

COMING of AGE™

Presented by Council on Aging of West Florida

LIFESTYLE MAGAZINE FOR SENIORS

SUMMER 2014

What's
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Growing
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MacLeod

A 'Refresher Course'
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Jeff Nall, M.A., APR, CPRC
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Wow, what a crazy winter and spring – January’s “Great Freeze Of 2014” and April’s flood. I hope you and your family, pets, homes and businesses fared well — and if not — are on the road to some level of normalcy. Like in any trying situation, a positive attitude goes a long way. For tips on to how to deal with the emotional toll of disaster, please check out our article on page 12. Though Mother Nature can be trying at times, please remember we do live in paradise – or as the late Mayor Emeritus Vince Whibbs, a loyal friend of Council on Aging of West Florida, used to say, “The western gate to the Sunshine State, where thousands live the way millions wish they could.”

I hope you enjoy our exclusive feature celebrity interview with Gavin MacLeod, probably best remembered for his role as Murray Slaughter on *The Mary Tyler Moore Show* and starring role as Captain Stubing on *The Love Boat*. He has weathered some personal storms of his own and I hope you find his interview insightful.

And speaking of captains, this month our very own captain, our president/CEO John B. Clark, celebrates 40 years at the helm of Council on Aging of West Florida. During his tenure, he has successfully steered this organization through a myriad of choppy waters and has remained a committed and passionate advocate for the elderly. We dedicate this issue to his legacy and look forward to many, many more years of his leadership.

In this issue you will also find local author and coach, and Council on Aging of West Florida board member, Kathleen Vestal Logan, M.S., M.A.’s very positive feature article “What’s Good about Growing Older?”. Other articles of interest include news of the new fitness area for seniors on Pensacola Beach, an update on our grant from IMPACT 100, and educational opportunities available from the newly expanded and renovated Ever’man in downtown Pensacola.

As I sign off, I am reminded of the second part of late Mayor Emeritus Vince Whibbs’ famous quote – “Where the warmth of our community comes not only from God’s good sunshine, but from the hearts of the people who live here.” No matter what, the people of this area are resilient and step up to help each other when needed. I ran across an African proverb several years ago that has stayed with me that I believe is fitting for our citizens — “Smooth seas do not make skillful sailors.” You are all truly skilled sailors and I wish you the best in all your future voyages.

Let’s hope for a very calm and uneventful H-word season!
Until next time - Enjoy life, you’ve earned it!

P.S. – speaking of former Pensacola Mayors, congratulations to Mayor Emeritus John Fogg on the publication of his new book, *By the Grace of God*. It is available direct from the publisher at www.outskirtspress.com/bookstore or at Amazon.com, which also has a Kindle Edition, or via the websites of Barnes & Noble and Books-A-Million.

Readers’ Services

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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 Jeff Nall at (850) 432-1475 ext. 130 or email jnall@coawfla.org. Please do not hesitate to contact Jeff with any questions or comments about your service, and thank you!

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

Letters

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

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

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Contents



Features

- 22. What's Good About Growing Older?
- 28. An Exclusive Interview With Gavin MacLeod

In Every Issue

- 38. News from Council on Aging of West Florida
- 40. Out & About
- 42. Were You Seen?
- 44. Donor Appreciation

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Departments

- 10. Advocacy
- 12. Mental Health
- 14. Giving
- 16. Fitness
- 18. Do-Gooder
- 20. Education





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Be Prepared



John B. Clark,
President/CEO,
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I guess those of us living in paradise could be forgiven if we are beginning to think we are living in the “end times.” Certainly we have taken Mother

Nature’s best shot over the past year. Last winter was a record ice storm. Good grief! Who would have thought in Northwest Florida you could actually ice skate on the highways and byways? Then another blow: a record rainfall, leaving hundreds with destroyed and damaged homes from the flooding. Perhaps we need to remember that night when someone says, “We sure could use some rain.” To top it all off, we now enter the hurricane season. A time when, since Ivan (by the way, did you know that the name Ivan was “retired” from every being used again as the name of a hurricane?), we all just seem to hold our collective breaths for six months. Of course, this is all on top of our regular weather; you know, violent thunderstorms complete with lots of lightning, tornado watches and warnings; and the occasional heat wave and cold wave. All that is

missing is an earthquake! Now that would be a bit much. At least with hurricanes, tornadoes and rain, you do get some warning and can prepare. Not so with an earthquake. Which brings me to my topic: exactly

how prepared are you should we have a hurricane, tornado or flood in our area and where do you go to get more information on what to do in order to be prepared?

The saying that “the first 72 is on you” means that you cannot expect any “formal” response and aid for at least the first few days. So, as individuals and as a community, we need to be prepared to “weather” the first 72 hours after a storm. How prepared are you? Do you know what you will need and should plan for during this period? Do you have a disaster kit? Would you need to evacuate during a hurricane and do you know where you would go? If you have a pet, what are your plans for them? Do you have any special medical needs? Do you have adequate water and non-perishable food for this period of time? If you “shelter in place” (stay in your

home) would you know what safety precautions to take? Clearly, there is much to know and do in order to be prepared for any type of natural disaster. That information is available. The Florida Department of Elder Affairs publishes a special Disaster Preparedness Guide for Elders. It covers every conceivable event, from hurricanes to extreme heat, from tornadoes to floods. It explains what you would need to protect yourself, what insurance you need, how to protect yourself from scams (such as home repair fraud) and how to apply for assistance after the event and even gives the reader numbers to call in each county of our state. We can mail you a copy of this guide if you call us at 850-432-1475 and provide a mailing address. If you have access to a computer, you can get a copy of this guide at the Department of Elder Affairs website:

http://elderaffairs.state.fl.us/department/elder_update.php. Another great on-line resource is the Be Ready Escambia website at <http://www.myescambia.com/beready>.
Some of these natural disasters are the price we pay for "living in paradise." We should not have a gloom and doom attitude; rather, hope and pray for the best and prepare for the worst understanding that we are all in this boat together and preparing individually and as a community we can survive. That is something we have proven time and again. COA



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A 'Refresher Course' on Coping with Disaster

When it comes to the emotional toll of disaster, older people have a secret weapon: experience.

People who are 55 or older already have learned a thing or two about stress, loss and survival. They have lived through life's storms, setbacks and crises. Research suggests that past experiences equip older people with skills that enable them to better cope with trying situations. Psychologists refer to this as the "inoculation hypothesis."

Nonetheless, while older adults may have special resiliency born from experience, they

also have special vulnerabilities that can come with age. People who are physically frail and those with psychiatric or medical limitations have the highest risk for illness or death from disaster. The loss of their homes and treasured possessions can be especially devastating for the people who feel they have lost what has taken a lifetime to build.

So even if you are a seasoned veteran of past hurricanes, floods and man-made calamities, the next disaster can still challenge your resiliency. These tips can serve as a "refresher course" on how to cope after a disaster:

Accept your feelings. It's common to feel dazed, anxious, sad or overwhelmed. All of these are normal reactions.

Be open about how you feel. If you are depressed, worried or angry, talk about it. Let people know what you are going through.

Direct anger at the right target. Anger is a healthy emotion that can move you to action and provide energy for recovery. Improperly directed, it can be destructive, divisive and damaging. Be careful so you don't turn your anger toward your spouse, family and friends.

Allow time for healing. Don't give yourself a deadline to "get over it."

Ask for help. Seek financial, emotional and medical assistance if you need it.

Take care of yourself. Find time to relax. Eat right, exercise and get adequate sleep. Seek religious solace if it is part of your beliefs. Keep in touch with people you care about.

