

Leon County Senior Gazette

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Leon County Senior Outreach Program



■ Sponsored by the Tallahassee Senior Foundation



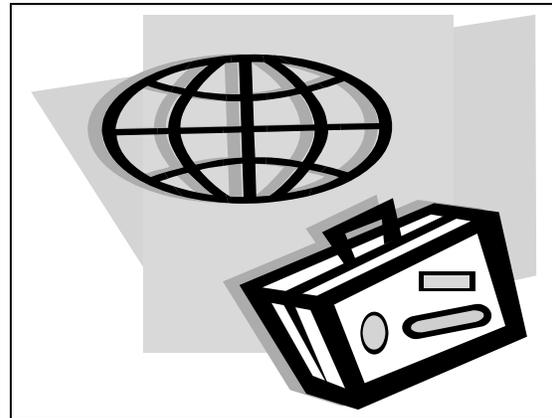
Seniors Recall Vacation (Mis)Adventures

Some say an adventure is something you suffer through, so you can laugh about it later.

Fort Braden senior Norma Fletcher remembers one fateful August day many years ago, when she and her husband and another couple were to leave from Miami for Europe. For the long trip from Tallahassee, they rented a limo with a driver. All was well until the limo had a flat tire on I 95, and the driver, it turned out, had no clue what to do! The two women, recalls Norma, "stood beside the interstate in 95 degree heat, with our arms held out like scarecrows, trying to catch a breeze and not sweat through our dresses" while the husbands did their best to change the limo tire. They made it to the airport, rumped, but on time.

Jane Jackson remembers a summer vacation in Kentucky "with a backseat full of kids" when their car ran out of gas at mid-night somewhere on a lonely country road. They all walked to the nearest house and knocked. Jane recalls, "A man answered. He had a gun! After we told him our story, he said he was the

Sheriff. He was going back to bed, but we could sleep on the living room floor. He would take care of the gas in the morning."



Woodville Senior Mary Johnson and her husband Wallace were living in Puerto Rico, when on a whim they decided to fly to nearby Saint Thomas Island and rent a car. The flight should have given them a clue: the plane held 13 people, didn't get above the clouds and landed at a tiny airport. "The roads were mostly one lane, curvy and hilly," says Mary. "Plus, we discovered they drive on the left side of the road!" After about 20 minutes, Mary and her husband had explored the entire island,

Continued on page two

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Senior Gazette

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discovering they could have easily walked it and saved both their money and their nerves!

Betty Huber's husband had just come back from the Navy after the war, when they and another New York couple went on an overnight camping trip to a small island in Long Island Sound. A sturdy row boat got them across, the other couple supplied the tent, and a good time was had. During the return trip a sudden violent storm came up. "It was horrible," recalls the Bradfordville senior. "I've never been so scared in my entire life! Large motorboats were swirling around us, helpless. The other couple was hysterical. My husband saw a light through the storm and told us if we did exactly as he said, he would get us to the lighthouse beyond the rocks. And he did!" The Coast Guard got them back to the mainland the next day.

Sometimes a vacation is more than relaxation. It ends up testing one's character, ingenuity, and even relationships. ■

HURRICANE ONE-POT MEAL

Made with non-perishable ingredients, this dish is nutritious, requires less than 10 minutes cooking time, fits into one pot and serves two. Have on hand the following:

1 package Lipton Pasta Sides (chicken flavor or similar)

1 small 8-oz can of vegetables (green beans or peas work well)

1 small can (5 or 6-oz) of salmon or chicken

Cook pasta with water according to directions on package. Before pasta is done, stir in drained vegetables and meat. Let dish heat through another minute. Garnish with whatever you might have (herbs, tomatoes, etc.), and serve!



Ask the Senior Resource Coordinator



Dear Gazette,

With hurricane season approaching, I worry about preparation. I live in a situation where I will need to evacuate, and I know how to efficiently get my important papers and mementos together. The problem is I have a dog. Shelters don't accept dogs, and I certainly won't just leave him. Do you have resources or suggestions about storms and pets?



