

# COMING of AGE

*Presented by Council on Aging of West Florida*

LIFE MAGAZINE FOR SENIORS

SPRING 2012

An Exclusive  
Interview With

*Jerry  
Mathers*

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for Seniors

Multi-Generational  
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Caregiving:  
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Jeff Nall, APR, CPRC  
Editor-in-Chief



This issue marks the seventh anniversary of *Coming of Age Magazine*. We would not be able to celebrate this milestone without the loyal support of our board of directors, readers, advertisers and partner Ballinger Publishing. If you have the opportunity to

contract services or make purchases from our advertisers, please let them know you saw their ad in *Coming of Age Magazine*.

There is much to celebrate this spring at Council on Aging of West Florida. The much anticipated expansion of our adult day health care center is nearing completion. The center, the only one of its kind in the area, provides a protective, stimulating environment for those with cognitive impairments like Alzheimer's disease. The center also provides peace of mind for caregivers to know their loved ones are in a safe place while they go off to work or get much needed respite. For a sneak peek, check out the Do-Gooder article on page 22, which highlights the Home Builders Association of West Florida's generous donation of time, material and labor. Please mark your calendars for the "big reveal" at our open house on May 17. Please see page 40 for details on the event.

Also, *Coming of Age TV* is back on the air. Production of the program was suspended in July due to budget cuts. However, thanks to a new sponsor, WellCare, the program is coming back as of this month, March 2012. We will be bring you a new program each month, which will air throughout the month Monday, Wednesdays and Fridays at 7 pm and Tuesdays and Thursdays at 9 am. More details are included on page 38.

So, sit back and enjoy this issue. In addition to an exclusive interview with "The Beaver," Jerry Mathers, you'll find articles on hiking, multi-generational travel, finances and more. Until next time, enjoy life – you've earned it!



Scan the QR code with the barcode reader of your web-enabled smartphone to go to our website and learn more about Council on Aging of West Florida.

### Readers' Services

#### Subscriptions

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

#### Change of Address

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

#### Back Issues

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

#### Letters

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

#### Writing Opportunities

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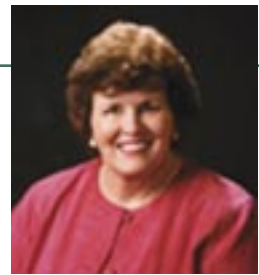
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Margaret Lynn Duggar,  
Executive Director of the Florida  
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# Forget Making a Wish **I Want Action!!**

Consider the rare possibility that you might have an opinion or two about how government at all levels might operate a little better (translate: more in line with your point of view). That thought occurs to me occasionally, like at least twice every evening during the television news and every morning when I read the newspapers. This column does not address why elected officials often spend so much time on things I don't think are important and not enough time on things I think *are* important, such as the federal debt. And, it does not address the bickering and mean-spirited comments that have become acceptable, when civil conversation and eloquent statements of your views could be so much more productive. But, it does address the importance of organized, effective advocacy in these perilous times.

Advocacy may be on behalf of one individual. It could be a person who needs their utility bill paid, or someone who needs access to a doctor or dentist or attorney or a place to live. Sometimes a family member, a neighbor or church member "accidentally" becomes that advocate; other times advocates are trained, like through the Council on Aging or the guardian ad

litem program or AARP.

Advocacy can be on behalf of a group, like elders or children, or a special population, like persons who have experienced brain damage. Our many volunteers and other community leaders have been very effective advocates for elders as a group. We've had good success with the Florida Legislature on funding for in-home services and other policy issues over the past several years. Success with these budget and policy issues requires considerable organization, public education and donations of time from dedicated volunteers.

Here are a few things I have learned from my advocacy work:

- Every voice does count. Most elected officials I have worked with are impressed when they hear sincere messages from average citizens in their own words. None of us should ever be intimidated by an elected official – we pay their salaries with our taxes.
- A few calls, a few emails, a few letters really do add up. Long ago there was a saying in Tallahassee, "Three postcards from Blountstown is a landslide." Even today, in most cases, ten or 15 calls, emails, letters have a huge impact. For really hot issues, it may



take more contacts. We recently worked on a county commission issue in Tallahassee where I live and our goal was for each Commissioner to receive 75 calls and emails (we got the favorable vote). Many legislative and congressional offices have folks who actually count the “pro and con” emails, sometimes hourly, so state your position clearly in the Subject Line of your email so they can count you correctly. Example: “Fund home and community-based services” or “Vote for HB XYZ.” If a vote is coming in the same day or the next day, calls may be more effective, leaving your message briefly with your name and contact information.

- Use your email list to spread the word – and ask all of your friends to do the same. Word can spread so very quickly and cheaply through this method.
- Never threaten, never be rude and never give up.
- Always thank your elected official in writing and publicly whenever you have the opportunity.

Yes, this all takes organization, time and effort. But, yes, it is worth it. We owe it to ourselves, the people we care about and the community and nation we want to live in.

Margaret Lynn Duggar can be reached through the Florida Council on Aging, 850-222-8877, or [moreinfo@fcoa.org](mailto:moreinfo@fcoa.org). 

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# Adult Day Health Care Center

## A Salvation for Caregivers

T

The Adult Day Health Care services provided by Council on Aging of West Florida have been a blessing in the lives of its attendees and their caregivers for the last several years.

"The Adult Day Health Care Center has been both of our salvation," said DeLois Layton, whose mother is an attendee. "It has given me the time to make sure I'm not stressing," said Layton. "It helps me physically, emotionally and spiritually. It's better for her, when I'm better."

Many of the caregivers would not be able to cope with the task of taking care of their loved ones on their own. For them, the center offers a valuable break from the everyday hurdles that they must endure. It allows them to finally have some time to themselves in order to relax and regroup. According to Layton, there was a time when she could not even go out to lunch with friends. Now, however, she has time to volunteer, take a walk and just have time to herself.

After relocating from another city where adult day health care was not available, Layton knew that Council on Aging of West Florida would be a big help in her life. Her mother has enjoyed every second of her time at the center during the last four years.

There is no doubt that the volunteers at the center leave a lasting impact on the clients and their caregivers. Layton spoke about how one particular volunteer was able to lighten her mother's spirits and how much they missed her after she left. "They had my mother kidding around," said Layton. "They bring out my mother's personality; it is a joy to me because I never get to see it anymore." Layton can see how much her mother loves attending the center, even if it is hard for her aging mind to put into words. "She's smiling, she's waving, she's interacting," said Layton.

To Layton, her mother's involvement with Council on Aging of West Florida has even helped her health. "I can't prove it medically, but I do believe that it has helped her Alzheimer's from progressing as much," said Layton.

For one caregiver, the pressures of tending to his once independent and headstrong wife are almost unbearable

without the help of the staff and volunteers at the center. "I couldn't cope without Council on Aging of West Florida's adult day health care program," said Louis Lanier. "I can't imagine where I'd be without it."

Thanks to the center, Lanier has been able to



*Ursula and Bill Carney*




maintain his job at the local power company and support himself and his wife. "I rest at work," said Lanier. "It is the only rest I do have. They have hearts of solid gold."

Lanier's voice lights up as he speaks about the volunteers at the center. "The ladies and men are angels waiting for their wings," said Lanier. "They are my superheroes and words almost fail to describe it. They all deserve medals." He expresses how much his wife loves the activities that keep her busy throughout the day. She loves bowling, arts and crafts, and the day trips.

Ursula Carney, whose husband attends the center, feels just as thankful for the facility. Without Council on Aging of West Florida, she would not be able to take care of her husband all by herself. He has have been attending for about a year, and she appreciates the staff and that they keep her informed.

She used to worry about her husband wanting to attend day care, but not anymore. "The people are wonderful," said Carney. "I thank God everyday for Council of Aging of West Florida. It couldn't be a better place. He has a smile on his face all the time."

All the caregivers agree that the Council on Aging of West Florida and its Adult Day Health Care Center are nothing less than a blessing to the Pensacola community. "This city needs to know about you guys," said Layton. "This city needs you."

For more information or to arrange a tour of the center, please call 850-266-2503 or visit [www.coawfla.org](http://www.coawfla.org). 

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# What Can Investors Learn from Gardeners?



