



INSIGHT

Senior Center to Launch Program to COMBAT LONELINESS

Thanks to a \$221,000 grant from the Florida Blue Foundation, the Tallahassee Senior Center will soon implement a new program, called UPSLIDE, designed to help prevent isolation and depression among the senior population.



Wellness Coordinator Ruth Nickens said. "This project will serve as a non-threatening gateway for people to become socially engaged and connected to other people. Participants will be encouraged to attend a Senior Center program or other positive social outlets."

UPSLIDE stands for Utilizing and Promoting Social Engagement for Loneliness, Isolation and Depression in the Elderly. This three-year program will help identify individuals age 50 and older who may be socially isolated. Preventive health and wellness tips will be presented through outreach visits, counseling and support-style chat groups. The Tallahassee Senior Center will partner with other mental health and social services agencies and organizations in the community to help strengthen the safety net serving these at-risk adults.

The UPSLIDE program is set to launch in April.

The mission of Tallahassee Senior Center is to offer programs, activities and opportunities designed to encourage active living, optimal aging and social fitness for independent adults. The Tallahassee Senior Center is located at 1400 N. Monroe Street and is operated and maintained by the City of Tallahassee's Parks, Recreation and Neighborhood Affairs Department. For more information on its wide variety of programs, classes and events, please call 891-4000 or visit the City's website at Talgov.com/seniors. You can also stay up-to-date by liking the Senior Center on Facebook.

"Research indicates that social isolation and loneliness are linked with increased depression, dementia, falls and emergency visits," Tallahassee Senior Center's Health and

Coming in April

- 10** Joint City of Tallahassee / Leon County Adoption Hearing for Large Scale Amendments on the 2018 Cycle Comprehensive Plan (Comp Plan) Amendments at 6 p.m. at the Leon County Courthouse, 301 South Monroe Street
- 11** City Commission Workshop at 1 p.m.
- 11** Regular City Commission meeting at 4 p.m.
- 17** Capital Region Transportation Planning Agency Board retreat at 9 a.m.
- 25** Regular City Commission meeting at 4 p.m.

INSIGHT is published monthly to inform citizens about City services and related items of interest. If you require an accommodation because of a disability in order to participate in a program, service or activity, please contact the appropriate City department. For persons using a TDD, please call 711. Requests should be made at least seven hours in advance. Sign language interpreters require 10 days advance request.

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For all City of Tallahassee utility related inquiries, please call 891-4968 or visit Talgov.com.

All meetings are held in the City Commission Chambers, located on the second floor of City Hall (300 S. Adams St.), unless noted otherwise. Meeting dates, times and locations are subject to change. City Commission meetings are shown live and rebroadcast on WCOT, the City's government access channel (Comcast Cable and CenturyLink channel 13). City Commission meetings are also streamed live online and are indexed and posted for viewing on Talgov.com. Call the Department of Communications at 850-891-8533 for information, or you may view the current City Commission agenda online at Talgov.com. Follow @COTNews on Twitter for City news.

Tennis Challenger

From April 21–28, the City’s Forestmeadows Tennis Complex, 4750 N. Meridan Road, will be home to the Tallahassee Tennis Challenger. This men’s professional USTA/ATP Challenger Tour event benefits the D. Mark Vogter M.D. Memorial Endowment for Neuro-Intensive Care at Tallahassee Memorial Hospital and the Maria Yealdhall Challenger Tennis Fund at the Friends of Our Parks Foundation. This is your opportunity to watch world-class competitors right here in Tallahassee. Learn more at TallahasseeChallenger.com.

Show Your RAD Strength

“Most girls are smart and strong and beautiful. We are unstoppable,” sings Hailee Steinfeld. While her words are true, women remain vulnerable to violence, as data from the National Domestic Violence Hotline show. More than 1 in 3 women in the United States have experienced rape, physical violence and/or stalking by an intimate partner in their lifetime. To help women develop techniques to protect themselves, the Tallahassee Police Department proudly offers free R.A.D. (Rape Aggression Defense) classes. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. There are opportunities to take this free two-day training in May, July, September and December. Learn more at Talgov.com.

Cash for Trash Returns

Cash for Trash will be held on Saturday, April 21, from 8 a.m. to 2 p.m. This event allows residents to bring household trash items that are too large to fit in their 96-gallon garbage container to the Solid Waste Services facility on Municipal Way for proper disposal. As a thank you for participating, City residential utility customers with an active garbage account will receive a \$5 credit toward their utility bill. No household garbage, construction/demolition debris or yard waste will be accepted. More information will be available on Talgov.com closer to the event.

