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Winter 2014

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Rachael Cox
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I can hardly believe that the holiday season is already upon us. Where has the time gone? Certainly this time of year lends itself to plenty of opportunity for giving thanks. Though I can't begin to name all the things I'm thankful for in this limited space, it would be remiss of me not to share my gratitude for the Council on Aging of West Florida and *Coming of Age* teams.

In my short time as Council on Aging's marketing communications director and your *Coming of Age* editor-in-chief, I have been overwhelmed by this talented group of folks, who have welcomed me and patiently worked with me while I learn the ropes. I am grateful for these incredible people... who work hard and care deeply about seniors in our community.

In the same spirit of gratitude, I hope that when you count your blessings this holiday season, you consider supporting those who are less fortunate. Every donation makes a difference and helps Council on Aging continue its mission to lead the community in advocacy and services for the aging and those involved in their lives. If you would like to mail a check, there is a response card on page 44 that can be included with your donation. If you prefer to donate online, please visit www.coawfla.org. You can also set up a monthly recurring gift that allows you to extend your giving throughout the year. No matter the option you choose, your gift will be greatly appreciated!

If you're planning to travel for the holidays, don't forget to bring your copy of this quarter's *Coming of Age* along with you. There will be plenty of great reading material to keep you entertained on that long car or plane ride. This issue will feature JoBeth Williams, an actress made famous by her roles in *Kramer vs. Kramer*, *Poltergeist* and *The Big Chill*. You'll also find some great tips on overcoming the generation gap, how to protect yourself against identity theft, entertaining for the holidays and so much more.

We hope you enjoy this issue. We'd love to hear your feedback. If you have comments or suggestions for content, you can contact me at 850.432.1475 or email rcox@coawfla.org.

Have a happy and safe holiday season! Until next time, enjoy life, you've earned it!

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

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

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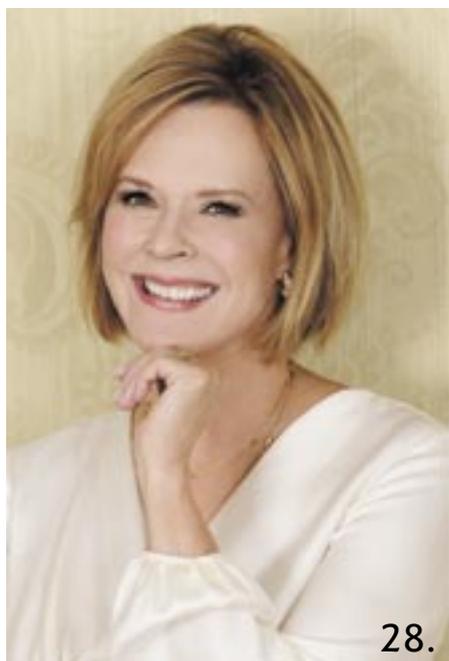
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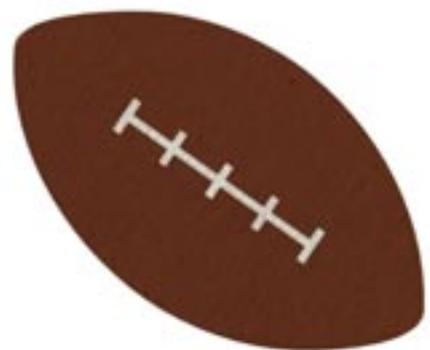
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Gratitude



This is a special time of year for people of many faiths and cultures. No matter whether you celebrate the Christian holiday of Christmas, the Jewish holiday of Hanukkah or the African-American holiday of Kwanzaa (or any combination), it is a very special time of year for all of these traditions. Certainly all three are unique in their history and purpose. However, to me they all seem to have a thread of gratitude and thanksgiving in their celebrations and traditions; and what a

wonderful time of year to examine ourselves as to why we should be grateful for what we have and who we are.

Several years ago at a Florida Council on Aging Conference, one of our main speakers mentioned that when she woke up every morning she tried to infuse herself with an “attitude of gratitude.” For some reason that has stuck with me for these many years. For while this special season is a great time to be thankful for all we have, it is truly regrettable that we cannot go through each day

of our life with that “attitude of gratitude.”

I understand that gratitude is a funny thing. I know when life is slapping you in the face with in some cases unspeakable challenges, it can be hard to be “grateful.” Yet I am amazed at how some people I meet who are facing these challenges just exude gratitude about their lives in general. They remain upbeat and thankful for what they have in their lives. I can only wonder if perhaps it is because these individuals have been grateful every day of their lives for

innumerable reasons: faith, people, places, things and yes, even pets! So, when faced with a challenge, they are able to draw on their life of gratitude. Now, I recognize that is not an easy thing to have this daily “attitude of gratitude”... at least for most of us.

We may wake up in the morning wanting to go through the day with an “attitude of gratitude,” but quickly fall off the wagon as soon as the first challenge of the day faces us; and let’s face it, it could be something as petty as a waiter who forgets to bring us the correct order during lunch. So much for having the “attitude of gratitude.” How many times have we been quick to complain about something petty, but very slow (or perhaps hardly ever) to compliment or thank someone? Unfortunately I have to plead guilty.

Certainly we can all pledge during this special time of year to make an effort to be grateful for what we have in life, big and small. Some of the big stuff... our faith, our families, our friends, our lives, our pets, our freedoms, and our country, and some of the little stuff—our house, our car, our jobs and our ability to laugh. Perhaps if we could become persistent in our gratitude for all these big and little “things” we could eventually lead a life with this “attitude of gratitude.” I know it would take practice.

I hope you all have a great holiday season, no matter how you celebrate it. 



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Healthy Holiday Tables

Indulge without the bulge

'Tis the season for excess: too much spending, too much stress and, if you're like most people, too much munching. Make no mistake, it's called a holiday "feast" for a reason. The average American may consume more than 4,500 calories and a whopping 230 grams of fat while enjoying a traditional holiday dinner with turkey and all the trimmings.

While it may seem like overindulging is inevitable, remember that the centerpieces of your holiday meals are actually quite healthy. For example, turkey is low in fat, high in protein and a good source of vitamin B, with less than 200 calories per 3.5-ounce serving. Cranberries are high in vitamin C and fiber, and extra high in disease-fighting antioxidants.

And don't forget the sides. Side dishes are commonly based on good-for-you produce, such as potatoes, green beans, corn and squash. It's the ingredients you add that deliver a bigger calorie bite.

The secret to lightening up holiday recipes is all in the preparation, says Carolyn O'Neil, registered dietician and nutrition advisor to Best Food Facts. She recommends minimizing fat, salt and sugar and maximizing the food's natural flavors.

Follow this additional advice from O'Neil to enjoy a healthy and happy holiday:

Turkey and table talk. The bounty of food may grab your attention, but remember the main event should be sharing time with family and friends.

Go for the good stuff first. Fill your plate with your personal holiday favorites first, and savor every bite. Don't waste your calories on foods you can eat all year long.

Add farm to table flavor. Healthy holiday meals begin with simply delicious dishes with fresh seasonal ingredients. Some delicious examples of produce at its best: roasted sweet potatoes with citrus zest, steamed green beans with sauteed mushrooms, cranberries cooked in orange juice, baked apples with a dollop of vanilla Greek yogurt and poached pears with cinnamon.

Condiments to customize. For friends and family who have special food requirements, such as allergies or aversions, create a "condiment platter" and invite them to customize their own plates in keeping with their dietary needs.

Get more food and nutrition advice to see you through the holiday season at www.bestfoodfacts.org. 

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Senior Citizen Identity Theft

The Facts, Figures and What Senior Citizens Can Do to Prevent It

Identity theft has been the number one complaint received by the Federal Trade Commission (FTC), for 12 years, and senior citizens are the number-one targets.

According to the FTC's Consumer Sentinel Network Data Book, the mature market (age 50 and older) comprises 37 percent of all identity theft victims, and 49 percent of the same demographic are victims of fraud. In addition, the most common form of reported identity thefts was government document and benefit fraud (55 percent in Florida).

