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## Charlotte Stewart

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# [FROM THE EDITOR]

**Brandi Gomez**
*Marketing Communications Director and Editor-in-Chief*

Let me start by saying how completely overwhelmed I am by all of the warm welcomes and kind words of support I have received from everyone these past couple of months. I am honored and proud to have moved up the ladder to be Council on Aging of West Florida's new Marketing Communications Director and Editor-in-Chief of *Coming of Age* magazine. I know I have big shoes to fill, but am excited for the challenge and look forward to continuing my journey with the COA team.

Summer was a busy couple of months for Council on Aging. We brought back the renowned Senior Chill Out initiative which in result collected over 180 A/C units, 200 fans, and $8,000 towards providing cooling assistance to senior citizens in Escambia and Santa Rosa counties. This event was definitely an eye opener for me and a humbling experience. Our community is full of bleeding hearts and generous spirits. To any of you who spread the word or donated during the Senior Chill Out, I extend my sincerest thank you! Many seniors are living in cooler homes because of your generosity.

I don't know about you, but I'm ready for some cooler weather. Fall is near and my heart could not be happier. I love all things fall including pumpkin everything. We've got some delicious pumpkin recipes including pumpkin mousse and pumpkin bread on page 14. Need I say more?! I'm also looking forward to all of the exciting events around town. One event you don't want to miss is Council on Aging's annual fundraiser, the Rat Pack Reunion, coming up on its sixth year on Friday, Oct. 21. We've got some outstanding honorees lined up for this year's event and the dinner prepared by Chef Gus Silivos is sure to "wow" your taste buds. If a fancy gala isn't quite your style, we've also got the 3rd Annual Rat Race 5K on Oct. 8 in beautiful downtown Pensacola. Make sure you check out page 27 to learn more about the festivities and fun for the whole family.

Let's not forget about the cover! This issue features an exclusive interview with celebrity, Charlotte Stewart, also known as "Miss Beadle" on Little House on the Prairie. You'll definitely want to read about her on page 35…it's quite the scandal.

I hope you find this issue of *Coming of Age* magazine to be the perfect leisurely read this fall. And as always, if you have comments or suggestions for topics, please don't hesitate to call me at (850) 432-1475. We value your opinion!

Until next time – Enjoy life. You've earned it!

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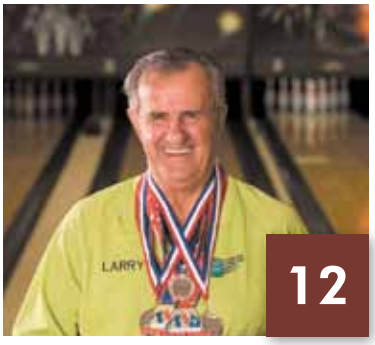

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***On the cover:***
***Charlotte Stewart***

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# "Vote **Early** and **Often**"

By John B. Clark, President/CEO

**Ever wonder where that expression came from? Well, according to an internet search it was either Al Capone the famous gangster or one of two former mayors of Chicago, Richard J. Daley or William Hale Thompson. Apparently all three were "notorious for their manipulation of the democratic process… it is most likely that Thompson invented the phrase and Capone and Daley later repeated it." I am sure they repeated it with "tongue in cheek." Maybe yes, maybe no.**

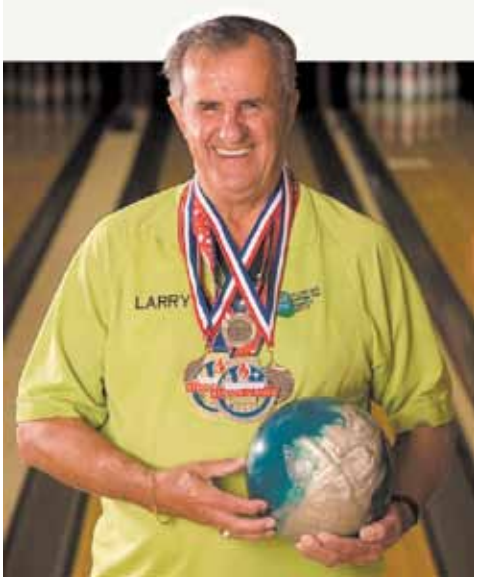
Well, it's election season and, no, I am not advocating that you "vote early and often." But I most definitely am advocating that you do vote; and shame on you if you don't. People did indeed fight and die for our right to vote and chose those who would "lead" us. The U.S. Constitution is truly a wondrous document that other countries only hope to emulate. Yes, it is true that not everyone in the original document had the right to vote in our country and it took many centuries to achieve what we today call "one man, one vote." And yes, I am well aware that we are not a "pure" democracy and that we actually elect "electors" from each state who then in turn elect the President and Vice President in the respective states. Some argue that is not a democratic process, but it is the process we have in place and has served us well over the past 240 years. Today any man or woman age 18 or older can vote in a national election—unless they have been barred from voting because of some felony criminal conviction; and that is a discussion for another day. But here are some facts and figures about 2012 Presidential elections in Escambia and Santa Rosa Counties.

There are approximately 201,000 people registered to vote in Escambia County. In the 2012 Presidential election, some 149,000 people voted. In Santa Rosa County there are approximately 127,000 people registered to vote and in the 2012 Presidential election there were some 77,000 votes cast. Mind you, there are many more people who are eligible to vote who, for whatever reason, never register to do so. Also turnout in a Presidential election year always tends to be higher than in "mid-term" elections; such as those for Governor. Turn out in mid-term elections can be abysmal and, frankly, embarrassing. Oh and, by the way, a little "factoid:" Rosanne Barr actually received 175 votes in Escambia County in the 2012 Presidential election. Sure would like to know who those voters were!

Voting has never been easier for all of us. Today everyone who is eligible to vote can do so by mail. It used to be you could only vote by mail (formerly called an

absentee ballot) if you were not going to be "in town" on election day or were otherwise unable to get to your polling place. Now all you have to do is contact your local Supervisor of Elections office and request a ballot be sent to you. Of course you will have to disclose name, address, date of birth. This assumes that you are registered to vote, and that too is easy to accomplish. To obtain a Florida Voter Registration Application all you have to do is call the Escambia Supervisor of Elections Office at (850) 595-3900, if you live in Escambia County, to have one mailed to you. If you live in Santa Rosa County, you can call the Supervisor of Elections Office at (850) 983-1900 and request a Voter Registration Application. Once registered you can then ask to receive a vote by mail ballot from either the Escambia or Santa Rosa Supervisor of Elections office. You can also request to receive a ballot for all elections and you will receive one for all state, local and national elections. See how easy it is? Truly there is NO excuse for not voting. Yes, people have fought, suffered and even died so we can enjoy this right and privilege; and maybe those have been your loved ones or even you. So, take the time to register and vote. And remember, if you don't vote, please don't gripe and complain; at least, I personally don't want to hear you. ■

# The Game Changer




**Larry Draeger is proof that success can come at any age. At 77-years-old, the bowler is preparing for the Florida Senior Games in December when he will compete to qualify for the upcoming National Senior Games presented by Humana.**

*written by Melanie Painter*

He is confident he will reach the 2017 games, which will be his third time bowling competitively on the national level. The accomplishment is one the Pensacola resident has spent many years of his life working toward.

Larry's interest in bowling began when he was just 15 years old. As a young man looking for work, he gladly accepted a position as a pinsetter at a local bowling center. Once he began his new job "it didn't take long to start trying the game," Larry says. Sixty-two years later, Larry is astonished at how the job impacted his life. "I set pins to earn extra money and to buy some new school clothes," he explains. "Never thinking it would turn out to be something like this [competing in the National Games]."

**"I've been very fortunate. I've had some good luck, done some good things, and people have responded accordingly."**

Originally from Wisconsin, Larry joined the Navy and was stationed in Pensacola during the early 80s. The retired Command Master Chief served for 32 years in the Navy and decided Pensacola "was a beautiful place to be." He has since bowled with many local leagues and continues to bowl three or more nights a week.

Though his physical condition has changed in recent years due to a knee replacement, Larry says, "I've got to keep my strength up at my age to be able to stay competitive." Larry continues to stay active by using his recumbent bicycle for at least 15 minutes and his treadmill for 30 minutes daily. "I keep as physically fit as I can," Larry says. He also focuses on his health and nutrition by taking vitamins and eating sensibly. Since he doesn't particularly like cooking, he keeps his meals simple, often consisting of easily heated or fresh foods. "I really love fruit and I eat a lot of it," he says.

While good nutrition and plenty of physical activity are important in keeping him strong for the upcoming tournaments, Larry has focused a lot of his energy on being active in the community with his volunteer efforts. He volunteers for United Way and takes opportunities to bowl for causes such as Bowl for the Cure. His efforts with the Retired and Senior Volunteer Program, (RSVP), have made a substantial impact on locals recovering from disasters. While assisting in the recovery after floods affected the Pensacola area in 2014, Larry found that being healthy really made a difference in his mobility. His regular physical activity impacts his ability to continue his positive efforts in the community, as well as his capability to bowl competitively.

Larry's bowling scores are over 200, but that's not the only accomplishment he has been recognized for lately. He was recently selected as a Humana Game Changer, meaning he has been identified as a positive role model for his dedication to staying healthy and active.

"I feel kind of overwhelmed," says Larry. "I have no idea where my name got picked out of so many thousands of people in the Senior Games," he adds.

Larry's determination to keep living an active lifestyle has become inspiration for others to keep moving through life and not let aging stop them from being productive.

Very humble about his success, Larry simply says, "I've been very fortunate. I've had some good luck, done some good things, and people have responded accordingly." With his continued perseverance Larry has much more to give and to receive. ■

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# Fall Pumpkin Recipes

Recipes are courtesy of Apple Market.