Dear Reader,

We are so fortunate to live in Leon County, where Florida's Department of Agriculture and Consumer Services is located. While we think of them primarily involved with plants and food safety, they also work on other consumer services including storm safety. Here are some of their suggestions:

- Take pictures of your dog and keep them with insurance and other important papers. Also make sure his collar has your address on it.
- Purchase a two week supply of dog food and store it in an airtight water-proof container. And store sufficient water for both of you!
- Check with your vet before the storm approaches. It may be possible to arrange boarding at the vet if you have to leave your home. Many motels will allow you to bring a pet with you during evacuations.
- Arrange a buddy system. If you know someone who has a pet, you might agree to check on each other's animal should either one of you have to evacuate. It helps if your dog is trained to stay in a crate.

For more information about safety during Natural Disasters, call the local Agriculture and Consumer Services office at 922-2966 or check their website at www.doacs.state.fl.us/consumer. ■

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

SAFE DISPOSAL OF MEDICATIONS

By Llona Geiger

Maybe a medication you were taking has expired, or maybe your doctor has told you to stop taking it. Some of the materials in the medications may be harmful to people or the environment. Flushing drugs down the toilet or sink is no longer an acceptable way to get rid of them! We have learned that drugs find their way into groundwater and from there into the taps in your home. So, how do you safely dispose of medicines while protecting against environmental and human exposure? Here are the recommendations from Dr. Angela Hill, College of Pharmacy, FAMU.

Steps for proper disposal of tablets, capsules and liquids:

1. Remove or cover any personal information from the container like name, address, date of birth. Most containers can then be recycled.
2. Place the medication in an undesirable substance, such as used coffee grounds, kitty litter, dirt, soil or any other absorbent substance, and mix the prescription medication with the undesirable substance.
3. Place the mix in a container, such as empty cans or sealable bags (Ziploc bags). This further assures that the medications are not accidentally eaten by children or pets.
4. Place the Ziplock bags or cans containing the mix in another plastic bag to prevent leakage.
5. Finally, discard the whole thing into a lidded trash can.



Steps for patches and ointments



Both medication patches and ointments can be disposed in the steps listed above. Patches should be removed from their wrapper, and then folded in half so that the sticky side sticks together. Squeeze out any ointments, recap the tube or container and place it in a sealable bag or can.

For further questions, contact your pharmacist. (Special thanks to our local resource here in Leon County, Dr. Angela Hill, and her 6th-year pharmacy student, David Higuera, at FAMU.)



"...that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty and the pursuit of happiness."

The Declaration of Independence, July 4, 1776

Leon County Senior Outreach

June - July, 2008 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, 10:00 a.m. - 1:00 p.m.; **Afternoon Class:** Wednesdays, 1:00 - 4:00 p.m., \$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.

Lifelong Learning Series: Fridays, June 6 - July 18 (excluding July 4), 10:30 a.m. - 12:00 noon
Featuring Al Sulkes, historian, on "Six Supreme Court Cases that Changed American History"

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: Tuesday, June 24 & July 22, 10:30 a.m. - 12:30 p.m.

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

Low Impact Senior Fitness: Mondays and Thursdays, 10:30 - 11:30 a.m.

Ft. Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

Ft. Braden Senior Day: Tuesday, June 17, 10:30 a.m. - 12:30 p.m. (No Senior Day in July)

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

Bus Trip to WalMart: Third Friday of the month, June 20 & July 18, 10:00 a.m. - 12:30 p.m.

Miccosukee

Miccosukee Community Center, 13887 Billingsley Road

Miccosukee Senior Day: Thursday, June 5, 10:30 a.m. - 12:30 p.m. (No Senior Day in July)

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

Bus Trip to WalMart: First Friday of the month, June 6 & July 4, 10:00 a.m. - 12:30 p.m.

Woodville

Woodville Community Center, 8000 Old Woodville Road

Woodville Senior Day: Thursday, June 12, 10:30 a.m. - 12:30 p.m. (No Senior Day in July)

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

Join the Fun!



DEPRESSION, DISCOMFORT AND EXERCISE: SOME SURPRISING FINDINGS

By Llona Geiger,
*Certified Senior Fitness Instructor
 and Personal Trainer*

We all know the overall benefits of regular exercise: strength-training muscles and joints keeps them going and prevents injury. However, the latest research shows some startling benefits of exercise on people with depression and with chronic pain.

