

COMING of AGE TM

Presented by Council on Aging of West Florida

LIFESTYLE MAGAZINE FOR SENIORS

SPRING 2014

An Exclusive
Interview With
Della Reese


THE RETREAT
— A SENIOR DAY EXPERIENCE —

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THE RETREAT

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—Ursula Carney



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Jeff Nall, APR, CPRC
Editor-in-Chief



We are excited to share this spring 2014 issue of *Coming of Age* magazine with you. I believe you will find this issue entertaining and informative as usual but frankly, anything about “Spring” excites me after the “freeze of 2014.” Thank you to everyone who checked on elderly family members and neighbors as well as those who donated heaters and blankets.

Exciting things continue to abound here at Council on Aging of West Florida. We are very pleased to share with our readers the new logo and name for one of our core programs. To learn more about this special place and experience, please check out the article on page 12 and call us at 255-2603 to arrange a tour. Look for a more in-depth article on The Retreat in the summer issue.

In addition to our exclusive celebrity interview with Della Reese, recipient of nine NAACP Image Awards for her starring role as Tess on *Touched by an Angel*, you will also find information on the health benefit of meditation and how pets can also be good for us as we age. We’ve also included a list of some local businesses that provide senior discounts. It would be impossible to include, or find out about, them all so please let us know if there are others. Please feel free to share them with our friends on our Facebook page. www.facebook.com/coawfla as well.

Speaking of Facebook, if you “like” our page, and we hope that you do, please be on the lookout for upcoming promotions and contests as well as regular postings on what is happening at Council on Aging of West Florida.

Until next time, enjoy life, you’ve earned it!

P. S. Do you have a senior-related business or know someone who does? Check out page 38 to find out about a new promotional opportunity on www.coawfla.org!



Readers' Services

Subscriptions

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!

Change of Address

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.

Back Issues

Is there an issue of one of our magazines that you just have to have? Was your relative seen in a recent issue and you lost it? Give Ballinger Publishing a call at (850) 433-1166 ext. 30, and they will find one for you.

Letters

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

Writing Opportunities

We are always willing to consider freelance writers and article ideas. Please send queries and/or suggestions to Kelly Oden or Jeff Nall at the above addresses.

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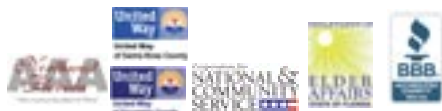
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*Council on Aging of West Florida, Inc. is compliant with
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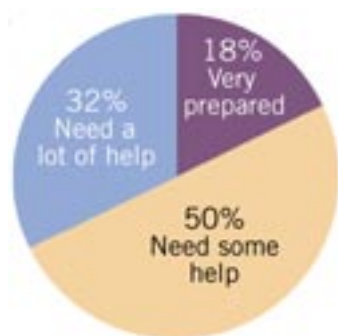
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Empowering Women

As seniors, especially women, sometimes it may feel as if there are more health concerns and information being thrown at you than any one person could handle. However, information is power as they say. It can also empower.



Being financially literate is very important. The fact that on average, women earn 77 cents for every dollar earned by men is one reason women tend to accumulate less in retirement savings. Women also get a later start on saving for retirement – again, largely due to their lower income. In some cases, you may not only be planning for your own retirement, but you also might be a caregiver and planning for a spouse's future.

Are you educated on what lies on the road ahead? Do you know the risks that seniors face today? In a study conducted by Prudential, 50 percent of respondents said they needed some help with financial decisions while 32 percent said they needed a lot of help and 18 percent felt very prepared for the future. Where do you fall?

“Prepared to Make Wise Financial Decisions”

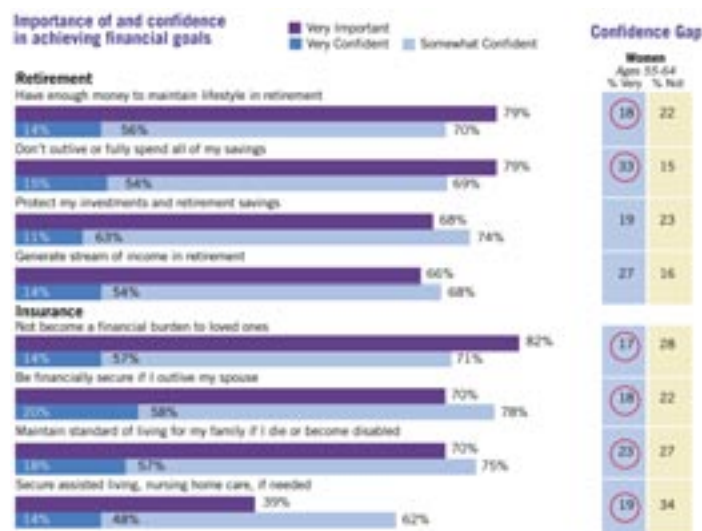
“Older women are at greater risk of economic insecurity than older men,” according to a new study from Wider Opportunities for Women (WOW), a Washington nonprofit. Its analysis of U.S. Census data found that 60 percent of women and only 40 percent of men age 65 and older who live alone or with a spouse have

incomes insufficient to cover basic daily expenses. In a 2010 – 2011 Prudential Research Study on women's behavior, many voiced that they were concerned about their financial future. Below are some concerns that women between the ages of 55 and 64 voiced:

“Importance of and confidence in achieving financial goals”

As you can see, the primary factors causing worry are maintaining a lifestyle during retirement, becoming a financial burden to family and loved ones and protecting their investments. Women should be educated in saving and investing for retirement, protection of assets, insurance options and even assisted living options just in case. For women, being financially literate is just as important as your own physical health.

According to the *Journal of Financial Planning*, there are one million Baby Boomer widows in the United States, a number that will rise significantly in the future because there are almost 25 million married Boomer women, and 70 percent of them are expected to survive their husbands. In a recent report by the Alzheimer's



Association, it found that one in every three seniors now dies while suffering from Alzheimer's or another form of dementia. Also, the rate of deaths related to Alzheimer's disease rose 68 percent from 2000 to 2010. Leading causes of death among women 55 and older include cancer, heart disease, stroke and Alzheimer's disease. As you know, life is extremely unpredictable. Preparing for your future today can be a tough task, but it is one that is imperative to helping yourself and loved ones in the long run. Take that first step today to a better and brighter future.

In an effort to educate women 55 and above about these essential life components, Mainstay Financial and Sacred Heart Senior Services are sponsoring **E to the Power of Three** as an event to educate, enlighten and empower women. This is a women only event that will be held on Saturday, March 29, 2014 from 8:30 am until 4 pm. This event will feature women business owners in our community and many influential speakers including national motivational speaker Glenna Salsbury. Speakers will touch on the power of money, wills, social security and much more. There will be vendors, door prizes and a hot buffet lunch, which is included. Tickets are \$50 if bought prior to March 11 and will increase to \$60 on March 12 until event day. For more information on the event and where to purchase tickets, visit www.powerofE3.com or call Mainstay Financial at 437-3127.



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Positive outcomes for participants include increased socialization, improved moods and behavior, greater sense of purpose and improved sleep habits.

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THE RETREAT

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Krewe of Blues entertains at The Retreat

Imagine a special place where you can get a change of scenery, socialize with friends, enjoy activities, take walks in the shade and enjoy fresh air in a secure, protective environment. Imagine that same special place providing peace of mind and personal time for yourself. What would you call it?

With input from caregivers, staff and our business development committee, we have renamed our adult day health care center to

better reflect how its participants and their caregivers feel about it – The Retreat.

The Retreat is a special place, and experience, that has been described as refreshing, supportive, fun, assuring, caring and heartwarming by those who participate and their families. It is a place that provides a positive change of environment that can be beneficial to participants as well as caregivers.


So why The Retreat? Other words and phrases used by caregivers to describe what their family member experiences when they attend included social interaction, companionship, entertainment, joyful, safe and a happy environment. Words and phrases provided by caregivers to describe what the center means to them included peace of mind, assurance, relief and time off. One caregiver summed it up in a recent thank you card to the staff, which simply said, “Thanks so much for all you do in caring for my mother. I can rest assured knowing she is in great care.”

Each day at The Retreat is a special experience consisting of outside walks, exercise class, arts and crafts, table and card games, mental stimulation, special parties and celebrations. The Retreat also offers regularly scheduled field trips to picnic areas, parks, museums, historical places, area attractions, bowling alleys and movie theatres. These well-supervised trips are not only fun, but trigger memories and promote socialization.

The Retreat, located at 875 Royce Street in

Pensacola, is designed for indoor and outdoor activities in a variety of settings. It has comfortable and inviting activity areas, functional recreation areas, a full kitchen, a screened-in porch with ceiling fans and outdoor furniture, and a private backyard with a pavilion and walking paths.

We are licensed by the State of Florida Agency for Health Care Administration (#9051) and the staff of The Retreat includes health care professionals. The director is a registered nurse (RN) and the staff also includes two licensed practical nurses (LPN) and a certified nursing assistant. The staff to participant ratio is in accordance with the State of Florida licensing requirements. Our staff also receives on-going training in areas such as Alzheimer's disease and other forms of dementia. Both the building and outdoor areas are secured so that participants who wander are safe at all times.