## Easy Pumpkin Bread

**Ingredients**

1 ½ cups flour
1 teaspoon salt
1 cup sugar
1 teaspoon baking soda
1 cup canned 100% pure pumpkin
½ cup olive or vegetable oil
2 eggs, beaten
¼ cup water
½ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon allspice

**Directions**

1. Preheat oven to 350°F.
2. Sift together flour, salt, sugar, and baking soda.
3. In a separate bowl combined pumpkin, oil, eggs, water, and spices.
4. Combine wet and dry ingredients. Do not overmix.
5. Pour into a well-buttered 9x5x3 inch loaf pan.
6. Bake 50–60 minutes until a thin skewer poked in the very center of the loaf comes out clean. Turn out of the pan and let cool on a rack.

You can also use this recipe to make muffins. They come out just as moist. If you use a muffin tin, only bake for 20–25 minutes.

## Apple Market

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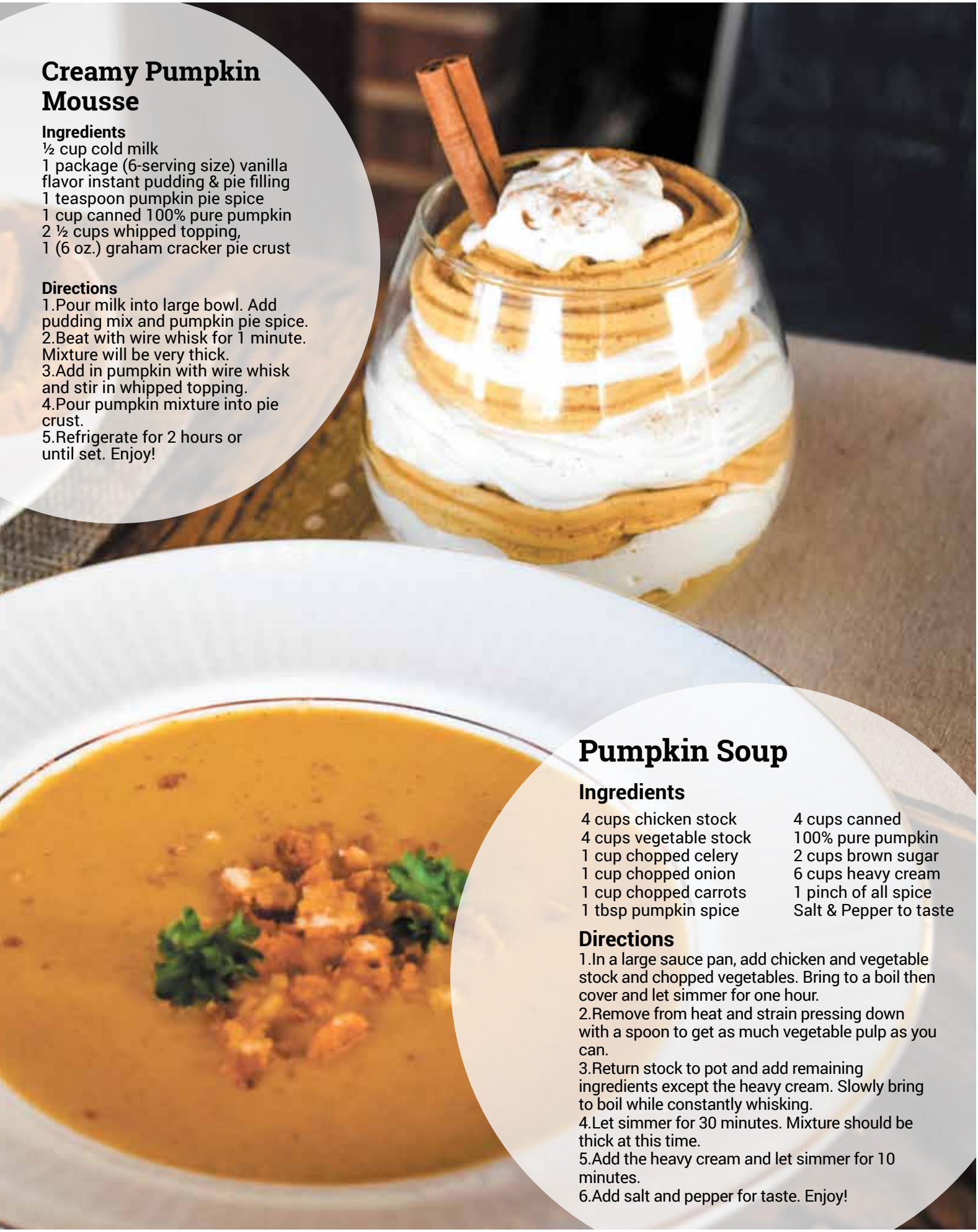

## Creamy Pumpkin Mousse

**Ingredients**
½ cup cold milk
1 package (6-serving size) vanilla flavor instant pudding & pie filling
1 teaspoon pumpkin pie spice
1 cup canned 100% pure pumpkin
2 ½ cups whipped topping,
1 (6 oz.) graham cracker pie crust

**Directions**
1.Pour milk into large bowl. Add pudding mix and pumpkin pie spice.
2.Beat with wire whisk for 1 minute. Mixture will be very thick.
3.Add in pumpkin with wire whisk and stir in whipped topping.
4.Pour pumpkin mixture into pie crust.
5.Refrigerate for 2 hours or until set. Enjoy!

## Pumpkin Soup

### Ingredients

4 cups chicken stock
4 cups vegetable stock
1 cup chopped celery
1 cup chopped onion
1 cup chopped carrots
1 tbsp pumpkin spice
4 cups canned 100% pure pumpkin
2 cups brown sugar
6 cups heavy cream
1 pinch of all spice
Salt & Pepper to taste

### Directions

1.In a large sauce pan, add chicken and vegetable stock and chopped vegetables. Bring to a boil then cover and let simmer for one hour.
2.Remove from heat and strain pressing down with a spoon to get as much vegetable pulp as you can.
3.Return stock to pot and add remaining ingredients except the heavy cream. Slowly bring to boil while constantly whisking.
4.Let simmer for 30 minutes. Mixture should be thick at this time.
5.Add the heavy cream and let simmer for 10 minutes.
6.Add salt and pepper for taste. Enjoy!

# Getting Your Wheels Back

**Many of us take for granted the freedom to drive whenever and wherever we please. Yet, for many aging Americans, driving is not always an option and transportation, for running errands, going to the park and medical appointments, becomes a challenge.** by Dawn Gresko

The Community Transportation Association of America estimates 26 million senior Americans depend on others for their mobility and, subsequently, those with limited mobility choices often report feelings of low self-esteem and helplessness.

When faced with few choices for mobility, many seniors turn to modes of public transportation and family members to get from one place to another. However, Uber is quickly becoming popular with senior riders across America who find the service to be an easy-to-use, safe and affordable way to get from point A to point B while re-establishing a sense of independence.

For those who are unfamiliar with Uber, the on-demand car service offers rides that can be reserved through a intuitive mobile app, which anyone can download for free as long as you have a smartphone. Although the service has been a hit with millennials, Uber has been liberating senior Americans across the country who are looking for ways to travel without feeling as though they are burdening friends and family members.

At the White House Conference on Aging in 2015, Uber announced it would be working hard to engage senior communities across the nation and help resolve the issue of limited mobility by launching community-based pilot programs in partnership with cities as well as senior retirement homes and centers.

Part of the program's mission is to ensure that Uber's mobile app remains accessible to everyone, including individuals who are not familiar with navigating the application or newer technology.

As part of Uber's promise to encourage senior outreach, the company has joined forces with communities to offer free technology tutorials to seniors who need someone to teach them the ropes on how to navigate the mobile app on their smartphone. This way, they feel comfortable and confident using Uber for day-to-day transportation needs.

Moreover, these pilot programs allow Uber to work in partnership with cities across America to offer free rides at select retirement communities and senior centers. Already, Uber has collaborated with the City of Gainesville on transportation for residents of two senior centers as part of a six-month program. Uber also piloted a similar senior ride program in partnership with the City of Miami Lakes.

Several other cities from Columbus, Ohio and Austin to Tuscon and Phoenix, Ariz. are running Uber pilot programs with local senior organizations alongside product tutorials and free or discounted rides.

Oftentimes, safety is an issue when considering whether or not public transportation is the right option for a senior rider. For security, a photo of the Uber driver is always presented to each Uber user, which only benefits seniors by ensuring they are not getting in the wrong (and potentially dangerous) vehicle.

Uber also has a number of additional safety features, such as a way to notify family members and caregivers via text message or email when an Uber user arrives at his or her destination.

Also, if you or your senior loved one have a disability that requires a little help getting in and out of the vehicle, Uber ASSIST can be selected through the Uber app to provide a specially-trained driver to help out. The cost of this service is the same as choosing a ride from UberX.

When weighing the pros and cons of Uber versus public transportation, you should keep in mind that an Uber ride generally costs less than a taxi. Uber payments are also processed electronically, which is helpful for seniors who do not want to carry cash. Also, using Uber instead of the public bus system means avoiding multiple stops made during a bus ride, which can not only eat away at time but can lead to one missing a scheduled appointment or meeting.

**Try it out for yourself:** *sign up for free and download the Uber app today to find out just how Uber transportation can help you get your (or your loved ones') wheels back.*

## *Take Me Home*

Imagine this: you walk into your parent or grandparent's living room to find it empty. You stepped away for a moment, but they already wandered from the house and are no where to be found. This scenario is a very real concern, especially for those who have loved ones with cognitive disabilities like Alzheimer's and dementia.

Here enters the Take Me Home program by the Pensacola Police Department: a program initiated by Sgt. Jimmy Donohoe, who came up with the idea about 12 years ago after attending a local autism conference in which he learned about a software company called Smart Cop. After presenting his proposal for what he would do with the company's software, they donated software that would serve as a database to be used for helping to identify persons with mental and physical disabilities should they go missing.

