

# Leon County Senior Gazette

December 2010/  
January 2011

■ The bimonthly publication of the  
Leon County Senior Outreach Program



■ Sponsored by the Tallahassee Senior Foundation



## Make a Wish for 2011!

Isn't it amazing that another year is over, and a new one beginning? The calendar gives us a perfect opportunity to reflect on our hopes and dreams for the world, for our country, state, and county, and for our families, friends, and ourselves.

If you made a wish for 2011, what would it be? At the top of nearly everyone's list is world peace.

Gertrude Clark hopes that everyone will realize that we are "just sojourners passing through." She adds: "The world is a beautiful place. If we just learn to live with and love one another, we would get along better in this world and in this U.S. of A."

Annie Rolle says, "If we are a little patient, things will come together. I think we want everything to happen right now. I want and hope that the State of Florida will be gracious to us seniors in health coverage." She also wishes that funding for education isn't cut, and she hopes for health insurance

for kids. "We need to throw some jobs in there, too," she says. "There are a lot of people not working."

Diane Wallis says, "I would like for our economy to get straightened out and for people to have jobs next year."

Charlotte Moore's wish for Leon County is that summer will be less hot and

humid. (Now, that's thinking ahead!) She also wishes for better traffic control and better enforcement of the traffic laws, especially for speeders. She wishes good health and happiness for everyone.

Juanita Napier hopes that Florida's new governor does okay and that he doesn't close all the buildings downtown. In a similar vein, June Tidwell wishes for "a little bit more money coming in from Leon County to keep our programs going."

All of us at Leon County Senior Outreach join Jane Prosser in wishing you health, wealth, and happiness in 2011.

*Learn from yesterday,  
live for today, hope for  
tomorrow.*

*- Albert Einstein*

## Strategies to Help You Keep Your Resolutions

- Keep your eyes on the prize - think of what you are gaining and how it will enhance your life.
- Make an active commitment to achieve what you want.
- Motivate yourself by imagining what it will feel like when you reach your goal. Write a few sentences about this feeling. When you doubt that you can get there, reread those sentences and renew your dream.

*continued on page 2*

Leon County  
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- Set a goal - the more specific and realistic, the better.
- Keep track of your progress (congratulations!) and your biggest challenges (which are opportunities to learn).

Adapted from *Resolutions that Work* by Serge Prenel (Proactive Change, New York, 2009); download free at [www.proactivechange.com/resolutions](http://www.proactivechange.com/resolutions)

Cheers to a New Year and another chance for us to get it right.  
- Oprah Winfrey

### Apple Oat Muffins

Makes 12 muffins

1 1/2 cups whole wheat pastry flour  
1 1/2 cups unbleached all-purpose flour

1 1/4 cups quick-cooking oats or oat bran

1 teaspoon cinnamon

1/2 teaspoon grated nutmeg

1/2 teaspoon salt

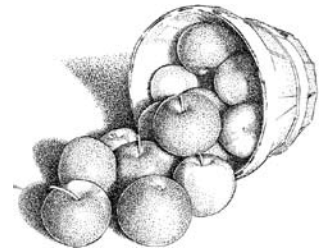
2 1/2 teaspoons baking soda

2 large apples, finely chopped

1 12-ounce can apple juice concentrate

1/2 cup raisins

vegetable oil spray

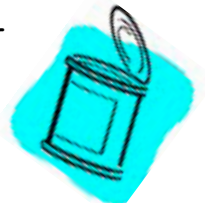


Preheat oven to 325 F.

In a large bowl, mix flours, oats or oat bran, cinnamon, nutmeg, salt, and baking soda. Add apples, apple juice concentrate, and raisins. Stir just enough to mix.

Lightly coat muffin tins with vegetable oil spray. Spoon batter into them, and bake for 25 minutes or until tops bounce back when pressed lightly.

Don't forget to bring a canned good to the next Senior Day! Donations benefit the food pantry at Elder Care Services. Thanks for your generosity!



## Are You Getting A Good Nightly Tune-Up?

Getting good sleep, and getting enough sleep, are essential to keeping your body and mind running smoothly.



### What is sleep?

Sleeping is not the same as resting. Sleep is your nightly tune-up for body and mind. Some scientists believe that during sleep we "form the pathways in the brain that enable

us to learn and remember," according to the National Institutes of Health (NIH).

