



# WELCOME BACK

Senior Center returns to small classes

# Active LIVING

*The magazine for Tallahassee's  
active boomer and senior community*



# Lifelong Learning Classes online

**Maureen Haberfeld**  
Lifelong Learning Coordinator

To register for Lifelong Learning Classes, go to: Tallahassee-SeniorFoundation.org/lifelong-learning or email Maureen.Haberfeld@talgov.com. Thank you to our LifeLong Learning sponsor Mulligan Park

## Water – Liquid Gold

Tue., May 11, 3–4:30 p.m. Water is our most precious natural resource. There are substitutes for the use of petroleum, coal, metals—we can even live for a few months without sunlight, as in northern Alaska or Antarctica. But imagine no water for a fraction of that time! Florida Professional Geologist, Joe Haberfeld, will examine our water supply sources, the primary uses of water, and drinking water treatment. What happens after water is used? It becomes wastewater and must be treated and disposed of with care to minimize the effect on our environment, including the water resources that we use for drinking water. Water treatment and disposal options will be presented. We will also look at the birth of the environmental movement, environmental regulations, case studies, hot topics, and items of local interest. Virtual class on Zoom. Fee \$5.

## The Art of Greece

Thur., May 13 & 27, 1:30–3 p.m. Greece produced art of the highest quality from about 3000 BC to 300 AD. Artist and world traveler, Tom Friedman will virtually take us to noteworthy museums in Greece and explore the different periods of art. The various Greek civilizations created a rich variety of art, including statues, wall paintings, pottery, and metal work. Look at major antiquity museums and sites of Greece; Athens (the Acropolis and National Archeological Museums), Delphi (home

## Technology Help Available

TSC volunteers are available to assist you with your technology challenges, including Zoom, email, iPhone, iPad, uploading photos, smart phones, e-books, and more. A partnership with FSU Institute for Successful Longevity. Call 850-891-4000 between 8 a.m. and 4 p.m. Monday through Friday for assistance and/or for a Zoom User Guide Resource Card.

of the famous oracle) and the islands of Delos and Santorini. Explore the social and political climate for each period of Greek art to enhance appreciation whether from the Prehistoric, Dark Age, Archaic, Classical, Hellenistic, and Roman periods. Of



course, no presentation of Ancient Greek art would be complete without an examination of the eruption of the Santorini volcano which preserved an enormous variety of Pre-historical art that would otherwise not

exist today. (It should be noted that unlike Pompei in Italy, the Greeks heeded the pre-eruption earthquakes and left before the big event!) Virtual class on Zoom. Fee \$5 per session.

*Lifelong Learning Classes continued on page 6*

## ABOUT THE PUBLICATION

Active Living is a bi-Monthly publication of the Tallahassee Senior Center (TSC), 1400 N Monroe St., Tallahassee, FL 32303. 850-891-4000.

Sheila Salyer, Senior Services Manager, City of Tallahassee and Executive Director, Tallahassee Senior Foundation, and Karin Caster, Communications & Development

Martha Gruender, Coordinating Copy Editor

The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+. Disclaimer of Endorsement: Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation or favoring by Tallahassee Senior Services or the Tallahassee Senior Foundation.

For more information on Tallahassee Senior Services, the TSC & Foundation, activities, and 15 neighborhood venues, contact 850-891-4000 or visit Talgov.com/seniors and Tallahassee SeniorFoundation.org.

“Like” us at Facebook.com/TallahasseeSeniorCenter.

## ON THE COVER

Quilter Pam Miller, left, shares her colorful “3,6,9” quilting project with Sandra Foley (r) and other TSC quilters.

TSC’s Lifelong Learning participants learn about edible plants during a Foraging Walk with Greg Haberfeld at McCord Park

*Let's Shake,  
Rattle and Roll for an  
Drive In  
Ice Cream Social*

*Monday, July 12<sup>th</sup>*

*Tallahassee Senior Center*  
*1400 North Monroe Street*

*Time - To Be Announced*

*For Sponsorship information contact [Lori.Swanson@talgov.com](mailto:Lori.Swanson@talgov.com)*

# Southside participants connect virtually

**Rosetta Land**  
Volunteer

The Covid-19 pandemic brought some changes to Tallahassee Senior Center's Southside Program but participants have been resilient and determined to stay healthy during the pandemic. Southside is alive, virtual and sometimes outdoors.

"Participants are eager to meet and regain contact with each other, see our regular community partners, and become healthier in all aspects of their lives. Since the pandemic we are meeting virtually," says Wendy Barber, Southside Outreach Coordinator.

Healthy for Life sessions are up and running via Zoom. Ruby Dunlap attends classes regularly and she's a big fan of Wendy! "Wendy did a dry run with us on how to Zoom." Ruby particularly liked the series that included how to reduce stress and improve brain health.

She also "loves to walk." She walks five or six days a week for 45 minutes each day following the American Heart Association walk program. Ruby remembers TSC's Toni Walmsley telling participants "whatever you want to do, write it down." She follows that advice and finds it motivates her—as does her husband. Ruby

likes older folks and says they inspire her, too. She follows the example of her mother, who at age 93 is moving into a new home in Monticello.

The 8-week HFL series features tips on healthy lifestyle habits, making good nutritional choices, and safe mobility, memory care, and many other informative topics. Currently, "Hometown Tales" writing workshops with Linda Schuyler Ford are held virtually. "Linda is known for masterfully leading participants to recall and reflect on past experiences to create their own stories," explains Wendy.

Southside participants have also benefitted from monthly drive through events where birthdays are acknowledged, resource materials are distributed, and everyone is greeted with a smile and virtual hug.

While learning to Zoom continues to engage and encourage Ruby, she and the Southside lifelong learners are anxious to return to their normal Wellness Circles usually held at Jake Gaither Community Center on Bragg Drive and Jack McClean Community Center on Paul Russell Road.

Although a soft opening will be announced soon, sessions will be "bring your own snack," says Wendy Barber, Southside Outreach Coordinator.

Ruby is looking forward to coming back as she says



**HO HO** **HA HA**

**LOOSEN UP WITH LAUGHTER YOGA**  
**THU., JUNE 10, 1:30 – 2:30 P.M.**

A mind-body combination of clapping, laughter exercises, deep breathing, meditation, and relaxation techniques to enhance health and happiness. It's a lot of fun! No experience with yoga (or even laughing) necessary! Friends and family of all ages are invited!

Presented by Amy Angelli, The Adventure Project

Virtual Class on Zoom, No Fee. Register online:  
[www.TallahasseeSeniorFoundation.org/lifelong-learning/](http://www.TallahasseeSeniorFoundation.org/lifelong-learning/)

For information contact:  
Maurice.Haberfeld@talgov.com or call 850-891-4033

SPONSORED BY: 

with a little laugh, "Wendy keeps us going!"

If you are a Southside senior and interested in participating in these activities, contact [wendy.barber@talgov.com](mailto:wendy.barber@talgov.com) or call TSC at 850-891-4000 to leave a message for Wendy.

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# Lake Jackson community has a lot to offer seniors

**Susan Davis**

Leon County Senior Outreach Coordinator

This is the fifth in a series highlighting seniors, and the six communities served by the Leon County Senior Outreach program.

Mary Gruning may be in her eighties, but she is full of pep and vigor. Married to her husband for 64 years, when he died six years ago, she was grief-stricken. Life was difficult at first but staying connected to friends in the Lake Jackson community has given her solace and keeps her from getting lonely.

She gathers with pals twice weekly to play cards. They were very careful during the Covid pandemic, staying in their little bubble. Now that they have been vaccinated, they are cautiously venturing out to the Moose Lodge (wearing their masks) on Friday nights. There is a band, and Mary loves to dance.

Having lived in the Lake Jackson area for 40 years, she has seen a lot of changes. There are more people, and traffic. She remembers when she used to take her kids to the shores of Lake Jackson to go for a swim. Located in northwest Leon County, this large water body has an average depth of six feet except for two major sinkholes. It is a well-known fishing spot and viewing area for wading birds and waterfowl. Major development has sprung up around the lake, but there are several Leon County Parks that offer walking trails and boardwalks for enjoying nature.

With that development, comes easy access to local amenities. Mary noted, "they have a brand-new grocery store, several restaurants, a post-office, library and a popular donut shop!" There is more diversity among the people who live around her than when she first moved there. She values her neighbors, proclaiming "we all get along, and look out after each other. My neighbors call and check on me about twice a week."

Her friend and fellow card player, Evette Bennett has lived in the area for 21 years. "Most of the neighborhoods aren't high-end, but more in the middle range," she says. She values her active neighborhood association, low crime rate and sense of community, noting "people take care of their yards and are friendly. Plus, we have convenient access to most anything you may want."