The program is 100 percent free of cost—a stipulation made by Sgt. Donohoe, who was adamant about making sure no one was charged for the program since it would only contribute financial burden to families already faced with the costs of caregiving.

The program works like this: you call Sgt. Donohoe to set up an appointment for your loved one to have his or her photograph taken for easy identification by police officers. He will also take down a physical description as well as up to 10 phone contact numbers. Using the person's physical description and photograph, officers can determine who they are, where they live, and call someone to come and pick them up.

There are roughly 800 seniors registered with Take Me Home in Escambia County. To make sure caregivers are aware of the program, Sgt. Donohoe reaches out to local seniors centers like the Council on Aging of West Florida and Covenant Care. The opposite is also true, as these centers also contact Sgt. Donohoe to have clients enrolled in the program.

"With the Take Me Home program, we really wanted to give the community peace of mind," said Jimmy Donohoe, sergeant of special projects at the Pensacola Police Department. "People want to know their loved ones are safe, which is what this program aims to accomplish. We want you to get involved by calling us, so we can get involved before the worst happens."

To register for Take Me Home or for additional information, please contact Sgt. Jimmy Donohoe at (850) 436-5416 or email him at Jdonohoe@cityofpensacola.com.

# HOW TO UBER LIKE A PRO

### Create an Account

Uber will need your name, e-mail address, and billing information along with either a credit or debit card or PayPal account to register. Once you've downloaded the Uber app and created an account, you'll need to log in using your username and password.

### Select an Uber Vehicle Option

In Pensacola, there are two different vehicle options available on Uber: UberX and UberXL. UberX is a budget-friendly ride in an everyday car with seating for up to four people. UberXL is a slightly larger vehicle, which can accommodate larger parties of more than four people.

### Ping Your Location

Once you've selected the vehicle option you want, you can either enter your pickup location manually or you drag a pin on the map to mark your location. Tap the "Set Pickup Location" button once your location is set.

### Wait for Your Ride

Once you reserve a ride, you'll be given an ETA in minutes on when your ride will arrive. All you have to do is stay put, so your driver knows where to get you. The Uber app also provides a phone number to reach your driver if you have special instructions.

### Don't Pay With Cash

All fare payments are handled automatically by the Uber service and your credit card on file. Of course, tips are always welcome but not required.

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



# Government Backed Reverse Mortgage

Home Values have been on the rise since 2013. as a result, your home may now be worth much more money than you think, which means you may have more equity in your home. A Reverse Mortgage (Home Equity Conversion Mortgage) can help you turn a portion of your home equity into extra cash.

**Many seniors today are looking for additional cash to:**

- Pay off other loans or debts
- Cover medical expenses and prescription costs
- Fund home repairs or modifications
- Establish a growing line of credit
- Eliminate monthly mortgage payments
- Pay for expenses such as Care Giving

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6702-C Plantation Rd / Pensacola, FL 32504
NMLS# 248711

# Success Stories

CrossFaith Church has made a tremendous impact at Council on Aging of West Florida through the establishment of the CrossFaith Missions Fund. This fund is designated to assist caregivers and seniors in need of adult day care services who cannot afford the care otherwise. The letter below is written by Brenda Long, a caregiver for her mother, Blanche Long. Blanche is a participant at The Retreat receiving direct assistance from CrossFaith Church's philanthropic work through the mission fund they established in 2013.

*My mother was born on July 14, 1928 in Tylertown, MS. Mom was one of five children who grew up on a farm. From the early years, she was never an 'inside' person and had to be outside. At the age of 19, she married my dad where he whisked her away to Mobile, AL and had two children. Mom worked for the Civil Service at Brookley Field and later transferred to Pensacola NAS where she retired. Dad owned a Mom & Pop store called 'Romie's Penny Patch.' Once mom retired, the store carried lots of flowers and once again mom found herself outdoors.*

*About 10 years ago, dad passed away after them being married for 58 years. Naturally, mom was devastated. She couldn't even put gas in her own car. That's when I saw the first signs of mom's dementia. She was diagnosed with Alzheimer's. Here is this very intelligent woman dealing with this dreadful disease and the loss of her husband. She still loves to be outdoors, but it has become too dangerous. She is not at the stage where she needs round-the-clock care, but still needs some supervision.*

*Thankfully, we found Council on Aging of West Florida and their adult day health care center, The Retreat. With their program, she could be around people, go on field trips, and continue to enjoy the outdoors. It gives me piece of mind while at work to know that I don't have to worry about her. I don't know what I would do without The Retreat's help. They are angels. God bless them!*
*But more importantly, we are so thankful for the help that we receive from CrossFaith Church and the mission fund they have established at The Retreat. We could not send my mother to day care without their generosity. Because of CrossFaith Church, they have not only changed my life, but they have also changed my mother's life. She is now aging with dignity and care and that's all I could ever want for her.*

These words come straight from a caregiver who has lived and felt the impact of CrossFaith Church in her day-to-day life. Thank you CrossFaith Church for your dedication and support. Many seniors are living safe, independent lives in their own familiar surroundings because of your generosity.

**Meals on Wheels Success Story Poem written by Tiny Louise Buffington (MOW client)**

**To the Council on Aging…**

It is so rewarding
That there are those who care
About the elderly
And the state of their welfare.

Concerned with each one's health
You prepare for us these meals
And bring them to our homes
Via Meals on Wheels.

You seem to be aware
That the years have brought much pain
While we were moving back
To the baby stage again.

As you counsel us on aging
We send our thanks to you
Within this little poem
For the tireless job you do.

(in behalf of all the senior citizens whom you serve)

# Harvest Your Own Home Decor

*(Family Features)* Warm up your home with this season's trendiest looks. Put your personal touch on your home's decor with crafting projects that highlight the best of fall: copper detail, animal icons and pumpkins of every color, including white.

Create a seasonal tablescape or mantel decoration with these Harvest Fall Lanterns created by the crafting experts at Jo-Ann Fabric and Craft Stores. The lanterns lend a coppery sheen to complement the seasonal hues of the pumpkins and gourds. Place them atop a swatch of soft plaid for a multi-textured look that celebrates the season indoors.

For a unique outdoorsy look, piece together a birch wreath using natural supplies such as twig stems, cattail stems and foliage

## Harvest Fall Lanterns

Skill level: Beginner
Crafting time: 3-5 hours

Supplies and Tools:
2 boxes fall pumpkin and gourd decorations
1 bottle (2 fluid ounces) cloud white paint
Black sponge paint brush
2 metal and glass lanterns
Hot glue gun and sticks

Select two pumpkins to paint white. Paint them and let dry.

Choose multiple sized pum pkins and gourds and attach them to the inside bottom of each lantern with hot glue to begin building a design. Add more pumpkins and gourds, and glue them to each other.

Insert leaves and berries to accent pumpkins and fill in any empty spaces.

# Birch Wreath

Skill level: Beginner
Crafting time: 1-2 hours

**Supplies and Tools:**

Burlap garland
Dark brown raffia
Florist wire (22 or 24 gauge)
Burlap-wrapped wreath
Hot glue gun and glue sticks
Wire cutters
Beige twig stems
Brown floral tape
2 pinecone pick stems
2 onion grass cattail stems
5 fall leaf foliage
5 bags medium birch rounds

Craft bow out of burlap garland and dark brown raffia. Wrap wire around middle of bow and poke it into burlap wreath in desired location. Secure with hot glue.

With wire cutters, cut twigs to length and tape together with brown floral tape. Add pinecone stems to twigs and tape together with floral tape.

Wrap twig and pinecone stems with wire and poke wire into wreath under bow. Use hot glue to secure.

Add cattails and fall foliage to accent. Attach to wreath in desired locations with hot glue.

Cover remainder of wreath with birch rounds using hot glue.

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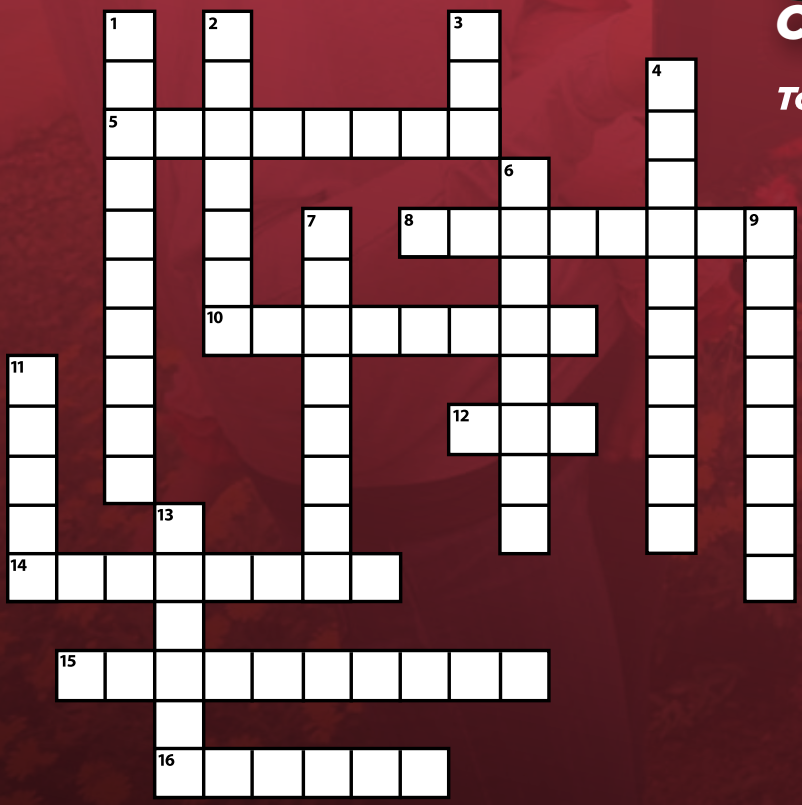

**ACROSS**

5. water outfit
8. cross-country trip
10. someone with a green thumb
12. exposure to the sun
14. atmospheric moisture
15. beach monument made by children
16. beverage glove

**DOWN**

1. summer pest
2. 212°F reaction
3. opposite of cold
4. having national pride
6. American pastime
7. shoeless
9. frozen snack
11. sandy shore
13. eating outside

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# 21ST CENTURY SENIOR LIVING

WRITTEN BY JOSH NEWBY

GIVEN THAT 95 PERCENT of people retirement age and older want to stay at home and that this option is less expensive and more psychologically healthy than moving to a senior care facility, it is perhaps no surprise that technology has evolved to help make this a reality. The fears of yesterday—that seniors at home may forget to take their medicine, may slip and fall, or may fall prey to burglary—have long since been solved by a handful of gadgets that even the younger generation can envy. Everything from house-cleaning robots and secure monitoring systems to automatic pill reminders and wearable alerts are relatively inexpensive and grant their users more autonomy and more satisfaction in their golden years—even as it provides the greatest generation's kids and grandkids with peace of mind.

