

Leon County Senior Gazette

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



■ Sponsored by the Tallahassee Senior Foundation



ROMANCE AFTER FIFTY

“Never again,” June Miller used to say. She had been divorced some 30 years. The Fort Braden senior was happily living alone when one day Ace Tidwell came to the Community Center to one of the community meals for which she volunteers. “I guess he was looking for something to eat. I didn’t pay any attention to him, although he is hard to miss.” Tall, good-looking and divorced with two grown children, Ace was not looking to get married again either.

“It wasn’t love at first sight. It took almost a year for us to notice each other, but finally we got together. My family would have kicked me out and taken him in, that’s how much they liked him,” says June. His children were thrilled, too, as were the regulars at the Fort Braden Community Center. “He swears he proposed to me,” adds June. “I just remember we both said, ‘Let’s do it,’ and, of course, the Ft. Braden group was rooting for us.”

The task of combining two households went smoothly. June’s nephew moved into her old house and Ace made room in his for the few things that meant a lot to her. It has been nearly seven months since they

tied the knot. June’s advice? “Never say never, and don’t postpone!”



Eloise Day was married for 35 years when a painful divorce ended the relationship. Living near Atlanta at the time, she was invited by her former sister-in-law to Thanksgiving dinner in Tallahassee. Invited also was the sister-in-law’s next door neighbor, a widower. For four years the two 55+ seniors dated by commuting between Tallahassee and Atlanta. Because he didn’t want to live in Atlanta, after their marriage Eloise moved into his home in Tallahassee. “We have been happily married now for 18 years,” she says. “I believe when one door closes, another one opens. My children were thrilled, and so were his.”

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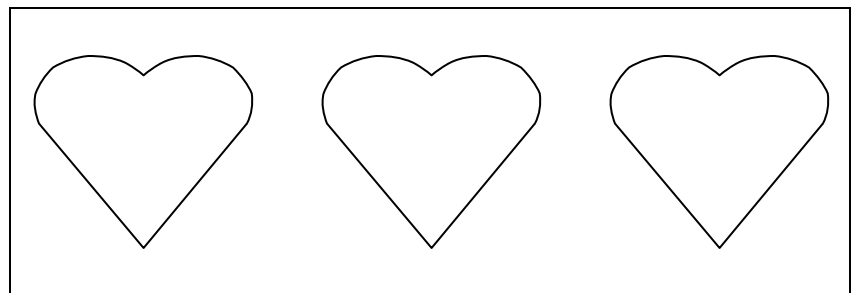
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Romance After Fifty, cont'd from page 1

However, not everyone is as fortunate to have the enthusiasm of family and community when they decide to marry as seniors. Adult children can be difficult, particularly in cases where the parent is widowed.

Seniors say living space can be a problem, too. After years of living as you please, it may be hard to combine households. Bob Dedig says he was terribly lonely after his wife died. "So I went to a dating service. I was looking less for romance and more for companionship, and so was she. We each kept our own homes." Then there are some pesky pension rules. One senior talked about how she would have lost her late husband's pension upon remarriage. "So we just date, watch sports, go have a meal out," she says.

Many married couples actively work on keeping the romance going. For example, Woodville seniors Louise and Benny Woodlief have raised children, lived all over the world, and still work together harmoniously on church functions. How do they do it? "We take separate cars," laughs Louise. Sure enough, they do! Ellie Pendlek emigrated from Germany after she married an American in the military. "I got a good one!" she says. Both retired, this summer they traveled for four months through the continental U.S., Canada and Alaska in a motor home. "That's pretty close quarters, and you're together 24 hours a day," says Ellie. What does she credit with keeping their romance going after 50? Their decision to never permit their grown children to move back home! ■



? Ask the Senior Resource Coordinator ?

Dear Gazette,

My husband died very recently. He was a combat veteran. I am aware I might be entitled to certain benefits regarding burial and maybe others. Dealing with a national office of Veterans Affairs is more than I can handle right now. Is there someone local you can recommend?

