

April/May 2009

Leon County Senior Gazette

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



■ Sponsored by the Tallahassee Senior Foundation



The Taste of Tradition

Think of the traditions in your life. How many involve food? Most likely, many of your fondest memories are associated with things you ate. Food has a powerful way of telling us who we are and where we came from.

Many people report eating the same foods as adults that they ate as children, as well as following the culinary traditions of their mothers or grandmothers. Louise Palmer, from the Chaires community, has fond memories of eating collard greens, cornbread, ham, bacon, sweet potatoes, and peanuts at family gatherings. "I still like all that now," she says.

Irene Hart, of the Miccosukee community agrees. She enjoys the same foods she ate as a child, with one difference, "I'm grown now and buy my own food, so I can have as much as I want!"

Susan Davis, Leon County Senior Outreach Coordinator, remembers going to the Curb Market on Gaines Street near downtown Tallahassee. She and her mother arrived before dawn on Saturday mornings so they would have the best selection. Farmers would back their trucks, full of fresh fruits and vegetables, up to the curb. After gathering their bounty of produce, Susan's mother would go home and begin cooking the noon meal: fried chicken, rice and gravy, field peas, okra and tomatoes, squash and onions, pole beans and other southern side dishes. Susan laments, "I cook similarly to the way my mom did, but it never seems as good. I wish I had gotten her fried chicken recipe before she died because nobody makes it as delicious as hers."

The interesting thing about tradition is that it is ever evolving. Irene Hart's mother often canned pears, peaches, and

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Women buying produce at the Tallahassee Curb Market, May 1965.

Leon County Senior Gazette

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blackberries. When Irene grew up and married, she began to preserve figs and pears every summer. Mary Johnson, who attends programs in Woodville, loves to bake Sweet Potato Pie and now keeps a freezer full of pies to give away, especially to her children.

Patricia Gorton, who attends Seniors Days in Ft. Braden, started making goat cheese when she had too much goat milk, and quickly found that she couldn't make it fast enough to fulfill requests. While Gorton doesn't remember what she ate growing up in a single-parent household, she created her own traditions for her children. When they were due home from school, she'd always have something baking as a snack. "Maybe I was giving them the childhood I never had or always wanted," said Gorton.

Mary Johnson's older sister did most of the cooking for their large family. While her sister and other family members mostly used recipes, she says, "I usually "feel" my way around cooking. Growing up, my duty was cleaning. Maybe that's why I like cooking so much now, especially for my children and grandchildren."

If all this talk of food makes you hungry, perhaps it's time to revisit a favorite food tradition. If you can't recall your favorite, remember that it's never too late to start a new one. Food can be the heart of beloved and comforting memories.

■ ~ *Written by Rachel Nickens.*

Broccoli and Squash Casserole

1 bunch fresh broccoli	½ stick butter
1 bunch fresh yellow squash	2 eggs
½ cup parmesan cheese	1 tsp. salt
¾ cheddar cheese, grated	

| Using ¼ stick butter for each, sauté vegetables until crunchy. Drain.

| Combine vegetables and place in casserole dish. Mix remaining ingredients and pour over vegetables.

| Bake uncovered in 350 degree pre-heated oven for 25-30 minutes. Serves 8. Enjoy!

🔍 Ask the Senior Resource Coordinator 🔍

Dear Gazette,

My mother is moving to Tallahassee to be closer to family. She is getting older and I anticipate that she will need assistance in certain areas. Where can I go to get information about senior services?