Whitney Ray, press secretary for the Florida Office of the Attorney General, shed some light on

the Pensacola area when it comes to identity theft. Ray said that the FTC reports 89.4 complaints per 100,000 residents in the area, and 20 percent of all identity theft-related grievances come from people age 60 and older. According to the Data Book, the Pensacola-Ferry Pass-Brent area had 473.7 general fraud complaints per 100,000 residents, and the area ranks 89th out of the largest metropolitan areas when it comes to identity theft consumer complaints. Florida currently has the highest per capita rate of identity theft complaints in the entire country (192.9 cases for every 100,000 people).

The Identity Theft Assistance Center, which provides free victim assistance and identity



management services for customers of their member companies, outlines several warning signs of possible theft on their website. In regard to senior citizens, some of their “red flags” include caregivers appearing to be



getting paid too much or too often, vulnerable adults appearing confused about bank account balance and activity and acknowledgement of providing personal and account information to telephone and email solicitors. Ray noted phone and mail fraud as the hazards seniors should protect against most.

ProtectMyID, a division of Experian, outlines a couple of the chief reasons that senior citizens are targeted by identity thieves:

“Criminals find seniors susceptible to these crimes of deception because they believe that the older population has higher cash reserves and are less likely to check their credit reports or financial account statements carefully. This may be due to the fact that they are usually in a financially stable position and are not opening new lines of credit.”

Even the smallest strange deviations in account activity can be a sign of identity theft. For example, out-of-sync check numbers and records of several small dollar checks (indicative of possible telemarketing and charity scams) are early warning signals, according to the ITAC.

Of course, there are numerous steps seniors and their family and friends can take to better ensure the safety of their personal and financial particulars. Things like shredding old credit card and financial statements, keeping card and account numbers secure and being wary of offers that require private information are obvious and applicable to everyone. Senior citizens should also take added precautions for their additional concerns like medical care. Lifelock’s official website says that Medicare information should never be given out over the

phone because Medicare actually does not request information in this manner.

“When in doubt, contact the organization or institution directly, at a number you know to be correct,” Ray said.

In fact, medical identity theft is one of the thornier types of identity theft that

seniors can face. Aside from unexpected charges and calls from medical debt collectors, medical identity theft victims can be notified that they have reached their benefit limit and denied insurance because their medical records show conditions that they do not have, according to the FTC. Being wary of these warning signs, as well as obtaining copies of medical records and accountings of disclosures, are effective ways to ward off potential threats.

One of the most malicious forms of identity theft specific to senior citizens is the “grandparent scam.” This type of trick entails the victim receiving a phone call from someone impersonating a grandchild or close relative. The scammer feigns an emergency situation and insists that the victim wire them money immediately, often swearing them to secrecy or giving phony names of police or other officials in order to add layers to the scam. On their website, the FTC strongly encourages seniors in these situations to remain calm, never wire their money and to ask the caller verification questions that identity thieves would not know.

Seniors can access several resources in their efforts to protect their identities. The Florida Office of the Attorney General provides a free Victim Services Kit at myfloridalegal.com, as well as their Fraud Hotline (1-866-966-7226). Various other identity protection tools such as free credit reports, fraud alerts and credit freezes are also available. If you think you are a victim of identity theft or fraud, report your case to the FTC at 1-877-382-4357 or ftc.gov/complaint. 

Busting the Generational Differences Myth

Any time people from different backgrounds work together, the work environment will be affected. Generational differences can impede the way team members work together and communicate. However, they may also have little to no affect. By recognizing differences – *all differences* – and working together to resolve challenges, teams can create a winning environment that is good for employees and customers.

Many believe there is a generational issue in today’s workplace that needs to be “dealt with” or “fixed” or at the very least “coped with.” The question remains, “*is the conventional wisdom about generational differences in today’s workplace valid?*” Here’s a brief version of what so many people believe is true about today’s workplace:

- The Silent Generation: (born before 1946) values hard work – but they are fossilized
- Baby Boomers (born between 1946 and 1964) value loyalty – but they are narcissistic
- Gen Xers (born between 1965 and 1980) value work-life balance – but they are slackers
- Millennials (born after 1980) value innovation and change – are even more narcissistic than boomers.

I would argue, and agree with researchers like Jennifer J. Deal – research scientist with the Center for Creative Leadership, that *the answer is no* – this description of the four generations currently working together is *not valid* and that essentially *all age groups value the same things*.

After surveying more than 3,000 corporate leaders over a seven-year period, Deal and her team concluded that when you look closely at the

currently held stereotypes of the four generations you find “these buckets don’t hold much water.” Everyone wants to be able to trust their supervisors, no one really likes change, we all like feedback and the number of hours you put in at work really depends on your level of responsibility in the organization more than your age.

Here are some interesting specifics based on Deal’s findings:

- All generations are similar in what matters most – for example, family topped the list for all generations.



- All generations want respect – though older generations see respect communicated somewhat differently for example: “giving my opinions the weight and respect they deserve” while younger generations characterized respect as “listening to me and paying attention to what I’ve said.”
- All generations express the need to work for leaders they can trust.

- All generations express a distaste for change – though it is expected that older generations will reflect an overwhelming resistance to change and younger people will embrace it, research simply does not reflect this.
- All generations have workers who seem more loyal to their organizations than others. The amount of time spent at work or focused on a work project has much more to do with the role they play and level of responsibility than age of worker.
- All generations have a desire to learn and train to do their job well.
- All generations enjoy feedback and prefer to know “how they are doing.”

The most important conclusion? Clearly people of different ages see the world in different ways and there will always be value in learning more about each other to encourage good communication and better relationships. However, it becomes clear that generational conflict has far less to do with age or generational differences than it does with power and influence. It seems that the so-called “generation gap” is in large part the result of misunderstanding and miscommunication fueled by common insecurities and the desire for organizational clout.

My personal conclusion? Let’s move past the myth of generational differences and onto bigger and better things like learning to trust and mentor one another and building strong relationships resulting in stronger organizations. There is so much to learn from one another.

For those of you looking for strategies that can make a difference, here my top 10 ideas that can help to alleviate the “potential” generational workplace “problems” and ensure that your organization is a good place for every age group:

1. Encourage learning about the different generations and the varieties of experiences they have to help all generations better recognize one another and adapt when needed. It’s important that managers/supervisors change rather than try to change their staff. Take advantage of the internet and local learning opportunities.

2. Facilitate mentoring between employees to encourage more cross-generational interaction. Younger employees can learn to seek the wisdom offered by senior employees. Older employees can learn to be open to the fresh perspectives of younger employees.

3. Accommodate a variety of learning styles. Offer training in the classroom and via technology. Rather than assume certain age groups like a certain kind of learning style, simply offer a variety, sending the

message that “what works for you works for us as well.”

4. Offer different working options – like telecommuting or working offsite. *Focus on results that your employees produce rather than how they get it done.* Providing this kind of flexibility puts everyone on the same scale to measure success. Note that for those nearing retirement, working from home allows them to stay on staff longer while gearing down their workloads and mentoring their successors.

5. Provide an “open office style of management” with opportunities for people to work in teams and collaborate on projects. Allow employees to contribute to decision-making, taking advantage of the various generations that have ideas that “need to be heard.” This can create solidarity and enhance the feeling of belonging for all employees – a sure-fire way to increase productivity.

6. Create recognition programs, keeping in mind the variety of styles, like a simple email of congratulations, an office-wide memo, recognition during a meeting, or even during a regular employee review.

7. Accommodate the needs of different employees (regardless of generation). Ensure that you offer scheduling flexibility so that people can manage their personal time. Younger workers may need to leave early to take care of children. They can make up their time at another date.

Older workers may be willing to work fewer hours at a reduced pay. Be sure to offer educational opportunities *to all age groups.*

8. Provide group meeting opportunities for all employees that provide a voice for all age groups. Leaders need to facilitate open communication throughout the workplace and ensure it is a safe place for open and honest feedback.