Pitch in, if possible. Participate in community recovery efforts if you are able. **COA**

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As you know, nonprofits rely on funding from generous people like you. Whether that be \$20 or \$1,000, every single penny counts — and they add up. The exponential power of giving is truly incredible.

Our donors help us provide much-needed assistance and support to over 2,200 seniors, plus their families, in Escambia and Santa Rosa counties. In 2013 alone, our donors helped us serve 140,062 meals through our Meals on Wheels program, assist 79 participants at The Retreat and provide in home services for 701 clients. None of this would be possible

without you! With the vast changes in technology and hype put around “giving back” and “paying it forward,” donating to nonprofits has become easier than ever.

According to the 2013 Charitable Giving Report by Blackbaud, online giving increased 13.5 percent while overall giving only increased 4.9 percent. Many nonprofit websites, including ours, have the capability to accept online gifts — and enable donors to set up a recurring gift.

Recurring gifts are regularly scheduled donations, usually on a monthly basis, of a

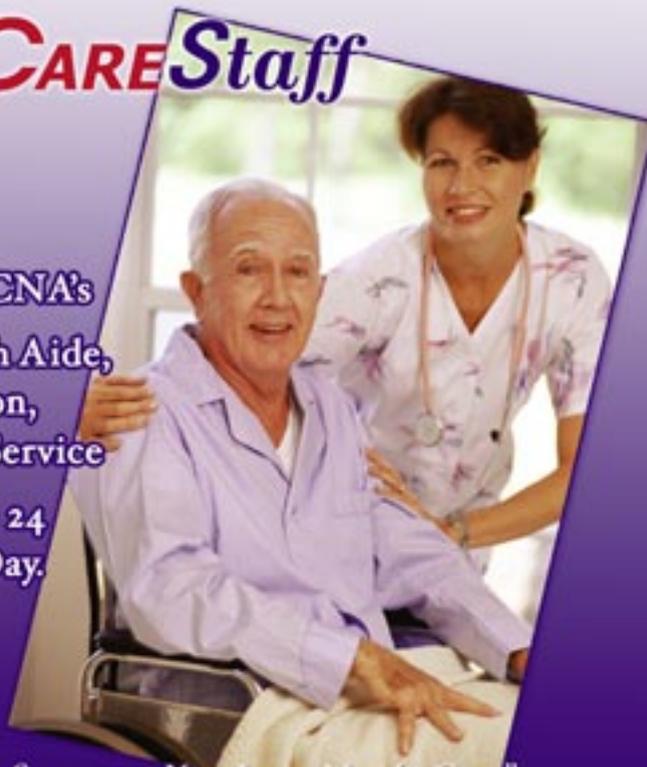
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will be charged to the credit card of your choice on or around the 15th of every month, depending on which day of the week the 15th falls. Recurring gifts can be cancelled upon request at any time, so you control the duration. By setting up a recurring gift, you don't have to continue to give out your personal or credit card information, you save money on postage and you can be assured that your monthly support will be received on a constant basis.

When looking back at Council on Aging of West Florida's history, we were reminded again of the loyalty of our donors. Life-long giving adds up as well. One donor in particular has been donating for 27 years. A large number of our donors have been donating for five or more years consecutively. That's impressive! When speaking to some of these donors, most said that the method of a recurring gift was easiest for them. They didn't have to worry about forgetting to write a monthly check and could provide a constant support to the agency.

Recurring gifts are becoming a trend amongst online giving, but can also be set up by phone or mail. Whatever works best for you, works for us! If you are interested in setting up a recurring gift with Council on Aging of West Florida or want more information, please visit www.coawfla.org or call Brandi Welk at 266-2513. 

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Gain Mobility and Flexibility at the Pensacola Beach Senior Park



Photos by Guy Stevens II

The Senior Park, located on Pensacola Beach at Cowley Park, is no ordinary park. It is geared towards seniors and their specific fitness needs. Located near the walking course, tennis court, and basketball court, its main focus is on mobility and loosening up tight muscles.

Although it is geared towards seniors, anyone over 14 years old is more than welcome to use the equipment. One of the best things about the Senior Park is its location on Pensacola Beach. Nothing beats a relaxing walk on the beach after a good workout.

The senior park will even be in good use once it starts to cool back down. Those who think it is just too hot out right now can wait a couple months for fall to start taking advantage of the Senior Park. "It's a way to encourage some of the snow birds, when they're here to get out and exercise," said Robbie Schrock, director of

administration of Santa Rosa Island Authority.

We all know the importance of staying active and the benefits of exercise to our health, and that's especially true for seniors. Getting enough exercise reduces risk for cardiovascular disease, type 2 diabetes, cancer, and metabolic syndrome. It also strengthens bones and muscles along with improving mood. "We wanted something that was specifically geared toward seniors," said Schrock. "Getting moving and loosening up at their age are definitely things they want to focus on."

There are six types of exercise equipment available at the Senior Park. Each station is intended for a different use. There are machines to massage your back, loosen up hips and shoulders, and also a machine that focuses on core, latissimus dorsi, and abdominal work. "I didn't want to get something that simulated walking because that's what the walking course was for," said Paolo Ghio, director of developmental services of Santa Rosa Island Authority. "Most of the equipment was intended for upper body work, stretching and low impact." According to Ghio, a lot of chiropractors recommend and encourage the movements this equipment facilitates.

The idea came from the 2013 Gulf Power Symposium. The Santa Rosa Island authorities funded this project 100 percent. After researching equipment and the styles needed for the very unpredictable, harsh Florida conditions, it only took about two to three months to get this Senior Park up and running. Fortunately, it opened just in time for summer.

The Senior Park has been very well utilized, according to Ghio, and the city of Gulf Breeze is very interested in duplicating it one day.

The Senior Park is located behind the tennis courts at 911 Via De Luna. For more information, call 932-2257. 

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Council on Aging of West Florida's IMPACT 100 Grant Benefits Seniors



Last year marked the Council on Aging's first IMPACT 100 grant, and though funds were dispersed just last October, the area's senior citizens and their families are already benefitting from the new initiatives.

Started in 2003 by four local women, the Pensacola Bay Area IMPACT 100 has become the largest Impact group in the country. The idea behind IMPACT involves recruiting at least 100 women to donate \$1,000 each and pooling those resources into one big grant for a qualifying non-profit. In the 10 years since the Pensacola chapter began, the women of IMPACT 100 have donated a cumulative \$5.15 million to local charities and non-profit organizations.

The Council on Aging of West Florida won the grant in the Family category for 2013. Just as

promised, the money went to the completion of two primary goals. First, the purchase of three multi-passenger vans, which are able to go to and from senior dining sites, The Retreat - the adult day health care center, medical appointments, grocery stores and other community activities.

"According to the United States Department of Transportation data, drivers age 75 and older rank highest in fatal crashes by driver age group per 100 million miles traveled and fatality rates among drivers age 85 and older are higher than any other age group, including teens," said Jeff Nall, vice president of communication and development for the Council on Aging. "It is imperative to offer alternative forms of transportation to seniors in need to prevent harm to

themselves or others when driving is no longer an option. Safe and reliable transportation options play a significant role in helping people who no longer drive stay connected with the community."

The vans transport Alice Laughery from her house to the Beulah Senior Center and back again twice a week, where she enjoys lunch, crafts, bingo and other activities.

"I enjoy going out there so much," said Laughery. "I'm so thankful for the vans, because I don't drive anymore and am not able to get out a lot. They come by, put my walker in the van, and take care of me. It works out really well."