Spring is here. If you're a gardener, you know it will soon be time for you to put in your flowers or vegetables. But even if you don't have a green thumb, you can still take advantage of the season by planting the seeds for the growth of another valuable piece of property - your investment portfolio.

Actually, you can find a few similarities between successful gardening and effective investing. For starters, both gardeners and investors need to consider their individual circumstances. If, for example, your garden is in a shady part of your yard, you might be able to grow some nice geraniums, but you'll have a tougher time with roses, which crave the sun. As an investor, you'll also find that some investments are more appropriate for your situation than others. So, before you purchase a stock, bond, certificate of deposit or government security, you'll need to

determine if it's suitable for your risk tolerance, time horizon and long-term goals.

Furthermore, just as gardeners don't usually grow only one variety of flower or one fruit or vegetable, you, as an investor, shouldn't stick with one type of investment vehicle. If you own nothing but aggressive growth stocks, you'll likely take on too much risk. Conversely, if you "are too conservative" and invest only in government bonds and certificates of deposit, you'll probably never achieve the growth you need, and your earnings may not even keep pace with inflation. Instead, build a portfolio containing a variety of investments that, when put together, is designed to help you make progress toward your objectives.


Another trait exhibited by gardeners and worthy of emulation by investors is patience. If you were dissatisfied with the growth of a plant after just a few days, would you uproot it and put another



plant in its place? Probably not. Instead, you'd nurture the original plant, hoping that, in the long term, it is possible for it to grow. The same thinking can apply to investments. Over the short term, your investment choices will fluctuate in price, and sometimes you may be frustrated by what you perceive as the lack of progress. But instead of constantly selling off investments and buying new ones, you'll likely be better off choosing quality securities and holding them for a period of many years. Eventually, your efforts may be rewarded.

What else do gardeners do that might be relevant to investors? For one thing, they get rid of weeds that can choke off the growth of flowers or vegetables. As an investor, you too may benefit from occasionally pruning your portfolio of those investments that no longer meet your needs and, in fact, take up space that could otherwise be more profitably used. That's why it's a good idea to review your holdings at least once a year.

Finally, just as backyard diggers may turn to master gardeners for advice and guidance, you, as an investor, could quite likely benefit from the services of a financial advisor—an experienced professional who knows the markets and who will take the time to understand your situation, needs and goals.

So the next time you see some industrious gardeners making something beautiful and productive in their yards, watch them closely. Their skills and habits might be productively transferred to you as you invest for the future. 

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Spring has arrived, and now is the best time of the year to get outside and enjoy the outdoors. So take advantage of this wonderful season to walk and hike through the best Northwest Florida has to offer. From beaches to state parks and trails to the historic buildings of downtown Pensacola, the options for beautiful and enjoyable walks are seemingly limitless.

These walks and hikes can be as simple as a morning stroll through the neighborhood or down the beach or as complex as an adventurous trail through the woods. The goal is to get outside and get moving.

It can be so easy to spend days inside nowadays, but the benefits of taking an outdoor stroll are too good to pass up. For one thing, walking and hiking are great low-impact exercise, and once you try it, you may just find that the sunshine and the nice weather

make you look forward to the exercise.

Another benefit is the opportunity to connect with people. Walking with a friend is encouraged, especially when hiking where the exercise can be more challenging. But besides being a good safety measure, bringing a friend along also makes the experience more enjoyable, turning exercise into an opportunity for social interaction. You are also sure to meet many new people in the course of your walks, which makes walking and hiking the perfect avenue for making new friends.

If you are interested in hiking but don't know any good trails, try out some of the trails maintained by the Florida Trail Association, which sustains trails throughout Florida. The Florida Trail Association is divided into chapters, and the chapters in charge of the Northwest Florida area are the West Gate and

Choctawhatchee chapters.

These chapters also organize events and hikes, some of them weekly, so that people can get together and enjoy group hikes. They list them on their website at [westgate.floridatrail.org](http://westgate.floridatrail.org), and you can also call them at 850-266-7791 for more information.

Another great source for trail information is [floridahikes.com/Pensacola](http://floridahikes.com/Pensacola). This website lists several trails in the Pensacola area and even includes a description and difficulty rating of each trail. But before you head out to the trails, here are a few considerations:

Bring water. Even if it's a leisurely stroll, exercise is exercise, and your body performs best when it is fully hydrated. Consider bringing a small backpack to carry a water bottle or two and a light snack. Bring a camera. Document your outdoor excursions with photographs. You never know



what wildlife you'll come upon, and it's always nice to have a camera ready.

Wear sunscreen. Although it might be shady, you will still be exposed to the sun for several hours, so protect yourself. You don't want to miss out on the enjoyment because of unprotected skin.

Enjoy yourself. Reconnecting with the outdoors can revitalize your life. Enjoy the fresh air and sunshine, and have a great time exploring the wilderness with new and old friends alike.

### Upcoming Florida Trail Association Events

**Saturday, March 17**

Hike—Leisure

Contact Helen Wigersma

850-484-0528

Hike on the Perdido River Preserve

**Friday, March 30**

Panhandle Trace

Hike—Day 1 Moderate

Contact Peggy Grantham

850-776-5147

Hike from Fort Pickens to the Pensacola Beach water tower. Meet at the fort at 8 am.

**Saturday, March 31**

Panhandle Trace

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Contact Peggy Grantham

850-776-5147

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# Multi-Generational Family Travel

**N**No matter how strong the familial bonds, traveling with multiple generations of family members can be a challenge.

Perhaps Grandpa loves visiting historic sites, while his toddler granddaughter prefers amusement parks. Grandma relishes museum hopping while Mom wants to shop the day away. And the only thing they all agree on is the need for an afternoon nap.

Adults traveling with children or grandchildren make up 30 percent of all adult leisure travelers, according to the U.S. Travel Association. And family travelers take an average of 4.5 trips per year, the association reports. Traveling with grandparents is on the rise, too; nearly four out of every 10 leisure travelers are grandparents, according to a report in *TravelAge West*.

"Interestingly, the economy seems to have had less of an impact on family travel than on other travel segments," says Kimberly Miles of the Myrtle Beach Area Convention and Visitors Bureau. "People see traveling with family as an



important way to reconnect and enjoy each other's company. With today's hectic schedules, many families appreciate the opportunity traveling together gives them to spend quality time together and create lasting memories."

Traveling with multiple generations can be a rewarding experience. Keep these tips in mind to help ensure that your multi-generational family travel is fun, safe and rewarding for everyone in the group.

## Choose wisely

When you have to please tastes and preferences that vary as widely as those between grandparents and grandkids, the destination you choose for your family vacation becomes even more important. Choosing a destination that's focused on a single theme, such as an amusement park or beach resort, or that has limited access to a variety of attractions may leave at least some members of the group

disappointed.

Look for destinations that specialize in accommodating family travelers with a wide variety of activities, attractions and types of lodging

and dining. For example, Myrtle Beach has earned a reputation as a family-friendly destination for its broad range of things to see and do, including miles of pristine beaches, zoos, amusement parks, museums, natural preserves and outstanding shopping and dining.

Another advantage of Myrtle Beach is its drivability from practically anywhere on the eastern seaboard. Family travelers often prefer destinations that are within driving distance of home. Road trips can help reduce transportation costs, and smart families can make the journey to their vacation spot part of the overall experience.

## Consider special needs

In many ways, children and seniors have a lot in common when it comes to travel and special needs. In addition to an entertaining time, both kids and grandparents will need regular meal times and plenty of rest in order to maximize their vacation




enjoyment. The people coordinating the trip will need to keep in mind any special dietary needs of all members in the group.

Before setting out, adults should coordinate medication management to ensure everyone has an adequate supply of any necessary prescriptions. They may also need to provide additional transportation options for any family members with mobility issues. For example, grandparents who normally use a walker may prefer the convenience of a wheelchair or scooter if the family will be visiting an attraction where they will be doing a lot of walking. The family may also need to forego visits to attractions where the terrain could be challenging for very young children or others with mobility issues.

### Get everyone involved in planning

Certainly all adults in the party should have a say in where the family will go, and older kids can also get into the act. The choice of destination and what sights you'll see can be a group activity, and grandparents and children can enjoy researching together everything there is to see and do.

Involving everyone in the planning can also make trip preparations go more smoothly. For example, retired grandparents can ease pre-trip stress by helping parents confirm hotel, airline and rental car reservations. Teens and grandparents can team up to research dining options and plan family meals on the road.