9. Keep employees interested and engaged in the organization. Provide regular training and education opportunities that fuel the expectations of those who want to learn more and ensure that those who are more experienced stay connected to what’s new.

10. Don’t apply a blanket communication policy. Ensure that it is absolutely OK to communicate by email, phone, text or IM and most importantly face to face!

On a final note – try not to confuse character traits with generational traits. One can be lazy, immature, or stubborn in any generation. Conversely, one may choose to work a 60 hour work-week, be intensely competitive and fiercely loyal to the organization at any age. The best plan for all of us is to learn more about one another so we can make the most of our work relationships.





“I was able to help and so I did.”

*The best
way to find
yourself is
to lose
yourself in
the service
of others
~Ghandi*



A wise man by the name of Ghandi once said “The best way to find yourself is to lose yourself in the service of others.” Council on Aging of West Florida has had the pleasure of serving seniors in our community for almost 43 years. This would not be possible without the generosity of compassionate donors and community partners. Council on Aging has been fortunate enough to have donors who have given to the agency for almost 30 years consecutively.

One of these loyal donors is Audrey Grill, who has been supporting Council on Aging’s mission for 28 years. At 91 years of age, Grill said she did not even realize how long she’d been donating to Council on Aging. “Time flies by when you get to my age,” said Grill.

Grill grew up in Versailles, Ohio and moved to Pensacola in 1947. She said her family never instilled the importance of giving back to others while growing up. “Times are rather difficult these days,” said Grill, “I always felt an

obligation to help others. It was my own initiative. I was able to help and so I did.”

Council on Aging quickly became her passion when she realized that she was aging and wanted to assist those like her. Grill also expressed the importance of donating.

“I was a social worker, and through my work saw many agencies that did good for our community and needed money . . . even if it was a small amount. It was always a good feeling to give back,” Grill said.

Donors and those like Grill are truly admirable. Their loyalty does not go unnoticed. All of us at Council on Aging would like to extend a special thank you to the following donors for their commitment to assisting our local seniors for 20 plus years:

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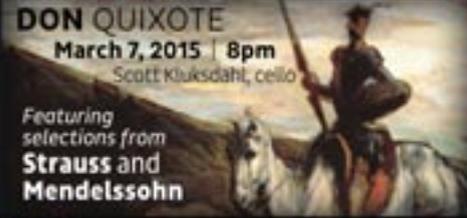
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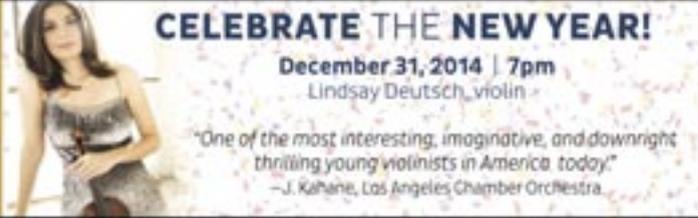
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Navigating Romance in Cyberspace: Online Dating for Seniors



For those looking for romance and companionship, online dating has become the go-to option, offering a convenient way to search for and screen potential dates and partners. The great variety of dating websites and services can help narrow down options and help users focus on people searching for the same types of relationships they are. While the world of online dating may seem nontraditional, a recent Pew Research survey revealed that 11 percent—about one in ten—of American adults had used internet dating sites and 38 percent of people who indicated that they were currently “single and looking” utilize online dating.

The stigma of online dating has faded and many are finding that it can be easy and exciting to enter or re-enter the dating world from the comfort of their computer. People over the age of 50 are the fastest-growing group in the online dating pool, so options for seniors are growing as more sign on.

Most try online dating after trying unsuccessfully to meet people in more traditional ways, like going to social or charitable events or joining groups where they might meet others with similar interests. One perk of online dating is that users have access to hundreds of potential partners that they likely would never have the opportunity to meet face-to-face, even if those people visit similar places or have shared hobbies. You can also reap a lot of information from someone's profile to quickly find the type of partner you're looking for, and rule out those that don't meet your standards.

wingman or wingwoman, a trusted friend or relative who is supportive of your search for a relationship. This person can help encourage you to move forward and stay motivated if you have a bad dating experience, and he or she can also help to review your dating profile and make suggestions to help you show your best self in an honest and inviting way. Sometimes a second opinion is all you need to tweak your photo choice or profile wording to be more appealing to potential dates.

Perfecting your dating profile can be one of the biggest challenges to getting started with online dating. In writing your profile, Schwartz stresses including honest and specific details about your interests, values, outlook on life and passions. Write a few paragraphs and include information about what you're looking for in a mate without creating a checklist of impossibly high standards. After you finish, always use spellcheck and you

“It can be a rocky road toward getting back out there, especially if there has been a long hiatus from dating, but having good self-esteem and an open mind is key.”

To get started, anyone looking to find a companion or partner needs to address their own fitness for new relationships. It can be a rocky road toward getting back out there, especially if there has been a long hiatus from dating, but having good self-esteem and an open mind is key. You can also narrow your search by choosing a dating website that caters to your interests or to your age range. AARP's love and relationship expert and author of *Dating After 50 for Dummies* Pepper Schwartz says some good examples include dating.aarp.org and seniormatch.com. While there are a vast number of sites out there, for safety reasons it's best to stick to paid sites because those sites have credit card information and can follow up on complaints about users to make the site safer for everyone.

Schwartz suggests enlisting the help of a

can utilize your wingman or woman to read over your words. A good profile is confident but not arrogant, gives information that would assure a potential match that you'd get along well, and gives off an air of positivity, Schwartz says in her book. Picking a photo to go with your profile is another hurdle. Choose one that is a photograph of just you and make sure it's recent and of course flattering.

There are always cautions that come with meeting new people, whether online or not. Luckily the world of online dating allows you to use search engines to check on many things a person might tell you about themselves. While you don't want to be overly paranoid, you also don't want to open yourself to a dangerous situation. As in any dating situation, don't give out your home address until you know the person

very well, and Schwartz suggests making initial meetings and dates for daytime in public places. After chatting over email and then on the phone, Schwartz says a good first meeting would be a set 20-30 minute chat at a coffee shop.

While online dating offers opportunities that would certainly go missed in face-to-face dating situations, there are also some challenges to overcome that are specific to this type of connection. Those using online dating must be ready to overcome setbacks and keep trying if and when a match does not go as planned.

Schwartz says there are two common categories of bad online dating experiences: those times when a match is disappointing or rude, and those times when you feel you had a good meeting or correspondence and the person suddenly stops returning contact or tells you he or she is not interested. There may be plenty of reasons for someone you felt a connection with

disappearing after what you thought was a great first meeting. Because there are so many options online, they may have felt a stronger connection with someone else, or just felt like you aren't quite right for them. Not everyone will be forthright about their feelings or reasons for ending things, but try not to take it personally.

There are many unique opportunities for seniors when it comes to online dating, and there are challenges to overcome as well, but being more mature and in touch with your wants and your own personality can be a great plus. As with any dating situation, caution, common sense and perhaps the advice of a trusted friend can go a long way toward making it an easier and more enjoyable experience. If finding a partner or companion and some romance is something that would enhance your life, logging on to a dating site could be the key toward fulfillment. COA



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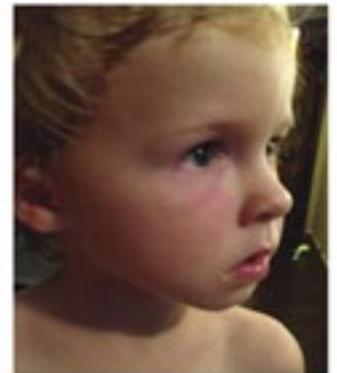
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Photos by Guy Stevens



FANDOM HAS NO AGE LIMIT

By Josh Newby

Pensacon, the area's annual comic, horror and sci-fi convention, may find most of its audience among the twentysomethings and thirtysomethings of the region, but many of the event's guests are those that older adults likely grew up watching. The convention features a veritable who's who of movie and television stars from the 60s, 70s and 80s, as well as ample people-watching, as many participants dress up as their favorite characters. The convention also has props from famous pop culture staples like *Dr. Who* and *Star Wars*.