The second goal was the installation of aluminum handrails on the walking track at The Retreat - the adult day



health care center, which will aid seniors with special medical conditions, gait disturbances and various cognitive impairments.

“I really like it. I feel more stable when I am out walking,” said one gentleman who uses the handrails. “I think it looks good in the yard. I see a lot of people holding on to it so they can walk farther.”

The handrails are made of three horizontal poles, a top one for those who wish to support themselves while walking, a middle one for those who wish to pull themselves while in a wheelchair, and a bottom one to act as a safety bumper for the wheelchairs.

While the benefit to Council on Aging clientele is obvious, the

advantages extend to families and caregivers, as well. Many of these family caregivers are adult children caring for parents. While they are happy to provide whatever is necessary for their parents, the children often find it stressful to balance their own work and family lives with the needs of their parents. The new vans help remedy that by picking up and dropping off seniors so that they can get out of the house and socialize, which allows for greater physical and emotional health. The handrails allow autonomous physical activity at the Council on Aging facility, something that improves confidence and health.

“The vans are such a blessing,” said Anna Bagley, whose father,

Charles, has Alzheimer’s and lives with her. “When I first signed up for the service, I was working eight to nine hours a day, and there was just no way to transport him to places that provide socialization. If it weren’t for this service, he would be in a nursing home by now. This service covers so many gaps in both of our lives. He loves going every day.”

The grant has gone to great use helping our area’s seniors. Often, as they age, they are overlooked for other pressing needs in the community. It is good to know that when it comes to giving seniors the best life possible, the community comes together to make the extraordinary possible.



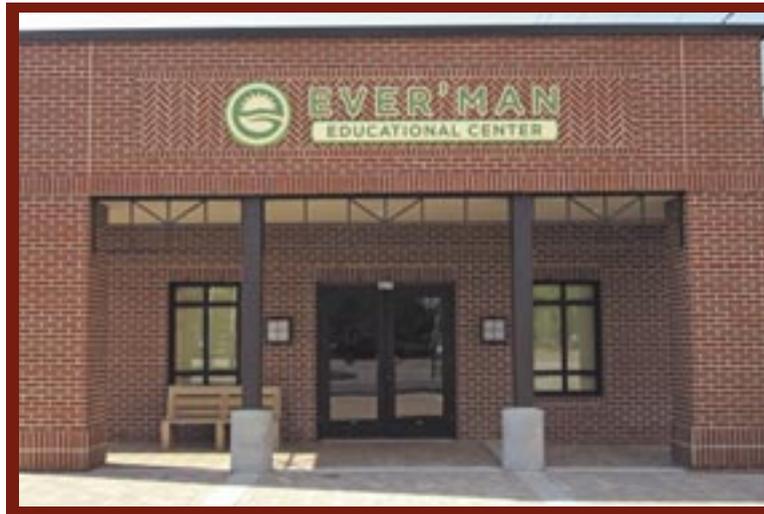


Ever'man Educational Center Offers Community, Growth, Fitness & More

Ever'man Cooperative Grocery & Cafe recently opened its doors for a grand reopening after extensive expansion and renovations that gave the store more space for new and improved offerings as well as more hot and cold bar breakfast and lunch options for hungry shoppers. But providing natural choices for groceries and meals on-the-go is just one part of the mission of Ever'man, which also includes being a source of information and education to the community. One huge aspect of the recent renovation included the opening of the Ever'man Educational Center, located in the building adjacent to the store at the corner of Garden and DeVilliers streets in Downtown Pensacola.

With classes and activities ranging from yoga to cooking to movie nights, the offerings are varied and anyone in the community is invited to sign up. Many classes and events other than cooking classes are free and most are only \$5 for Ever'man members or \$7 for non-members. Ever'man membership is \$5 annually for those over the age of 65.

Before the expansion and renovation, classes were held in a



Community Room that was in the same building as the store, but the Educational Center allows for even more possibilities and uses.

"As stated in our Ends Statement, Ever'man believes it should provide our community with education about health, nutrition, and environmental issues," says general manager William Rolfs. "We have done this in a basic way for many years, but this center gives us a better venue to provide that service to our community. We not only teach about wholesome foods, we teach how to cook it as well."

The Center includes a teaching kitchen with audio and visual equipment, modern appliances and a 70-inch TV to project movies, presentations, and even the actual chef's view of what's cooking during instructional demonstrations. While Rolfs says

wholesome and nutritious food is certainly one of the most dominate topics of classes at the Ever'man Educational Center, there are many other classes that can educate, enlighten and enliven on topics like health, wellness and aging.

One class is called "How to Stay Young at 100." Led by certified chiropractor and acupuncturist Steele Smith, the class focuses on preventative care and spinal mobility for greater quality of life in later years. Other classes focus on learning skills for sustainable home projects that can offer a novel activity and even save money over the longer term like a series in the summer about the process of canning, making your own soaps, or even, making fresh, homemade cheese. Pat Johnson, who teaches these classes in July and August, says it is a joy to teach in the Educational Center with all the space and comfort necessary for his hands-on workshops.

Johnson learned the techniques he teaches on a rural Indiana farm where he grew up at a time when these homesteading techniques were routine. He enjoys passing on the

information to those that are interested in learning the basics of these simple but useful DIY projects.

“I teach beginner classes because I’m interested in sparking an interest and showing the ease/simplicity of processes that were used for generations to sustain us,” he says.

He also teaches beer brewing classes and instructs on fermenting foods to make homemade yogurt, sauerkraut, kombucha and more at different times throughout the year.

Other options at the Educational Center focus on healing, both inside and out. A weekly Connected Warriors Yoga class offers yoga techniques specifically geared toward veterans, service members, their family members and support people, and is designed to help students manage symptoms of PTSD. There is also a regular gentle yoga class suited to all levels held on Tuesday evenings.

“We have groups like Cancer Study Group, Herb Study Group and a Celiac Support Group,” says Rolfs. “All of our classes are geared to meet the needs of our members and patrons.”

Whether you’re seeking to learn something new, gather with likeminded individuals or just stretch into a relaxing yoga class, the Educational Center is a comfortable and inviting place to meet those needs. With classes focusing on nutrition and cooking, health and fitness, hobbies and even support groups, all held in the beautifully renovated space, the center is truly an asset to the community providing education and much more. 

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WHAT'S GOOD ABOUT GROWING OLDER?

By Kathleen Vestal Logan, M.S., M.A.

“Freedom. It’s my turn to do what I want with my life.” Be honest, isn’t that appealing? When we first became adults, we took on many responsibilities, including family and career. Those were the “responsible years” when we often said, “I need to” or, “I should.” Life begins a subtle shift, however, after 50. Our outlook becomes more purposeful and we start to say, “I choose to.” Our true selves can emerge, if we let them.



Erik Erikson, noted psychologist, defined the Eight Stages of Man in his 1950 ground-breaking book *Childhood and Society*. After 50, most of us are in Stage VII: Generativity vs. Stagnation. For Erikson, “Generativity is primarily the interest in establishing the next generation.”¹ At this stage, “doing what I want” often means doing good in some manner for the community or the larger world. If we do well during these years, we can celebrate Stage VIII: Ego Integrity vs. Despair with a sense of a life well-lived and our integrity intact.

