work and wants everyone to enjoy themselves."

The success of the tournament in recent years has enabled the board of directors of The Panhandle Charitable Open to donate nearly \$325,000 to local charities. The primary charities are Child Guardians, Inc., Council on Aging of West Florida, and Gulf Coast Kids House. Other charities that have received support include ARC Gateway, Big Brothers Big Sisters, Independence for the Blind, American Cancer Society, and Covenant Hospice.

The two-day, two-person Best Ball format is unique to charity tournament golf in that it allows each player to play their own ball from tee to green. Wells adds, "This tournament is very friendly to all golfers — new and more

experienced. The use of 80 percent of a golfer's United States Golf Association (USGA) handicap ensures all golfers can participate, enjoy and compete. The teams are flighted after the first day in order to group teams by skill level.

This year's tournament will be played Friday, September 27th and Saturday, September 28th, 2013. As it has continued to grow in popularity and success each year, early submission of sponsorship and/or team information is encouraged to guarantee a spot. All players and their spouses/guests as well as the public are invited to enjoy live music, food and silent auction on Friday evening when play finishes.

For more information and to sign up today as a sponsor or player, visit www.pcogolf.org or call 850-712-7466. 

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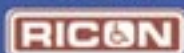


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Death and DIGITAL DATA

*Written by Janet Bandera,
Senior Vice President of National Advisors Trust.
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Digital data is all the “stuff” we collect, store and share with others. It includes emails, documents, images, audio and video collected in email and social networking accounts, software licenses, domain and hosting accounts, financial management accounts and online shopping accounts.

Although much of it may make living easier, more productive or simply more fun, it makes estate planning more complex and the job of the executor more difficult. All digital data requires an estate planning strategy, but according to a survey by Rocket Lawyer, an online legal service, 63 percent of people don't know what will happen to their digital assets after they die.

The Problem

A fiduciary (an agent under a power of attorney, an executor of a will and a trustee of a trust) must gather and take possession and control of the assets of an estate, protect and prudently invest the assets during administration and typically pay the debts and expenses of the deceased or incapacitated person. Traditionally, fiduciaries would look through mail, bank statements and paper records to gather needed information and identify the estate's financial assets and liabilities. Now much of this information is collected and stored on the Internet, which makes finding the data a challenge and access to it difficult or impossible.

Obstacles to Access

There are significant obstacles to accessing digital data, which includes:

- Passwords and Encryption
- Company Policies and Terms of Service
- Federal and State criminal law
- Federal and State data privacy laws

Passwords and Encryption

Most people using the Web have become aware of the dangers of identity theft and viruses, resulting in an increased use of encryption services and stronger multiple passwords.

Microsoft generally recommends using strong passwords that are at least 14 characters long, using a mix of uppercase letters, lowercase letters, numbers and symbols. They also recommend not using the same password for everything. This is good for financial security, but means a fiduciary attempting to access information is unlikely to be able to "figure out" a password. Because the owners of online accounts (generally you don't own your account, you simply have a license to use it) are unlikely



to share passwords, a policy spelled out in their terms of service, the fiduciary may be closed out of many accounts which could have sentimental and financial value.

The loss that can be incurred from being unable to access digital data is illustrated by the case of Leonard Bernstein. Bernstein died in 1990, leaving behind a manuscript for his memoir titled *Blue Ink* in a password protected file on his computer. To this day, no one has been able to break the password resulting in a valuable asset being inaccessible.

One way to solve the problem of lost or forgotten passwords for ourselves and our fiduciaries is a software tool such as LastPass, 1Password, KeePass, RoboForm and Keeper. These password manager services allow you to securely save all your passwords and keep them safe using one master password. The next step is to ensure that the fiduciaries can find and access the account when necessary.

Terms of Service and Company Policies

Few people actually read the Terms of Service when they sign up for an online account, and companies scrupulously enforce them. These policies vary and have a substantial effect on access. Sample policies include:

Google does not generally grant access to Gmail accounts to an account holder's heirs or representatives. Its website states: We extend our

condolences for your loss. If you need access to the Gmail account content of an individual who has passed away, in rare cases we may be able to provide the contents of the Gmail account to an authorized representative of the deceased person. If we are able to move forward based on our preliminary review, we will send further instructions outlining Part 2. Part 2 will require you to get additional legal documents, including an order from a U.S. court.

LinkedIn will allow the removal of a profile of a deceased person, but the email connected to the account is a required piece of information. Amazon, which stores credit card and other information about account holders, does not have a stated policy.

Criminal Law

Both the Electronic Communications Privacy Act (ECPA) and The Computer Fraud and Abuse Act (CFAA) protect against unlawful interception of messages that are stored (such as email messages that are archived on servers). Under these laws, unauthorized access to computer messages is a federal crime.

