

# Leon County Senior Gazette

October/November  
2011

■ The bimonthly publication of the  
Leon County Senior Outreach Program



■ Sponsored by the Tallahassee Senior Foundation



## If you could go back to school . . . *what would you study?*

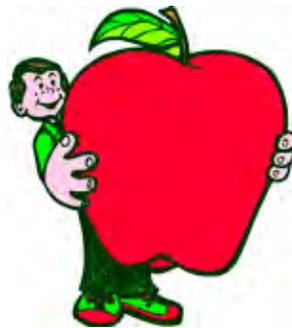
This question was inspired by the 2011 Lifelong Learning Extravaganza, which is happening Sunday, October 16 through Friday, October 21. (See page 3 for more details.)

George Linton of Woodville studied civil engineering in school and made his career at the Naval Ship Research & Development Center, doing work which, he says, "had absolutely nothing to do with civil engineering." If he went back to school, he would like to study the history of the western United States.

He caught the history bug when he was growing up in New Mexico. "I used to spend a lot of time in the museum at Santa Fe, when I wasn't running around loose in the mountains," he says. "When I was a little boy, I always wanted to be a mountain man. I walked all over the mountains by myself. At 13, 14, 15, I would go 100 or 150 miles on foot just following old Indian trails. I found a lot of strange things. It really floated my boat."

Retired schoolteacher

Gladys Wilson of Miccosukee and former storekeeper Jessie Mae Harvey of Fort Braden said they would study nursing or social work to learn how to help elderly people.



*Going back to school for your middle school grandson may mean math, science and reading. But for a senior citizens . . . it can mean ballroom dancing, creative writing or small engine repair.*

*You can enjoy all the fun of working and playing with others without the homework or the grades you once used to dread.*

*~Nora Beane*

"Elderly people don't have anyone to take care of them," Gladys says, "and most people don't know how to take care of them."

Social work would be Jessie Mae's first pick. "There's a lot of need for help for older people," she says. "They're lonesome, and they need help in their houses." Jessie Mae says that's a particularly urgent need in Fort Braden, which is a long drive from Tallahassee.

Sam Wilson, Gladys's husband, chose carpentry as his field of study.

"I've been in construction all my life — light building, painting, redoing furniture. I like working with my hands, so I would probably take up a trade or something like that," he says. "I call myself a handyman, and I would like to learn the right way to do it. It's nice to know how to do it, how to start the correct way."

Sam observes, "If you don't have the education, it holds you back from so many opportunities." This year's Lifelong Learning

Extravaganza offers you the opportunity to learn more about something you've been curious about. Or you might pick a subject you've never considered before.

**Leon County  
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Leon County Senior Outreach  
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Senior Foundation, funded by  
the Leon County Commission  
and private donations.

## Thai Pineapple Fried Rice

5-6 servings as a side dish



- 3 Tbps soy sauce
- 2 tsp curry powder
- 1/2 tsp sugar (optional)
- 2-3 Tbsp cooking oil
- 3-4 cups cooked rice, preferably several days old (tip: put freshly cooked rice in the refrigerator for an hour or more, uncovered, to get the right texture)
- 3 cloves garlic, finely chopped
- 1/4 to 3/4 tsp dried crushed chili flakes
- 1 egg
- 1 /2 cup frozen peas
- 1 small carrot, grated (about 1/4 cup)
- 1/4 cup vegetable or chicken stock (or water)
- 1 /4 cup raisins
- 1 small can pineapple chunks, drained
- 1/2 cup unsalted roasted cashews OR raw cashews (if you use raw cashews, roast them for a few minutes in an ungreased wok or frying pan over medium heat, stirring constantly until they are golden brown)
- 3 green onions, finely sliced (optional)
- 1/3 cup fresh coriander (optional)



In a small bowl, mix the soy sauce with the curry powder (and sugar, if desired). Set aside.

In a large bowl, mix 1 Tbsp oil with the rice, using your fingers to separate any chunks into grains. Set aside.