Capital to Capital

Last month, American Airlines began new service direct from TLH to Ronald Reagan Washington National Airport (DCA) in Washington, D.C. This new daily flight takes you from Capital to Capital, creating more opportunities for quick business trips, weekends away with friends or family vacations. Book your flight today at FlyTallahassee.com. To enhance the travel experience, TLH now offers the Transportation Security Administration (TSA) Pre-Check Program. Pre-Check offers enrolled travelers greater ease and efficiency when processing through airport security checkpoints. In other good news, the latest passenger traffic numbers show an 8.5 percent increase for January 2018 compared to January 2017, and as of mid-February, fiscal year-to-date numbers were up 7.5 percent above this time last year. Learn more at FlyTallahassee.com.



Chain of Parks
Art Festival

April 21 & 22
Sat. and Sun., 10 a.m.-5 p.m.
Sat. Evening Concert, 5-7 p.m.

For more information, visit
chainofparks.org

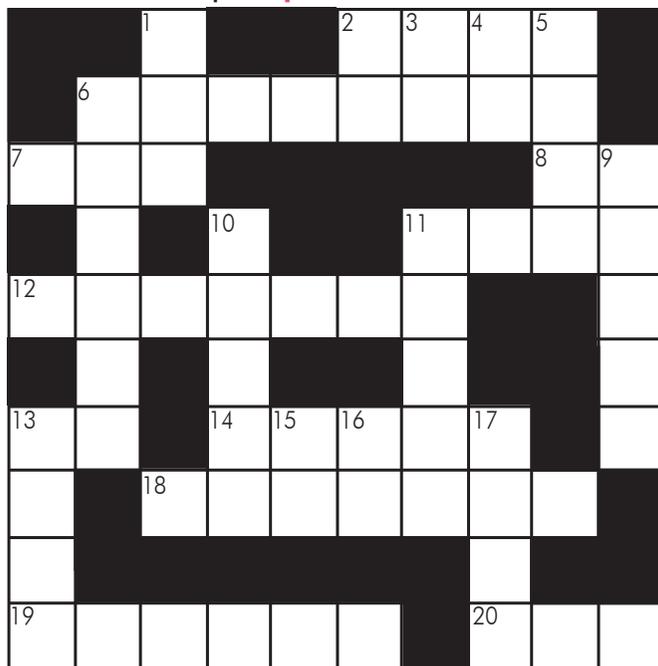
FREE!

Get your taxes done & filed.
United Way Volunteer Income Tax Assistance.

February 2 - April 18
Dial 2-1-1 or visit UWBB.org

YOUR CITY CROSSWORD

This Month’s Topic: **Sports & Fitness**



ACROSS

DOWN

- 2) Grab your clubs for a round of this at Hilaman
 - 6) America’s favorite pastime
 - 7) Head to Lafayette Heritage Trail Park with this and a reel to snag a fish
 - 8) Colloquial term for muscle in the front of the body targeted by most core workouts
 - 11) A long story of heroic achievement
 - 12) This field at Messer Park provides a barrier free arena for athletes of all abilities
 - 13) SI symbol for a metric unit of mass and weight equal to 1/10 gram
 - 14) Get your backflip ready, this sport requires more than just pom-poms and a positive attitude
 - 18) Name of Tallahassee’s synchronized swimming team for girls ages 5-12
 - 19) General term for any exercise that raises your heart rate
 - 20) Snap, crackle, this
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- 1) Abbreviation for the women’s self-defense class offered by TPD
 - 2) Initials of the Yankees first baseman who hit the first home run in SunTrust Park during an exhibition game against the Braves
 - 3) If you struggle with food — food addiction, anorexia, binge eating, etc. — this group can help (abbrev.)
 - 4) These letters come before Bean in one outdoor apparel retailer
 - 5) Adults can sign up to play this type of football in the fall and spring through the City
 - 6) Get in the ring at the Lincoln Center as part of this competitive sports club
 - 9) This is passed from one runner to the next in the 4x100 relay
 - 10) From Conta to ballet, the city offers a wide variety of these types of classes.
 - 11) Number of City facilities with a swimming pool
 - 13) Instead of a ball and clubs, players use this in a game similar to 2 Across
 - 15) This business department usually oversees employment, benefits, recruitment, etc.
 - 16) IATA code of the flag airline of Ireland
 - 17) Can follow Launch, vert or wave when talking about skateboarding

Answers available at Talgov.com/cheater