The Retreat is open Monday through Friday from 7:30 am until 5:30 pm. Breakfast, lunch and a snack are provided. Caregivers interested in enrolling a family member with cognitive or physical impairments may inquire about funding assistance. However, we offer private-pay daily rates and half-day rates, which are much lower than those charged for in-home care, for those who are not eligible for government funded programs. Come see what you are missing. To arrange a tour, give us a call at 850-266-2503. 

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The BBB Accredited Charity Seal - What It Means For Donors

Often times when donating to charities, you might find yourself distraught and unsure about where your money is actually going. Princeton Survey Research found that most Americans are frustrated when deciding where to spend their charitable dollars. The majority of respondents said it is “difficult to tell whether a charity soliciting their contribution is legitimate and to choose between organizations that raise money for similar causes.”

When choosing a charity to support, you might ask yourself the following questions:

- How fiscally responsible is the organization?
- How will it use my donation?
- Does it have any accreditations?

Council on Aging of West Florida is a non-profit that can be set apart from others in the Northwest Florida area. Not only are our administrative costs fewer than 10 percent, but we are also one of eight non-profit organizations in Northwest Florida to have been designated as a Better Business Bureau (BBB) Accredited Charity. The Better Business Bureau Serving Northwest Florida began accrediting charities locally in 2004.

The BBB is an authority on trust in the marketplace which

sets and upholds high standards for ethical marketplace behavior. Danielle Rudd, communications director for Better Business Bureau Serving Northwest Florida, says, “Council on Aging of West Florida was one of the very first local charities to earn accreditation. Earning the BBB Accredited Charity Seal can help add credibility to an organization and is another way to tell donors



and grantors that the charity is committed to doing the right thing with their money and that their gifts are appreciated.”

“Even prior to us earning this accreditation in 2005, we have always been big believers in transparency and accountability. It has always been a practice of Council on Aging of West Florida to make its financial information readily available to the public. For example, our annual reports, tax returns (form 990), financial statements and audits are prominently posted on

our website. These documents are also available to anyone who requests them by phone or mail,” explains John B. Clark, president and CEO of Council on Aging. “Many people like to review these types of documents for themselves when deciding to support a charity or not. However, for those less inclined to review personally, the BBB Accredited Charity Seal affords them the peace of mind of knowing that a trusted independent agency has done the homework for them.”

The goal of the BBB Accredited Charity Seal is to offer a highly visible accountability tool that will help inform donors, assist charities in establishing their commitment to ethical practices, and encourage greater confidence in giving. The process of obtaining this seal includes submitting charity review questionnaires, presenting financial statements, tax filings, annual reports, solicitation materials and most importantly, meeting the 20 Charity Accountability standards. These standards promote transparency, accountability and ethics in the non-profit community. Based on this information, the BBB determines if a charity meets the BBB Standards for Charity Accountability. The BBB of Northwest Florida has evaluated

over 40 non-profit organizations against the 20 Charity Accountability standards and currently only eight organizations have passed. These standards include the organization having a board of directors that provides adequate oversight of the charity's operations and its staff, spending no more than 35 percent of related contributions on fundraising, addressing privacy concerns of donors and many more.

For donors like you, this accreditation can provide much comfort when deciding which non-profit to support. According to a study conducted by the BBB serving New York, "meeting BBB Standards for Charity Accountability is positively associated with increased levels of public support as measured by fundraising revenue." The results of the study showed a 13.5 percent increase in fundraising revenue for meeting these standards and holding the BBB Accredited Charity Seal.

All in all, doing your research on an organization before donating is vital in making sure your contribution is used honestly and appropriately. Here at Council on Aging, we strive to communicate effectively with our supporters and all of our financial information is available on our website, www.coawfla.org. If you are interested in donating or want more information, feel free to contact us at (850) 432-1475 or email us at info@coawfla.org. Donations can be sent to Council on Aging of West Florida, PO Box 17066, Pensacola, FL 32522 or made online at www.coawfla.org. 

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Pets offer their owners many benefits beyond having a cute and cuddly animal with which to snuggle. New research suggests that, especially for senior citizens, dogs and cats can help improve mental stability, create feelings of joy, encourage physical activity and increase overall health.

Coupling seniors with calm, manageable adult dogs and cats has resulted in decreased feelings of loneliness and depression and sharper mental acumen because pets' tendency to live for the present rubs off on their owners. This leads to a healthier emotional life, which often translates to motivation for physical activity and socialization.

"There is a correlation between pet ownership and people feeling hope and joy, particularly for

the elderly," said Dr. Lance Coy, a veterinarian at Pine Meadow Vet Clinic. "It gives them something to care for."

According to the Center for Disease Control and Prevention and published research, companion animals reduce the effects of Alzheimer's, and decrease blood pressure levels and cholesterol. Add to that animals' affinity for unconditional love, loyalty and purpose, and you have a completely natural and healthy remedy for the most frequent senior ailments.

Because having a pet requires a decent amount of dedication and commitment, seniors are often advised to pair with adult dogs and animals that are calm and more easily manageable. Pairing senior pets in need of love with senior people in need of accompaniment

provides infinite benefits for both.

For older individuals, a companion animal—ranging from a dog or cat to a fish or even reptilian pet—provides essential social contact they would not otherwise have. According to Pet Partners in a study of mature adults living alone, 75 percent of males and 67 percent of females said their dog was their only friend.

Coy said that seniors are just as competent at providing for animals' day-to-day needs as any other age group, though he suggests that older citizens research breeds and ages to discover what type of pet will best suit their physical and residential needs.


"Especially if the pets are smaller and more manageable, seniors remember to give their dogs and cats medications and are as compliant with animal care as anyone else," said Coy. "Even if they are unable to bring their pets in for regular check-ups, older men and women find a way to care for their animal, even if a neighbor brings the animal in or a family member helps with its overall care."

Cats are better for apartments and small housing areas with no yard, whereas dogs are better for the man or woman who does not mind a bit of leisurely physical activity each day. There is research to suggest that dog owners spend an average of an hour and a half outside per day with the dog. Since regular exercise and attentiveness to another's needs play such central roles in physical wellbeing for people of all ages, the benefits of pet ownership cannot be overstated.

Facebook groups like Senior Pets for Senior People help older citizens connect with those looking for a loving home for their elderly pet.



The Pets for the Elderly Foundation is also a great charity that pays a portion of the adoption fee when someone 60 years of age or older adopts a companion pet from a participating shelter. One such local shelter is the Panhandle Animal Welfare Society, located in Ft. Walton Beach.

Seniors, be they of the two- or four-legged variety, are often in need of love, attention and companionship. Pairing the two leads to a greater quality of life and enhanced health benefits for both. 



Pay It Forward with National Volunteer Week

At Council on Aging of West Florida, April showers bring recognition of all of our volunteers' efforts. National Volunteer Week takes place April 5 -12. This is a week about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

In 2013, our loyal and hardworking volunteers logged 11,254 hours. Currently, Council on Aging of West Florida has 215 active volunteers. Their tasks include delivering Meals on Wheels, secretarial work, assisting at The Retreat, minor in-home repairs, setting up for events and more. Our volunteers exemplify our mission in everything that they do.

Do you have extra free time? Are you recently retired? Does your civic organization need a project? Do you want to make a difference in the community? Volunteering with Council on Aging of West Florida may be just the answer for you. Betty McLeroy, our volunteer coordinator, says, "Volunteering serves many purposes. You not only get to do what you want to do but you also get to serve others and that in itself is so rewarding." She is absolutely right! Our volunteer program can work around YOUR schedule and YOUR interests. There is no particular time commitment and we welcome long-term and short-term volunteers. You can even volunteer in groups!

Becoming a volunteer with Council on Aging is simple and painless:

- Give us a call at 432-1475 and tell us you are interested in becoming a volunteer.
- Volunteer Information Sessions are held the third Thursday of each month and vary in day and evening times.
- Create YOUR volunteer schedule and choose what YOU want to do.

Upcoming Volunteer Recruitment and Information Session

Council on Aging of West Florida depends on volunteers to help us serve our diverse and growing senior population. We need volunteers of all ages who are willing to give their time, experience and skills to help us carry out our mission. Please join us for orientation as we discuss the importance of your role as a volunteer and get you acquainted with what we do and how you can help. Refreshments are provided.

Sessions are held on the third Thursday of each month at our administrative office at 875 Royce Street in Pensacola.

March 20 – 5:30 pm

April 17 – 10 am

May 15 – 5:30 pm

June 19 – 10 am

July 17 – 5:30 pm

For more information, please contact Betty McLeroy at 432-1475 or bmcleroy@coawfla.org.

