



Leon County Senior Gazette

June/July 2007
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■ The bi-monthly publication of the
Leon County Senior Outreach Program



■ Sponsored by the Tallahassee Senior Foundation

LEON COUNTY B.AC. --SUMMERS BEFORE AIR CONDITIONING

As we enter the sweltering summer season, we may forget that most of us grew up and thrived without air conditioning. Do you remember when we didn't take a sweater to a function in July because we were afraid the room would be too chilled?

Strategies to stay cool took many forms. Some Leon County seniors remember going for a ride in the car with the windows down and stopping for ice cream or a cold Coca Cola. Activities revolved around the before and after (before the storms cooled the air, and after). "We didn't bake in the summer," remembers one senior. "We once had a housekeeper who ironed in front of the refrigerator with the door open, until Mama found out," she laughs.

Getting air to move was important. "We had fans in all the bedrooms, and I still love the sound of a fan" says Carolyn Fucolow. "What I remember most," says Janice Gargus, "was staying outside at night on my swing or lying on top of our car." Not being sealed off from the outside was one of her fonder memories. "In school all the windows were open; we didn't start school until the middle of September. At home with the

windows always open you could hear the neighbors talking, the dogs barking, the crickets and the frogs. We kids would catch lightening bugs while the adults rocked on the porch."



Leon County's many lakes and ponds did their part to make hot summers fun. Dottie Roberts fondly remembers being taken to sinkholes and Lake Bradford to swim. Her relatives had a cabin near the Ochlocknee River with outdoor plumbing. "To bathe, I stood under the drain pipe that came out of the side of the cabin. The drill was: Pump, lather up, rinse. Boy, was it ice-cold!" "Nobody worried about alligators or snakes," adds June Miller in describing how she and

Continued on page 2.

Leon County
Senior Gazette

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Leon County Before Air Conditioning, *cont'd. from page 1*
her friends cooled off by jumping in the river.

Finally, clothing and hair styles were adapted to hot humid conditions. "Remember baby doll pajamas? And most of us girls had a ponytail since by the time you got to the bus stop our hair had gone totally flat," adds Carolyn Furcolow.

Dan Kelley remembers his mother coming home from work and then cooking the family meal on a wood stove. "Somehow it didn't seem so hot back then," he explains. "Maybe it's because it was always the same temperature inside or out." ■

Written by Llona Geiger

**This Month's Recipe: THE NEW,
HEALTHIER HAMBURGER**

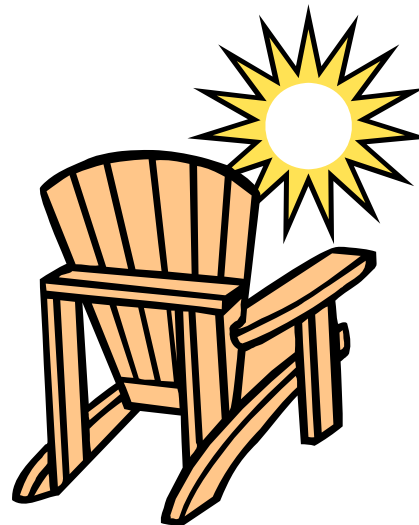
Simple and utterly delicious (and suitable for grilling outside)

1 pound very lean ground meat-(try buffalo meat or ground turkey breast)

1 envelope dry Lipton Onion or Onion-Mushroom soup

1 large egg

Some pepper (or curry powder) to taste.

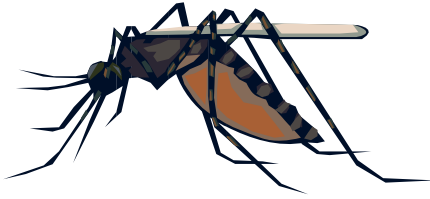


Combine the above ingredients and mix well. Here's where the fun comes in: If you have some fresh herbs such as basil, parsley, or rosemary, leave them raw, chop them very fine and mix in well. Like mushrooms? Add very finely chopped mushrooms. Broil or grill patties thoroughly, and enjoy! ■

Ask the Senior Resource Coordinator ?

Dear Gazette,

Now that summer is here, those of us in the country are being plagued by mosquitoes. I know in-town residents get regular sprayings against those pests. Do you have any recommendations?