*Ring Video Doorbell*
*$199*
*ring.com*

## Door Alerts

If you're inside and hard-of-hearing, these devices that you can purchase at Home Depot or Lowe's will flash a light if someone is by the door. If you're away from home, your smart phone will receive a notification if someone is by the door. On more expensive models, you can even interact with the deliveryman via Wi-Fi—or call the police if something more nefarious is happening.

## Wearable Vibration Alerts

*ditto wearable*
*$39.95*
*dittowearable.com*

The Ditto is just one example of these products, and allows seniors to feel their phone from up to 100 feet away, so that they do not miss calls, texts or alarms when they may not feel like lugging their phone around the house. The Ditto fits in a pocket or on a lapel, boasts a six-month battery life and is even waterproof.

## Temperature Regulators

You can pick up one of these safe, handy temperature enforcers at the local hardware store. Simply screw one onto the sink or shower faucet and it will regulate the temperature of the water, making sure the user does not get accidentally burned if they zone out during a bath or shower. Similarly, pads can be purchased that slide on top of stovetops to make sure the stove doesn't stay too hot for too long.

*Delta TempAssure*
*$175–$300*
*homedepot.com*

## Medication Reminders

Medication is the primary reason for 40 percent of nursing home admissions. Now, alarm-enabled pillboxes ensure that older individuals will never miss a medication, with a combination of phone, email and audible reminders. Some, like Rescue Alert, will even send a text to a caregiver's phone if it is not opened at the current day or time, signaling a missed medication.

***Rescue Alert MXD***
***rescuealeart.com***

## Unusual Activity Detectors

General Electric and Healthsense provide a variety of monitoring devices and safety pendants that track your loved one's daily routine and send alerts to a caregiver if unusual activity is detected. Simply place about five terminals in discrete locations throughout the house and their activity will be monitored with emergency services ready to be alerted if anything is amiss. These devices also help regulate household temperature and keep an eye out for a shower that has gone on too long or a fridge that has been left open. The device sends the caregiver a text, so help is never far away.

***Good Grips***
***button hook***
***$20***
***jet.com***

## Dexterity Assistance

With the onset of arthritis, even simple tasks can be made time-consuming and difficult, but there are tools to help. The Good Grips Button Hook allows the user to reach through the buttonhole and pull the button to a closed position. By the same token, products like AutoTap divert faucet controls to pedals so that shaky hands do not have to wrestle with small and sensitive water controls.

***iRobot Braava Jet 260***
***$169.99***
***irobot.com***

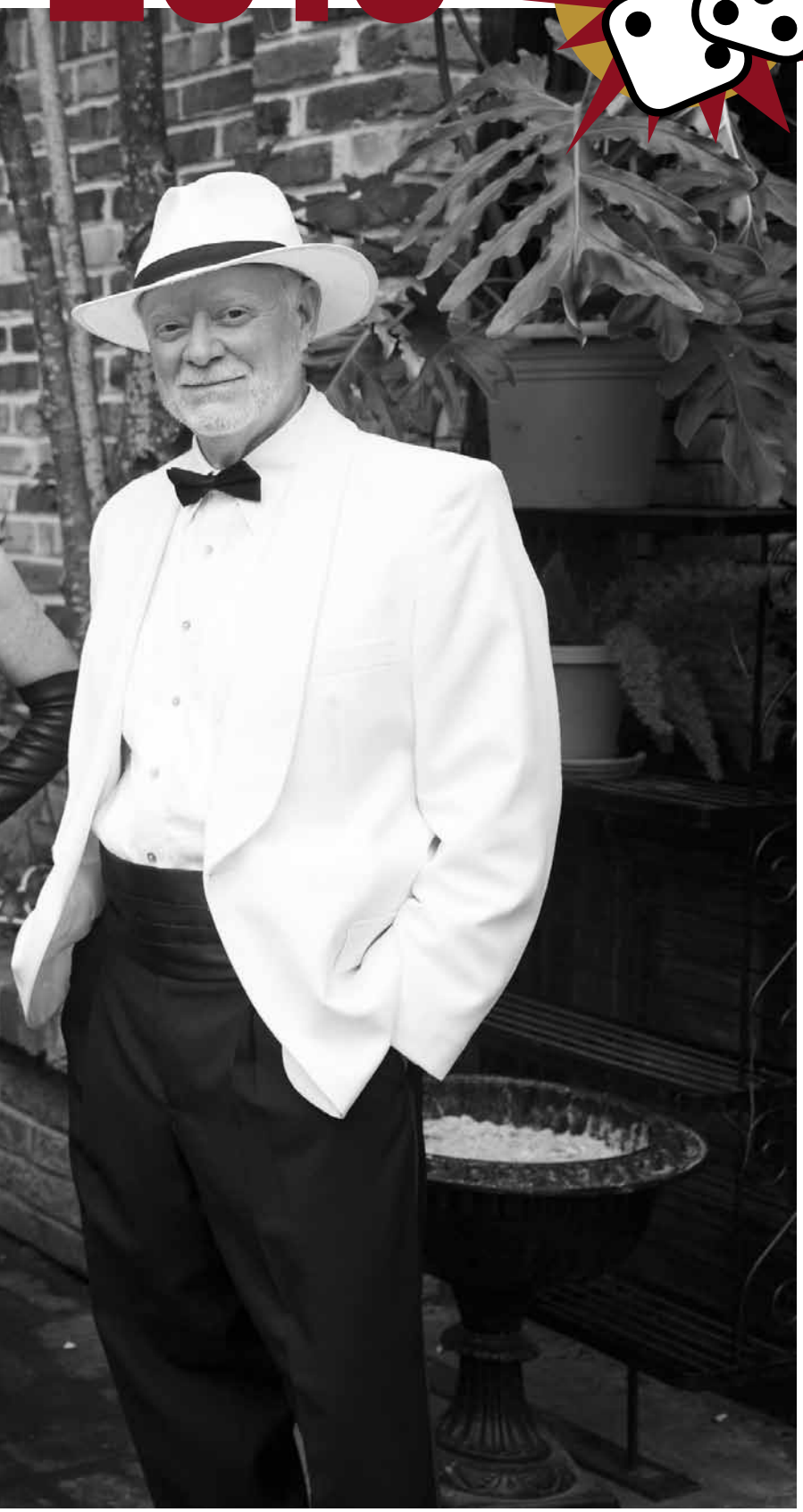
## House Cleaning Robots

The iRobot family of appliances can clean carpets, spills on tile floors, and even gutters, with the touch of a button. They require minimal maintenance and actually keep the home clean, as opposed to just coming around once a week or so like a cleaning crew might do.

# THE RAT PACK

***The 2016 Rat Pack***
*Joe Durant, David Morgan,*
*DeeDee Davis & Ray Russenberger*

# 2016



*Written by Brandi Gomez*
*Photography by Meg Burke*

THE DAYS OF SWANKY PARTIES AND SKINNY TIES MAY BE BEHIND US, but Pensacola's hottest gala is bringing it back for one night this Fall. The Rat Pack Reunion has quickly become a staple event in Pensacola. Now in its sixth year, the popular event will provide both a great night of food, music and entertainment, and a chance to celebrate four honorees who have served the local community and business sectors alike. The annual Rat Pack Reunion, benefiting Council on Aging of West Florida, will return to Skopelos at New World on Friday, October 21 from 5:30 to 11 pm for a night of dancing and dining.

Guests will be wined and dined with an open bar and Italian-style dinner accompanied by the familiar sounds of nationally known Sinatra tribute artist Tom Tiratto, which will have guests dancing the night away. Dress is formal and guests are encouraged to take their fashion cues from the retro Rat Pack era.

"It's a fabulous night taking you back to the 1960s Rat Pack era," says event chair Angela Moore. "Ladies can doll up in 60s style dresses and skinny ties and dinner jackets for the men.

"With the event in its sixth year, it's sure to be a night full of glamour and glitz. "Imagine a room filled with long stem red roses with the tunes of Ol' Blue Eyes playing in the background," says Rat Pack décor committee chair, Jenn Cole, "and let's not forget about the delicious Italian dinner from renown Chef Gus Silivos. It's sure to leave your taste buds wanting more!"

The highlight of the night will be the roasting and toasting of the four honorees who have built successful careers and have given back generously to our community. The 2016 Rat Pack honorees are DeeDee Davis, Joe Durant, Sheriff David Morgan, and Ray Russenberger.