The Stored Communications Act

The Stored Communications Act creates privacy rights to protect the contents of certain electronic communications and files from disclosure by certain service providers. For

fiduciaries, it's simply another roadblock to accessing information.

Planning For Digital Data after Death

We've identified the barriers to accessing digital data after death. What's the solution? Plan ahead. Everyone with digital data should prepare a list of such property and how to access it. The list should include the following types and sources of digital data:

- Home security system
- Voice mail and email
- Smart phones and computers
- Financial information
- Online sales accounts
- Web pages and blogs
- Social networking accounts
- Domain names
- Digital music, videos, e-books, apps and other media
- Intellectual property rights
- Video games and virtual works
- Online storage accounts

Where to Keep this Information

Now that the information has been assembled, where should it be indexed and stored? The most efficient way to store the information would be on a flash drive or the Cloud rather than on paper. Because wills become public record, they are not a good repository for information about accessing data. Other choices include:

- Safe deposit box
- Home safe
- Data management company

Safe Deposit Box: Most of us assume our safe deposit boxes live up to the name and are "safe." Unfortunately, even banks have proven to be vulnerable to Mother Nature. From the World Trade Center disaster to hurricanes, floods and even an unexpected underground breach in the Chicago River, these events prove that while a bank vault may be better than burying assets in tin cans in the backyard or storing



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Home Safe: A fireproof and waterproof home safe can keep important documents, including information on accessing digital data, safe if disaster should strike. One expert recommends that a safe have a fire rating of at least one hour at 1000 degrees and a UL CLASS 350 rating. The problem for many people is that a safe large enough or secure enough (bolted to the ground) to be impervious to a natural disaster or be carried off by an intruder is likely to be too big and too expensive.

Data Management Companies:


There are several online companies specializing in the storage of digital data such as financials, estate planning, insurance policies, account passwords, e-mails and final wishes and directives. The services include conveying information such as content related instructions to loved ones and/or an executor and storing and giving access to passwords for online accounts. Some, like AssetLock also have the capacity to store letters to be sent after death and several companies offer services to destroy content that the user would like to have eliminated once he or she has died. A common scenario is as follows: When you pass away, a chosen representative unlocks your account. Most services allow you to establish a minimum number of parties that sign in and confirm your death. After

the account is unlocked the stored information and instructions are sent to your chosen persons. You can specify different parties to be granted access to the various types of information. This would include:

- Copies - Store digital copies of important documents for reference.
- Final letters and emails - Final messages for family and friends.
- Final wishes - Funeral arrangements, eulogy, obituary, notifications.
- Instructions - To help settle your estate, to-do's, when to pay bills.
- Locations - Where to find important documents such as wills, trusts and insurance policies. Where your safe deposit box, keys, etc. are located.
- Secret Info - Passwords, hidden accounts, lock combinations, etc.

Conclusion

Planning for digital assets is a developing area of the law. There are a few cases that have addressed the issue of the rights of a decedent's family and fiduciaries and there are sure to be more. It is critical you plan for your digital assets understanding that these plans may need to be updated often.

If you would like more information, please contact David Goldberg with G&S Trust at dgoldberg@snowcreekwealth.com or 1-866-673-7795. 

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As a senior or senior caregiver in today's rapidly evolving environment, it can be time-consuming and overwhelming to coordinate and locate the resources needed to address your needs or those of a loved one. The challenge of contacting multiple providers to meet many immediate needs of our seniors is stressful and overwhelming.

Seniors and their families in Escambia and Santa Rosa Counties now have an additional resource comprised of highly competent and trustworthy individuals who specialize in providing professional services for seniors – The Escarosa Alliance. The Alliance is comprised of experienced, knowledgeable professionals who excel in a variety of senior care roles, including financial, insurance, medical and non-medical home care, legal, accounting, and house-related services. Every member of the Alliance is committed to his or her field.

The power of the Esarosa Alliance is derived from a simple concept – listening to seniors' concerns, searching for solutions and solving virtually any problem a senior may have by making use of the vast resources and skills possessed by Alliance members. The advantage of the Alliance is the availability of interdisciplinary thinking. Team thinking. The goals and practices of the Alliance are to, working as a team, ensure that the solutions are correct and lasting for each senior and their families.

Whatever decisions are faced, the Alliance believes in connecting seniors and

their families with the right expert to help assess your situation and provide information, resources and options for solving the problem. Meeting with an Alliance specialist is the first step to beginning a new relationship with confidence knowing the priority is meeting your needs.