In a wok or large frying pan, heat 1-2 Tbsp oil over medium-high heat. When oil is hot, add garlic and chili, stir-frying until fragrant (about 1 minute). If the pan becomes dry, carefully add a little water or stock, 1 Tbsp at a time, to keep ingredients sizzling. Crack the egg into the mixture in the wok and scramble. Add the peas and carrot. Stir-fry 1-2 minutes, adding more stock if needed. Add the rice, pineapple chunks, raisins, and cashews. Drizzle the soy sauce/curry powder mixture on top and gently stir-fry over medium-high heat until the rice "dances" (makes popping sounds) (about 5 to 8 minutes). Add a little oil to the pan if needed.

Remove from heat. Add salt or soy sauce to taste. Scoop rice onto a serving platter or into serving-size bowls. Top with green onions and coriander.

**EXPLORE ~ EXAMINE ~ EXPERIENCE**



Opening Reception with **VOCES ANGELORUM** Sunday, October 16 4 – 5:30 p.m. Tallahassee Senior Center ~No charge ~ Hors d'oeuvres will be served~



Closing Luncheon featuring **DR. MICHAEL V. GANNON** 12 – 1:30 p.m. Tallahassee Senior Center 1400 N. Monroe St. ~ 891-4000 ~Tickets are \$10 and can be purchased when you fill out the registration form.~

**October 16-21, 2011**

*L3X is a week of 27 exciting classes, field trips, and lectures. Here are two of them:*

**Blues**

Join fellow blues fans for a special night out at the fabled Bradfordville Blues Club, featuring a surprise guest musician and a fabulous down-home dinner cooked for you by Ms. Ernestine. You'll learn about the history of one of Leon County's last juke joints, with a talk and film presented by club owner Gary Anton. It's happening on Tuesday, October 18, from 6 to 8 pm.



For transportation information, call Toni Walmsley at 891-4009.

**Bridges**

Bridge designer Denney Pate will offer a lunchtime talk on Monday, October 17, at FIGG Engineering's office. FIGG is internationally famous for blending up-to-the-minute technology with the enduring principles of design — creating masterpieces of both form and function.



Come see a slide show of FIGG's elegant designs, and you will look at bridges with new eyes. Please register soon, as seating for this special event is limited.

**L3X is a partnership with . . .**



Tallahassee Senior Center and Foundation

Leon County Senior Outreach

Capital City Christian Church

Tallahassee Community College

**Special Thanks to Our Sponsors**

The complete event program and registration form are available at The Tallahassee Senior Center and at [www.talgov.com/seniors](http://www.talgov.com/seniors). Class fees range from \$5 to \$40.

Registration is first-come, first-served. Classes are open to everyone, but if a class fills, priority will be given to those age 55 and older. For more information, contact Hella Spellman (891-4007, [hella.spellman@talgov.com](mailto:hella.spellman@talgov.com)) or Andrea Personett (891-4003, [andrea.personett@talgov.com](mailto:andrea.personett@talgov.com)).





# Leon County Senior Outreach

October/November 2011

## Bradfordville

**Bradfordville Lunch and Learn:** Wed, Oct 12 & Nov 9, 10:30 am – 12:30 pm. **Wildwood Presbyterian Fellowship Hall**, 100 Ox Bottom Road. Suggested \$6 for lunch.

### Historic Bradfordville Schoolhouse, 3439 Bannerman Road

**Adventures in Acrylic:** Instructor: Keith B. McCulloch. Tue, 2:30 – 4:30 pm, Oct 25, Nov 1, 8, 15, 29, Dec 6 (six weeks). Skill Level: Beginners (but all are welcome). \$48 seniors (55+); \$60 others. Registration required. Call 891-4016.

**Draw With Your Eyes, Paint With Your Heart:** Instructor: Mark Fletcher. Wed, 1 – 4 pm, Oct 26, Nov 2, 9, 16, 30, Dec 7 (six weeks). Skill Level: Beginning – Intermediate. \$48 seniors (55+); \$60 others. Registration required. Call 891-4016.

**Oil Painting with Eluster:** Instructor: Eluster Richardson. Fri, 1:30 – 4 pm, Oct 28, Nov 4, 11, 18, Dec 2, 9 (six weeks). Skill level: All. \$48 seniors (55+); \$60 others. Registration required. Call 891-4016.