Dear Reader,

Yes indeed. You are right to be concerned. In addition to being a nuisance these insects are also a health risk. Some mosquitoes carry West Nile virus, Eastern Equine Encephalitis, or canine heartworms.

First, do what you can to keep those pests from breeding. Judy Gross, the Education Coordinator of Leon County Mosquito Control, has some advice: "Look around your yard, find anywhere water could be the hang-out for breeding mosquitoes, like bird baths, plant saucers, the tops of big trash cans, pet dishes, even Magnolia leaves!

Empty them out or change the water at least twice a week."

Secondly, Mosquito Control offers free property inspections to help residents find and eliminate places mosquitoes breed. If you have a larger body of water such as a pond, or a slow-trickling fountain, Mosquito Control can give you Mosquito Fish for free! They gobble up larva before they hatch.

And best of all: If you are having a special outdoor event like a birthday party, wedding reception or family reunion, Mosquito Control will come and spray your yard. This complimentary service is available two times per year. Give them a call at 606-2200. Their theme is "Helping You Find Mosquitoes Before They Find You."■

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

Grandparents as Parents Monthly Luncheon and Support Group

June 27 & July 25

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

An attorney from Legal Services of North Florida will be in regular attendance at our upcoming luncheons. Bring your legal concerns and questions with you.



Living with Arthritis

*Llona Geiger,
Certified
Senior Fitness
Instructor*

If you have arthritis, you know it is an inflammatory disease of the joints, most often in the knee or hips but also in the hands, elbows and the shoulders. Inflamed joints can mean pain. Some days it hurts a little less, sometimes more. How can we lessen the pain of arthritis, besides taking medication? There are several ways to ease the discomfort. Here are some simple rules for living well with arthritis.



Drink plenty of water! The cushion between the bones is primarily water, and while this cushion wears with age and pressure on the joint, you can help maintain it if you supply your body with fluid. As we enter the hottest months, remember to drink two quarts of liquid a day. Your brain needs water, and so do your joints. In addition, eat plenty of fresh fruits and vegetables for additional nutrient-rich fluid.

Move whenever possible! Sitting around is poison for your joints. Since the joint's cushioning is not connected to the blood supply, the only way to bring nutrients in is through the fluid itself. Think of the cushion as a sponge. It needs to be squeezed out before it can absorb more, right? Exercise squeezes the cushion and brings desperately needed fresh fluid to your joints. Fact is without exercise they simply starve! So find a class where you can exercise with expert assistance. You can even sit and exercise for all or part of the time. Exercising in water is also excellent therapy for arthritis. Many water aerobics clients have some form of arthritis. Find what you can do, then do it!

Reduce the pressure! For instance, if you have knee problems, wear supportive shoes. If you are routinely carrying heavy things on one side of your body, switch to the other side. Have someone check your leg length, and then wear special insoles in your shoe on the shorter side. If you have arthritis in your hands and can't grip the weights in exercise class; use the ones that have loops attached. Lose a little weight: even a loss of 10 lbs will relieve 40 lbs of pressure on your knee joint. Finally, strengthening your muscles around the aching joint is the most effective way to relieve pressure. And when you reduce pressure, you reduce pain. ■

CARING FOR YOUR BRAIN

By Llona Geiger



Most seniors would agree: The health of our brain determines the quality of our lives. Fortunately there is much we know about maintaining it. Here is what you can do to preserve brain power:

First of all, avoid head injuries!

Take care of your skull to protect the precious soft tissue inside. Wear a helmet when biking, buckle your seat belt, stay off ladders, install grab rails in the bathroom, remove clutter on stairs. Head injuries can be devastating for brain function.

Practice good nutrition.

Brooks Johnson, Chief Social Worker for the Alzheimer's Project, likes to say: "Whatever is good for your heart is good for your brain. We should eat like we are supposed to, lean protein, lots of fruits and vegetables, and stay hydrated!"

Use your mind

Hobbies, puzzles and reading engage most parts of your brain (watching TV doesn't count!). Find something that challenges you and dive in. Learn something new, take a class, get involved in activities that require planning and problem-solving.

Watch the medicines you take.