Each week, Mary Gruning and Evette Bennett play cards together. They both like living in the Lake Jackson and primarily funded by Leon County government. For information, email [Susan.Davis@talgov.com](mailto:Susan.Davis@talgov.com) or call 850 891-4065.

## A program of the TSC Foundation

The Grandparents as Parents (GaP) program is for grandparents or relatives who are the primary caregivers for their grandchildren. GaP offers support groups, informational luncheons, access to community agencies, legal services and health screenings plus social activities for the whole grand-family. GaP is continuing to meet virtually during the COVID-19 pandemic.

### GaP Support Lunch

Wed., May 26, 12-1 p.m.

Wed, June 30, 12-1 p.m.

Location TBA

Complimentary lunch provided for grandparents and other relative caregivers. Reservations are required.

### GaP Evening Support Group

Mon, May 10 & 24, 7-8 p.m.

Mon, June 7 & 21, 7-8 p.m.

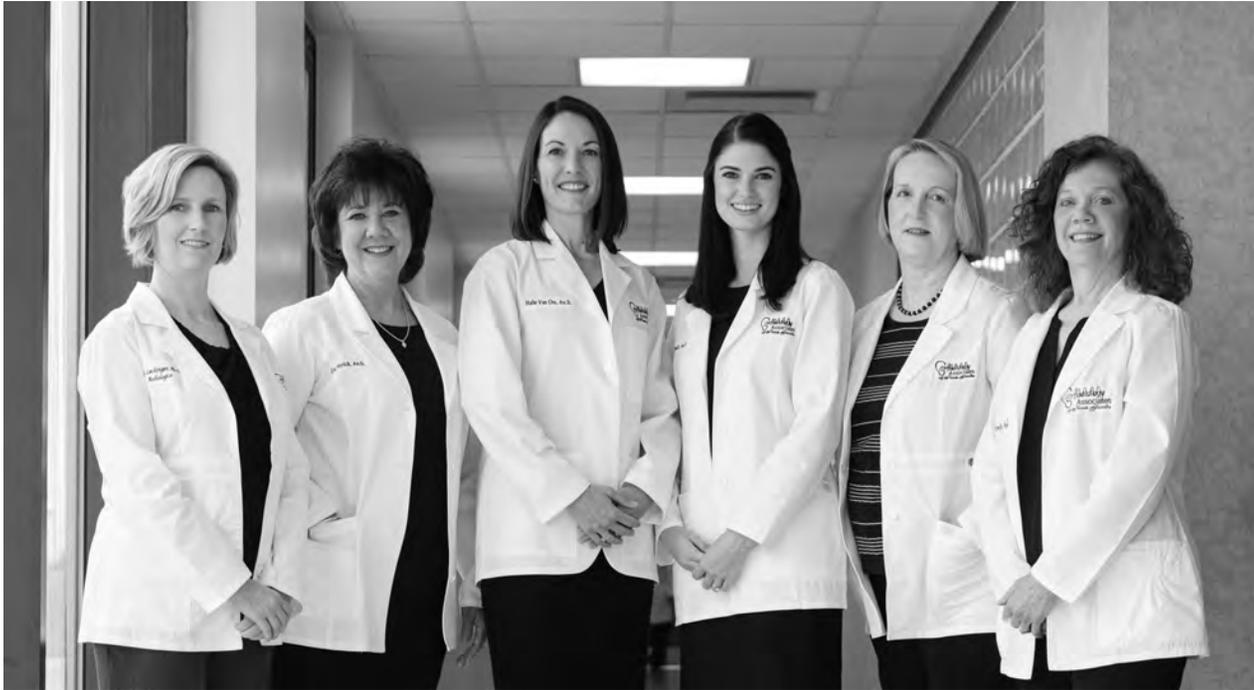
### Meeting virtually via Zoom

Join other grandparents raising their grandchildren to socialize and discuss your unique situation

For more information about GaP, how to access resources and services, or register for a virtual meeting, email [Karen.Boebinger@talgov.com](mailto:Karen.Boebinger@talgov.com) or call 850-891-4027. GaP is a program of the TSC Foundation, funded by Leon County Commission, grants and donations.



# Overcoming hearing challenges during challenging times



Join Audiology Associates for the Hearing Expo on May 12. Learn more about today's challenges, treatment options, tool, apps, and resources that can improve hearing satisfaction and quality of life, during the interactive webinar "Hearing Challenges During Challenging Times" on Zoom, on Wed., May 12, 9:30–11:00 am. There will be a Q & A and opportunities to win gifts and prizes. Even if your hearing is fine, you may have a friend or loved one for whom this event may be relevant. Register at [TallahasseeSeniorFoundation.org](https://TallahasseeSeniorFoundation.org) or email [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com).

**Ruth Nickens** RN, Health & Wellness Coordinator

During the past year, people were encouraged to stay physically distant and wear masks which made communication far more challenging for those with hearing loss. Even in the best of scenarios, most older adults struggle with some degree of hearing loss, but during the pandemic, additional barriers to verbal communication arose.

People with hearing loss rely heavily on lip-reading and hearing aids, and mask-wearing makes both more difficult. Masks hook behind the ears, making the wearing of hearing aids uncomfortable, and masks covering half the face prevent observation of lip-movement and facial expressions.

Other challenges include plexiglass barriers and the poor sound quality of socially connecting technologies. The ongoing stress and frustration of "missing out" can lead to sleep disruption, physical ailments, memory loss, isolation, depression, and other issues.

Challenging as this may be, there are some innovative options and solutions. To learn more, please join Audiology Associates during National Hearing Awareness Month for the 13th Annual Hearing Expo. Audiologist Lisa Myrick says, "Many people don't know

where to turn for help. We want to provide options and create an opportunity through Zoom for people to ask questions and share ideas. We are excited to partner with the Senior Center for our first virtual Better Hearing Event."

Their practice specializes in treating hearing loss, balance disorders, dizziness, and vertigo, but they are also committed to community outreach and education. Lori Swanson, TSC Community Development Specialist, says, "Audiology Associates has a long history of supporting seniors in our community.

Our partnership works seamlessly to benefit older adults because we share a philosophy that together we can do more!" In the past, the Audiology team has volunteered for the Senior Games, supported special events, participated in health fairs, and installed a hearing loop in the TSC auditorium.

To register for Zoom classes go to [TallahasseeSeniorFoundation.org](https://TallahasseeSeniorFoundation.org) – Classes & Programs tab.

For more information email [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com)

The Tallahassee Senior Center appreciates our sponsors offering hearing services: Audibel, Audiology Associates, Audio Rehab Lab and McDonnell Hearing Solutions.

## VIRTUAL FITNESS CLASSES

Staying active is one of the most important things we can do to stay healthy and age successfully. Virtual fitness classes can be viewed 3 different ways!

- 1) WCOT TV - [Tal.gov](https://www.tal.gov)/WCOT Mon, Wed, Fri and Sat @ 9 am (Channel 13 on Comcast)
- 2) On-Demand - [TallahasseeSeniorFoundation.org](https://TallahasseeSeniorFoundation.org)/on-demand-fitness enjoy any day, anytime
- 3) On Facebook - [Facebook.com/TallahasseeSeniorCenter](https://Facebook.com/TallahasseeSeniorCenter) Fitness classes will now be posted at 8 am M-F, so you can start your day with some exercise!

Be sure to wear comfortable clothes, have a chair and water bottle handy.

### **Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT**

Mondays @ 8 am on Facebook

A fun active-aging fall-prevention program that fuses physical movement w/brain-enhancing drills to improve balance, memory, brain health, reflexes, and life.

### **Mindful Movement w/ Lori Roberts, certified NIA yoga instructor**

Tuesdays @ 8 am on Facebook

This dynamic yet gentle, yoga-based class uses music and motion to enhance muscle strength, maintain flexibility, and reduce falls. This class is super-energizing and fun.

### **Gentle Yoga with Ferdouse Sultana, E-RYT® 500**

Wednesdays @ 8 am on Facebook

Class includes standing/mat poses with chair option. Benefits are improved balance, movement, flexibility, strength, and breathing for stress reduction. Have yoga mat handy.

### **Stretch & Flex with Robin Perry Davis, ACSM**

Thursdays @ 8 am on Facebook

This class will help you stay strong and flexible through gentle yoga-like movement. Some classes will be in chair, others use a mat, but viewers can easily move between.

### **Gentle Seated Yoga with Bridget Welch, LMT**

Fridays @ 8 am on Facebook

This entry level class reduces stress/pain, improves circulation, promotes healthy joints, boosts immunity, enhances lung function, and strengthens pelvic floor muscles.

