

Leon County Senior Gazette

February/ March 2007
Volume 2, Issue 6

■ The bi-monthly publication of the
Leon County Senior Outreach Program



■ Sponsored by the Tallahassee Senior Citizens Foundation

SPOTLIGHT ON RURAL LEON COUNTY: WOODVILLE

In 1856 Florida suffered a devastating hurricane, followed by a bitterly cold winter. Despite that, settlers from the Carolinas and Virginia arrived in North Florida. That same year Florida had a total of 58 miles of railroad tracks; half the miles were from Tallahassee to the port of Saint Marks.

In the earliest days mules pulled the trains, and Woodville became the mule-switching place. But it wasn't called Woodville until 1888. "My Daddy named it. He was the first railroad agent for the steam trains who had to stop here and load up on wood," says 89 year old Wilson Lewis.

Before that Woodville was called Hodgson's Distillery (turpentine, not booze!) "Mother would go to the still and get spirits of turpentine to put on cuts and scrapes," adds Mr. Lewis. It was also known as Archer's Steam Mill and White Church Community. By 1928 a little town had sprung up, complete with grocery store and the grist mill run by Mr. Lewis' parents. "We would grind corn three different ways:

coarse for chicken feed, finer for grits and real fine for cornmeal." As cash was hard to get during the Depression, his mother would take payment in the form of farm products.



In addition to wood and lumber products, the Woodville area supported a number of large farms. "We really only needed to buy flour and coffee," says Ruby Walsh, whose family lived and worked on 100 acres. "We raised vegetables, had hogs, cows, turkeys, chickens and raised all of our own animal feed. We sold watermelons and peanuts. And, of course, we had a smoke house."

"I was the oldest of 12," says Eugene Lewis, "so I had to help farm. I drove a

Continued on page 2

Leon County
Senior Gazette

Llona Geiger, Editor

Susan P. Davis, Coordinator,

Martha Coppins, Aide,

Leon County Senior Outreach

Mary Carroll, Board President,

*Tallahassee Senior Citizens
Foundation*

Leon County Senior Outreach

1400 N. Monroe Street

Tallahassee, FL 32303

891-4065

www.leoncountyfl.gov

**Leon County Senior Outreach
Citizens Advisory Council**

Mary Allen

Marie Cowart

D.J. Johnson

Cathy Jones

Jana McConnaughay

Gloria Nelson

Carol Ostapchuk

Dot Spence

Bennie Woodlief

Ken Morris,

*Leon County Administrator's
Office*

**The Leon County Senior
Outreach Program is funded
by a grant from the Leon
County Commission to the
Tallahassee Senior Citizens
Foundation.**

Spotlight on Rural Leon County: Woodville, *continued from page 1*
tractor at age 11. Of course there was no traffic then."

Woodville had one of the earliest schools in Leon County. Records show that the first building cost \$552 to construct. Those early Woodvillians sure got their money's worth: The building was used as a school during the day, a community center at night, and a church on Sundays! In 2006 the school, now in a modern building, celebrated its 150th anniversary.

Walking the 1.5 miles to school across the fields as a little girl, Ruby Walsh remembers a stone two-story schoolhouse. "The entire second floor was an auditorium. Classrooms were downstairs on both sides of a hall; with several grades in one room; and outhouses were in back." Despite huge changes, "Woodville is still a close-knit community," adds Eugene Lewis. "Of us 12 kids, 11 live right here, and one lives a few miles north of town." ■

Written and compiled by Llona Geiger.

This Month's Recipe: Hearty Bean Soup

For those last cold snaps, there is nothing better than a thick soup. Assemble the ingredients. This soup is not picky. If you don't like something, you can leave it out; or you can add your own favorites.

1 smoked ham hock

1 large onion and a few scallions, chopped

2 large carrots, sliced

2 sticks celery, sliced

1 package frozen mustard greens, thawed and drained

1 can of tomatoes, drained

2 or 3 cans of white beans, rinsed and drained

2 cans of chicken broth, plus a can of water

Some pepper, bay leaves, other seasonings you like

Put everything in a crock pot in late morning, turn it on low and enjoy it in the evening!

