LIFESTYLE MAGAZINE FOR SENIORS

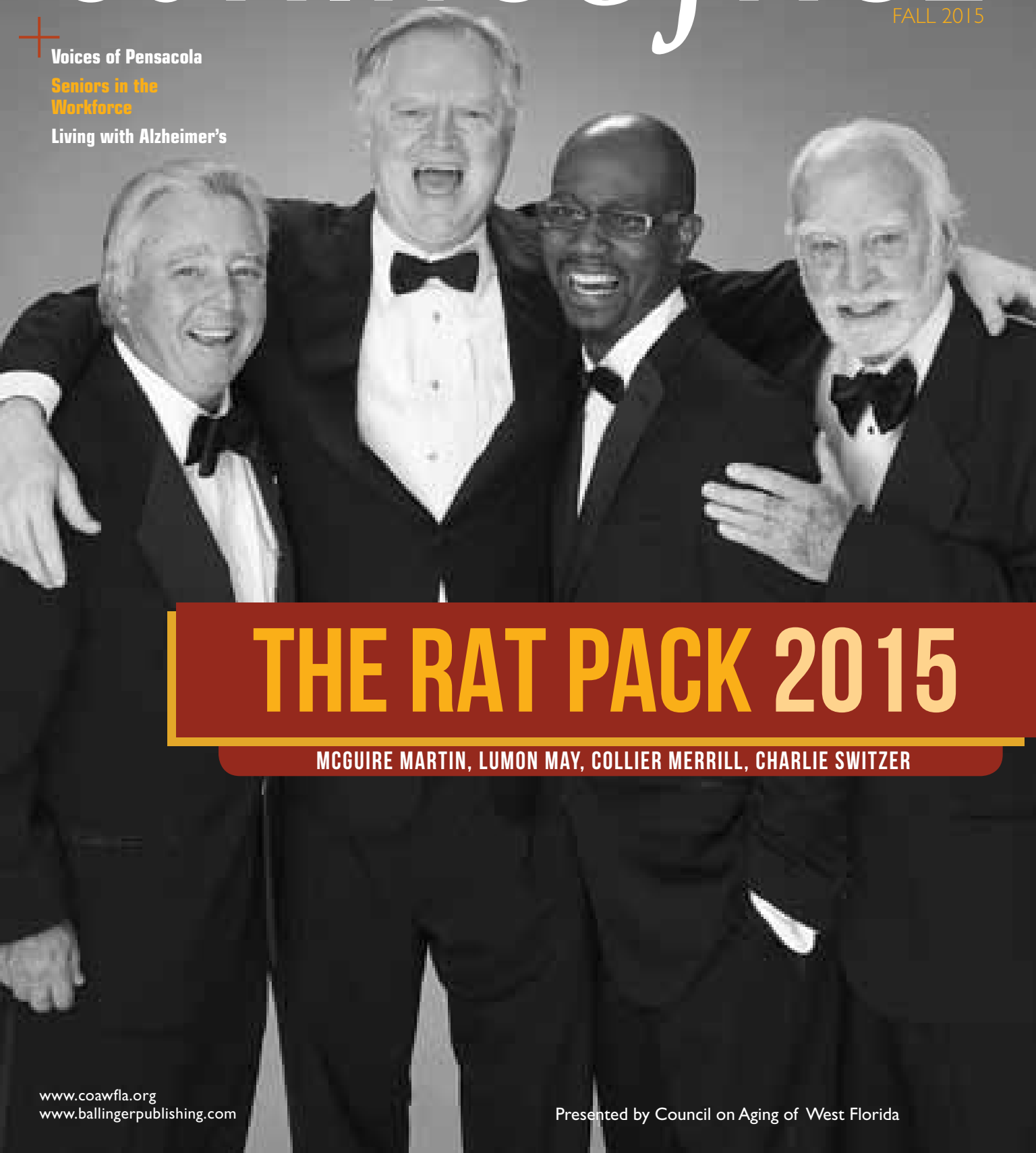
COMING of AGE™

FALL 2015

Voices of Pensacola

Seniors in the Workforce

Living with Alzheimer's



THE RAT PACK 2015

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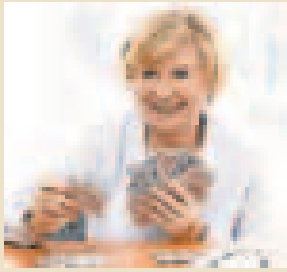

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Living with Alzheimer's: Respite at The Retreat

By Dawn Gresko

Blue, purple, yellow and orange—seemingly unrelated, these colors carry immense meaning within the Alzheimer's and dementia community. Blue, purple, yellow and orange silently relay how a person has been affected by Alzheimer's and dementia: Blue for those who have been diagnosed with Alzheimer's or dementia, purple for those who lost a loved one to the disease, yellow for those supporting and caring for someone with the disease, and orange for everyone else who supports the cause and vision of a world without Alzheimer's.

It's important to realize the disease not only affects those living with Alzheimer's, but those living with and caring for someone who has the disease. The health of family-member caretakers is equally important, since the day-to-day struggle of caring for someone who has Alzheimer's requires great responsibility and, on many occasions, a great deal of patience. Without a doubt, family members who serve as 24/7 caregivers can easily become emotionally and physically overwhelmed.

Here's where The Retreat at Council on Aging of West Florida comes in. The Retreat is an adult day health care center operated by staff who receive on-going training in areas such as Alzheimer's disease and other forms of dementia. The respite services at The Retreat help family members alleviate some of the stress of caregiving by providing a safe haven during the day for those with the disease, allowing caregivers to focus on managing family and jobs, or simply seizing the chance to relax and take part in their own recreational activities. The center is open Monday through Friday from 7:30 am until 5:30 pm, so family members who work may worry less about leaving loved ones at home.

