

COMING of AGE™

Presented by Council on Aging of West Florida

LIFESTYLE MAGAZINE FOR SENIORS

WINTER 2012

Choosing a
Home Care Agency

Warm Holiday Recipes

Medicaid Managed Care

An
Exclusive
Interview
with
Dr. Ruth





COMING of AGE™

Presented by Council on Aging of West Florida

LIFESTYLE TELEVISION FOR SENIORS

Don't miss COA TV

**Mondays, Wednesdays and Fridays at
7 pm Tuesdays and Thursdays at 9 am
on WUWF-TV, Cox Cable Channel 4**



Host Jeff Nall with guest JoAnne Carney, Baptist Home Health Care

COA TV is
sponsored by


Get more from your Medicare™



#1 IN EMERGENCY
HEART CARE

WE HAVE THE PLATINUM AWARD
FROM THE AMERICAN COLLEGE
OF CARDIOLOGY TO PROVE IT.

EMERGENCY CARE *you can* COUNT ON

PENSACOLA / GULF BREEZE / ATMORE / JAY

850.484.6500 / COUNTonBAPTIST.ORG



BAPTIST
HEALTH CARE



CardiologyConsultants
an affiliate of Baptist Health Care

February/March 2013



Pensacola
magazine

Weddings 2013

Could You Be Our Next Cover Model?

We're looking for the perfect wedding model for the cover of *Pensacola Magazine Weddings 2013*, and that model could be you.

Submit up to three wedding photos
—high resolution please—

to weddings@ballingerpublishing.com, and you could be featured on the cover of the February 2013 issue. Candid shots by your professional photographer are best. Please include Bride, Groom and Photographer's name. For more information, visit www.pensacolamagazine.com or email us at the address above.

Please send us the high
resolution photos by
January 25, 2013.



Winner 2012

Pensacola Symphony Orchestra

Masterworks

Opening Night! Beethoven and Brahms

October 6, 2012 at 8pm
Featuring Fabio Bidini, piano
With selections by Smetana,
Beethoven, and Brahms

French Impressions

November 3, 2012 at 8pm
Featuring Pensacola Children's Chorus
With selections by Ravel, Fauré, and Bizet

Beethoven & Blue Jeans

January 12, 2013 at 8pm
Featuring Bridget Kibbey, harp
With selections by Beethoven, Debussy,
Copland, Tchaikovsky, and more!

Haydn and Sibelius

March 2, 2013 at 8pm
Featuring Philippe Quint, violin
With selections by Haydn, Dvořák,
and Sibelius

Russian Spectacular

April 6, 2013 at 8pm
Featuring Ian Parker, piano
With selections by Mussorgsky,
Tchaikovsky, and Rachmaninoff

The Rite of Spring

April 27, 2013 at 8pm
Featuring UWF Women's Chorus
With selections by Wagner, Debussy, and Stravinsky

Pops!

Celebrate the
New Year!
December 31, 2012
With Rich Ridenour, piano

Cirque de la Symphonie

February 9, 2013
at 8pm

Incredible Live Music

2012
2013
season

CALL NOW FOR SEASON TICKETS!

850.435.2533

www.PensacolaSymphony.com

All concerts performed at the Saenger Theatre



Jeff Nall, APR, CPRC
Editor-in-Chief

Happy Holidays! On behalf of the board of directors, staff and clients of Council on Aging of West Florida, I wish you the very best as you celebrate the season. I also encourage you to remember those who may not have as much to look forward to as some of us. There are many elderly people in our community who are facing poverty, loneliness and bittersweet memories of holidays past.

In addition to an exclusive interview with Dr. Ruth (yes, she is still around...and yes, she is as outspoken as ever), you will find information on Medicaid Managed Care, tips for selecting a home care agency and CarFit, a free program that helps mature drivers stay safe on the road.

For your more "holiday, feel good reading," please read about volunteer Pati Bryan, who has volunteered at our adult day health care center for more than 10 years. Pati was recently honored with the National Adult Day Service Award for 2012. For those who will be cooking during the holidays, you will also find great recipes from local residents on page 25.

As we bring 2012 to a close, I hope that you will consider making a year-end tax-deductible gift to Council on Aging of West Florida. More and more, we depend on community support to do what we do – care for seniors and their families in our community. If you would like to mail a check, there is a response card on page 44 that can be included with your donation. If you prefer to donate online, please visit www.coawfla.org. Your gift will be greatly appreciated.

Again, have a great holiday!

Until next time, enjoy life – you've earned it!

Readers' Services

Subscriptions

Your subscription to *Coming of Age* comes automatically with your membership to Council on Aging of West Florida. If you have questions about your subscription, call Jeff Nall at (850) 432-1475 ext. 130 or email jnall@coawfla.org. Please do not hesitate to contact Jeff with any questions or comments about your service, and thank you!

Change of Address

When calling or emailing us your change of address, please provide Council on Aging of West Florida with both the old and new addresses to expedite the change.

Back Issues

Is there an issue of one of our magazines that you just have to have? Was your relative seen in a recent issue and you lost it? Give Ballinger Publishing a call at (850) 433-1166 ext. 30, and they will find one for you.

Letters

Council on Aging of West Florida welcomes your letters and comments. Send letters to Council on Aging c/o Jeff Nall at 875 Royce St., Pensacola, FL 32503, emails to jnall@coawfla.org or contact editor Kelly Oden at Ballinger Publishing, P.O. Box 12665 Pensacola, FL 32591 or kelly@ballingerpublishing.com.

Writing Opportunities

We are always willing to consider freelance writers and article ideas. Please send queries and/or suggestions to Kelly Oden or Jeff Nall at the above addresses.

Council on Aging of West Florida
2011-2012 Board of Directors

Officers

Chair: DeeDee Davis
First Vice Chair: Caron Sjöberg
Second Vice Chair: Gordon Goodin
Secretary: Councilmember P.C. Wu
Treasurer: Ray E. Moody
Immediate Past Chair: Dona Usry

Board Members

Lorenzo Aguilar • Malcolm Ballinger • Ann Brown
Rodger Doyle • Meagan Enderson
Sonya M. Daniel • Father Jack Gray
Donna J. Jacobi, M.D.
Thomas Lampona, M.D. • Kathleen Logan
Lumon May • Robert Mills
Chaplain Larry Mosley
James M. "Mick" Novota
John Peacock • Tara Peterson • Monica Sherman
Sue Straughn • Bettye Swanston • Edgar M. Turner
Mary Taite-Williams • Denise Windham
Escambia County Commissioner Marie K. Young
Gulf Breeze Mayor Beverly Zimmern

Members Emeriti

Joe Black • Rosemary Bonifay
John Brick • Rita E. Jones
Kenneth Kelson • Zola Lett
Charles H. Overman, III • Malcolm Parker
Margaret Poppell • Ethel Tamburello

President/CEO

John B. Clark

**Vice President/Communication and
Development and Coming of Age Editor-in-Chief**
Jeff Nall, APR, CPRC

Marketing Communications Intern

Justin Wescoat

Published for Council on Aging of West Florida by

Ballinger Publishing

41 N. Jefferson St.

Suite 402 • Pensacola, FL 32502
850/433-1166 • Fax 850/435-9174

Publisher
Malcolm Ballinger

Executive Editor
Kelly Oden

Editor
Emily Lullo

Art Director
Rita Laymon

Graphic Designer & Marketing Coordinator
Kassie McLean
kassie@ballingerpublishing.com

Editorial Assistant
Josh Newby

Account Executives
Sharyon Miller • sharyon@ballingerpublishing.com
Caroline Martin • caroline@ballingerpublishing.com

Disclaimer: Coming of Age magazine is published quarterly by Ballinger Publishing for Council on Aging of West Florida, Inc. All Rights Reserved. Reproduction or use of the contents herein is prohibited. Comments and opinions expressed in this magazine represent the personal views of the individuals to whom they are attributed and/or the person identified as the author of the article, and they are not necessarily those of the publisher or Council on Aging of West Florida, Inc. This magazine accepts no responsibility for these opinions. The publisher and Council on Aging of West Florida reserve the right to edit all manuscripts. All advertising information is the responsibility of the individual advertiser. Appearance in this magazine does not necessarily reflect endorsement of any products or services by Ballinger Publishing or Council on Aging of West Florida. © 2012



Guest Coming?
Need Help?

SOUTHERN
TOUCH
CLEANING
& PAINTING

10% OFF
First Home Cleaning
(with additional booking)

The Southern Touch Cleaning Company

Already a Customer? Refer a Friend and Get

10% OFF

The Southern Touch Cleaning Company



850.932-7630

office located in

Harbourtown #24 • Gulf Breeze, FL

www.PensacolaCleaningService.com

It's a Season of Giving!
This year, join Home Instead
& local Wal-Mart locations as we
help area Senior Citizens!



Be a Santa to a
SENIOR
HOME INSTEAD SENIOR CARE®

Each year Home Instead Senior Care® spread holiday cheer to lonely or financially-challenged seniors through the "Be a Santa to a Senior" program. *Want to help?* Here's how: Visit a participating Senior tree location, remove an ornament, purchase the gift and bring ornament and gift back to participating store and give to store employee, it's that easy!

*Trees will be up November 2012
through December 18th, 2012.*

Participating Locations:

Wal-Mart at Ensley, Wal-Mart at Pace, Wal-Mart at Gulf Breeze,
Wal-Mart at Blue Angel Parkway and Wal-Mart at Creighton Rd.

Be a Santa to a Senior Today!

Sponsored by: Southern Oaks, Rosewood Manor, Council on Aging, Northwest Florida Area Agency on Aging, Pensacola Health Care, Consulate Health, University Hills, Baptist Manor, Bayside Manor, Sandy Ridge Care Center, Santa Rosa Health & Rehab, Health Care Center of Pensacola, The Haven and Bay Breeze.

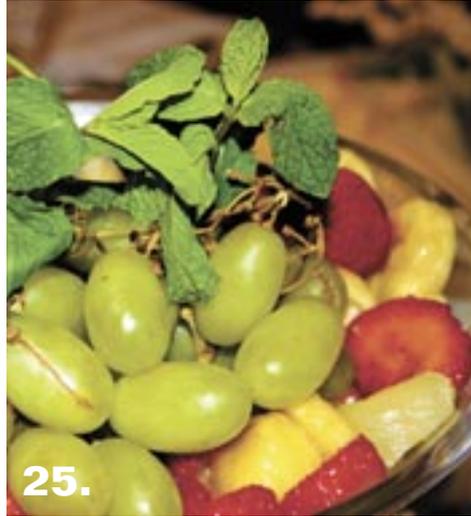
Contents

Winter 2012

COMING of AGE
WEST FLORIDA MAGAZINE FOR SENIORS



31.



25.



15.

