

Leon County Senior Gazette

August/September
2011

■ The bimonthly publication of the
Leon County Senior Outreach Program



■ Sponsored by the Tallahassee Senior Foundation



Weather Reports

Stories about weather and life

It was so hot in Tallahassee on June 15, 2011, that chickens laid hard-boiled eggs and corn was popping in the fields. (Just kidding.) At 105 degrees, it was the hottest day on record in Tallahassee--ever! It's the perfect time to ask Gazette readers how the weather has influenced their lives.

Dol and Ike VanValkenburg, participants in Chaires Senior Days, planned to marry on February 17, 1952, at his parents' home in rural Minnesota. Ike arrived from Georgia on the 14th, but on the 16th a big blizzard hit, and the ceremony was postponed until the 21st. Another big storm hit that day. "My dad called the county to have a snowplow open a path to his house. We got out there, and the plow went back home. We realized we'd forgotten to bring our marriage license, so we braved our way back to town," laughs Ike. He went on to tell that the couple returned to his parents' home later that day and finally married.

Edith Green of Miccosukee remembers icicles hanging from cedar and pine trees as she walked to school as a child in Metcalf, Georgia, south of Thomasville. "It seems like the cold lasts a little longer now than it used to, but it's not as cold as it was then," she says.

During Hurricane Kate in 1985, Edith's power went out for a few days, but she had heard that a

storm was coming, so she got ready. She stocked up on lamp oil, candles, and ready-to-eat food. "I try to keep Vienna sausages, peanut butter, and things like that on hand in case things like that happen," she says.



Some years ago, Marilyn Schim traveled from her Fort Lauderdale home to Tallahassee to visit her daughter. Marilyn's flight could not leave Fort Lauderdale until the airline got word that the snow had melted on the runway at the Tallahassee Airport. Once she arrived in Tallahassee, "there was still a little snow left in the shade,"

she remembers. Marilyn has since moved to Tallahassee, where she attends classes and Senior Days in Bradfordville.

Marilyn also recalls the blizzard of 1947 in Brooklyn, New York, where she grew up, and Hurricane Andrew in 1992, when she was

evacuated from her North Miami Beach home to a motel that turned out to be in the path of the storm. During both of these intense weather events, she says, strangers helped each other and shared what they had.

Weather extremes make for good stories. Average weather may not be memorable, but living with it is a lot easier! As Mark Twain said, "Climate is what we expect, weather is what we get."

*Whether the weather be fine
Or whether the weather be not
Whether the weather be cold
Or whether the weather be hot
We'll weather the weather whatever
the weather
Whether we like it or not.
-Anonymous*

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Senior Gazette**

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- On Facebook at www.facebook.com. Search for Tallahassee Senior Center. Don't forget to "LIKE" us!
- At www.talgov.com/seniors
- At www.leoncounty.gov. Click on Departments in the left column; then click on [Senior Outreach](#). The Outreach page has a link to the *Senior Gazette* in the left column. The electronic *Gazette* has clickable links.
- Via our E-newsletter. Call 891-4008 and ask to be on our email list for twice-monthly updates. Your e-mail address is not shared with any other entity.

Tomato, Squash, and Feta Gratin

Makes 4 servings

- 2 medium-size zucchini, sliced 1/4 inch thick
- 4 medium-size yellow squash, sliced 1/8 inch thick
- 2 scallions, chopped
- 1 1/2 tsp minced garlic
- 1 1/2 tsp chopped oregano
- 2 ounces feta cheese, crumbled
- 2 tomatoes, sliced
- 2 tsp extra virgin olive oil
- Salt and pepper to taste



Preheat oven to 400 degrees. Lightly oil a medium-size baking dish. Toss zucchini and yellow squash with salt and pepper. In a separate bowl, mix the scallions, garlic, oregano, and feta cheese.

Lay zucchini slices in the pan, slightly overlapping them like shingles on a roof. Top with a layer of tomatoes, overlapping them the same way. Sprinkle with half of the scallion mixture. Top with a layer of yellow squash, then another layer of tomatoes; sprinkle with salt and pepper if desired. Top with remaining scallion mixture. Drizzle with olive oil.