Dear Reader,

Your mother is lucky to have family looking after her well-being. Even though getting senior information, resources and services can be a complex task; I have a few helpful suggestions:

- Contact the Senior Resource Office at the Tallahassee Senior Center, 891-4043.
- Call 211 Big Bend (at 211), an information and referral hotline.
- Call the toll free Elder Helpline, sponsored by the Area Agency on Aging for North Florida, 1-800-963-5337.
- Attend the Active Living Expo 2009 at the Tallahassee Senior Center. This two-day exhibition will feature more than 90 local agencies and businesses offering information, resources and screenings to benefit seniors and their caregivers. There is a \$2.00 fee that covers both days.
 - o Thursday, May 14, 5-8 pm
 - o Friday, May 15, 9:30 am - 12:30 pm

Since your mother will be new in town, I would also recommend that she visit the Tallahassee Senior Center or one of its satellite sites. There are many activities that she may like to try, and it is a great way to meet new friends. Having social support in a new location could ease the transition. ■

*Direct your questions about senior resources to the
Senior Resource Coordinator
at 891-4043 or seniorinformation@talgov.com*

Leon County Senior Outreach Advisory Council

The focus of this group is to promote the well-being of seniors in Leon County and serve as a liaison to the County Commission on senior issues. Meetings are open to the public and citizen input is encouraged.

LCSO Citizens Advisory Council meets at 1:00 p.m., the third Wednesday of every other month (next meeting is May 20) at the Tallahassee Senior Center, Conference Room 3-A.

Call 891-4065 for more information.

Grandparents as Parents (GaP) Luncheon and Support Group

Last Wednesday of every month, April 29 & May 27, 2009

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

Leon County Public Library, 2200 W. Park Avenue

Complimentary lunch. Reservations Required! Call 891-4041.



 **Senior Day** 
CarFit Events



MULCH YOUR WAY TO A BEAUTIFUL YARD

"April showers bring May flowers," or so the saying goes. Now is the perfect time to get outside and tend your yard and garden. If mulching is on your agenda, the Leon County Rural Waste Service Centers provide free mulch.

All you need to do is drive to one of the Service Center sites with a vehicle in which to transport the mulch. Attendants will help you load one batch per day. If you want more than one load, you will have to load the subsequent batches yourself. Most of the Rural Waste Service Centers are conveniently open five days a week, including on weekends.



According to an article written by Beth Weidner, member of the University of Florida IFAS Leon County Extension Advisory Committee, April is a great month for vegetable gardening. If you

haven't already planted tomatoes, fast maturing or heat tolerant varieties can still be planted. It's also an excellent time to plant beans, peppers, eggplant, melons, squash, corn, cucumbers, okra and field-type peas.

For your flower garden, Weidner says now is the time to plant many annuals, perennials, and summer flowering bulbs, as well as tropical foliage plants.

Mulching helps suppress weeds and maintain soil moisture. So, to maintain your yard and garden the economical and environmentally friendly way, take advantage of some free mulch.

■ ~ *Written by Rachel Nickens.*

Free Mulch Sites

Main Solid Waste Management Facility

7550 Apalachee Parkway

(850) 606-1800

Monday - Saturday, 8am - 5pm

Blount Area

4363 Blount Road

(850) 922-0098

Tuesday, 11am - 7pm

Ft. Braden

2485 E. Joe Thomas Road

(850) 488-9119

Tuesday, Thursday, Friday,

Saturday and Sunday

9am - 7 pm

Miccosukee

13501 Miccosukee Road

(850) 922-0097

Tuesday, Thursday, Friday

Saturday and Sunday

9am - 7pm

Leon County Senior Outreach

April - May, 2009

Calendar of Events

Call 891-4065 or 891-4033 for More Information

Bradfordville

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Brain and Body Balance: Mondays and Wednesdays, 9-10:00 am

Art Classes: No pre-registration. Join any time. Supply list will be given during your first class. For all ability levels, including beginners. \$8 per class for seniors 55+, \$10 for under 55

Draw! Paint! Enjoy!: Wednesdays, 10:30 am - 1:30 pm

All Media Art: Wednesdays, 1:30 - 4:30 pm

Lifelong Learning Series: American Icons by historian, Al Sulkes. Fridays, 10:30 am - 12 noon
See back page for schedule of topics.