On a practical level, though, exactly why should we be cheerful as we age? There are many benefits, often unexpected. I frequently ask the question, “What’s good about growing older?” in the seminars I conduct. Responses are varied and enlightening, and cover several themes:

Freedom. We have more time and fewer responsibilities. You can understand Rosalie, 75, who raised seven children, saying, “I’m enjoying freedom from responsibilities and taking more

time for myself.” Tanya, 71, says that while her daughters were young, “I worried that I wouldn’t live to raise my children, that something catastrophic would happen to me. That worry is gone.” We can now plan our own time, choosing activities that appeal to us. There’s also time to take trips, to hold reunions of family or friends, to pursue passions and explore interests often put for years on the back burner.

Self-confidence. When I asked Michelle, 59, the “What’s good?” question, she replied, “Self-confidence. I’m much more confident about my decisions now than when I was younger.” We’ve all had more experiences and gained knowledge over time, making us feel wiser and more independent in our thinking. We’re clear on our personal values and less subject to peer pressure. Tongue-in-cheek, Bob, 69, says, “You can drink box wine and not care what people think.” We’re also more confident about meeting people and taking risks. I could never have written a book when I was

younger, for example, as I didn't have the nerve to take the risk.

Family and friends. Those close to us take on added importance, both in time spent with them and deepening our relationships. Carl, 74, said, "I have time to spend with my wife, which wasn't always possible in my Navy career or my civilian job." Mary, 61, finds "great pleasure in family, kids and grandkids, and having an impact on them." Ask people what their greatest joy is later in life and they invariably blurt, "Grandchildren! I can spoil them all I want, then give them back to their parents."

Learning. After carting around Will Durant's ten-volume *History of Civilization* for decades, Carl dusted them off and is now on Volume IV. Bob enjoys "continually learning and having the time to take an interest in new things." Hugh, 68, who still runs his own manufacturing company believes, "With gray hair comes knowledge, if

you've been paying attention. I like to convey my knowledge but still be able to learn." Travel is a favorite of many for expanding their minds; others take classes or experimenting with new hobbies.

Community. With more free time comes the opportunity to invest in the good of the community by volunteering or using skills in new ways. In 2005, for instance, I took a short-term but full-time job at United Way of Escambia County coordinating hurricane recovery efforts, a job which used my writing, speaking, teaching, counseling, and managerial skills. A retired teacher, Tanya now volunteers as a Guardian ad Litem and at Interfaith Ministries clinic. Many people serve as mentors through such organizations as Big Brothers Big Sisters or the Foster Grandparent program at Council on Aging. Others serve on Boards of Directors of various nonprofits. Combined, all of these efforts are a huge benefit to the well-being of our community.





Focus. Yes, we know our years are numbered, but we don't tend to worry much about it. "I don't worry about death," Tanya said, "just about taking care of myself and living with purpose." Most of us accept our boundaries and limitations, using them as a way to focus, to take action on the things most important to us. That vague "someday" idea becomes today's "do it now." Interesting, too, most of us have learned after all these years how and when to say "no" to activities that don't interest or have value to us. We pare down our list of commitments, concentrating on those which matter to us.

Contentment. Regarding relationships, Sheila, 71, found, "I've lost the need to be liked by everyone. I'm content with myself and choose to be with people who value me." Deb, 60, is "enjoying not being the boss anymore." Hugh relishes his sense of security after years of hard work. "Having planned well, I now feel secure." In a similar train of thought, Carl said, "We have

enough money. We worked hard and it appears the decisions we made were good ones." He is also happy he has "time to give back – to thank the organizations that helped me over the years." Nearly everyone relishes the fact, "I don't have to do-all and be-all for everyone anymore."

"As a group, those of us over 50 will live longer than previous generations, are healthier, have more money, are better educated, can access a virtual world with computers, have built a wide variety of skills, and are accustomed to planning our own lives."² We have a gift of years and the benefits they afford us, so let's enjoy the journey. Life is good. 

1. Erik Erikson, *Childhood and Society* (New York: W. W. Norton & Company, 1950), 231.

2. Kathleen Vestal Logan and E. L. (Betsy) Smith, PhD, *Second Blooming for Women: Growing a Life that Matters after Fifty* (Deadwood, Oregon: Wyatt-MacKenzie Publishing, Inc., 2010), 19.

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An Exclusive Interview With
Gavin MacLeod

By Kelly Oden

Many people know and love Gavin Macleod for one of his three most notable roles over a six-decade career: Joseph “Happy” Haines on *McHale’s Navy*, Murray Slaughter on *The Mary Tyler Moore Show*, and for his lead role as Captain Merrill Stubing on *The Love Boat*. What many may not know is that Gavin MacLeod was born Allan George See on February 28, 1931 in Mount Kisco, New York. Gavin was the older of two children, born to Margaret See and George See, an electrician who was part Chippewa. Gavin grew up in Pleasantville and studied acting at Ithaca College, graduating in 1952. After serving in the Air Force, he moved to New York City to look for acting work. At about this time he changed his name, drawing “Gavin” from a character in a TV drama, and “MacLeod” from his Ithaca drama coach, Beatrice MacLeod.

MacLeod’s first movie appearance was a small, uncredited role in *The True Story of Lynn Stuart* in 1958. Soon thereafter, he landed a credited role in *I Want to Live!*, a 1958 prison drama starring Susan Hayward. He was soon noticed by Blake Edwards, who in 1958 cast him as a nervous harried navy yeoman in *Operation Petticoat* with Cary Grant and Tony Curtis. *Operation Petticoat* proved to be an important role for MacLeod, and he was soon cast in two other Edwards comedies, *High Time* with Bing Crosby and *The Party* with Peter Sellers.

MacLeod also appeared as the villain on a variety of TV shows in the late 1950s and early 1960s. His first regular TV role came in 1962 as Joseph “Happy” Haines on *McHale’s Navy*, leaving after two seasons to appear in the motion picture, *The Sand Pebbles* with Steve McQueen. MacLeod’s break out role as Murray Slaughter on *The Mary Tyler Moore Show* won him lasting fame, and two Golden Globe nominations. His star role as Captain Merrill Stubing on *The Love Boat* was his next TV series, which was broadcast to 90 countries worldwide between 1977 and 1986. His work on that show earned him three Golden Globe nominations.

MacLeod married his current wife Patti in 1974. Both were previously divorced. The couple also divorced in 1980, but reconciled and were remarried in 1985. During the mid-1980s, MacLeod and Patti became Evangelical Christians and credit their religion for bringing them back together.

In 1987, following MacLeod’s conversion and remarriage, he and his wife, Patti, wrote about their struggles with divorce and alcoholism in *Back On Course: The Remarkable Story of a Divorce That Ended in Remarriage*.

In 2013, MacLeod released his memoir, *This Is Your Captain Speaking: My Fantastic*

Voyage Through Hollywood, Faith & Life. The book recalls his upbringing in upstate New York during The Great Depression, as well as his life in Hollywood.

COA spoke with Gavin MacLeod about his journey as an actor, the lifelong friends he has made along the way, his bout with alcoholism, his divorce and remarriage, and his journey of faith and Christianity.

“I started acting when I was in kindergarten. When I was 4 years old and I had hair.”



From left, Betty White, Valerie Harper, Ed Asner, Mary Tyler Moore, Gavin MacLeod, Cloris Leachman and Georgia Engel, the original cast of the Mary Tyler Moore Show.

(AP Photo, File)

COA: How are you?

GM: I'm great. How are you today?

COA: I'm great. I understand you've been to Pensacola before?

GM: Yes, I know Pensacola. I did a show there once many years ago. It was a play called *Love Letters*, with two people—me and Michael Learned from *The Waltons*. Well we did a big tour of that play all over the country and we played in Pensacola.