How much sleep do you need? It varies from person to person, but the average is 8 to 8 ½ hours; some need 7 hours or less, some need 9 or more. You may have heard that you need less sleep as you get older, but the NIH has found no evidence that this is so.

Lack of sleep, whether short-term or chronic, slows reflexes and can make people more likely to have car accidents; less able to focus and pay attention; more likely to get confused, make bad decisions, take unwise risks, feel grumpy, or even develop full-blown depression.

### What causes lack of sleep?

Nicotine, caffeine, alcohol, and some medications can interfere with sleep. So can eating a lot or exercising right before bedtime; not giving yourself enough time to relax and wind down between activities and sleep time; noises and bright lights in your bedroom; an uncomfortable mattress or pillow;

Try these: take a hot bath before bedtime; set your thermostat a little cooler; adjust your schedule so you go to bed and wake up at the same time every day; avoid napping after 3 p.m.; get an hour or more of morning sunlight every day to assist your body's clock.

Check with your pharmacist to see if any of your medications may be interfering with

sleep. Sometimes all you need is to take them in the morning rather than later in the day.

Even if you have no trouble falling asleep, staying asleep, or sleeping enough, you may feel tired during the day. Maybe you are suffering from a sleep disorder. A recent Mayo Clinic study found that 59 percent of 892 people age 70-89 had signs of at least one sleep disorder (not including insomnia) such as obstructive sleep apnea (men were four times more likely than women to have this disorder), REM sleep behavior disorder (RBD) (in which sleepers look like they are acting out their dreams); and restless legs syndrome. Sleep clinics can help diagnose these disorders.

Sleep apnea can cause a lot of serious health problems, high blood pressure and brain damage, and it can increase your risk of heart disease, stroke, diabetes, obesity, and death, according to the American Academy of Sleep Medicine.

If your doctor refers you to a sleep center or sleep specialist, make sure that center or specialist is qualified to diagnose and treat your sleep problem. To find sleep centers accredited by the American Academy of Sleep Medicine, go to [www.aasmnet.org](http://www.aasmnet.org) and click on "Find a Sleep Center," or call 708-492-0930.



This information comes from:

**Your Guide to Healthy Sleep**, U.S. Dept. of Health and Human Services, National Institutes of Health, NIH Publication No. 06-5271. Download a copy at [www.nhlbi.nih.gov/health/public/sleep](http://www.nhlbi.nih.gov/health/public/sleep) or write to NHLBI Health Information Center, Attention: Website P.O. Box 30105, Bethesda, MD 20824-0105 or call 301-592-8573.



## Leon County Senior Outreach December 2010-January 2011

### Bradfordville

**Bradfordville Senior Days:** Wed, Dec 8 (No Senior Day in Jan), 10:30 am - 12:30 pm. Wild-wood Presbyterian Fellowship Hall, 100 Ox Bottom Road. Suggested \$6 donation for lunch.

### Historic Bradfordville Schoolhouse, 3439 Bannerman Road

**Draw With Your Eyes, Paint With Your Heart:** Wed, 1-4 pm, Feb 2 - Mar 9 (6 weeks). Skill level beginning/intermediate, \$48 (55+); \$60 others. Registration required. Call 891-4016.

**Lifelong Learning Series:** New series starts in Feb. Call in Jan for schedule, 891-4065.

**Senior Fitness Beginners:** Tues. & Thurs, 10:30 - 11:15 am, Suggested \$2 donation.

**Senior Fitness Intermediate:** Tues & Thurs, 11:30 am - 12:30 pm, Suggested \$2 donation.

**Senior Fitness - Afternoon Class:** Tues & Thurs, 1-2 pm, Suggested \$2 donation.

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

### Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

**Chaires-Capitola Senior Day:** No Senior Day in Dec or Jan

**Drawing and Painting Workshop:** Wed, 1 - 3:30 pm, Feb 2 - Mar 9 (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.

**Lo Impact Senior Fitness:** Mon, 10:30 - 11:30 am & Thurs, 10:15 - 11:15 am. Jan 10 - Feb 17 (6 weeks) \$33. Registration required. Call 891-4065.

**Bollywood Fitness:** Tues & Thurs, 9 - 10:00 am. Suggested \$2 donation.

### Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy.