Senior Fitness - Beginners: Tuesdays and Thursdays, 10:30 - 11:15 am (Class is full)

Senior Fitness - Intermediate: Tuesdays and Thursdays, 11:30 am - 12:30 pm (Class is full)

Senior Fitness - Afternoon Class: Tuesdays and Thursdays 1-2:00 pm

Social Bridge: Mondays, 1-4:00 pm

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Senior Day: Tuesday, April 28 & May 27, 10:30 am - 12:30 pm

NEW! Current Events Discussion Group: Wednesdays, 10:30 - 11:30 am

Senior Fitness Classes: Mondays, Wednesdays and Fridays, 9:15 - 10:15 am

Low Impact Senior Fitness: Mondays, 10:30 - 11:30 am & Thursdays, 10:15 - 11:15 am

Ft. Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

Ft. Braden Senior Day: Tuesday, April 21 & May 19, 10:30 am - 12:30 pm

Senior Fitness Classes: Mondays and Wednesdays, 10:30 - 11:30 am

Miccosukee

Miccosukee Community Center, 13887 Billingsley Road

Miccosukee Senior Day: Thursday, April 2 & May 7, 10:30 am - 12:30 pm

Bus Trip to WalMart: First Friday of the month, April 3 & May 1, 10:00 am - 12:30 pm

NEW! Senior Fitness: Tuesdays & Thursdays, 1:45 - 2:45 pm

Woodville

Woodville Community Center, 8000 Old Woodville Road

Woodville Senior Day: Thursday, April 9 & May 7, 10:30 am - 12:30 pm

Senior Fitness Classes: Monday and Wednesdays, 8:30 - 9:30 am

Join the Fun!

Can We Count on Your Support?

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

- | | |
|----------------------------------|-----------------------------------|
| _____ \$25 Senior (age 55 plus) | _____ \$500 Silver Key Holder |
| _____ \$35 Friend (under age 55) | _____ \$1,000 Gold Key Holder |
| _____ \$40 Senior Couple | _____ \$2,500 Platinum Key Holder |
| _____ \$100 Friends Key Holder | _____ \$5,000 Diamond Key Holder |
| _____ \$250 Bronze Key Holder | |

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

Name: _____ Phone: _____

Address: _____

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

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



SPECIAL SENIORS

Sam and Gladys Wilson

For Sam and Gladys Wilson, Miccosukee has always been home. Born and reared there, the two have fond memories of growing up in large families. We knew each other as "elementary school sweethearts,"

said Gladys. As adults however, Sam and Gladys went their separate ways, until they met again in retirement.

Gladys attended Florida A & M University and taught English Literature in Sarasota County for 37 years. Sam moved to New York where he found a job and stayed for almost 40 years. Both married and had children. However, upon retirement, both decided to move "home."

"When I moved back to Miccosukee, it was like a dream come true," said Gladys. Sam also

moved back after he and his wife retired. After Sam's wife passed and Gladys had



gotten divorced, the two met and started dating again. In 2004, they married.

Both stay busy as part of the Miccosukee community, attending all Leon County Senior Outreach events, as well as being involved with their church. Both enjoy gardening, while Gladys loves reading and Sam enjoys farming, fishing, and riding his horses.

Both Sam and Gladys share their positive outlook with everyone they meet, try to eat healthy, stay busy, and live as if every day is their last. For this happy couple, retirement has certainly been a gift. ■ by Rachel Nickens

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Tallahassee Senior Foundation
1400 North Monroe Street
Tallahassee, Florida 32303



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Return Service Requested

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
891-4065 or **891-4033**, or
susan.davis@talgov.com.

Jazz up your Friday mornings!

Come to the

Bradfordville Lifelong Learning Series

Bradfordville Historic Schoolhouse, 3439 Bannerman Rd.

10:30 a.m. - 12:00 noon.

Spring Session, April 3 thru May 1

"American Icons" by Historian Al Sulkes

April 3: Babe Ruth

April 10: Robert E. Lee

April 17: The Scopes Trial

April 24: Franklin Delano Roosevelt

May 1: John and Abigail Adams

For more information, call 891-4065.