

COMING of AGE™

Presented by Council on Aging of West Florida

LIFESTYLE

FOR SENIORS

FALL 2012

Rat Pack Reunion 2012

AN
EXCLUSIVE
INTERVIEW
WITH

*Bruce
Boxleitner*

What is
Elder Abuse?

Make Your
Vote Count

Audio News
for the Visually
Impaired

ALL TALK/ALL THE TIME

WHY USE WPNN AM790 NEWS TALK RADIO

Arbitron's Radio Today 2009 Indicates News/Talk/Information #1 Format.

The annual "Radio Today: How America Listens to Radio" 2009 edition has been published by Arbitron and according to the study, "Thanks in part to a historic presidential election and important congressional campaigns, news/talk/information ranked as the #1 format in fall 2008 with a 12.6% share of Persons 12+, far above its 10.7% share of Spring 2007, and slightly ahead of Country's 12.5%. With 30 more AM and FM stations than in Spring 2007, and more than 1,000 HD channels and internet streams, N/T/I boasts more broadcast signals by far than any other format in "Radio Today 2009." (Feb. 25, 2010)



John McCaslin
5-8am



Laura Ingraham
8-11am



Burnie Thompson
11-2pm



Jerry Doyle
2-5pm



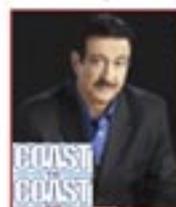
Michael
Savage
5-8pm



Mike Gallagher
8-10pm



Alex Jones
10pm-12am



George Noory
12am-5am

WPNN
AM
TALK 790

CBS
RADIO
NEWS



Papa Don Schroeder

John Teelin

TALK OF THE TOWN

Listen Live at

www.Talk790.com



#1 IN EMERGENCY
HEART CARE

WE HAVE THE GOLD STANDARD
AWARD FROM THE AMERICAN
COLLEGE OF CARDIOLOGY
TO PROVE IT

EMERGENCY CARE *you can* COUNT ON

PENSACOLA / GULF BREEZE / ATMORE / JAY

850.484.6500 / COUNTonBAPTIST.ORG



BAPTIST
HEALTH CARE



CardiologyConsultants
an affiliate of Baptist Health Care

10 26 2012

RAT PACK REUNION

Starring
Lewis Bear, Jr.
Corbett Davis, Jr.
Richard McAlpin
Pete Moore
Frank Patti

a fundraiser to support Council on Aging of West Florida

Get Your Tickets Now!

**October 26, 2012 • 6:00 p.m. • New World Landing
Individual Tickets - \$100 • Limited Seating**

Dress up in black-tie Rat Pack attire for a fabulous evening complete with a gourmet Italian dinner and entertainment by Frank Sinatra tribute artist Tom Tiratto and the Don Snowden Pensacola Big Band All Stars Orchestra, as we honor outstanding community leaders and raise funds for Council on Aging of West Florida.

**For tickets or more info, visit RatPackReunion.com
or call 850-432-1475.**

Council on Aging of West Florida is a not-for-profit organization and 100% of your donation is retained by this organization. Council on Aging of West Florida is a 501(c)(3) organization, tax-exempt number 59-1373939. Your donation is tax deductible to the extent allowed by law. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL FREE 1-800-435-7352. IN THE STATE OF FLORIDA, REGISTRATION NUMBER CH201. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.



A place for...

Hope, Health & Happiness

PET/CT & Dr. Angel Saved My Life!

I had my first PET scan on April 29, 2003 with Dr. Angel Williamson. You see Dr. Angel had asked me to help her inform the public on WPNN News/Talk Radio, Wear TV Channel 3 and BLAB TV about the importance of this new technology. I thought it would be a good idea to have the test myself, so I would know first hand what a PET scan was all about. Immediately after the test we met in her office and we reviewed my scan together. I had the biggest shock of my life, when I tested positive for what turned out to be tongue cancer, when I had no symptoms! Well after having surgery, chemo, radiation and follow up PET/CT scans every six months, I am now cancer free! I am so grateful for the care and loving kindness Dr. Angel has shown me. She consults with her patients right after each scan. Can you imagine the anxiety you would experience, if you were told you may have cancer and then told you would have to wait a week or more for results? Remember you have a choice! Choose the best, Angel Williamson Imaging Center. God Bless you Dr. Angel for your compassion. Questions? Call me anytime on my cell in Pensacola at 393-4538 or at home at 432-3674