These conventions are often seen as the modern-day playgrounds for the young. Last year, just about 1 percent of Pensacon-goers were above the age of 65, and 10 percent were over the age of 55; nevertheless, there are many entertainment options available to the equally young of heart.

This year at the Pensacola Bay Center, Feb. 27 through March 1, seniors who do decide to pay the convention a visit will be delighted to find guests like Nichelle Nichols, who played Uhura from *Star Trek*, famous for her depiction as one of the first



African-American characters on American television not portrayed as a servant. Other guests include Jeremy Bulloch, who played the original Boba Fett from *Star Wars*; Felix Silla, who played Cousin Itt on *The Addams Family*; Lisa Loring, also from *The Addams Family*; and Linda Harrison, who played Nova, Charlton Heston's mute mate, from *Planet of the Apes*, among many others.

"Pensacon has always strived to be a truly all-inclusive convention, and from our first event earlier this year in February, we saw that our attendees and fans span several generations," said Manda Manning, director of marketing for Pensacon. "Pensacon is so much more than a comic convention. From our inception, we have championed bringing arts, culture, and entertainment to the community. We often say that there is something there for everyone at our convention, and we believe fandom has no age limit."

The convention also features a short film festival, a range of vendors selling truly distinctive items, and participating downtown events meant to correspond with the pop culture theme of the event.

For those who decide to experience this wonderfully fanciful side of Pensacola, there are a couple things to keep in mind. As most of the convention involves walking throughout





Even for those who don't typically enjoy comics or other fandom interests, Pensacon offers a host of benefits to people young and old. The pure novelty of the experience, and the stories you will be able to tell about it afterwards, are worth it for some. Others may find unique gifts to give, get to meet and chat with celebrities, and see impressive professional and amateur costumers, or maybe just get some exercise.

the various exhibits, it is important to wear comfortable shoes and pace yourself. There will be lots to experience and even more to see, so if you have a multi-day pass, it's best to take your time. If you have a one-day pass, chart out your journey beforehand using one of the convention's helpful maps and only visit the celebrities and vendors you're truly interested in.

For a three-day pass, which includes access to off-site Pensacon events and discounts at participating retailers, the cost is \$60 through Jan. 1 and \$70 after that. Single-day passes range from \$30 to \$45, depending on the day. It's a good idea to get tickets early to save money and guarantee access to all the fun.

It's also a good idea to not go as soon as the convention opens, as that is typically the busiest time. For a more leisurely convention-going experience, mid-day any of the days will generally guarantee no stampedes of costumed fans and a generally laid-back atmosphere. Make sure to sit and take a break whenever possible, too, as some time will be spent standing in line.

So grab some friends and have a silly, fun time at Pensacon in 2015. Just don't get too crazy! You don't want all those dressed-up Chewbaccas and Freddy Kruegers looking at you funny. COA



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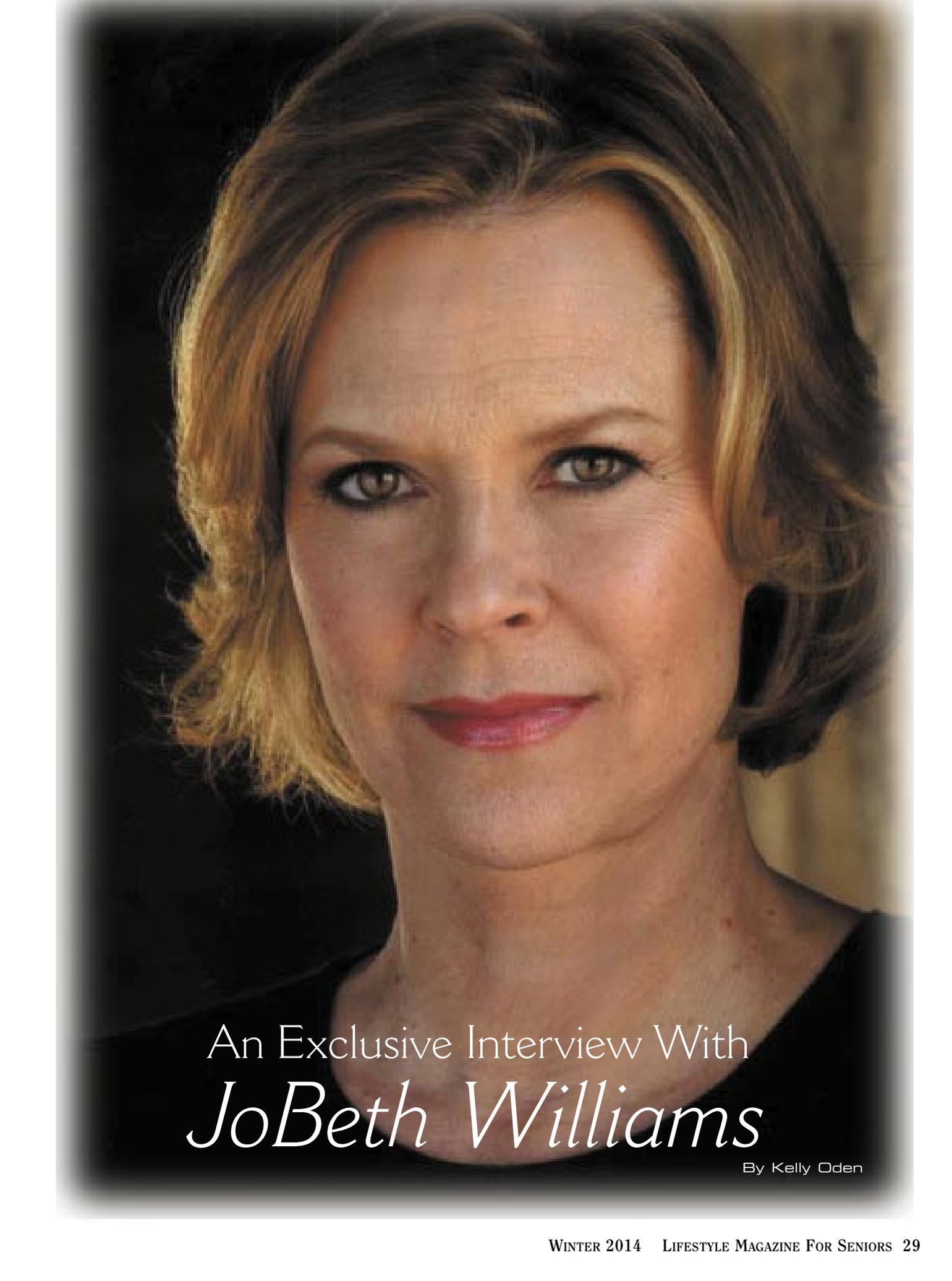
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An Exclusive Interview With
JoBeth Williams

By Kelly Oden



The stars of The Big Chill 30 years ago, from left, Glenn Close, Kevin Kline, Meg Tilly, William Hurt, Tom Berenger, Mary Kay Place, Jeff Goldblum and JoBeth Williams

Born on Dec. 6, 1948 in Houston, Texas, (Margaret) JoBeth Williams is a film, television and stage actress best known for roles in *Poltergeist*, *Stir Crazy*, *Kramer vs. Kramer* and *The Big Chill*. Her father, Fredric Roger Williams, was an opera singer and manager of a wire and cable company and her mother, Frances Faye, was a dietician. JoBeth graduated from Brown University in Providence, Rhode Island, in 1970, intending to become a child psychologist. Instead, she turned to theater, taking voice lessons to neutralize her Texan accent. Then she moved to New York City and began to appear in nine television series in the mid-70s.

Williams's first television role was on the Boston-produced first-run syndicated children's television series *Jabberwocky*, which debuted in 1972. The series ran until 1978. She was also a regular on two soap operas, playing Carrie Wheeler on *Somerset* and Brandy Shelloe on *Guiding Light*. Williams's feature film debut came in 1979's *Kramer vs. Kramer* as a girlfriend of Dustin Hoffman's character, memorably discovered by his son while walking nude to the bathroom.