Features

25. Warm Holiday Recipes for Cool Weather

31. An Exclusive Interview with Dr. Ruth

Departments

10. Advocacy

12. Giving

15. Safety

18. Health

20. Do-Gooder

22. Home Care

In Every Issue

38/ News from Council on Aging of West Florida

40/ Out & About

42/ Were You Seen?

44/ Members & Donors

Council on Aging of West Florida, Inc. is compliant with the Better Business Bureau's Wise Giving Alliance Standards for Charity Accountability.



I've seen breathtaking views

I've seen the miracle of everyday blessings, from the radiating brilliance of sunsets over the calming Gulf waters, to the shimmering twinkle of stars against the pitch black sky. I've watched my son, the miracle of my life, grow from a tiny bundle of joy to a great man who is larger than life! I've witnessed the joy and triumph of my students' faces as they conquer new skills each and every day.

Oh, the blessings I've seen and the blessings I've yet to see.

J. Speed, Diabetic Retinopathy Patient

The surgeons of Retina Specialty Institute are lending shape to the unknown, forging the next generation of knowledge and technology that help preserve the gift of sight from retina diseases like diabetic retinopathy and macular degeneration.

Experience visionary retina care.
Preserving. Treating. Advancing

RETINA
SPECIALTY
INSTITUTE

Sunil Gupta M.D.
Maggie Shuler M.D., Ph.D.
John Myers M.D.
Alan Franklin M.D., Ph.D.
Wright Lauten M.D.
Ryan Tarantola M.D.

RETINASPECIALTY.COM

PENSACOLA MAIN OFFICE
855.5.RETINA



By John B. Clark



John B. Clark,
President/CEO,
Council on Aging
of West Florida



Medicaid Managed Care

A few years ago the Florida Legislature created a new program called “Medicaid Managed Care.” This legislation will change how some individuals receive their health care and/or long term care from the Florida Medicaid Program. These changes were not the result of the National Health Care Reform Act.*

There will be two different programs that make up Medicaid Managed Care:

1. The Florida Long-Term Care Managed Care Program (now called the Medicaid Waiver and Assisted Living Waiver Programs) and
2. The Florida Managed Medical Assistance Program.

These changes will affect all of those people being served by Council on Aging of West Florida through what is known as the Medicaid Waiver Program and the Assisted Living Waiver Program (those elders living in an assisted living facility).*

In mid-2013, those clients who are

receiving long term care services such as case management, home delivered meals, adult day health care, homemaker and respite from the Medicaid Waiver Program; as well as those clients receiving assistance from the Assisted Living Waiver Program, will be required to receive these services from a managed care program. This will be a program that has been approved by the state. Clients will have a choice among either two or three managed care programs in our area and these programs will then be responsible for coordinating all of their long term care services.

Within the next couple of months, the Florida Agency for Health Care Administration (AHCA) will publicly announce what managed care programs are being selected for the Medicaid Managed Care Program in our area. Following that announcement, most likely sometime in the middle of 2013, elders who are receiving their long term care services through the Medicaid Waiver Program will receive a letter informing them of these changes and

requesting that they select a managed care program that will provide their services. Along with that notification will be phone numbers that elders can call to receive information and/or assistance in selecting a program that would most fit their needs.

Recognizing the impact that these changes will have on those elders in Escambia and Santa Rosa Counties who are being served by our agency in the Medicaid Waiver Programs and wanting to continue its 40-plus years of service to elders in our two county area, Council on Aging of West Florida entered into a unique partnership with the Children's Home Society of Florida and WellCare (known as HealthEase Long Term Care). This partnership will afford us a continued opportunity to provide case management and other services for elders in our area who are currently served by the Medicaid Waiver Programs. This will allow elders to continue having their services coordinated by a local agency that knows the local community and will enable Council on Aging of West Florida to continue being of service to those elders in need. And, frankly, that should ultimately be what these changes are all about—serving those elders in need. COA

*Source: Florida Long-Term Care Managed Care Program: Program Overview, AHCA August 1, 2011.



Westminster Village
Come for the Lifestyle ... Stay for a Lifetime™



A Subsidized Rental Retirement Community for Low-Income Seniors, Age 62 or Older, & Persons with Mobility Impairments.





Our Spectacular Lakefront Location boasts Majestic Oaks, Convenience to Hospitals & Downtown Pensacola



850-433-5035 • TTD: 800-545-1833 Ext. 624



Purple Pelican
Concierge, LLC

**licensed
bonded
insured
gift certificates**

- General Errands
- Meal Delivery
- House Sitting
- Pet Sitting and Pet Transportation
- Mobile Notary- We even come to your hospital room or assisted living facility.

Give Us Your "To-Do" List -We'll Get it Done!

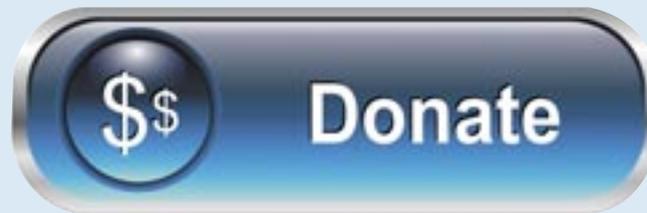
866-972-4111



www. PurplePelicanConcierge.com



Overwhelmed with end of year donation requests? Join the club.



A wise and benevolent lady once said, "If I look at the mass, I will never act. If I look at the one, I will." - Mother Teresa

It is during this time of year that I always think back to Mother Teresa's words and reflect on how true her comments are in relation to so many aspects of our lives. Whether I am looking at a sink of dirty dishes from holiday meal preparations or thumbing through a stack of year end donation requests, I am reminded of just how overwhelming almost anything can be when looked at en masse. For me the only way to motivate myself to clean the kitchen or decide who is most deserving to receive my hard-earned money is to stop and ask, 'Who will benefit most from my action and how many can I impact?' To think of this in business terms, what will my ROI (return on investment) be? Clearly by washing the dirty dishes my family will benefit, but that stack of very worthy causes and their requests cannot be calculated as easily.

While there is no exact formula, there are some basic things that you can consider when deciding who or what will be offered a piece of your proverbial 'end of year' pie.

Personally I try to concentrate my charitable giving on local nonprofits where I can have the satisfaction of seeing how my investment helps make our community better for my neighbors. The first question I ask myself is "Who else in our community does this?" Duplication of services can

be a huge factor in how much impact you might have on a specific group of people.

One example of this in practical application could be the Toys for Tots, Angel Tree and many other holiday campaigns that provide toys for children during the holiday season. Without question we all want children to wake up and experience a magical holiday season, but we might also want to consider the opposite end of the spectrum and remember those seniors in our community who may wake up each and every morning wishing for even the basic necessities to live. There are literally hundreds of organizations that primarily work with children and amazingly few that focus on our growing elderly population. In this instance your impact might be wider felt by making an investment in the cause with fewer programs - making your donation a "big fish in a little pond" if you will.

My next step is to take a look at the financials for any organization that I am considering. Most nonprofits will share their annual reports and IRS form 990 on their websites, or you can contact them and ask for financial information. Beware the ones who refuse to give you access to such information - they usually have a reason why they don't want you to see it! Red flags are generally things like very high administration costs, low percentages of funding going to direct program expenses and high fundraising costs. It's great to raise a lot of money at an event, but it's not so great if an agency spends half of the money raised

putting on the event. The most effective organizations spend at least 75 percent of their budgets on direct programs and services. One easy way to do your homework is to make sure that any organization you are considering has the Better Business Bureau Wise Giving stamp of approval – they do the math for you.

Perhaps the hardest part of this process is separating the heart from the head when making investment decisions. Everyone is familiar with the sad television commercials that show starving children and mistreated animals and your heart goes out to them all. You simply cannot help them all – no matter how much money you have to donate. This is where Mother Teresa and her wisdom come into play for me. I know that I cannot help everyone who needs it in our community, but I CAN help that one person in need. My investment may be the difference between one person having nutritious meals or going hungry, or as simple as an elderly gentleman having someone help with simple chores he can no longer do for himself.

As the holidays come it's important to remember those less fortunate, and extend what help you can. You can even be selfish; one of the biggest benefits of giving is that you'll feel great about doing it. Regardless of who you decide to donate to, don't let your charitable giving go to waste. While your heartstrings might get tugged in one direction or another, taking a few minutes to do some basic evaluations can do a lot of good in our community.



YOUR FATHER USED TO LEAD THE WAY.

He still can.



It's time to bring the family back together and work from your parents' wisdom. Faith and experienced care meet at home, where all your family's journeys began.

Covenant
HOSPICE
Licensed in Florida in 1983

Care when it counts the most.

Escambia and Santa Rosa counties:
202-0840 • covenanthospice.org

Legal Guidance for Issues on Aging

www.ourfamilyattorney.com



**Waddell
&
Waddell P.A.**
ATTORNEYS AT LAW

- LONG-TERM CARE PLANNING
- LIVING WILLS
- ASSET PROTECTION
- VA PLANNING
- NURSING HOME MEDICAID QUALIFICATION
- POWER OF ATTORNEY
- GUARDIANSHIP
- WILLS, TRUSTS & PROBATE

CALL: 850-434-8500

1108-A North 12th Ave
Pensacola, FL



JASON A. WADDELL
Elder Law Attorney

The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.



Introducing Senior Extra. It's new. It's free.
With all the extras for health-minded adults.

Wouldn't you know that Santa Rosa Medical Center would think of a program this exciting, this event-packed, this benefit-filled. Senior Extra is designed to help you get the most out of your lifestyle through active, independent and healthy living. Everything we do centers on your health and wellness—from educational sessions to health screenings. Here are just some of the extras available to you when you join Senior Extra at Santa Rosa Medical Center:

- Monitor your health at Senior Extra free screenings
- Attend Senior Extra programs and events
- Save with Senior Extra community discounts
- Access www.SeniorExtra.com as an information resource
- Free Senior Extra Newsletters

*With Senior Extra, membership is free. And the benefits are priceless.
Join today at www.SeniorExtra.com*

Santa Rosa
●●● MEDICAL CENTER
Close By. Far Better.



CarFit - Helping Senior Drivers Find the Right Fit for Their Car



Although Henry Ford didn't invent the world's first vehicle, he is often credited with starting America's love affair with the car. His moving assembly belt production facilities made it possible for even middle class Americans to own a vehicle, and by 1918 nearly half of all vehicles in America were Model T's. As he famously stated in his autobiography, "Any customer can have a car painted any color that he wants, as long as it is black." Much has changed since those days: cars come in all sizes, shapes and colors. Anyone looking to purchase a vehicle can easily be overwhelmed with all of the choices in today's market. Today's consumer must decide between styles that come with electric, hybrid, gasoline or diesel engines and a plethora of colors ranging from black (just like the first Model T) to pearlescent and even color changing metallic.

One thing that hasn't changed, though,



You can be a daughter again. Let us help.