"Traveling as a family can be an enriching experience for everyone," Kimberly Miles says. "By choosing the right destination and putting some extra thought into planning and preparations, you can help ensure everyone enjoys the trip." 

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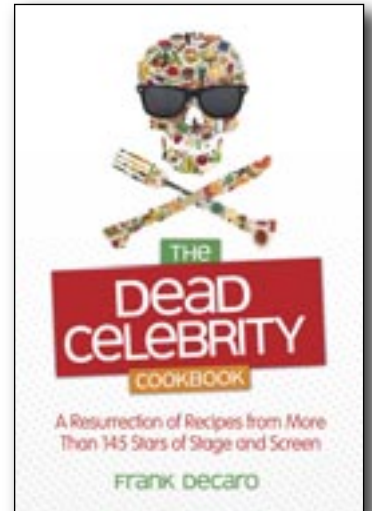


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# The Dead Celebrity Cookbook

## A Collection Of Favorite Recipes Of Hollywood's Most Beloved Stars



Anyone who loves Hollywood memorabilia, is an entertainment junkie, or loves to eat and cook will treasure Frank DeCaro's *The Dead Celebrity Cookbook: A Resurrection of Recipes from More Than 145 Stars of Stage and Screen*. Frank compiled favorite recipes from some of Hollywood's biggest names; including Lucille Ball, Elizabeth Taylor, Sonny Bono, Liberace, Michael Jackson, John Denver, Frank Sinatra, Rock Hudson, Humphrey Bogart, and Peter Falk, just to name a few.

Inspired by a "Dead Celebrity Party" during his college years, DeCaro thought the one thing missing from the event was the food of the dead. Since then, he's been collecting recipes of the stars and lucky for us, he's put them together in *The Dead Celebrity Cookbook*.

DeCaro, who is best known for his nearly seven-year stint as the movie critic on The Daily Show with Jon Stewart, gives us a giggle while feeding us treats from Tinsel Town like Liberace's Sticky Buns, Mae West's Fruit Compote, John Ritter's Favorite Fudge and Bea Arthur's Vegetarian Breakfast.

*The Dead Celebrity Cookbook* is here to remind you that before there were celebrity chefs, there were celebrities who fancied themselves as chefs. They were whipping up culinary delights, and sometimes sharing them with us on shows like Merv Griffin, Mike Douglas or even Johnny Carson.

### Liberace's Sticky Buns

#### Ingredients:

- 1 cup white raisins
- ¼ cup light rum
- 1½ cups brown sugar
- 2 sticks unsalted butter
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice
- ¼ teaspoon cloves
- ¼ teaspoon ginger
- 3 packages refrigerated unbaked crescent rolls
- 1 cup chopped pecans
- 1 cup whole pecans
- Non-stick baking spray with flour for greasing pan

**Directions:** Preheat oven to 325°. Spray two muffin pans with non-stick baking spray. Combine raisins and rum in a small bowl and warm in microwave on high for 45 seconds. Set aside. In a saucepan, melt butter and then stir in spices and brown sugar. Cook, stirring frequently, until it becomes a bubbling syrup. Put a teaspoon of syrup and a few whole pecans in each muffin cup. Unroll one package of crescent rolls on a piece of parchment paper. Pinch seams together to form one flat piece. Drizzle a quarter of the syrup over the dough. Sprinkle a third of the raisins and a third of the chopped pecans on it. Roll it jelly roll style. Cut into 1-inch thick pieces. Place one slice of dough, cut side up, in each muffin tin. Repeat with each package of crescent rolls. Bake 13–15 minutes or until golden brown. Remove from oven and immediately flip the buns onto a cookie sheet covered with parchment paper. Replace any nuts that may have stuck to the pan and serve warm.



## Frank Sinatra's Barbecued Lamb

### Ingredients:

- 1 (7-pound) leg of lamb, boned and butterflied
- 1 cup olive oil
- 8 tablespoons wine vinegar
- 2 cloves garlic, crushed
- 1 teaspoon salt
- ½ cup prepared mustard

**Directions:** Combine oil, vinegar, garlic, and salt to make a marinade. Place lamb skinside up in a shallow pan and pour the marinade over it. Slather mustard on skin side. Cover and let marinate overnight. To cook, place lamb mustard-side down on a very hot grill, five inches from flame. When brown on one side, turn. Cook about one hour total, checking for doneness at 45 minutes. Slice thinly to serve.

## Bea Arthur's Vegetarian Breakfast

### Ingredients:

- 1 tablespoon margarine
- 2 medium tomatoes, sliced
- ¾ cup chopped fresh mushrooms
- Salt and pepper, to taste
- 4 slices bread, toasted

**Directions:** Preheat oven to 250°. Melt the margarine in a small sauté pan over medium heat. Add the tomatoes and mushrooms, and sauté until soft, about 4 minutes. Season to taste with salt and pepper. Put some tomato-mushroom mixture on each piece of toast. Heat in the oven for 2 minutes before serving.

### Post Mortem

Toast slices of sturdy seven-grain bread for this recipe and melt a slice of soy cheese over the top for added flavor. You can use dairy cheese, of course, but be forewarned: somewhere Bea will be saying, "God'll get you for that!"

For more information, please go to [www.deadcelebritycookbook.com](http://www.deadcelebritycookbook.com).



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# Adult Day Health Care Center Expansion



*Day Care Expansion in progress*



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"Home building is more than building communities," said HBA Executive Director David Peaden. "It's being part of the community, and we are especially proud to help with this worthwhile cause."

Council on Aging of West Florida would like to


publicly recognize and thank David Peaden and Newman Rodgers as well as the entire HBA Adult Day Health Care Center Construction Team:

Newman Rodgers, Newman Rodgers Construction, Contractor of Record  
 John Hattaway, Hattaway Home Design – Design services  
 Eric Witt, Kenneth E. Witt Carpentry, Inc. – Framing, windows and other  
 Brent Woody, Advanced Roofing and Waterproofing – Donation of commercial roofing permit and donated the labor  
 Lee Rider, ABC Supply – Donation of shingles and roofing materials  
 Jayer Williamson, Williamson Electrical Company – Electrical work  
 Dean Spencer, Dean A. Spencer Engineering – Engineering services  
 Michael Solliday, Air Design Systems – HVAC, Moving the outside A/C units  
 Charlie Smith, and Chris Noble, Milton Truss Company – trusses



Gary Sluder, Gene's Floor Coverings – Flooring  
 Beth and Tom Shoemaker, Advanced Insulation – insulation of the attic  
 Charles Dennis, Charles Dixon, 31-W Insulation – Insulation of the walls  
 John Junot, Junot Construction – Stucco of the exterior  
 Bret Cornett, ProBuild – Donation of materials  
 Emerald Coast Building Materials, Bill Batting – Donation of roofing materials, exterior fire rock, interior drywall, and mud  
 Tim Duggins of Duggins Services – Sheetrock installation  
 Anchor Pest Control, Kenny Nall – Termite coverage  
 Billy Campbell, American Concrete Supply – 9 yards of concrete  
 Greg Allen – Concrete finishing labor  
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 Thomas Westerheim of Westerheim Properties – Assistance with labor  
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providers are invited to the center's "Big Reveal" Open House on Thursday, May 17 from 11am-2 pm and from 4 pm-7 pm. For more information or to arrange a private tour, please call 850-266-2503. 



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# Social Media: Not Just for the Younger Set

*By Emily Lullo*



For many people, spending time online is a daily habit, and much of that time is often spent on social sites like Facebook and Twitter. Checking in with friends, looking at photographs and sending messages is now a digital act, and while people still meet for coffee, talk on the phone and get physical photographs printed out, social media can make these activities fast and convenient. When we think of the average user of these sites, we often imagine a plugged-in youth, but more and more seniors are finding the usefulness of them as well.

Social media sites are booming all around us, and have become a huge source of communication options—and sometimes the primary communication tools—of the younger set. Older adults are also jumping in the social media pool, utilizing it in their own lives as well as a way to easily connect with younger family members who may not live close by. In fact, recent studies suggest that users ages 74 and older are the fastest growing demographic on social media websites according to the Pew Research Center's Internet & American Life Project.