She is perhaps most recognized for her roles in *Stir Crazy* (1980) with Gene Wilder and Richard Pryor

and Steven Spielberg's *Poltergeist* (1982) as suburban housewife Diane Freeling. She was also part of the ensemble comedy-drama *The Big Chill* (1983). This led to her only major starring role in a studio feature film, *American Dreamer* (1984), opposite Tom Conti.

Williams has also gained critical acclaim for a number of performances in notable television movies. She earned Emmy nominations for starring as real-life characters Revé Walsh (the wife of John Walsh) in the film *Adam* (1983) and Mary Beth Whitehead in *Baby M* (1988). She also had an Emmy-nominated guest-starring role on *Frasier*.

In 1995 she was nominated for an Academy Award for her 1994 live-action short *On Hope*, which starred Annette O'Toole. It was her debut as a director. In 2007, she joined *Dexter* for a four-episode arc as the serial killer's future mother-in-law. She also played the recurring role of Bizzy Forbes-Montgomery, mother of Kate Walsh's Addison, on ABC's *Private Practice*.

She is married to TV and film director John Pasquin; they have two children. She is also the current president of the Screen Actors Guild Foundation.

COA: I understand that you grew up in Texas and it was your father, who sang opera, who encouraged you to pursue acting. Can you tell me a little about your childhood?

JW: I grew up in Houston. As you said, my dad was an opera singer in Houston, and he always encouraged me to sing when I was little. I had a good voice, and I sang in the church choir and in school events. I was always being trotted out to sing solos and stuff. So, I guess my love of being on the stage started with that. I loved the applause; I loved being able to do that. My dad worked with me a bit as a sort-of teacher, but he was very careful and protective of my voice, because he didn't want me to study voice until my teen years, and he died when I was 16.

I started doing school plays in junior high. I started doing musicals, of course, because I sang. Then, I found that I just really liked doing the acting part—the plays—as much as I enjoyed doing the musicals. And so I did plays all through high school. When it was time to go to college, I decided that I should try and do something more serious than being an actor, partly because the school counselors and stuff said, “Oh, that's great you do these plays, honey, but what are you really going to do with your life?”

So, I got a scholarship to Brown University. I wanted to get myself out of Texas and try my wings elsewhere. I decided I would be a psychologist. I went to Brown, and I was there for about six weeks and someone said, “You should audition for a play.” I said, “No, I'm not going to do that anymore, that was just high school.” And then, of course, I auditioned, and that was it. I spent all my time in college in the theatre doing plays even though I wasn't a theatre major.

Finally, when I finished college, I had to admit that's what I really wanted to do. I auditioned for a repertory company, there in Providence, Rhode Island, where my school was, and I got in, and did two seasons of theatre—all kinds of theatre: classic plays, Shakespeare, modern plays. It was a wonderful training ground, and then I moved to New York and did theatre there, did a couple of soap operas and got my first film role, which was in a movie called *Kramer vs. Kramer*.

COA: Was *Kramer vs. Kramer* your first time being naked in front of an audience?

JW: Oh, yes. Actually, once on stage, during repertory theatre, there was a play where it took place in the 19th century, and I was onstage and a guy brutally ripped the back of my nightgown, so my butt was briefly onstage. That was an audience of 200 people. So, yeah, I was really terrified, but the script was so wonderful, and the people so great, you know, the people who were involved with it: Dustin Hoffman, Meryl Streep, Robert Benton was the director. It was just a great script, and it was really a great part, a very funny, charming, memorable part, even though it wasn't a big part. So, I knew I had to go for it, and if I got the role, I'd have to do it. So, I didn't hesitate about that, but when it came time to actually do it—and, I went on a diet weeks before, because I was so nervous about how I looked—I was in my later 20s—and I was pretty thin, but I wanted to be really, really, very thin, since they were going to see everything. And, I was scared. I was nervous, but Dustin Hoffman was very helpful and sort of put me at ease, and he leaped out of bed wearing only a feather boa to sort-of break the ice with the crew and everything before I had to drop my bathrobe and do the scene. And the director was great, so they cleared the set of everybody who didn't have to be there; although, of course, there's still a crew of about 30 people left.

COA: Did you have to re-take it multiple times?

JW: Oh, of course we did any number of takes. The little boy, Justin Henry, the five-year-old boy, had to block me. They had to shoot behind Justin Henry to sort-of block things they didn't want to show, like pubic hair, basically. So, you know, we had to do a number of takes, and working with a kid in that situation, I was really nervous. I thought, oh God, I'm going to traumatize him, and his mother talked to him the night before we were going to shoot the scene, and she said, “Justin, I want you to know that you're going to be doing a scene with JoBeth tomorrow, and she's not going to be



wearing any clothes. How do you feel about that?” He said, “I dunno, mom, she’s awful skinny.” I thought, oh God, I need a five-year-old critic.

COA: From *Kramer vs. Kramer* and *Poltergeist* to *Stir Crazy* and *The Big Chill*—you worked with amazing people early on in your career, like Gene Wilder, Richard Pryor, Dustin Hoffman, and Sidney Poitier. Do any of them stand out as being a particular mentor to you?

JW: All of them were, in a way. Watching Dustin work in *Kramer vs. Kramer*, I learned so much about how he could use his conversations off-camera, before they started rolling, to lead him into what he was about to do once the cameras started rolling. He wasn’t jumping into a scene and acting; he had been in conversation, he was behaving, he was being a human being, and I found that very helpful.

Sidney Poitier, when he directed me in *Stir Crazy*, he was just such an icon, and I had so much respect for him as an actor and to see him direct actually inspired me later when I wanted to direct. I did, ultimately, do some directing, and Sidney was definitely a mentor, and he was lovely. He talked about the brilliant people—Tracey, Hepburn, all the wonderful people he had worked with—and the professionalism of being a film actor and how important it was. He was dealing with Richard Pryor in that movie, who was dealing with his own drug issues at the time, so it wasn’t easy for Sidney. But, I had just such respect for him, and no question that he was a mentor.

COA: Let’s talk about *Poltergeist*. Looking back on it now, how does it compare to how you felt when you made it? How does it seem as a horror-genre film to you on the “scare factor” scale? Have you watched it lately?

JW: I have watched it lately. The effects, obviously, there’s so much more we can do with effects now, so they seem a little old fashioned. But, the thing I always loved about the movie was the family. Horror movies are not a particular love of mine, so when I was offered the movie, I think it was the fact that Steven Spielberg was producing it that was my enticement and that I loved the family. I liked the script, and I thought the family was really well written. So, for me, it was always a movie about the family relationships and the relationship between me and my daughter, me and my husband, and the effects were always sort-of incidental to me. When they had the guy peeling off his face or watching the steak turn into maggots, I just kind of tuned out, because it’s so not my thing.

COA: I read that you had some supernatural experiences while filming *Poltergeist*. Is this true?

JW: Well, I think we were working very long hours and long days and the movie was physically pretty grueling, too. I think I became hypersensitive to anything that might possibly be unnatural happening. I was living in New York at

the time and living in a rented apartment. Every night when I came home, the pictures in the hall would be crooked, and I would straighten them. When I would leave in the morning, they'd be straight; I come home at night, and they would be crooked.

I got very nervous that something supernatural was going on, but I think as an actor you're always hypersensitive when you're working. You kind of have to be, because you're dealing in emotions, and you're dealing in situations that have to seem real to you, and you lose your sense of reality, you become extremely reactive. So, the pictures did freak me out a little.

COA: I want to talk about some of your television roles. I understand that you were nominated for an Emmy for your work on *Frasier*. You were on two episodes and were nominated for guest star. How did that feel?

JW: It was great. I was also nominated for Best Actress in a Television Movie when I did a movie called *Baby M*, about the first surrogate mother, Mary Beth Whitehead. And I had another nomination for a TV movie called *Adam*, which was about John Walsh from *America's Most Wanted* whose son was kidnapped and murdered. I played the mother. So, I've had three Emmy nominations. Each one is always an honor, and then you go to this endless four-hour ceremony, and then you lose, so that's a drag.