The Alliance serves seniors or caregivers who:

- Are making plans for their future
- Are faced with current financial, health or social needs
- Have a loved one, friend or associate who is faced with such a need

The Esarosa Alliance is part of a national network of Alliances that has been formed with the same mission – providing a centralized source for a wide variety of senior-specific services. Seniors and/or their loved ones can now make one phone call to connect with local trusted service providers. If they are traveling or moving, or have a relative in another location in the U.S., The Esarosa Alliance can make a referral for an Alliance in almost every major city and many smaller communities throughout the country.

Why struggle with multiple, time consuming phone calls trying to find the assistance when all it takes is just one call to an Alliance specialist? For more information or to contact the Escarosa Alliance, please call 850-391-2543 or visit www.phssra.com/florida/escarosa-alliance.





Exclusive Interview with Academy Award Winner Olympia Dukakis

Born on June 20, 1931, in Lowell, Massachusetts, Olympia Dukakis is the daughter of Greek immigrants Constantine and Alexandra Dukakis. As a child, Olympia loved sports and she eventually majored in physical therapy at Boston University, where she graduated with a BA and later practiced as a physical therapist during the polio epidemic. She then returned to her alma mater and entered the graduate program in performing arts, earning a Master of Fine Arts degree.

Long a vital, respected actor of the classic and contemporary stage and the epitome of Mediterranean-styled weariness, this grand lady did not become a household name and sought-after film actress until age 56 when she turned in an Oscar-winning performance as Cher's sardonic mother in the romantic comedy *Moonstruck* in 1987. Since then movie and TV fans have discovered an acting treasure. Her adaptability to various ethnicities



Photo by Joanna Tzetzoumis

(Greek, Italian, Jewish, Eastern European, etc.), as well her chameleon-like versatility in everything from cutting edge comedy to stark tragedy, has kept her in high demand for the past 30 years as of one of Hollywood's topnotch character players.

Olympia found early success by distinguishing herself first on stage performing in summer stock and with several repertory and Shakespearean companies throughout the country. She made her Broadway

debut as an understudy in *The Aspern Papers* at age 30, followed by very short runs in the plays *Abraham Cochran* and *Who's Who in Hell*. In 1999, she premiered a one-woman play *Rose*, at the National Theatre in London and subsequently on Broadway in 2000. The play earned her an Outer Critics Circle Award and Drama Desk Award nomination and she continues to tour the country with it.

Olympia married Yugoslav-American actor Louis Zorich in 1962. The New York-based couple went on to co-found the Whole Theatre Company in Montclair, New Jersey, and ran the company for 19 years (1971-1990). As actress, director, producer and teacher, she still found the time to raise their three young children. She also became a master instructor at New York University for 14 years. A good portion of her successes was launched within the walls of her own theater company, which encouraged the birth of new and untried plays.

Making an inauspicious debut in a bit role as a mental patient in *Lilith* (1964), she tended to gravitate toward off-the-wall films with various offshoots of the ethnic mother. Interestingly, it was her scene-stealing work on Broadway in the comedy *Social Security* that caught director Norman Jewison's eye and earned her the *Moonstruck* (1987) movie role. The Academy Award win for Best Supporting Actress was the last of a stream of awards she earned for that part, including the American Comedy Award, Los Angeles Film Critics Award, and Golden Globe Award. From then on, silver-haired Olympia was first in line for a number of roles: *Steel Magnolias* (1989), *Dad* (1989), *Look Who's Talking* (1989), *The Cemetery Club* (1993), *Mr. Holland's Opus* (1995) and *Mother* (1995). Her most recent film, *Cloudburst* (2011), has been a critical and audience darling, winning her several Best Actress awards and over 40 awards for Best Film at various film festivals around the world.

An ardent liberal and Democrat, she is the cousin of one-time presidential candidate Michael Dukakis. Moreover, she is a strong advocate of women's rights and environmental causes. Olympia published her best-selling autobiography *Ask Me Again Tomorrow: A Life in Progress* in 2003, an introspective chronicle full of her trademark candor and wry humor. She is also a figure on the lecture circuit covering topics as widespread as life in the theater to feminism, Alzheimer's, diabetes, and osteoporosis. A hardcore New Yorker, she still resides there with her husband. She has received the Lifetime Achievement Award from the Greek America Foundation and the National Arts Club Medal of Honor and received her star on the Hollywood Walk of Fame this year.



COA: You grew up in Massachusetts. What was your childhood like? What were you initially interested in?

OD: I was initially interested in sports. I loved sports, playing and competition. I am first-generation Greek. My parents, one was born in Turkey and one in Greece. They immigrated to Lowell, Massachusetts. There was absolutely no place to go in their village in Greece. Her two brothers were only educated to the fifth grade but managed to come to this country and start businesses: the usual thing, the push carts, store fronts, then they had one of the first drug stores there. They began to buy property, but a lot of it was lost in the Depression in the 30s. My father escaped the Turks, and their butchering of Greeks and Armenians. They managed to escape with literally the shirts on their backs. They decided to make a new start. Then they all got together in Lowell. Both of my parents ended up there, because their families knew people in Lowell and had mills there, so they were able to work there. My mother had five sisters, and except for my mother, all of them worked in the mills.

