

Leon County Senior Gazette

Dec. 2008./Jan. 2009

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



■ Sponsored by the Tallahassee Senior Foundation



Ring in the New Year

The tradition of New Year's resolutions dates back to the early Babylonians in 153 B.C. A common resolution was to return borrowed farm equipment. While many of us still celebrate the New Year with goal-setting and resolutions, celebrations have changed over the years.

"I always make a resolution to lose weight," said Monette Morrison, a Fort Braden participant, with a laugh. "I've still got a sweet tooth," she said, "but I'm starting to exercise more." This year, she says, she will make the same resolution.

Woodville attendee Marvin Barber said he makes the same resolution every year, "to do my best for my family and friends." He does what he can for others and then finds those favors returned when he needs help. To celebrate New Year's, Barber and his wife gather for a feast with their children, grandchildren, and great-grandchildren. "It's good to get everyone together at least once a year," Barber said.

Andrew Lockett looks forward to ringing in his new year with traditional food such as Hoppin' John salad and prefers to make a New Year's resolution that is easy to keep. The Miccosukee regular makes resolutions to improve his life--such as encouraging his Sunday school students or visiting the sick.



Others decide not to make resolutions. Barbara Palmer, participant in Chaires, said, "They're really good ideas, but we just don't keep them." She used to make resolutions to keep in touch with family more often or keep the house cleaner, but now she laughs, "They were kind of dull, really." She tried to keep

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her resolutions, but after January her good intentions were forgotten. This year, both Palmer and Morrison say they will celebrate at home and maybe watch football. To welcome in 2009, both might catch the Times Square ball dropping on television. As Morrison put it, "I'm just not a party girl," adding she feels safer off the roads on New Year's Eve. One thing everyone seems to agree on--New Year's is a good time to relax and celebrate with family and friends, or spend quiet time at home. ~ *Written by Rachel Nickens.* ■

Hoppin' John Caribbean Style

8 oz. salt pork	2 Tbsp. dried oregano
2 red bell peppers, diced	1 tsp. ground allspice
6 plum tomatoes, diced	1 tsp. coarse black pepper
1 onion, diced	$\frac{1}{2}$ tsp. cayenne pepper
6 cloves garlic, minced	$\frac{1}{2}$ tsp. salt
1 c. converted rice	$\frac{3}{4}$ c. green onions, sliced
2 c. chicken stock	$\frac{1}{2}$ c. chopped fresh parsley
6 c. cooked black-eyed peas	

Remove rind from salt pork and dice into half-inch pieces.

In a large, heavy, flameproof casserole, sauté the salt pork over low heat until the fat has been rendered, 7 to 10 minutes. Do not let it brown.

Add the peppers, tomatoes, onion, and garlic, and cook over low heat for 5 minutes.

Add the rice and stir for 1 minute. Then add all the remaining ingredients except the green onions and parsley. Cover and cook until the rice is cooked and most of the liquid has been absorbed, about 20 minutes.

Add the green onions and parsley and gently mix. Serve hot.

Yield: 6 - 8 servings.



Ask the Senior Resource Coordinator



Dear Gazette,

I've heard many people talking about organ donation, and I'm thinking of becoming an organ donor. However, I think I might be too old and I want more information. If I do decide to become a donor, how would I make my wishes known?

Dear Reader,

You ask a great question, and many people of all ages are deciding to become organ donors. Of course, no one wants to think about his or her own mortality, but local resources can help you make this very important decision.

LifeQuest Organ Recovery Services is a non-profit organization dedicated to procuring organs for transplant and to educating the community throughout Northern Florida on the importance of organ transplantation. You can call them at **(352) 733-0350** or visit their website at lifequestfla.org to learn more. The national website of Donate Life America, available at donatelife.net, is another helpful resource for anyone thinking about organ donation.

Many people assume they are too old to donate their organs, but according to Michelle Riggs, R.N., CPTC, and Senior Procurement Coordinator with LifeQuest, there is no age limit. Patients are evaluated individually based on their medical condition at time of death.

If you do decide to be a donor, know that you can still have an open-casket funeral. All major Western and Eastern religions approve and see organ donation as a final act of love and generosity toward others. Your family will not have to pay any expenses, and the number one priority of your doctor will still be to save your life. Organ Procurement Coordinators are the only people in Florida that can access donor lists, and there are approximately twenty coordinators statewide.

If you decide to become a donor, you can register with the Department of Motor Vehicles. You may also put your decision in writing and include it with your end-of-life documents. However, Riggs says it is important to discuss your wishes with your family so they are supportive of any decisions you make. ■