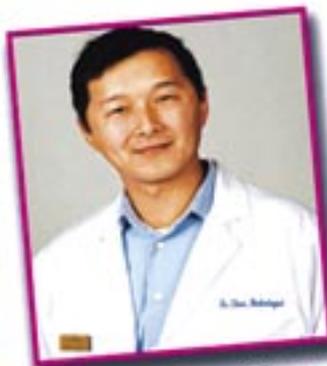
Papa Don Schroeder,
WPNN AM790 News/Talk Radio

- PET/CT can find cancer in most areas of the body
- PET/CT is more accurate, and requires less radiation, than separate diagnostic CT with and without contrast media
- PET/CT is painless comfortable and easy — without bowel prep!
- Early diagnosis is the best medicine. Find out early so you can get well.
- After treatment for cancer, PET/CT can help make sure they have gotten it all.
- Angel Williamson Imaging Center has performed over 100,000 mammograms and offers fully digital mammography with computer-assisted detection (CAD)

- Dr. Chun Chen is board-certified in diagnostic radiology
- Florida's first PET/CT center accredited by American College of Radiology (ACR). All tests offered are ACR accredited, to minimize patient radiation.
- Dr. Angel Williamson is triple board certified in diagnostic radiology, nuclear radiology and nuclear medicine.
- Radiologists offer same-day consultations to improve test accuracy, and answer questions from patients and their families.
- Prices lower than most competitors. Most insurance accepted.



Dr. Angel Williamson



Dr. Chun Chen

Angel Williamson
IMAGING CENTER

PET/CT / DIGITAL MAMMOGRAPHY WITH CAD / BONE DENSITY / ULTRASOUND / CT BREAST MRI / MRI

850.476.1161 • Pensacola

850.862.1161 • Fort Walton Beach

www.awimaging.com



Jeff Nall, APR, CPRC
Editor-in-Chief

I hope this issue of *Coming of Age* finds you enjoying the cooler fall temperatures. And speaking of cool, we at Council on Aging of West Florida are excited about gathering the area's coolest cats, or in this case "Rats," for our annual fundraiser, the Rat Pack Reunion. Special thanks to DeeDee Davis, chair of our board of directors, event chair Caron Sjöberg and the entire event committee for planning what will be the biggest party of the year. We also appreciate Lewis Bear, Jr., Corbett Davis, Jr., Richard McAlpin, Pete Moore and Frank Patti for allowing us the privilege of honoring them for their business leadership and service to our community. For complete details, please see page 26 and also visit www.ratpackreunion.com.

Of course, this fall also includes a major election. I encourage everyone to put partisanship aside and educate themselves on senior issues. There is an old saying that "If you don't toot your own horn, no one will." The same applies for voting in our own best interest. To make sure you are aware of what to expect at the polls and related deadlines, please see our advocacy article on page 10 by guest contributor and Council on Aging of West Florida board member Sonya Daniel, training and outreach coordinator, Escambia County Supervisor of Elections Office.

Also, in regard to looking out for our own interest, Council on Aging of West Florida board member, author and trainer Kathleen Logan will be facilitating a series of Life After Fifty educational seminars to help people prepare themselves financially, physically, mentally and practically so they can embrace their future with awareness and optimism. For details, please see page 20.

I would also like to welcome LeAnne Hamilton to our team as development director. Please see her article on page 13 for details on how we have transitioned our membership program in to a more inclusive Circle of Friends and created new ways to make giving easier.

Of course no issue of *Coming of Age* would be complete without an exclusive celebrity interview. *Coming of Age* caught up with Bruce Boxleitner, American actor and science fiction and suspense writer, to talk about his early acting days, his career as an author and his interest in space exploration.

Hope to see you at the polls, our Life After Fifty seminars and the Rat Pack Reunion 2012.

Until next time, enjoy life – you've earned it!

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. 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 or contact editor Kelly Oden at Ballinger Publishing, P.O. Box 12665 Pensacola, FL 32591 or kelly@ballingerpublishing.com.

Writing Opportunities

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.

Council on Aging of West Florida
2011-2012 Board of Directors

Officers

Chair: DeeDee Davis
First Vice Chair: Caron Sjöberg
Second Vice Chair: Gordon Goodin
Secretary: Councilmember P.C. Wu
Treasurer: Ray E. Moody
Immediate Past Chair: Dona Usry

Board Members

Malcolm Ballinger • Ann Brown
Rodger Doyle • Meagan Enderson
Sonya M. Daniel • Father Jack Gray
Donna J. Jacobi, M.D.
Thomas Lampono, M.D. • Kathleen Logan
Lumon May • Robert Mills
Chaplain Larry Mosley
James M. "Mick" Novota
John Peacock • Monica Sherman
Sue Straughn • Bettye Swanston • Edgar M. Turner
Mary Taite-Williams • Denise Windham
Escambia County Commissioner Marie K. Young
Gulf Breeze Mayor Beverly Zimmern