Whether you are looking for someone to help an aging parent a few hours a week, or need more comprehensive assistance, Home Instead can help.

- Companionship
- Meal Preparation
- Personal Care
- Medication Reminders
- Shopping & Errands
- Light Housekeeping

Call for a free, no-obligation appointment

850.477.1947

Each Home Instead Senior Care® franchise office is independently owned and operated. ©2011 Home Instead, Inc.

Serving Greater Pensacola Area

Home
Instead
SENIOR CARE®

To us, it's personal.

www.homeinstead.com/pensacolafl

License # 227888 #299992539

is the fact that Americans still love their cars. From the 16-year-old just learning to drive to the retiree traveling from state to state in a luxury motor coach, cars represent something else Americans are quite fond of: freedom. With freedom, however, comes responsibility. While technology has allowed auto manufacturers to make cars that are safer than ever, it is ultimately up to the driver to learn how to use that technology to his/her advantage. This especially holds true for today's senior drivers, who according to the latest census, are the fastest growing population in the United States. By 2030, one in five drivers will be age 65 or older, which means there will be more than 30 million older drivers on our roads. Because of their fragility, seniors have the highest crash death rate of everyone except teenagers.

Enter CarFit: a program developed in collaboration with the American Society on Aging, AAA, AARP and the American Occupational Therapy Association. CarFit is the first program to offer older adults the opportunity to check how their personal cars "fit" them. Trained professionals lead drivers through a 12-point checklist with their vehicle, recommend car adjustments and adaptations and offer community specific resources and activities that could make their cars "fit" better or enhance their safety. In most events, an occupational therapist is on hand to provide information to older drivers on how to maintain and strengthen driving health.



**COLDWELL
BANKER**

UNITED, REALTORS®

Newell Hutchinson, Realtor

"Whether buying or selling real estate, choose a professional Realtor you can trust, I can take you from financing needs to contract to closing!"

GRI - Graduate of Realtor Institute
SRES - Senior Real Estate Specialist
CDPE - Certified Distressed Property
Member NAR - National Assn of Realtors
Top Gun Award Recipient
Former Banker of 15 Years

Member Pensacola Symphony Orchestra - Clarinetist
Member Northwest Florida Symphony Orchestra - Clarinetist
Graduate Cincinnati Conservatory of Music

Office: 850-432-5300 • 1-800-346-6289 • Cell: 850-516-4564
4475 Bayou Boulevard • realtornewell@cox.net • www.cbunited.com

The Escambia County Sheriff's Office and Gulf Breeze Police Department have partnered with local organizations to bring CarFit to Northwest Florida. Most recently, an event was held at Hillcrest Baptist Church.

Seniors were able to drive away with a new-found confidence and knowledge of their vehicle.

"We CarFitted my mom and she was so very impressed when you showed her that her seat belt does adjust! She has told everybody about it," said a CarFit participant.

"A lot of times what we will see is that seniors will not wear their seatbelt or they have it improperly adjusted, and what we hear is that it is uncomfortable on their neck or it's physically impossible for them to fasten their seatbelt due to arthritis or other health issues," said Fran Carlin Rogers of Carlin Rogers Consulting, LLC out of Orlando. In addition to seatbelt usage, the Senior Transportation Consultant and CarFit Instructor has noticed other trends. "From a study that we did of 1,400 Florida drivers, what we saw was that two-thirds of the drivers come away with recommendations about their mirrors. Another thing that is really staggering for me is the steering wheel tilt. Forty-seven percent of our participants come away with recommendations on how they should change their steering wheel tilt."

For more information on CarFit, or to host an event at your senior center, retirement home or church, contact Rhonda Ray with the Escambia County Sheriff's Office at 436-9553. 

rë-nàl-ūs who?

In 1999, we founded Pensacola Nephrology P.A. to serve the growing need for kidney care in the Pensacola community.

In 2000, we acquired The Kidney Group to become the largest independently owned and managed private kidney practice on the Gulf Coast.

In 2012, we're unveiling the next big thing: Pensacola Nephrology P.A. and The Kidney Group are now Renalus Center for Kidney Care.

Discover more at Renalus.com

Pensacola | Ft. Walton Beach | Milton | Crestview
Andalusia | Atmore | Brewton | Century
Defuniak Springs | Miramar Beach | Jay

Humam Humeda, M.D.
Edward Friedland, M.D.
Ronnie Wiles, M.D.
Christopher S. Reid, M.D.
Nicholas Nagrani, M.D.
Maged Nashed, M.D.
Derek Jimenez, M.D.
Haitham Qader, M.D.
James P. Martin, D.O.

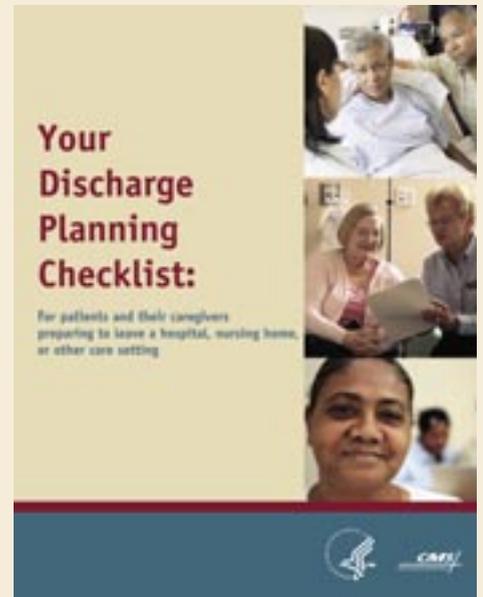


renalus
Center for Kidney Care

1619 Creighton Road
Pensacola, FL 32504
1.888.9KIDNEY



Medicare to Reward Hospitals for Providing Better Care



Heart failure. Pneumonia.

Heart attack. If you or a loved one suffers from one of these health conditions, you will want to make sure you get the right follow-up treatment. And starting this month, your local hospital will have a financial interest in making sure you do, too.

While politicians talk about how to reduce Medicare spending in the future, some steps are being taken right now as a result of the Affordable Care Act (the health care law). One of the big improvements the law made is to encourage hospitals to do a better job and get it right the first time. This will help prevent what are called “avoidable readmissions.” That’s when a patient has to go back into the hospital shortly after being discharged.

Beginning this month, hospitals that have high rates of readmission for three health conditions—heart failure, pneumonia, and heart attack—will have their Medicare payment rates reduced. Over the next few years, more conditions will be added to the list.

Why is this needed? Because evidence shows that too many patients end up back in the hospital when they don’t get the right care while they are there or when they are being discharged.

Of course, sometimes patients need to be readmitted through no fault of the hospital—for example, the person may need multiple surgeries to treat a particular condition. But too often, these readmissions could have been prevented with better care. For example, if no one at the hospital explains to a patient how to take their medications when they’re being discharged, they might easily end up with complications that put them back in the hospital. Until now, that hospital would have been paid when the patient was readmitted. So a hospital that didn’t do a very good job could easily get paid more than a hospital that kept its patients healthier.

Clearly, we want to reward hospitals for taking good care of their patients, not for giving them inadequate care. Changing the financial incentives will encourage hospitals to provide better care in the first place. For example, hospitals can do a better job when the patient is in the hospital by ensuring that all staff wash their hands frequently, which prevents the spread of infection. Hospitals can also improve communication with patients (and their caregivers) and with other health care providers who care for the patient. For example, they can make sure patients know how to care for themselves when they leave the hospital and that

their regular doctors know what tests were performed at the hospital and what medications were prescribed.

You have a role to play, too. A stay at a hospital can be overwhelming, but you need to take the time to ask important questions about your care plan and to make sure you understand it. You can ask a family member or friend to help. There are also several resources that you can use to help you through this process. The Family Caregiver Alliance provides a guide for families and caregivers that they can use during the hospital discharge planning process; this guide can be found online at www.caregiver.org under "Fact Sheets." Medicare has created a checklist you can use during discharge from a hospital; the checklist is available online at www.medicare.gov/publications/pubs/pdf/11376.pdf. And if you ever have concerns about the quality of the care you receive, you can contact your local Medicare Quality Improvement Organization (QIO). You can find your local QIO by visiting www.ahqa.org and clicking on QIO Locator. To contact the Florida Medicare Quality Improvement Organization call 813-354-9111. To learn more about how a QIO can help, visit www.medicare.gov/Publications/Pubs/pdf/11348.pdf.

Hospitals can greatly improve the outcome for patients by taking proven steps, such as patient education. No one wants to be in the hospital, and you certainly don't want to have to go back if that can be avoided. This change to the way hospitals are paid is a smart first step to improving care for all of us. 



We take **SHINGLES** seriously because everyone who's had the chickenpox is at risk. (That's 90% of Americans!)

We accept Medicare Part D
Call to see if your plan qualifies

ProHealth offers the Shingles vaccine in 4 locations	Pensacola	850-434-6168
	Crestview	850-689-7592
	Milton	850-626-3430
	Ft. Walton Bch	850-243-2900

www.prohealthfl.com

AFFORDABLE HOME CARE SERVICES

<ul style="list-style-type: none"> Meal preparation Errands & shopping Doctor's appointments Medication reminders Light housekeeping General supervision Companionship 		<ul style="list-style-type: none"> Bathing / Toileting / Grooming Turning / Transferring Feeding Respite RN Case Managers Dressing Alzheimer's / Dementia Care
---	--	---

Granny NANNIES

We serve Escambia, Santa Rosa, Okaloosa and Walton Counties
 Licensed, Bonded & Insured • Lic#: NR30211252
 Certified Nursing Assistants and Home Health Aides
 available from one hour to 24 hours a day

4000 Highway 90, Suite G, Pace, FL 32571
850-995-0599
www.grannynannies.com

A Helping Hand and a Gentle Heart

Local Volunteer Receives National Recognition



Pati Bryan pictured on the left in the yellow shirt

The success of non-profit organizations such as Council on Aging of West Florida depends heavily on the generosity and kindness of others. Those who volunteer do not seek recognition or favors in return for their services. Instead, volunteers and donors desire to give back to the community through the kindness of their hearts. Volunteers only seek a simple sign of gratification from those they help: a smile. Those who provide aid to organizations such as Council on Aging of West Florida tend to go above and beyond expectations as volunteers and receive plenty of recognition in return.

This is the case for Pati Bryan, the winner of the National Adult Day Service Award for 2012. Pati has been a volunteer at the Council on Aging of West Florida since 2002. She does anything she can to assist the Council with providing services and care to many seniors in

need. “She has a heart of gold,” describes Sandie Holtry, the director of the Council’s adult day health care center.