Yes, it's that easy! Currently, we are looking for groups of volunteers willing to lend their time to outdoor spring cleaning projects. Many of our clients are homebound and have difficulty with yard maintenance and simple in-home repairs. We have had many churches and military groups help with these projects and it is much appreciated. If spring cleaning doesn't interest you, have no fear! We always have secretarial work that can be done. Some tasks are as simple as stuffing envelopes and organizing files. There is something for everyone at Council on Aging of West Florida and no one will be turned away from helping our local seniors.

We love to hear success stories from volunteers and many say just how much they enjoy their "job" at the Council. "I enjoy volunteering because of the deep inner satisfaction I get from helping others achieve something they may not have otherwise," says Ed Turner, a devoted volunteer since 2004. "As a disabled child, I remember lots of people helping me overcome my disability, and volunteering is just a way of paying them back or paying it forward."

Whether you want to volunteer with a civic organization or alone in your spare time, we welcome you! Give us a call at 432-1475 for more information on volunteering and to schedule your Volunteer Information Session today. COA



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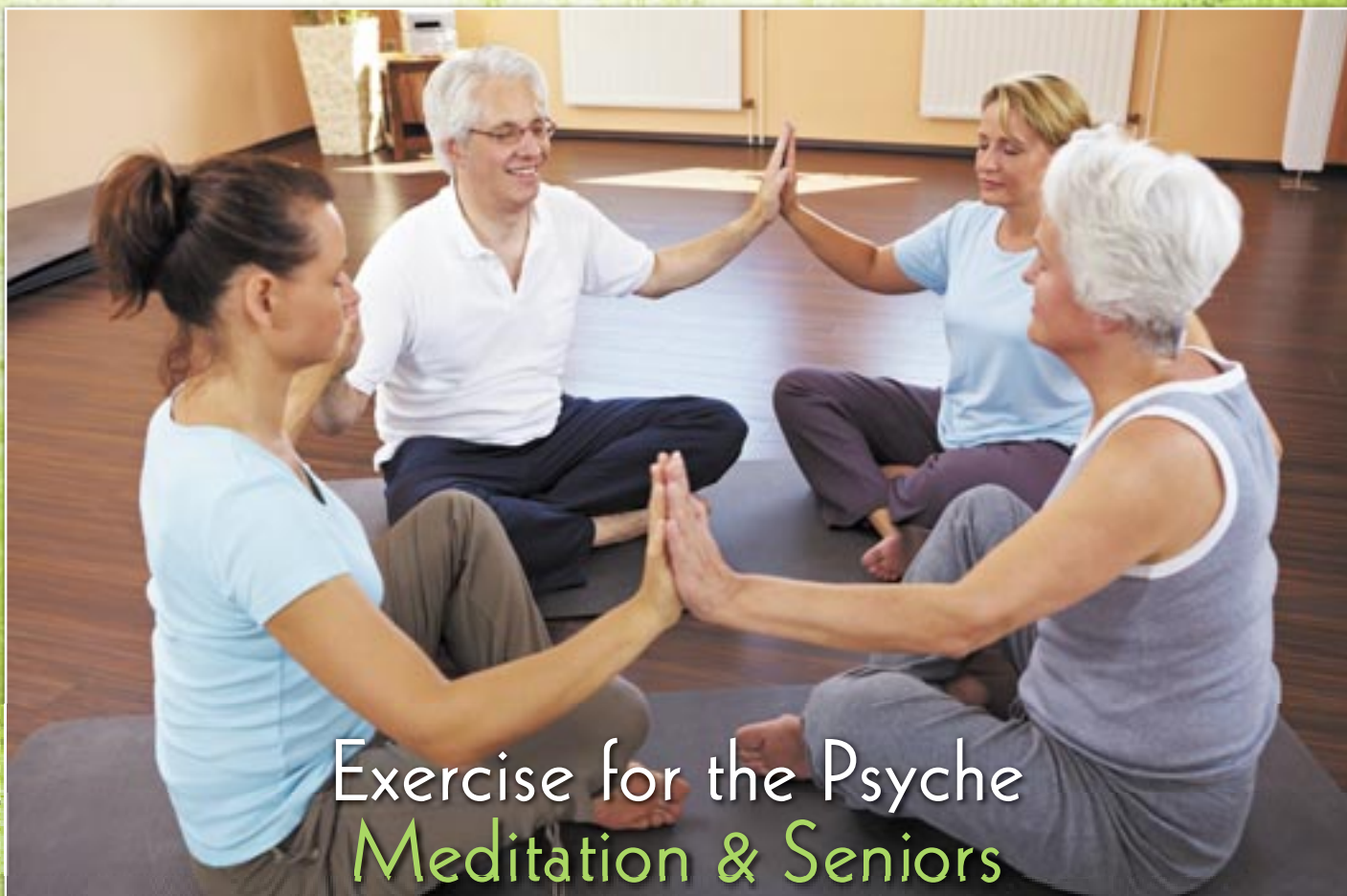
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Exercise for the Psyche Meditation & Seniors

Each day people are constantly bombarded with stimuli coming from almost every direction. Other people, media, phones and computers can interrupt quiet time for thoughtful reflection, but sometimes even one's own thoughts should be quieted, giving way to peaceful mindfulness of the present moment. Meditation was once viewed by many as a practice solely for monks or yogis but with more research into neuroscience and psychology it's becoming apparent that many can benefit from the practice, and seniors are uniquely poised to reap the rewards of regular meditation.

There are multiple types of meditation, most closely bound in their history to religious or spiritual practices. Many people have heard of transcendental meditation, which utilizes a mantra or affirmation that the practitioner can focus on, or mindfulness meditation, which focuses on breathing. All forms of meditation utilize focus and intention, building awareness in the present.

Dr. Michael Brant DeMaria is a local psychologist, international speaker and workshop leader for whom meditation has been a regular part of his wellness routine for 33 years.

"Next to healthy nutrition,

adequate sleep and regular exercise, I feel it is the most important factor in contributing to overall health and well being," he says.

While meditation utilizes simple, seemingly subtle techniques to alter and enhance focus, it can clearly have profound effects on overall mental health and even physical wellbeing. Focusing on the present moment may not seem like a powerful practice, but daily life can easily yield a cyclical thought process that focuses intently on the past and future, with little attention paid to the present moment.

"Most of us spend most of our time in the past or the

future. It is estimated that we have anywhere from 20,000 to 60,000 thoughts a day, and 90 percent of these thoughts are the same as we had yesterday," Dr. DeMaria says. "Thoughts by definition take us into the past and the future. Said simply, meditation is a way of quieting the mind and as a result helps us relax, de-stress and find a deeper sense of peace, contentment and well being."

Many seniors experience loneliness as they age and friends and spouses pass away, or the senior is less able to get out to socialize, and this takes a harsh toll on both the mind and the body. Loneliness has been linked to depression and dementia as well as physical ailments like a heightened risk of heart disease. A 2012 study by researchers the University of California in Los Angeles published in the online journal *Brain, Behavior and Immunity* found that seniors participating in an eight-week program of meditation experienced lessened feelings of loneliness and boosted immune systems.

In this study, 40 seniors ages 55 to 85 were divided in half, with one group practicing daily meditation at home for 30 minutes, attending two-hour weekly meetings and one day-long retreat, during which they were trained in exercises to focus their minds on the present moment. The control group did not practice any meditation techniques. Participants in the group that meditated reported less feelings of loneliness and blood tests performed at the beginning and

end of the eight-week period showed a drop in the expression of inflammation-related genes. This small sample is an encouraging piece of a growing body of research on the positive benefits of meditation.

Getting started with a meditation practice can be very simple. All that's necessary is a comfortable place to sit and some devoted time to focusing inward on the present moment, be it through a breathing exercise or by focusing intently on a repeated mantra. When thoughts start to wander, just guide them back to the present. For a little help with a program, Dr. DeMaria hosts a weekly session at the Sanders Beach Community Resource Center on Wednesdays from 5:30-6:30 pm. Participants can bring a mat and small pillow because they lie down for the duration of the class, which Dr. DeMaria says makes it easier for many that are new to the practice.

"Participants lie down while I guide them through a simple,

though very powerful process of deeply releasing and relaxing any physical, emotional and mental tension through what we call somatic mindfulness—that is, focusing and scanning the body in a very detailed way," he says.

While physical fitness is well known as a boon to health and wellbeing, meditation may be overlooked as an essential exercise for good health. While many seniors may face challenges to making daily activity a routine, almost anyone can make meditation and mindfulness exercises a part of their health regimen.

"The other really nice thing about meditation for seniors is that you're never too old to meditate," Dr. DeMaria says. "It requires no physical fitness, special equipment, special time of day or special tools—even someone in a wheel chair or bound to a bed can meditate. If you are awake, aware and breathing, you can meditate."

COA



Senior Discounts



Coming of age also comes with certain benefits. Among those benefits is one that is sought after by adults of any age: the senior discount. From movie theaters and museums to clothing stores and restaurants, there are many types of establishments that offer discounts for older adults. While some discounts may be limited to AARP members, others are open to anyone who meets the age requirement. Asking a clerk or manager whether the store offers discounts is the best way for seniors to take advantage of these well-earned rebates, since businesses don't always post available discounts. Below is a list of some of the places in the area that offer senior discounts. This is not a complete list of all discounts offered, but can be used as a starting point for exploring some of the price cuts available to older adults. Although local businesses were contacted to make sure the list was as accurate as possible, we apologize if some of the discounts are no longer available.