# DEEDEE DAVIS

DEEDEE DAVIS, the creator of the staple annual Rat Pack Reunion event, is truly a superwoman. She is married to Corbett Davis, Jr., author and owner of Jewelers Trade Shop, and they have two children, Jenny and Beau. Her roots go back to teaching where she taught for almost 20 years resulting in her being named "Florida's Teacher of the Year." Following a year as Florida's Ambassador for Education, she was elected to the Florida House of Representatives. As you can see, DeeDee is never one to shy from a challenge. In 2004, she began her career in commercial real estate and joined the firm NAI Halford where she still presides today. She was named NAI Halford's 2015 Top Producer.

DeeDee does it all and still manages to give back to the community in her limited free time. She has been the president of the Gulf Coast Economics Club, the Professional Women's Opera Board, The Aragon Group, and Council on Aging of West Florida. Her bleeding heart and dedication to giving back got her named "Volunteer Fundraiser of the Year" by the Association of Fundraising Professionals. She has helped Council on Aging raise well over a half million dollars to support programs and services for local seniors. That's not all folks! DeeDee is also a freelance writer and has written columns for *Pensacola News Journal* and *Bella Magazine* and now *Pensacola Magazine*. She also serves as host and producer for her show "Let's Talk with DeeDee," which airs on BLAB TV.

Her friends describe her as motivated, determined, stylish, intelligent and fabulous and we couldn't agree more!

# JOE DURANT

JOE DURANT, born and raised in Pensacola, is best known for his skills and talents as a professional golfer. Joe attended Huntingdon College in Montgomery, Ala., where he was a three-time NAIA All-American and won the NAIA Championship in 1987. He turned professional upon graduating, and has so far won four events on the PGA TOUR.

In 1991, Joe took a six-month hiatus from golf to pursue selling insurance. During that time, he also took a job at a golf equipment retail house, filling orders and stacking boxes. Before he returned to PGA TOUR golf, he received a lecture from his wife Tracey about changing his negative outlook on the golf course.

Tracey's lecture must have worked because Joe then went on to win the 2001 Bob Hope Chrysler Classic with a score of 324 (-36), and that set the tournament record which still stands today. He gave the Chrysler Town & Country Limited that he received for this victory to the Coachella Valley (CA) Youth Center and Boxing Club. His most recent win includes the PGA TOUR Champions' 3M Championship.

Off the golf course, Joe enjoys getting involved in the community and giving back. He gave the Chrysler Town & Country Limited that he received for this victory to the Coachella Valley (CA) Youth Center and Boxing Club. Joe is also actively involved in First Tee of Northwest Florida and the Fellowship of Christian Athletes. In his rare free time, he enjoyed spending time with his family since he spends much of his time on the road.

# DAVID MORGAN

WE'RE ALSO PLEASED TO ANNOUNCE Escambia County Sheriff David Morgan is a Rat Pack honoree. Sheriff Morgan and his wife Susan moved to Pensacola in 1993 after a military career that spanned over two decades. He is originally from Poplar Bluff, Mo., where he graduated from high school and later attained a bachelor's degree in criminal justice from Southeast Missouri State University at Cape Girardeau, Mo., and a master's in business administration from Webster University in St. Louis. His military career in the USAF began as an enlisted member and culminated by attaining his commission through AFROTC.

After moving to Pensacola, David and Susan became active in the community through their church and starting two small businesses; one a private investigative agency, and the other acquiring rental properties, eventually eight total, providing housing for low- and middle-income earners.

David began his political activities by joining the Republican Executive Committee, Escambia Women's Federated Republican Club, and Filipino-American Republican Club, remaining active as a member even when he was not a candidate seeking office.

Sheriff Morgan was first elected to the Office of Sheriff in the 2008 election. During his tenure, he has spearheaded many progressive changes within the agency to include merit-based promotions and attaining state accreditation as a certified law enforcement agency.

In keeping with the innovative and inventive leadership style he is known for, Sheriff Morgan began a program of aggressive "giving back to the community," by reinvesting money seized from criminal activity into crime prevention programs. These programs include everything from advertisement of anti-drug messages to educational programs for diversion, youth sports, scholarships, and more. To date, over $1.2 million has been reinvested in Escambia County.

Sheriff Morgan is proud to claim Pensacola as home. He has on many occasions and in many venues expressed that he and Susan chose Escambia County to settle in because of the people. In all of his world travels, he claims to have never been in a place where the people are "so giving of their time and money," even in the most severe of economic times.

"My life has been blessed to first have been allowed to serve my country, and then to have my hometown allow me to serve in public office," said Sheriff Morgan. "Well, it doesn't get any better than this. Oh, and now to be selected as a Rat Pack member! Ah, the cusp of nirvana!"

# RAY RUSSENBERGER

LAST BUT CERTAINLY NOT LEAST, we have Rat Pack Reunion honoree Ray Russenberger. He is one among many pioneers of downtown Pensacola. Ray arrived in Pensacola in 1989, first starting Network Paging Corporation, then Network Telephone Corporation and later, Marina Management Corporation. He renovated the Thiesen Building, developed Palafox Pier and Yacht Harbor and, with the help of architect Brian Spencer, has changed the face of Pensacola's waterfront. He also created and owns local restaurant, the Oar House, several downtown marinas, and is famous (or infamous) for starting the dialogue in 1992 advocating a strong mayor form of government.

Among his many endeavors, Ray serves on the board of directors for the Naval Aviation Museum Foundation, the Institute for Human and Machine Cognition, and is a director of ServisFirst Bank.

He and wife Valerie love playing and performing music and celebrating the excellent theatre and cultural offerings of Pensacola, as well as the boating and fishing opportunities. They travel to many other beautiful harbors on their boat, but Ray often remarks that, if he arrived here by boat for the first time and saw all the wonderful things downtown Pensacola has to offer, he would want to make his home here. It was a great place to raise his five children, and he looks forward to all the many great things still to come.

10 21 2016 RAT PACK REUNION

## About the Rat Pack

These four honorees work hard both in business and civic roles and they will be toasted and lightly roasted for the enjoyment of the attendees. This night of fun and community is not to be missed. "Fundraising events that are as big as Rat Pack are only worth it when the beneficiary is something as important as the Council on Aging," says Rat Pack honoree DeeDee Davis. "The event has brought together an incredible group of people all committed to giving back to this community."

Tickets are $100 per person and can be purchased through www.ratpackreunion.com or by calling Brandi Gomez at (850) 266-2507. There will also be other ways to support the 2015 Rat Pack Reunion. We will have a raise the paddle at the main event and we are hosting our Third Annual Rat Race 5K in downtown Pensacola.

The Third Annual Rat Race 5K is perfect for those who are looking to get involved in the community with their family or friends at a more affordable cost. This year, we are switching things up and holding the race in the heart of downtown Pensacola on Saturday, Oct. 8 at 8:30 am. The race will start and finish at William Bartram Memorial Park.

A 5K is not just for runners! This is a family friendly event where walkers and groups alike are welcomed to participate in the fun. The race is just the beginning of the excitement. In partnership with The Fish House, Council on Aging will host an after party with refreshments, food, entertainment and announce the race winners.

Break out your tennis shoes and skinny ties for an event good for the whole family! General race registration is $30 and $25 for seniors and military members. Members of the Pensacola Runners Association can also register at a discounted price of $25. Children under 13 are free of charge. Registration includes access to the race and Kids Zone, an awesome t-shirt designed by Ideaworks, and access to the after party at The Fish House. Registration information and sign up can be found at www.ratpackreunion.com or on our "Rat Race 5K" Facebook page. Proceeds from the Rat Race 5K support Council on Aging of West Florida's programs and services.

Aging is inevitable and will eventually affect everyone in some capacity. Council on Aging of West Florida will be there to help in time of need for you or a loved one. Council on Aging of West Florida is a local, independent 501(c)(3) not-for-profit organization that has served seniors and their families since 1972. Council on Aging of West Florida helps seniors in Escambia and Santa Rosa counties live healthy, safe and independent lives in their own familiar surroundings by providing community based, in-home programs and services, such as Meals on Wheels and Alzheimer's respite care, which is provided at The Retreat, our adult day health care center. Other programs and services include case management, the Foster Grandparent and Senior Companion programs, caregiver support and training, and the operation of numerous senior dining sites throughout Escambia and Santa Rosa counties.

## Facts at a Glance

**In 2015, Council on Aging of West Florida served:**

**•126,007 meals in the Meals on Wheels program**
**•96,754 meals at Senior Dining Sites**
**•76 participants at The Retreat (Adult Day Health Care Center)**
**•71, 002 hours in the Foster Grandparent Program**
**•1,803 social services clients (includes case management, case aide service, screening, etc.)**

With the hefty lineup of entertainment, music, dinner and dancing, the 2016 Rat Pack Reunion will offer an amazing night for attendees while also supporting programs that help the community's most vulnerable members. To learn more about the Rat Pack Reunion or the programs offered by Council on Aging, please visit coawfla.org or call their main office at (850) 432-1475.

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## SHINE VOLUNTEERS NEEDED

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- Answer Medicare questions and resolve problems
- Save money on their prescription medications
- Learn about programs they may be eligible for

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**ALFRED J. LOJO**

**ALFRED J. LOJO** has been selected as one of Florida Trend's Magazine's Legal Elite Up and Comers for the year 2016. He has also been tapped to be a part of the LEAP (Leadership Pensacola) class of 2016-2017.

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# Save the Date!

## *2016 Rat Pack Reunion*

*A fundraiser gala benefiting Council on Aging of West Florida*

***Friday, October 21***
***5:30–11:00 p.m.***
***New World Landing***

Join us in honoring four fantastic leaders in our community: DeeDee Davis, Joe Durant, Sheriff David Morgan, and Ray Russenberger.