COA: That's great. I'm so glad that you were here. I like to start a little bit with your early life and your upbringing and if you could just give me a quick synopsis of that and how that pushed you into your career in acting.

GM: I started acting when I was in kindergarten. When I was 4 years old and I had hair. I have some Swedish blood so I had very blondish hair – a cute little kid. At 4 years old, I did a play and at the end of the play I took a bow and I heard

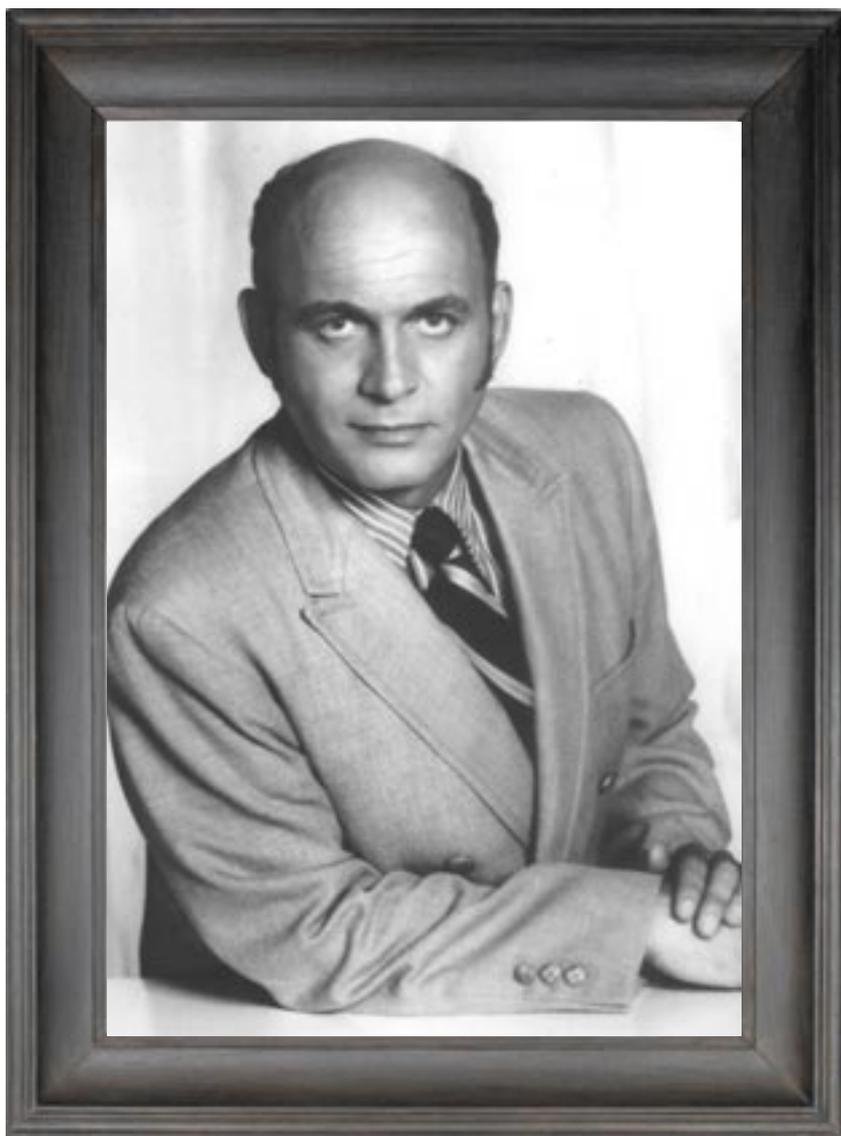
that applause, and I remember how I was affected by that applause. I said, "Gee, I don't know what this is but they like me," and I decided that's what I wanted more of.

And so in my little town of Pleasantville, New York, whenever there was a play, whenever there was any kind of a show on a stage, I'd be running right out there to get in it. Eventually when I was in high school, we did the *H.M.S. Pinafore* and I was the captain in that also. My kindergarten teacher and my second grade teacher played my daughters, which I thought was a kick.

COA: So then, when you grew up, you joined the military, correct?

GM: I was in the Air Force, but way before that, I was in every show in college. I got a scholarship to college. Let me explain that, too. My father was never educated. He had to leave school in the seventh grade to go to work. My mother had the same thing. Consequently, they were not really tremendously educated, but they were terrific people, wonderful loving people and all that. I was never a great student, but I got through. But I loved doing plays, and I did plays and musicals every time I had a chance. And so

Gavin MacLeod as Murray Slaughter in the Mary Tyler Moore Show, 1970.



someone saw me and I got a scholarship to college in upstate New York. And that really introduced me to a bigger world, you know? And to this day, I still have ... let me see, we have five guys who used to hang around together, there's only three left now. And one's on his last leg, so they'll be two of us left. Time marches on.

COA: But you still keep in touch with the people you went to college with?

GM: Yes. I spoke at the funeral of one of our friends just last year. When you get older, you know, these things happen. And my father died when he was 39 and I was 13, so that had a big influence on me. And then my mom lived to be 97 and that was great.

COA: I understand you got your stage name from college, correct? You took the name of your drama teacher?

GM: Well, I took her last name, but that was way after I left college. When I was in New York, I was going to join the actors union. I was ready to join the union because I had gotten some credits. My name, Allen See, always bothered me because of the way people would make fun of it. They would say, "See this. See what?" I mean it

would go on and on and on. It wasn't so bad in high school, but in college it really got rough. And I said, "Someday I'm going to change that." So when I joined the union, my friend, actually the one that just passed this past year, he and his wife and I got together and came up with my name. His name was Jan Peters, but he was originally Irwin Podolsky. Everybody I knew in the theater had changed his or her name. I did take 'MacLeod' from Mrs. Beatrice MacLeod. She was from Yale University. She taught at my college, and she was the second in command in the theatre department. I was crazy about her because she was really great to me. I was a scholarship student and she knew I didn't have a lot of money. I'd mow her lawn and clean their windows on their house. Her husband was the head of the psychology department at Cornell. Just wonderful people. So they helped me along



Gavin and Patti MacLeod

financially. And she inspired me as a director, too. She was just really, at that time, I'd say the most intellectually brilliant woman I'd ever met in my life. I finally got the chance to see her again after I left and I made a name for myself. The college wanted me to do the commencement address and give me an honorary doctorate. This was in New York and I was in California, I said, "Well I'll do it, if I can see Mrs. MacLeod and have some time with her." And so we did. We had a final time together, and I remember her saying, "I don't know why. I treated you like everybody else." I said, "Well if you did, then you're the greatest woman who ever lived because you were just wonderful to me, and inspired me to go on and take risks, and you're a part of my life." She really was a major part of my life when you think back.

COA: I'm sure she was honored that you took her name and that she meant so much to you.

GM: I guess so. You know, her maiden name was like Macgillacutty or something. It was a big Irish name, but her husband's name was MacLeod, so she became a MacLeod. And so did I.

COA: So you mentioned your struggles with alcohol and that it went back in your family, and you've spoken pretty openly about it. Can you tell me a little bit about what finally helped you overcome that addiction?

GM: Well, it was my wife, Patti – my second wife. I was courting her and we went to see my friend Kaye Ballard. I'd done a musical, *Gypsy*, with Kaye Ballard in San Diego and so Kaye was going to be appearing in Reno, Nevada, and she invited Patti and I to go up there. And so we went up there, and after the show we had a couple of drinks and I could never really hold my liquor. I was never one to be able to drink a lot because it just started to show on me. I guess my brain was very small or something, and so going home, Patti said to me, "My first husband was an alcoholic and I'm not going to go through that again." So the next morning I said, "I want to tell you something. You are very special and precious and important to me and I'm never going to

Top: Gavin MacLeod, Ed Asner and Ted Knight;
Bottom: Betty White, Mary Tyler Moore and Georgia Engel



drink again.” And that was 1973 and I’ve never had a drink, never wanted a drink, never craved a drink. But that’s how I stopped.