Entertainment

Carmike Bayou 15 (www.carmike.com)

Age 65+: \$8.25 Sunday – Thursday, \$8.50 Friday and Saturday.

Carmike 10 (www.carmike.com)

Age 65+: \$6.50 Sunday – Thursday, \$7 Friday and Saturday.

Carmike Pensacola 18 (www.carmike.com)

Age 65+: \$6.75.

Naval Aviation Museum IMAX (www.navalaviationmuseum.org)

Age 62+: \$8.25.

Pensacola Museum of Art (www.pensacolamuseum.org)

Seniors: \$3.

Historic Pensacola Village (www.historicpensacola.org)

Age 65+: \$5.

Pensacola Lighthouse

(www.pensacolalighthouse.org)

Age 65+: \$4.

Gulf Breeze Zoo (www.gbzoo.com)

Age 65+: \$12.95 with military ID, \$13.95 without.

Fitness

YMCA of Northwest Florida

(www.ymcanwfl.org)

Age 65+: \$24.75 per month at the Northeast Branch only, \$33 per month at all other branches.

Real Time Fitness (www.realtimefitness.net)

Silver Membership: \$14.95 per month with no annual or processing fees, can be canceled at anytime.

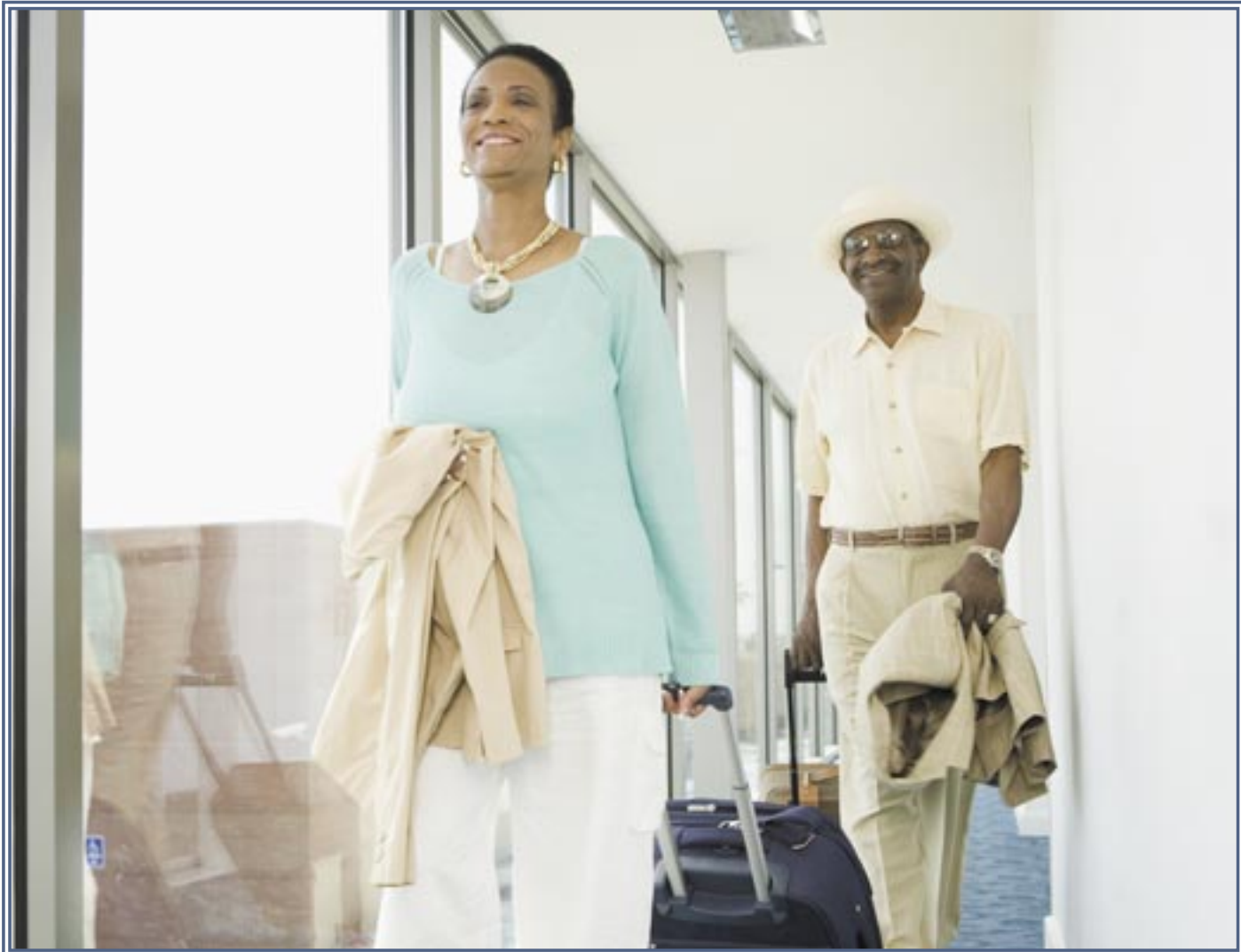
Pensacourt (www.pensacourt.com)

Age 60+: Silver Sneakers Discount. Call (850) 478-1400 for more information.

Roger Scott Pool (www.playpensacola.com)

Seniors: \$3.50 per day.





Travel

Best Western Plus Blue Angel Inn
(www.bestwestern.com/blueangelinn)
 Seniors/AARP Members: Discount varies by travel dates.

Hilton Garden Inn Pensacola
(www.hiltongardeninnpensacola.com)
 Age 65+: Up to 10% off rates (varies by travel dates).

Hilton Pensacola Beach Gulf Front
(www.hiltonpensacolabeach.com)
 Age 65+/AARP Members: Discount varies by travel dates.

Springhill Suites by Marriot Pensacola Beach
(www.springhillsuitespensacolabeach.com)
 Age 62+: Discount varies by travel dates.

Hampton Inn Pensacola Airport
(www.hamptoninnpensacolaairport.com)
 AARP Members: Discount varies by travel dates.

Avis Rental Cars (www.avis.com)
 AARP Members: Up to 25% off rentals.

Budget Rent-A-Car (www.budget.com)
 AARP Members: Up to 25% off rental vehicles.

Hertz Rent-A-Car (www.hertz.com)
 Age 50+: Discounts on certain rental leases and packages.

Greyhound Bus Line
 Age 62+: 5% discount on unrestricted fares.

Escambia County Area Transit
(www.goecat.com/fares)
 Seniors, Disabled Citizens, and Medicare Card Holders: 85¢ with valid ECAT Reduced Fare ID Card or Medicare Card.

Clothing

Bealls

Age 50+: 15% off on Tuesdays.

Belk

Age 55+: 15% off every first Tuesday.

Christopher & Banks

Age 60+: 10% off on Wednesdays.

Dirt Cheap

Age 60+: 10% off on Tuesdays.

Goodwill

Age 55+: 20% off total purchase on Wednesdays.

Kohl's

Age 60+: 15% discount on Wednesdays.

LensCrafters

AARP Members: 30% discount.

Ross Dress for Less

Age 55+: 10% off on Tuesdays.

Shoe Carnival

Age 55+: 10% off on Tuesdays.

Stein Mart

Age 55+: 20% off clearance items every first Monday.

Restaurants

Bonefish Grill

AARP Members: 10% off entire check.

Burger King

Age 65+: Senior soft drink for 50¢.

Carrabbas

AARP Members: 20% off entire check on Wednesdays.



Chili's

Age 55+: 10% off.

Church's Chicken

Age 65+: 10% off.

Denny's

AARP Members: 15% off.

Fazoli's

Age 55+: Discounted soda.

Golden Corral

Age 60+: Discounted lunch from 2 – 4 pm on weekdays.

Hurricane Grill and Wings

Age 55+: 10% off.

IHOP

Age 55+: 10% off.

Krispy Kreme

Age 50+: 10% off.

Landry's Seafood House

AARP Members: 10% off on food and non-alcoholic beverages.

McDonald's

Age 55+: Discounted drinks.

Outback Steakhouse

AARP Members: 15% off entire check Monday – Thursday and weekend lunch.