There are indoor and outdoor activities for participants at The Retreat, where there are comfortable activity and recreation areas, a full kitchen, screened-in porch with ceiling fans and furniture, as well as a private backyard with a pavilion and paths for a stroll outside. At The Retreat, participants not only have the option to attend exercise classes, but may engage in arts and crafts along with table and card games for plenty of mental and social stimulation.

Perhaps the greatest benefit participants receive is the chance to interact with old friends, or meet new ones. Other positive outcomes include happier moods, a greater sense of purpose in life, better sleep habits, greater independence and increased motivation.

In addition, The Retreat regularly schedules field trips to picnic areas, parks, museums, historical places, area attractions, bowling alleys, movie theatres and more. The well-supervised trips are fun ventures out, which trigger fond memories and promote greater socialization for people with Alzheimer's and dementia who can feel alienated in social situations.

In fact, for participants with higher

cognitive and physical functioning who can follow directions, have good endurance and are capable of attending events with limited supervision, there's *Day on the Go*. It is an exciting off-site experience in which schedules are planned to allow for a day full of activity and extended respite for caregivers. *Day on the Go* includes an outing, exercise time, as well as a break and lunch.

If you are interested in registering a loved one for The Retreat, you may be eligible for government-funded programs that will cover the cost of enrollment. However, there are private pay options for those not eligible for federal assistance, and private pay daily rates are much lower than those charged for in-home care. What's more, you can make your payments easily online.

The welcoming staff at The Retreat understand new participants may need time to adjust to the unfamiliar surroundings. For this reason, you may schedule a tour of the facility with your loved one so you all can meet the staff, familiarize yourself with the grounds, and get to know more about The Retreat.

To enroll, all potential participants must complete an assessment with the director of the center. To arrange a tour, sign someone up for *Day on the Go*, or learn more about private pay pricing or the assessment process, call 850-266-2503 or visit coawfla.org.

If you'd like to join Pensacola's fight against Alzheimer's you may sign up for the Walk to End Alzheimer's coming to Bayview Park on Oct. 3. Registration is at 8 am and the two-mile walk begins at 9:30 am, rain or shine. Help the organization reach their goal of $40,000 by raising at least $100, and you'll receive a t-shirt showing your additional dedication to the cause. For more information about the event, go to act.alz.org.

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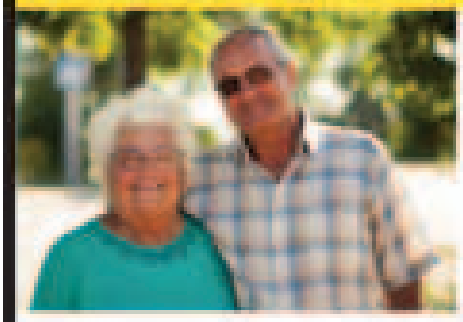

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Experience is Worth the Cost

By Josh Newby

When it comes to being older in the workplace, employees and prospective employees must often overcome a range of negative stereotypes that frame them as unproductive, hesitant to try new things, out of touch with trends and expensive. A new joint study between the AARP and the Society for Human Resource Management, however, has found the exact opposite may actually be true.

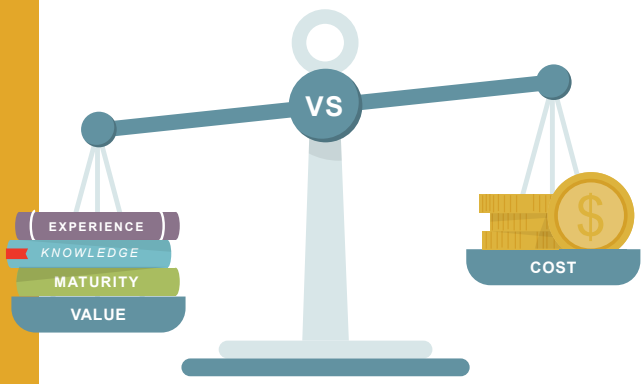
AARP
Real Possibilities

Take 30 seconds to see

Why hiring "older" is a good idea.

Experienced talent costs less than you think.

Recruiting and retaining workers age 50+ may increase labor costs by only 1-2%, yet the value they bring to your business yields net-positive results

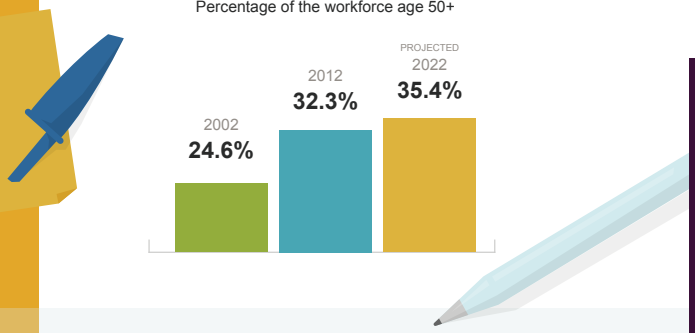


Employers ask:

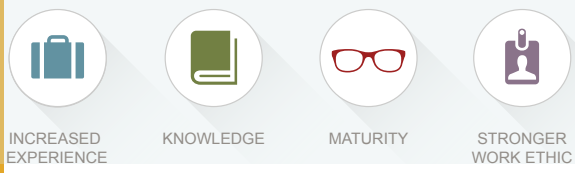
Where are all the talented people I need?

Smart employers have taken note: the workforce is aging.

Percentage of the workforce age 50+



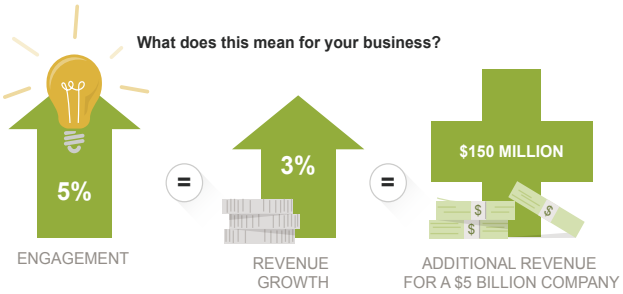
From an employer's perspective, adding workers age 50+ =



Want to increase engagement?