COA: So what kind of sports did you play?

OD: Well I was constantly in the street growing up, doing anything and everything we did in those days. Once we moved to Summerville and there were organized things, I played basketball, tennis, field hockey, ping-pong (I was high school champ at that), and fencing. I should talk about the fencing, because that really became my sport. I was the New England fencing champ for three years. My brother was always wanting to be an actor, from the time he was 6 he said he was going to be an actor. I remember going to see him play in *Peter and the Wolf* at the Arlington library and was so impressed and I marveled at it. I would walk by the auditorium, acknowledge him and watch him rehearse. It was kind of interesting, but mostly I loved sports. I went to school thinking I would become a physical education teacher. I got drafted into writing and directing a show, and that was it. So I



ended up getting a scholarship from the National Foundation for Infantile Paralysis for my last two years and trained as a therapist. I went out and worked for two years. I did the polio epidemic. Then I went back to graduate school at Boston University for two years and graduated with a group of people. We started two theaters, one on the Cape and one in Boston; it was called the Actor's Company. I did that for a couple of years and then it kind of fell apart. Then I came to New York, I hustled, did a lot of hustling, and I was there for five years and realized that commercial theatre was not going to be that satisfying, although I had to involve myself in it, because that's where the money was. My husband and I and a group of people started a company. We were in New York for a while and then we came back. I was about to have my third kid, and we decided to move out of New York and we started a theatre in northern Jersey. I was involved with that for 19 years as the artistic director and then as the producing artistic director. I continued to work in New York, to do plays, to do whatever I could to make money. And then in 1988, I got *Moonstruck* and that changed my world.

COA: Having worked as an on-stage actress, in film, and television, and then behind the scenes as an artistic director, and other behind-the-scenes positions, what do you most enjoy?

OD: Well, I wasn't behind the scenes at all. Artistic directors are the scene; they're not behind it. And during those 19 years, I acted and directed at the same time. I taught for 15 years at NYU graduate school, at the same time trying to make money, because my husband had a terrible accident in 1977, and so I had to hustle, hustle, hustle. So I was very active in plays in New York, in acting and directing at the theatre, and teaching at NYU, while raising three kids.

COA: I bet teaching acting was a lot of fun.

OD: You know what? It is. I still do a lot of it. You can just lose yourself in the process, which is what I've always done. I've always enjoyed it. I sometimes enjoy rehearsals more than I do



performing, because you're discovering and exploring. Not that you can't do that when you perform, but it's really set up for that in rehearsal.

COA: What is the one must-have piece of advice that you give your students?

OD: I think the most important thing is to persevere, to be patient, to recognize that you're going to have a lot of setbacks. But if your desire is strong for it, if you're willful, I think you'll eventually come through with something for yourself.

COA: Do you see it being harder, easier, or about the same for young women coming up, wanting to get into acting?

OD: I think that women and men face a kind of difficult climate right now. It used to be acting, the pleasure and joy of it, was in transforming, playing different kinds of parts. You could explore all of that in yourself, etc. It's what you might call a transformative kind of thing. But

today, what has happened is that you have to be the flavor of the month and if you have that and pursue that and stick to that, you can shape a career for yourself commercially and financially. It used to be that it wasn't a bad thing to not make a lot of money. Now today, it's a sign of your success and your value and worth. It's making money. Now that doesn't mean that there aren't a lot of actors who choose to do what we call regional theatre. There are these theatres in different big cities that pay nominal salaries, not that it's easy if you want children, a house and a car. You can manage it in the regional theatres. But today, the push is for that kind of commercial acknowledgement that your worth is there. Now, you can look at the movies, for example, and see a number of actors, mostly men, who have a varied career. You look at Matt Damon, Ben Affleck, Brad Pitt, there's a bunch of them. The women pretty much have to act in a certain kind of sexual mode, although Jessica Chastain is a really terrific actress who can play all sorts of different parts, etc. There will be one or two, but mostly they're like Angelina Jolie, pretty much the same in everything. They have a

sexuality that people really like. God knows she's really good at what she does; I'm not saying she isn't. Beyond that, she has a real conscience about what she wants her life to be. But talking strictly about acting, the women actors don't have the range often that the men get. They have to pretty much be in the cultural mode, but that's because most films are written and directed by men, and produced by men.

COA: Is there something in particular that draws you to certain roles?