Sites like Facebook, MySpace and Twitter have seen a huge rise in users aged 50 and older over the last few years. All of these sites allow users to create a profile with information about themselves and connect with other users, sharing status updates, pictures and information with friends and family members scattered across the globe. There's even a social networking site called Eons, which was created specifically for the growing user base of seniors.

Skype is another website that many older adults are utilizing because it allows users to have face to face conversations with friends and family

members that live far away. Yet another social media site is LinkedIn, which allows users to create a profile and connect with other professionals. It's a way to network electronically, which can be helpful for users who can't make it to many business after hours events or networking gatherings during the week. For those who are still in the workforce, LinkedIn can be a valuable tool for maintaining business contacts and finding new ones.

Many factors can make social media a boost for seniors' quality of life. For those with multiple generations of family members spread over the country, these various sites can help seniors to stay in contact and be updated regularly on their loved ones' lives. It can also be an avenue to connect with old friends who have gone their separate ways and to reconnect with friends that have lost touch.

Pensacola resident Mary Crosby uses Facebook much like most users, as a way to stay in close touch with family and friends spread over the country. She checks in daily with the site and comments here and there, staying abreast of grandkids and nieces that don't live in the area. She has also reconnected with a friend she had worked with on a





railroad in Minnesota through the site after 40 years of no contact with her friend.

"I had Googled this woman off and on and never found anything. Then one day she just found me on Facebook and I thought that was pretty cool," she says.

For those who have limited mobility or spend much of their time around their house, social media provides an outlet for boredom and a way

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For those who are still  
in the workforce,  
LinkedIn can be a  
valuable tool for  
maintaining business  
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new ones.

---

to communicate with others from the comfort of home. Often with advanced age comes both spatial and social barriers between interactions with others, which can lead to feelings of loneliness and depression. Social media sites can do much to curb the feelings of isolation seniors may feel when they are away from family and friends or are dependent on others for transportation or other kinds of help in daily life. Studies have also shown that internet use among seniors can reduce those feelings of loneliness.

Communities like Facebook and Twitter can also make the transition to regular computer and internet use easier for seniors, acting as a gateway to the web that is populated with friends and relatives. It's also simply another avenue to stay connected to other people, and that alone makes many interested in joining the sites.

Social media can even be a place for seniors to find support for health concerns. Many groups like AARP or Council on Aging of West Florida allow their social media fans to create groups for discussion. Some of the groups allow seniors to find support for dealing with illnesses and

## Social Media Basics

**Facebook** allows you to create a profile with as much or as little information about yourself as you like. You can fill in only your name or create a profile featuring your phone number, religious views, extensive lists of favorite bands, movies, activities and the like. You can also upload photos and video and post status updates for your friends to see, comment on or simply click "like."

**Twitter** is similar to Facebook in that users create a profile to utilize for "microblogging," or posting short updates, and then can opt to follow and comment on the posts of other users. Twitter also allows users to post photos.

**MySpace** was the first social site to explode in popularity, which has abated since Facebook's surge in use in 2008. It's similar to Facebook in that users create profiles, upload media and blog.

**Google+** is also similar to Facebook, but it integrates other services of Google, like Google Profiles and Google Buzz. The site enables users to create "circles," or groups of contacts, and also offers group video chatting.

**LinkedIn** is a business social networking site. It's used for maintaining contact with people who have professional relationships and can help people to find jobs, people and business opportunities recommended by someone in one's contact network.

**Tumblr** is also a microblogging platform allowing users to post photos, video and other content to a short-form blog, named a "tumblelog." Users can follow other users' blogs, as well as make their blogs private.

**Pinterest** is an online "pin" board for organizing and sharing things users like or find interesting in themed image collections. The site's mission statement is to "connect everyone in the world through the 'things' they find interesting."

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diseases—anything from cancer to Alzheimer's and everything in between. Other users can give both emotional support and practical advice for dealing with symptoms without ever having to leave the home.

Another use for Facebook that can be particularly utilized by seniors with younger family members is as a way to preserve your family history. Cuban born Gulf Breeze resident Robert de Varona has done just that.

"I communicate with my grandkids through social media but also I have a family page where they can go and read my

---

Be sure to check out your account settings to protect yourself with a variety of options for varying degrees of privacy.

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experiences and where I have stories that I tell about my family," he says. "I cannot travel to Cuba and bring them and show them around, at least for the time being, so this is a good way for me to describe what Cuba was like."

De Varona says this allows his family members to ask him questions about his past and he is always expounding on stories he's shared.

"This is the only way I have to relate to them their




ancestry,” he says. “Instead of going to visit the places where I grew up and where I was born and where I rode horses, I cannot do that so I have to put it in writing and try to describe it to them.”

He also tells stories describing many aspects of the culture and times of his youth, like playing with spinning tops instead of electronic devices as a child and things he learned as a young man.

“I’ve written some of the traditions like carrying a handkerchief always, and how to shake hands,” he says. “I have taught them all how to shake hands and the difference in shaking a boy’s hand and a girl’s hand. And also, carrying a handkerchief all the time so that in case a girl cries, they can pull out the handkerchief and offer it.”

As social networks have boomed and brought millions of people closer together, one ongoing concern has been the loss of privacy for users of these sites. Sites like Facebook utilize user information for targeted advertising, but additionally, with a public profile, anyone can look at the information you’ve posted about yourself. Be sure to check out your account settings to protect yourself with a variety of options for varying degrees of privacy.

Social media can be an entertaining way to while away the hours of the day, but it can also be an important lifeline that helps keep users connected to their loved ones despite physical distance. For seniors it can be a bit of both, and research shows their numbers on social networks will only continue to grow. 



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# An Exclusive Interview with *Jerry Mathers*



**Born** on June 2, 1948 in Sioux City Iowa, Jerry Mathers' television and show business career began at the tender age of two when he did a Pet Condensed Milk commercial with Ed Wynn on the *Colgate Comedy Hour*. He continued to work on many of the early 50s television shows and in 1954, he made his movie debut co-starring with Linda Darnell in *This Is My Love*. He then caught the attention of Alfred Hitchcock who signed him for the 1955 film, *The Trouble With Harry*, starring John Forsythe and Shirley MacLaine in what was her very first film role. The budding young actor next appeared in two Bob Hope movies, *The Seven Little Foys* and *That Certain Feeling*. Two movies with Alan Ladd followed, *The Deep Six* and *Men of the Fighting Lady*.

It was in 1957 however,; with the debut of the series *Leave It To Beaver* that Jerry entered the hearts and homes of America. An immediate success, the show gained national attention and ran for six seasons, totaling 234 episodes.

His television movie, *Still the Beaver*, was one of the top ten movies of the week for 1982, which led to the development of a new series entitled *The New Leave It To Beaver*. Jerry successfully completed filming 108 episodes, which were syndicated and aired in all major domestic and foreign markets. As well as starring in the series, Jerry also directed multiple episodes.

In 2007, Jerry made his Broadway debut with a starring role as Wilbur Turnblad in the Tony winning best musical, *Hairspray* at the Neil Simon Theater. Jerry in his first week boosted the attendance from 75 percent to 90 percent and for the rest of his run he played to standing room only houses with attendance at 110 percent.

In the mid 90s Jerry was diagnosed with type 2 Diabetes. He took preventative action, lost 55 pounds and is currently one of the leading lecturers on living with and dealing with diabetes. Jerry has partnered with diverse organizations to bring awareness of this horrendous epidemic that our country is currently facing among both children and adults.

COA recently had the pleasure of speaking with Jerry Mathers about his remarkable life and career.



**COA:** Tell me a little bit about growing up as a child actor. Was your family similar to the one on the show?

**JM:** Absolutely. My father was the perfect person to raise an actor because when I was doing *Leave It To Beaver*, he was the vice principal of the largest high school in the LA unified school district. He used to graduate about a thousand kids a semester, so he had a really good eye or ear to the ground of what kids should be doing and what they shouldn't be doing, and he was a professional at it, so it was an ideal symbiotic relationship. He was my father, but I was leading an entirely different life than most kids my age.

**COA:** So many child actors end up going down the wrong path, particularly having problems with drugs and alcohol. I wanted to know if you were tempted by any of that, and I don't think you were from what I understand. To what do you credit your ability to kind of keep on a straight path and not veer off into those issues?