The award is given to one volunteer in the country to recognize the commitment and sacrifice made by the recipient to a non-profit organization. Pati has exemplified the meaning of this award by ensuring others come before herself at Council on Aging of West Florida. Pati was recognized due to her incredible amount of hours logged (over 6,500) and her exceptional kindness to others, by treating each person she encounters as if they were of her own kin. Pati found Council on Aging of West Florida shortly after the death of her parents in May 2001. She said she just wanted to “see what she could do to help.” Her first assignment was to be a friendly visitor, and that she was. Pati would visit an elderly couple almost every day; a time to which the couple always looked forward. She quickly befriended

the couple, and when the gentleman was in need of special care, Pati was quick to find many options for him from the Council.

If you were to mention Pati's name to anyone at the Council, their face would immediately draw a smile and their spirit would be lifted. Betty McLeroy, program manager of volunteering at the Council, always has a story to tell when she hears a discussion about Pati. "If you see Pati, you will see Pati's smile. It simply radiates from within like the bounce in her step, and it is contagious!"

Self-motivated, Pati sees what needs to be done and does it. She will tackle any task on any given day, be it cleaning the oven, refrigerator, doors and/or walls. She has even been known to weed-whack the back yard, pull weeds in the flower garden, plant flowers, and spread mulch. For Pati, no job is too big or too small!

Even in her own words, Pati shows the kindness of an angel. "One of the best things about the adult day health care center is that they are interacting as a group," says Pati. "We weren't intended to be alone. We need friends and other people. I come to the center, find a friend, and when I leave after a day of volunteering, my heart is just singing. I know that I have made a difference; that I have helped somebody and I've had fun myself!"

Spoken like a true gift to the earth. One thing is for sure; we need more Patis in this world.



CARE Staff
The Home Care & Staffing Source

- RN, LPN, CNA's
- Home Health Aide, Companion, Homemaker Service
- Available 24 Hours A Day.

#HHA299991520

"When Someone You Love Needs a Nurse"
850.475.9000 • www.care-staff.com



**Cardon Appraisals
& Estate Sale Services**

Your Caring Professional Team
We can assist you with one piece or entire Estate.

Accredited Appraiser
International Society of Appraisers

Elodie & David Alexander

433-6427 & 380-3372

824 East La Rua Street
www.cardonestatesales.com • www.lamaisondelodie.com

Tips for Choosing a Home Care Agency

Baby Boomers in Florida are finding exciting options available that will allow them to age in the place of their choice. Since the 1980s the home care industry has expanded its role, enabling aging to take place in the least restrictive environment. We can now choose to age in our own homes with a variety of supportive services, reside in independent or assisted living facilities or with families. Home care provides services for short-term assistance with activities of daily living to 24-hour care. The informed consumer who explores the various options available will be able to select services that meet their needs and the needs of their families.

The Florida Agency for Health Care Administration (AHCA) oversees the licensure of home care agencies. Each company is licensed to provide the services of their choice, much like a cafeteria plan. For instance, in Florida a homemaker/companion company may also hold a license for personal care. Without the additional licensure, a homemaker/companion company cannot provide hands on care. When inquiring about services, you should ask all providers which services they are licensed to provide. An inclusive list of services is available from AHCA at www.ahca.myflorida.com or by calling toll free at 1-888-419-3456.

As diverse as those served, home care companies

offer a variety of services through variable delivery methods. For safety purposes, ensure the company you select is licensed through AHCA, is a Drug-Free Workplace, holds insurance and is bonded. All employees should have a current background screen, be tested for drugs, and have verifiable work experience. As an informed client, you should ask questions about the policies/procedures that a company practices, how long they have been in business and the safeguards used to ensure the quality of services.

Entrusting your care or that of a loved one to a provider that screens to high standards, supervises caregivers and fosters professional relationships with you and your family is paramount to all other concerns. A plan of care, a living document that directs the services is created among the agency, the client and loved ones. You should be asked to participate in the plan of care. A dedicated human resource director should be able to answer any questions about screening, skill validation, ongoing education/training and hiring practices. AHCA can provide the latest information on the statutes or laws of Florida. Laws change frequently and savvy consumers will want to keep up with the changes. Once you have identified your needs, you are ready to begin selecting a home care provider. Consideration must be given to location, cost, need and opportunity. Select established companies; compare quality assurance measures, licensure, cost

and availability.

The growing home care industry has solutions for those who choose to age in their homes, independent living, in assisted living facilities or with a family member. The trick is to not limit your possibilities, or those of your loved ones. As unique as the individual, home care can be adapted to meet the needs of our aging population seamlessly.

Lou Donaldson is the Administrator of TLC Caregivers located at 4400 Bayou Blvd, Pensacola. Since 1989, TLC and the TLC team have been providing companion/ homemaker and personal care services to residents in both Escambia and Santa Rosa Counties.

Just as Council on Aging of West Florida does, all home care agencies who have agreements to provide services to our clients are required to sign affidavits of compliance stating that all their applicable employees meet the statutory requirements for background screening pursuant to state law and the rules established by the Florida Department of Elder Affairs. Though procedures are in place to screen individuals who work in the home care industry, family members are always encouraged to be aware of what is happening in the homes of their loved ones. To report abuse, neglect or exploitation in Florida, call 1-800-96ABUSE (1-800-962-2873). 



The Health Center of Pensacola

"Exceptional Care in an Exceptional Setting"

Our 5-star CMS rated facility offers hotel-like accommodations and provides a comprehensive, interdisciplinary approach to your individualized plan of care. Our dedicated team of doctors, nurses, therapists, and social workers can assure that you are getting only the best for you and your family. Together we will achieve your highest level of independence.



Rehabilitation Services

- Physical Therapy
- Speech Therapy
- Occupational Therapy
- Respiratory Therapy

Introducing our newest team member, renowned Director of Rehabilitation Sera Dunn, SLP

8475 University Parkway
Pensacola, FL 32514
850-474-1252

www.healthcenterofpensacola.com

AHCA # 299993834

IN-HOME SENIOR CARE

There's a *Comfort Keeper*® Close By

Comfort Keepers® provides in-home care services that help seniors live safe, happy and independent lives in the comfort of their own homes.

Pensacola 850-791-6700

Niceville 850-279-6310



**Comfort
Keepers.**

Each office independently owned and operated. © 2011 CK Franchising, Inc.

WWW.COMFORTKEEPERS.COM

Official Winterfest Guide
 Blue Whiskers Winter Wonderland
 Christmas Parade • The Pelican Drop
 never be bored.
 FREE
 www.downtowncrowd.com
 Enroll Today for Spring Semester! 3 locations available.
 Call 850-456-1547 • pensacola.state.edu/spring
 Pensacola State College

never be bored

www.downtowncrowd.com

To advertise
 in the
 Gosport
 please call
 Simone
 Sands at
 433-1166
 ext.21

3930 NAVY BLVD • 850-456-7192
GARTHS ANTIQUES & AUCTION GALLERY
 WWW.GARTHSAUCTION.COM

From Modern to Antique...
 Let Pensacola's Most Knowledgeable
 Antique Firm Handle Your Estate.

.....><.....
 AUCTIONS • ESTATE SALES • EBAY
 - WE HANDLE EVERYTHING -

One Piece, or an
 entire Estate...
MEMBER ISFAA
 APPRAISAL SERVICES
 AVAILABLE

Locally Owned,
 We have been in
 Pensacola at the
 same location for
 over 40 years.

- SPECIALIZING IN -
 SILVER • COINS • GOLD • ART • FURNITURE
 ORIENTAL RUGS • ANTIQUE GUNS • SWORDS
 TOYS • BOOKS • PORCELAIN & CHINA

GOSPORT
 Celebrating the Centennial of Naval Aviation 1912-2012

Medal of Honor ceremony to be held today onboard NAS Pensacola

Deadline for retroactive stop loss special pay extended

Marine Lieutenant's mentor local teens

LARGER THAN LIFE
 Telephone • Internet • TV
 ONLY 1 YEAR FOR 12 MONTHS

www.gosportpensacola.com

Warm Holiday Recipes for Cool Weather

Written and photographed by Josh Newby



Ellen Marks' Thanksgiving Table

As the crisp, holiday season is now fully upon us, these recipes, submitted by *Coming of Age* readers in the area, are sure to warm your hearts as well as your body and soul. One is a time-honored pie passed down from generation to generation, while another is a delectable stew that is guaranteed to put a smile on the faces of family and friends. So let these experienced cooks inspire your cooking this season as you set out to quench your holiday appetite.

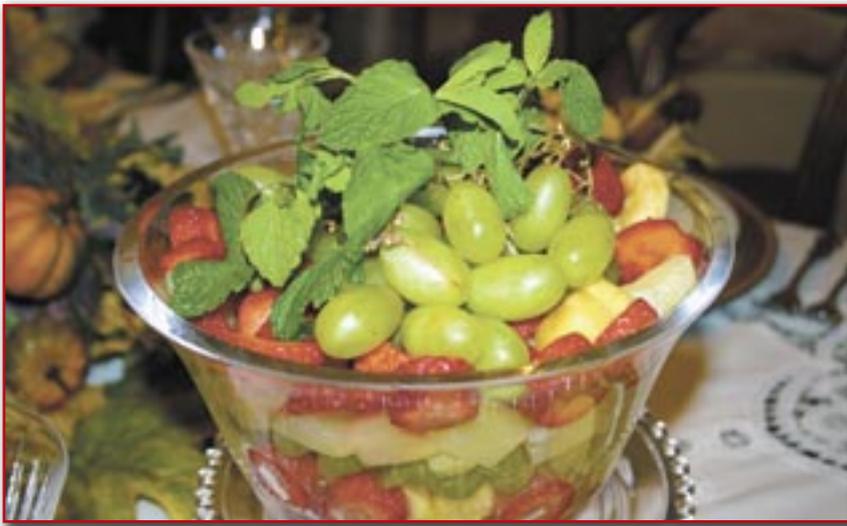
Ellen Marks, a veteran cook who began entering bake-offs and other competitions at the age of 12, says that she inherited her expertise from her mother. She moved to Pensacola in 1954 and began a catering service in the 1980s, which inspired her to publish a cook book, *Cooking with Southern Accents*.



The first recipe she shared with COA is a sweet potato chiffon pie.

2 cups of cooked mashed sweet potatoes
1 cup of sugar
2 eggs, separated
½ cup of butter at room temperature
½ teaspoon of cinnamon
¼ teaspoon of nutmeg
½ teaspoon of vanilla
¼ teaspoon of lemon extract
¼ teaspoon of salt
½ cup of heavy cream
¼ cup of sugar for egg whites
One 9" unbaked pie shell

In large mixing bowl, combine sweet potatoes, beaten egg yolks and butter. Beat until fluffy. Add heavy cream, spices, salt and flavoring, mix well. Whip egg whites until foamy, add sugar and whip until peaks form. Fold in potato mixture. Pour into pie shell. Bake at 350 degrees for 45 minutes or until done. Serve with whipped cream if desired.



The second recipe is for a fruit salad with pineapple dressing.