? Ask the Senior Resource Coordinator ?

Dear Gazette,

I believe I may have been the victim of fraud. It has to do with reroofing my house. Frankly I am too embarrassed to give details. Can you tell me where I should turn for help?

Dear Reader,

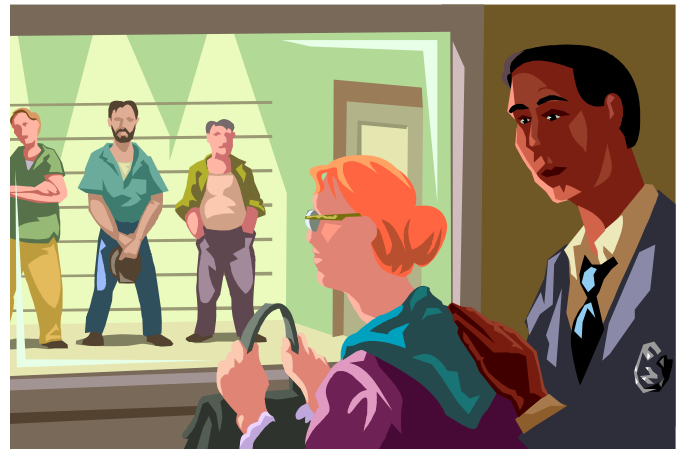
First, don't be embarrassed. Shoddy work or disappearing contractors are quite common, unfortunately. But you're not alone. There are people to help you try to recover your loss and assist you in possible prosecution.

Your first step should be to call the volunteers at *Seniors vs Crime*. The program is funded through the Attorney General's Office and can be reached in Leon County at 891-4044. Be prepared to leave a short message, and they will call you back. "We are the sleuths," says Marjery Jones who along with Herb Salyer manages the program at the Tallahassee Senior Center. "We assist clients in person, and we try to prevent others from being duped as well.

We don't play cops," she adds, "but we can often mediate a favorable resolution. We can also refer cases to state agencies and to legal services for prosecution."

When you think you have been taken advantage of or worse, having someone on your side is a big help. If you are over 50, *Seniors vs Crime* is there for you.■

Direct your questions about senior resources to Tom Darby or Gena Varn, Senior Resource Coordinators at the Tallahassee Senior Center at 891-4015, or seniorinformation@talgov.com



NEWS YOU CAN USE

Did you ever drive behind someone putting on make-up or fiddling with a cell phone? And guess who the worst offenders are? No, not seniors, but drivers between the ages of 18 and 30! According to a study by the George Institute for International Health in Australia, this group is particularly distractible. They love to multi-task, as it's called. Using a cell phone, fiddling with

electronics, focusing on events outside the vehicle are primary causes of auto accidents. And the younger age group is more susceptible to those distractions. So, don't copy them. When driving, drive. If you must do something else, pull over first. Don't become a statistic!■ Information based on *Apotheke Umschau*, a German health publication, November 2006.



HOW TO KEEP YOUR BALANCE

*Llona Geiger,
Certified Senior
Fitness Instructor*

Did you ever
watch a toddler

walk? Struggling to move on two legs without sufficient strength is a real trick! Good thing their bottoms are well-padded!

As adults we have developed enough leg strength and body awareness so that we can maintain our balance. Balance gives us the ability to adjust our center of gravity quickly and effectively while moving or stationary. We learn how to shift our weight instantly as we step over objects or rise up on stairs.

Unless we are brain-injured (or alcohol-and drug-impaired), we can preserve and maintain balance even as we age. Good balance gives us confidence as we move, and improved posture and breathing. We can recover from stumbles, have fewer falls with injuries, and less lower back stress.

Can you achieve good balance? Yes! Three easy, effective exercises will help.

First, picture the following body parts as three weights or blocks stacked up:

- head
- chest
- pelvis

Keep these three weights loosely stacked and balanced over each other as you move through your day. Do so even while sitting!

Check from time to time to see if one of your "weights" is sliding off.