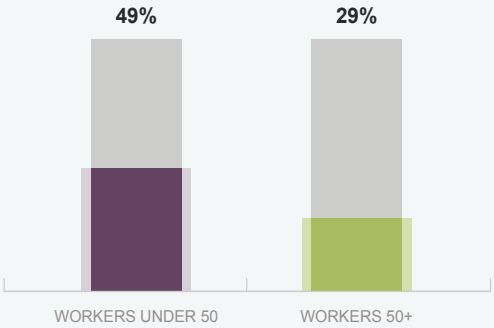
Employee engagement has implications for both retention and business results

What does this mean for your business?

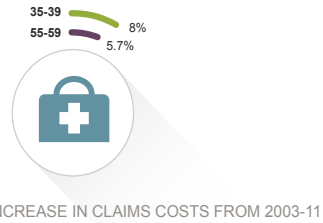


Lower unexpected turnover = reduced potential turnover cost.

Percentage of workers that pose a risk of unplanned turnover



Healthcare costs for younger workers are actually rising faster.



Ready to rethink your hiring strategy?

Read AARP's latest report – *A Business Case for Workers Age 50+: A Look at the Value of Experience 2015.*

Download the Full Report >>

AARP
Real Possibilities

50+ workers are a critical component of successful business.

Questions? Contact Sheila Kathi Brown at skbrown@aarp.org or Laura Bos at lbos@aarp.org

Source: A Business Case for Workers Age 50+: A Look at the Value of Experience 2015

www.aarp.org/businesscaseforworkers50plus

"There's this assumption that older workers cost more and bring less to the table," said Lauran Bos, a financial security manager with AARP. "In fact, the difference in cost between a younger and older worker has shrunk to the point where the value created by the 50-plus crowd far outweighs the incrementally higher cost."

Following the early-2000s trend of hiring young, hip and cheap labor, business leaders are now starting to realize that you get what you pay for. Older workers exhibit highly sought-after traits, such as experience and engagement, professionalism, a strong work ethic, and maturity. These attributes, according to most companies but especially the healthcare and financial services industries, are worth their weight in gold.

"And oftentimes, the cost difference is not large at all," said Bos. "In fact, healthcare costs for older Americans are actually increasing slower than they are for younger citizens."

This is definitely good news for one of the largest growing population segments in the country. In 2022, about 35 percent of the workforce is expected to be older than 50, as opposed to just 25 percent in 2002. And this age group is not exploiting that fact, either. According to the AARP study, 65 percent of workers older than 55 are viewed as engaged, compared to below 60 percent for those under 45. It is estimated that every 5 percent increase in engagement results in a 3 percent revenue growth.

But what about technology? In today's world, computers, tablets and other technology are a routine part of every workday, and most senior citizens are generally averse to technology.

Wrong, according to Bos. Older individuals are among those who are most accepting of social media and willing to learn new innovations.

"You can absolutely teach an old dog new tricks," said Bos. "And they want to learn. Once they do, you'll have a skilled employee who also has all those soft skills necessary to making a business run smoothly."

Older employees work wonders for turnover, too. Turnover rates for the 50-plus crowd are about half that of any other population segment. Managing turnover equates to less HR expenditures and a more robust bottom line. And that drop in turnover is not just because they can't find work elsewhere or are afraid to leave their job. Just behind needing the money, an enjoyment of work leads the pack for reasons senior citizens want to keep working. And businesses are taking notice, as more and more companies are offering phased retirement to keep aging workers on longer, and are even accommodating travel schedules. CVS Pharmacy recently won awards for their Snowbird program, which allows workers to work at different branches throughout the year, up north during the summer and down south during the winter.

So now that we know how valuable older workers are, how do we keep them on board? Well, 92 percent of workers ages 50 and older just want a chance to use their skills and talents. Ninety-one percent desire a friendly working environment, and 88 percent want the opportunity to do something worthwhile. Older employees also report wanting flexible work options, reduced hours and gradual retirement.

Bos also recommends mentorship and reverse-mentorship programs to help integrate older and younger workers.

"The older folks can pass along their wisdom, ingenuity and work ethic," said Bos. "The younger generation can also teach those older than them about technology and emerging trends."

For those looking to change jobs and reenter the workforce, soft skills such as hard work, communication and loyalty are valuable in the interview process, too.

"Talk about your skills, about your level of professionalism, and offer to serve as mentors," said Bos.

No longer does the American economy and workforce have to be held hostage by outdated notions and mythical stereotypes. By extending employment opportunities to older individuals, businesses can find themselves at ease with talent that is reliable and comes with a lifetime of wisdom. COA

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Make Your VOICE Heard

By Josh Newby

Preserving our story for future generations is one of the foundations of human existence. Passing along knowledge and experience is how we learn, how we evolve, and how we gain an appreciation for what came before us while better understanding where we need to go. Well now, a new partnership between the University of West Florida and Gulf Power Company has created a space for past generations to share their stories and future generations to appreciate them.

The Voices of Pensacola is a place that features artifacts and audiovisual displays from Pensacola's past, as a way of preserving all the important people and stories that made us who we are today. But since that story continues to be told today, the museum also allows visitors to record and preserve their own perspective on Pensacola for posterity.

"We want to celebrate our heritage," said Sandy Sims, community development manager at Gulf Power. "We can do that through this live, growing exhibit, where visitors can experience culture and diversity, and tell their history and stories to others."

Walking in, visitors are immediately greeted by a historically preserved building and various installations that tell the history of Pensacola from the perspective of different ethnicities that have called this city home—Native Americans, African Americans, Europeans, Hispanics and Asians. Oral history labs, a staged lecture space, changing exhibits and the Marketplace—the museum store with meeting space—are featured on the first floor.