# Lifelong Learning June Classes

*Lifelong Learning June Classes (continued from p. 2)*

## **Shipwrecks: The Spanish Plate Fleets of 1715 and 1733**

Thu., June 3, 10–11:30 a.m. The Spanish Plate Fleets lost off the coast of Florida have long evoked awe and fascination. Named the “Plate Fleets” for the plata (silver) coins they carried, the remains of these fleets weave an archaeological tale of international trade, colonialism, piracy, high seas adventure, and tragedy. Beyond the gold and silver that was scattered on the sea floor, the wrecks of the Plate Fleets provide insight into the economy of the Spanish empire and maritime culture of the 18th century. Many of the artifacts recovered from these wrecks are managed by the Florida Bureau of Archaeological Research and are on exhibit in museums across the state. Join archaeological collections manager Marie Prentice as she highlights some of these artifacts from the State’s collection. Virtual class on Zoom. Fee \$5

## **Loosen Up with Laughter Yoga**

Thu., June 10, 1:30–2:30 p.m. Laughter Yoga is a mind-body combination of clapping, laughter exercises, deep breathing, meditation, and relaxation techniques to enhance health and happiness. The benefits of this light cardio workout are many – laughter yoga increases blood circulation, kicks depression, reduces blood pressure, alleviates stress, releases endorphins, increases oxygen flow, and, builds community. Plus, it’s a lot of fun! No experience with yoga (or even laughing) necessary! Friends and family of all ages are invited, too! Presented by Amy Angelilli, Chief Adventure Officer, The Adventure Project. Virtual class on Zoom. No Fee.

## **Geologic Hazards: Earthquakes**

Thu. June 17, 1:30–3 p.m. Earthquakes can be regarded as one of the most destructive forces for human beings. On average, each year earthquakes kill 10,000 people and cause over 20 billion dollars in property damage. Lifelong Learning coordinator and geologist, Maureen Haberkamp, will explain the cause and mechanism of earthquakes as well as how they are measured. Various types of earthquake damage such as ground rupture, landslides, and tsunamis will be discussed.



*July 29, 2021*

The Silver Stars Celebration honors individuals who are shining examples of positive aging in our community.

## **Congratulations to the 2021 Honorees**

Regie & Pat Ashley  
Thomas L. Hart  
Edith W. Holiday-Austin  
June MacDonald  
Betty A. Roberts  
Washington J. Sanchez  
Marjorie Reitz Turnbull  
Judith Westbrook



*For sponsorship information, contact [Lori.Swanson@talgov.com](mailto:Lori.Swanson@talgov.com)*

Earthquake prone areas in the United States will be highlighted and some historic U.S. earthquakes will be covered in detail. Finally, participants will learn about some earthquake myths and misconceptions as well as earthquakes caused by human activity. Virtual class on Zoom. Fee \$5.

## **Geologic Hazards: Volcanoes**

Thu. July 8, 1:30–3 p.m. Volcanic eruptions are some of Earth’s most dramatic and violent agents of change. Not only can powerful explosive eruptions drastically alter land and water for tens of kilometers around a volcano, but tiny

liquid droplets of sulfuric acid erupted into the stratosphere can temporarily alter our planet’s climate. Eruptions often force people living near volcanoes to abandon their land and homes, sometimes forever. Lifelong Learning coordinator and geologist, Maureen Haberkamp, will discuss the science behind volcanic activity. The class will cover volcanic materials, types of volcanoes, different volcanic hazards, volcanic areas in the United States, and some of the world’s most well-known volcanic eruptions. Virtual class on Zoom. Fee \$5.



## **UPSLIDE addresses loneliness, isolation & depression**

Feeling isolated and need someone to talk to? Would you like to meet new people? UPSLIDE can help! Services include no cost on-line and telephone counseling; chat groups for companionship, building friendships, support and fun; plus on-line activities and special events. If you are 50+ you can join us! Email Melanie. [Lachman@talgov.com](mailto:Lachman@talgov.com) or call 850-891-4066. Technology assistance is available if needed!

## **UPSLIDE Friends Connection Chat Groups on Zoom:**

Join us and meet new people, share ideas, engage in meaningful conversation, and have fun!

## **Tallahassee Senior Center: Thursdays, 1-2:30 p.m.**

## **Lincoln Neighborhood Center (LNC): Every other Wednesday, 1-2 p.m., May 19, June 2, June 16, June 30**

Services are provided at no cost to participants, but donations accepted. UPSLIDE is sponsored by the Florida Blue Foundation, Tallahassee Senior Center Foundation, the City of Tallahassee and the FSU College of Medicine.

# Madison Pickleball Players first entries for Senior Games

Nick Gandy

The sport of Pickleball is thriving nationwide with courts filling up in cities and towns of all sizes. The sport of Pickleball is thriving in Madison, Florida due to the efforts of a group of women who were the first to register for the 2021 Capital City Senior Games.

Registration opened for the 2021 Capital City Senior Games on Thursday, March 11 and Madison's Terri Rykard, was the first athlete to submit an entry. She and Deborah Sheffield, registered to play Pickleball at Tom Brown Park, May 4-6.

"Someone told me on that day registration was open and I went on and registered," said Rykard. "I was just waiting and waiting to see when the Games would happen."

The 12th Annual Capital City Senior Games featured 12 sports, held over 12 days, April 30 through May 11 for athletes age 50 and over. The 2021 Capital City Senior Games serves as a qualifier for the 2021 Florida Senior Games, to be held December 4-12, in the Greater Fort Lauderdale Area. Those Games are a qualifier for the 2022 National Senior Games, also to be held in Fort Lauderdale, May 10-23, 2022.

When Rykard was introduced to Pickleball a few years ago, like many now on the courts, she was hooked. The introduction came from Rose Knox, a local English professor at North Florida College, who played tennis in high school and college. Knox was pivotal in calling together a group of Madison High School buddies, at a makeshift court at a community event with Rykard and others using wooden paddles. "Rose told me, 'I want to show you this game called Pickleball,'" Rykard said. "I knew nothing about it, but after we hit balls around for a while, I can't tell you how quick I decided this is something I wanted to do."

From the chalk lines on a tennis court with a few players hitting balls with beginner's equipment, the game has evolved in the North Florida town off Interstate 10 to having courts at a local recreation center and four courts at the Madison RV Park and Golf Course. Saturday evening play at the RV Park draws as many as 20 participants, even some from Thomasville and Valdosta, Georgia, depending on the season and



Pickleball enthusiasts Terri Rykard (left) and Deborah Sheffield (second from left) during 2020 Senior Games

weather, according to Rykard. Madison also held its first Pickleball Tournament the weekend of April 24 as part of the annual Madison Down Home Days Festival.

"I'm amazed at how people have come to embrace the game of Pickleball," said Knox. "When I'm playing, people are always saying to me what a joy the game is to them and how it's a blessing. I hear laughing and joking and see the camaraderie. I'm heartened to see what it has become in our community. It's a place to go to get away from everything and detach."

Deborah Sheffield played in her hometown Down Home Days tournament and returned for the 2021 Capital City Senior Games. She teamed with Rykard in women's doubles in 2019 and played mixed doubles in 2020 with Michael Halley.

"I've played a few sports in my life but was never good at any of them," Sheffield said. "I don't know how to describe

## TUNE IN FOR CAPITAL CITY SENIOR GAMES

### CELEBRATION OF ATHLETES!

Tuesday, May 11 at 5:30 p.m.

On TSC Facebook, WCOT Channel 13, or the City of Tallahassee's YouTube Channel!

Share with your family and friends all over the state, country, and world as we celebrate these age 50+ athletes.

New record breakers will be announced. Hear some of your fellow competitors' stories.

The CCSG are hosted by the City of Tallahassee's Parks, Recreation, and Neighborhood Affairs (PRNA) department and the Tallahassee Senior Center (TSC) in partnership with Friends of Our Parks, Leon County Government, TSC Foundation and Visit Tallahassee. Many thanks to our generous sponsors Capital Health Plan and Audiology Associates.

it but when I started playing pickleball, I found something I was good at and loved the people I was playing with. I've never known anyone who doesn't love it once they start playing."

While Rykard claims her pickleball prowess has become better with prac-

tice and play and can now "hang with the big boys," there's another reason she keeps returning to the court. "When folks get older they sometimes get stuck in the chair," she said. "Pickleball keeps me active and out of the chair. I would play every day if I could."

# Senior Center welcomes participants back

**Sheila Salyer**

Senior Services Manager

The TSC Team is excited to be welcoming back participants for activities! It has been so good to see everyone who has attended a class or had their taxes filed at the TSC the past month or so. It is our goal to reopen in a low-risk, safe manner so to provide opportunities for you to participate in your regular activities.

Activities at this time are prioritized for registered TSC participants. If you attended classes prior to COVID-19 closure in March 2020, and have a completed Participant Registration Form on file, you will be notified when your activity is being scheduled. Activities will continue to be phased in through the coming weeks. Thank you for your patience. Participants are strongly encouraged to have been fully vaccinated (vaccine+2 weeks) before attending an inside activity.