Next, test your balance. (If you are in a Senior exercise class, you will recognize some of these exercises already)

1. Stand upright, feet shoulder width apart. First shift your body weight to one leg, then to the other. Then return to the center. Do the same with one foot about 16 inches in front of the other. Shift forward, shift back, then to the center. Next, do it on the diagonal.

2. Now, placing fingers lightly on a chair for support, stand on one foot and lift the other. Hold and breathe. Repeat with other foot. Keep good posture as you lift!

3. Last, try it without the support of chair. Focus on stacking the three weights!

If you think you would like to feel more secure as you move through your day, then perform these three exercises daily, while watching TV, for instance. You will notice better posture and improved balance, guaranteed!

PRACTICE BALANCE DAILY!





CRIME PREVENTION STARTS WITH YOU!

Whoever said crime doesn't pay certainly wasn't thinking of the victim. A victim pays in many ways, in money, in time, in peace-of mind. Yet crime prevention experts agree that you can protect yourself. Here are some simple, effective things you can do.

1. Mark your valuables. You can borrow an engraving tool from the Sheriff's Department to put your Driver's License number on stereos, TVs, computers, cameras, even boats and outboard motors. Having your I.D. on these valuables makes it more likely they will be recovered. But most importantly, marking your possessions makes them less likely to be stolen in the first place. You can get a decal from the Sheriff's office to place on windows or doors, clearly stating that your things are marked.

2. Use lighting. Good exterior lights discourage robbers. Invest in motion sensors or lights that come on at dusk and go off at dawn. Interior lights can be put on a timer if you need to be gone for a few days. Needless to say, have neighbors pick up mail and papers while you are gone.

3. Use locks. Keep your windows and doors locked, even while home. Most modern windows can be left open a crack for ventilation on nice days and still be locked. And don't hide a spare key outside. Burglars know your favorite hiding places!

4. Don't give out information. Whether on the phone, on the computer, or at the front door, do not give out information and do not open the door to people you have not called and invited. We were raised at a time when it was considered unfriendly to not invite someone in. But times have changed. People who have a legitimate reason to be at your door don't mind providing identification.

5. Watch your vehicle. Have keys in hand, look at the outside and the inside, then get in and lock the door. If you have your hands full of purchases and you are worried about safety, ask security or store personnel to accompany you.

6. Have a plan. For instance, if you think you are being followed, drive to a very public well-lit place. Do not drive home! If you see a stranded motorist, call on your cell phone or the nearest public phone. If you must carry a lot of cash, put it somewhere besides your wallet. Above all, trust your instincts. If something doesn't feel right, it probably isn't. Do what you need to do to get away from the situation and don't ever worry about looking foolish!

Written and compiled by Llona Geiger.

Leon County Senior Outreach

February - March 2007 Calendar of Events

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Senior Day: Tuesday, February 27 & March 27
10:30 a.m. - 12:30 p.m.

Senior Fitness Classes: Mondays, Wednesdays and Fridays, 9:30 - 10:30 a.m.

Basket Weaving starts in March. Call to register, 891-4033

Ft. Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

Ft. Braden Senior Day: Tuesday, February 20 & March 20
10:30 a.m. - 12:30 p.m.

Senior Fitness Classes: Mondays and Wednesdays, 10:30 - 11:30 a.m.

Senior "Chat" Group: First Wednesday of the month, Feb. 7 & March 7
1:00 - 2:00 p.m.

Bus Trip to WalMart: Third Friday of the month, Feb. 16 & March 16
10:00 a.m. - 12:30 p.m.

Computer Classes for Seniors: Call Ft. Braden Library for information
and to register, 606-2900

Miccosukee

Miccosukee Community Center, 13887 Billingsley Road

Miccosukee Senior Day: Thursday, February 1 & March 1
10:30 a.m. - 12:30 p.m.

Senior Fitness Classes: Mondays, Wednesdays and Fridays, 10 - 11:00 a.m.

Bus Trip to WalMart: First Friday of every month, February 1 & March 1
10:00 a.m. - 12:30 p.m.

Woodville

First Baptist Church of Woodville, Fellowship Hall, 9500 Woodville Hwy.