**Senior Fitness Beginners:** Tue & Thur, 10:30 – 11:15 am. Suggested \$2 donation.

**Senior Fitness Intermediate:** Tue & Thur, 11:30 am – 12:30 pm. Suggested \$2 donation.

**Senior Fitness – Afternoon Class:** Tue & Thur, 1 – 2 pm. Suggested \$2 donation.

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

**Fall Lifelong Learning Series:** Call 891-4065 for schedule.



## Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

**Chaires-Capitola Lunch and Learn:** Tue, Oct 25 & Nov 22, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

**Drawing and Painting Workshop:** Wed, 1 – 3:30 pm, Oct 26, Nov 2, 9, 16, 30, Dec 7 (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.

**Bollywood Fitness:** Tue & Thur, 9 – 10 am. Suggested \$2 donation.



## Ft. Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

**Ft. Braden Lunch and Learn:** Tue, Oct 18 & Nov 15, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

**Beginning Painting with Oils & Acrylics:** Instructor: Robert DeWitt Smith. Thur, 2 – 5 pm, Oct 27, Nov 3, 10, 17, Dec 1, 8 (6 weeks). Skill level: Beginners. \$48 seniors (55+); \$60 all others. Registration required. Call 891-4016.

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

**Zumba Fitness:** Mon, Tue, Wed, & Thur, 6:30 – 7:30 pm. \$3 per class (under 55), \$2 per class (55+).

## Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

**Miccosukee Lunch and Learn:** Thur, Oct 6 & Nov 3, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

**Bus Trip to WalMart:** Friday, Oct 7 & Nov 4, 10 am – 12:30 pm. \$2 round-trip.

## Woodville

Woodville Community Center, 8000 Old Woodville Rd

**Woodville Lunch and Learn:** Thur, Oct 13 & Nov 10, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

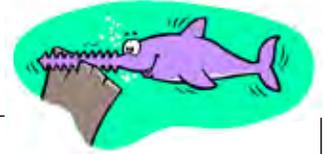
**Senior Fitness Class:** Mon and Wed, 8:30 – 9:30 am. Suggested \$2 donation.

**Zumba Fitness:** Mon, 6:30 – 7:30; Wed, 6 – 7 pm; Sat, 8:45 – 9:45 pm. \$3 per class (under 55), \$2 per class (55+).

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

# Calendar

Call 891-4065 or 891-4033 for more information



## Grandparents as Parents (GaP)

### GaP Support Lunch

Wed, Oct 26 & Nov 30, 12 – 1:30 pm. Leon County Public Library, 200 W. Park Ave. Program Room A. Complimentary lunch provided for grandparents and other relative caregivers. Reservations are required. Call 891-4008.

### GaP Fall Social

Sat, Oct 1, 10 am – 12 pm, Lafayette Park, 501 Ingleside Ave. Come join the fun with the whole family. Reservations required for all attending. Call 891-4008.



Contact Ashley Webb at 891-4008 or [Ashley.Webb@talgov.com](mailto:Ashley.Webb@talgov.com) if you would like more information or to RSVP for any events above.

## Coming Events

**Lifelong Learning Extravaganza (L3X)**, Sun – Fri, Oct 16 – 21: See page 3 of this newsletter for more information.

### Join Leon County Senior Outreach for a Fish Fry and Flu Shot

In partnership with the Leon County Health Department, Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, will be offering flu shots from 10 to 11 am at the Lunch & Learn events listed below. (See the calendar on page 4 for Lunch & Learn locations.)

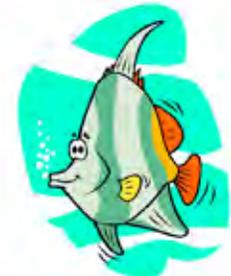


This service is free for those with Medicare Part B. You must bring your Medicare card (and supplemental insurance card if you have it), and a valid picture I.D. For those without Medicare Part B, the cost is \$22.