Bake for 30 minutes or until vegetables are tender and the top is slightly browned. Allow to sit for 10 minutes. Cut into wedges and serve.

**Don't forget to bring a canned good to the next
Lunch and Learn (the new name for Senior Day).
Donations benefit the food pantry at Elder
Care Services. Thanks for your generosity!**



Senior Day has a new name! It's now . . .

Lunch and Learn



Why? Because we want everyone to know that the program is about lifelong learning—for adults of any age! Programs cover an eclectic and varied range of topics, from hummingbirds to helicopters, from humor to health. Whatever the topic, speakers are specially selected for their ability to present lively and engaging programs.

Lunch and Learn events will continue to include exhibitors, health screenings, and of course, lunch! We look forward to seeing you at your nearest Lunch and Learn. Check the calendar on the next page for dates, times, and locations.

If you have a suggestion for a topic or speaker for Lunch and Learn, please email Susan Davis at Susan.Davis@talgov.com.

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Lunch and Learn events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.

Weather Wit

Top Ten Reasons Hurricane Season Is Like Christmas

10. Decorating the house (boarding up windows, bringing potted plants inside)
9. Dragging out boxes that haven't been used since last season (camping stove, oil lamps, ashlights)
8. Last-minute shopping in crowded stores
7. Regular TV shows pre-empted for "specials"
6. Family coming to stay with you
5. Faraway family and friends calling on the phone
4. Buying food you don't normally buy ... and in large quantities
3. Days off from work
2. Candles

And the number one reason hurricane season is like Christmas: At some point you know you're going to have a tree in your house!

"Gosh, it's raining cats and dogs out there," said the man as he walked in the door. "I just stepped in a poodle!"

An honest weatherman says, "Today's forecast is bright and sunny with an 80% chance that I'm wrong."



Leon County Senior Outreach

August/September 2011

Bradfordville

Bradfordville Lunch and Learn: Wed, Aug 10 & Sept 14, 10:30 am – 12:30 pm. **Wildwood Presbyterian Fellowship Hall**, 100 Ox Bottom Road. Suggested \$6 lunch donation.

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Beginning Acrylics and Mixed Media Acrylics: Tue, 2:30 – 5 pm, Aug 24 – Sept 28 (six weeks). Skill level: beginning/intermediate. \$48 (55+); \$60 others. Registration required. Call 891-4016.

Draw With Your Eyes, Paint With Your Heart: Wed, 1 – 4 pm, Aug 24 – Sept 28 (six weeks). Skill level: beginning/intermediate. \$48 seniors (55+); \$60 others. Registration required. Call 891-4016.

Senior Fitness Beginners: Tue & Thur, 10:30 – 11:15 am. Suggested \$2 donation.

Senior Fitness Intermediate: Tue & Thur, 11:30 am – 12:30 pm. Suggested \$2 donation.

Senior Fitness – Afternoon Class: Tue & Thur, 1 – 2 pm. Suggested \$2 donation.

Social Bridge: Every Mon, 1 – 4 pm. Suggested \$1 donation.

Fall Lifelong Learning Series: Starts in October.



Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Lunch and Learn: Tue, Aug 23 & Sept 27, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

Drawing and Painting Workshop: Wed, 1 – 3:30 pm, Aug 3 – Sept 7 (6 weeks). Skill level: beginning/intermediate. \$48 (55+); \$60 others. Registration required. Call 891-4016.

Senior Fitness Class: Mon, Wed & Fri, 9:15 – 10:15 am. Suggested \$2 donation.

Bollywood Fitness: Tue & Thur, 9 – 10 am. Suggested \$2 donation.



Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy.

Fort Braden Lunch and Learn: Tue, Aug 16 & Sept 20, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

Beginning Painting with Oils & Acrylics: Thur, 2 – 5 pm, Aug 11 – Sept 15 (6 weeks). Skill level: beginning. \$48 (55+); \$60 all others. Registration required. Call 891-4016.

Senior Fitness Class: Mon & Wed, 10:30 – 11:30 am. Suggested \$2 donation.