- 1 large package of fresh strawberries
- 3 large bananas, sliced
- 1 ½ pounds of green grapes
- 1 large box of sugar-free vanilla pudding (don't cook)
- 1 large can of pineapple chunks, drained
- 1 tablespoon of lemon juice

Pour lemon juice over bananas and set aside. In 1 ½ quart glass bowl, put layer of strawberries and sprinkle with 3 teaspoons of vanilla pudding. Repeat layers using bananas, grapes and pineapple. Serve in small salad bowl, topped with pineapple dressing.

To make the pineapple dressing...

- 1/3 cup of sugar
- 4 teaspoons of cornstarch
- ¼ teaspoon of salt
- 1 cup of pineapple juice
- ¼ cup of orange juice
- 2 eggs, beaten
- 2 (3 oz) packages of cream cheese, softened

Combine sugar, cornstarch and salt in saucepan, blend in pineapple and orange juice. Cook, stirring constantly, until mixture is clear, about 5 to 8 minutes. Slowly stir beaten eggs into mixture. Return to heat, cook, stirring constantly until thickened. Beat in cream cheese. Chill, serve over fruit. Makes 2 cups.

Louise Arnett, a 76-year-old award-winning cook who doesn't mind if folks know her age, has been cooking since she was six. That's 70 years of tried and true recipes that she either inherited from family members and friends or came up with on her own. She has won two awards from the local Farm Bureau and was kind enough to share one of her delicious recipes with *Coming of Age*.

Her recipe is for a cornmeal pie, which she inherited from her grandmother and has perfected over the years.

- 1 cup of melted butter
- 1¼ cups of sugar
- 3 eggs
- 1 teaspoon of vanilla
- 3 tablespoons of cornmeal

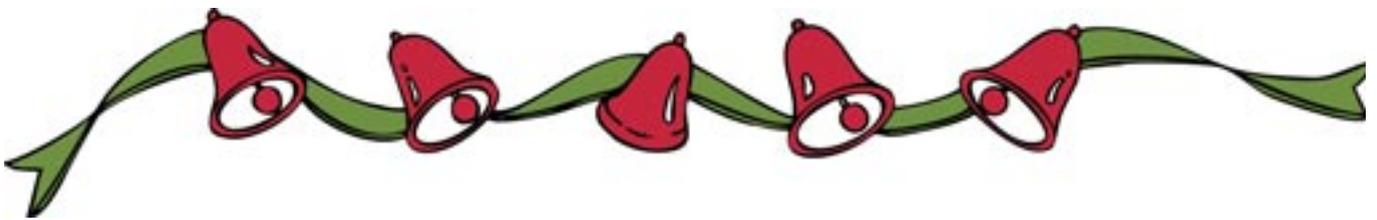
In a large bowl, mix together the melted butter, sugar, beat eggs, vanilla and cornmeal. Pour into a 9" pie shell and cook on 325 for 35 to 40 minutes.

Deborah Williams, a mother of two boys and a grandmother of one, is 61-years-old, semi-retired and loves to cook. She has been at it since age ten and made her first pound cake at the age of 12. She was born into a family of 13 and enjoys her family and seeing a big smile on their faces when they gather for the holidays.

The recipe she shared with COA is an old-fashioned oxtail stew.

- 2 pounds of oxtails—medium size
- 1 large onion, cut in chunks
- 1 large bell pepper, green, cut up
- 2 stalks of celery, cut
- 2 cloves of garlic, diced
- 1 teaspoon of salt
- 1 teaspoon of black peppers
- 1 teaspoon of garlic powder
- 1 can of cut tomatoes
- 2 cups of cut carrots
- 3 cups of petite potatoes
- 1 medium pack of cut string beans

Clean oxtail and place in cast iron pot or Crock-Pot. Add all ingredients, except the last four. Cook for 2 hours or until oxtail is tender. Add carrots, potatoes, beans and tomatoes. Let simmer for 1 hour. Let stand.



He goes by **Rev. Toms**, a minister at Bethel AME (African Methodist Episcopal) Church in Pensacola, and he has been cooking for 30 years. He works with seniors and the youth at the church and holds weekly outings for seniors in the community every Tuesday. He shared one of his more famous recipes with COA. A simple rice casserole recipe is relatively easy to make—and enjoy.

- 1 stick of butter
- 1 can of Campbell's Beef Consomme soup
- 1 can of Campbell's French Onion soup
- 1 small can of mushrooms, stems and pieces
- 1 cup of white rice

Melt butter in Pyrex dish or baking pan. Add soups and rice. Sprinkle mushrooms on top. Bake at 375 degrees for 45 minutes or until liquid is absorbed.

Northwest Florida's Business Climate Magazine



For
today's
Climate

www.nwflbusinessclimate.com

FOUR NEIGHBORHOODS
UNDER ONE ROOF



A NEW CONCEPT IN MEMORY CARE

CALL FOR A TOUR TODAY: 934-1662




Daily Living
Activities

Transportation

Non-Medical

Homemaker

Nanny Service

Drug Free
Workplace

Background Checks

Caregivers Are
Direct Employees

Licensed & Certified

Bonded & Insured

Locally Owned &
Operated

We Care For Every Generation.

When someone you love needs special help to stay at home...

Private Duty personal care

Solutions for every generation.

“Pensacola’s hometown provider
of in home care since 1989”

4400 Bayou Blvd, Suite 9

Pensacola, FL 32503

850.857.0920

tlccaregivers.com

AHCA registration number 5703

TLCCaregivers



BAY BREEZE NURSING & RETIREMENT CENTER

3387 Gulf Breeze Parkway
Gulf Breeze, Florida 32563 • 850-932-9257

MEETING THE NEEDS OF OUR COMMUNITY WITH
SHORT TERM REHABILITATION, LONG TERM CARE,
AND ASSISTED LIVING.

Ballinger

publishing

A little something
that we do.



Call 433-1166
to see what we
can do for you

Serving Seniors Along the Gulf Coast

Taking an active role in your good health is what Sacred Heart Senior Spirit is all about!
Enrollment is simple and FREE for anyone 55+.

Member Discounts & Benefits

- Free health screenings
- Monthly "Healthy Living" seminars
- Monthly "Financial Matters" seminars
- Special hospital benefits
- Cafeteria discount
- Monthly newsletter
- Pre-paid lab program
- Pharmacy discounts

**14th Annual
Senior Spirit Day**
Sat., Feb. 9th • 8:30 am - 12:30 pm

FREE Health Screenings & Info,
Entertainment, Refreshments
& Door Prizes

**Sacred Heart
Hospital**
in Pensacola

JOIN TODAY! Call (850) 416-1620 or toll-free (877) 416-1620
www.sacred-heart.org/seniorservices •

Senior Spirit!

**Sacred Heart
Senior Services**



An Exclusive Interview with *Dr. Ruth*

By Kelly Oden

Dr. Ruth Westheimer is a psychosexual therapist who pioneered speaking frankly about sexual matters on radio with her program, *Sexually Speaking*. The show began in 1980 as a 15 minute, taped show that aired Sundays after midnight. One year later it became a live, one-hour show airing at 10 pm on which Dr. Ruth, as she became known, answered call-in questions from listeners.

Born Karola Ruth Siegel in Germany in 1928, Dr. Westheimer was sent to a children's home in Switzerland at the age of ten. The home became an orphanage for most of the German Jewish students who'd been sent there to escape the Holocaust. At 17 she went to Israel where she fought for that country's independence as a member of the Haganah, the Jewish freedom fighters. She then moved to Paris where she studied at the Sorbonne and taught kindergarten. She immigrated to the U.S. in 1956 where she obtained her Masters Degree in Sociology from the Graduate Faculty of the New School of Social Research. In 1970, she received a Doctorate of Education (Ed.D.) in the Interdisciplinary Study of the Family from Columbia University Teacher's College.

She worked for Planned Parenthood for a time and it was that experience that prompted her to further her education in human sexuality by studying under Dr. Helen Singer Kaplan at New York Hospital-Cornell University Medical Center. She later participated in the program for five years as an Adjunct Associate Professor. She has also taught at Lehman College, Brooklyn College, Adelphi University, Columbia University and West Point.

During her early days as a college professor, Dr. Westheimer never imagined that one day she would be making such wide use of the mass media to help spread what she has labeled "sexual literacy." However, with her unique style, she has been able to communicate effectively through almost every avenue available. In addition to radio and television, Dr. Ruth is a prolific author and is still a teaching professor.

COA was fortunate to speak with Dr. Ruth about her life, her career and her newest book, *Dr. Ruth's Guide for the Alzheimer's Caregiver*.



Top: A young Ruth

Top Right: Ruth age 10

Above: Dr. Ruth at her wedding.

COA: Hello, Dr. Ruth. Can you tell me a little bit about your upbringing in Germany and what first inspired your interest in psychology and sexuality?

RW: The first thing I want to tell you that is of interest to your readers is that the early childhood experiences—the early childhood situation—is very important. I grew up in a loving family as an only child, with my mother, father and my father’s mother. My mother and my father were in business, and my grandmother had nothing else to do but take care of me. They sent me to an exceptionally good Jewish school in Frankfurt. I had a wonderful upbringing.

Then came Hitler. My father was taken to a camp in November of 1938. It was not a concentration camp yet, but it would become one. I was told

that I had to go to Switzerland. At first, I did not want to go, but my father said I had no choice. So on January 5, 1939, I went, and that was the last I saw of my parents. The children with whom I travelled and I went to a children’s home that became an orphanage. At 17, I went to Israel and joined the Haganah, the Jewish freedom fighters. I didn’t kill anybody, but I was badly wounded in both legs and my shoulder on my 20th birthday.

I recovered and went to Paris, where I studied psychology at the Sorbonne. I studied and became a teacher. I came to the United States in 1956 after a divorce. The next man in my life came with me to America. We had one child. He went back to Europe and I stayed here. Then I married Fred and he adopted my daughter. We had a boy and now I have four grandchildren.

When I came to this country,

I cleaned houses for \$.75 an hour. Afterwards, I worked at the French embassy for a dollar an hour, and then I was given a job for Planned Parenthood. That is when my interest in issues of sexuality started.

COA: Tell me about your Graduate education.

RW: I got a Master's in sociology at the New School for Social Research because they gave me a scholarship. I then went to Columbia University and got a scholarship for my doctorate. This coming spring, I am going to teach on how the family is depicted in film, theater, print and Internet at Columbia. I am going full circle back to where I got my doctorate. I also taught about family at Princeton and Yale for six years each.

COA: What inspired you to write your new book, *Dr. Ruth's Guide for the Alzheimer's Caregiver*?

RW: The reason I wrote this book is because I have quite a number of friends whose spouses have Alzheimer's. I'm not talking about the disease itself. I'm not a medical doctor, but I'm doing this book for the helpers who are running out of steam. I don't want to tell people what to do in order to be able to continue giving care; just that they have to do something for themselves. Go get coffee, go to a movie, have friends visit. They should do certain things that will give them pleasure because this is a dreadful disease.