OD: I like plays. I like characters who go through a journey, who have obstacles that they either defeat or come by or whatever. Something where the character gets really shook up, like life. That's what happens to us in life. We struggle and strive for certain things; there are obstacles that come, conflicts that arise. And what do we do with them? How do we handle them? How do they resolve? We have to accept that we failed at something or it's not going to work out. I like something that has an arch to it, like that. That's what I look for.



COA: You've worked on so many things, from stage and movies to television. You've worked with some of the best actors and actresses in Hollywood, right beside them. Do you have any particular working friendships that still stay with you today?

OD: Not that we see each other that much, but I feel that way about Shirley MacLaine, about Cher, and I feel that about Brenda Fricker. I did *Cloudburst* with her, a wonderful little movie.



And now we're very good friends. She lives in Ireland, but we email each other all the time. Now there's a director that I did a one-woman show at the Nashville Theatre in London, Nancy Meckler, who I stay in touch with. It's not just actors; it's directors, writers. Martin Sherman wrote *Rose*; I stay in touch with him. Ed Asner is another one I stay in touch with.

COA: *Moonstruck* and your Oscar winning performance is still enduring as such a recognizable character in film. I'm sure it was amazing when you won the award.

OD: Totally amazing.

COA: How did it feel in that moment, and how does it feel now, so many years later? Not only the accomplishment, but also the enduring quality of that character.

OD: Well, it's always very gratifying to have your work acknowledged, no matter what. It was a couple weeks ago, in LA, I got my star on the walk of fame. People ask how I felt about that. Well, again, it's good to have your work acknowledged, but the thing that really matters in the end is the actual work, because that's where the excitement and adventure is, that's where the challenge is. How much of a challenge is it to walk out and say thank you?

COA: When's the last time you watched *Moonstruck*?

OD: You know, I watched it about two months ago. I was surfing and it came on. I began to watch it and I said to myself, "My God, this is a good movie." Norman Jewison, the director, everything, it's just a terrific story. But the movie, the way it was shot, that wasn't in the script. That was all Norman.

COA: It was a great movie. And another movie you're known for is *Steel Magnolias*. I want to ask about your experience working with all those amazing women?

OD: At first I was apprehensive, but all anyone wanted was to be good. All those actresses, that's

what they were all working for, that's what they were all thinking about, that's what they were all talking about: how to make it good. And they knew that they weren't going to be good unless everybody was good, because there were too many people in the scenes. How could I be good in those scenes if Shirley MacLaine wasn't? How could I be? It wouldn't work out. How could Shirley be good without the rest of us? We had to show up for her. We had to come with all our stuff, and that's what everybody did. I think we all recognized that that's what we all wanted and got along. Shirley's one of the people that I, from time to time, talk to and see.

COA: Have you seen the remake of *Steel Magnolias*?

OD: No, I haven't, but I've got the DVD, and I promised myself that I'm going to look at it. It's really interesting seeing it.

COA: How do you feel about it as a concept?

OD: I think it's great, absolutely. They have a Latino one as well.

COA: I want to ask you a little bit about your personal life. I know you have a passion for politics and current events, and you're famously related to Michael Dukakis, the presidential nominee. I believe you went out in support of him on the campaign trail a bit. There's a lot of controversy about whether or not celebrities should speak up about causes or political issues. I'm wondering how you feel about that, because obviously you're pretty outspoken.

OD: I think they should speak, if they can speak up intelligently. They absolutely should. Why shouldn't they be as interested in politics as anybody else?

COA: I guess the controversy is whether they should use their fame as a political platform.

OD: Absolutely, they should use it. To help somebody that they believe in and they think will make a difference and improve their lives, wouldn't you do it? I think they should, absolutely.

COA: Has that politically outspoken nature ever gotten you in trouble in your career?

OD: I think it does from time to time. In the end, people hire you because they think you'll help make their film a success. In the end, they're much more selfish about it.

COA: I know you're a strong advocate of women's rights and environmental causes. Tell me a little bit about why those issues are so important to you, and what other issues you champion?



OD: The lesbian/gay community, and its efforts to present a dialogue to the American people that will help them understand that these are human beings who are making an effort to have a life. Just because their proclivities are different from other people, there's no reason why they shouldn't have every right and opportunity that everybody else has.

COA: Are you still heavily involved in women's rights?

OD: Yes. Whenever I'm asked to speak or try to raise money, I do it.

COA: What do you think are some of the biggest issues facing women in this day and age?

OD: Well, of course abortion. When is that going to finally stop, so a woman can finally decide what she wants to do with her body? I think the idea of that pill being available, that was fabulous, it being made available to girls of all ages. There are so many young girls who have children and it destroys their opportunities, especially in urban environments and big cities. And contraceptives, which are another thing that people think we shouldn't give out. They think they shouldn't be available to young people. It's crazy.