Dear Reader,

Many counties maintain a Veterans' Services office. Ours is right here in Tallahassee. According to its Director, Dale Keen, they are offering precisely what you need: They will talk with you, go over any benefits you might be eligible for, and help you with the paperwork process. Most widows or widowers are not aware of the many ways a veteran's service is honored even after death. For example, if your husband had a service-related disability and died as a result of it, you, as the widow, are entitled to a pension of \$1,150 a month. Even if your husband did not die as a result of a service injury, there are other death and burial benefits. You may be entitled to some of them. As all of it depends on the status of your husband's service, do make a point of talking with Dale Keen or someone in his office immediately. You can reach him by phone at 606-1940. ■

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

●●●●●● CORNED BEEF AND CABBAGE ●●●●●●

Place one fresh 5-6lb. corned beef in dutch oven. Add 2 onions (each studded with 3 whole cloves), 4 carrots peeled and halved, 2 ribs celery halved, and 4 sprigs Italian (flat-leaf) parsley. Cover with cold water and bring to a boil. Reduce heat, cover, and simmer for 3 hours, turning beef in broth every half hour. When meat is tender, remove and keep warm.

Strain broth and return to dutch oven. Add 1 green cabbage, 12 small red new potatoes, 6 small leeks, 6 carrots (peeled and cut into 2½" lengths), salt and pepper to taste, and 2 Tbsp. chopped flat-leaf parsley. Bring to a boil; reduce heat, cover, and simmer until the vegetables are tender (about 30 min.).

Arrange the beef on a warmed serving platter, and surround it with the cooked vegetables. Ladle broth over the beef and vegetables. *Serves 6.*

BREAST HEALTH IN RURAL NORTH FLORIDA

By Llona Geiger

Assume you are driving on unfamiliar roads of a different state, perhaps even a foreign country. Assume you are worried and frightened. Would it help to have an experienced navigator next to you in the car? You bet!

Every woman diagnosed with breast cancer is driving through unfamiliar territory, but Wendy Mathews is here to help. An R.N. and B.S.N. with more than 25 years experience in women's health, Wendy Matthews has the title of Breast Cancer Navigator. Employed by Tallahassee Memorial Hospital with a grant from the American Cancer Society, she is part of a team of three professionals who ease the journey. Covering nine rural counties in addition to Leon, she is a public health educator specializing in breast health. "I accept every speaking engagement I get invited to," she says. Her travels around the 10 counties are educational, promoting screenings including self-exams, annual exams and mammograms. She provides choices of treatment facilities and can assist uninsured clients as well as Medicare recipients.

If breast cancer is diagnosed, a team springs into action. Judy Welch, a licensed social worker, will visit, provide resources, and can even offer genetic counseling. Each newly diagnosed woman gets a lovely tote bag with a breast cancer handbook describing the treatment options, which she can look over at home before discussing with her doctor. "I have even been known to intervene when a doctor's appointment

doesn't seem to be available. We get around the barriers!" says Wendy.

The road can really get rough when surgery, chemo, and radiation are necessary. "Our Image Recovery Specialist, Karen Hinson, helps women with bras, scarves, hats, make-up. We get women in touch with *Reach For Recovery*, a mentoring system pairing a newly-diagnosed breast cancer patient with a buddy who is recovering." Finally, the team can arrange for *I Can Cope*, an 8-week educational program for breast cancer patients and their families, as well as other American Cancer Society programs.