Woodville Senior Day: Thursday, February 8 & March 8
10:30 a.m. - 12:30 p.m.

Senior Fitness Classes: Mondays and Wednesdays, 8:30 - 9:30 a.m.

For more information, call 891-4033 or 891-4065

Come Join the Fun!

Can We Count on Your Support?

Please give to the Tallahassee Senior Citizens Foundation. Your contribution pays for programs and enhances services. Thanks for being a "key" to active, healthy aging in our community!

- _____ \$30 Individual Member
- _____ \$20 Senior Citizen Member (55 or over)
- _____ \$35 Senior Couple Member
- _____ \$100 Friends Key Holder
- _____ \$250 Bronze Key Holder
- _____ \$500 Silver Key Holder
- _____ \$1,000 Gold Key Holder
- _____ \$2,500 Platinum Key Holder
- _____ \$5,000 Diamond Key Holder

_____ Please dedicate my contribution directly to the **Leon County Senior Outreach Program.**

Name: _____ Phone: _____

Address: _____



Make your check out to *Tallahassee Senior Citizens Foundation* and send it to:

Leon County Senior Outreach Program, 1400 N. Monroe Street, Tallahassee, FL 32303.

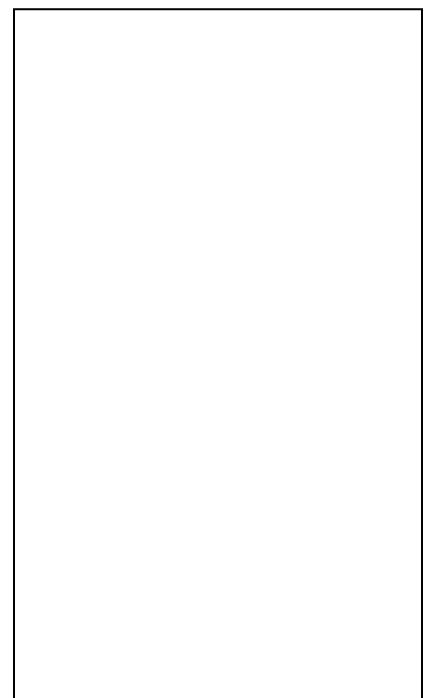


**Senior
Of the Month**

**PHYLLIS
EAGEN**

How does a native New Yorker, who raised her family in Miami, end up retired in Miccosukee? Easy. She fell in love. While all of her four children attended FSU Phyllis Eagen and her husband had plenty of opportunities to visit in the area. "We now live on 2 acres," says Phyllis. "After Miami, we just love the rural life. And I have been so well accepted here." No wonder: The retired teacher is involved in many activities in her community.

One of her favorites is the Exercise Club. "We don't just exercise three times a week, we do projects as well", she adds. Phyllis is active with her church, focusing both on seniors and on the younger set through the Boys and Girls Club. Recently, when she volunteered at Ronald McDonald House (a facility for the families of hospitalized children), Phyllis says she was the only 'sixty-something' among a bunch of college girls. And she is famous for bringing food when there is a death, an illness or even a happier occasion. "When I bake something, my husband always asks if he can have a piece," adds Phyllis, "because he never knows where it might be going!"





Leon County Senior Outreach Program
1400 North Monroe Street
Tallahassee, Florida 32303

Non-Profit Org.
U.S. Postage
PAID
Tallahassee, FL
Permit No. 01111

Return Service Requested

Welcome!

Welcome to the bi-monthly
Leon County Senior Gazette!
Look for this informative
newsletter every other month.

Don't forget to check the
calendar page inside to get
updated information on all
Leon County Senior Outreach
activities.

For more information, call
891-4033 or 891-4065.

February – March Activities

Relatives as Parents Program (RaPP)

Are you a grandparent raising a grandchild? If so, come join our program activities to find resources, information and social support from other families in the same situation. Activities are free, but reservations are required. Please call the Leon County Senior Outreach office at **891-4033**.

RaPP Luncheon and Support Group

Last Wednesday of the Month

February 28th and March 28th

11:30 a.m. - 1:00 p.m.

Come Join the Fun!