Panda Express

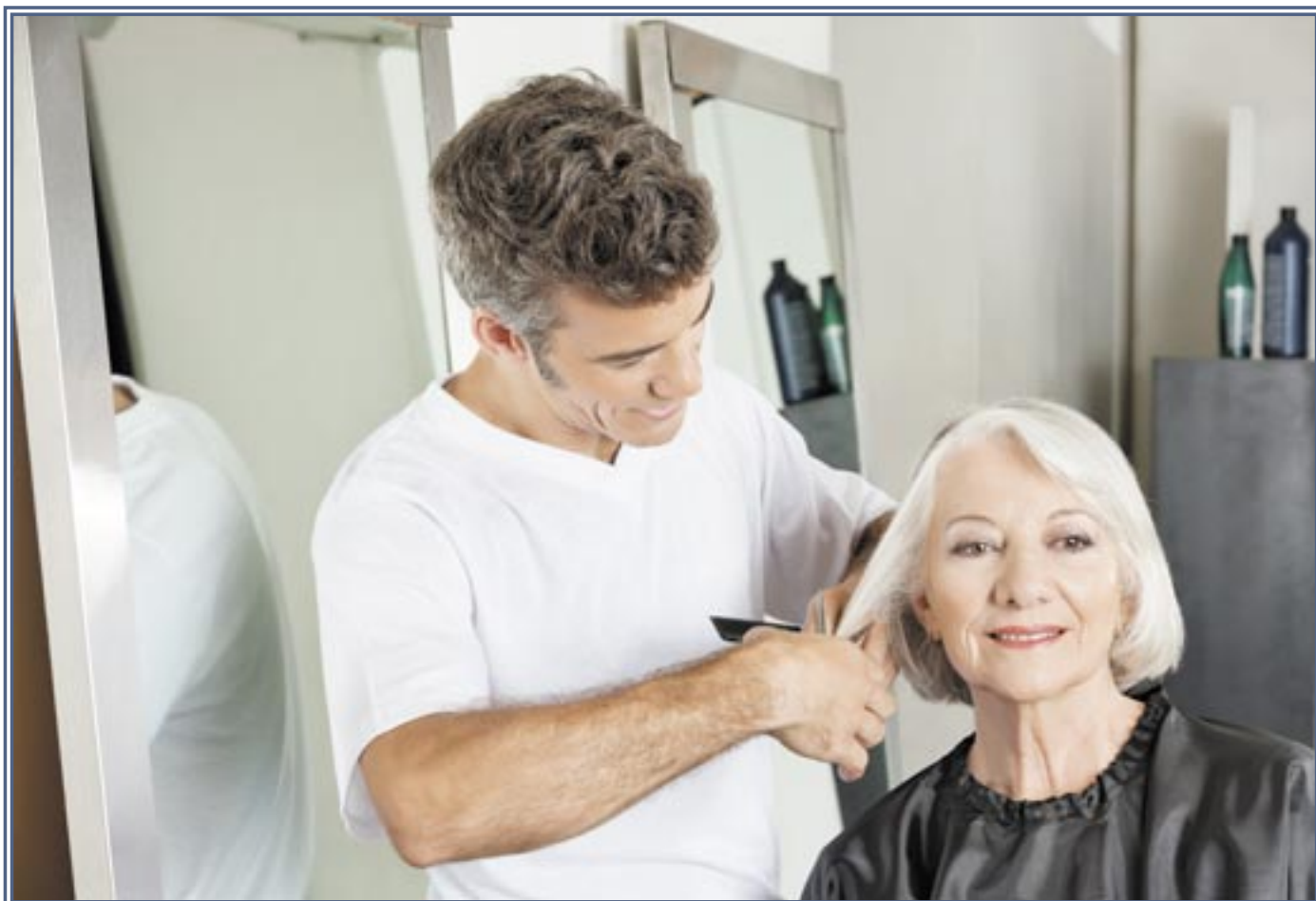
Age 50+: 10% off.

Ryan's

Age 60+: 50¢ off buffet price.

TCBY

Age 55+: 10% off.



Village Inn

Age 60+: 10% off.

Waffle House

Age 60+: 10% off on Mondays.

Whataburger

Age 55+: Discounted sodas.

Miscellaneous

ADT Security Service

AARP Members/Age 50+: 20% off installation for new customers and 20% off upgrades for existing customers with AARP card.

Anna's Linens

AARP Members: 10% off entire purchase with AARP card.

Geek Squad Electronic Support

AARP Members: 15% off home support services, \$30 off tech support plan.

JoAnn Fabric and Crafts

Age 60+: 20% off total purchase on designated senior days.

Michaels Arts and Crafts

AARP Members: 10% off every Tuesday.

Sally's Beauty Supply

Age 55+: Discounted rewards card.

Super Cuts

Age 60+: \$2 off haircuts.

The UPS Store

AARP Members: 15% off general products and services.



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An Exclusive Interview With Della Reese

Singer, actress, writer and minister Deloreese Patricia Early, professionally known as Della Reese, was born on July 6, 1931 in Detroit, Mich. Della grew up in the historic Black Bottom neighborhood of Detroit. Her mother, Nellie Mitchell, was a Native American cook of the Cherokee tribe and her father, Richard Thaddeus Early, was an African-American steelworker. Della's stellar vocal chops were apparant early on. At the age of 6, she began singing in her church choir. At 13, she began directing the youth choir and by 16 she had earned a spot touring with gospel great Mahalia Jackson.

At 18, Della formed the Meditation Singers, a renowned gospel music group. In the 1950s she began recording with the Erskine Hawkins Orchestra, producing such hits as "Don't You Know" and "That Reminds Me." She also began performing on television variety shows and was a regular guest on *The Ed Sullivan Show*. In 1969, Della became the first African-American woman to host her own variety show, *Della*. In 1970, she became the first woman to serve as guest host of *The Tonight Show*. She also guest-starred on many other shows, including *Sanford and Son* and *Picket Fences*. In 1987, she was nominated for a Gospel Music Grammy Award (best female soloist), and in the 1990s, she landed her well-known, starring role as Tess on TV's *Touched by an Angel*.

In 1979, after taping a guest spot for *The Tonight Show*, Della suffered a near-fatal brain aneurysm, but made a full recovery after two operations. In 1983, she married Franklin Thomas Lett, Jr., a concert producer, writer and her current manager. In 2002, Reese announced that she had been diagnosed with type-2 diabetes and she became a spokeswoman for the American Diabetes Association. In 2005, Reese was honored by Oprah Winfrey at her Legends Ball ceremony, along with 25 other women of African-American descent. Reese was ordained as a minister in 2010, after serving as the senior minister and founder of the Understanding Principles for Better Living Church, an independent "Christian New Thought" congregation. In her ministerial work, she is known as the Rev. Dr. Della Reese Lett. COA recently had the great pleasure of speaking with Mrs. Reese about her life, career and faith. We hope you enjoy.



Della Reese received a Grammy nomination for her 1960 album, *Della*

COA: We are located in Pensacola, Fla. and I believe you've spoken here at the Unity Church. I don't know if you remember it, but it was in 2009.

DR: Yes, I do.

COA: So you've been to our humble little town before, which is very exciting

DR: *And it is a humble little town because I met some very nice people there and they were very entertaining and very interested in what I was doing, and that's always a nice place to be.*

COA: Well we're growing. We're actually not so little anymore. But it was exciting to see that you've been here.

DR: *But I like the littleness, you know? Everywhere I go is full of people and you don't really have time to talk to them or be friends with them or have some kind of a thing going between the two of you. But there people came, we sat, we talked, some people got there early for the service, some waited later until after the service, and I got to know some of them. Not know them for life, but have some communication with them.*

COA: That's good. I'm glad to hear it.

DR: *It is good. 'Cause most of the time I move pretty fast. I do something and catch the next plane.*

COA: I found it really interesting that you grew up in Detroit and began singing at a very young

age. And so I wanted to know from you, when did you know that you were going to be a singer and a performer?

DR: *I was sent here to do this because I can still hear my mother saying, 'Could you just be quiet for a minute? Will you please, why don't you just go out on the porch?' I was put here for that and my desire was to do that. People ask me, when did you start singing? I don't know, I really don't know. I don't know of any day that I can remember that went without me singing or humming or writing. I believed I was a great author of all the greatest music to be sold in life and I was about eight years old when I decided that.*

COA: And how did growing up in Detroit specifically give you the opportunities to sing and shape your kind of worldview at the same time?

DR: *Well, it was a different world. That's why I want to do something about the senior citizens with my new show. We had a different world altogether. The neighborhood was important in our world. We spent time together. For example, we didn't have any money, but we lived in an apartment building and the lady next door was family. She wasn't a friend, she wasn't an operative next door, she was family. The lady on the other end of the apartment building was family and so were the two kids that I played with when the snow was on the ground and you couldn't go out and things of that nature. If somebody was sick in our neighborhood, my mother knew about every root, every leaf, anything that would heal and she would get it together. She felt it was her responsibility to help the lady down the street who wasn't feeling well. So that created an entirely different atmosphere. The whole thing was family, whether they were in birth or not, they were family and so we reacted differently to it. That was the way to be. And now what we want to do with our television show is refresh the memories of the people who lived like that and introduce that living to young people who are coming up.*

COA: I think that used to happen a lot more all over the country. What do you think has changed that? What do you think has disconnected us from that way of living? Why do you think we're not taking care of our neighbors anymore?