If there is something new on the horizon in breast cancer treatment or management, Wendy Mathews knows about it. Her employer is affiliated with the well-known Moffitt Cancer Research Center. So wherever this road takes you (or a friend or relative), get a navigator to share the ride. Call Wendy Mathews at 850 431-3433. ■

HOW OLD ARE YOU IF YOU WERE BORN BEFORE.....television, frozen food, space travel, penicillin, photo copies, credit cards, contact lenses, polio shots, the Pill, radar, laser beams, ball-point pens, pantyhose, air conditioners, dishwashers, clothes dryers, Frisbees, time-shares, fast food, FM radio, Pizza Hut, McDonald's, tape decks, CDs, electric typewriters, yogurt, and passenger jets? ***Ancient, right? No, you would be only 58 years old.***

LEON COUNTY SENIOR OUTREACH

February - March 2008

Calendar of Events

Call 891-4065 or 891-4033 for More Information

Bradfordville

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Drawing and Beyond: Two classes every Wednesday, 10:00 a.m. - 1:00 p.m. & 1:00 - 4:00 p.m., \$8 per class for seniors 55 or 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.

Lifelong Learning Series: Every Friday, 10:30 a.m. - 12 noon, March 7 thru April 11. New topic every week.

Senior Fitness - Beginners: Tuesdays and Thursdays, 10:30 - 11:15 a.m.

Senior Fitness - Intermediate: Tuesdays and Thursdays, 11:30 a.m. - 12:30 p.m.

Social Bridge: Mondays, 1:00 - 4:00 p.m.

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Senior Day: Tues., February 26 & March 25, 10:30 a.m. - 12:30 p.m.

Senior Fitness Classes: Mondays, Wednesdays and Fridays, 9:15 - 10:15 a.m.

Ft. Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

Ft. Braden Senior Day: Tues., February 19 & March 18, 10:30 a.m. - 12:30 p.m.

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

Bus Trip to WalMart: Third Friday of the month, February 15 & March 21, 10:00 a.m. - 12:30 p.m.

Miccosukee

Miccosukee Community Center, 13887 Billingsley Road

Miccosukee Senior Day: Thursday, February 7 & March 6, 10:30 a.m.- 12:30 p.m.

Senior Fitness Classes: Mondays, Wednesdays and Fridays, 1:30 - 2:30 p.m.

Bus Trip to WalMart: First Friday of the month, February 1 & March 7, 10:00 a.m. - 12:30 p.m.

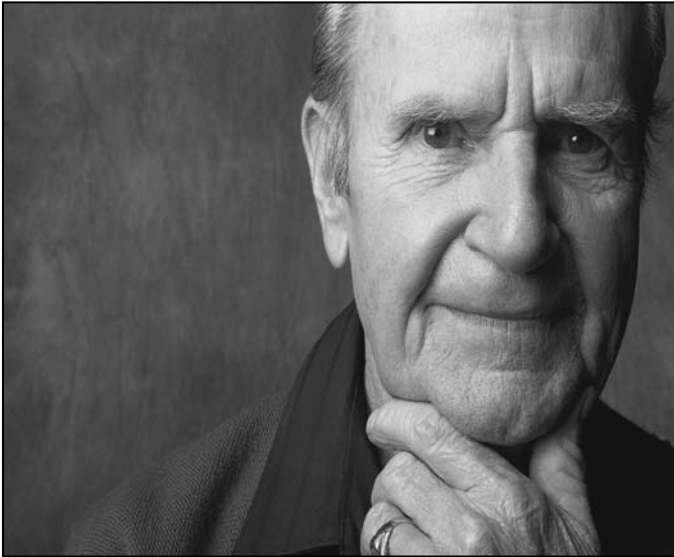
Woodville

Woodville Community Center, 8000 Old Woodville Road

Woodville Senior Day: Thursday, February 14 & March 13, 10:30 a.m. - 12:30 p.m.

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

COME JOIN THE FUN!



Coping with Stress

By Llona Geiger, Certified Senior Fitness Instructor

...While most of us no longer cope with irrational bosses and poor employees or coax sullen teenagers into adulthood, many of us still have considerable stress. Declining health of loved ones and their care, worries about finances or our adult children's lives - all can cause high levels of stress.