We continue to monitor safety guide-

lines and will adjust as appropriate. At this time, here are the guidelines you might expect when you visit: • Not open to the general public at this time. • Must pre-register for an activity to be admitted into the TSC. • Not open for congregating of any kind, including dining, drop-in guests, games, or common area socialization. • Must wear a mask that covers the nose and mouth during the entirety of your visit. If you do not have a mask, one will be provided. • Hand sanitizer and wipes are located throughout the building. • You will be directed to your activity space and may not visit other areas of the building • Must leave at the conclusion. • Bring your own water bottle. • Not bring refreshments to share during any of the activities. Activities involving food being served and eating inside are not scheduled at this time. • If you do not feel well or experience new symptoms, please do not come to the Senior Center. Symptoms include but are not limited to cough, fever, chills, shortness of breath, or flu-



After developing a friendship with fellow quilters, Juca Cohn (standing, r) displays the lovely bookcase quilt created this past year.

like symptoms.

Activity schedules may change frequently as new groups are welcomed back and more spaces are available for use. In addition, participants must agree to the COVID Waiver prior to participation.

We realize these are very different operating practices than we are used to at the TSC. But we are encouraged to be moving forward. Please bear with us and be patient as we navigate these changes in how activities are offered. Some activities will continue to be offered via Zoom, WCOT Channel 13, Outdoors, and drive throughs as we phase in inside classes. The TSC Team has missed you and remains committed to reopening as safely as possible in the best interest of everyone's wellbeing.

Thank you for being resilient over the past year. We hope to see you soon!

For more information on activities, please call 850-891-4000 (in May it will be necessary to dial the area code).



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# Zoom in on the artists

**Jennifer Haskins**  
Art Program Coordinator

TSC for the Arts had its second virtual reception and artist talks. Twenty artists and friends connected on Zoom to announce the People's Choice winners for Personal Expressions in Watercolor and to view the opening of the Art Potpourri on-line exhibit. Artists Joyce Raichelson, Cathy Neel, Tom Friedman, Jennifer Haskins, Donnie Watts and Leslie Cohen spoke about their work.

Listening to the artists speak about their pieces is inspiring, it gives you a window into where ideas come from and how they are developed. Cathy Neel shared, "When the artist describes his/her artwork, the inspiration behind the work, the thought processes involved, and the painting techniques used, we develop a deeper understanding and appreciation for the artist's work."

Neel spoke about her piece, "Luminous Lexie" that she painted from a photo of Lexie dog, not in her usual

black lab coat, but using bright colors in the fauvist style. Sally Crayton shared with us about her hand built clay piece, "My drum is hand built using a coil method I adapted from the technique used by Nigerian potters. It is built of red clay which is mined in Lizella, Georgia. It was partially glazed using copper and cobalt oxides and fired in a raku kiln. The drum is played by striking different regions of the drum with one's hand. The variations in sound depend on where the drum is struck. The upper hole is sometimes covered to create additional sounds."

"The virtual art reception, Zoom in on the Artists was such a marvelous event," noted Joyce Raichelson, "This was a terrific opportunity to interact with such wonderful and talented Tallahassee artists and to speak from the heart about our passion...creating little works of art that hopefully make others happy. The Tallahassee Foundation has really been a beacon for all of us during such a difficult time. I am very grateful."

TSC for the Arts hopes to invite the exhibiting artists to speak during the receptions in the TSC Auditorium when the time comes, as another way for artists to connect and learn from one another.

## ZOOM INTO ART

Ongoing art classes are being offered via Zoom. Register for classes and check out upcoming workshops at TallahasseeSeniorFoundation.org or email Jennifer.Haskins@talgov.com for more information.

### Hands-On Art History with Mark Fletcher, Mondays, 12:30-3:30 p.m.

Create your own art applying and combining the methods of various artists like Van Gogh, Monet, Durer and others. This is an on-going class and can be joined at any time.

### Draw With Your Eyes, Paint With Your Heart, Mark Fletcher, Wednesdays, 1:30-4:30 p.m.

Pen & Ink with a little watercolor. At least one prior art class highly recommended. This is an on-going class and can be joined at any time.

## TSC FOR THE ARTS ONLINE GALLERY

Art Potpourri is currently on display, go to [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) and click on Art to view paintings by Tallahassee Senior Center artists. Click on People's Choice to vote for your favorite artworks.

### Small Art, Big Impact

Artists from the Tallahassee Senior Center for the Arts have created small original artworks to be sold as greeting cards, as a fundraiser for the Tallahassee Senior Center for the Arts. These beautiful cards are hand crafted with the original artwork adhered on the cover. To show your support and receive an original work of art, go to [www.tallahasseeSeniorFoundation.org/online-art-gallery](http://www.tallahasseeSeniorFoundation.org/online-art-gallery)

Submit artwork for Pantone Color of the Year, deadline: May 21. Email .jpg submissions to [Jennifer.haskins@talgov.com](mailto:Jennifer.haskins@talgov.com) file saved with artist name, title and price. Submissions can include all art mediums and must have the two Pantone colors: Ultimate Gray and Illuminating Yellow. [www.pantone.com/color-of-the-year-2021](http://www.pantone.com/color-of-the-year-2021)



## Hospice is about Living.

Hospice care focuses on the whole person - providing physical, emotional, psycho-social, and spiritual support.

This allows the patient to live life to the fullest - on their terms.

We inspire hope by positively impacting the way our community experiences serious illness or grief - one family at a time.



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# Guardianship is a serious matter



**Ruth Nickens**  
Health & Wellness Coordinator

The Office of Public Guardian, Inc., is a not-for-profit organization that serves adults with mental and/or physical disabilities as their court-appointed legal guardian when they are incapable of managing some or all of their affairs. They provide quality public assistance in the form of guardianship services to vulnerable adults who have no family, friends, or resources to obtain a private guardian.

Guardianship is a serious matter. Just because a person has a disability does not necessarily mean that they need a guardian. Guardianship is inappropriate if there are other alternatives such as a durable power of attorney, medical proxy, public benefits' repre-

sentative, etc.

Through the provision of public guardianship services and under the direction of the court, the OPG strives to:

- enhance quality of life/employment “substituted judgment” in client’s best interest

- protect against abuse, neglect, and exploitation

- safeguard and exercise the fundamental civil rights of the people we serve

The OPG staff consists of an attorney, social workers, and administrative staff that oversee a team of professionally qualified individuals that carry out the guardianship functions.

The focus of the OPG is to serve the best interest and well-being of their wards. The services provided include:

- 24 hour, on-call availability
- Securing and oversight any public benefits each ward is entitled to receive
- Securing and oversight of support and supplemental services

## IF YOU GO

### TSC will host an interactive webinar, “All About OPG and Guardianship”

Wed., July 7 @ 10 a.m. on Zoom to address guardianship and the many questions and misconceptions around it. Presented by Karen Campbell, JD, Executive Director, Office of Public Guardian

Register: [www.TallahasseeSeniorFoundation.org/?p=7795](http://www.TallahasseeSeniorFoundation.org/?p=7795)

- Managing finances
- Evaluating the personal, familial, medical and care needs of the ward
- Maintaining communication with the ward’s family, if any, based on availability and receptiveness
- Evaluation and placement in appropriate residential settings (e.g. own home, assisted living facility, nursing home)
- Authorization of medical treatment after medical consultation
- Arranging Do Not Resuscitate, Ter-

mination of Life Support orders and burial arrangements when necessary

OPG serves Bay, Calhoun, Clay, Columbia, Dixie, Duval, Franklin, Gadsden, Gulf, Hamilton, Holmes, Jackson, Jefferson, Lafayette, Leon, Liberty, Madison, Nassau, Taylor, Suwanee, Wakulla, and Washington counties.

If you know someone may need guardianship, or you are interested in becoming a guardian, call 850-487-4609 or email [helpis@northfloridaopg.org](mailto:helpis@northfloridaopg.org)

# Alzheimer’s conference educates caregivers



**John Trombetta**  
Executive Director

Attendees at Alzheimer’s Project 2021 Education Conference on March 26 got a rejuvenating message from each of the presenters.

While we were virtual this year, attendance was outstanding. Nicolette Castagna kicked off the program talking about mindfulness and self-care. She offered some great breathing exercises to help calm frayed nerves and brain clutter.

Next up was Dr. Niharika Suchak, who shared some of the early warning signs and progression of Alzheimer’s disease. This is especially helpful as caregivers anticipate the effects of progression.

Our third session featured Social Workers Vicky Rose and Sonnie Mayewski. They shared some great tips on how to stay active and engaged while also navigating the challenges of a pandemic.

After a virtual lunch break, Max Solomon and Victoria Heuler, who practice Elder Law, discussed preventing exploitation through things like advanced directives, Durable Powers of Attorney and Wills.