DR: *The marvelous things that have been created. If you wanted to talk to me when I was coming up, you had to come to where I was. There was the telephone, but you had to come to where I was or I had to come to where you were, or we had to meet in the supermarket, or we had to meet at church, there were places that we had to be. But now, I can sit here and get a little something in my hand and tap off nine letters and they don't even have to be the whole word. And you can pick that up in Egypt so there's no need for me to come to you and no need for you to come to me. That's a great thing to miss.*

COA: I read that one of your big breaks was to sing with Mahalia Jackson when you were, I believe, 13. But the funny thing about that to me is I read that at first, you really didn't like Ms. Jackson. She was kind of cramping your style a little bit.

DR: *Well first of all, I wasn't 13. I was 16 and I absolutely knew at that time I was the greatest singer ever to walk the face of the earth. Who was this lady, trying to tell me what to do? I thought that by going out of the city with her, I was going to get a chance to be fly. All the boys were gonna chase after me, and I was gonna let them catch me, and it was going to be wonderful. And my mother said, 'No, you ain't gonna do none of that.' Because on the way out to the car she spoke to Ms. Mahalia and she said, 'You're a Christian woman, and I have a Christian daughter, and I would not let her go out into the world with anybody, but I know that the God in you is going to protect her,' and she gave her a whole speech. From that moment on, from getting in the car, to getting out of the car coming back home, that's exactly what she did. She saw to it that I had to do everything twice that my mother would have asked me to do. She insisted upon it. But let me say this, she taught me the art of communication, you see, and I was too stupid to know that until further on in my life.*

COA: So she did become a mentor, but you didn't realize it at the time?

DR: *No, I didn't have any idea. I told you what I*

went out there for, to party. I didn't go out there to do none of the stuff she was talking about. She was worse than my mother. My mother was tough stuff.

COA: You seem like a force to be reckoned with, so you must have come from some strong parenting.

DR: *Absolutely.*

COA: So that was your break into music, and you had a successful musical career. What influenced you to get into acting?

DR: *Well that's what singing is, acting the part. Every time I sang 'I cried cause my heart was broken,' it wasn't necessarily so; it was the lyrics to the song. But if you didn't think that I felt that, you wouldn't feel that and that's what you came out for. Somebody in the audience came out because they were very sad and didn't know what to do about being so sad and it was my responsibility to say the words that they couldn't say so they could hear them so they could straighten out the problem they had. There was a man in the audience, for example, who was very in love with the lady he was with, but he didn't know if she would have him or not. And he came to bring her out to let her see what a wonderful man he was. So it was my responsibility to sing about what a wonderful man was, not calling his name, but painting the picture of that kind of man so he could feel, 'Well, maybe she will like me.'*

COA: I've never heard anyone describe it that way before.

DR: *Well that's what's upsetting me so because there are no lyrics anymore. You just sing the same thing over and over again. It has no progressive memory to it. And I miss that part.*

COA: Looking back, what are some of the most memorable or proudest achievements in your career?

DR: *Oh, you don't have that much time.*

COA: Okay, top of the list.

DR: *I appreciated, as I got older, I understood that I had an extraordinary gift, but I wasn't the only one with one. You understand what I'm saying? I happened to know Sarah Vaughan and I happened to know a list of people, like Carmen McRae. I happened to know people that came with this same type of talent, but theirs was an individual talent. So I had to be sure that I didn't sound like Carmen McRae, so that this is a whole new school I had to go into. Ella Fitzgerald—I had to not ever sound like Ella Fitzgerald. I had to sing between Carmen McRae and Ella Fitzgerald, if you understand what I'm saying.*

COA: Yes, and find your own sort of place.

DR: *Had to find my own thing, you see. They don't do that now. If you say to a young person, 'You sound like Michael Jackson,' that person is very happy. See there's no 'my' approach. There's 'make the money' approach. Whatever they're doing that's making money, that's what they want to do. Well back then, it was different. Ella wanted to be Ella, and I wanted to be Della.*

COA: One of your most memorable roles is as Tess from *Touched by an Angel*. It's what most people recognize you for. How do you feel about Tess being your most memorable role?

DR: *I love it for many reasons. I love it that people stop me in the airport and say, 'My cousin was going through just exactly what you all said on the show last week, and I was able to let her hear it and my cousin said she is going to do better.'*

COA: I read that people stop you all the time and tell you...

DR: *They're telling me what it really did for them, but what they're telling me is what I was doing worked. Martha Williamson was such a marvelous writer that the whole thing had to do with everybody. Every week it had something, there was a group of people it affected. There was the teenager who had gone astray, there was the*



Eddie Murphy, Richard Pryor, Della Reese and Redd Foxx in *Harlem Nights*

senior citizen who was about to make his transition or her transition, there was the young lady who was about to get married and didn't know if she could, there was the mother who was confused, there was the relationship between a husband and wife that wasn't working, all of it was a part of it. But the most important part of it to me was that Roma was my daughter, and in those nine years we became mama and daughter. She was with me when my daughter made her transition. And she walked off the stage with no purse, no identification, no anything, in costume and took me to the airport and I said to her, 'You don't have to do this, you should be back at work.' She says, 'I'm going to take you home to your husband. And if you don't want me to talk, I won't talk. If you want to talk about it, we can talk about it, but I'm not leaving you out here at a time like this.'

COA: I'm sorry for your loss. I did read a quote

from Roma about how close the two of you became. And she said the same thing, that you became a mama to her.

DR: Absolutely.

COA: And do you still keep in touch?

DR: Oh, all the time. We're right here in the same town. The phone is really good. Big long distance calls while she was making the movie that she made about the Bible. We are really family. I mean, I didn't give birth to her, but we are really family. Those nine years, it was she and I, holding up the blood stained banner for the Lord.

COA: Well that's a good segue to my next question. Many of your singing and acting roles have been centered on spirituality. Has that been a conscious choice due to your own faith?



Roma Downey and Della Reese from *Touched by an Angel*

DR: *I like that. I want to say something. I want what I say to mean something. I want to help somebody through my music if I can. I want to give incentive to some young person who wants to be a singer or an actress or doesn't know if they can make it, to let them know if I can make it from the slums, you can make it from where you are, whatever that level is.*

COA: So choosing roles that have a spiritual

nature to them, you feel that makes that connection happen a little bit better?

DR: *I've done it so much that when a spiritual role comes up like that, producers say, 'You know we ought to get Della.' I've been the same person all along. The things that worked in my singing career, that's what I used for my acting career. I never had any acting lessons. I never had any singing lessons. God in me, for me, with me, to me.*

COA: You may not have had the formal lessons, but you had the choir lessons from a very young age and even directed the choir quite young, right?

DR: *I did have the choir behind me and I had a group that is in the Gospel Hall of Fame, the Meditation Singers. The Singers taught me—the action of singing the gospel taught me—all of the things I needed to learn, I learned while trying to make a living*

to become what I ended up being.

COA: Well, in your career you've had a lot of firsts, from what I understand. First woman guest host on *The Tonight Show*, first African-American woman with her own talk show. What first are you most proud of?

DR: *Oh, no, no. There's no separation. It's all one thing following another thing.*

COA: So do you consider yourself an innovator or a pioneer in the industry?

DR: *I don't know that I do. I never thought about that until right now when you brought it up. I was trying to get out of the slums and live the living that I saw in the movies. My mother didn't have faults, but she was kind of ashamed a little bit because she went to the movies. And so we went to the movies together. And we went when you could see four pictures. You know you go on Thursday night and you see Monday, Tuesday, and Wednesday and Thursday night's shows, and if you stayed later you got to see Friday's show. And that was a big splurge for her. And I see all these movies with these people with these furs dragging behind them, with these diamonds so heavy they couldn't hold them up on their wrist and big cars, and big circular beds, and I'm saying this is where I belong.*

COA: Who were your favorite actresses back then?

DR: *Oh my goodness gracious, there were so many I couldn't even name them for you. That whole group of persons from the time I was like 14, 15 'til I was maybe 30. The actors, not the show offs, the actors and actresses of that period I adored.*

COA: I understand you're developing a talk show with Marla Gibbs, who's a good friend of yours, correct?

DR: *Yes, very good friend of mine. The show is about trying to get people to not use the machines sometimes and to spend time with the people around you as much as possible. I was looking at a show the other day where Oprah and a group of people are trying to get people to say hello to each other.*

COA: Isn't that funny? It's such a simple thing.

DR: *Yes, but it's very important because nowadays, there's so much killing and stuff you don't want to speak to people, you don't want to get involved with anybody 'cause you don't know*

what might happen. And during our time, if you walked down the street, you knew everybody on your block and they'd think there's something wrong with you if you didn't say hello. They'll go like, 'Are you sick? Are you feeling alright?'

COA: I know that caregiving is a topic that's close to your heart. Can you talk to me a little bit why you've chosen to speak out about that? I know you were involved in a charity.

DR: *Well, this is my planet. I live here. I'm responsible for a lot of things. I'm responsible to entertain, I pastor a church, and it's a fun church, which is a rarity. Churches are usually so in order. Our church is a fun church, our church is a relationship with God. And we're following the teachings of Jesus Christ and so we endeavor to do the Jesus Christ thing. Everywhere he went, he tried to help somebody. Anybody who was sick, he tried to help heal them. Anybody who was confused, he talked to them. So that's where I am, in the midst of that. And so I'm about doing that, I'm about being available to help where I can.*

COA: Are there any specific charities that you are very close with, that are close to your heart?