Members Emeriti

Joe Black • Rosemary Bonifay
John Brick • Rita E. Jones
Kenneth Kelson • Zola Lett
Charles H. Overman, III • Malcolm Parker
Margaret Poppell • Ethel Tamburello

President/CEO

John B. Clark

**Vice President/Communication and
Development and Coming of Age Editor-in-Chief**

Jeff Nall, APR, CPRC

Marketing Communications Intern

Justin Wescoat

Published for Council on Aging of West Florida by

Ballinger Publishing

41 N. Jefferson St.
Suite 402 • Pensacola, FL 32502
850/433-1166 • Fax 850/435-9174

Publisher
Malcolm Ballinger

Executive Editor
Kelly Oden

Editor
Emily Lullo

Art Director
Rita Laymon

Graphic Designer & Marketing Coordinator
Kassie McLean
kassie@ballingerpublishing.com

Editorial Assistant
Amanda Kelly

Account Executives
Sharyon Miller • sharyon@ballingerpublishing.com
Caroline Martin • caroline@ballingerpublishing.com

Disclaimer: Coming of Age magazine is published quarterly by Ballinger Publishing for Council on Aging of West Florida, Inc. All Rights Reserved. Reproduction or use of the contents herein is prohibited. Comments and opinions expressed in this magazine represent the personal views of the individuals to whom they are attributed and/or the person identified as the author of the article, and they are not necessarily those of the publisher or Council of Aging of West Florida, Inc. This magazine accepts no responsibility for these opinions. The publisher and Council on Aging of West Florida reserve the right to edit all manuscripts. All advertising information is the responsibility of the individual advertiser. Appearance in this magazine does not necessarily reflect endorsement of any products or services by Ballinger Publishing or Council on Aging of West Florida. © 2012



Your city,
your magazine

pensacolamagazine.com



M • A • S • H
Medical Accessories and
Supply Headquarters

**RENTAL • SALES • SERVICE
FREE DELIVERY & SET-UP**

24-HOUR EMERGENCY SERVICE

MEDICARE • MEDICAID • PRIVATE INSURANCE

- Oxygen Concentrators & Portables
- Liquid Oxygen • Nebulizers
- CPAP & Supplies • Wheel Chairs
- Lift Chairs • Walk Aids
- Bath Aids • Hospital Beds & Supplies
- Tens & Supplies • Diabetic Monitors
- Nursing & EMT Supplies
- Incontinence Supplies • Aids to Daily Living

*Licensed orthotic fitter assistant on staff to assist
with compression stockings & orthotic supplies*

"Large Enough to Serve, Small Enough To Care"

969-0220

5800 North W St • www.shopmash.com

TRICARE
Preferred Provider



Contents



26.



30.



23.

Features

26. Rat Pack Reunion 2012

30. An Exclusive Interview
With Bruce Boxleitner

In Every Issue

38/ News from Council on Aging of West Florida

40/ Out & About

42/ Were You Seen?

44/ Members & Donors

*Council on Aging of West Florida, Inc. is compliant with
the Better Business Bureau's Wise Giving Alliance
Standards for Charity Accountability.*

Departments

10. **Advocacy**

13. **Giving**

17. **Safety**

20. **Education**

23. **Health**

Cover photo courtesy of www.disneyxdmedianet.com

Health Solutions for the new world of health care.



As a local agency, Bay Bridge Insurance is here to let you know about the portfolio of affordable products from **Florida Blue**. Whether you're an **individual** or a **small business**, we can help you find a health¹, dental², life² plan that is right for you. The expanding range of quality products and services allow you to easily get what you need when you need it the most.

You can count on **Florida Blue**. After over 70 years they continue to be committed to helping every Floridian in the pursuit of health in three key ways; offering affordable insurance options, personal support, and building healthier communities.

To find out more about affordable health benefit plan options available to you and to get a free quote, please call us at **850-934-7221**.