While much has been accomplished in treating depression with new types of prescription drugs, researchers continue to look for ways to help patients without the side effects of medication. In a group of depressed patients randomly assigned to take drugs or an exercise program, the study had a surprising result: the exercisers improved as much as those on medication.

Apparently moving the body (i.e. brisk walking, dancing, taking a fitness class, or playing a sport) activates the feel-good chemicals (serotonin and endorphins) in the brain. Exercise encourages the development of new nerve cells in the brain, improving both mood and memory. Dr. Ratey, a psychiatry professor and author of the book *Spark*, believes that "humans are hard-wired to move," and that movement helps us with depression, addiction, attention problems, and anxiety.

Doctors are catching on. A national movement is getting doctors to reach for an exercise prescription rather than a drug. The *Exercise is Medicine* campaign was started by two physicians, Dr. Ron Davis, President of the American Medical Association and Dr. Bob Sallis, President of the College of Sports Medicine.

These doctors also point to exercise as a way to combat chronic pain. Yes, typically the pain of arthritis or fibromyalgia can be successfully managed or eliminated with exercise. Increased blood flow and strengthened muscles and ligaments are critical in relieving pain and providing support for the affected joints. Even work on cancer patients has provided us with amazing findings: Patients who exercise tolerate chemotherapy better and are more likely to finish their treatment than those who do not. Who knows... a short walk every day just might help keep the doctor away... For more information on depression and exercise go to National Institute of Mental Health at www.nimh.nih.gov/healthinformation/depression. ■

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!

- | | |
|---|---------------------------------|
| ___ \$30 Individual Member | ___ \$500 Silver Key Holder |
| ___ \$20 Senior Citizen Member (55 or over) | ___ \$1,000 Gold Key Holder |
| ___ \$35 Senior Couple Member | ___ \$2,500 Platinum Key Holder |
| ___ \$100 Friends Key Holder | ___ \$5,000 Diamond Key Holder |
| ___ \$250 Bronze Key Holder | |

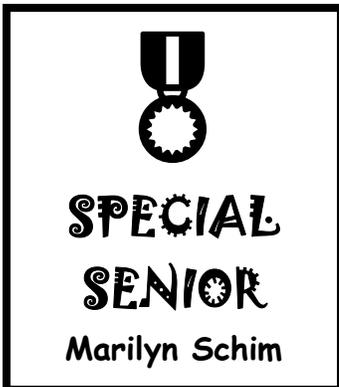
___ Please dedicate my contribution directly to the Leon County Senior Outreach Program.

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.



Bradfordville senior Marilyn Schim is no stranger to radical changes, and being able to adapt to these changes comes naturally to her. The daughter of

immigrant parents who arrived on Ellis Island, she is a native of Brooklyn. Marriage brought her from New York City to Fort Myers, Florida, which in 1951 was a hot and sleepy small town, but perfect for raising gladiolas. That's what her husband and his brothers did until a fateful day in 1956. It was the day of the legendary 'big freeze' when, as Marilyn remembers, "the temperature in Fort Myers got down to 26 degrees, just before Valentine's day, and

wiped us out." Tired of the uncertainty of growing flowers, the family moved to the Miami area to start a wholesale flower business.



Three years ago, Marilyn made another radical change: By then a widow for some 20 years, she sold

her home in South Florida to move closer to one of her two children. "My other daughter lives in Nashville, and I didn't want to deal with snow and ice. Tallahassee suited me better," she says. An avid reader, she enjoys apartment life close to her daughter and granddaughter and is an active participant in Bradfordville area activities. ■

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

**Grandparents as Parents (GaP)
Luncheon and Support Group
Wednesday, June 25 & July 30, 2008
11:30 a.m. - 1:00 p.m.**

**Leon County Public Library, 2200 W. Park Avenue
Complimentary lunch and childcare provided.
Reservations Required! Call 891-4033 or 891-4065.**

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

When I got home last night my wife demanded that I take her out to some place expensive. So, I took her to a gas station!!!!

One of life's mysteries is how a 2-pound box of candy can make a person gain *five* pounds.