DR: *Well, that's kind of private business, isn't it? I think that the fact that I'm doing it is sufficient, that I don't need any publicity about doing it. I'm doing it. Sometimes it's the man standing on the corner with no clothes, with no shoes on, looking hungry so I pull to the curb and give him some money. But that's what I'm supposed to do. I don't need it written up, 'She met a man barefooted.' That's not what I'm after. I don't want to embarrass him at all. It could have been me standing there with no shoes, is my attitude. And if I can help somebody get up off of that, that's what I want to do. That's where I come from.*

COA: I know you've written a few books. What's the book writing process like for you? How is it different than acting and singing?

DR: *It's not different. It's telling stories that will help you. Years ago, my brain exploded. They told me I had to die, in other words. And because of*



Della Reese, Roma Downey and John Dye from *Touched by an Angel*

my relationship to God and my understanding of who I was and the principles I was living by, that was 38 years ago. All the people that told me that are dead.

COA: That's amazing. That's pretty powerful. So the book writing is just another extension of storytelling and connecting with people for you.

DR: *It's me trying to reach the people. The whole of my everything is me trying to reach the people with the tools God gave me to work with.*

COA: Our magazine is for mature adults, so I always ask what are your secrets for aging gracefully? What do you do for exercise? Do you have a diet that you stick to, that you believe in?

DR: *No. I hate to sweat, and I hate to exercise. But I got sense enough to know I've got to keep this body moving because I'm 82 years old and I've got to exercise it. I do a variety of exercises, things that strengthen my legs and clear my mind. I do a lot of activity in what I do. When I'm singing I'm expanding a lot of muscles that maybe you never use, unless you sing. I use them to the depth of my ability to do that. I eat well because I can't carry a lot of weight around now. I loved being kind of plump the rest of my life. Being older is not difficult if you go about it in the right way. I can't do what I used to do at 22. I don't know if I even want to do what I did at 22, but I can't so I won't. And the eating, for an example I love potato chips, adore potato chips. And I could eat a*

family-sized bag of potato chips and not feel any sort of pain about it whatsoever at 22. Now I'm good if I can get a handful. And strangely enough, the handful means more to me than the bag did because this is all I can have. With the bag, I could have as many bags as I wanted, if you can understand that form of thinking.

COA: I can. Absolutely. So what's next on the horizon for you? Do you have any movies coming up?

DR: *God knows. Only God knows. Franklin's been my manager all these years and when he has something else for me, he'll call me and tell me.*

COA: And Franklin is your husband, correct?

DR: *Absolutely!*

COA: And you've been married 34 years. What's the secret to a long marriage in Hollywood?

DR: *Ah, hello, hello, hello! (laughs) I love him and he loves me.*

COA: Well I guess that's all you need.

DR: *It's not a show thing, not a play thing—it's a real thing. All the things that loving means, we share those things.*

COA: That's great. Congratulations on your upcoming anniversary. Is there anything I haven't asked you that you feel our readers should know about you, about your life?

DR: *I don't think you missed a thing. I'm very grateful that you wanted to talk to me.*

COA: Well I'm so grateful as well. Thank you so much for giving me the time and the opportunity.

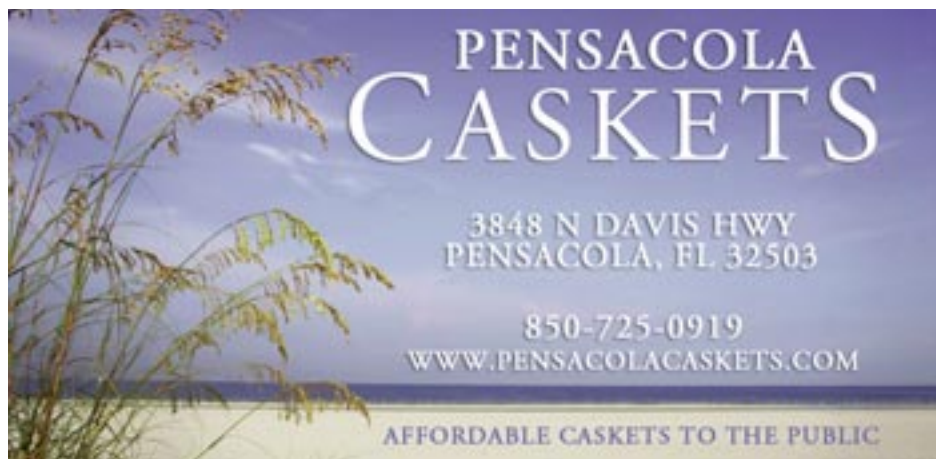
DR: *It's been a pleasure being with you.* 



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New name, same great, quality care! With input from our business development committee, staff and caregivers, we have renamed our adult day health care center to better reflect what a special place and experience it is. Family caregivers and participants described the center as refreshing, supportive, fun, assuring, caring and heartwarming. It is a place that provides a positive change of environment that can be beneficial to participants and caregivers.

The Retreat offers a stimulating day experience for older adults with physical and cognitive impairments. Participants enjoy a full day of activities, social interaction and recreation in a safe, protective at-home like atmosphere. Family caregivers gain peace of mind knowing their loved ones are in a safe place while they go off to work or get much needed respite. For more information or to arrange a tour, visit www.coawfla.org or call 266-2503.

Sponsored Links Now Available on www.coawfla.org

Do you have a business that you would like to promote on our website? We are in the process of expanding our Resources page to include sponsored links. Businesses will be categorized by type for added convenience for our visitors. This website averages more than 4,500 unique visitors each month. Sponsored links consist of your business name linked directly to your website. The upgraded Resources page will be promoted on our website, *Coming of Age* magazine and social media platforms. The cost for a 12-month sponsored link is \$200. However, we have a special offer for those who sign up by

March 31 – three months free! To sign up or get more information, contact Brandi Welk at (850) 266-2513 or bwelk@coawfla.org.

Celebrating 30 Years of Service



President & CEO John Clark and Vice President of Human Resources Rosa Sakalarios, PHR

Rosa Sakalarios, PHR recently celebrated 30 years of employment with Council on Aging of West Florida. Rosa is currently our vice-president of human resources. She is a tremendous asset to our organization. Thank you Rosa for all you have done over the years to help make our organization what it is today.

Living The Values Winners



Terrie Tucker, case manager, John B. Clark, president & CEO and Brandi Welk, development director

Congratulations to Terrie Tucker and Janice McGrew, both recent winners of our Living the Values award.



Janice McGrew, senior companion supervisor, and John B. Clark, president & CEO

Living the Values is an employee recognition program designed to provide a visible recognition of employee contributions that have exceeded the expectations of their work performance. The recognition is awarded for an action or accomplishment that is beyond the scope of the employee's regular day-to-day activities and assignments that demonstrate our Core Values of Advocacy, Compassion, Excellence, Integrity, Respect and Vision. Thank you ladies.

PACE Award Community Leader of the Year – John Peacock



John Peacock

Congratulations to Council on Aging of West Florida board member John Peacock, who was recently honored as the 2014 Community Leader of the Year by the Greater Pensacola Chamber of Commerce. The PACE Community Leader of the Year Award is presented to an individual

who has distinguished himself or herself through outstanding contributions in the form of a special project or service or a series of projects or services on behalf of the community and who exemplifies the true spirit of service.

Peacock is chair of the Downtown Improvement Board and a financial advisor with Edward Jones. He was recognized for being a tireless advocate for the revitalization of Downtown Pensacola, as well as his support of several local nonprofits, including Council on Aging of West Florida. John is also the "founder" of the Panhandle Charitable Open (PCO) Golf Tournament which has raised thousands of dollars in support of many local nonprofit organizations. Council on Aging of West Florida has been fortunate to have received in excess of \$100,000 from the PCO since its beginning 12 years ago. We appreciate John's service to our organization and his work on our Board of Directors. We also appreciate his efforts to make this a better community for everyone.

Pet Calendar Proceeds



Jenafer Pulmano, Pine Meadow Veterinary Clinic office manager and Brandi Welk, Council on Aging of West Florida development director

Thanks from our furry friends goes to Dr. Coy and the staff of Pine Meadow Veterinary Clinic for designating sales of their 2014 pet calendar to our Meals on Wheels program to provide dog and cat food for the pets of our Meals on Wheels clients. This is the fourth year of this

generous support. This year, thanks to pet lovers who purchased calendars and donated food, the generous support totaled more than \$285 and 394 pounds of dog & cat food.

Love Letters for Clients at Valentine's Day



Katie Taylor

Katie Taylor, Jennifer Banuelos and Sadai Johnson were among students who created Valentine's Day cards for our Meals on Wheels clients and participants at our Senior Dining Sites as part of the Love Letters campaign. The Meals On Wheels Association of America teamed up with DoSomething.org, a nationwide youth volunteer organization, and MentorUp to create the Love Letters campaign, which is designed to make our programs' seniors feel special, knowing that someone is thinking about them on Valentine's Day. Thank you!