COA: Did you go through a program?

GM: No. I stopped because I knew I could do it because my grandfather – my Irish grandfather—did. I was petrified of him as a little boy because he would be drunk all the time. He would be violent toward my grandmother. And then the second war came up and his youngest son Johnny had to go to Europe in the Army. When Johnny came home, my grandfather stopped drinking and became one of the greatest guys I ever knew. I said, “Grandpop, how did you stop all that?” He said, “I’ll tell you, sonny. I made a deal with God that if he would bring Johnny home, I would stop drinking.” And he did. Consequently, he was the greatest guy I ever knew. He was wonderful and funny and just great to be around. And he said, “Don’t start. I wasted 48 years of my life.” I remember all that.

COA: Now I understand that you and Patti divorced and then went on to reconcile and remarry?

GM: Yes. That came about because of the Lord, because of God. I’ll tell you what happened. We

were married and then I was doing the *The Love Boat*. I had things out of order, mixed up and I was the head cat on this show, you know. I was the captain and I had a lot of responsibility. And I just took that to heart, and that became the only thing I was doing right. So I didn’t feel marriage was correct, in the very selfish kind of place I was but I felt that I had to give my all to my work. And so we got divorced and for three years I hadn’t thought about her very much. You know, I was traveling all over the world with the show. So one day, I went down to Santa Monica to see a play. After that play, I started to think about Patti. I wondered how she was because we used to live there. Just before that happened, the same day – we researched all this – Jerry Lewis’ first wife, she was Patti too. She took my Patti to Beverly Hills where a group of ladies were sitting around praying and one lady said to her, “Would you like to pray for anything?” And my Patti said, “Yes, I’d like to have my husband back.” And she says, “Well you can have him back.” They started praying for me in the afternoon. That night,



Cast of Love Boat: Fred Grandy, Ted Lange, Jill Whelan, Gavin MacLeod, Lauren Tewes and Bernie Kopell.

while I was down in Santa Monica seeing the play, I started thinking about her and

I drove around where we used to live to see if the lights were on, you know. The next morning, they had an operation on my mother's brain. She had a cyst the size of a baseball in her brain. And the doctor said, "We don't know what could happen to her. She could be better; she could be worse; she could be a vegetable." I prayed to Jesus, I said, "Lord, if you give my mother more time, I'll turn my life over to you. I don't care if I act anymore. Just please give her more time, and I'm yours." And right after that, something told me to call Patti. I called and I said, "This is Gavin." She said, "I was just thinking about you." And then I said, "Can we be friends? And she said, "That's all I've ever wanted." And then I said, "When can I see you?" And she said, "I will be home next Monday if you want to come down for dinner." I didn't tell a soul at work and next Monday I go down there and I knock on the door and

there's no answer. I knock on the door again, there's no answer. I said, "Uh oh. She's

standing me up, and I don't blame her." I knocked once more and the door opened and she was standing there. And we looked at each other and hugged and she says, "I'm sorry, Gavin, your dinner is cold. It's been waiting for three years." And then I said, "Patti, how are you?" She said, "I'm feeling so much better. You know, I've become born again." I said, "What does that mean?" And she explained and I said, "I want that. That's really what I want." We spent that whole night talking and the next week I went to the church and dedicated myself. And then we eventually got married again. And this time we got married in front of a group in Omaha, Nebraska. And Pat Boone and Shirley Boone, they flew up, they were our best man and our matron of honor. And that was the beginning of us getting back, but now realize that we have a marriage with three people. It's not just Patti and I. It's Jesus in the center of it.



*Gavin MacLeod, Betty White, George Burns,
Patti MacLeod, and David Wayne.*

*Photo from "THIS IS YOUR CAPTAIN
SPEAKING"*

And as a result, we have a confidence; we have a security. We know we're never going to leave each other again, and Jesus isn't going to leave us. He's always here, 24/7. And we're here for each other. That's the truth about how we got back together.

COA: Speaking of big celebrities, one of the things everyone loved about *The Love Boat* was the array of celebrities that appeared on the show. Do you have a favorite?

GM: Honestly, everybody was so happy to be working because it was such a hot show at the time. Everybody watched it and then we were in 90 countries. But I really think my favorite was, and you may laugh at this, my wife. When Cindy [Lauren] Tewes, Julie McCoy on *The Love Boat*, got married, we went to the wedding. It was at the Bel Air Hotel, and Patti and I sat right in back of Aaron Spelling and his wife, Candy. So we're just sitting there waiting

for it to start and Aaron turned around and said, "Patti, I've got a great part for you next week." Wow, what a

surprise that was. And so she did it and she held her own. She was absolutely wonderful. Consequently, she did four or five more.

COA: Both *The Love Boat* and *The Mary Tyler Moore Show* involve an ensemble type of cast, what do you feel is the secret to making that work and letting each character have their moment in the spotlight?

GM: Well I think you've got to have good writing and good actors. You can't do it if it's not in the script, you know? And if it's in the script, it gives you something as an actor to really work on. Don't forget, most everybody from *The Mary Tyler Moore Show* was from the theater. We had all done theater. That's where we started. We were theater people, so you're used to a certain kind of discipline, you know? And some of those scripts were just the best



McHale's Navy cast - Top: Edson Stroll, Gavin MacLeod, Ernest Borgnine and Billy Sands. Bottom: John Wright, Gary Vinson, Tim Conway, Carl Ballantine and Yoshio Yoda.

things we'd ever read in our lives, and to be a part of it was quite an honor.

COA: And I'm sure that the friendships you formed helped create that feeling that the cast had. I know you and Ted Knight had a particularly long and close friendship. Can you share some of those memories?

GM: Ted Knight and I were friends from the first day I got to California in 1957. We had the same agent. He was my best friend. He was like an older brother to me. We had a great time and our kids used to play together and things like that and we'd go to movies together. He is a great dramatic actor and just a handful will ever know that—the ones that got to see him do his work on the stage. He was just an incredible actor. The last moment I had with him was when I brought him to the Lord, when he was ready to

die. *The Love Boat* had just ended and Marion Ross and Patti and I were going to go on the road with a play, and before I left I knew Ted wasn't feeling well. I knew he'd been through a lot of stuff and I called and said, "I'm leaving. Can I see you before?" He said, "Sure, come on over." So I went over Sunday after church and he said, "Look at you two. You're so happy and everything, what's going on?" I said, "We're born again." He said, "What does that mean?" I explained everything. He said, "Well what do I have to do?" I said, "You just have to acknowledge that Jesus is the Son of God. It's that simple. So then you say a little prayer. I can give you a prayer to say. You can even repeat the words after me and then you're home free." I said, "So what do you think about that?" He said, "You know, I think I waited long enough." So we all held hands. I had a prayer written down there because I didn't want to make any mistakes. And we all said it. He said it. And that was the best gift I could give my friend. ... The girls left and he said, "Gavin, can you take me to the bathroom?" He was on a cane like my father was near the end of his life. And, it's funny. I was a little boy then and here I was an older man, doing the same thing. So he was standing at the door, waving goodbye as we left, and I said, "Patti, we'll never see him again." And she says, "Yes we will." I said, "What do you mean?" She says, "Oh we'll see him in heaven." Oh boy, it gets me. I'm sorry.