For more information on sponsorships opportunities and tickets, visit **ratpackreunion.com.**

# Charlotte Stewart

## AN EXCLUSIVE INTERVIEW

Interview by Kelly Oden

It is somehow appropriate that Charlotte Stewart's career began as Disneyland's first walk-around character of Alice in Wonderland, as her life would be fraught with unexpected dangers and addictions, with bizarre, wonderful and famous characters.

Most famous for her role as the schoolmarm Miss Beadle on *Little House on the Prairie* and her work with director David Lynch, Charlotte was also a notorious wild child of the 60s. She defined the era of sex, drugs and rock 'n' roll via her relationships with noted personalities including Bill Murray, Jon Voight, Richard Dreyfuss, Tim Considine and her most notorious "drinking-buddy/friends-with-benefits" relationship with Jim Morrison. What many people don't know is that the woman who had played America's most beloved schoolteacher, became addicted to drugs, eventually living on vodka and hotdogs, until she entered rehab and remained sober for 27 years.

Charlotte is the first cast member of both *Twin Peaks* and the cult classic *Eraserhead* to speak out in a memoir. She is also the only adult cast member of the hit series *Little House On The Prairie* to release a memoir on the sometimes-turbulent, behind-the-scenes relationships and responsibilities of playing the respected Miss Beadle. In her book, *Little House in the Hollywood Hills: A Bad Girls Guide to Becoming Miss Beadle, Mary X and Me,* she speaks out candidly about her battle with breast cancer, suicide attempts, celebrity divorce and more.

Charlotte has recently filmed scenes for the reboot to *Twin Peaks* set for release on Showtime in 2017. In addition, the surreal anti-nuclear comedy written and directed by Neil Young in the 1980s, *Human Highway*, is being re-released to 400 theaters in 2016. Stars include Neil Young, Dennis Hopper and the band Devo.

*Coming of Age* had the pleasure of speaking with Mrs. Stewart about her life, her loves and her career.

# Charlotte Stewart

**COA:** Hi Charlotte. Can we start with you telling me just a little bit about your upbringing and your childhood?

**CS:** Absolutely! I was raised on a peach farm in Yuba City, Calif., a small town at the time. And I was a terrible student. I was a daydreamer and a show off, so when it came time to go off to college with all of my friends, I couldn't go because they all had good grades and I didn't. So, I was thrashing around for what I was going to do. I had not a clue. I saw an ad on the back of *Seventeen Magazine* for the Pasadena Playhouse. I don't know what I was thinking, to tell you the truth, but I was desperate to go anywhere. I sent for an application and got it, filled it out, did not tell my parents until I was accepted. And then of course I had to tell them because there was tuition. I think my mom and dad were so relieved that I had a plan because my brother and sister were good students. They both went to good colleges and got good grades and all that. And I think they were really worried about what was going to happen to me. I got accepted and my mom and I flew to Burbank, rented a car, drove over to Pasadena, and checked out the Pasadena Playhouse. She was impressed. It had a two-year, possibly three-year curriculum. It had dormitories. It had a full schedule of classes—Shakespeare theatre, English theatre, language, dance and fencing. We were in production all the time—daytime and night. No time to fool around and party that much. I found a way to do that, though. It's my nature.

**COA:** I understand your first acting job was playing Alice in Wonderland at Disneyland. How did that come about?

**CS:** I was 17 years old and this gentleman came to the Playhouse and he was looking for actors to walk around as characters at Disneyland. I got the job of Alice in Wonderland! All I had to do was get my picture taken, talk to children, you know all of those kind of really easy things. I was a showoff anyway, so I had nothing to lose. So that was my very first paying job—being Alice.

**COA:** Do you have any interesting anecdotes about working at Disneyland as Alice?

**CS:** Yes! My only job was to greet guests and have my picture taken. Every once in a while there would be some kind of celebrity that would come to the park and we would have to show them around. But I was told, because I was Alice, I had to stay in Fantasyland. I couldn't go to Adventureland, I couldn't go to Jungleland. I couldn't go to all these other lands. I had to stay in my own land. Well, that December the Iowa State Football team was coming to play in the Rose Bowl in Pasadena, and I was assigned to show around two of the football players. Well, oh my God, I am 17 years old and I get to show these hunky guys around. So, of course, they want to go to Adventureland. Of course, I took them. So here I am, I'm on the jungle ride with these two football players and we are smoking cigarettes. I look over and there is this little boy staring at Alice in Wonderland puffing on a Winston! I did get to meet Walt Disney later. He had an apartment over the firehouse at Disneyland and he would come there occasionally and spend the night. One day, I was with Minnie and Mickey Mouse and the White Rabbit standing behind the firehouse smoking a cigarette. Everybody smoked in those days. Walt's limousine drives up and Walt gets out and he's smoking. We all kind of waved to each other and he gave us a nod. He knew what we were doing, but I never really got to meet meet him. I'm sorry to say.

**COA:** What was next for your career?

**CS:** Not long after that, I got a commercial. It came through the Miss California Pageant. Once again, someone came to the Playhouse and they were looking for girls from small towns in California to be in the Miss California Pageant. They didn't have a lot. They had Los Angeles and they had Sacramento and they had San Francisco. All the big ones. They didn't have any little towns. So they asked me if I would represent my hometown in the Miss California Pageant. So, of course I said yes. I told my parents that all they had to do was go to the Chamber of Commerce and get $250 to sponsor me. What I didn't know until years and years after my parents died is that the Chamber of Commerce said no way! So my dad paid for it. In 1959, that was a lot of money! And he was a farmer! And I had no idea until many years later when a friend of theirs told me. So, you know, I kind of tripped over good opportunities and fell into them.

**COA:** I read that your audition for Miss Beadle on *Little House on the Prairie* was an interesting one. Can you tell me about that?

**CS:** Yes, of course! I'll make it short, because it's a funny story. I had been working quite a bit up to that point. I had been doing *Gunsmoke, Bonanza, The Virginian,* you know all these other shows. And I got a call to go to Paramount Studios because Michael Landon was doing some new series. I had never heard of it—Little House on the—whatever it was. I walk in and there's this little room that had five men in it. Mr. Ed Friendly was the producer and he was sitting there in his great big desk and I was auditioning for the role of the school teacher, so I said to Mr. Friendly, "May I sit behind your desk?" And he looked at me like I was out of my mind, but I think from across the room Michael Landon gave him some kind of signal, so he said, "Okay," and he got up and went to sit with the other men. I went and sat behind his desk and I told them to be quiet! Michael Landon started giggling, as he does. He starts giggling and I said, "Be quiet!" So he shut up and I proceeded to read my audition scene with the casting director. As I left, they all thanked me and I walked out. Nobody ever says that you got the part. They just say thank you very much. I drove home and I thought, I either blew it big time, or maybe it was okay because it was one of those instinctual things that I did. By the time I got home, they had made their decision and they called and offered me a four-year contract. And I didn't even know it was a

Charlotte Stewart as Miss Eva Beadle and her long-time friend Josh Bryant as Adam Simms, the pig farmer Miss Beadle marries on *Little House on the Prairie*

television series. I thought it was a movie of the week. It was like I won the lottery. You know that an actor goes on 30 interviews for one part? They work once and then they don't work for another six months. So, I had a four-year contract. It was wonderful. It's the best job I ever had.

**COA:** I know that you have stayed close with some of the cast members. Can you tell me about your relationships with them?

**CS:** I did not have a personal relationship with Mike Landon. He's such a big star and he was my boss. But once the girls got older, we started going to fan events across the country. I have been especially close with Karen Grassle, who played Ma, and Alison Arngrim, who played Nelly Olson—the mean girl. Alison and I spend a lot of time together because we travel together all the time.

**COA:** LHOTP was filmed about a time that was much more innocent than the time during which it was filmed: the 1970s.

**CS:** In the 70s, in Hollywood especially, cocaine was everywhere. It was popular. And as far as I was concerned, cocaine just allowed me to drink more. I was a very heavy drinker, and that was my social life. You'd go out and have drinks and usually in those days someone has a little bit of cocaine. You couldn't go to a party in the 70s without the bathroom door being locked and five people in it, you know. That was just what happened. It really took me to a very dark place because at the time I was making the first good money I'd ever made. I bought a house, I had investments and apartment buildings. I had a business manager who was investing things for me and we were also good friends.

**COA:** But you lost everything, right?

**CS:** Yes. My business manager got addicted to cocaine and I wasn't paying attention. And he started taking money from everybody's account. He meant to pay them back, I know he did, but he didn't. The result was I lost my house, I lost all of my money and I lost my investments. And, at one point, in about 1980, I was homeless. I had no place to live. I had no money. And the residuals weren't coming in as much as they had before because I hadn't been on the show in five or six years. So I ended up moving in, temporarily, with Jack Nance, who I had starred with in *Eraserhead* way back when David Lynch made his first film. It was a terrible time. I was living on vodka and hot dogs, literally. To make matters worse, I used to own the apartment building we were in!

**COA:** How long did that last?

**CS:** Oh, not very long. Probably a month and he finally said, "You have to leave." I didn't know what to do. I climbed into my old clunker of a car and I drove over to a friend's house and I called my doctor. It was the first time I acknowledged out loud that I had a problem. And he directed me to a treatment facility. And for some reason, I still had my insurance through the Screen Actors Guild, and I could go into treatment. I mean, I am followed by some crazy angel. So I got sober then my life changed and I ended up being able to work with David Lynch on *Twin Peaks* not long after that. My friend Jack Nance was on *Twin Peaks*, too. You know, it was just a miracle. My life began again. I started getting acting roles again, I had friends. I met my dear David. I always call my husband dear David, my husband of 20 years, who died in 2012. I met him at a recovery meeting. And he had been an old friend and we got married and we were married for 20 years. And now, I am 75 years old and I just got married again!