**JM:** Well, you know, a lot had to do with my father. He knew all the warning signs, and you know, where to tell you to not do those kinds of things. The other thing was, my father was fully employed. A lot of the parents of child actors were living off whatever the child was making, and that wasn't the case at all in my circumstances. So I think that also had a lot to do with it because a lot of them, you know, suddenly when they turned 18 and could get their money, they went out and lived crazy lives. I went into the service, and then I'm a graduate of Berkley, and I put myself through Berkley with the money I made from *Leave It To Beaver* by investing it.

**COA:** So what advice do you have to young actors today who are going to come up against some of those same issues?

**JM:** Well, it's just really tough because everybody's circumstances are different, and everybody's personality is different. So the advice would be work hard and make a lot of money. But you don't really have much choice if you're working very hard and you're parents are taking it because you, for the most part, don't even know it. They have the Coogan Act, which means you go before a judge every time you sign a contract, not just for one episode but around a series continuous contract. They determine how much your parents are spending of your money, and they can put away, although it's a very small sum, from your salary every week, and that's turned over to you when you're 18. It can be a substantial amount of money. I mean, I'm not going to tell you names because you probably know who they are, but there were quite a few actors that worked very hard, made millions of dollars, turned 18 or 21 and didn't have anything to show for it because their families had

gambled, drank it and, you know, just twittled it away. There's one of the people that was a contemporary modern actor, who not only had his family and other children in the family but an aunt and an uncle and all of their family, which was several kids, living in the same house. The pressures put on him were that if you don't have a job, our family will be out on the street because he was the only one working in that entire family and that was by choice. And he's a very bitter person. You can look it up and figure out which one he is. So there are a lot of very, very sad stories. I happen to be one of the lucky ones because my dad was fully employed. When I turned 14 and *Leave It To Beaver* was over, the studio came to my family and said, "We have two movies and another series that we'd like to put Jerry in right away." My dad said, "Is that something you want to do?" I told them no, I wanted to go to a regular school because I'd had a private tutor since I started first grade, and my dad just went back to the studio and said, "No, he wants to play sports. He wants to go to regular school." And I didn't hate working—and I know when I say that some people say, "Oh, he was forced to go to work"—because I loved working, but I wanted to play football because I had a private tutor from the first to the eighth grade. I didn't have any other kids around me. So, I wanted to play sports. That was something I wanted to do, and my dad had no problem with that because he was fully employed and it wasn't like it would affect the family that much.

**COA:** So at that point you went to school and did you not act at all?

**JM:** No, I did *Lassie*, but I would only work during the summers. I did *Lassie*. I did *My Three Sons*. I did *Batman*. I did a lot of series that were running at that time. If they called up, my agent would just say, "Well, he can do it in this time frame because that's when he's off from school," so I spent those four years in a regular school.

**COA:** So going back a little bit, I read about some of the movies that you made prior to getting *Leave It To Beaver*, and you'd worked with Bob Hope, Alfred Hitchcock, Alan Ladd and Shirley MacLaine in her first movie, right? Were you or your managers or your parents concerned about taking on a television show after doing all these movies?

**JM:** It was always kind of a hierarchy. It was basically the bottom of the rung—and I don't say I adhere to this—was radio, and then came TV, and then came movies, and then came stage. And that was the rung of actors, and television actors were kind of down towards the bottom, but you know, my parents didn't really care. It was fun for me. I loved working when I was working as a child before *Leave It To Beaver*. It was always fun. I drove some place. I'd have a private tutor just for that week or whatever. He'd catch me

up on all the schoolwork because I'd bring my books and the teacher would fill out a little thing saying what the class was going to do, and it was very exciting to be on a set with all these people that, basically, I knew from television, and here I was working with them.

**COA:** Your desire to do a lot of the things that regular boys do, according to legend, is part of what got you the role on *Leave It To Beaver*, right?

**JM:** Well, yeah, as I say I worked all the time, but my parents' attitude was not like the other kids' that we were talking about. I didn't have to go and get an interview. So, the interview for *Leave It To Beaver* was a huge interview. Now, I've heard different stories. Some people say 7,000 some people say 5,000, but there were a lot of kids on the interview because they had a massive cattle call in New York, Chicago and Los Angeles, and they said they wanted two brothers and a friend, so it wasn't just the two characters. They were looking for everybody. So here in Los Angeles, there were literally thousands of people, and it was a very long interview process because basically you'd walk into the first room and they'd look at you and see if you, I guess, you know, were kind of what they were looking for in either Wally or the Beaver or his friends. And you might move onto the next call, and so we'd probably been back eight or nine times, and my mom said to me "You know, we're going to that interview that we've been on before quite a few times, and they're down to the last few people, so it'll be like before." But that particular day, I had my very first cub scout meeting, and I'm the kind of person that always likes to be on time, I don't like to miss things, you know, things like that, and I said, "Well, I can't go because I have my first cub scout meeting." And she said, "Well, you know, the cub scout meeting isn't until like an hour or maybe two hours after school. This isn't like before. There's not going to be that massive bunch of people, so you can probably go in and get it done. Wear your uniform, and we'll be right out, and you can be on time." And I thought, well that works. So we went, and of course I just happened to be the last person on the list, and so they were calling everybody else, and I was getting a little antsy. The producers knew me very well by that time, as I say they'd interviewed me several times, and so when I walked in, they said, "Jerry, what's the matter? You're a little antsy or nervous." I don't know exactly what I was doing, and I said, "Well, you know, I've got a cub scout meeting to go to, and I need to leave as quickly as possible." And they said, "Okay, you can go." And so I walked in and walked out. All the other kids had been in 20 minutes, a half hour, and my mom said, "Jerry, what happened?" And then I told my mom. I said, "Well, they asked me, you know, what was going on, and I said I have a cub scout meeting, and they said I could go." And she thought,

well you know, that's probably not the best thing to tell them because they'll probably think that you don't even want to be here or even work on this show, and I said, "Well I want to go to my cub scout meeting." And they called that night and said I had the part because they'd rather have a kid that wanted to go to a cub scout meeting than be an actor.

**COA:** That's fantastic. I love that story.

**JM:** It's just kind of the way my life always works. I'm always, you know, very, very lucky, and I've made mistakes in my life, too, that didn't work out that way. That happened to just be one that worked out perfect.

**COA:** I saw a clip online where you talk about how one of the main writers of the show kept a notebook about their life and the people they met and that's how many of the scenarios and names came about for the show.

**JM:** Absolutely. Joe Connelly. In fact, the name Beaver, people say, "Well, where did they come up with that name?" In the back of that book, he had every person he ever met that had either a first or a last name that was different and he would alphabetize them. One of his shipmates during World War II in the merchant marines was named Beaver. So when he started writing, he just went to the back of the book and started looking for names. So that's where all the names come from, but he also had, I think, nine or ten kids. The two main writers and producers were Joe Connelly and Bob Mosher. Towards the end of the show, they would have other people help them, but they would rewrite even those shows. But the first few years, they wrote everything by themselves. So all the situations and all the character names came from that book. It's always true that real life is probably the funniest because when you go way out to the other side, it can be funny, but after a while, people start saying well that's not real. On *Leave it to Beaver*, every story somehow has its basis in reality, and of course, they would tweak them and, you know, totally change some things. It's not like they just wrote exactly what happened, but the core event or the seed of each episode is real life.

**COA:** How was and is your relationship with the other cast members?

**JM:** Very good. We're all good friends. You know, people would say, "Well, are they your brothers or your sisters?" No, I have real brothers and real sisters, but you know, it'd be like a really good schoolmate that you've had all your life or, you know, people that you you've met in business and have constantly done business with your whole career. So everybody is very happy with everybody. We all get along. There's no huge feud that I know of if somebody's not talking to



anybody else. We talk all the time. We see each other at different events. We support each other's charities and things like that, so it's a very ideal situation.

**COA:** You mentioned that after *Leave it to Beaver*, you went to school and then you went into the service. Can you tell me a little bit about that?