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

Grandparents as Parents Fall Social Held at Mission San Luis November 1, 2008



SILVER STARS CALL FOR NOMINATIONS

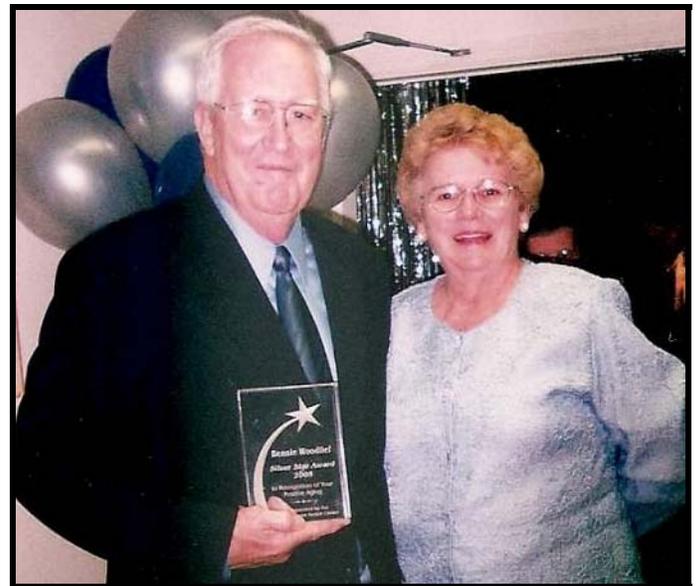
The 2009 Silver Stars Celebration - Tallahassee's premier senior recognition event, presented by Tallahassee Senior Services and Capital Health Plan, will recognize individuals for outstanding contributions to the community on April 30, 2009 at the FSU University Center. Nominations are sought from the community and must be received by February 6.

Each year a select number of individuals receive recognition as models of active aging and caring for older adults. "Silver Stars" are individuals who have achieved special accomplishments since reaching age 60.

Previous Silver Stars include senior athletes, community advocates, executive directors, volunteers, caregivers and entrepreneurs. The common thread is exemplary service to others and our community. These individuals inspire others of all ages to continue to live well and stay involved in our community.

Send nomination form or a letter of nomination—not to exceed 100 words—to: Silver Stars Nomination, Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee, Florida, 32303. Be sure to describe the individual's outstanding achievements or

contributions since reaching age 60. Include the nominee's and nominator's contact names and information, and be sure to get permission from the nominee. Nomination forms are available at the senior center or can be mailed/e-mailed upon request.



Previous winner Bennie Woodlief accepts his Silver Star award with his lovely wife Louise by his side.

Don't forget - the deadline for submissions is February 6, 2009. If you would like to participate in this event as a co-sponsor or Silver Stars table sponsor, call Sheila Salyer at 891-4000. ■

The Fragrance of Christmas

To fill the house with the aroma of Christmas spices, brew this spicy mixture on the

stove:	2 cups of water	3 cinnamon sticks
	1 Tbsp. whole cloves	1 whole nutmeg (or 1 tsp. ground nutmeg)

Simmer all ingredients in a medium-size pan. Add additional water and spices as needed.

Leon County Senior Outreach

December 2008 - January 2009 Calendar of Events

Call 891-4065 or 891-4033 for More Information

Bradfordville

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Drawing and Beyond: Morning Class: Wednesdays, 10:30 am - 1:30 pm, **Afternoon Class:** Wednesdays, 1:30 - 4:30 pm, \$8 per class for seniors 55 and older, \$10 for under 55 (this does not include supplies). No pre-registration. Join any time. Supply list will be given during your first class. For all ability levels, including beginners.

Senior Fitness - Beginners: Tuesdays and Thursdays, 10:30 - 11:15 am

Senior Fitness - Intermediate: Tuesdays and Thursdays, 11:30 am - 12:30 pm

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: No Senior Days in December or January

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, December 16 (No Senior Day in January),
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, December 4 Holiday Party (No Senior Day in January),
10:30 am- 12:30 pm

Bus Trip to WalMart: First Friday of the month, December 5 & January 2,
10:00 am - 12:30 pm

Woodville

Woodville Community Center, 8000 Old Woodville Road

Woodville Senior Day: Thursday, December 11 (No Senior Day in January),
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
SENIOR**
June
Crutchfield

Every Monday and Wednesday, you can find June Crutchfield serving meals at the Ft. Braden congregational lunch site. You'll also find her playing Bingo and attending

Senior Days. As a member of the Ft. Braden Community Center Focus Group, she helps plan area events for the neighbors she loves.

June grew up in Graceville, Florida, and moved to Tallahassee after she married her childhood sweetheart. "We knew each other from first grade on," she laughed, "but we didn't start dating until I was 13."

After raising two children in Tallahassee, she moved to Ft. Braden in 2000. "My husband and I were both raised in the country," she said, "and we wanted to get

back. We love it out here," she said. "We're fortunate to be in America," June added. "As bad as it might be, it's still the best."



"I love to be old," she said. June can't sit still, so she stays busy with new hobbies. In addition

to her involvement with Ft. Braden programs, she is active in the Lake Talquin Baptist Church. June has taken up reading and digital photography, and enjoys using the computer. She and her husband take pleasure in feeding and watching the birds and squirrels that frolic in their backyard. Through her hobbies and activities, June is a living example of her philosophy to "live, laugh, and love." ■

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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
e-mail at susan.davis@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 December 17th) at the Tallahassee Senior Center, Conference Room 3-A. Call 891-4065 for more information.

Grandparents as Parents (GaP)

Luncheon and Support Group

No regular meeting in December but will reconvene

Wednesday, January 28, 2009

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

Leon County Public Library, 2200 W. Park Avenue

Complimentary lunch. Reservations Required!

Call 891-4033 or 891-4065.