**COA:** You are very candid, very open about your dating life and sex life in the 60s and 70s. It was a different time then. It was free love. So how do you feel that dating is different for young people today?

**CS:** In the early 70s, people didn't date. You kind of hung around together, or hooked up, as they say. There were no commitments. I didn't want a commitment. This is something that I kind of insist on people knowing—I have always supported myself. I was never after a relationship for someone to take care of me, support me, or give me a job. The men I was involved with were men that I was attracted to and who were attracted to me, and it was a time of "Why not?" You know? I wasn't asking for commitment. In fact, maybe that's why there were so many men in my life is that I didn't want to be committed either. Nobody was getting married anymore and you mentioned it—free love. I thought about it as no restrictions. I think it's gotten back to a much more

Charlotte Stewart & Kevin Bacon on the set of *Temors* in the 1990s

traditional style now. I don't really know because I don't have any teenagers or young adults in my life right now, but it looks to me just from what I see and hear, it's more traditional now. Men and women want to have families and children and you know good jobs and home life and buy a house and all of that.

**COA:** Tell me about your relationship with Jim Morrison of The Doors.

**CS**: Jim Morrison was a good friend who was having a really hard time when we met. He was 27 years old, he had been arrested in Florida and he was facing a possible three-year jail sentence. I had a clothing store called the Liquid Butterfly and it was right across the street from Electro Records, so a lot of music people came in and out of the store. Jim was one of them and we became friends. In fact, we became drinking buddies. He was a very heavy drinker and especially then because he was being chased by reporters, he was facing this awful possible jail sentence in Florida and he just wanted to be with somebody that he trusted. I didn't want anything from him, and I think that was the basis of our relationship. I had no desire to be his girlfriend. But we were friends with benefits, if you know what I mean. We did have a sexual relationship, but that isn't what our relationship was based on. It was that I didn't want anything from him, I didn't want a commitment. At one point he said, "I really need to get out of town. You wanna go?" So we hopped in his car and we drove up the coast of California on Highway 1 up toward Big Sur and we just did crazy things. We stopped and shot pool and we went to the Hearst Castle—the castle that William Randolph Hearst built. We went as tourists. We took a bus up and nobody knew who he was. It was a really good time. I cherish that because within six months he was dead. He moved to Paris and of course he died there. But I think the reason we had a good relationship was because I had this strength that said, "I'm not here for what you can give me. I'm here because you are my friend."

**COA:** Another person that you worked with and continued to have a working relationship with was David Lynch. I've read that he was a student when he came to you to make *Eraserhead* and I also read that you still sometimes volunteer your acting services to film students.

**CS:** I always do. I have done several student films from the University of Southern California and UCLA. I would always offer my acting services because I thought it was important that if somebody is going to be studying to be a director in film or television that they work with a professional actor. They're not there to teach an actor how to act. They are there to learn how to use film. So I would always volunteer. My roommate Doreen was a volunteer at the American Film Institute and she came home one day and said, "I'm working with this student filmmaker and there is a part for an actress and I told him that my roommate was an actress so he is coming to dinner." That is how I met David Lynch. He came to dinner, we talked about the project, and I said, "Sure. I'll do it." I thought that it was going to be like the other films. Two or three days and I'd never see it again. Well, four years later, we were still working on *Eraserhead*.

**COA:** *Eraserhead* became quite the cult classic.

**CS:** I know! It ended up winning the Los Angeles Film Festival. That's how I got invited to do my role of Betty Briggs in *Twin Peaks*.

**COA:** Which is being reprised! So, how was it working on the original and again on the sequel?

**CS:** I will tell you what I can. I am under confidential contracts. The first one was so much fun and of course we all became mad friends. We'd all hang out on the set and then once it hit in 1990 to 1991, all of a sudden they didn't want us to be able to tell anybody about the plot or what was going to happen, so we got completely cut off. All we would get was our own parts in the script. We wouldn't even get a script anymore. We could only show up on the set if we were working that day. We could not drop by anymore!

Charlotte Stewart and David Lynch on the set of *Twin Peaks* in the early 1990s

The only way we got to know what was going on was to watch television. The cast would get together—most of us—and go to somebody's house or go to a bar and we would watch *Twin Peaks*. Well, now, we don't get scripts at all and we're only told the days you're working. We just get our lines or just the scenes. So, I can't tell you anything. But I can tell you that the atmosphere on the set –not that it wasn't joyful before—it was fun, but this time everybody is having such a good time. Such a good time. David is in the greatest mood.

**COA:** The original show was really the beginning of respected, nuanced work being done on television.

**CS:** And it was also breakthrough for film directors because up until David Lynch directed *Twin Peaks*, no feature film director would be caught dead on television.

**COA:** Let's talk about your memoir. This is a great book that I think people are going to just love to read. What motivated you to write a memoir?

**CS:** I was not motivated at all. I moved to Napa with my dear David and I met a writer here who became a friend. He said, "You've got some great stories, you should write a book." I said, "No. No way. First of all, I don't write. I'm not a writer. And also, who would be interested?" And he kept saying, " Think about it. Think about it." Then I went on tour with Alison Arngrim from *Little House on the Prairie* and she's written a book called *Memoirs of the Prairie Bitch*. It is hysterical. It is wonderful and poignant and deep. She has a lot of very hard experiences as

Jim Morrison, lead singer of The Doors, from an image taken from a Super 8mm film Charlotte shot on a road trip they took together in November 1970

well, and I loved it. Alison kept saying, "Charlotte! You've got to write a book!" So, I finally called Andy up and starting three years ago, we met for coffee once a week at Starbucks and I talked and he wrote. He finally talked me into getting out some of my more personal experiences and my faults and my addictions and my failings and you know, nobody likes to say that they did all these things. I'm kind of private, but I trusted him. I think what he did was he took my stories and my adventures and wove them together in a way that you could see it flow. You could see the changes and you could see the lessons learned. That became very important to me. I did not want it to be this fluffy little story of this actress who had a wonderful life and lived happily ever after because I didn't.

**COA:** What did you learn from the process of re-evaluating your life, or reliving your life?

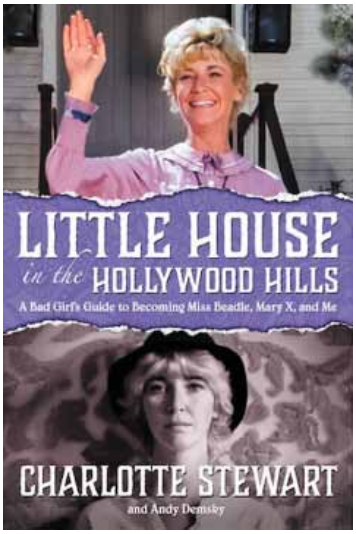
**CS:** Well, to tell you the truth, I just finished doing the audiobook. That was really hard because you can't skip anything when you're reading it and emotionally it was really hard. In some places it just broke my heart to see the decisions I made, the mistakes I made. Then it would make me really proud and happy to see the resolutions. I learned I'm just a human being who makes mistakes and tries to be better. That's it.

**COA:** So you mentioned you're 75. What is your secret to aging gracefully or healthfully?

**CS:** I work every day. For ten years I've been making what I call Beadle bags. I take a picture from *Little House on the Prairie* printed on fabric and I make it into a patchwork quilt tote bag, and I sell them all over the country. I was just up in Seattle with *Twin Peaks* and made Twin Peaks bags. The money goes to the Wellness Center in Napa. They have a program for anyone who has been through surgery, chemo and radiation. It takes them after all that and helps them rebuild their lives through yoga, painting, and writing. Every day I work from 10 to 4, so I have a purpose every day. It keeps me active and healthy. I am not a big exerciser. I don't do yoga. I don't walk. I'm up and down, and up and down, and up and down doing sewing, ironing, cutting, piecing together and that gives me purpose every day.

**COA:** Thank you so much! It was such a pleasure talking to you. You are a very cool lady and I'm so glad I had this chance to meet you and talk with you.

**CS:** Me too!




Charlotte Stewart, with the help of Andy Demsky, reveals the story of her 50 years in film and television—the challenges, the joys, and the somtimes-turbulent behind-the-scenes relationships.

# What's the News?

*Council On Aging of West Florida*

## Community Helps Local Seniors Chill Out

In partnership with WEAR ABC 3 and Lowe's Home Improvement, Council on Aging of West Florida held a "Senior Chill Out" to collect new donated air conditioner units and fans for local seniors in need.

We would like to say a big THANK YOU to the community for coming out and supporting our initiative.

We are happy to say we collected 180 A/C units, 200 fans, and $8,000 towards providing cooling assistance to senior citizens in Escambia and Santa Rosa counties.

We extend our sincerest thank you to Pete Moore Automotive, TLC Caregivers, Meredith & Sons Lumber, Humana and more generous businesses for coming out and supporting the Senior Chill Out initiative.

Another special thank you goes to COA Board Member Sue Straughn for rallying WEAR ABC 3 to provide live coverage throughout the Senior Chill Out and calling on her her media contacts from Cat Country 98.7 / NewsRadio 1620 and Magic 106.1 to assist with spreading the word. Thank you to all of COA's volunteers, staff, board members, and more for helping with the event. COUNCIL ON AGING APPRECIATES YOU!

## Central Credit Union of Florida Donates to COA

We were thrilled to have received five air conditioning units from Central Credit Union of Florida to assist with helping our seniors beat the heat. Thank you for your commitment to making our community a better place for all – and your contribution to help seniors who need it most!

## Members First Credit Union Donates in Style

Members First Credit Union of Florida employees were asked to donate money to Council on Aging in order to wear jeans to work. What a great idea and even greater organization! With their efforts, Council on Aging received $500 from the jean day initiative. Thank you so much!