COA: I read a quote where you talked about the difficulty of life in Hollywood for women, particularly for women over a certain age. Can you speak to me a little about what it's like to be a woman in Hollywood, how it might be different for a man, and how it might be as you grow older?

JW: From the director's standpoint, if you would look at the statistics, that the number of female directors has actually gone down in the last four to five years, something like 9 percent. I mean, come on. Horrifying. And, roles for women, they've always [been scarce], no matter the age. I think there are a third of roles written, particularly in film, for women. But, when you

get to women over 50? It's like, I don't know, 11 percent, or something. But, roles for men over that age? A considerably larger number.

Ageism and sexism are very real in our industry. I think they reflect the feeling in our culture, but I think we also have a responsibility to change how our culture looks at older women. I don't think that's happening to the degree that it should. In television, it's better. We have more female writers and producers in television than you do in movies.

There's always been this rule of thumb that men choose what movies they'll see and take their dates to, and women pick what to watch in the home, on TV. Now, whether that's true anymore or not, I don't know. But, that's kind of how the studios have always looked at it. They think that successful women's movies like *Bridesmaids* or *Heat* are aberrations; they don't think they're the norm.

My husband is a wonderful director, but he gets so tired of me because the other night we went to see a movie and we were watching the trailers and a preview would come on, we'd watch it, and I'd say, okay, we didn't see any women in that preview. Next preview: okay, we saw one woman in the background. You know, okay, there was one female speaking, but she didn't seem to be the lead. We watched five trailers, and there were literally two women out of all of them out of the 40 men we saw. And he said, "Okay, okay, I get it, I get it."

COA: And it's important to note that you speak from a place of knowledge, not just in your own career, but you are currently the president of the Screen Actors Guild Foundation, so you have a little bit of insight into the industry through more than just your acting career, I assume.

JW: Yes. I think it's incredibly frustrating for older people in general, men and women. But, I do think we, as a society, seem more able to accept older men in leading roles than we do women, unless you're Meryl Streep. If she's 105, she'll still be doing leading ladies. God bless her, which is fantastic. I just wish there were more of those kinds of parts around. I read something that Fran McDormand said about how horrifying



JoBeth on the set of Marry Me

it is that women do plastic surgery in our business and all like that. But, you can certainly understand why. You want to hang onto having a career for as long as you can. If there are no roles for women over 60, then you want to try to look like you can play in your 50s. I mean, there are roles for women over 60, thank God. I mean, I'm fortunate. I'm on two different TV shows at the moment. But, there just aren't many, and there are a lot of great actresses out there; brilliant actresses, who should be working more than they are.

COA: I read that the role of Murphy Brown was originally written for you, but you declined it. Is that true?

JW: That's true. Dianne English, who created that show, is a longtime friend of mine, and she had me in mind when she wrote the part. She told me at the time, "I'm writing this role, it's going to be a



JoBeth and cast on the set of Marry Me

great female role,” and all of this. But, by the time they were finally doing it and the part was offered to me, I had just become a mother, and I had really, really tried hard for a lot of years to become a mother, and I just couldn’t imagine going to the studio every day with my new baby. It was a different time in my life, and in my career I was still doing movies. I wasn’t sure if I wanted to commit to doing a TV series at the time. It was a great role. I probably shouldn’t have turned it down. But, do I regret it? No. I don’t, because I spent a lot of time with my son, and I made other choices and did other things.

COA: And that’s what’s important.

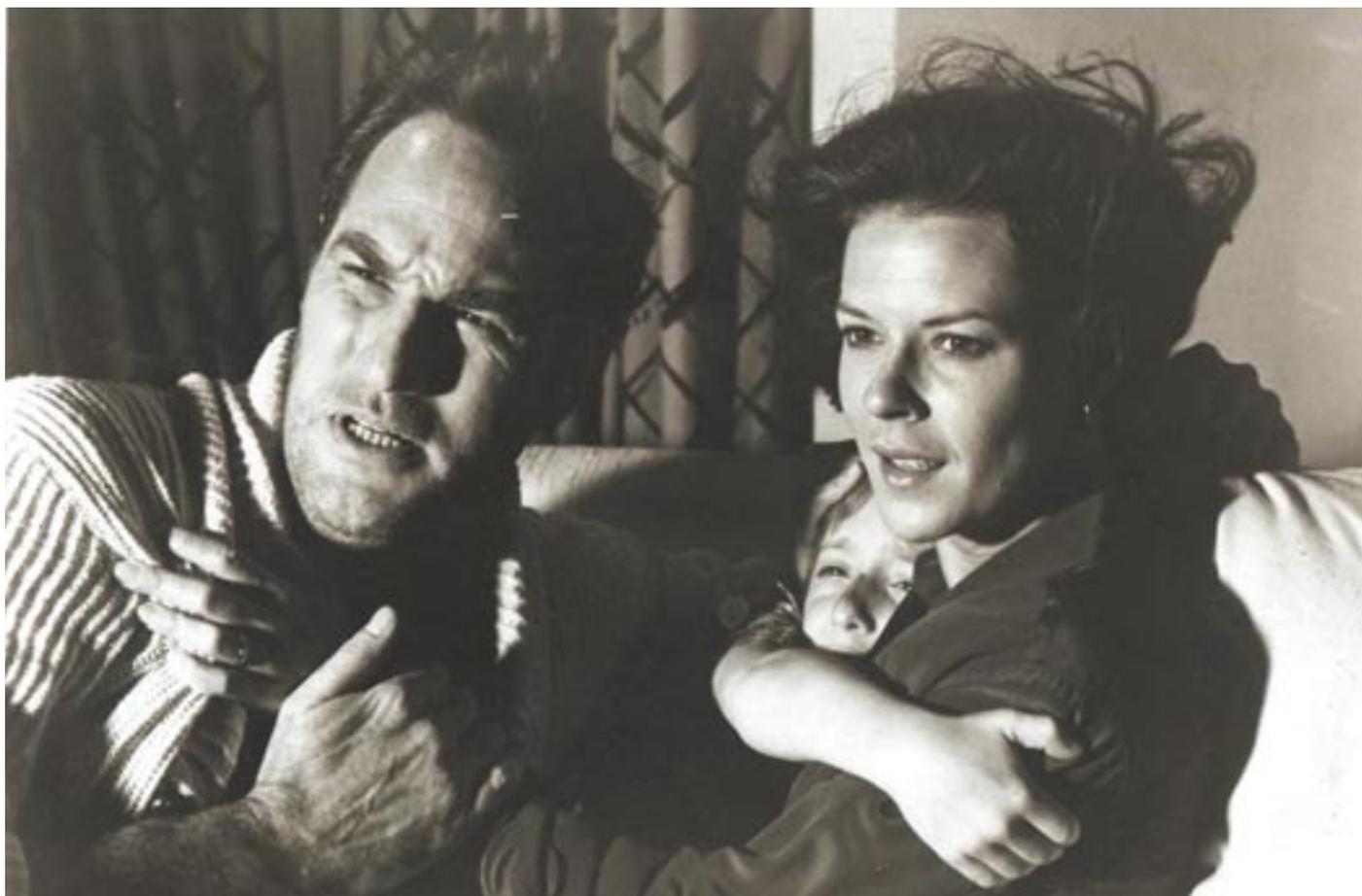
JW: Yeah, and it was great for Candice, whose movie career was not doing that well. She was very, very smart to make that choice, and she was wonderful in the part. And it then it helped

people realize that movie actors crossing over into television didn’t mean they were lowering themselves. There is no longer that prejudice, especially when you see Matthew McConaughey doing *True Detective*.

COA: So, you have two sons. Do either of them have children? Are you a grandparent yet?

JW: No, I wish I were. But, they’re a little young. I really want to be a grandparent so badly. But, I can’t push them, because I certainly don’t want them to leap into marriage before they’re ready to take on the responsibility.

COA: I always ask, especially our female celebrities: what are your secrets to aging gracefully? Do you have any beauty or healthy living secrets that keep you beautiful, active, and healthy?