**Fort Braden Senior Day:** Tues, Dec 21 (No Senior Day in Jan), 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

**Beginning Painting with Oils & Acrylics:** Thurs, 2 - 5:00 pm, Feb 3 - Mar 10 (6 weeks). Skill level intermediate. \$48 seniors 55+, \$60 all others. Registration required, call 891-4016.

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

### Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

**Miccosukee Senior Day:** Thurs, Dec 2 (No Senior Day in Jan), 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

**Bus Trip to WalMart:** Friday, Dec 3 & Jan 7, 10:00 am - 12:30 pm, \$2 round-trip.

### Woodville

Woodville Community Center, 8000 Old Woodville Rd

**Woodville Senior Day:** Thurs, Dec 9 (No Senior Day in Jan), 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

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

**Come Join the Fun!**

## Calendar of Events

Call 891-4065 or 891-4033 for More Information



### Grandparents as Parents

**GaP Family Holiday Party** at the Mary Brogan Museum. Tues, December 14, 4 - 6:30 pm. RSVP required. Call 891-4008 or email [wendy.halleck@talgov.com](mailto:wendy.halleck@talgov.com).

No GaP meetings in January.



Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Senior Day 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.

# Leon County Senior Outreach



Come Join  
the Fun!



### 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!

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



**Q:** Three men I didn't know came to my door. They looked very professional. They said they could see some damage on my roof and offered to fix it. Do such workmen need a license? How can I be sure their business is legitimate?

**A:** Generally, if you pay someone to build, remodel, or add on to your house, or to work on your plumbing, electrical system, or heating and air conditioning, that person must by law have a state contractors' license issued by the Florida Department of Business and Professional Regulation (DPR). To get a license, contractors must pass written exams. Unlicensed contractors may not know a roofing nail from a rolling pin. Here's how to be sure you're dealing with a legitimate business:

- Ask to see the State of Florida license. Write down the license number. Verify that the license is current by calling (850) 487-1395 or the toll-free number: (866) 532-1440. (The toll-free number is a complaint line, but they will check licenses for you.) Internet users can check licenses, search complaint histories, and report unlicensed activity at [www.myfloridalicense.com](http://www.myfloridalicense.com).
- Ask for references, and check all of them.
- Get everything in writing, including a detailed description of the work to be completed, a completion date, and the total cost.
- Do not pay cash. If you are dealing with a company, don't write checks made payable to individuals.
- Don't fall for high-pressure sales pitches or scare tactics. If you are told that the work must be done immediately to get a special price, then be doubly suspicious.

*Direct your questions about senior resources to the  
Senior Resource Coordinator  
at 891-4043 or [seniorinformation@talgov.com](mailto:seniorinformation@talgov.com)*

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

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**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  
[susan.davis@talgov.com](mailto:susan.davis@talgov.com).



## SPECIAL SENIORS

Bill and Jean Ludlow



Bill and Jean Ludlow have been regulars at Senior Day in Fort Braden for about 10 years. They moved here from Indiana, where Bill was in the heating and air conditioning business and Jean taught math, mostly to seventh-graders. They have four children, 10 grandchildren, and three great-grandchildren, but they all live far away. The Ludlows have two Boston terriers (Lottie and Annie, named after Baptist missionaries). Bill says, "My kids call them our stepkids."

The Ludlows are deeply devoted to their church and to their faith At the Lake Talquin Baptist Church, . Jean teaches girls and Bill teaches boys. Jean is director of Women on Missions, a post she's held for 11 years. The group provides many different services to the Fort Braden school and community, such as filling and distributing holiday food boxes, mentoring students, and collecting school supplies.

They love boating. "Ever since I was in the Navy, I've always liked the water," Bill says. Now they live on the shores of Lake Talquin, where they have a pontoon boat. Bill says, "It's very quiet. She reads, and I just cruise around in the boat. It's very relaxing."

In 1952, Bill was in the Navy when he met Jean at a Navy-sponsored party at a roller-skating rink in Massachusetts. Later, when he was coming back from the Mediterranean on the aircraft carrier U.S.S. Leyte, he telephoned her from the ship and asked her to marry him. "I think she was surprised," he said. In March 2011 they'll celebrate their 57th wedding anniversary. Congratulations, Bill and Jean!