Zumba Fitness: Mon, Tue, Wed & Thur, 6:30 – 7:30 pm. \$3 per class (under 55), \$2 per class (55+).

Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

Miccosukee Lunch and Learn: Thur, Aug 4 & Sept 1, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

Bus Trip to WalMart: Fri, Aug 5 & Sept 2, 10 am – 12:30 pm. \$2 round-trip.

Woodville

Woodville Community Center, 8000 Old Woodville Rd

Woodville Lunch and Learn: Thur, Aug 11 & Sept 8, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

Senior Fitness Class: Mon and Wed, 8:30 – 9:30 am. Suggested \$2 donation.

Zumba Fitness: Wed, 6:30 – 7:30 pm & Sat, 9 – 10 am. \$3 per class (under 55), \$2 per class (55+).



Calendar of Events

Call 891-4065 or 891-4033 for more information



Grandparents as Parents (GaP)

Grandparents as Parents (GaP) is a support program for grandparents and other relative caregivers. Services include support groups, educational programs, family social events, health screenings, legal services, and advocacy, as well as information and referral to community resources.

GaP Support Lunch: Wed, Aug. 31 & Sept. 28, Noon – 1:30 pm. Leon County Public Library, Program Room A. 200 W. Park Ave. Complimentary lunch provided. Reservations required. Call 891-4008 or email Ashley.Webb@talgov.com.

GaP Back to School Expo: Sat, Aug 13, 10:30 am – 1:30 pm at the Tallahassee Senior Center Auditorium, 1400 N. Monroe St. Join us for the annual GaP Expo! 20+ exhibitors will have information for grandparents and other relative caregivers, including school bus routes, after school care, counseling services, health screenings, family activities and much more. Come learn about the many services and programs available in our community that can help to foster healthy physical, emotional, and educational development, reduce stress, and promote harmonious family relationships. We hope you can join us for this family-friendly event. Admission, children's activities, drinks, and popcorn are all free. For more information contact Ashley Webb at 891-4008 or email Ashley.Webb@talgov.com.

Coming Events

13th Annual Active Living Expo, Thur, Sept 8, 5 - 8 pm & Fri, Sept 9, 9:30 am - 12:30 pm at the Tallahassee Senior Center, 1400 N. Monroe St. 80+ exhibitors, featuring health screenings, educational presentations, door prizes, & more. For more information call 891-4007.

Lifelong Learning Extravaganza (L3X), Sun - Fri, Oct 16 – 21

Theme: *Arts, Parks, and Culture: Exploring, Examining, Experiencing*

Kick off the exciting week at the Opening Reception from 4 – 5:30 pm on Sunday, October 16, at the Tallahassee Senior Center. Enjoy meeting other lifelong learners while enjoying complimentary food and beverages and the lovely music of Voces Angelorum. Other events offered this year include:



The Art and Science of Bridges
A Day of Adventure in Apalachicola
An Eleanor Phipps Park Tour
Poetry Workshop at the Knott House
Experiencing Jazz and the Blues
Fire Ecology and Land Conservation

The Gamelan Music of Bali
Mound Builders of the Southeast
Hemingway's Impact on Literature
The Amazing World of Art Therapy
The Musicals of Rodgers and Hammerstein

Artist Studio Tour
The Art of Cooking
Birding in Tallahassee Parks
The History of FSU Football
The Art of Listening
Film Making

The classes are open to all and are very affordable. Participants can choose to take just one class or a full week of classes. The official schedule will be available in late August at the Tallahassee Senior Center Reception Desk. Call 891-4000 for more information.

Sponsors of this exciting event are:
Tallahassee Senior Center and Foundation
Leon County Senior Outreach

Capital City Christian Church
Osher Lifelong Learning Institute (OLLI) at FSU
Earth Fare

Come Join the Fun!



**Come Join
the Fun!**



**Leon
County
Senior
Outreach**



Can We Count On Your Support?