**JM:** Well, when I graduated from high school, basically you had three choices: you could be drafted, you could enlist or you could go to Canada. So I enlisted in the Air Force and spent two years in the National Guard. Then I took the money from *Leave it*



*to Beaver* and went to Berkley, put myself through school, and I was going to go to law school. I have a degree in Philosophy from Berkley, and I had done that by taking the money from *Leave it to Beaver* and investing it quarterly in different dividend-paying things, and the person that was the president of the bank that I was dealing with said, "You know what? You can go on to law school. It'll take two to three years, and you can be a lawyer, or the day that you get your degree, if you'd like, we'll give you a job as a manager of trading, and you'll learn more about

business than if you go to business school because every business has to deal with a bank." So I went to work for a bank, and after a few years of that, I realized that I was making very large loans to people, especially commercial loans, and the people that were bringing them to me—that was when the real estate market was very, very high in the 80s—they didn't know what they were doing, and they'd dump all these papers on my desk. I was getting a salary. They were getting commission, and the commission was a lot more than I was making, and I was doing all the work. So then I got out of banking and went into real estate, and Tony Dow (who played Wally Cleaver), who had stayed in acting, asked me if I wanted to do a stage play with him, and I said, 'Well, I don't know. I'm busy here.' And he said, 'Well, there's a lot of commercial property there, and we can put in the program that you deal commercial real estate.' And I had investors that really didn't care if the building was in Los Angeles or Kansas or wherever it was as long as it looked right on the numbers and was paying them something. So I said, 'Okay.' So I did a show, and we were going to do it for eight weeks just as kind of a lark. Just a fun thing to do with my friend Tony Dow, and it sold out in four hours, and they said, "Can you stay another three weeks?" Or four weeks, I guess it was, and I said, 'Well, I guess I could.' And that sold right out, and the people that owned the theatre said, 'How would you guys like to do a tour.' And the next thing, we were going to do two cities and that turned into a year on the road doing standing room only business all across the country. That was a show that was nothing like *Leave it to Beaver*. It was, you know, an original play. We played different characters, but the people came and the people in Hollywood and New York said, 'Gee, if they're that popular doing something that has nothing to do with *Leave it to Beaver*, what if we did a movie of the week?' We did a movie of the week. It was the number, I think it was three, but it may have been four, movie of the week for 1982, and from that, we did the *New Leave it to Beaver*, and that went on for almost ten years, and there's a hundred episodes of that, and I've been an actor ever since.

**COA:** You did a Shakespearean play that was one of the first types of that production to be done in North America, is that correct?

**JM:** That was called a panto. It's an 800-year-old English tradition where they take fairy tales and then kind of goose them up a little bit. So we did *Cinderella* and every year at Christmas, it's something that we would go to see: a show at Christmas. This is

what they do in England—all over in England—and it has never been done here. So we did *Cinderella*, and how it's different is the two the sisters are played by men, and it's very comical. So although it sticks very similar to the *Cinderella* plot, you have two comedians playing the ugly stepsisters who are injecting topical material from everyday, so it's commedia del arte, which is like you don't really have a set play, but you have to get through certain lines. But there are other lines that people are throwing in, and if it works one night, they might use it the next. If it doesn't, they do something else. So it's a very, very avant-garde play to do, and it has a lot of turns, and it really keeps you on your toes and thinking. What's strange is it had never been done here in the United States, and it's the biggest thing in England for Christmas.

**COA:** So how does stage compare to television and film for you?

**JM:** Television and film is totally different. They're totally different mediums. They're both acting, but on stage, you're out there. Things change every night and when you do a Broadway play, everything is supposed to be as close as it can to the original opening night, but things change. With film, you do things over and over, and the director says 'change this,' and you get it right in the long shot, and they go in for the close up, and with the two shots, you work it over and over again. So they're two different media. When you finish a scene for film, it could be the greatest scene ever on a film, but the crew doesn't clap. The director might say 'well, that was a good job,' but when you finish a play, I've gotten standing ovations, and you see all these people suddenly stand up and say, 'You were great in that part. You did everything just like I hoped you would.' Otherwise, you do it, and you may get an Emmy or you may get an Oscar, but that's way down the road, and very few people get them.

**COA:** Well, let's move on from your career and talk about your personal life a little bit, if you don't mind. I know that a big cause close to your heart is diabetes. You were diagnosed with diabetes. Can you tell me how that changed your life?

**JM:** Well, after I finished the *New Leave it to Beaver*, I'd been working several years, and I had it to where I

could retire. And I bought some businesses, and one of the businesses I bought was a catering company, and we were doing studio catering. We were doing *Judge Judy* and just all the shows that needed a caterer. We were doing movies and TV. It was only about probably a mile and a half from my house, so I started putting on a lot of weight because I was



constantly eating, going out with clients to different places and leading basically what I thought was the good life. I put on a lot of weight. I have a very, very good friend. In fact, she's still a good friend. She's my doctor, and she's also a personal friend of mine, so she comes to parties at my house and things like that, and she could see that I was putting on a lot of weight, and I just said, 'Well, this is the good life,' and she kept telling me that I'd better come in for a physical. And I said, 'When I'm sick, I'll see you, but I'm feeling good now,' and finally she got me with the magic words. She said, 'Well, for Christmas, I'm going to give you a free physical,' and I can't turn down anything free, so I took my little body in there, and it



came back in three days, and she said, 'How would you like to see your kids graduate from high school?' And they were all, you know in elementary school and high school at that time, and I said, 'Well, yes, of course,' and she said, 'and get married and see grandkids?' And I said, 'Yeah, of course. That's every father's dream,' and she said, 'You'll be dead in three to five years.' So I was in really bad shape. I wasn't bedridden, and I just realized what a sinister disease it is because of all the damage it can do to you before you really know how far down the trough you've gotten.

**COA:** What did you do to change?

**JM:** I was put on medication, of course, immediately, and I started to lose weight. I realized I couldn't do it myself. I went to a few different weight seminars, things like that, and then I went to Jenny Craig as a regular customer, and what they taught me was portion control. Now, I did become their spokesperson, but that wasn't the idea in the beginning. I was their male spokesperson for about, I guess, a year or two years, but that really wasn't the point of it. I just happened to be there, and they saw my name on the roster. That's how I lost the weight, but you know, Jenny Craig was very good, but what they actually taught me was portion size. That was what was wrong. Of course I was eating a lot of the wrong foods, but it was that my portions for the amount of exercise that I was doing were just totally out of whack.

**COA:** And now you speak about diabetes?

**JM:** Well, you know, I was lucky enough to have a friend that was this doctor, otherwise I'd be dead now. And people would say, 'Oh, he died of diabetes.' So I tell people that if you're more than probably 20 pounds or a little bit more overweight, you're at definite risk and, you know, it's the leading cause of amputation and blindness in the United States and it's just a really nasty disease. And a lot of people think, 'I've heard of diabetes. That's because you eat too much candy.' No, it has nothing to do with candy. It has to do with eating way too much food and putting on too much weight, and your body just can't support that weight with the chemicals it needs to put out.

**COA:** We are a magazine for mature adults, but you still have your same boyish face. You're instantly recognizable as that same boy that everyone grew up with, and now, in speaking with you, your voice is still that same voice. What are your secrets for aging well?

**JM:** Well, I exercise. I walk and run about five miles every day. I do portion control. I cut a lot of the stress out of my life, and that doesn't sound that hard, but it is when you really look at the things that are bothering people. So I've tried to reduce as much stress as I can.

**COA:** Are you a grandfather yet?

**JM:** Nope, I'm not a grandfather, and I better not be. None of them are married. My son was born in 78. He's a sound supervisor, so he does a lot of different reality shows. And my daughter—my son's name is Noah—my daughter Mercy was born in 1982, and she's an HR representative for a big television company here in Los Angeles. And my daughter Gretchen was born in 85, and she is a counselor at a school.

**COA:** When they were growing up, were they super proud of you being 'The Beaver' or were they a little embarrassed at one point? How was that?

**JM:** They loved it. Especially when I was doing the *New Leave it to Beaver*, because they got to do none of the work, sneak in and get behind the scenes and do a lot of other things other kids didn't, so it was always, I think, always a boon for them. They've met a lot of famous people and interacted with them just because I was lucky enough to be who I am, and I've gotten that same privilege.

**COA:** You've really embraced that role, whereas sometimes child actors who were really known for one particular role, they kind of want to shy away from it. They want to move on, and they don't want to always be related back to it. But you've really embraced it, and you really love it as a part of your life.