"The Voices of Pensacola is all about exploring people who have founded and developed Pensacola," said Dr. Brendan Kelly, vice president of UWF Advancement. "This area is rich in various cultures and this experience is emblematic of that. It helps us celebrate and relive the contributions and input of these people so they are not lost."

Rob Overton, the COO for UWF Historic Trust, said that as Pensacola and the people within Pensacola change, so too will the museum.

"A lot of the features are on wheels for easy transportation," said Overton. "We have put together an advisory committee who will recommend frequent and relevant updates."

Visitors to Voices of Pensacola are encouraged to add to the living exhibits by marking their hometown on a large map, scrawling a picture or message with chalk, or even recording their own story with audio and video equipment in a small, makeshift studio. The UWF Historic Trust, which manages the Voices of Pensacola center, will retain one copy of the recording and give one to the creator. Others can then come in and watch/listen to previously recorded stories. Overton and his team took a page from the StoryCorps NPR program to inspire people to record each other's accounts and learn from them.

"We encourage people to be forward-thinking and record their oral history," said Jeff Nall, chief community officer for UWF Historic Trust. "By doing so, we can capture and retain their people's collective story from a particular point in time. You can bring a spouse, child, neighbor or long-time friend and just record the conversation between you two. That conversation then becomes a part of the archives of the UWF Trust."

Nall said the recording studio is currently being used by a lot of people looking to learn more about their family history while furthering their own, so

making an appointment for that particular aspect of the museum is recommended.

The first floor's walls also feature blown-up black-and-white photos of buildings, civil rights protests, family gatherings and more from the past century.

"Art, culture, sports, religion, government—they are all threads in Pensacola's tapestry, and we welcome them all," said Overton. "We want to capture all stories, spontaneous and planned."

The Voices of Pensacola's upstairs is filled with a history enthusiast's fantasy—aisles and aisles of file cabinets filled with tens of thousands of historic photos, glass prints, city records, deeds, maps and more. Volunteers are working to digitize all the content and eventually make it all available online for the community at large.

"Voices of Pensacola is an extension of what UWF strives to be, which is a resource to the community," said Kelly. "You may not always feel connected to an event, but you always feel connected to a people. We want to provoke thought and conversations around those people. This is a place for people to share their story and that perspective to be captured and retained."

The center is also a popular place for those researching their genealogy. "We see a lot of people going in to the resource center looking for information about their family and family history," said Nall. "We have property records, genealogy records, and other interesting artifacts of our past."

Entrance to the facility is free. If you wish to assist in research on the second floor, the cost is $6 for the public and $5 for seniors and military. COA

Courtesy of Family Features

A Spirited Holiday

With the holidays fast approaching, opportunities for delicious sweets and elegant drinks are bound to be plentiful.

Versatile and available year round, California dried figs are naturally sweet, nutrient rich and full of flavor. They also make a great snack during the busy holidays. Because these figs are dried, they partner well with wine and spirits and can be infused with more flavor to create delectable desserts.

For recipes using figs throughout the year, visit valleyfig.com.

Chocolate Cheesecakes with Figs and Port

Makes: 12 mini-cheesecakes

- 1/2 cup finely crushed chocolate wafer cookies
- 1/3 cup finely chopped walnuts
- 2 tablespoons butter, melted
- 1 1/2 cups stemmed Blue Ribbon Orchard Choice or Sun-Maid California figs
- 1/2 cup port
- 1/2 cup sugar
- 4 ounces bittersweet chocolate, finely chopped
- 2 tablespoons water
- 8 ounces cream cheese, at room temperature
- 1/3 cup granulated sugar
- 2 large eggs
- 1/2 cup sour cream
- 2 teaspoons unsweetened cocoa
- 1 teaspoon vanilla extract

Adjust oven rack to middle position. Heat oven to 325 F. Line 12 (2 3/4-inch) muffin cups with paper cups.

In small bowl, stir together crushed cookies, nuts and butter. Spoon about 1 tablespoon crumb mixture into bottom of each cup, dividing evenly; press into even layer. Bake in middle of oven 5-8 minutes, until fragrant.

Cut about 1/2 cup figs into 36 thin, lengthwise slices. Place in small heatproof container with lid; set aside. In small saucepan, bring port and sugar to a simmer over medium heat and stir for 1 minute to form clear syrup. Pour 1/2 cup syrup over sliced figs. Cool; cover and chill until serving time. Finely chop remaining 1 cup figs and add to saucepan with remaining syrup. Return to heat and simmer, stirring often, until liquid evaporates. Spoon about 1 tablespoon warm fig mixture over crust in each cup, dividing evenly. With back of oiled spoon, press into even layer.

Place chocolate and water in

microwave-safe bowl. Heat in microwave on 50 percent power for 2 minutes or until melted, stirring every 30 seconds. Set aside. With electric mixer in large mixing bowl, beat cream cheese until creamy. Gradually beat in granulated sugar. On low speed, beat in eggs, one at a time. Beat in sour cream, cocoa and vanilla. Beat in melted chocolate. Spoon batter over fig layer in cups.

Bake in middle of oven 15-20 minutes, until set. Cool in pan on rack. Chill for 6 hours or up to 2 days.

To serve, arrange 3 slices of reserved figs in port syrup on each cake and drizzle with about 1/2 teaspoon syrup.