COA: You've been married for 51 years, is that correct?

OD: You got that right.

COA: Do you have any words of wisdom or the secret to such a successful, long marriage? What do you attribute that to?

OD: One thing is we get to laugh with each other, that's good. Very early on, even before we were married, we promised each other that we would do everything to help each other fulfill our dreams. We didn't promise to be faithful, but we promised each other that, and we have kept that promise.

COA: How do you handle so much? You've raised three children, you now have grandchildren, and you still have a busy career.

How do you juggle all that? And is it different juggling it as a grandparent, versus when you were a parent?

OD: Well, there was no choice. What choice do you have? You figure it out. You learn how to juggle. It was pretty hairy there for a while, because my husband had an accident and couldn't work for about five years, so I was running around teaching and being involved with theatre, plus the children who needed to be driven to hockey games. It was really tough. What helped a lot is that I'm pretty good at multi-tasking. And now, of course, in the last 26 or 27 years, I've had an assistant. So once the theatre closed, that was in 1991 or something, the woman who was doing PR and publicity and being my scheduler at the theatre, started to work for me. At first, I thought, why would I need her? But a week later I called her up and said, "You better come help." So that was a big help.

COA: So how do you make time for family now?

OD: Well, I just schedule it in.

COA: I find so many people saying they love being a grandparent over being a parent. Do you feel that way?

OD: I love being a grandparent, but not over being a parent. What's good is you can spoil them, buy them stuff. One of my sons said to me, "You're teaching them the wrong lesson. They're not going to have all these things available to them. They have to learn..." I said, "That's your job. Now I get to spoil them rotten."

COA: Well our magazine is for mature adults. You look and act so young, you seem very young at heart, so how do you stay healthy and active?

OD: I do yoga, physical fitness, I try to eat well and properly. My husband is a big nutrition expert.

I follow a lot of the stuff that he says. I became gluten-free.

COA: Of stage, film and television work, do you have a preference?

OD: I don't have a preference out of film and stage work. I don't want to be in a television series. The show formats are an awful lot of work. I like stage and movies both. But they're so different; they're like apples and oranges.

COA: Tell me about your latest project, *Cloudburst*.

OD: I play a part of a lesbian couple, but it didn't get distribution in this country. It got distributed all over the world, it got awards at festivals. It's coming out on video July 30 in the United States. It was on Lifetime but they bleeped everything and put it on at two or three



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in the morning. There was one showing I think that was kind of reasonable, but they're afraid of it.

COA: That's surprising, because there have been plenty of films dealing with the topic of homosexuality.

OD: But these are older women. For younger women, I think their sexuality is of interest, especially to men. These are older women. It's a wonderful story about two women who became partners at a time when lesbians didn't talk about it, didn't display it. The DVD's coming out July 30.

COA: What else do you have in the works?

OD: I'm going out to do this play, *Mother Courage*, this summer. I guess the director of *Cloudburst* wants to do a sequel, because everywhere else loved it but the United States, where they haven't even shown it. So he wants to do a sequel. That'll be great.

COA: Is there anything else you'd like to share?

OD: I just recently started teaching Greek to American actors. I'm going to the Dallas Theatre Center. They have a company there that wants me to come to do it, because the artistic director there wants to do Greek plays. That kind of stuff is interesting, because it's challenging and I'm making it up as I go. I like that. I like new things, figuring them out and seeing what I can do about



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them. I'm also doing a performance piece about a Sumerian myth called *The Descent of Inanna*, which is very much connected to women and the ways their voices have been silenced. It's about a goddess who goes down to the underworld where her sister is and how she reconnects and learns to survive in the world above, the world of men. It's a really interesting project. There's a stripper who's doing a piece in there, there's another actress. I'm reading some of the stuff. We're working on it.

COA: Did any of your children go into show business or acting?

OD: One son, who is executive vice president of Film Nation. Another son who was a writer/producer of television for many years is now repping political people and social activists. He's all interested in politics, so he's doing that. And then there's my daughter, who teaches, directs and is getting into producing. I've acted

with her. I'm also doing Shakespeare and Company in western Massachusetts this August.

COA: I wanted to ask you about your memoir as well. Was it cathartic?

OD: Well it's kind of a memoir. It took me two years, because I'm really not a writer. I eventually did it with a writer. I think it was good. It was on the best-seller list for a while. **COA**





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News from Council On Aging of West Florida

Welcome New Development Director Brandi Welk



We are pleased to welcome Brandi Welk to Council on Aging of West Florida. Brandi, a native of Pensacola, has local experience in fundraising and special events. Brandi earned a Bachelor of Arts degree in Public Relations from the University of West Florida. While attending UWF, Brandi completed an internship with WEAR ABC3 in the news and promotion departments. As Development Director, Brandi is responsible for charitable giving, outreach efforts to increase awareness of our private pay programs, and major special events. We are excited to have Brandi join our team and look forward to working with her.