Next up was Melanie Lachman from

## Watch the conference

You can watch the 2021 Education Conference on the Alzheimer’s Project Facebook page (@alz-projectTLH) and website [www.alzheimersproject.org](http://www.alzheimersproject.org)

the UPSLIDE program at the Tallahassee Senior Center. With the many activities they have there to keep seniors active and engaged, this is a great opportunity for caregivers to help take their mind off their duties a couple times a week to engage in various other activities.

Our final speaker was Teresa Ryan a Physical Therapist, who talked to us about falls prevention. The conference was hosted by Stephanie Sattar, and facilitated by Tresetta Alexander on behalf of the Alzheimer’s Project.

I would like to thank the sponsors who made it possible for us to host the conference in a virtual environment: TMH Memory Disorder Clinic, Scent Evidence K9, Home Instead, Tallahassee Senior Center, The Sketchly Law Firm and Big Bend Hospice. We also get great support from the FSU College of Medicine, Leon County and the Charles Frueauff Foundation.

You can contact Alzheimer’s Project at [info@alzheimersproject.org](mailto:info@alzheimersproject.org) or call 850-386-2778.

# Memory Care Resources

While there are no guarantees when it comes to preventing memory loss or dementia, certain activities might help delay or prevent the onset:

**Get plenty of physical activity** – Exercise increases blood flow to your whole body, including your brain. This may help keep your memory sharp.

**Stay mentally active** – Do crossword puzzles, play cards or other games; volunteer with a local organization; or participate in lifelong learning classes.

**Socialize regularly** – Social interaction helps ward off depression and stress, both of which can contribute to memory loss.

**Keep organized** – Try to limit distractions and multi-tasking. If you focus on the information that you're trying to retain, you're more likely to recall it later.

**Get enough sleep** – Sleep plays an important role in helping you consolidate your memories, so you can recall them down the road.

**Choose a healthy diet** – Healthy foods are as good for your brain as they are for your heart. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, beans and skinless poultry. Limit alcohol and drug use.

**Manage chronic conditions** – The better you take care of yourself, the better your memory is likely to be. Various medications can affect memory, review your medications with your doctor regularly.

If you're worried about memory loss, especially if memory loss affects your ability to complete your usual daily activities, or if you notice your memory getting worse, talk to your doctor. He or she will likely do a physical exam, as well as check your memory and problem-solving skills. Source: mayoclinic.org

## LOCAL MEMORY CARE RESOURCES

### TMH Memory Disorder Clinic

The Memory Disorder Clinic provides diagnostics and services to assist those experiencing memory loss and their caregivers. Referrals may be made on an individual basis or through physicians or family members. Third-party insurance, Medicare and Medicaid are accepted. You may also need a referral from your insurance provider. 850-431-1155 [TMH.org/services/neuroscience/](http://TMH.org/services/neuroscience/)

memory-disorders

### Alzheimer's Project

The Alzheimer's Project works to support caregivers as they care for their loved one, and to provide a comfortable, dignified existence for people living with dementia, often allowing caregivers to keep their loved ones in the comfort of their own home. Additionally, support groups are offered for caregivers which provide a place to share with each other important knowledge, strategies and techniques on caring for a loved one with memory disorder. 850-386-2778 [alzheimersproject.org](http://alzheimersproject.org)

## ADDITIONAL RESOURCES

### Alzheimer's Association

Education and support for those facing dementia, including those living with the disease, caregivers, health care professionals and families. The Alzheimer's Association's Connection Café offers a local support group located at Bagel Market & Bistro, 6267 Old Water Oak Rd, 2:00 – 4:00 PM, on the 1st Thursday of each month (currently meeting virtually). Contact 850-583-8758 for more information. 850-408-9984 or 800-272-3900 [alz.org](http://alz.org)

### Alzheimer's Foundation of America

Provides support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias nationwide, and fund research for better treatment and a cure. 866-232-8484 [alzfdn.org](http://alzfdn.org)

### Dementia Friendly America

National network of communities, organizations and individuals ensuring communities are equipped to support people living with dementia and their caregivers. Resources and toolkits are available on the website: [dfamerica.org](http://dfamerica.org)

### U.S. Department of Veteran Affairs

Care for Veterans with Alzheimer's or dementia is provided throughout the full range of VA health care services. 800-698-2411 [VA.gov/GERIATRICS/pages/Alzheimers\\_and\\_Dementia\\_Care.asp](http://VA.gov/GERIATRICS/pages/Alzheimers_and_Dementia_Care.asp)

### HealthStreet

A community engagement program at the University of Florida, provides free health assessments/memory screenings online and via phone for adults 60 years or older in Florida. Call 352-294-4880 to schedule a memory screening. [healthstreet.org](http://healthstreet.org)

[gram.ufl.edu/](http://gram.ufl.edu/)

### Resources & Education for Aging, Community and Health (REACH)

Provides education about aging-related healthcare and social topics, highlighting available programs and services. 850-644-1506 [reach.med.fsu.edu](http://reach.med.fsu.edu)

### Tallahassee Area Assisted Living Facilities with Memory Care

• Azalea Gardens Assisted Living | [sunshineretirementliving.com](http://sunshineretirementliving.com) | 850-583-4909

• Brookdale Centre Point Boulevard | [brookdale.com](http://brookdale.com) | 850-296-0633

• Canterfield of Tallahassee | [canterfieldoftallahassee.com](http://canterfieldoftallahassee.com) | 850-900-5500

• Consulate Health Care of Tallahassee | [centers.consulatehealthcare.com](http://centers.consulatehealthcare.com) | 850-942-9868

• HarborChase of Tallahassee | [harborchase.com](http://harborchase.com) | 850-753-0453

• Pacifica Senior Living Woodmont | [pacificaseniorliving.com](http://pacificaseniorliving.com) | 850-462-5728

• St. Augustine Plantation | [elegance-living.com](http://elegance-living.com) | 561-303-0088

• Tallahassee Memory Care | [elm-croft.com](http://elm-croft.com) | 850-816-0817

• Tapestry Senior Living Tallahassee | [tapestryseior.com](http://tapestryseior.com) | 850-536-8600 or 850-688-1234

• The Grove at Canopy | [## HELPLINES and HOTLINES](http://starlingli-</a></p>
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**Abuse Hotline:** 1-800-962-2873 or 1-800-96ABUSE

**Area Agency on Aging, Elder Helpline:** 1-800-96-ELDER (3-5337)

**Consumer Hotline:** 1-800-435-7352

**Medicare Hotline:** 1-800-633-4227

2-1-1 Big Bend: 617-6333 or 211

[ving.com](http://ving.com) | 850-219-2196

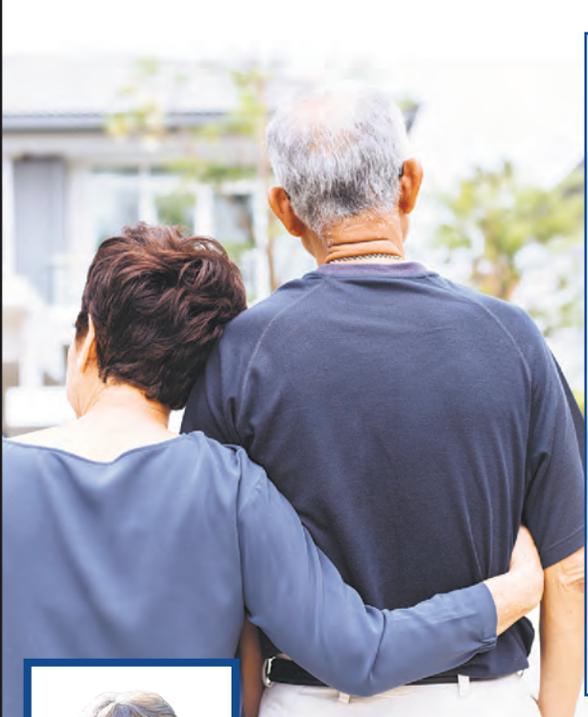
• Villas at Killlearn Lakes | [villasatkilllearnlakes.com](http://villasatkilllearnlakes.com) | 850-391-1754

• Westminster Oaks | [westminsteroaksfl.org](http://westminsteroaksfl.org) | 850-878-1136

• Your Life of Tallahassee | [yourlifefl.com](http://yourlifefl.com) | 850-347-0993

For caregivers who prefer online interactions or don't have the time or ability to attend in-person meetings, online support communities available through [alzconnected.org](http://alzconnected.org) and [caregovernatio-n.org](http://caregovernatio-n.org)

*NOTE: This information is not all-inclusive and does not imply endorsement. For information, call 850-891-4000, email [nick.schrader@talgov.com](mailto:nick.schrader@talgov.com) or visit [Talgov.com/seniors/senior-services.aspx](http://Talgov.com/seniors/senior-services.aspx) and [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org)*



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# 'Fist bump' a volunteer

**Kati Mandell** Community Engagement

Big Bend Hospice (BBH) recognizes and values our Volunteers. Every hour a Volunteer donates makes a significant impact on our patients and their loved ones, including those Volunteers serving in an administrative role.