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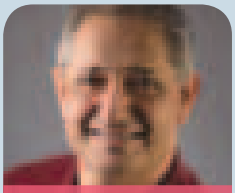
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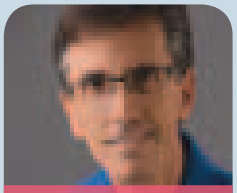
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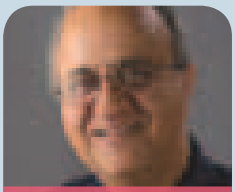
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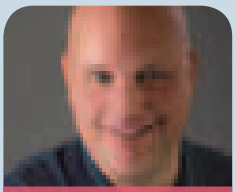
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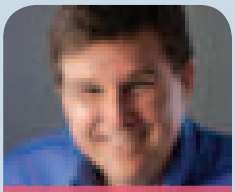
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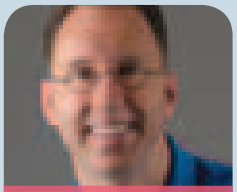
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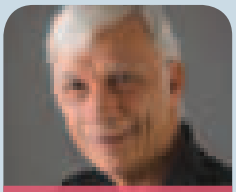
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Women's Wisdom

pass it on!

By Kathleen Vestal Logan

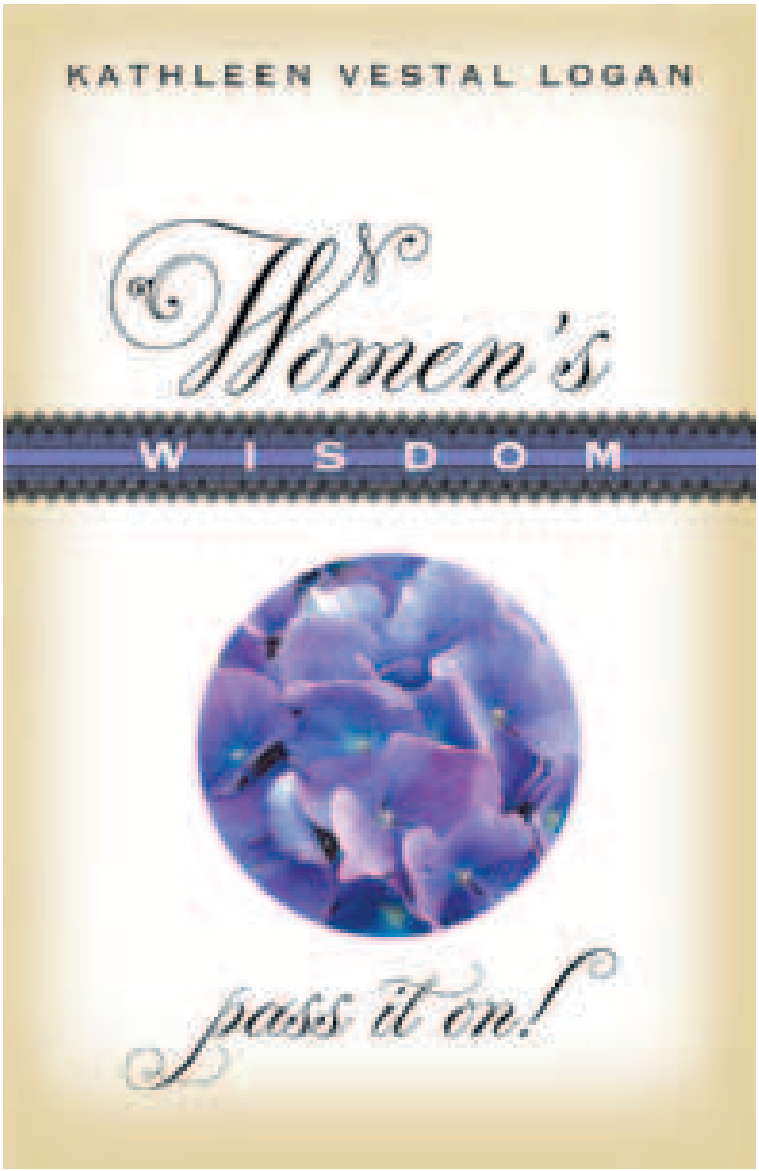
"Are you wise?" I asked the four women sitting in my dining room. Beth gave a definite "Yes," while Gail said, "No, I have no great insight to share with anyone." For Shelby, "There are times when I feel wise and times when I don't. The circumstances are different." For Jean, the criterion was external: "Does anyone come to you and seek your guidance? If so, they recognize your wisdom."

The women agreed that knowledge and facts don't comprise wisdom. "It's more than comprehension or pulling up facts," said Gail. "You have to analyze. And it seems to come from hard times." For Jean, "It's acquired over time, based on our experiences." Shelby said, "Wisdom is elusive; it's surprising sometimes where you find it."

Many people think you automatically get wiser as you get older. Not true! Malala Yousafzai who was shot in the head for wanting to attend school, for example, is wise well beyond her eighteen years, while some women my age have sailed superficially through life. Maturity does provide the opportunity to grow wiser, but only if we pay attention along the way.

Rest assured, brilliance is not required! Even Socrates kept it simple, saying, "Wisdom begins in wonder," and its most important component is common sense. Despite what she said, Gail has gained plenty of wisdom during her life, and such "practical wisdom" is within the grasp of each one of us. Every time you've said things like, "If I had it to do over, I'd handle that differently," or, "Next time I'll ____," you're acknowledging what you learned from your experiences, the wisdom you gained. Something happened (action), you had an experience, you reflected on it, learned from it (wisdom) and behaved differently next time (action).

Several people have asked me why I wrote the book *Women's Wisdom: Pass It On!* It's certainly not that I feel wiser than other people; in fact, my concern about appearing that way kept me from publishing it sooner. What I finally decided was that, yes, I have had many experiences—good and bad—and learned a lot from them. With my background in psychology, counseling, teaching, and writing, perhaps I could share some of it in a useful way with other women struggling with similar issues.