St. Christopher's Caravan



Event Chair Pat Foggs presents \$600 check to John B. Clark

St. Christopher's Episcopal Church's 57th annual Christmas Caravan, which was held in December, was a huge

success. The event included holiday home tours, a bake sale, a crafts bazaar, a silent auction and Christmas luncheon as well as an evening Gala Celebration. The event is the church's major fundraiser of the year benefiting local charities. Chairperson Pat Fogg will be chairing the event again in 2014. Look for details in the Fall 2014 issue of *Coming of Age Magazine*. Our thanks to Mrs. Fogg, the event committee and everyone who supported the event.

Day on the Go



Day on the Go van

Day on the Go is a program of The Retreat, our adult day health care center, 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 266-2503.

Upcoming Outings:

- Friday, April 4** - Crestview Park
- Monday, April 28** - Gulf Shores Zoo
- Friday, May 2** - Butterfly House, Navarre
- Friday, May 23** - Big Lagoon State Park
- Friday, June 6** - Orange Beach Art Museum & Park
- Friday, June 20** - Ft. Walton Landing



Cirque du Soleil: Varekai Show Schedule

Wednesday, March 19 at 7:30 pm

Thursday, March 20 at 7:30 pm

Friday, March 21 at 7:30 pm

Saturday, March 22 at 4 pm and 7:30 pm

Sunday, March 23 at 1:30 pm and 5 pm

Tickets (Premium, Category 1, 2 & 3):

Adults: From \$45 to \$95

Children (12 & under):

From \$36 to \$77

Military, Seniors,

Students: From \$40.50

to \$81

Cirque du Soleil brings the world of *Varekai* to the Pensacola Bay

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in March. The word

Varekai (pronounced

ver-ay-'kie) means "wherever" in the Romany language of the gypsies, the universal wanderers. This production pays tribute to the nomadic soul, to the spirit and art of the circus tradition, and to those who quest with infinite

passion along the path that leads to *Varekai*, an extraordinary world, deep within a forest at the summit of

a volcano, where something else is possible. For complete

show and ticket information, please visit

www.cirquedusoleil.com/varekai or call 850-432-0800.



Christopher's Concerts

Thursday evenings April

24 through June 5

6 pm

Lawn of St.

Christopher's Episcopal

Church, 3200 N. 12th

Avenue, Pensacola

FREE

St. Christopher's Episcopal Church will host its eighth season on Thursday evenings beginning April 24 through June 12.

The series features popular musical artists from the surrounding area. Bring lawn chairs and snacks, if desired.

There is also a concession stand for the convenience of attendees. Ample parking is available on three sides of the building. Public cordially invited.

The bands and schedule are as follows:

April 24 - Reunion Band (classic rock)

May 1 - Clark and Company (pop, rock, variety)

May 8 - Not Quite Fab (Beatles group)

May 15 - 13th Hourglass (country rock)

May 22 - Al Martin piano group (jazz and pop)

May 29 - The Modern Eldorados (country rock)

June 5 - The Dizzy Juke Band (blues)

June 12 - Mr. Big (pop, jazz, variety)

For additional information, call Norman Vickers, 850-484-

9183, St. Christopher's Church 850-433-0074, or visit

www.scpen.org.



JazzFest 2014

Saturday-Sunday, April 5-6

10 am - 6:30 pm

Seville Square, Downtown

Pensacola

FREE



This two-day event is designed to be a celebration of music with the sounds of Jazz—big band, contemporary, Dixieland, traditional, New Orleans and Latin—along with Gospel, Blues and much more. JazzFest is a free, family-oriented festival presented by The Jazz Society of Pensacola that celebrates all types of jazz and attracts approximately 16,000 enthusiastic listeners over the weekend. The event is presented as a gift to the community from Jazz Society members and its sponsors, and funds are raised in various ways throughout the year. Seating is provided, though many attendees bring lawn chairs and picnic baskets, or purchase food from one of the food vendors. For more information, visit www.jazzpensacola.com or call 850-433-8382

Gulf Breeze Celebrates the Arts Festival

Saturday, March 29 from 9 am until 5 pm

Sunday, March 30 from 10 am until 5 pm

Parking lot of Gulf Breeze High School

FREE

The City of Gulf Breeze and Gulf Breeze Arts, Inc. present 20th Annual Gulf Breeze Celebrates the Arts Festival.

The Festival is a juried fine arts and fine crafts festival that brings in more than 140 quality national, regional, and local artists for a two-day family event. Gulf Breeze Arts, Inc. is a not-for-profit organization. Its mission is to support and encourage the next generation of artists via this annual cultural event. Proceeds from the Gulf Breeze Celebrates the Arts Festival are used to provide college student art scholarships and also distributed to local elementary, middle and high school art programs to supplement their ever dwindling yearly budgets for art materials and supplies. For more information, visit www.gulfbreezearts.org or call 850-572-4292.



"Spring is Here" Chamber Music Recital

Wednesday, April 2 at 12 pm

Old Christ Church in Historic Downtown Pensacola, 405 South Adams St.

FREE

Presented by the University of West Florida Department of Music, this final Spring chamber music concert of the semester is filled with happy music for singers and instrumentalists. In addition to well-known pieces, members of the UWF Chamber Music Class will present some musical surprises, including rarely performed repertoire for various chamber ensembles and vocalists. The performance is free and open to the public. For more information, call 850-474-2147.

Picnic

May 15-18

Evening at 7:30 pm, Sunday Matinee at 2:30 pm

Imogene Theatre, 6866 Caroline St., Milton

Tickets: Adults - \$12, Children (12-under) \$7

Special Low-Dough Show: Thursday, March 15 only - Adults \$9, Children (12-under) \$7

Panhandle Community Theater presents *Picnic*, written by William Inge and directed by Gail Ready. It's a balmy Labor Day in the American Heartland, and a group of women are preparing for a picnic when a handsome young drifter arrives. His combination of uncouth manners and titillating charm sends the women reeling. For more information, visit www.panhandlecommunitytheatre.com or call (850) 221-7599. Please make reservations in advance as seating at each performance.


Senior Adult Series

Monday, March 17, 10 am-12 noon, St. Patrick's Day Celebration

Mondays, March 24 - May 5; 1:30-2:30 pm seminar; 2:30-3:30 exercise

Wednesdays, March 26 - May 7; 4-5 pm exercise

Gadsden Street United Methodist Church, 901 E. Gadsden Street FREE. The public is invited.

These events are co-sponsored by several area United Methodist Churches (Cokesbury, First, Gadsden Street, and St. Mark's) in partnership with Council on Aging of West Florida, Florida's Department of Elder Affairs, Northwest Florida Area Agency on Aging, UWF Center on Aging, and West Florida Area Health Education Center. The Celebration will feature area providers of services and opportunities for seniors and keynote speaker, Dr. Rodney Guttmann, UWF Center on Aging. Seminar topics will include successful aging, nutrition & fitness, advance care planning/avoiding abuse and neglect, home design for successful aging in place, dementia, home care services, long term care options and financing, and hospice care. The educational sessions will be followed by an exercise program aimed at balance, flexibility and strength. All activities are free and open to the public. For more information, contact office@gadsdenstreetmethodist.com or call 433-0014. 



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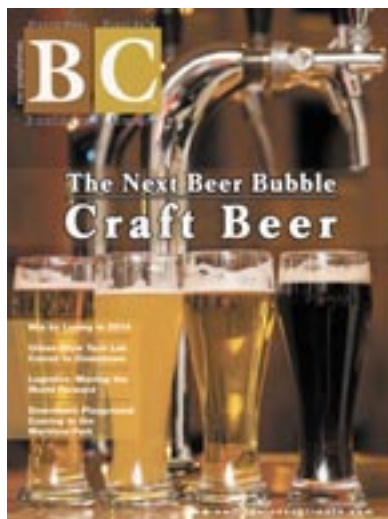
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Council on Aging of West Florida is a local independent 501(c)(3) not-for-profit organization that has served seniors and their families since 1972. Council on Aging of West Florida helps seniors in Escambia and Santa Rosa Counties live healthy, safe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

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- Corrective Osteotomy Surgery
- Highly Trained Rehabilitation Team

For more information, contact Sacred Heart Hospital in Pensacola at 850-416-7000 or visit www.sacred-heart.org/orthopedics.

 **Sacred Heart
Hospital**



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WellCare is a Medicare Advantage organization with a Medicare contract. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, co-payments and restrictions may apply. Benefits, formulary, pharmacy network, premium and/or co-payments/coinsurance may change on January 1 of each year. Premiums, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. WellCare uses a formulary. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-877-699-3552 (TTY 711). There is no obligation to enroll. A variety of Medicare Advantage, Part D and Special Needs plans may be discussed. You must continue to pay your Medicare Part B premium. If you meet certain eligibility requirements for both Medicare and Medicaid, your Part B premiums may be covered in full. Some plans are available to those who have medical assistance from both the state and Medicare. Please contact WellCare for details.