International Paper Foundation Grant



Foster Grandparent/Senior Companion and RELIEF Director Lisa Schachle and Brett DeJong, IP Pensacola Mill, Mill Manager

Our Foster Grandparent program recently received a \$1,672 grant from International Paper Foundation to purchase materials and supplies for its Little Readers project, which will be conducted during the 2013-2014 school year. The grant will be used to purchase books identified by school reading departments as appropriate for leveled reading activities and training materials to teach each Foster Grandparent how to perform leveled reading activities. The expected outcomes are for Foster Grandparents to develop an understanding of leveled reading and for children identified as reading below grade level to improve reading scores as well as develop skill sets necessary to improve grades and confidence.

Foster Grandparents currently serving in 12-15 classrooms will lead children in leveled reading activities appropriate for their development abilities. Thank you International Paper Foundation!

Celebrating Twenty Years of Service



John B. Clark, President/CEO, Council on Aging of West Florida and Dorothy Sellers

Dorothy Sellers joined our organization in May 1993. She began working at the Molino senior dining site and is currently the Senior Dining Site Manager at our Cantonment Senior Center.

Over the years clients have commented that Dorothy treats them as if they were members of her family. She takes time to listen and makes every effort to meet special needs as they arise. She also picks up clients unable to get to the Center on their own.

Dorothy supervises wonderful volunteers at her site and provides valued, involved opportunities for them. Dorothy is truly a valued employee and we would like to say thank you for 20 years of faithful service to Council on Aging of West Florida and its Senior Dining Site participants.

Senior Dining Site Closure

Unfortunately, we will be closing our Senior Dining Site at Wesley Scott Place Apartments due to very low attendance. The last day we will serve meals will be Friday, June 28, 2013. For a complete listing of our Senior Dining Sites in Escambia and Santa Rosa counties, please call 850-432-1475 or visit www.coawfla.org.

Monthly E-News

Do you want to receive brief monthly updates from us via email? If so, please sign up for our E-news in the upper right-

hand corner of our homepage at www.coawfla.org

Grandparents Raising Grandchildren Support Group

The group meets the second Thursday of each month at 6 p.m. at Homewood Suites by Hilton, 5049 Corporate Woods Drive, in Pensacola. Council on Aging of West Florida will provide dinner through Homewood Suites' evening Manager's Reception featuring light dinner fare and salad bar. Participation is free. For more information, contact 432-1475 or visit www.coawfla.org.

Day on the Go



Day on the Go is a program of our Adult Day Health Care for higher functioning participants who can follow directions, have good endurance and are able to attend area attractions and events with limited supervision. Schedules are planned to allow for a full day of activity for the participants as well as extended respite for caregivers. Each *Day on the Go*

includes breakfast, exercise time, an outing and lunch. The cost is \$65. For more information, contact Sandie Holtry at 432-1475 ext 180.

Upcoming Outings:

- July 12** - Malbis Historic Church
- July 19** - Big Lagoon Park
- August 16** - T. T. Wentworth Museum
- August 23** - Oops Alley Bowling in Pace
- Sept 13** - Ft. Walton Beach Museum
- Sept 20** - Gulf Shores Zoo



RatPackReunion.com

Rat Pack Reunion 2013 plans are already well underway. Mark your calendar now for Friday, October 25. For up to the minute event news and Rat Pack trivia as well as ticket and sponsorship information, visit www.ratpackreunion.com. Stay tuned for lots of exciting announcements and surprises!



2013 Rat Pack Honorees: Mike Papantonio, Teri Levin, Quint Studer and Brian Spencer

Thank You Humana

Humana recently sponsored our first Volunteer Appreciation Luncheon. The theme, "Our Volunteers Are Winners," was fitting for those who work tirelessly, laboring on their own time and volition — not for compensation, only the satisfaction of knowing they have helped another. Thank you, volunteers. You are truly winners! And as Brandie Beauchamp, representative of the Humana told the attendees, "Thank you all very much for making a difference."

Thank You Wells Fargo



Keith Michalkewicz, Jeff Nall and Tammy Davies

We were pleased to be one of the Wells Fargo non-profit honorees at the recent Wells Fargo 2013 Community Partner Breakfast hosted by Benjamin Longmore, district manager, West Panhandle, and Keith Michalkewicz, business banking manager, Emerald Coast. We would like to thank Tammy Davies, vice president and senior business relationship manager, and Business Banking for selecting us as a recipient of a \$1,000 grant. 