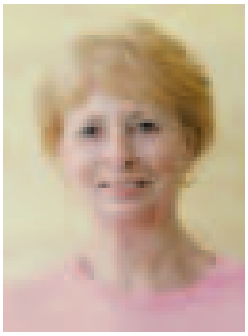
Culturally, too, several things have happened which encouraged me to write. Families are smaller than they used to be, so those natural connections are fewer. Also, as I know so well from being a military wife, many of us don't live near our parents or siblings. We've had to build other connections and relationships, leaning on them for help and support as needed. In addition, unfortunately, we simply have fewer close friends than we used to. Altogether, our "people" resources are more limited than they used to be. On top of that, electronic devices interfere with one-on-one communication. And sometimes we're just reluctant to ask for advice or help, trying instead to "maintain face" or keep up the "I'm perfectly fine" façade.

My hope is that the Women's Wisdom book serves as an extra resource for women, full of information and ideas, as well as reassurance that each of us can deal with life's problems. Perhaps readers will think "If she can deal with that situation, so can I." Why should we all have to learn the same lessons the hard way? Why not profit from others' good judgment and common sense? No one knows everything,

but we all know something, so let's pool our wisdom.

My *Women's Wisdom: Pass It On!* web site expands on that idea, inviting women to participate in discussions of whatever topics are brought up there. Collectively, we can help each other think our way through challenges by asking questions, sharing, and building an engaged, supportive community.

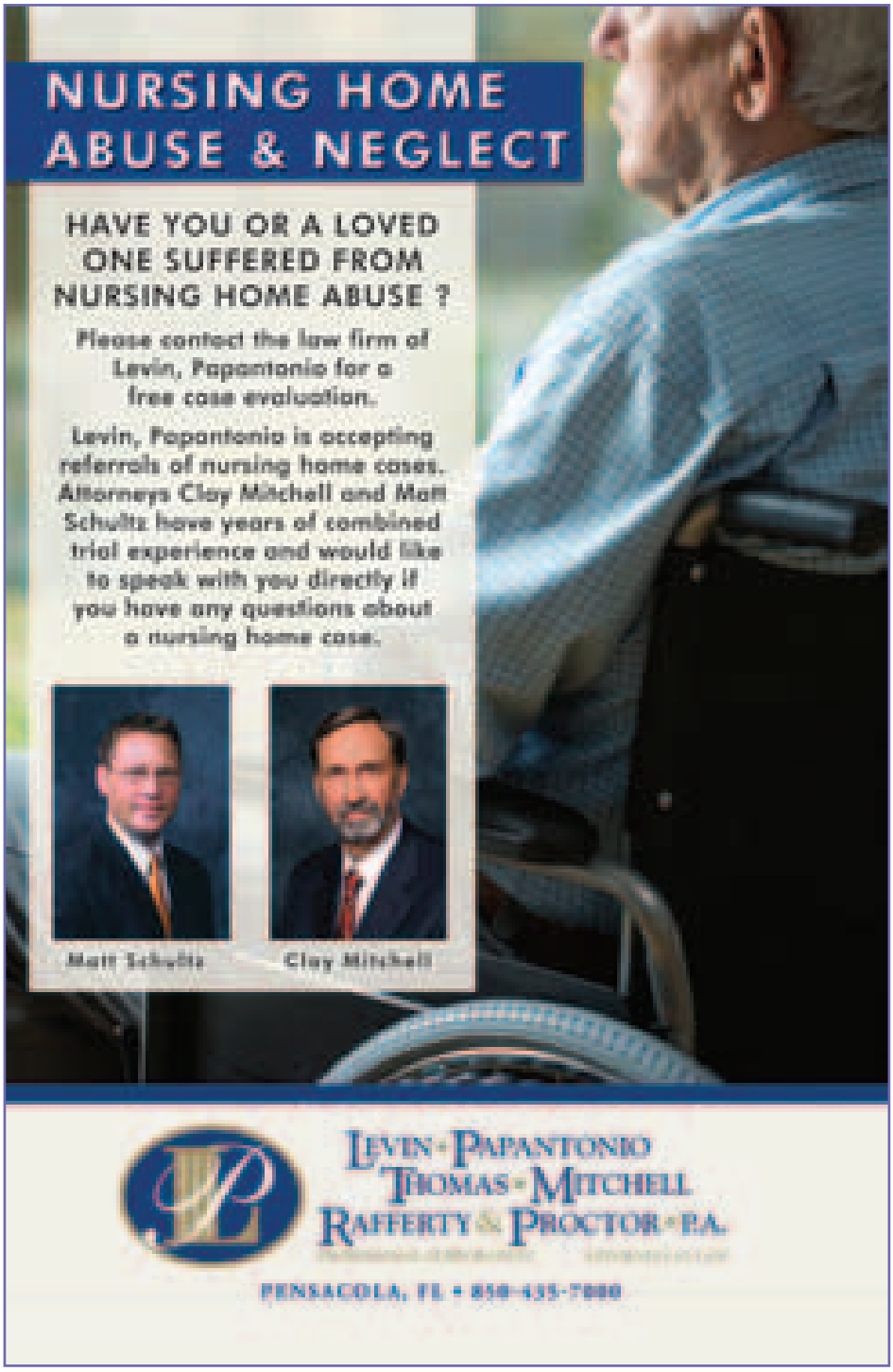
Where can you buy the book? There are paperback and electronic versions available from any bookstore, Amazon, and Angel's Garden Gift Shop, 1208 N. 12th Avenue in Pensacola. Or, invite me to your organization or book group for a lively discussion. Together, we can grow our wisdom and our community, then *Pass It On!*



Kathleen Vestal Logan

Kathleen is an inspirational speaker and writer on women's lives. She is co-author of the 2010 award-winning book *Second Blooming for Women: Growing a Life that Matters after Fifty,* which has touched the lives of thousands of women. She is sole author of the 2015 book *Women's Wisdom: Pass It On,* which encourages inter-generational sharing of knowledge and wisdom.