The Freeling family (Craig T. Nelson, Oliver Robins and JoBeth Williams) is both frightened and awed by the violent spirits that invade their home in MGM’s Poltergeist.

JW: Well, I wear sunscreen every day of my life, and I wish I had discovered it in my early years. When I was in my teens and 20s, we all just baked right out there in the sun and got as tan as we could, baby oil and all that. But, I'm lucky I got good skin, genetically, and even though I damaged it with a lot of sunning, I stopped early enough. So, sunscreen, I wash my face every single night of my life, get that makeup off, put on that moisturizer.

I also think it's your attitude, I really do. I think you have to keep interested; you have to keep excited. I have to find ways to challenge myself creatively. I mean, that's part of what directing was about. I needed that new challenge. I've done a little bit of painting and drawing. As much as I love acting, I need other things to excite me, too. I think if you keep looking for new vistas in your life, and you keep physically active in looking for new vistas, get up off of your butt and get out there and do stuff, I just think you'll feel young. I think feeling young is what it's all about. And I think medicine is going to help us a lot, and is helping us, but I think we can't think of ourselves as old.

And you look at people who are still brilliant and working into their 80s and 90s—I mean, I look at Betty White, and I am in awe of her. And I've been around her at the SAG Awards because I'm chairman of the committee that puts on the SAG Awards and I mean carrying on a conversation with her, she has so much energy, I could not believe it. She was our Lifetime Achievement winner two or three years ago. So, you look at people like that, and they're really inspiring, and they still do what they love to do. I think that's really important.

If you retire too early, and stop doing things that you love to do, then a certain boredom will set in and you will just start to think of your body aches.

COA: You are in your 60s, so I wanted to know, what do you see as the biggest issue senior citizens are facing in this day and age?

JW: I think, certainly, being able to get appropriate health insurance is vitally important, and whatever our government can do to make that easier for seniors is going to continue to be more important as our population ages. I think what's going to face a lot of people who are retired from their jobs, whether they want to or not, in their 60s or 70s, is "what do I do in the next phase of my life?"

I know that there are charities, and, in fact, Sherry Lansing, the great producer and video executive, is involved in one. I think it's called Second Act and it's about helping older people find ways to be useful, creative, contribute to society, and keep themselves active and involved. Second careers, if you will. I think that is going to be more and more important.

In fact, there's a wonderful movie I did a reading of with Robert De Niro and Anne Hathaway called *The Intern*. De Niro plays a guy who's retired from his business, he was very successful, and in his 60s. He's bored out of his mind, and she has a start-up online business that's very successful. They hire him as an intern to help and it's very funny, but it's also very powerful because it's about how this young woman and this older man help each other learn life's lessons, if you will. Nancy Meyers is directing it, and I'm looking forward to seeing it. I think it'll be very funny when it comes out.

COA: What charities are you involved in?

JW: I'm the president of the Screen Actors Guild Foundation. We help our fellow SAG actor members in need with catastrophic health issues or emergency assistance or help paying their health insurance premiums when they aren't working, when they can't. So, of course, a lot of the older actors are the ones who come to us because there aren't many jobs for them. So, they have had extremely successful careers for a number of years, but now, they're not working. They're not getting hired, and they may have some special health issues, and they have trouble paying their health insurance premiums. So, we help them. We also have children's literacy programs. It's a great charity, it really is.

The other one I'm involved in is called Futures for Children. I have mentored a Native American boy who is a Navajo from the reservation in Arizona. I've worked with him for 12 years, since he was about 9. He's about to graduate from college, and it's very exciting.

COA: What are you working on now?

JW: Well, now I'm doing a new show on NBC called *Marry Me* on Tuesday nights. It's a very funny show. I'm what is called a recurring character. I play the lead actor Ken Marino's mother. It's about a young couple who are finally getting engaged to be married and all the problems that they're going through. I play the sometimes loving, sometimes not-so-loving mother-in-law-to-be. And then, I've been shooting as a regular on a show called *Your Family or Mine* for TBS, which won't air until next summer. That's when TBS starts their new season.

COA: That's the one with Richard Dreyfuss, right?

JW: Yes, Richard Dreyfuss plays my husband, and we are in-laws, and every other show takes place in one in-law family's house or the other. And it's a very funny show. But, that one doesn't air until next summer. I also did a movie called *The List* that I hope will be coming out next spring. It's a little comedy. And, that's about it. **COA**

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The advertisement for Pensacola Magazine is a large rectangular block. On the left side, there is a large, stylized logo consisting of a blue 'P' and a blue 'm' stacked vertically, with the words "Pensacola magazine" in a smaller font below it. To the right of the logo, the text "Pensacola Magazine" is written in a large, elegant serif font. Below that, "Your City" and "Your Magazine" are written in a smaller, sans-serif font. At the bottom of the advertisement, the website address "www.pensacolamagazine.com" is displayed in a bold, sans-serif font. The background of the advertisement features a repeating pattern of the stylized 'Pm' logo in a light blue color.

News from Council On Aging of West Florida

2014 Rat Pack Reunion Raises \$100K



COA Board Members Ed Turner and Kathleen Logan with COA President/CEO John B. Clark

Nearly 300 individuals attended the fourth annual Rat Pack Reunion on Oct. 24, 2014, in support of Council on Aging of West Florida and its programs. At the event, four local business leaders including Larry “Moose” Morris, Jack Nobles, Tom Pace, Jr. and Jim Rigsbee, were honored for their leadership and service to the community.

“Everything came together just beautifully,” said Jennifer Cole, chair of the Rat Pack Reunion Committee. “From the gorgeous room décor to the hilarious roasting of our rats and dancing to the tunes of Ol’ Blue Eyes... we could not have asked for a more exciting way to celebrate these generous community leaders while raising support for local seniors.”

This year’s Rat Pack Reunion tradition included an inaugural Rat Race 5K walk/run and a raffle for a pair of his and hers Rolex watches courtesy of Jewelers Trade Shop. The gala, 5K and raffle raised more than \$100,000 for Council on Aging.

We could not have done it without all of the support from

so many people. Special thank you to our event committee including event chair Jenn Cole, DeeDee Davis, Lorenzo Aguilar, Cameron Cauley, Brian Dinerman, Carlette Howell, Darrin Land, Kathleen Logan, Angela Moore, Phillip Morris, Michelle Ortiz-Miguez and Caron Sjöberg. Please make plans to join us on Friday, Oct. 23 for the 2015 Rat Pack Reunion.

And . . . special thanks to Moose and Lynn Morris for hosting the High Roller Sponsor Party at their gorgeous home. It was a fabulous time! To view and order photos from the event, please visit www.carmenjonesphotography.com.

Panhandle Charitable Open



PCO Board Members Doug Gooch and Dave Hickerson, President/CEO of Council on Aging John B. Clark, PCO President John L. Peacock, Council on Aging Board Chair DeeDee Davis, and PCO Board Members Matt Peacock and Steve Taylor.

Since 2006, the Panhandle Charitable Open golf tournament has raised more than a half million dollars over the past 13 years to help local charities and organizations. John Peacock, president of the Panhandle Charitable Open (PCO), and

board members presented Council on Aging of West Florida with a check for \$25,000. This year’s tournament raised a record of \$130,000, which was donated to local charities. Stay tuned for updates on next year’s tournament and get involved at www.pcgolf.org.

Thanks Humana, WEAR ABC 3, John B. Clark and Pen Air Federal Credit Union!

We cannot thank these three organizations enough for their generous sponsorship of our annual donor recognition holiday party. This year’s party will be better than ever because of their support. The donor recognition holiday party is a gathering to show gratitude and celebrate our donors throughout the year. Thank you Humana, WEAR ABC 3, John B. Clark and Pen Air Federal Credit Union for supporting Council on Aging of West Florida!

WE NEED VOLUNTEERS – WE NEED YOU!