**JM:** Yeah, you know, it's a great show. It's shown all over the world. It's one of the longest running shows in television history. It shows in like 146 countries in 70 languages or something like that, so it's shown all over the world. And, you know, it's just a really nice thing, and I can always find people almost any place who will come up and recognize me and say hello, and they're very nice people. It's not like I'm a Freddy Kruger or anything. It's a really nice part, and everybody enjoys talking about it, and I find it has translated very, very well from generation to generation. Now kids look at it, and when they watch it, they don't think that that's the way it is. They think that that's the way it was back then. You know it really wasn't. That is situation comedy. Everything was scripted. The world wasn't that wonderful back then, but for television it was. Now, when you watch a show a lot of times, they show you the rough edges, and they try to make it as roguish as possible, and kids see that and think that that's the way they should be living, but it's not a very good life a lot of times. Most families only had one television at that time, so *Leave it to Beaver* was made so that entire families, not only in this country, but all around the world, could sit down and watch a show and laugh. It wasn't made to be a documentary. It was made to be something that you would see and say, 'Oh, that's funny. Look at how



beautiful skateboard. I helped make it down in the shop with all these power tools that I would never have had access to. I don't know if I'd have wanted to. I'd probably have cut off my hand. But I had basically this huge family to help raise me when I was at the studio, and as I say, it was in their best interest because if I came to work and was happy and did everything right, they got paid.

**COA:** You do have a huge fan base. So many people love you. What's the funniest or strangest thing a fan has ever said or done to you?

silly he is if he thinks he's going to get away with that. I know a guy like that Eddie Hascal. Mine's worse, but I know a guy like that.' I just think that it has stood the test of time.

**COA:** How was it on the set there? Did all the kids who were acting, did you all get up to some mischief, or were you pretty focused, professional?

**JM:** You know, we were very focused professionally, but let me tell you the reason why. There were about less than 100 people, but there were technicians on the stage. There were cameramen, lighting men. If for some reason, we weren't happy, you can't make a kid work. You can say, 'I'm going to sue you,' but you can't make a kid work, so you have to keep them happy, and these guys basically were all World War II vets. They all had families at home. They all had sons and daughters, and so they made it very fun. They weren't told to make it fun, but it was in their best interests to have us be happy being there, so I mean, you know, if I was going to build a model—at that time I built a lot of plastic model cars. That was a big thing at that time—they would all help me, and they'd help me with the painting. I saw a kid skateboarding one time, and I took in two skates and saw a piece of wood and was pounding the skates on, and the guys from the carpentry department said, 'Oh, let us help,' and the next thing, I had the most

**JM:** Funniest is hard to pick. A lot of people, because I'm older now, will say things like, 'Where did you go to school?' because they know they know me. Because if I'm in an airport or someplace where it doesn't really click that they've seen me on television, you know, and they say, 'Did you go to this school? Did you take out my daughter? Did you do that?' because they know they kind of know me. I just kind of play with them. I say, 'Well, no,' and I know down the road that light bulb will go off and they'll say, 'That's who it was.' So that's one of the fun things.

**COA:** How about when you were younger? What were the kid fans like?

**JM:** You know, basically, until I went to high school, I was pretty segregated. I worked and did 39 shows a year, and then we went to New York for three weeks to meet with the press, and then we went to Chicago for two weeks to meet with the advertisers, and at the ad agencies and go around, and then we would take a few weeks off and go back. So until I went to high school, I wasn't around a lot of kids. So before high school actually started in that summer, I went out for the pre football team, and when I practiced, I was practicing with the varsity and the junior varsity and the frosh. I made the frosh team—but when I started school, all the other freshman, basically because it wasn't a public school, it was a private



parochial school, all the other kids really didn't know each other. I not only knew people in the school. I knew the seniors because I'd played football with them at summer camp. But it made the transition very easy than if I'd have gone in there never having been in class basically with other kids. And it was something I really looked forward to. I mean it wasn't like I was dreading going there. I wanted to play sports, and I wanted to meet all the other kids so it was a good thing.

**COA:** Was you being a television actor and a movie actor a big deal to everyone you went to school with?

**JM:** It was a private school, and it was in the Los Angeles area. Ed Begley was there. He wasn't an actor at the time, but his dad had been on *Leave it to Beaver*, so I knew him. There were other actors there. The boy that played Little Ricky was a freshman or a sophomore when I was a junior or senior, so there were other actors there. A lot of their parents were in the movie industry. There were people that were probably more affluent, and because of that, their kids had met actors. So I was not special. I was just a regular kid there, and I spend the next four years there as a regular high school student. I did gain some fame because I did start a band with Richard Correll—he used to direct for *Hannah Montana*—and we cut a record for Atlantic, so it wasn't like I was totally out of the industry, but we used to play all of the proms and things like that.

But that elevated me in the school, it wasn't because of *Leave it to Beaver*, it was because we had one of the most popular bands and we played all the schools around our area.

**COA:** So in your life now, what's your idea of a perfect day?

**JM:** Well, a perfect day is one that I open my eyes with. Everything is going very good. I just recently got married. I have a lovely wife. I'm very, very busy every day, especially now with all the financial upheavals and things like that. I get up very early. I get up about 5:30 every

morning and start checking the world markets and just kind of go from there. Every day is different. I do a lot of public speaking, so most months I have three to four speaking engagements. They're usually about *Leave it to Beaver*, and then I just kind of wind into the diabetes and talk a little about aging and things like that and give people who are at risk some idea that I didn't really even have. So, you know, life is very, very good. I'm very active. Life is a very, very good thing, and I treasure it. My life has been very blessed. I try to give back. I will never be able to give back as much as I've been blessed. **COA**



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## Rising Star



Board member and co-chair of our fund development committee Meagan Enderson was selected from among over 160 nominations as one of The Independent News' 2012 Rising Stars. The Independent News created the Rising Stars program to honor the leaders under the age of 35 who work or live in Escambia and Santa Rosa counties and who are seen as the upcoming leaders in their professions and in the community. Enderson is the Director of Social Media for Jewelers Trade Shop. Congratulations Meagan!

## Commissioner Marie Young Selected Elected Official of the Year



The Northwest Unit of the National Association of Social Workers, Florida Chapter recently selected Escambia

County Commissioner Marie K. Young (District 3) as the Elected Official of the Year for her dedication and commitment to the field of social work. Commissioner Young has been an active and valuable member of our board since 2005. Congratulations Commissioner Young.

## Rat Pack Wins Gold ADDY®



The Rat Pack Reunion promotional package (sponsorship packet, invitation, event program and print ad) garnered a Gold Addy in the Public Service, Mixed Media Campaign category at the recent American Advertising Federation (AAF) Pensacola Chapter's 2012 ADDY® Awards Gala. Ideawörks, the full-service marketing communications agency responsible for the creative design, entered on behalf of Council on Aging of West Florida. The entry will proceed to the district competition later this year. Caron Sjöberg, president of Ideawörks, is 1<sup>st</sup> Vice chair of our board. Congratulations to Caron, Michelle Ortiz-Miguez and the entire Ideawörks team.

## NEW Gulf Breeze Grandparents Raising Grandchildren and Other Relative Children Support Group

We have added a Gulf Breeze support group for grandparents raising grandchildren. The group meets on the fourth Tuesday of each month at 6 pm at Oriole Beach Elementary School, 1260 Oriole Beach Road, in Gulf Breeze. Other individuals raising related children are also invited. Participation is free, including child care, and a light meal is provided at 5:30 pm. Council on Aging of West Florida created this group to further support the increasing number of seniors and other relatives that are taking on primary childrearing responsibilities. In Florida, 7.1 percent of children in the state live in grandparent-headed households. There are another 86,000 plus Florida children living in households headed by other relatives. For more information on this support group or any of the other support groups we offer, please contact 432-1475 or visit [www.coawfla.org](http://www.coawfla.org).

## Coming of Age TV – New Shows Beginning in March



Coming of Age TV is back on the air. Production of the program was suspended in July due to budget cuts. However, thanks to a new sponsor, the program is coming back as of this month, March 2012. We



will be bringing you a new program each month, which will air throughout the month Mondays, Wednesdays and Fridays at 7 pm and Tuesdays and Thursdays at 9 am. For those not yet familiar with *Coming of Age TV*, the 30-minute program features three interviews with local experts on a variety of senior-related topics. *Coming of Age TV* is sponsored by WellCare. WellCare Health Plans is a Medicare Advantage, Prescription Drug and Medicaid health plan – serving over 2 million members nationwide. WellCare Health Plans, Inc. provides managed care services targeted to government-sponsored health care programs, focusing on Medicaid and Medicare. Headquartered in Tampa, WellCare offers a variety of health plans for families, children, and the aged, blind, and disabled, as well as prescription drug plans. For more information about

WellCare, please visit [www.wellcare.com](http://www.wellcare.com).