COA



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NEWS FROM
Council On Aging of West Florida

DEVELOPMENT DIRECTOR RECEIVES FPRA AWARDS

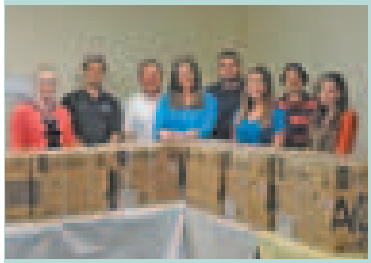
Brandi Gomez, Council on Aging of West Florida's development director, had a busy month racking up awards and recognitions for her participation in the local chapter of the Florida Public Relations Association (FPRA). In August, Brandi was nominated by the FPRA Pensacola Chapter for the Joe Curley Rising Leader award. The award is intended to identify and honor up-and-coming individual FPRA members that demonstrate emerging leadership traits along with dedicated active involvement in FPRA Chapter activities, programs, functions and events.

Brandi Gomez Receives FPRA Member of the Year Award

Brandi Gomez Nominated for FPRA Rising Leader Award

Additionally, at the FPRA Pensacola Chapter's monthly meeting in August, Brandi received the Member of the Year award. For the 2014-15 year, Brandi served as vice president of networking, which included planning monthly networking functions and organizing the annual fundraiser. Congrats, Brandi! Council on Aging is grateful to have so much talent on our team!

COMMUNITY HELPS SENIORS BEAT THE HEAT


Eddie Mercer Donates AC units

As temperatures began to rise earlier this summer, our compassionate community stepped up to help seniors beat the heat. With the help of local media, the community was alerted to the need. Among the generous donors was Eddie Mercer, owner of Eddie Mercer Automotive, who donated 50 A/C units.

"All of us at Eddie Mercer Automotive are humbled to help with such a great cause and are honored to know that we were able to make an immediate, lasting difference in the quality of someone's life," said Mercer.

Additionally, Central Credit Union donated 40 fans and $200; Evan Bush, a high school student, raised more than $1,700; Association of Monsanto Solutia Retirees donated $1,000; American Legion Post 193 donated five A/C units; and many other individuals and businesses donated A/C units, fans and monetary donations totaling nearly $10,000. We are overwhelmed by your generosity and care for those who need in most… our community's seniors! THANK YOU.

Evan Bush Raises Funds for AC units

BOARD MEMBER HONORED WITH AWARD NAMING

Longtime Council on Aging of West Florida board member P.C. Wu was recently honored with an award named after him. Wu, who is also the city council member for District 1, was the namesake for the Northwest Florida League of Cities annual award for their best government official. The award will be known as the Dr. P.C. Wu Municipal Official of the Year Award.

Wu was actually a recipient of the award in 2011, after six years with the Florida League, a statewide consortium of municipalities comprised of more than 400 cities. Congrats from all of us at Council on Aging!

COA OFFERS CORPORATE SPONSORSHIP OPPORTUNITIES

Council on Aging of West Florida is offering businesses the opportunity to support the agency, while getting their name out in Council on Aging marketing materials and platforms. Levels range from $1,000 to $10,000 and provide various incentives accordingly. For more information, please email bgomez@coawfla.org.

COA BOARD MEMBER WINS STATE FPRA AWARDS

Congratulations to our board chair Caron Sjoberg and her wonderful team at Ideaworks for winning three awards at the Florida Public Relations Association's Golden Image Awards in August. Visit Pensacola's "Send Your Selfie to Pensacola" campaign received an Award of Distinction, and its social influencer campaign for Pensacola Celebrity Chefs received an Award of Distinction as well as a coveted Judges Award.

COMING OF AGE CELEBRATES 10 YEARS

This year marked the 10th anniversary of *Coming of Age* magazine and TV. On June 18, we had a special celebration to thank those who helped make it all possible including the Ballinger and Council on Aging of West Florida teams and Coming of Age advertisers. We'd like to say a special *thank you* to our event sponsors who made the event so wonderful for attendees: Lewis Bear Company, Appetite for Life, Republic National Distributing Company and Buffalo Rock. We are grateful for our community partners!

COA RECIPIENT OF THREE-YEAR UNITED WAY GRANT

Council on Aging of West Florida joined community organizations and businesses for United Way of Escambia County's community impact event in June. COA received a three-year grant (now into our second year) for the Meals on Wheels and Senior Companions programs.

Louvene Houston and her Senior Companion, Jackie Weathers, spoke at the event, sharing how they were positively impacted by United Way's funding.

"I hate to see Jackie go home at night," said Louvene. "We have a really nice time." **COA**

CAREGIVER SUPPORT GROUPS

Milton Caregiver Support Group
First Thursday of each month at 6 pm
Santa Rosa Health and Rehabilitation,
5686 Broad St.
Refreshments and door prizes provided

Century Caregiver Support Group
Third Thursday of each month at 6 pm
Century Care Center,
6020 Industrial Blvd.
Refreshments and door prizes provided

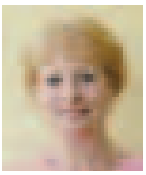
Pensacola Caregiver Support Group
Last Thursday of each month at 6 pm
Council on Aging of West Florida, 875 Royce St.
Refreshments and door prizes provided

Pensacola Grandparents Raising Grandchildren and other Relatives

Second Thursday of each month at 6 pm
Homewood Suites by Hilton,
5049 Corporate Woods Dr.
FREE dinner beginning at 5:30 pm FREE child care provided on-site Reservations requested to (850) 432-1475

For more information, contact Margaret Jerauld at (850) 432-1475 or email mjerauld@coawfla.org.

AUTHOR BOOK SIGNING: KATHLEEN VESTAL LOGAN



Saturday, Oct. 24, 2 pm
Barnes & Noble Bookstore,
1200 Airport Blvd.,
Pensacola

Kathleen is an inspirational speaker and writer on women's lives. She is co-author of the 2010 award-winning book *Second Blooming for Women: Growing a Life that Matters after Fifty* which has touched the lives of thousands of women. She is sole author of the 2015 book *Women's Wisdom: Pass It On!,* which encourages inter-generational sharing of knowledge and wisdom.