Council on Aging of West Florida is actively seeking volunteers to help us serve our diverse and growing senior population. We need volunteers of all ages who are willing to give their time, experience and skills to help us carry out our mission. Tasks range from secretarial work, running errands, and doing small home projects. Join us for orientation as we discuss the importance of your role as a volunteer and get you acquainted with what we do on a daily basis.

Volunteer Orientation

Third Thursday of each month
875 Royce Street – Conference Room

January 15 – 5:30 pm

February 19 – 10 am

March 19 – 5:30 pm

For more information, contact
Betty McLeroy at 850-432-1475
or bmcleroy@coawfla.org.

Council on Aging of West Florida Clowns around for United Way



Council on Aging employees put on bright faces for the festivities.

Every year, Council on Aging of West Florida and their employees raise funds for United Way of Escambia County at their annual kickoff party. This year, the Employee Liaison Committee planned a day full of festivities—circus style! From a cake walk to raffle drawings, employees were engaged in lots of activity at the event. The party included a complimentary lunch of corn dogs and canned drinks courtesy of Valley Services. The Council on Aging employees were able to raise over \$10,000 for United Way of Escambia County. Way to go, COA team!

Welcome New Community Services Director Karen Barbee and New Social Services Director Suzanne Jackson



Community Services Director Karen Barbee and Social Services Director Suzanne Jackson

We are pleased to welcome Karen Barbee and Suzanne Jackson to Council on Aging of West Florida. Karen earned a bachelor's degree in natural sciences from the University of Puget Sound in Tacoma, Washington. She was formerly the director of operations for Chain Reaction, a teen volunteer center. In her position with Chain Reaction she was responsible for fiscal management, managing staff and volunteers, managing contracts and assisting in grant applications. She also worked for a brief time with the Healthy Lives Program at Baptist Health Care. Prior to that she was an operations manager trainee with Bio-Life Plasma Services. Karen was also a Peace Corps volunteer in Mali, West Africa working with food programs, health care issues and HIV/AIDS awareness programs.

Suzanne Jackson is a returning employee to Council on Aging of West Florida. Suzanne earned a bachelor's degree from the University of West Florida and a master's degree from Florida State

University. She was formerly a case manager with American Eldercare. Prior to her work at American Eldercare, she was a social work/case manager at Providence Hospital in Mobile for five years. Suzanne previously worked at the Council on Aging as a case manager, director of our home care department and from 2000-2004 she was our social services director. We are glad to have her back! We are thrilled to have both of these ladies join our COA team!

SAVE THE DATE

for the second annual "St. Patrick's Day Celebration of Aging," March 17th, 2015, at Gadsden St. United Methodist Church, located at 901 E. Gadsden Street. This will also launch the second annual "Senior Adult Series" of lectures, Mondays 1 pm - 2 pm, on the theme of "Safety Matters." Free to all. Co-sponsored by area churches and other senior organizations including Council on Aging of West Florida. For more information, please call 433-0014.

Tai Chi for Seniors

Tai Chi for Seniors & Friends continues at Gadsden St. United Methodist Church, located at 901 E. Gadsden St., each Monday at 2 pm and Wednesday at 4 pm. These hour-long sessions provide relaxing, gentle exercise that has proven benefits in improving balance and reducing the risk of falls. Donations are encouraged to support the instructor. Suitable for any level of fitness or experience - there are participants on walkers, and chairs are used when needed. For further information, call 433-0014 

Sacred Heart Senior Services' 16th Annual Senior Spirit Day

Saturday, February 21, 2015

8:30 am-12:30 pm

Sacred Heart Hospital – Greenhut Auditorium
5151 N. 9th Avenue, Pensacola

Enjoy free health screenings, health and wellness information, and community senior resources. For more information, call 850-416-1620 or visit www.sacred-heart.org/seniorspirit.

Pensacola Grandparents Raising Grandchildren and other Relatives

Second Thursday of each month

January 8, February 12, March 12

6:00 pm

Homewood Suites by Hilton, 5049 Corporate Woods Drive, Pensacola

Are you or a friend raising grandchildren? Feeling stressed? Join Council on Aging of West Florida for FREE dinner beginning at 5:30 pm and discussion following. Child Care Provided FREE on-site. Reservations requested to 850-432-1475.

2015 Snowbird Roost

February 12 & March 5

Doors open at 11 am – Lunch Served at 11:30 am
Perdido Bay Community Center, 13660 Innerarity Point Road, Perdido Key

Join a lunch with fellow snowbirds and receive coupons, meet and greet, visit local vendors, and listen to live music. Tickets must be purchased in advance at the Perdido Key Visitors Information Center.

The Alice in Wonderland Series

December 6 – January 31

Tuesday through Saturday 10 am-5 pm; Sunday 1-5 pm

Pensacola Museum of Art, 407 South Jefferson Street, Pensacola



Follow the rabbit hole down as the Pensacola Museum of Art presents a whimsical journey into Wonderland through the paintings of Stefani Joseph. *Alice in Wonderland* brings Lewis Carroll's beloved novel to life through oil on canvas. Joseph is a British figurative painter and professor at the Savannah College of Art & Design. General admission is \$10 per person.

Baptist Health Care offers a variety of educational events each month. By providing these wellness events, Baptist hopes to improve community health through preventive care, education and support.

Hip and Knee Replacement

Wed., Jan. 7, 11:30 am lunch; noon to 1 pm seminar

1040 Gulf Breeze Parkway, Conference Room B
G. Daxton Steele, M.D., Orthopaedic Total Joint Specialist, Andrews Institute
Andrews Institute Athletic Performance & Research Pavilion

Winning the Weight-loss Battle

Wed., Jan. 14, 11:30 am lunch; noon to 1 pm seminar

1717 North E Street, Avery Street Entrance
Patrick Gatmaitan, M.D., Bariatric Surgeon
Baptist Towers, Medical Meeting Rooms

Cancer Answers: The Latest in Screening Recommendations

Wed., Jan. 21, 11:30 am to 12:30 pm

Jay Community Center, 5259 Booker Lane
Donna Johnston, Director of Cancer Services, Baptist Hospital

Winning the Weight Loss Battle

Thurs., Jan. 22, 11:30 am lunch; noon to 1 pm seminar

Baptist Medical Park, 9400 University Parkway, Azalea Room
Patrick Gatmaitan, M.D., Bariatric Surgeon

Your Guide to Healthy Sleep

Wed., Jan. 28, 9 to 10 am

Atmore Community Hospital, 401 Medical Park Drive, Mayson Auditorium
Wayne Peacock, Director, Sleep and Neurodiagnostics Services

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Rat Pack Reunion 2014



Carmen Jones and Frank Patti



Councilman Brian Spencer, Doris Barberi, and Crystal Spencer



Caron Sjöberg and Michelle Ortiz-Miguez



Kilah Poitevint and Cameron Cauley



Kenny Brown, Kara Ffield, Jason and Mikel Traffanstead, and Tyler Harris



Jim and Pamela Homyak



Lynn Morris, Tom Pace, Jr., Ann Hall, and Katrina Pace



Travis Peterson, Larry Mosley, Councilman P.C. Wu, John B. Clark, and Tara Peterson

Rat Race 5K



Jenn Cole and Angela Moore



Lorenzo Aguilar and son Ty Aguilar



Lorenzo Aguilar and DeeDee Davis

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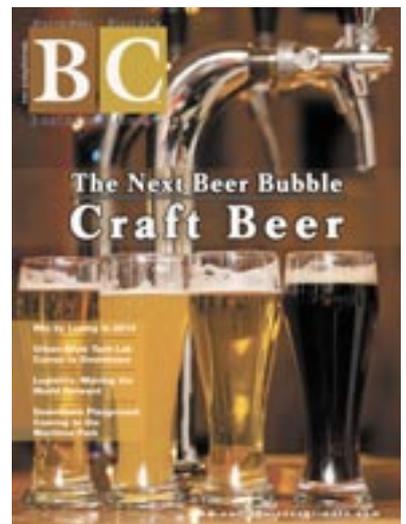
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WellCare is a Medicare Advantage organization with a Medicare contract. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, co-payments and restrictions may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