COA: I understand. Thank you for telling me the story. It's very moving.

GM: Well, he did die three weeks after that. I went from Colorado and then went to Cape Cod and was playing there. And I had a note, that his wife wanted me to do the eulogy. I couldn't make it home, but I sent it back. And David Lloyd, who now isn't here anymore either ... he read what I wrote. And that was a great honor. Mary was there and a lot of people who loved Ted, you know? He was so wonderful.

COA: Tell me about the movie *The Secrets of Jonathan Sperry*.

GM: Well, I'm more proud of that than anything I've done. And I just did it about maybe four years ago. And the story, it's a very simple story about a guy whose wife has died in a little small town, and he introduces these boys to the Bible, and he teaches them the Bible. There's a town bully he has to deal with; there's a boy who's lost his father. All this kind of stuff that's going on. It's a beautiful, beautiful movie. And as a result, it's brought a lot of people to Jesus. And I keep getting mail from all over constantly. I mean I've traveled all over the world and I've worked with all those big stars, but this movie I think is the most significant thing—certainly the most rewarding thing—I've ever done. And I think it's the last I'm going to make. They keep coming up with more things for me to do, but I just don't want to do them.

COA: You're also a spokesperson for Princess Cruises. How did that come about?

GM: Well, continuing from when I left Ted and we played Colorado and then we went to Cape Cod, I came home and there was a call from Max Hall, the head of Public Relations at Princess Cruises. They had two small ships. He said, "Gavin, this is Max. We just had a meeting. We want to expand, and what do you think about being the spokesperson for Princess Cruises?" I said, "Boy that's a beautiful marriage. I think that's great." Cruising was in its infancy at that time. And so I said, I don't even have to talk to Patti about this. And so that was 1986. We had two small ships. Where are we now? 2014? We have 17 mega-ships. We have another one coming out next year. I think it's the best way to go. I mean it's a great vacation to have. You have less responsibility. You don't have to share a car or anything. You just have a great, great time.

COA: We are a magazine for mature adults, so what are your secrets to staying healthy and aging well?

GM: It's God. It's simply God. There's no other reason. I could've died. I had a bypass surgery. I have stints in my groin. I have two discs that

have been replaced. I have a thing in the left atrium in my heart. I got all these things going, but I'm still here. And I'm here for a reason: to say Jesus is Lord.

COA: Do you eat any special diet or exercise regularly?

GM: Well I belong to the gym at the hospital here. We have a wonderful gym. My cardiac doctor got me in there. And my wife and I both go there. We try to eat less carbs, and I love carbs, everybody does. It's a comfort food. But we always make sure we have at least a green vegetable a day. We're just really aware of all of that.

COA: I also wanted to ask about the process of writing a book. What made you want to write a book, and how did you enjoy the process?

GM: Well people came after us that wanted to know the story about Patti and I, like I told you earlier. They wanted to know that story. So the first book is about that story: how our lives were individually and then when we met and then how we got back together. The other book came because one day I was talking to my wife saying, "You know, I just realized my whole living was made by speaking and playing what somebody else has written. And so nobody really knows the real me." And I said, "Why don't I write a book?" My manager thought it was a great idea. Patti really was for it. And that was the beginning of the book. And I got a guy to work with me, and so it's been very successful.

COA: Well that's great. Are there any other acting gigs in the works that we should keep our eyes open for?

GM: No, not that I want to talk about. There is something they're talking to me about, but I don't want to get that going out yet.

COA: OK. Thank you so much for the time. It's been a pleasure

GM: Thank you, Kelly. Thank you so much. Bless your day. Bye bye. 

Celebrating 40 Years of Service



Our President & CEO John B. Clark recently celebrated 40 years at the helm of our organization. Under his leadership, Council on Aging of West Florida has experienced significant growth in home and community-based services to the older population of Escambia and Santa Rosa counties. Today the agency administers programs such as case management, Senior Companions, Foster Grandparents, Meals on Wheels, adult day health care, 17 Senior Dining Sites, two rural Senior Centers and much more to more than 2,200 elders and their caregivers each year.

Clark is a well-recognized leader and champion for the elderly, both locally and throughout the state. He was appointed by former Governor Lawton Chiles in 1991 to serve on the original work group responsible for providing recommendations on the administrative structure for the State of Florida Department of Elder Affairs.

Currently, he holds numerous positions in local and state organizations including president of the Florida Association of Aging Services Providers; board member of the Consumer Credit Counseling Service, vice president of the Escambia/Santa Rosa Partnership for a Healthy Community, board member of the City of Pensacola Veteran's Memorial Park Foundation, member of the Escambia County United Way 211 Advisory Committee, member of the Escambia County Transportation Disadvantaged Coordinating Board; member of the Escambia

County United Way Directors' Association (UWADA) and Paul Harris Fellow in the Pensacola Rotary Club.

He is a former president of the Florida Council on Aging and in 1997, and again in 2013, received the Dr. Carter Osterbind Outstanding Florida Council on Aging Member of the Year Award. Clark is a 1987 graduate of Leadership Pensacola (Leap). He has an undergraduate degree from St. Michael's College in Vermont and a master's degree in counseling from Troy State University. He served five years on active duty as an officer in the Air Force.

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Do you have a business that you would like to promote on our website? We have expanded our Resources page to include sponsored links, which consist of your business name linked directly to your website. The cost for a 12-month sponsored link is \$200. To sign up or get more information, contact Brandi Welk at (850) 266-2513 or bwelk@coawfla.org.

Rat Pack Reunion 2014 – Save the Date!

Calling All Rat Packers! It's that time of year again: when we gather to have a retro-fabulous time, honor outstanding community leaders and—most importantly—raise much needed funds to provide assistance to Escambia and Santa Rosa county seniors in need.



This year's event, completed with entertainment by crowd-favorite Sinatra tribute artist Tom Tiratto and his amazing orchestra, a fine Italian dinner and open bar, will be held at New World Landing on Friday, Oct. 24th from 5:30-11 pm and promises to be every bit as fun as a night at the Sands would have been with the original Rat Pack! Though the original Rat

Packers like Frank, Dean and Sammy won't be with us, we are confident that our local Gulf Coast crew can carry on their tradition without missing a beat!

In addition, we will be celebrating four of our area's most outstanding individuals—who not only lead the way in business, but who also show tremendous leadership with their service to our local community. Please join us in honoring our very own 2014 Rat Pack (drum roll please!....):



Larry "Moose" Morris
Jack Nobles
Tom Pace, Jr.
Jim Rigsbee

Don't miss out on the best party of the year! Please mark your calendar and show your support for area seniors. For up to the minute details, sponsorship information and tickets, please visit ratpackreunion.com or contact Brandi Welk at bwelk@coawfla.org or 850-266-2513. Please help us continue to make a real difference!

And.... the Rat Race – NEW!!! Save the Date!

Thought the only way you could be part of the Rat Pack Reunion was to dance the night away? Think again... How about a 5K?

Get out your sneakers (skinny ties and bling still welcome) and head over to Pensacola Beach on Saturday, October 11 at 9 am to participate in this new addition to the Rat Pack fundraising tradition. If a 5K is not quite your style, a one-mile "walk and



roll" option is also part of the festivities. Either way, we'll celebrate afterwards with music and beverages at Paradise Bar and Grill. For registration and race sponsorship information, contact Brandi Welk at bwelk@coawfla.org or 850-266-2513.