*"Volunteers do not necessarily have the time; they just have the heart."* — Elizabeth Andrew

The onset of COVID-19 safety precautions imposed last Spring created a physical distance between our staff, volunteers, patients, and their caregivers. This caused a staggering sense of loss for everyone.

But through all the pressures, our Volunteers continued to provide support and moments of happiness for our staff and our patient-families in various ways. They wrote letters and cards of encouragement to the nurses; painted rocks with cheerful messages for our Aides; made wrist corsages for our patients on Mother's Day; and they donated, healthy snacks for our staff who continued to serve patients during the pandemic.

In early April 2020, BBH Volunteers procured hundreds of masks, face

shields, gowns, and dozens of gallons of hand sanitizer when none could be found or purchased. BBH was never short of PPE supplies thanks to their efforts.

Once visitors could come back to our Dozier House, our Volunteers stepped up and assisted in pre-screening all guests to keep everyone safe. Some Volunteers came back early to serve as companions to those patients who were alone. Volunteers didn't flinch when patient care had to be done using strict precautions, including wearing full P.P.E. and keeping six feet apart whenever possible. They continually embraced both the difficulty and the beauty of this work.

Throughout the year our Volunteers helped caregivers who were concerned about exposure by running errands, making deliveries, and providing transportation for them. Volunteers were part of special events, like our Veterans Day drive-thru parade to recognize local Veterans in our community. They continue to hold Ensure drives, make beautiful quilt blankets and crafts for our patients.

For the holidays, our Volunteers adopted patient-clients who are experi-



**Volunteer Bonnie McHugh, an Army Veteran, pins Sergeant Preston Phillips, a flight instructor for the United States Air Force who served in World War II, in appreciation of his service during a BBH Valor Ceremony.**

encing financial hardships and gave them hope and joy. Caregivers received supportive notes and chocolates on Valentine's Day, a reassurance they are valued and doing a good job.

Nonprofits like Big Bend Hospice are special because of our Volunteers. In honor of National Volunteer Month, please fist-bump a dedicated Volunteer the next time you see one!

*Big Bend Hospice has been serving this community since 1983 inspiring HOPE by positively impacting the way our community; Leon, Franklin, Gadsden, Jefferson, Liberty, Madison, Taylor, and Wakulla counties; experiences a serious illness or grief – one family at a time. If you would like information about services, please call 850-878-5310 or visit [www.bigbendhospice.org](http://www.bigbendhospice.org).*

## Elder Care supports aging in place



**Jocelyne Fliger**  
CEO/President, Elder Care  
Services, Inc

We have learned during the pandemic that home is truly where the heart is. Home is where we feel safe, familiar, and in control. That is why so many people are choosing to age in the comfort of their own homes.

However, to continue to age-in-place, many seniors may need additional services or equipment. Non-profits like Elder Care Services provide numerous interventions that assist seniors in

continuing to live in their home.

At Thanksgiving, a handful of years ago, my husband's grandmother, a stoic, put-together 80-year-old woman, tearfully confided in me that she could no longer bathe grandpa and that she thought he might have to go into assisted living.

Grandma, not being much more than 100 pounds and less than five-feet tall, could no longer be the support that grandpa required to live independently. With the kindness and skills of a thrice-weekly visiting Certified Nursing Assistant, both were able to remain in their homes for a longer time than anticipated.

It may seem like such a small task — a bath — that one would hardly guess that

this quick daily routine would keep someone from living in their home. At Elder Care Services, we hear stories like this every day.

Formed in 1970, Elder Care Services addresses the needs of local seniors and promotes a path towards independent living. While we are best known for our flagship program, Meals on Wheels, Elder Care provides numerous other services for seniors and their caregivers like homemaking, counseling, case management, durable medical equipment, utility assistance, transportation, respite, senior volunteer opportunities, and more.

Staffed by professionals who have a passion for gerontology, Elder Care Services is not only Leon County's lead ag-

ing services agency, we are also a staff that cares about seniors and the unique journey that occurs later in life. Aging in place often requires a community working together; and Elder Care is here to help with aging goals.

If you or a loved one have questions regarding supports for aging in place, please contact Elder Care at 850-921-5554.

*Elder Care Services, Inc. is a private non-profit corporation, dedicated to improving the quality of life for seniors in Leon and the surrounding counties, allowing them to remain at home with dignity. For more information, visit [ECSbigbend.org](http://ECSbigbend.org) or follow us on Facebook at [Facebook.com/eldercaretally](https://www.facebook.com/eldercaretally).*

# OLLI's expanding learning opportunities

Fran Conaway  
OLLI at FSU

"I just wanted to let y'all know how much I appreciate all you have done to provide educational and informative programming via Zoom during this pandemic. It has given me something to look forward to each week at a time when my calendar is quite bare. Y'all jumped right in, mastered Zoom and took us all along with you! I have always valued my OLLI membership and connection but never more so than now!"

Such are the comments of a member of the Osher Lifelong Learning Institute at Florida State University in response to the organization's transformation from traditional in-person classes to mainly Zoom offerings over the past year.

With the pandemic still affecting the daily lives of area lifelong learners over 50—especially the need for stimulating educational and social activities to counteract the burden of restricted movement and interaction—OLLI has expanded its traditional three-week Maymester to a six-week-plus Summer Semester, with courses, clubs and activities in May, June and July.

Among the dozens of courses being offered during this new summer term are: Ancient Greece: Foundation of Western Civilization; The Lives of Winston Churchill; Interpreting the Past Through the Prisms of Grandeur and Deprivation (a history of Goodwood Plantation); Live Television Comedy from the 1950s; Panhandle Places – Rivers, Roads, and Places in Panhandle Florida; Pioneers of Rock and Roll; Special Topics in Human Rights; Space Weather, Northern Lights and Their Im-

pacts on Space Technology; Yoga; and Get to Know Your iPhone and more!

Most classes are on Zoom, but some small face-to-face classes are included in the schedule. Registration and enrollment opportunities remain available as



[olli.fsu.edu](http://olli.fsu.edu)

Registration begins April 19th

Even when regular classes have come to a close, a series of exciting free special lectures for all members has been scheduled for July. Imports and the American Economy; Operation Freedom: The Berlin Airlift; Low-Value Health Care: What Is It? How Do I Know If I'm Getting It? How Can I Avoid It?; The Nine Lives of Benjamin Franklin; and two sessions with FSU Professor Sally Karioth: It Looks Like There's a Ray of Sunshine. What Now? Finding Your Way in a Brightening Pandemic World. The full schedule is available at [olli.fsu.edu](http://olli.fsu.edu).

Membership in OLLI at FSU is open to all adults 50 and older who love to learn in a stress-free environment where there are no tests, no homework and no required reading. There are no education prerequisites. Instructors typically come from the faculty of local institutions of higher education and area experts, but Zoom extends the range of instructors and students, who can join OLLI's classes and activities, regardless of location.

Membership also includes club activities – some face-to-face, including Paddlers and Walking. Offered via Zoom are Spanish Club, book clubs, cooking classes presented by OLLI chefs, and virtual tours of art, cultural offerings, nature and other attractions.

With Summer Semester well under way, OLLI's Curriculum Committee is already working on the Fall Semester schedule, which will feature nearly 50 classes starting in October.

For more information about OLLI at FSU, see [olli.fsu.edu](http://olli.fsu.edu). Need help? Contact Deb Herman at [dherman@fsu.edu](mailto:dherman@fsu.edu) or Terry Aaronson at [taaronson@fsu.edu](mailto:taaronson@fsu.edu).

## SOUTHSIDE SENIOR OUTREACH

### Virtual Healthy for Life classes

Our participants are always eager to meet and maintain contact with each other and our regular community partners, who have been such a force in helping us to maintain our independence and become healthier in all areas of our lives...social, mental, physical, spiritual and financial. Since we cannot

do this face to face, we have been meeting virtually.

**Hometown Tales**, our next Healthy for Life Zoom series, continues on May 13 & 27. This workshop is aimed at bringing out the storytelling in each of us. Whether you fancy yourself a writer or not, master storyteller, Linda Schyuler

Ford somehow magically manages take you back in time to uncover memories that will create the storyteller in you.

**Understanding Resources for Seniors** on June 3, Nick Schrader, Resource Coordinator with the Tallahassee Senior Center will guide us through accessing resource cards that provide an array of information. He will focus on two timely topics: Memory Care and Social Isolation.