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

- | | | |
|---|---|--|
| <input type="checkbox"/> \$25 Senior (age 55 plus) | <input type="checkbox"/> \$100 Friends Key Holder | <input type="checkbox"/> \$1,000 Gold Key Holder |
| <input type="checkbox"/> \$35 Friend (under age 55) | <input type="checkbox"/> \$250 Bronze Key Holder | <input type="checkbox"/> \$2,500 Platinum Key Holder |
| <input type="checkbox"/> \$40 Senior Couple | <input type="checkbox"/> \$500 Silver Key Holder | <input type="checkbox"/> \$5,000 Diamond Key Holder |
| <input type="checkbox"/> \$50 Non-Profit Organization | | |

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

Ask the Resource Coordinator



Q: My brother, who is 78, says he's been offered twice the appraised value of his house if he signs up for a reverse mortgage. I am concerned that this isn't as good a deal as it sounds. Where can I get reliable, objective information on reverse mortgages?

A: With news reports popping up all the time about fraudulent reverse mortgage deals, it's crucial to know the facts. Start with a booklet titled "Use Your Home to Stay at Home," published by the National Council on Aging. The most recent edition was published in 2010. It covers a range of legitimate options for tapping into the equity in your home, including the federal reverse mortgage program called the

Home Equity Conversion Mortgage (HECM, pronounced "Heck'em") and reverse mortgages offered by commercial banks and other financial firms.

The booklet can be downloaded as a PDF from www.ncoa.org/independence-dignity/use-your-home-to-stay-at.html. To request a printed copy and other printed information, call the U.S. Department of Housing and Urban Development (HUD) at 1-800-224-5342 between 8 am and 8 pm weekdays. Other very informative web sites include the Federal Trade Commission's reverse mortgage information page for consumers: www.ftc.gov/bcp/edu/pubs/consumer/homes/rea13.shtm and HUD's Frequently Asked Questions at http://portal.hud.gov/hudportal/HUD?src=/program_offices/housing/sfh/hecm/rmtopten.

According to the FBI, scammers find their victims at churches and investment seminars or entice them through ads delivered in the mail and broadcast on TV and the radio. Reverse mortgage scammers may claim that they can help prevent foreclosure, or they may offer annuities or other investments or even a free home. These cons are complex, clever, and convincing.

If you suspect fraud, call HUD's hotline at 1-800-347-3735 or contact the FBI office in Jacksonville at 1-904-248-7000.

Direct your questions about senior resources to the Senior Resource Coordinator by calling 891-4043 or e-mailing seniorinformation@talgov.com

Leon County Senior Outreach Program
Tallahassee Senior Foundation
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Tallahassee, Florida 32303

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Return Service Requested

Welcome to the bimonthly 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 email susan.davis@talgov.com.



SPECIAL SENIOR Charlotte Moore



Charlotte Moore thinks positively. For example: she says, "I was looking at a posting on a bulletin board for an employee health job and someone came up behind me and said, 'Don't bother, because 500 people have applied.' I answered, 'Well, in the morning, there'll be 501.' I got the job."

She went on to a distinguished career in health education and employee health—"taking care of the caretakers," she says—at West Florida Regional Medical Center in Pensacola.

For many years, Charlotte also took care of her children as a single parent. In 1953, she married a Navy fighter pilot, and they had a son and a daughter. Her husband was killed at sea during a night mission in 1962. After that, she supported her family on her own.

After Charlotte retired, she traveled to Europe, Morocco, and Hong Kong, among other places. Her most memorable moment was in Paris when she stood in front of the Mona Lisa. "I couldn't believe I was there looking at her," she says.

In 1999, Charlotte moved to Tallahassee to be closer to her daughter and to her granddaughter, now 27. She attends Senior Days and exercise classes in Bradfordville; she's a baseball fan, rooting for FSU and the San Francisco Giants; and she loves puzzles. She does the Tallahassee Democrat crossword every morning before breakfast.

Charlotte has been diagnosed with macular degeneration, and she could lose her sight any day, but she doesn't let it bother her. "You have to stay away from the self-pity thing," she says. "Make the most of the time you have. I choose to be upbeat about it."

Staying positive despite tragedy and difficulty: That's grace. That's Charlotte Moore.