VOLUNTEER ORIENTATIONS

Third Thursday of each month
Council on Aging of West Florida,
875 Royce St. – Conference Room
Oct. 15 – 10 am
Nov. 19 – 5:30 pm
Dec. 17 – 10 am
For more information, contact Betty McLeroy at (850) 432-1475 or email bmcleroy@coawfla.org.

BAPTIST HEALTH CARE WELLNESS EVENTS

OCTOBER SEMINARS

Beating the Odds: Cancer Survivorship
9 October
Fri., noon to 1 pm seminar
Presented by David E. Mann Jr., M.D., Baptist Medical Group Hematology Oncology
Baptist Medical Park - Navarre
8880 Navarre Pkwy.
2nd Floor Conference Room

The Latest on Prevention and Screening: Updates on Breast and Lung Cancer
14 October
Wed., 11:30 am lunch;
noon to 1 pm seminar
Presented by Sherif Ibrahim, M.D., Baptist Medical Group Hematology Oncology
Baptist Towers Medical Meeting Rooms
1717 North E St.
Avery Street Entrance

The Latest on Prevention and Screening: Updates on Breast and Lung Cancer
15 October
Thurs., 11:30 am lunch;
noon to 1 pm seminar
Presented by Nutan DeJoubner, M.D., Baptist Medical Group Hematology Oncology
Andrews Institute
Athletic Performance & Research Pavilion,
1040 Gulf Breeze
Pkwy., Conference Room B

The Latest on Prevention and Screening: Updates on Breast and Lung Cancer
22 October
Thurs., 11:30 am. lunch;
noon to 1 pm seminar
Presented by Zheng Z. Topp, M.D., Baptist Medical Group - Hematology Oncology
Baptist Medical Park Nine Mile
9400 University Pkwy., Azalea Room

NOVEMBER SEMINARS

Understanding Shingles
11 November
Wed., 11:30 am lunch;
noon to 1 pm seminar
Presented by Rebecca Hall, DNP, FNP-BC, Primary Care, Baptist Medical Group Primary Care - Perdido
Baptist Towers Medical Meeting Rooms,
1717 North E St.,
Avery Street Entrance

Top 10 Supplements
19 November
Thurs, 11:30 am lunch;
noon to 1 pm seminar
Presented by
Kacey Gibson, D.O.,
Family Medicine, Baptist Medical Group Tiger Point
Andrews Institute Athletic Performance & Research Pavilion, 1040 Gulf Breeze Pkwy., Conference Room B.

Seminars quickly fill up making it necessary to require reservations. Please call (850) 469-7897 to reserve your seat today!

PALAFOX WINE WALK

Oct. 3, 3 pm – 7 pm
Downtown Pensacola

Palafox Wine Walk is a one of a kind event featuring extremely knowledgeable wine distributors showcasing their world class wines in wonderful ambiance of Downtown Pensacola's finest retailers and art venues. 50 percent of proceeds benefit Council on Aging of Weat Florida. Venues include: Jewelers Trade Shop, Blue Morning Gallery, Urban Objects, Mainline, Susan Campbell Jewelry, Indigeaux Denim Bar & Boutique, Marty

Out & About cont.

Campbell Gallery, Pure Barre and Between. Every wine featured will be available for purchase after the event and conveniently delivered to Pot Roast & Pinot for pick up. Tickets are $40 and available at www.PalafoxWineWalk.com. Must be 21 to attend. ID is required. *For any additional information email info@potroastpinot.com.*

RAT RACE 5K

Oct. 10, 8:30 am
William Bartram Memorial Park

Council on Aging of West Florida would like to invite you to participate in the second 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. *For more information email bgomez@coawfla.org.*

RAT PACK REUNION

Oct. 23, 5:30 pm
New World Landing

Please join us for a retro-fabulous good time as we honor our very own 2015 Rat Pack and raise much needed funds to help the elderly in our community. This year's honorees, all outstanding individuals who lead the way in business, and show tremendous leadership with their service to our local community are McGuire Martin, Commissioner Lumon May, Collier Merrill and Charlie Switzer. Tickets are $100 each and sponsorship opportunities are available. *For more information email bgomez@coawfla.org.*

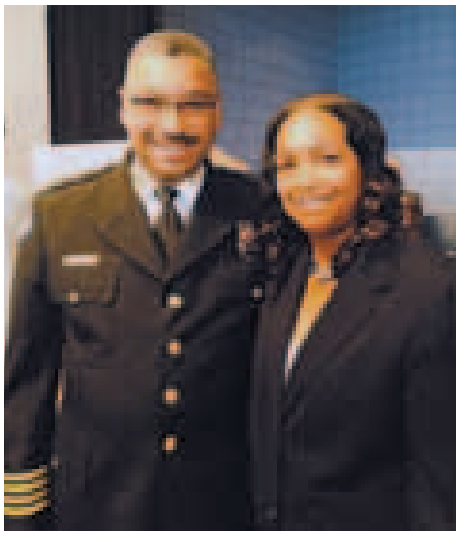
COA

Were You Seen?

Coming of Age 10th anniversary unveiling

COA staff attends FCOA conference

Former COA board member Donna Jacobi wins the door prize at the annual volunteer appreciation luncheon



Chief of Police David Alexander and his sister Velma Franklin, COA's Foster Grandparent Supervisor, at Chief Alexander's installation.

Lois Lepp and Jason Waddell at the *Coming of Age* Celebration

Thank You.

Many thanks to our donors. We appreciate your generous support.
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In memory of Harold "Pete" Foster
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Betty McLeroy

In memory of Jacob Riesberg
By Denise Myers
Linda Skytte
Barbara Wyrosdick

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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