**Keys to Safe Mobility for Life**, June 24, 11– noon. Workshop presented by FDOT on how to be proactive while driving, walking, bicycling, motorcycling and driving a golf cart and how to develop a transportation plan.

For more information or how to enroll, contact [Wendy.Barber@talgov.com](mailto:Wendy.Barber@talgov.com) or call 850-891-4000.

# Membership makes programs happen

Thanks to Membership and donations, Tallahassee Senior Center programs continue to happen! Your support allows us to provide programs for active adults, such as Fitness, Art, Lifelong Learning and Wellness classes – keeping seniors mentally and physically healthy – with activities, resources, and ideas for staying engaged.

Join the Tallahassee Senior Foundation today. Mail your annual membership contribution to the Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee FL 32303 or visit [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) for more information or to join online.

**Membership:** Senior (Age 50+) \$30; Senior Couple \$50; Supporter (under age 50) \$40

**Key Holders:** Friend \$120; Bronze \$240; Silver \$540; Gold \$1,020; Ruby \$1,500; Platinum \$2,520; Diamond \$5,040

Thank you for being a member!

#### Gold Keyholders

Phillip Welsh

#### Bronze Keyholders

Shirley Beaupied; Andrew McMullian

#### Friend Keyholders

Margaret G. Cash; Margaret Hamilton; Elizabeth Jackson; Dennis King; Joan Nolte; Thomas & Lucinda Thomas

**New and Renewing Members:** Due to limited space in this issue of Active Living magazine, your memberships are listed on our [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) website. Please know that we are extremely grateful by your continued support. It's because of your contributions that TSC & Foundation is fulfilling its mission of offering programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness.

#### Honorarium Donations

In honor of: Lori Swanson's Birthday  
By: Linda Ahlquist; Amanda Ardert; Leslie Baker; Mark Baldino; Sheryl Barlow; Vicki Barr; Andrew Bascom; Nancy Bedford; Farzana Bhatti-Moose; Greg & Karen Boebinger; Rebecca Cantley; Kristin Cantrell; Capital City Trust; Doug & Melanie Carlson; Kristy Carter; Karin Clark Caster; Mary Caudle; Lisa Dollar Covert; Susan P Davis; Nancy O'Pry Gentry; Maureen R Haberfeld; Jerri Hanna; Gordon & Aurora Hansen; Scott Harrell; Sue Howcroft; Rebecca Hunter; Yuh-Mei Hutt; Laurie Jordan;



**Cheers to Big Birthdays and supporting our Tallahassee Senior Center & Foundation! Thanks to so many of you, Lori Swanson's goal to raise \$5,000 to celebrate her 60th birthday was far surpassed – raising \$7,200! These dollars will help support the many programming opportunities offered by the TSC & Foundation. Thank you to all that gave; Lori and the whole team at the Senior Center are incredibly grateful. If you would like to commemorate your special occasion with a fundraiser to support senior programming, please visit our website to explore the various options at [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) or call the TSC at 850-891-4000.**

Yasmin Kahn-Hohensee; Debbi Keck; Melanie Lachman; Kathy Lee; Lourdes Madsen; Connie Marie; Elda Martinko; Gail McDonald; Margaret Mooney; Lisette Mora; Ruth Nickens; Miriam Nicklaus; Kathleen O'Halloran; Jenny O'Pry; Edna Owens; Jane Parsons; Gregg Patterson; Amy Porter; Linda Roberts; Sheila Salyer; Judy Shipman; Hella Spellman; Jodi Sperry; Linda & Tom Stanciu; Sandra Stoutamire; Gloria Swanson; Lori Swanson; Mary Clare Swanson; Patrick Swanson; Carlotta Thacker; Robin Wakefield; Patti Wallace

#### Memorial Donations

In memory of: Ed Duffee Jr  
By: Richard Dusenbury & Kathi Jaschke, Sheila Salyer

In memory of: Joan Bucknam Reibman

By: Richard Diggory Shields

In memory of: Mary Salyer

By: Clifton Hopkins; Elda Martinko

## PREPARE FOR THE JOURNEY AHEAD WITH EDUCATION, INSIGHT & SUPPORT



### Expert Guidance for the Future

Join us at **YOUR Life™** of Tallahassee for an informational seminar presented by local expert Nina Davis, President of All Care Senior Consulting, designed to offer eye-opening insights for individuals caring for loved ones with Alzheimer's disease or other form of dementia. Together, we will discuss resources, potential planning challenges and making decisions for future care:

- Signs your loved one needs more support
- Examining the feelings of guilt and loss that hold you back
- Determining when a move to memory care makes sense
- Assessing the financial, legal and safety concerns of living at home with memory loss

### RECOGNIZING WHEN IT'S TIME FOR MORE SUPPORT

Tuesday, May 18 | 5 p.m. | Dinner will be served

RSVP required by May 12

Saturday, May 22 | 11:30 a.m. | Lunch will be served

RSVP required by May 18

Choose the date that works for you. Social distancing is expected - events are limited to 20 attendees and reservations are required.

850-999-5898 | [YourLifeTallahassee.com](http://YourLifeTallahassee.com)



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# When your donation keeps on giving

**Rosetta Land**  
TSC Volunteer

Describing the Tallahassee Senior Center (TSC) as “amazing during COVID,” Linda Roberts compliments both the staff and volunteers. Explaining that everyone, from the front desk to TSC executive staff, reacted quickly to keep programs running during the pandemic – a time that I see as “challenging, even for the best.”

As a TSC donor and past president of the TSC & Foundation, Linda gets excited when she tells you that it’s a “joy to financially support and accept an ownership in support of programs at the center.”

She speaks humbly about what a difference her gifts to the TSC can mean to active seniors of all ages. “It’s a venue where seniors are welcome to participate in favorite activities, challenge themselves in a learning environment, and socialize in an easy atmosphere.”

“My donation works to bring special events, albeit some now in a Zoom format or limited gathering, to seniors in our community. I think TSC programming encourages ongoing activity and engagement. Donations help pay program staff, presenters, and instructors who facilitate and teach courses in music, art and LifeLong Learning. Donations also buy supplies. I know that every dollar helps and it makes me feel exceptionally good to know I’m a part of enriching seniors’ lives,” says Linda.

Her donations and participation continue with Legacy Circle. “Legacy gifting is a way to support the TSC as a beneficiary of your planned gift,” explains Linda. “You can include the Foundation in your estate plans.” She adds, “this helps ensure quality services for generations of seniors to come!”

The petite and exuberant board member finds her service “a mission of inspiration.” She served as a vice president, then as president for four years. During that time she celebrated, and chaired various fundraisers.

When asked what event was her favorite, it was a hard choice but ultimately top honor goes to son Jack Roberts’ playing with the HWY85 band to celebrate her 70th birthday, Scott Harrell’s 40th and the 50th birthday of the band members and their classmates!

The center’s signature fundraiser, Deck the Halls, Linda credits as perhaps the most challenging and yet rewarding of all. She chaired the event for two years and personally knows the commitment it takes to ensure success during the holiday season.

It’s also personal for her – as you will most likely see the whole Roberts family enjoying the event, bidding on auction items, and trying to win the Cash Give Away.

Silver Stars, another headliner for the senior center, found Linda an event speaker and helpful organizer the four years she served as president. Linda also makes this personal by inviting all of her friends to join her while celebrating active living.

Yet, her TSC resume continues as a graduate of Tal-



**Board member, donor and volunteer Linda Roberts checks her list as Sandra Stoutamire screens participants for TSC Reopening activities.**

lahassee Active LifeLong Leaders (TALL). TALL focuses an in depth look at a variety of community issues and experiences. Classes meet weekly with area leaders and experts who explore the arts, culture, government, public safety, science, technology, nature, and history. Literature, cooking, travel and other topics fill an eight-week schedule.

For information on donating or other gifting opportunities, volunteering, becoming a member of the Tallahassee Senior Center Foundation, visit [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)

*Many people see lives touched by the Tallahassee Senior Center. We are driven to help seniors stay active, socially fit, and engaged in their community. We hope you will consider the TSC Foundation in your charitable giving. The legacy created by planned gifts will assure that programs and services will continue to be available to seniors in the future. If you have questions, email [Lori.Swanson@talgov.com](mailto:Lori.Swanson@talgov.com) or call 850-891-4000.*

## Fundamentals of Legacy Planning

Wednesday, May 12 at 11:00 a.m.