...Humans are perfectly designed to deal with momentary stressors. Think of what happens if you have just avoided a car crash. Your breathing and heart rate increase, your thoughts race, your muscles tense, your stomach contracts, adrenaline and other hormones flood your system, (all designed to let you outrun that saber-toothed tiger). If the stress is long-lasting, however, the damage to your body is serious: lowered resistance to disease and accidents, muscle or stomach pain, sleep disturbances,

depression, and a host of other physical and mental problems.

...Constant stress saps energy, causing many people to adopt self-soothing habits such as smoking, eating, and drinking too much, all of which makes stress-related health problems worse. Escape this vicious cycle by following these three recommendations.

Worry selectively. Fire your inner boss and do only what you can; then let the rest go. Remember the serenity prayer: *God, grant me the serenity to accept the things I cannot change; courage to change the things I can, and wisdom to know the difference.* (German theologian Reinhold Niebuhr, 1940)

Embrace life's uncertainties, the good and the not-so-good. Part of embracing uncertainty is to search out the new. Learn something new; meet some new people by checking out your Senior Center's offerings.

Make time for exercise. You may say you can't take the time because you are up to your eyeballs in work. Several people in my classes are care-givers for spouses with dementia. They will tell you the hour they spend in exercise class makes the rest of their day possible. Exercise reduces anxiety and depression, reduces physical tension, lessens aches and pains, and improves sleep and digestion. And most importantly, group exercise provides the sense of play and social connection that recharge their batteries. If you, too, are under a lot of stress, join one class and try it out! ■

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!

- | | |
|--|--|
| <input type="checkbox"/> \$30 Individual Member | <input type="checkbox"/> \$500 Silver Key Holder |
| <input type="checkbox"/> \$20 Senior Citizen Member (55 or over) | <input type="checkbox"/> \$1,000 Gold Key Holder |
| <input type="checkbox"/> \$35 Senior Couple Member | <input type="checkbox"/> \$2,500 Platinum Key Holder |
| <input type="checkbox"/> \$100 Friends Key Holder | <input type="checkbox"/> \$5,000 Diamond Key Holder |
| <input type="checkbox"/> \$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**
Patricia Gorton

Imagine you are moving at age 67 to the Tallahassee area from Tennessee and the very next day your husband is killed in an accident! "I had no furniture, no roots, no friends," recalls

Patricia Gorton. "I would drive to Wal-Mart, the only place I knew, and walk around just to see some people; then I would drive home." One day she drove by the Ft. Braden Community Center, saw cars there, and on a whim walked in. The result has been some strong friendships, the connection to a new church, a much-needed sense of community, and the courage for a new career.

Equipped with a nursing license, Patricia was soon looking for a part-time job. Now 71, she has worked for Big Bend Hospice for three years as a home nursing specialist. A

difficult job "in which you don't try to cure but to make comfortable and ease the dying," Patricia sees her job as a spiritual one. With two or three 12-hour shifts a week and travel time often exceeding three hours round trip, the position would exhaust a woman half her age.



"Well, I know this area now better than anyone. I have been from Steinhatchee over to Chattahoochee and points in between. My son is always worried about me being on the road at all hours."

On her days off she tends to the 'girls', two 170-lb. goats, her garden ("Yes, the goats are fenced in; I don't want them to eat my roses!"), and her two herding dogs. A blessed life, indeed! ■

Leon County Senior Outreach Program
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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 us at davissu@talgov.com.

Do you live in the Ft. Braden area?

Do you need transportation to the Senior Days held at the Community Center?

We have volunteers ready and willing to give seniors a ride.

Call 891-4065

Grandparents as Parents (GaP)

Luncheon and Support Group

Wednesday, February 27 & March 26, 2008

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

Leon County Public Library, 200 W. Park Avenue

Complimentary lunch and childcare provided.

Reservations Required. Call 891-4033 or 891-4065.



Happy Valentine's Day!