COA: How does taking care of a parent or sibling with Alzheimer's differ from taking care of a spouse?



Top: Dr. Ruth with Bill Cosby

Above: Dr. Ruth on the Today Show



RW: I don't know if it differs. I think the feelings of helplessness and feelings of anger that this happened to us are the same. I would not say that it's not different, except of course that it's the spouse and they have a different type of relationship. That's one thing. The important thing to tell children and families and everybody is to try and give as much support to the caregiver as you can.

COA: For the caregiver themselves, it's obviously a very emotional time and they're going to feel a wide range of feelings and fears. What is your advice?

RW: To participate in support groups. For some of them who are more private, maybe a psychologist or social worker can help. For most people, read my book. I try to use a sense of humor. It's not the only book they have. There are all types of resources, but I'm saying the one thing I can contribute, now that I'm 84, is to have a love of life experiences. The one thing I can contribute is



Top: Dr. Ruth with Quantum Leap star, Scott Bakula

Left: Dr. Ruth with Matthew Broderick

to say, what's happening to you is terrible. Let's see what can be done to make it easier.

COA: Do you think there is a point in time when the caregiver should step back and let professionals take care?

RW: I could never pin point. All I could say if there are professionals or paraprofessionals available, use them. I could never predict when is the point. I just want to give support to the caregivers by saying not to feel guilty if you see somebody, not to feel guilty if you use other resources that can help you.

COA: One of the sections in your book goes back to sexuality. It talks about Alzheimer patients becoming much more sexual.

RW: There is that type of behavior, like not closing curtains, not sitting properly or exposing themselves. Correcting is of no use. Screaming is certainly no use. Just put a blanket over the body, that's all.

COA: So just deal with it and move on.

RW: Right. Have a blanket ready to put over their lower body. I don't mention it in the book, but I'm telling you.

COA: Can you talk a little about the different stages of Alzheimer's and are there different coping techniques for each?

RW: I really would like to leave that to the professionals, because I don't want to miss some. What I would like very much is for people like you, after this article appears, to pay attention to the professionals and do more research on caregiving and Alzheimer's. Various clinics have done research. I hope that a book like mine is going to give a little bit of push to talking about what a terrible disease it is. Now let's find a cure.

COA: Do you have any advice for caregivers in terms of combating the anger and depression?

RW: If somebody's a caregiver and has those feelings deep down, they have to go to a professional. I would never say anything else, because I'm not a medical doctor, but they have to go to see a professional.

COA: You're obviously very famous for your frank approach to sometimes awkward topics. Why do you think it is that people of all ages have responded positively to your message?

RW: I was very well trained. I was a very established professional before I started in television. My accent has helped. Whenever they turned on the radio or television, they knew it was me. And I was able to use humor--not jokes--to talk about those issues. I could never do a reality show. The people on my show were always actors and actresses portraying different problems. I would never do a reality show because there's nobody afterwards to pick up the pieces. In the Jewish tradition, it is said that, "A lesson taught with humor is a lesson that will take." So no jokes, but humor is certainly acceptable. And I think I was very fortunate, that even today, young people still know who I am. I also think that's because I continued teaching at Yale and Princeton and doing interviews like the one with you and appearing on television.

COA: When you first began talking about subjects like sexuality, they were considered risqué, but now many of those topics are commonplace and are the subject of most primetime television shows and national magazines. So how do you feel the role of sex in today's world has changed?

RW: What has changed is not the programs, but the vocabulary. People talk much more openly, and people read more about this in

every magazine. Look at *50 Shades of Grey*. There is more knowledge and people talk even more about it.

COA: Do you think sexual literacy has increased since you coined that phrase?

RW: Well, it was not just me who coined the phrase. There are plenty of other people who have written about it and talked about it, but I certainly was a part of it.

COA: Tell me about the Leo Baeck Medal you received for your humanitarian work promoting tolerance and social justice.

RW: Yes, that's something I do. I am concerned with the reduced stigma associated with human sexuality and you have to promote human fulfillment in family life.

COA: You were listed as one of *People Magazine's* most intriguing people of the 20th century. How did you feel about that honor and the other honors you've received?

RW: I was. I was also sent a plaque from Mayor Bloomberg on my 80th birthday. He said, "On your 80th birthday, the world is a much better place because of you." It's very touching.

COA: That's fantastic. You're teaching this spring and you've taught over much of your career and you've done a lot with children and teenagers. How do you communicate your mature messages to younger people?

RW: I think that parents have to be parents and teachers have to be teachers. And when I do a seminar, for example, I talk to young people with no adults in the room. And I talk to adults with no one under 16 in the room. So I respect the issue of age and I think that's why they listen to me.

COA: Have any of your children or grandchildren shown an interest in following in your footsteps?

RW: No. My daughter is a doctor. She's very involved in early childhood education. My son has a doctorate from Stanford. He is a



*Dr. Ruth in
Moscow*

professor of education at the University of Ottawa. He is the head of research and he teaches.

COA: If I may ask, how did your late husband feel about your frank talk about sexuality?

RW: I never let Fred come to any of my talks.

COA: You never let him come?

RW: No, because he would say, "Don't listen to her, it's all talk." When Diane Sawyer came with *60 Minutes* to my apartment to interview me, I didn't have the heart to say to Fred, 'You can't be here,' because he loved her. So as soon as Diane is sitting down, she asks the first question. She said, "Mr. Westheimer, how is your sex life?" He said, "The shoemaker's children don't have shoes."

COA: So, you're 84. Do you ever plan to retire?

RW: Never. Although I would love it in Florida. I was just there in September. I talked to 350 women and you could've heard a pin drop. It was real quiet. I do like Florida.

COA: Could you give us some of your secrets for a long, happy, healthy life?

RW: The one thing that has helped me is human relationships. Because when I talk about sex, I highly value the issue of human relationships. I think in my case I'm fortunate, because I'm healthy and I'm fortunate that I'm very busy.

COA: Is there anything else you want to say about your new book or about care giving for Alzheimer's patients in general?

RW: I'm very happy that you called, very happy that it could make some noise about the disease. **COA**



Dr. Ruth and Shaquille O'Neal

Greater Pensacola Society for Human Resource Management Raised Funds for to Help Seniors



Sandra Smith with SHRM presents a check for \$3,500 to President & CEO John B. Clark and VP/Human Resources Rosa Sakalarios, PHR.

The Greater Pensacola Society for Human Resource Management (SHRM) demonstrated its care and concern for the elderly in our community by selecting Council on Aging of West Florida as the beneficiary of its holiday silent auction and raffle, raised almost \$3,000. An additional donation from the board raised the total donated to Council on Aging of West Florida to \$3,500. Thank you to the members of the Greater Pensacola Society for Human Resources Management for selecting us.

Check Out Our New Website



We invite you to check our new website. We hope that you find it more user-friendly and full of valuable information in a variety of formats. We've included new ways you can determine how we can best serve you based on your particular

challenge. We've also included new ways you can help seniors in our area by making donations, setting up monthly recurring gifts and tribute gifts in honor or memory of family or friends. We've also included testimonial from both clients and supporters, and you just might see some familiar faces. We have also created a new mobile website to provide greater viewing convenience on smartphones and other mobile devices.

Thanks at Thanksgiving

The Thanksgiving of many of our clients was made happier thanks to Creative School Age Childcare, Epps Christian Center, Little Red Hen Quilting Bee, Magic 106.1 FM, Woodbine United Methodist Church, St. Joseph Catholic Church, Seville Quarter and Partners (Fresh Point Gulf Coast, The Happy Pig, AT&T Pioneers, Restaurant Technologies, Inc., Seville Quarter Milers, Turkey Trot 5K Participants/ Supporters, and the Managers & Staff of Seville Quarter), Sandy Nevels & FSU College of Medicine, Waterfront Rescue Mission, Windy Hill Baptist Church and Sharnell Swanson, Michelle Sims, Charlene Hamilton and Donelia Griffin. Our sincere thanks to all.

Rat Pack Reunion 2012 Wrap Up



We would like to thank the community for supporting our Rat Pack Reunion fundraiser. Once again, this year's event set a new event fundraising record for us. We

would like to especially thank our honorees, Lewis Bear, Jr.; Corbett Davis, Jr.; Richard McAlpin; Pete Moore, and Frank Patti and Master of Ceremonies Fred Levin as well as Gulf Breeze Mayor Beverly Zimmerman, Pensacola Mayor Ashton Hayward Collier Merrill and Teri Levin.

We would also like to thank Gold Nugget sponsors - Pete Moore Automotive Group; Jewelers Trade Shop; Budweiser; Vinyl Music Hall; Levin Rinke Resort Realty; Gay and Bo Carter; TLC Caregivers; the Kugelmann Foundation; Levin, Papantonio, Thomas, Mitchell, Rafferty & Proctor, PA; Quint and Rishy Studer; Pensacola News Journal; WEAR ABC 3; Ideawörks, New World Landing; Jackson's and Pensacola Magazine, Flamingo sponsors - Joe Patti Seafood; Patti Marine Company; Richard, Jerri and Keller McAlpin; Home Instead Senior Care; Spencer Law PA; Valerie and Ray Russenberger; Nursefinders of Pensacola; and Cat Country-News Radio 1620, and Sands sponsors -John B. Clark, John and Jerre Peacock; Landrum Human Resources; Baptist Health Care; Captain C. Flack and Kathleen Logan; Ace Unlocks; Gulf Power; Homestead Village; American Fidelity Life Insurance Company; Bob Tyler Toyota; Hancock Bank, and Escambia County Sheriff's Office, David Morgan, Sheriff; Sole Inn and Suites, and Florida Senator Greg Evers. Special thanks also to event chair Caron Sjöberg and board chair DeeDee Davis.

Need a Gift for the Person Who Has Everything?

How about making a donation in their honor? The donation is tax-deductible and the honored individual will receive a card acknowledging the gift. Gifts can also be made in memory of someone. The honoree or the family will receive a card acknowledging

the gift. Checks should be made payable to Council on Aging of West Florida and sent to PO Box 17066, Pensacola, FL 32522. Donations may also be made online at www.coawfla.org or by phone at 432-1475.

Matching gifts

Double your Donation! Matching Gifts are an easy way to increase your donation. If your employer offers a matching gift program, please complete the matching gift form (available from your employer) and submit it to us. Find out if your employer participates in a matching gifts program by visiting <http://www.matchinggifts.com/aha>.

Get in the Spirit of Giving with Honeybaked products and gifts

HONEYBAKED.

When you, your family, friends and business associates shop with Honeybaked online or by phone, 20 percent of the proceeds will be donated to us AND your order will be shipped absolutely FREE! You can also purchase Honeybaked Gift Cards. The cards are available in any amount, never expire and there are never any fees. Use Council on Aging of West Florida's source code: 992021 when ordering by phone to 1-800-367-2426 or online at www.honeybaked.com.