Many of us are taking a half dozen medications and more. Some of us are taking vitamin supplements to boot! If you suspect memory problems, you first want to talk to your doctor or a pharmacist about possible drug interactions. Be sure and list all over-the-counter drugs and supplements you are taking. It is not unusual, according to Mr. Johnson, to develop an intolerance to some medications which can affect your brain function.

Exercise!

Well, we all know that exercise is good for your heart. Exercise also pumps fresh oxygen to your brain. But there is more to it. Harvard Psychiatrist John Ratey, in his book *Spark: the Revolutionary New Science of Exercise and the Brain* says that exercise is "the Miracle-Grow for brain cells." In addition, exercise promotes stress reduction and good, sound sleep, both necessary for brain health. Getting regular exercise is one the best things you can do for your brain.

Maintain connections

Brooks Johnson stresses what he calls "spiritual fitness" as a necessary ingredient for brain health. "Whether it is faith, nature, pets, caring for plants; anything that nourishes the spirit is good for your brain." He also stresses social connections. "Not everybody is real sociable. But it's good to be regularly around other people. Even people-watching at the mall can help." ■

For more information on caring for your brain, contact Brooks Johnson at the Alzheimer's Project, 386-2778.

Come Join the Fun! Call 891-4065 or 891-4033 for info

Leon County Senior Outreach

June - July 2007

Calendar of Events

Bradfordville

New programs. See back-page for schedule

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Senior Day: Tuesday, June 26 (No Senior Day in July),
10:30 a.m. - 12:30 p.m.

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

Ft. Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

Ft. Braden Senior Day: Tuesday, June 19 (No Senior Day in July),
10:30 a.m. - 12:30 p.m.

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

Senior "Chat" Group: First Wednesday of the month, June 6 (No Chat in July)
1:00 - 2:00 p.m.

Bus Trip to WalMart: Third Friday of the month, June 15 & July 20,
10:00 a.m. - 12:30 p.m.

Computer Classes for Seniors: Call Ft. Braden Library to register, 606-2900

Miccosukee

Miccosukee Community Center, 13887 Billingsley Road

Miccosukee Senior Day: Thursday, June 7 (No Senior Day in July),
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, June 1 & July 6
10:00 a.m. - 12:30 p.m.

Woodville

First Baptist Church of Woodville, Fellowship Hall, 9500 Woodville Hwy.

Woodville Senior Day: Thursday, June 14 (No Senior Day in July),
10:30 a.m. - 12:30 p.m.

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

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 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
 JUANITA
 NOWLING**

Imagine learning the names of close to 800 children every year! That's what Juanita Nowling did when she was the only music teacher in an elementary school. "Actually, I still remember the names of the students in the early years. After 30 years it got a little harder each year," she laughs. But what made her retire in 2003 was the serious illness of her husband who passed away two years later.

About that time Fort Braden needed someone to do the bulletin boards at the Community Center, and Juanita was a natural. "His death left a huge hole in my life. I had

decorated the boards at my school and liked the creativity. Gardening, arranging flowers, and sewing are the things I enjoy. I used to sew all the costumes for my school when we put on music programs."

The North Carolina native has been in Leon County since 1967 when her husband pursued a PhD at Florida State. A trained pianist herself, she now plays seldom. "I have to be in the mood," she says. "And isn't that the wonderful thing about being retired, following your moods?" ■





Leon County Senior Outreach
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Tallahassee, Florida 32303

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Return Service Requested

Welcome!

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
891-4033 or 891-4065.

New Programming

Bradfordville Community Center

3439 Bannerman Road

Drawing and Beyond: Every Wed., 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 the first class. For all ability levels.

Poetry Club: Fourth Tues. of every month, June 26 & July 24, 7:00 - 9:00 p.m. Suggested \$1 donation. No pre-registration. For all ability levels, even beginners.

Senior Fitness: Tues. and Thurs., 10:30 - 11:30 a.m. Suggested \$2 donation. No pre-registration. For men and women of all ability levels.

Social Bridge for Seniors: Mondays, 1:00 - 4:00 p.m. Suggested \$1 donation. No pre-registration. Join any time.

More activities coming soon!

Call 891-4065 or 891-4033 for updates and information.