Day on the Go

Day on the Go is a program of The Retreat, our adult day health care center, for higher functioning participants who can



follow directions, have good endurance and are able to attend area attractions and events with limited supervision. Schedules are planned to allow for a full day of activity for the participants as well as extended respite for caregivers. Each *Day on the Go* includes breakfast, exercise time, an outing and lunch. The cost is \$65. For more information, contact Sandie Holtry at 432-1475 ext 180.

Upcoming Outings:

- Friday, July 11** - Bingo at Shoreline Park
- Friday, July 18** - Air Force Armament Museum at Eglin
- Friday, August 1** - Gulf Shores Museum
- Friday, August 22** - Oops Alley Bowling
- Friday, September 5** - Weeks Bay Nature Trails
- Friday, September 19** - Gulf Shores Zoo

Volunteer Recognition

Our dedicated and much appreciated volunteers were recently recognized at a special luncheon for the valuable and selfless contributions to our mission. Special guest Pensacola Mayor Ashton Hayward III and DeeDee Davis, chair of our board of directors, joined John B. Clark and Betty McLeroy, our volunteer manager, in expressing appreciation to volunteers for all they do. The luncheon, themed "COA Volunteers are Worth Their Weight in Gold" was sponsored again this year by Humana. Thank you Humana—and thank you volunteers!!! COA

Reception: "Quayside Art Gallery's 40th Anniversary"

June 13

Quayside Gallery, 17 E. Zaragossa, Pensacola

2 - 4 pm

FREE

For more information, please call 850-438-2363
 Since 1973, Quayside Art Gallery has offered a cumulative art opportunity and experience as possibly the oldest co-operative gallery in the southeast. Quayside Art Gallery was established and is maintained by Pensacola Artists, Inc.!, a cooperative organization of more than 200 artists and associate members. The public is invited to join in the celebration as they recognize the gallery's heritage, host charter members artwork alongside current members, **June 10, 2014 - July 21, 2014**, and enjoy all that 40 years represents.

Soulmate Central

July 17-20, 24-27

Woodbine Theatre

4646 Woodbine Road, Pace

Evenings at 7:30 pm, Sunday

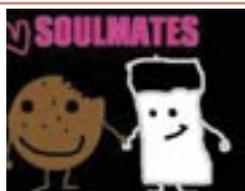
Matinee at 2:30 pm

Adult tickets - Special "Low-Dough" Shows:

Thursdays July 17 and 24 - \$9

Adult tickets for all other shows - \$12

Seats are limited. For reservations, please call 850-221-7599
 Panhandle Community Theatre presents the hilarious spoof of a dating service and the people who have found that life is pretty weird. The owner is on parole. One of his employees is a former stripper. The other employee doesn't believe that true love exists, much less soulmates. The entire show prances misfits and direlicts across the stage with wit and side-hurting humor. Note: This show contains language and adult scenarios that are not suited for children.



Rat Pack Reunion 2014

Friday, October 24

5:30 pm until

New World Landing

Tickets: \$100 per person

Sponsorships and tickets now available for the biggest party of the year! Entertainment by

nationally known Sinatra tribute entertainer Tom Tiratto. Please join us for a retro-fabulous good time as we honor our very own 2014 Rat Pack and raise much needed funds to help the elderly in our local community. This year's honorees, all outstanding individual who lead the way in business, and but show tremendous leadership with their service to our local community are Larry "Moose" Morris, Jack Nobles, Tom Pace, Jr. and Jim Rigsbee. For tickets and sponsorship information as well as up-to-the-minute Rat Pack Reunion 2014 news and trivia, visit www.RatPackReunion.com or contact Brandi Welk at 850-266-2513 or bwelk@coawfla.org.



The Panhandle Charitable Open

Thursday, Sept. 25 - FORE!

Charity Tee Off Par-Tee & Silent Auction

Friday, Sept. 26 and

Saturday, Sept. 27 - Two-day, two-person best ball format tournament

The Panhandle Charitable Open

has grown into a major player in

philanthropy in our area, raising over \$400,000 for local charities including a record \$95,000 in 2013. Because of the amazing success of the PCO, changes have been made to the format to improve the pace of play and also allow for additional participation. Also new for 2014 is the FORE! Charity Tee-Off Par-Tee, a dinner event on Thursday evening at Sanders Beach Corrine Jones Community Center from 6-10 pm. The event, which replaces the usual Friday evening party at Marcus Pointe and allows non-golfers greater ability to join in the fun and fundraising, will feature both silent and live auctions as well as live music form the local band Mass Kunfuzion. For details, including a complete schedule, how to register to play and sponsorship information, please visit www.pcogolf.org.



Rat Race 2014

Saturday, October 11

Casino Beach, Pensacola Beach

9 am

Registration - fees vary

Get out your sneakers

(skinny ties and bling still welcome) and head over to

Pensacola Beach to participate in this new addition to the Rat Pack fundraising tradition. We'll celebrate afterwards music and beverages at Paradise Bar and Grill. For registration and race sponsorship information, contact Brandi Welk at bwelk@coawfla.org or 850-266-2513.



Hee Haw Live!

September 18-21

Imogene Theatre

6866 Caroline Street, Milton

Evenings at 7 pm,

Sunday Matinee at 2 pm

Tickets - Special "Low-Dough" Shows:

Thursday, September 18 only - Adults \$9, Children - \$7

Tickets for all other shows - Adults \$12, Children -\$7

Seats are limited. For reservations, please call 850-221-7599
 Panhandle Community Theatre & Santa Rosa Historical Society present this comedy variety show in the tradition of true variety show. Join all your favorite Hee Haw cast members as well as some new ones dripping with comedy, sangin', dancin', magic, cornfields and stuff you ain't never seen before. Moonshine may or may not be served, but laughs will be aplenty. 



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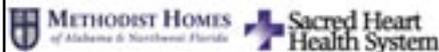
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Council on Aging of West Florida is a local independent 501(c)(3) not-for-profit organization that has served seniors and their families since 1972. Council on Aging of West Florida helps seniors in Escambia and Santa Rosa Counties live healthy, safe 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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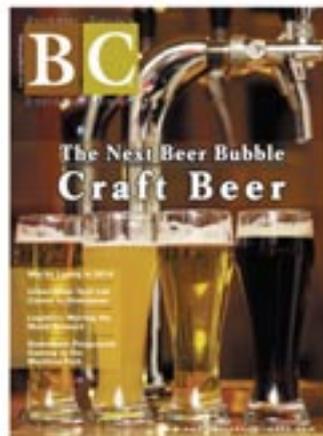
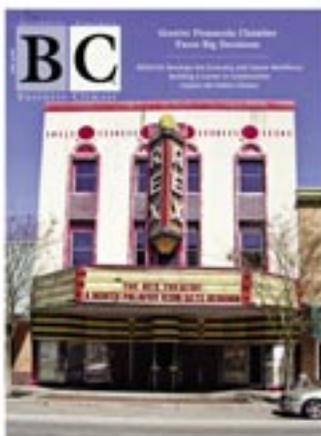
We are pleased to report that the Governor and legislature approved ALL of the budget priorities of aging advocates! This included a \$5 million Increase for the Community Care for the Elderly and a \$4 million Increase for Alzheimer's Respite Care programs. Both of these programs support services such as home delivered meals, adult day care, respite care, and other home and community based services which help elders remain independent in their own homes. While these are state wide increases and we are not sure what the local increase will be at this time; there is no doubt that any increase will help to serve those elders who are on a waiting list.

We thank the Governor and all of our legislators for their support of these critical programs. We also thank all of you who contacted these officials to add your voice of support.



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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.