Ben Bowersox  
Senior Vice President and Wealth Advisor



Allie VanLandingham  
Assistant Vice President and Trust Officer

**Do you want to learn some simple options to leave a Legacy gift? There are uncomplicated ways we can all give to our favorite organizations. Gifts big and small matter. Join us for a Zoom presentation with Ben Bowersox and Allie VanLandingham of Capital City Trust on Wed., May 12 at 11 a.m. You will learn some basic ways to make a big impact. We can help make it easy for you to make a difference. Sign up today: [TallahasseeSeniorFoundation.org/events/legacy-planning-with-capital-city-trust/](http://TallahasseeSeniorFoundation.org/events/legacy-planning-with-capital-city-trust/)**

## TALLAHASSEE SENIOR SERVICES CALENDAR - VIRTUAL + MAY 10-JUNE 12, 2021

We are now offering online classes some which require pre-registration for the Zoom link. Please note the initials in the parenthesis after the class title. The corresponding contact name and registration email address is noted at the bottom of the calendar.

Description and Registration located at: [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MAY 10 8a Brain Body Balance FB (RN) 10:30a Adv. French ZM (KC) 11a Art Council ZM (JH) 12:30p Hands-On Art History ZM (JH) 2:45p Poetry Group ZM (KC) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)</p>	<p>May 11 Quit Smoking Now PRR (RN) 224-9340 8a Mindful Movement FB (RN) 3p LLL-Water Liquid Gold PRR ZM (MH) 5:30 Celebration of Athletes Senior Games FB (KC)</p>	<p>MAY 12 8a Gentle Yoga FB (RN) 9:30a Hearing Challenges During Challenging Times ZM (RN) 11a Legacy Planning Workshop ZM (NG) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org</p>	<p>MAY 13 8a Stretch &amp; Flex FB (RN) 10a Meditation FB (RN) 1p Friends Connection ZM (ML) 7p Capital Chordsmen ZM (KC)</p>	<p>MAY 14 8a Seated Yoga FB (RN) 9a English 2nd Language (KC)</p>
<p>MAY 17 8a Brain Body Balance FB (RN) 10:30a Adv. French ZM (KC) 11a Beginner's Ukulele PRR ZM (KC) 12:30p Hands-On Art History ZM (JH) 1p Advisory Council (SS) 3p Friends Connection ZM (ML)</p>	<p>MAY 18 Quit Smoking Now PRR (RN) 224-9340 8a Mindful Movement FB (RN)</p>	<p>MAY 19 8a Gentle Yoga FB (RN) 8:30a Capital Coalition on Aging (KC) 1p DEEP: Diabetes (RN) 1p LCSO Advisory Council (SD) 1p Friends Connection LNC ZM (ML) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org</p>	<p>MAY 20 CLOSED Recognition of Emancipation Day</p>	<p>MAY 21 8a Seated Yoga FB (RN) 9a English 2nd Language (KC) 11a Ukulele Fingerstyle PRR ZM (KC)</p>
<p>MAY 24 8a Brain Body Balance FB (RN) 10:30a Adv. French ZM (KC) 12:30p Hands-On Art History ZM (JH) 2:45p Poetry Group ZM (KC) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)</p>	<p>MAY 25 Quit Smoking Now PRR (RN) 224-9340 8a Mindful Movement FB (RN)</p>	<p>MAY 26 8a Gentle Yoga FB (RN) 1p DEEP: Diabetes (RN) 1p Foundation Board Meeting ZM (SS) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org</p>	<p>MAY 27 8a Stretch &amp; Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-Art of Greece ZM (MH) 7p Capital Chordsmen ZM (KC)</p>	<p>MAY 28 8a Seated Yoga FB (RN) 9a English 2nd Language ZM (KC)</p>
<p>MAY 31 CLOSED MEMORIAL DAY</p>	<p>JUNE 1 Quit Smoking Now PRR (RN) 224-9340 8a Mindful Movement FB (RN)</p>	<p>JUNE 2 8a Gentle Yoga FB (RN) 1p DEEP: Diabetes (RN) 1p Friends Connection LNC ZM (ML) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org</p>	<p>JUNE 3 8a Stretch &amp; Flex FB (RN) 10a LLL-Shipwrecks: The Spanish Plate Fleets ZM (MH) 1p Friends Connection ZM (ML) 7p Capital Chordsmen ZM (KC)</p>	<p>JUNE 4 8a Seated Yoga FB (RN) 9a English 2nd Language (KC) 11a Ukulele Fingerstyle PRR ZM (KC)</p>
<p>JUNE 7 8a Brain Body Balance FB (RN) 10a Mindfulness FB (RN) 10:30a Adv. French ZM (KC) 11a Beginner's Ukulele PRR ZM (KC) 12:30p Hands-On Art History PRR ZM (JH) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)</p>	<p>JUNE 8 Quit Smoking Now PRR (RN) 224-9340 8a Mindful Movement FB (RN)</p>	<p>JUNE 9 8a Gentle Yoga FB (RN) 1p DEEP: Diabetes (RN) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org</p>	<p>JUNE 10 8a Stretch &amp; Flex FB (RN) 10a Meditation FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-Loosen UP with Laughter Yoga ZM (MH) 7p Capital Chordsmen ZM (KC)</p>	<p>JUNE 11 8a Seated Yoga FB (RN) 9a English 2nd Language (KC)</p>

**TALLAHASSEE SENIOR CENTER**, 1400 N. Monroe Street, 891-4000

LEGEND - PRR= Pre-Registration Required; LLL=Lifelong Learning; FB=Facebook; ZM=Zoom Meeting

(KB) Karen.Boebinger@talgov.com; (KC) Kristy.Carter@talgov.com; (JH) Jennifer.Haskins@talgov.com;

(MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com (RN) Ruth.Nickens@talgov.com;

(SS) Sheila.Salyer@talgov.com; (WB) Wendy.Barber@talgov.com

Need computer or technology assistance? Please contact the Tallahassee Senior Center at (850) 891-4000 Monday - Friday; 8am-4pm and we will assist.

TD-000030058

## Tallahassee Senior Center Fitness Classes on WCOT Monday, Wednesday, Friday & Saturday at 9 am TSC Facebook page Mon. through Fri. at 8 a.m.

Staying active is one of the most important things we can do to stay healthy and age successfully, and we realize you are missing your weekly in-person classes.

To help you access quality senior fitness, WCOT (Channel 13 on cable or Talgov.com/WCOT) will now be airing four TSC classes with some of your favorite instructors. Fitness classes are provided by the City of Tallahassee Parks, Recreation & Neighborhood Affairs and the Tallahassee Senior Center and Foundation. Learn more by visiting Talgov.com/Seniors. Below are the classes that you can view.

**Monday Mindful Movement w/ Lori Roberts, certified NIA yoga instructor**  
Mindful Movement is a gentle, yoga-based, fitness class focuses on increasing energy, reducing falls, and maintaining flexibility.  
Brought to you in partnership with [Capital Health Plan](http://CapitalHealthPlan.com).

**Wednesday Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500**  
Enjoy a gentle yoga class which includes both standing and mat poses for balance (a chair is an option). Benefits include improved range of motion, flexibility, balance, and strength. It also focuses on breathing exercises for stress reduction and relaxation.

**Friday Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT**  
An active-aging, fall-prevention program created to be fun while reversing many types of aging. The class fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair on hand.  
Brought to you in partnership with [AARP Tallahassee](http://AARP.org).

**Saturday Stretch & Flex w/ Robin Perry Davis, ACSM**  
This class will help you stay strong, flexible, and mobile with gentle yoga-like movement. Safe stretching routines maintain joint mobility and muscle flexibility. Some classes will be seated, others use a mat, viewers can easily move between.

For more info, contact our Health & Wellness Coordinator [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com)  
#Senior #fitness #flexibility #Stretching #mobility #yoga

Staying active is one of the most important things we can do to keep healthy and age successfully. While we can't be together in person, we encourage to join us for a variety of virtual fitness classes, offered 3 ways for your viewing convenience:

- (1) WCOT (Channel 13 on cable or [Talgov.com/WCOT](http://Talgov.com/WCOT)) on TV - M/W/F/& SAT @ 9 a.m.
- (2) On demand: [www.TallahasseeSeniorFoundation.org/on-demand-classes/](http://www.TallahasseeSeniorFoundation.org/on-demand-classes/)
- (3) Posted on our Foundation page at 8:00 a.m. - Tallahassee Senior Center

*The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+.*

*TSC programs like these Fitness classes are supported by donations to the TSC Foundation. If you would like to contribute or become a member, go to [www.tallahassee-seniorfoundation.org](http://www.tallahassee-seniorfoundation.org) or mail your check to: TSC Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303.*

The TSC Team is excited to welcome back participants for activities, as well as continue to offer classes via Zoom, WCOT Channel 13, Outdoors, and drive throughs. You will be notified when your activity is being scheduled. Participants are strongly encouraged to have been fully vaccinated (vaccine+2 weeks) before attending an inside activity. Your donations are appreciated to support programs. We encourage donations for all activities, including virtual and on demand classes – to donate, [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org); click the donate button (top right hand corner) or to become a member or renew your membership – click the membership tab - or checks can be mailed.