## COA Welcomes New Development Coordinator

Welcome Kagan Jenkins to the COA team! Kagan is a Virginia native and a summa cum laude graduate of Auburn University with dual baccalaureate degrees in Communication and History. Prior to working at the Council on Aging, Kagan was the Donor Relations Manager at United Way of Escambia County where she assisted with event planning, grant writing, and donor solicitation and retention. When not working, you can find her playing with her boxer Callie and jogging around Pensacola.

## Employee Celebrates 10 Years with COA

Stella Thagouras-Brock celebrated her 10th anniversary with Council on Aging. Stella is our executive secretary; however, she truly does it all including fixing computers, changing light bulbs, ordering supplies and more. We could not do it without her! Thank you, Stella, for your long and loyal dedication to COA.

## Tune in to *Coming of Age* TV

Similar in concept to *Coming of Age* magazine, *Coming of Age* TV also covers a wide variety of senior-related topics. Each 30-minute program consists of interviews with three local experts. **New programs are recorded monthly and air on WUWF-TV, Cox Cable Channel 4 (Escambia County) Monday, Wednesdays and Fridays at 7 pm and Tuesdays and Thursdays at 9 am.** For individuals in Santa Rosa County and beyond, each segment from the program is uploaded to youtube.com/coawfla. *Coming of Age* TV is proudly sponsored by Baptist Medical Group and their more than 100 caring physicians serving the Gulf Coast. Meet a caring doctor in your neighborhood at BaptistMedicalGroup.org.

## Sign Up for Our Newsletter

Enjoy the COA updates in *Coming of Age* magazine? Sign up for our monthly e-newsletter and stay current on all the news and happenings! Visit coawfla.org and click "e-newsletter" to sign up today!

## Local Firefighters Respond to the Heat

Pensacola Professional Fire Fighters Local 707 presented Council on Aging of West Florida with a $2,500 check to assist with efforts in purchasing air conditioner units and fans for seniors in need. Thank you so much for your generosity!

# Out & About

GET OUT, MEET PEOPLE & GO PLACES

## Baptist Health Care Wellness Events

### September

**Breast Cancer Prevention**
Thurs., Sept. 22, 11:30 am lunch; noon to 1 pm seminar
Presented by Zheng Topp, M.D., Hematology Oncology, Baptist Medical Group
Baptist Medical Park, Nine Mile, 9400 University Parkway, Azalea Room

### October

**Breast Cancer Prevention**
Wed., Oct. 12, 11:30 am lunch; noon to 1 pm seminar
Presented by Nutan DeJoubner, M.D., Hematology Oncology, Baptist Medical Group
Baptist Towers Medical Meeting Rooms, 1717 North E St., Avery Street Entrance

**Maintenance of an Active Lifestyle**
Fri., Oct. 14, noon to 1 pm seminar
Presented by Ashley D. Zapf, M.D., Andrews Institute
Baptist Medical Park–Navarre, 8880 Navarre Parkway, 2nd Floor Conference Room

**Lung Cancer Prevention and Screening**
Fri., Oct. 21, 11:30 am lunch; noon to 1 pm seminar
Presented by Zheng Topp, M.D., Hematology Oncology, Baptist Medical Group
Andrews Institute Athletic Performance & Research Pavilion, 1040 Gulf Breeze
Parkway, Conference Room B

**Beating the Odds: New Treatments to Combat Atrial Fibrillation**
Thurs., Oct. 27, 11:30 a.m. lunch; noon to 1 pm seminar
Presented by Saurabh Sanon, M.D., FACC, Interventional Cardiology, Baptist Heart & Vascular Institute
Baptist Medical Park - Nine Mile, 9400 University Parkway, Azalea Room

### November

**Cancer Prevention and Creating a Healthy Lifestyle**
Fri., Nov.11, noon to 1 pm seminar
Presented by David Mann, M.D., Hematology Oncology, Baptist Medical Group
Baptist Medical Park - Navarre, 8880 Navarre Parkway, 2nd Floor Conference Room

### December

**Handling Stress: A Key to a Happy Holiday**
Thurs., Dec. 8, 11:30 am lunch; noon to 1 pm seminar
Presented by David A. Josephs, Psy.D., Lakeview Center
Baptist Medical Park - Nine Mile, 9400 University Parkway, Azalea Room

**Prevention and Treatment of Arthritis**
Wed., Dec. 14, 11:30 am lunch; noon to 1 pm seminar
Presented by Neilia-Kay McGill, M.D., Rheumatology, Baptist Medical Group
Baptist Towers Medical Meeting Rooms, 1717 North E St., Avery Street Entrance

## Caregiver Support Groups

As part of COA's mission to serve seniors and their families, we offer caregiver support groups in Escambia and Santa Rosa counties. These groups are available to all caregivers regardless of the condition or illness of the person being cared for, including grandparents caring for/raising grandchildren or relatives caring for a disabled adult. Attendance is free and new members are always welcome.

- **Milton Caregiver Support Group**
  *First Thursday* of each month at 5:30 pm
  Santa Rosa Health and Rehabilitation, 5686 Broad Street. Light supper provided
- **Century Caregiver Support Group**
  *Third Thursday* of each month at 6 pm. Century Care Center, 6020 Industrial Blvd. Refreshments and door prizes provided
- **Pensacola Caregiver Support Group**
  *Last Thursday* of each month at 6 pm. Council on Aging of West Florida, 875 Royce Street, Pensacola Refreshments and door prizes provided
- **Pensacola Grandparents Raising Grandchildren and other Relatives.**
  *Second Thursday* of each month at 6:00 pm. Council on Aging of West Florida, 875 Royce Street, Pensacola Refreshments provided. FREE Child Care provided. Reservations requested to (850) 432-1475
- **Navarre Grandparents Raising Grandchildren**
  *First Thursday* of each month at 8 am
  Holley Navarre Intermediate School,
  1936 Navarre School Road
  Light refreshments provided
  Reservations requested to Tammie White at
  (850) 936-0620 or whitem@santarosa.k12.fl.us

## Pine Forest United Methodist Church 27th Annual Arts & Crafts Festival

Pine Forest United Methodist Church will be hosting their 27th Annual Arts and Crafts Festival and Car Show on Saturday, November 12, 2016, from 9 a.m. - 3 p.m. The day features over 160 arts, crafts & other vendors, food, children's activities, and live music. Free admission. Free parking. Door prizes. 2800 Wilde Lake Boulevard, Pensacola, FL, 850-944-0170. Proceeds used for community ministries. For more information, go to pineforestumc.org.

## Interested in volunteering at Council on Aging?

Join us for our monthly Volunteer Orientation at 5:30 p.m. held on October 20 and November 17. We will meet at our main office building located at 875 Royce Street, Pensacola, FL 32503. For more information, call (850) 432-1475 or visit www.coawfla.org.

### *15th Annual Panhandle Charitable Open Golf Tournament*

Friday, Sept. 30 & Saturday, Oct. 1
Two-day, two-course, two-person, best ball format golf tournament
Marcus Pointe Golf Club & Stonebrook Golf Club
To register or sponsor, please visit pcogolf.org

### *15th Annual Panhandle Charitable Open FORE! Charity Par-tee!*

Thursday, Sept. 29 at 6 pm
Sanders Beach Community Center
Dinner by Four Seasons Catering
Entertainment from America's Got Talent finalist: Oz Pearlman
For tickets and table sponsorships, please visit pcogolf.org

### *Annual Pumpkin Party at Strong Street Studio*

October 1 & 2 from 12–6 pm
109 North A Street
Pensacola, FL
Come to the Annual Pumpkin Party featuring hand blown glass pumpkins by Scott Novota. The event will feature live glassblowing demonstrations and metal furniture and artwork by Ben Bogan.
Find out more by visiting strongstreetstudio.com.

### *2016 Rat Pack Reunion*

Oct. 21, 5:30 p.m.
Skopelos at New World

Please join us for a retro-fabulous good time as we honor our very own 2016 Rat Pack and raise much needed funds to help the elderly in our local community. This year's honorees, all outstanding individuals who lead the way in business, and but show tremendous leadership with their service to our local community are DeeDee Davis, Joe Durant, Sheriff David Morgan, and Ray Russenberger.

Tickets are $100 each and sponsorship opportunities are available.

For more information, visit ratpackreunion.com or email Brandi Gomez at bgomez@coawfla.org.

### *2016 Rat Race 5K*

Oct. 8, 8:30 am
William Bartram Memorial Park

Council on Aging of West Florida would like to invite you to participate in the third annual Rat Race 5K. In association with our annual fundraiser, the Rat Pack Reunion, the Rat Race will encourage our local community to develop a healthy lifestyle through exercise and inform them on the effects of aging. The Rat Race will enable Council on Aging to encourage families and individuals of all ages to participate in a community event and inform them on our programs and services for seniors.

Following the race will be an after party at The Fish House to distribute awards and celebrate. Registration is open and sponsorship opportunities are available.

For more information, visit ratpackreunion.com or email Brandi Gomez at bgomez@coawfla.org.

# Were You Seen?

Ed Turner, Carlette Howell and John B. Clark

John B. Clark, Chaplain Mosley and Betty McLeroy

Kaitlyn Pass, Anna Hubbard and Shannon Callahan

Marte Picker, Lou Donaldson and Stacy and Kaipo Robello

Sheriff David Morgan and Susan Morgan

Lynn and Moose Morris

*Council on Aging of West Florida is a local independent 501(c)(3) not-for-profit organization that has served seniors and their families since 1972. Council on Aging of West Florida helps seniors in Escambia and Santa Rosa Counties live healthy, safe and independent lives in their own familiar surroundings by providing community-based, in-home programs and services such as Meals on Wheels and Alzheimer's respite care. For more information, call 432-1475 or visit www.coawfla.org.*

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

COUNCIL ON AGING OF WEST FLORIDA, INC. EST. 1972

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

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