Enjoy deliciously hot, southern-fried fish with all the trimmings afterwards. Suggested \$6 donation for lunch. Each Leon County Lunch & Learn also features health screenings, exhibitors, entertaining presentations, fun and fellowship! Call 891-4065 for more information.

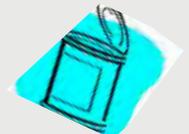


Chaires Lunch & Learn, Tue, Sept 27  
Miccosukee Lunch & Learn, Thur, Oct 6  
Woodville Lunch & Learn, Thur, Oct 13  
Fort Braden Lunch & Learn, Tue, Oct 18



## Come Join the Fun!

**Don't forget to bring a canned good to the next Lunch and Learn (the new name for Senior Day). Donations benefit the food pantry at Elder Care Services. Thanks for your generosity!**





Leon County Senior Outreach

Micosukee Lunch & Learn



## 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 Resource Coordinator



Q: How can I get started with computers?

A: A whole new world awaits you! Here are three options:

- The Leon County Schools Adult and Community Education (ACE) offers a six-week course called Introduction to Keyboarding. It is taught at the Tallahassee Senior Center and at the ACE campus (283 Trojan Trail, off Capital Circle NE). Pre-registration is required. Applications are available at the Senior Center reception desk. There is a long waiting list, so the sooner you apply, the sooner you will get in. This class (or teacher approval) is the prerequisite for other ACE computer classes on e-mail, Microsoft Word, the Internet, and other topics.

- Tallahassee Community College offers a free three-hour computer basics class (course code: ITW0500). In spring 2012, it will be taught at:

TCC Capitol Center, 300 W. Pensacola Street, Tallahassee: Tuesday, Jan. 10, 6:15 – 9 pm

Quincy House, 216 North Adams St., Quincy: Thursday, Jan. 19, 6 – 9 pm

Wakulla Center, 5 Crescent Way, Crawfordville: Thursday, Jan. 26, 6 – 9 pm

Pre-registration for this course is **not** required. Call 201-8760 for more information.

- The LeRoy Collins Leon County Public Library (200 West Park Avenue, Tallahassee) gives a series of three free classes (basic mousing, basic Internet, and basic e-mail) on the first three Thursdays of every month from 6:30 – 8 pm. Pre-registration is required. Sign up at the Reference Desk or call 606-2665 (606-2603 TDD).

**CORRECTION** to the August/September issue: The phone number for the U.S. Department of Housing and Urban Development (HUD) is **1-800-225-5342**. Apologies from your editor!

*Direct your questions about senior resources to the Senior Resource Coordinator  
by calling 891-4043 or e-mailing [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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Return Service Requested

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



**SPECIAL SENIOR**

**Mary Snell**



Church and grandchildren keep Mary Snell very busy, and she dreams of adding overseas adventure to her life.

Mary lived for many years in Fort Lauderdale, where she raised her children. She worked for BellSouth for 34 years.

Now retired, she's been in Tallahassee since 2007. "I came here to visit my daughter, and I ended up staying," she says. "At first, it was a little quiet for me, but it's grown on me."

Both of her children live in Tallahassee. Her son, Brian, was drum major for the Florida A&M University's marching band and now tours internationally with DRUMLine Live. Mary's daughter, Chandra, is a professor and doctoral student at FAMU. Mary takes care of Chandra's son and occasionally looks after Brian's two children.

The Grandparents as Parents (GaP) program, which she discovered three years ago, helped make Tallahassee feel like home, as did the New Life United Methodist Church, where Mary is a lay speaker.

Mary suffered a stroke in 2009. "The doctors thought they found an aneurism," she says, "but when they did surgery, it wasn't there." She says that prayer, physical therapy, and doctors restored her health.

"I feel that in life you're going to have ups and downs," Mary says. "Through it all, just try to keep a positive attitude and faith in God, keep in touch with family and friends, and always be open to new adventures."

Mary says the top item on her bucket list for 2012 is travel. She wants to visit Thailand and Israel. "It would be awesome for me to actually see the Jordan River and the Mount of Olives--different places where Jesus was." Meanwhile, she hopes to spend a little time at the beach, replenishing her resilient spirit and dreaming of far-off places.