### Great Way to Honor or Remember Mom

Mothers Day is May 13. For the Mom who has everything, how about making a donation to Council on Aging of West Florida in her honor? The donation is tax-deductible and the honored individual will receive a card acknowledging the gift. Gifts can also be made in memory of someone.

Whichever the case, your contribution will help us provide the ever-growing Escambia and Santa Rosa county senior population, their caregivers and our community with the quality care they deserve and expect. Faced with increasing numbers of our aging population in need, waiting lists and the challenges of limited government funding, private support is critical to the our mission. A form is provided below for your convenience. Donations may also be made by credit card online at [www.coawfla.org](http://www.coawfla.org) or by phone at 432-1475. On behalf of those

who will benefit from your generous gift, we say a sincere thank you.

### Pet Calendar Doubles Funds



Dr. Lance Coy, D.V.M. and John B. Clark, President/CEO, Council on Aging of West Florida

Pine Meadow Veterinary Clinic's Second Annual Meals on Wheels Pet Photo Calendar was a huge success, doubling proceeds of last year. The clinic created the calendar of pet photos to raise funds for our Meals on Wheel clients who have pet companions, but are unable to purchase pet food. Dr. Lance Coy, D.V.M. presented us with a check for \$1,535 dollars and 500 pounds of pet food valued at \$3,500. Our special thanks go out to Dr. Coy and the staff of Pine Meadow Veterinary Clinic and everyone who purchased calendars. COA

I want to support the mission of Council on Aging of West Florida.

Enclosed is my gift of ☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$ \_\_\_\_\_

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Please make your check payable to Council on Aging of West Florida and return this form with your gift to PO Box 17066, Pensacola, FL 32522.

Check out our website - [www.coawfla.org](http://www.coawfla.org)

If you wish, you may commemorate the life of a friend or loved one. Please designate my gift

☐ in memory ☐ in honor of

and notify \_\_\_\_\_

(name and address)

(relationship)

☐ Please send me information including Council on Aging of West Florida



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### The 24th Annual Riverwalk Arts Festival

Saturday, March 24 & Sunday, March 25

Saturday from 10 am - 7 pm & Sunday from 10 am - 5 pm

Enjoy all your favorite types of art while strolling the beautiful banks of the Blackwater River in Historic Downtown Milton. There will be Heritage Arts demonstrations, a Juried Fine Art competition, Cultural & Ethnic Arts displays and interesting art performances. For more information, call 850-981-1100 or visit [www.santarosaarts.org](http://www.santarosaarts.org).



### Christopher's Concerts

Wednesdays at 6 pm, April 11 through May 30

St. Christopher's church lawn, 3200 N. 12th Avenue, Pensacola

Free. Bring lawn chairs.

Concession stand available.

St. Christopher's Episcopal Church presents its sixth season of Wednesday evening musical events as part of its outreach program.

The schedule of concerts is

April 11 - Reunion Band (classic rock)

April 18 - One Drop (reggae)

April 25 - Attaboyz (pop, rock, light jazz)

May 2 - Not Quite Fab (Beatles music, performers in period attire)

May 9 - Mr. Big (big band, pop, soft rock)

May 16 - Al Martin Group (piano jazz and pop)

May 23 - Sawmill Band (classic country)

May 30 - Swingin' Dick Tracys (swing and soft rock). For further information, call St.

Christopher's Episcopal Church at 850-433-0074 or visit [www.scpen.org](http://www.scpen.org).



### Bagdad Village Preservation Association (BVPA) Lecture Series

Bagdad Village Museum, 4512 Church Street, Bagdad. Free.

BVPA 2012 Lecture Series continues with

April 7 - 10 am - *Capt. Joseph H Mason: Seafaring in Northwest Florida*, presented by Nathan Wolsey

May 12 - 10 am - *Turpentining in Northwest Florida*, presented by Raymond Melvin. For more information about the lecture series or the Bagdad Village Preservation Association, call (850) 293-5349 or visit [www.bagdadvillage.org](http://www.bagdadvillage.org).



### Jazz Fest

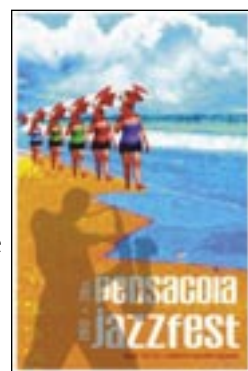
Saturday, April 14 & Sunday, April 15

Seville Square

10 am-7 pm

Free

Come enjoy the music of legendary jazz musicians in the beautiful Seville Square Park in the middle of Historic Downtown Pensacola. There will be activities for the kids, a poster competition and arts & crafts. Some seating is available, but you are welcome to bring lawn chairs or picnic blankets to relax and enjoy the show. For more information, call 850-433-8382 or visit [www.jazzpensacola.com](http://www.jazzpensacola.com).



### Pensacola Community SoulFest

Saturday, April 21

West Pensacola Ball Park, "W" Street, Pensacola

Noon until dusk

Tickets - \$5, Children age 12 and under - free

This year's theme is Taste of Culture. The community is

invited to come out and enjoy

the music of Harry Anderson & the Big Easy Groovers featuring Judy Spellman and enjoy food from around the world available from a variety of concession vendors. SoulFest is presented by MotherWit Institute, Inc. For more information, call 850-438-4882.



### Adult Day Health Care Center "Big Reveal" Open House

Thursday, May 17

11 am-2 pm and 4 pm-7 pm

875 Royce Street

Free. The public and healthcare providers welcome.

Come by and see the extensive renovations and expansion of our Adult Day Health Care Center! Our Adult Day Health Care Center, the only center of its kind in the area, provides a protective, stimulating environment for those with cognitive impairments like Alzheimer's disease. The center also provides peace of mind for caregivers to know their loved ones are in a safe place while they go off to work or get a much needed respite. For more information, call 850-266-2503.







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At the Bethel AME Seniors on Parade.....



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for supporting Council on Aging of West Florida

Many thanks to our new and returning members.

November 30, 2011-February 24, 2012

We appreciate your generous support.

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Charlotte Redding  
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Dottie Peoples  
Eddie & Marybeth Pitman  
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Delores Strickland  
Frankie Van Horn-Harris

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George Furlong  
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Janet Holley  
Joyce Nobles  
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## Honorariums

In Honor of Ryan Balthrop  
Given by:  
Jim Balthrop

*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](http://www.coawfla.org).*

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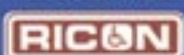
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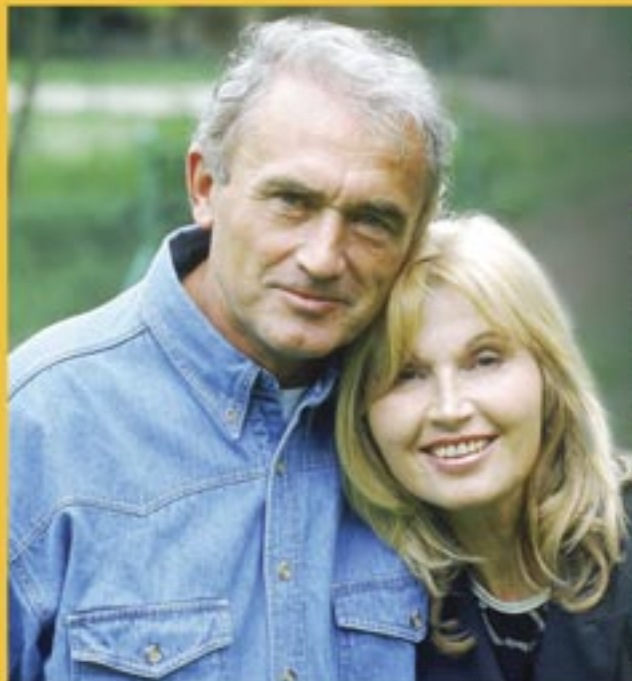
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