The Panhandle Charitable Open

Friday, Sept. 27 and Saturday,
Sept. 28, 2013

Marcus Pointe Golf Club.

The Panhandle Charitable Open is a 2-person, 2-day, best ball golf tournament. Appropriate attire is required. Teams will be flighted after the first day of play. Sign up today to play or sponsor. Visit www.pcogolf.org or call 850-712-7466.

Schedule of Events

Friday

10 am - 7 pm Silent Auction(Open to the Public)

11 am Lunch

Registration/Driving Range

12 noon Shotgun Start

5-8 pm Entertainment and Eats

Saturday

7-7:45 am Breakfast

Registration/Driving Range

8 am Shotgun Start

Noon - Lunch/Awards Ceremony



Bands on the Beach

Tuesdays. 7-9 pm through October 29

Gulfside Pavilion, Pensacola Beach

Pensacola Beach's popular outdoor summer concert series, Bands on the Beach, features a lineup of performers sure to please every musical taste. The series features regional artists performing a wide variety of music. Bring your lawn chair and enjoy hot music, smooth grooves and a whole lot of good times. For more information, visit visitspensacolabeach.com

June 18 - Category 4

June 25 - Mr. Big and the Rhythm Sisters

July 2 - Johnny Earthquake and The
Moondogs

July 9 - Lektric Mullet

July 16 - The Reunion Band

July 30 - ClassX

August 6 - Posi-Tones

August 27 - Touch of Gray

September 3 - Erma Granat and The Shades

September 10 - CrossTown

September 17 - The Astronauts

September 24 - Kyle Parker Band

October 1 - Southern Soul

October 8 - Westside Players

October 15 - Holly Shelton

October 22 - Loaded Goat

October 29 - Petty Cash

UWF Leisure Learning Society Fall Open House

Friday, September 6

2-3 pm

Bayview Senior Center
2000 E Lloyd Street,
Pensacola



Curiosity knows no age limit and for those 55 or older, this fall offers an opportunity to discover one of the most dynamic learning programs in Pensacola. The Leisure Learning Society offers a variety of classes, Lunch 'N' Learn programs, excursions, special events and arrangements for member attendance at community events, as well as leadership opportunities. Bring a friend! Meet instructors, socialize, win door prizes and have a little fun! Light refreshments and Hors d'oeuvre will be served. Event is free and open to the public. For more information visit uwf.edu/leisurelearning or call 850-474-3491.

Evenings in Olde Seville Square

Thursdays, 7-9 pm through August 15

Seville Square, Downtown Pensacola

Yes, it's back. Thanks to new a non-profit organization, Events Pensacola, and its executive director Jehan Clark, the historic free outdoor Thursday evening concert in the park tradition continues. Kudos to the Pensacola Heritage Foundation, which granted use of the iconic name, Evenings in Olde Seville Square, and Jim Green, who had remained active as director of the series through 2012, for agreeing to work with and advise Events Pensacola. For more information, visit www.sevilleconcerts.com.

June 20 - The Sawmill
Band

August 1 - TBD

August 8 - Swingin' Dick
Tracys

June 27 - Sarah Mac Band

July 11 - Heritage Band

July 18 - Delta Reign

July 25 - Mass Kunfuzion

August 15 - Grand Finale -
TBD

Rat Pack Reunion 2013


Friday, October 25

6 pm until

New World Landing

Tickets: \$100 per person



Sponsorships and tickets now available for the biggest party of the year! Entertainment by nationally known Sinatra tribute entertainer Tom Tiratto. Please join us for a retro-fabulous good time as we honor our very own 2013 Rat Pack and raise much needed funds to help the elderly in our local community. This year's honorees, all outstanding individuals who lead the way in business, and show tremendous leadership with their service to our local community are Teri Levin, Mike Papantonio, Brian Spencer and Quint Studer. For tickets and sponsorship information as well as up-to-the-minute Rat Pack Reunion 2013 news and trivia, visit www.RatPackReunion.com or call 850-432-1475 ext 130. 

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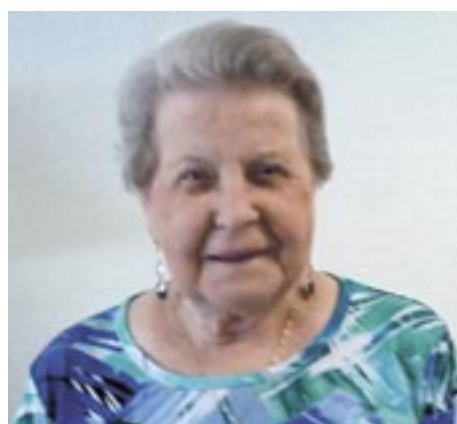
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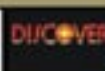
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