Thanks to the Plein Air Painters of Pensacola

We would like to once again thank the members of the Plein Air Painters of Pensacola who have loaned their artwork to create a soothing, home-like atmosphere at our adult day health care center. The group rotates out loaned artwork on a quarterly basis, keeping the facility fresh and fostering stimulating conversations among our participants. Our thanks to artists Nina Fritz, Rhoda Warren,

Hazel Shiell, Jane Seal, Kay Packwood, Fred Myers, Terence Sutherland, Cecile Hines, Carmen Maldonado and Marian Guthrie for sharing who their talent and their hearts with us.

Panhandle Charitable Open



John Peacock, PCO board members Doug Gooch and Anne and Doug Hickerson present President & CEO John B. Clark with a check for \$15,000.

The Panhandle Charitable Open golf tournament, which is held in memory of John Ryan Peacock, has raised more than \$310,000 to help local charities and organizations since 2006. This year, Council on Aging of West Florida received \$15,000 from the proceeds. The Panhandle Charitable Open was recently selected as the 2012 Outstanding Philanthropic Organization by the West Florida Chapter of the Association of Fundraising Professionals. The award was presented as part of National Philanthropy Day. The Panhandle Charitable Open was nominated for the award by Council on Aging of West Florida.

2013 Pine Meadow Vet Clinic Charity Calendar



100 percent of proceeds to benefit the Council on Aging of West Florida's Meals on Wheels Program. The clinic will be donating pet food and supplies to be delivered to local home-bound seniors with companion animals. The calendar is available for \$20 online at <http://www.lulu.com/shop/christina-likness/my-calendar/calendar/product-20477687.html> or by phone at 850-477-2194.

Caregiver Support Groups

Our monthly support groups are designed to reduce stress, increase coping skills, provide strategies for effective management of care giving tasks and enable caregivers to provide high quality care in the home. Attendance is free. New members are welcome.

Milton

1st Thursday - 6 pm
St. Rose of Lima Catholic Church
6451 Park Avenue

Century

3rd Thursday - 6 pm
Century Care Center
6020 Industrial Blvd.

Pensacola

Last Thursday - 6 pm
Council on Aging of West Florida
875 Royce Street

Grandparents Raising Grandchildren and Other Relatives Support Groups:

Pensacola

2nd Thursday 6 pm
Homewood Suites
5049 Corporate Woods Drive
Dinner is provided through Homewood Suites' evening Manager's Reception.

Gulf Breeze

4th Tuesday - 6 pm (In December, this group will meet on the 3rd Tuesday, which is December 18 due to the holidays. Regular date with resume in January.) Oriole Beach Elementary School, 1260 Oriole Beach Road. A light dinner is provided at 5:30 pm. 

A Taste of Christmas Tradition

Saturday, December 15

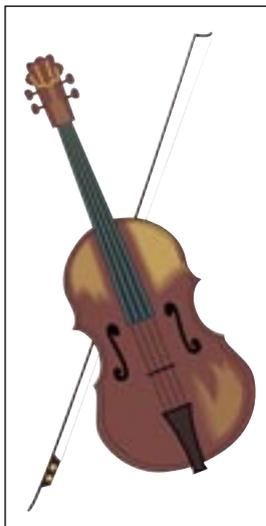
7 pm

Bagdad Village Museum
4512 Church Street, Bagdad

Tickets - \$40 per person.

Black tie optional

Celebrate the holidays with a Christmas Music Gala & Reception featuring voice and violin by Mrs. Margaret Arnold, Regional Classical Soloist and Santa Rosa County Music Educator, and Dr. Leonid Yanovskiy, Russian born violinist and Director of Strings/Orchestra at the University of West Florida. For more information, call 850-623-3288. Reservations are required in advance due to limited seating.



Martin Luther King, Jr Day Parade

Monday, January 21, 2013

11 am

1401 East Gregory St
Downtown Pensacola

Parade route begins at Spring & Garden Streets; travels east to Palafox; turns north onto Palafox; Palafox to Wright Street, and turns left; turns left onto Palafox; travels south on Palafox to Main Street. For more information, call 850-377-1898.

Be a Santa to a Senior

Through December 18

Walmart stores in Ensley, Pace, Gulf Breeze, and Blue Angel Parkway and Creighton Road in Pensacola

You can make the holidays brighter for a local senior citizen by participating in this holiday gift drives. Trees with wishes are located at the Walmart stores in Ensley, Pace, Gulf Breeze, and Blue Angel Parkway and Creighton Road in Pensacola. Be a Santa for a Senior part of Home Instead Senior Care's commitment to seniors and our community. For more information about the program, visit www.beasantatoasenior.com or call 850-477-1947.



Smokin' In The Square BBQ Cookoff

March 1, 2013 - March 2, 2013

Friday, noon-9 pm; Saturday, 10 am-7 pm
Seville Square

Government & Alcaniz
Streets, Downtown
Pensacola

Professional barbecue teams from around the U.S. will gather to compete at the first barbecue contest locally to be sanctioned by the Kansas City Barbecue Society (KSBS). Professional teams will be competing for prize money and points. Local barbecue enthusiasts also will be competing for prize money and bragging rights in the Backyard competition. Great family fun, entertainment, and food. Proceeds go to local charities. For more information, call 850-516-2622. 





Your
city,
your
magazine

pensacolamagazine.com

Nursefinders.

The Professional Choice.

850.479.8666

Fax: 850.479.8668

The Professional Choice for Home Care 24 hours a day!

Private Duty • Med Waiver • Private Insurance

Serving Escambia, Santa Rosa, Walton & Okaloosa Counties

5428 N. Davis Hwy. Pensacola, FL 32503 HHA#299992233

www.nursefinders.com



**RENTAL • SALES • SERVICE
FREE DELIVERY & SET-UP**

24-HOUR EMERGENCY SERVICE

MEDICARE • MEDICAID • PRIVATE INSURANCE

- Oxygen Concentrators & Portables
 - Liquid Oxygen • Nebulizers
- CPAP & Supplies • Wheel Chairs
 - Lift Chairs • Walk Aids
- Bath Aids • Hospital Beds & Supplies
- Tens & Supplies • Diabetic Monitors
 - Nursing & EMT Supplies
- Incontinence Supplies • Aids to Daily Living

*Licensed orthotic fitter assistant on staff to assist
with compression stockings & orthotic supplies*

"Large Enough to Serve, Small Enough To Care"

969-0220

5800 North W St • www.shopmash.com

TRICARE
Preferred Provider



...at the Rat Pack Reunion Gold Nugget Sponsor Party



Fred Levin and Pete Moore



Carmen Jones, Angela Bottesini and Belle Bear



Alice Guy, Linda Scarritt, Mary Ann Guthrie, Mayor Ashton Hayward, Anna Sophia and DeeDee Davis

...at the Rat Pack Reunion



John Alexander, Beau Noonan, with DeeDee and Corbett Davis Jr.



Mike Papantonio, Larry Mosley and Janet Holley



Gay and Bo Carter

• To view and purchase photos from the event, visit www.carmenjonesphotography.com

...at the Ella Jordon House
Restoration Project Silent
Auction Fundraiser



Georgia Blackmon, Linda
Wright, Catherine Manuel
Houston and Santella Houston



Jerry and Cheryl McIntosh



Diane Robinson and Sylvia Todd



Linda Wright and Catherine
Manuel Houston

Ballinger

publishing

**Market Your Organization
with Custom Publishing**

From concept to the finished product,
we take care of all of your publishing needs

Contact Malcolm Ballinger
850.433.1166 ext. 27
malcolm@ballingerpublishing.com

Seniors Real Estate Specialist (SRES®)

Local Realtor!

- As a SRES Realtor I am certified through the National Association of Realtors to understand your distinct real estate goals, concerns, and needs.
- FREE no cost or obligation Market Analysis!
- 10% Senior Discount! (restrictions apply see agent for complete details)
- If you are thinking of Selling, Buying, Relocating, or Refinancing use my experience and knowledge to help guide you through your transaction.

SRES
where the future takes shape

Melanie "Mel" Edmonson, Realtor SRES®
850.525.1194
myrealtor4seniors@gmail.com
www.myrealtor4seniors.com

Old South Properties, Inc.

AFFORDABLE RELOCATION SERVICES FOR SENIORS

consider it
DUNN

*"Let me help you with a
move or prepare your home,
so you can age in place."*
- Pat Dunn, MS

- Set up your new home
- Assist with Downsizing
- Manage your Estate Sale
- Coordinate a Personal or Emergency Move
- Follow-up with Support

Each Move is Different. Call for a FREE Consultation!
850-380-6735

Thank You

for supporting Council on Aging of West Florida

Many thanks to our generous donors.
September 11 – November 16
We appreciate your support.

Mr. and Mrs. Jeff Abram
AceUnlocks
Mr. and Mrs. David Ackerman
Mr. and Mrs. Lorenzo Aguilar
American Fidelity Insurance
The Appleyard Agency
Amelia Asmar
Mr. and Mrs. Dick Baker
Ballinger Publishing
Baptist Health Care
Mr. and Mrs. Lewis Bear Jr.
Mr. and Mrs. David Bear
Mr. and Mrs. Lewis Bear III
Mr. and Mrs. Reagan Belcher
Dr. and Mrs. Scott Benson
Dave Bisceglia
Mr. and Mrs. Johnny Blackmon
Mr. and Mrs. Fred Bond
Nancy Born
Sherry Brantley
Mr. and Mrs. Ted Brown
Tyra Brunson
Budweiser/The Lewis Bear Company
Mr. and Mrs. Michael Capps
Mr. and Mrs. William Carney
Gay and Bo Carter
John B. Clark
Mr. and Mrs. Terry Cole
Mr. and Mrs. Michael Cutter
Sonya Daniel
Mr. and Mrs. Joe Dennie
James Edwards
Mr. and Mrs. Eugene Edwards
Mr. and Mrs. Chuck Emling
Senator and Mrs. Greg Evers
Nancy Fetterman
First Christian Church Women's
Fellowship
Dr. and Mrs. Jack Fleming
Herman L. Franklin
Cynthia Gibbs-Olney
Joe Gilchrist
Mr. and Mrs. Downing Gray

Gulf Power
Dr. Rodney Guttman
Russell Hamel
LeAnne Hamilton
Rovena Hillsman
Janet Holley
Home Instead Senior Care
Homestead Village
Todd Howell Design
IdeaWorks
Mr. and Mrs. Dave Jacobi
Dr. Donna Jacobi
Mr. and Mrs. Tony Jacobs
Jewelers Trade Shop
Mr. and Mrs. Jim Johnson
Michael and Phyllis Johnson
Mr. and Mrs. George Jones
Mr. and Mrs. Nathan Kahn
Mr. and Mrs. Harry Kahn
Mr. and Mrs. Larry King
Mrs. Jane Kugelman
Landrum Human Resources
Mr. and Mrs. Rick Lawrence
Ann Lemox
Teri Levin
Levin Rinke Resort Realty
Kathleen and Flack Logan
Mary Ann Long
William MacKay
Mr. and Mrs. Patrick McClellan
Carolyn Merrill
Dr. and Mrs. Jim Miller
Mr. and Mrs. Ron Miller
Robert Mills
Jock Mobley
Mr. and Mrs. Robert Montgomery
Ray Moody
Mr. and Mrs. Alan Moore
Mr. and Mrs. Pete Moore
Pete Moore Automotive Group
Mr. and Mrs. Stephen Moore
Chaplain and Mrs. Larry Mosley
Jeff Nall

Naval Aviation Memorial Chapel
Protestant Community
Marny Needle
Mary Newton
Mr. and Mrs. Ted Nickinson
David Norfleet
Mr. and Mrs. Nick Novota
Betty Olliff
Tom Pace
Donna Lee Park
Carol Parker
Frank Patti
Joe Patti Seafood
Patti Marine Enterprises
John and Jere Peacock
Pensacola News Journal
Pensacola Senior Follies
Mr. and Mrs. Travis Peterson
Ronald Pierce
Margaret Poppell
Mr. and Mrs. Harry Porter
Mr. and Mrs. Paul Rasmussen
Mr. and Mrs. Jim Reeves
Jackie Rice
Dr. and Mrs. Nat Rickoff
Mr. and Mrs. Robert Rinke
Mr. and Mrs. Brad Roberts
Chris Roney
Mr. and Mrs. Ray Russenberger
Rosa Sakalarios
Mr. and Mrs. Bill Simmons
Justine Simoni
WEAR ABC3
Caron Sjoberg
Sole' Inn and Suites
Ralph Sonneland
Sally Spencer
Jonathan Stead
Mr. and Mrs. William Swann Jr.
TLC Caregivers
Ethel Tamburello
Trademark Properties
Mr. and Mrs. Ed Turner

Bob Tyler Toyota
United Healthcare
Mr. and Mrs. Milton Usry
Mr. and Mrs. Michael Vann
Dr. Deborah Viglione
Vinyl Music Hall
Mr. and Mrs. Roger Webb
Dr. and Mrs. Kevin Welch
Maggie Westwood
Mr. and Mrs. Harry Wilder
Mr. and Mrs. Harrison Wilder
Charles Wilkins
Bob Williams
Mr. and Mrs. Buz Windham
Councilman P.C. Wu
Frances Yeo
Commissioner Marie Young
Dr. and Mrs. Stephen Ziemann
Mayor Beverly Zimmern and Dr.
William Zimmern
Mr. and Mrs. Ben Zimmern

In Memory of Mary Evelyn Vincent
by Sherry Brantley
Ellen Lawrence

In Memory of Warren Briggs
by John Clark

In Honor of Frank Patti, Sr.
by Frances Horton

In Memory of Bill McGinty
by Betty Farina
Terrell Medlock

In Honor of Lewis Bear, Jr. by
Mr. and Mrs. Steve Jurnovoy
Mr. and Mrs. Tommy Taite

In Honor of Corbett Davis, Jr.
by Mr. and Mrs. Steve Preisser

Yes! I want to show my support for our community elders by donating to the Council on Aging of West Florida.

\$2,500 \$1,000 \$500 \$250 \$100 \$50 \$25 other amount \$_____

I have enclosed a check in the amount of: \$_____ Or charge my one time gift in the amount of \$_____

Or I want to become a monthly supporter, please charge my credit card \$_____ monthly.

Please print name(s) as you would like it to appear in donor recognition. _____ I prefer that my gift be made anonymously

Name: _____ Email: _____ Telephone: _____

Address: _____ City: _____ State: _____ Zip: _____

Credit Card Number: _____ Expiration: _____ Security Code: _____

Signature: _____ Visa MasterCard AMEX Discover

Please return to: Council on Aging of West Florida Post Office Box 17066 Pensacola, FL 32522-7066
Please remember Council on Aging of West Florida in your will and let us know when you do so we can thank you.

Council on Aging of West Florida is a not-for-profit organization and 100% of your donation is retained by this organization. Council on Aging of West Florida is a 501(c)(3) organization, tax-exempt number 59-1373939. Your donation is tax deductible to the extent allowed by law. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL FREE 1-800-435-7352, IN THE STATE OF FLORIDA, REGISTRATION NUMBER CH201. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

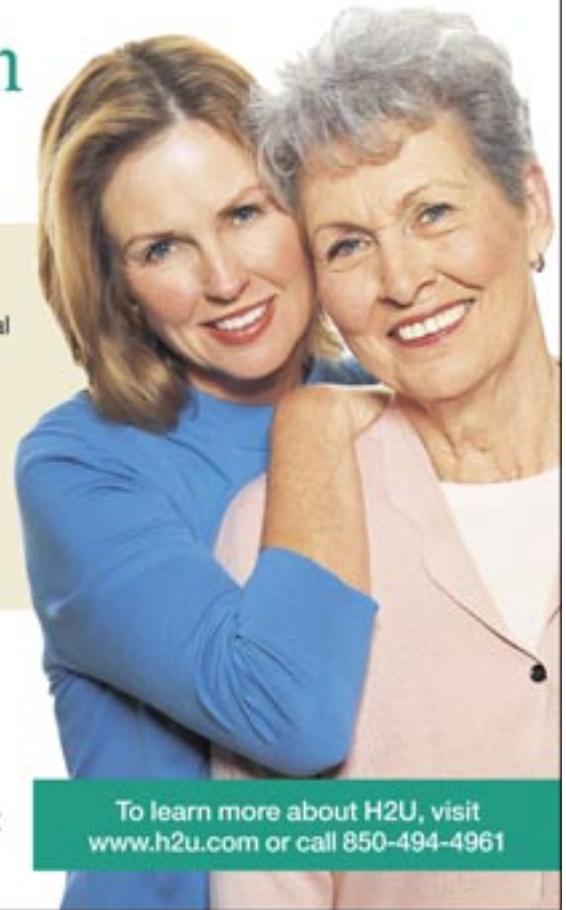
Health and Happiness Can Be Yours Starting Today.

If you are 50 or older, your good health means more to you than ever before. Now, with H2U, you can live a longer, healthier life through a program that is tailored to the unique health needs of people your age and costs just \$20 a year.

H2U means "Health, Happiness to You." H2U provides valuable, relevant health information, resources and experiences that empower you to better manage your health and enjoy a healthy lifestyle.

Your H2U membership entitles you to:

- H2U website with personal health assessment tools
- Discounts on health and wellness products and services
- Educational seminars
- Health screenings
- Informative healthcare publications



To learn more about H2U, visit www.h2u.com or call 850-494-4961

SENSATIONAL GULF COAST CUISINE



LANDRY'S
SEAFOOD

TASTE • LAUGH • LIVE

Distinctive Dining • 4 Courses • \$19.99
2 Course Lunch Box • \$12
Happy Hour Monday–Friday 3pm–7pm
Landryseafood.com • 850-434-3600



University of West Florida

LEISURE LEARNING SOCIETY

The Leisure Learning Society (LLS) offers social and educational opportunities for everyone age 55 and older in an academic setting among peers. LLS offers a variety of classes, excursions, special events, as well as leadership opportunities.

REGISTER TODAY!

Get the SPRING 2013 Schedule Now!

uwf.edu/LeisureLearning

Call (850) 474-3491



It's all about the
"JOY OF LEARNING."
No tests, no books, no grades!

DISCOVER
a Bustling Hub of Fun!



R&M MOBILITY

850-479-1766

R&M Mobility has over 40 years of experience in adaptive mobility specializing in wheelchair accessible vehicle modifications to full size, mini, and sprinter vans, trucks, buses, and motor homes.

VEHICLE MODIFICATIONS INCLUDE:

- Hand & Foot Controls
- Steering Devices
- Raised Tops & Doors
- Power Transfer Seats
- Wheelchair Lifts & Ramps
- Wheelchair Restraints
- Power Doors
- Remote Controls

HOME MODIFICATIONS INCLUDE:

- Stair Lifts
- Stage Lifts
- Porch Lifts
- Ramp Systems

* Van Sales

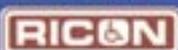
MON-FRI, 8-5; CALLS WELCOME ANYTIME
9580 NIMS LN, PENSACOLA, FL

LICENSED & INSURED, VA & WORKERS COMP



OWNERS: ROY & CHRIS GRIEWISCH
CGRIEWISCH@RANDMMOBILITY.COM
FAX: 850.479.1768
EMERGENCIES: 850-324-7218

WWW.RANDMMOBILITY.COM



The Barber of Seville

Gioachino Rossini
January 25 and 27, 2013

*A cherished classic bursting at the seams
with shear, comedic mayhem.*



TOSCA

Giacomo Puccini
March 15 and 17, 2013

*A masterful melodrama filled with
political intrigue and double-crossing.*



TICKETS ON SALE NOW!

Save 20% off single ticket prices by subscribing to the two-show season package!

Single and season tickets available at seven different price levels

Call (850) 433-6737 | www.pensacolaopera.com





If you have limited income and resources, you may qualify for extra help paying for coverage.

If you're eligible for Medicare, you deserve to get all the coverage you can. And if you have limited income and resources, you may qualify for extra help paying for it. Speak to a WellCare Representative to learn how our variety of Medicare Advantage plans can help you get the right care at a cost that's right for you. Along with our dedication to personal service, we offer great benefits like:

- \$0 monthly plan premium
- \$0 or low co-payments
- Prescription drug coverage
- Dental, vision and hearing coverage
- FREE fitness center membership
- FREE rides to your doctor and the pharmacy
- FREE preventive-care screenings
- FREE over-the-counter health items

**Make sure you have the health care coverage you need
with WellCare Medicare Advantage. Learn more today.**

**Call 1-877-MY-WELLCARE | TTY 711
8 a.m.—8 p.m., 7 days a week. | www.WellCareNow.com**

Find out more at an event in your area.

WellCare is a Medicare Advantage organization with a Medicare contract. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, co-payments and restrictions may apply. Benefits, formulary, pharmacy network, premium and/or co-payments/coinsurance may change on January 1 of each year. Premiums, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. WellCare uses a formulary. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-877-699-3552 (TTY 711). There is no obligation to enroll. A variety of Medicare Advantage, Part D and Special Needs plans may be discussed. You must continue to pay your Medicare Part B premium. If you meet certain eligibility requirements for both Medicare and Medicaid, your Part B premiums may be covered in full. Some plans are available to those who have medical assistance from both the state and Medicare. Please contact WellCare for details.