Bay Bridge
Insurance & Financial Solutions

Anthony Beauchamp
850-934-7221
93 Bay Bridge Park
Gulf Breeze, Florida 32561
anthony@baybridgeins.com

Your Local Agency for

**Florida
Blue** 

In the pursuit of health[®]





Importance of Voter Preparations for the **November Election**



By Sonya M. Daniel, Training and Outreach Coordinator, Escambia County Supervisor of Elections Office and Council on Aging of West Florida Board Member

BELIEVE it or not, the Presidential Election is less than two months away. Recently, the Escambia and Santa Rosa County Supervisors of Elections held a news conference stressing the importance of voter preparations for the November Election. “We are preparing and voters should too,” said David H. Stafford, Escambia County Supervisor of Elections. “We are faced with the longest ballot Escambia County has ever had.” Every voter in Escambia County will be issued two sheets (three ballot pages) with contests and amendments. This means it will take longer for the voting process—longer to issue the ballots, longer to mark the ballots, and a longer tabulation time. If a voter makes a mistake and must be issued a new ballot, this time is multiplied again. Santa Rosa County will also have a lengthy ballot.

The 11 constitutional amendments reinforce the importance that voters need to research the candidates and understand the issues ahead of time. Every voter will be mailed a sample ballot prior to the start of Early Voting. Voters should consider marking the sample ballot and bring it with them to vote.

If you are already registered to vote, please take a few minutes to know where you vote and be sure your information is current with the local Supervisor of Elections office. Voters can visit each county’s website or call the local Elections Office to verify that the most current information is on file with the Elections Office.

Voters who wish to avoid long lines on Election Day can request a ballot by mail (absentee ballot) or take advantage of Early Voting.

Dates to remember:

- September 22 is the deadline to mail absentee ballots to military and civilians stationed overseas.
 - October 2 begins mailing of non-military absentee ballots locally and in the continental United States.
 - October 9 is the last day to register to vote for the General Election.
 - October 27 through November 3 is Early Voting from 7 am to 7 pm at multiple locations in Escambia and Santa Rosa counties.
 - Escambia County added a fifth Early Voting site for the General Election.
 - ◆ SOE Office – 213 Palafox Place
 - ◆ SOE Annex – 292 Muscogee Road
 - ◆ Tryon Library – 1200 Langley Avenue
 - ◆ Southwest Library – 12248 Gulf Beach Highway
 - ◆ Downtown Library – 200 W. Gregory Street
 - Santa Rosa County Early Voting sites
 - ◆ SOE Office – 6495 Caroline Street, Suite F
 - ◆ South Service Center – 5841 Gulf Breeze Parkway
- October 31 is the last day to request an absentee ballot be mailed. The local Elections Offices can answer questions to make sure every voter is prepared for the November 6th General Election.
- Escambia County: 850-595-3900 or visit www.EscambiaVotes.com
 - Santa Rosa County: 850-983-1900 or visit www.santarosa.fl.gov/elections.

COULD YOU USE SOME HELP WITH DAILY LIVING CHORES?

Peoples Home Helpers understands that with a little help you can continue to live comfortably in your own home. We strive to provide flexible, affordable, non-medical home help services with a personal touch.

CALL TO DISCUSS THE POSSIBILITIES TODAY

Our friendly, courteous staff can...

- Prepare meals
- Assist with laundry
- Run errands (pharmacy, post office, etc)
- Provide companionship and supervision
- Perform light housekeeping
- Monitor diet & eating
- Schedule and escort to appointments

850-607-2141
WWW.PEOPLESHOMEHELPERS.COM

213 E. Wight St., Suite 2B • Pensacola, FL
Florida License #221079



3930 NAVY BLVD • 850-456-7192

GARTHS ANTIQUES & AUCTION GALLERY

WWW.GARTHSAUCTION.COM

From Modern to Antique...
Let Pensacolas Most Knowledgeable
Antique Firm Handle Your Estate.

.....><.....

• AUCTIONS • ESTATE SALES • EBAY •
- WE HANDLE EVERYTHING -

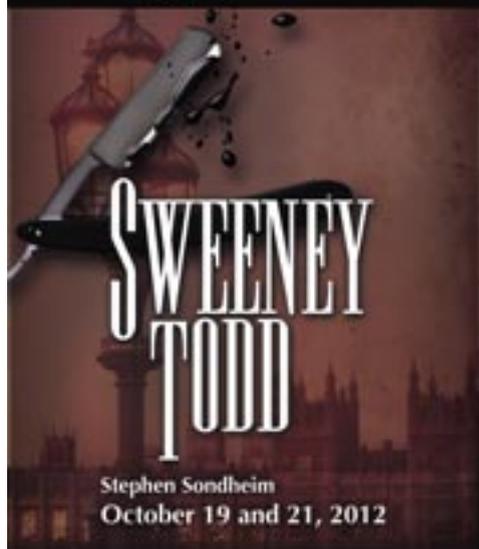


One Piece, or an
entire Estate...

MEMBER ISFAA
APPRAISAL SERVICES
AVAILABLE

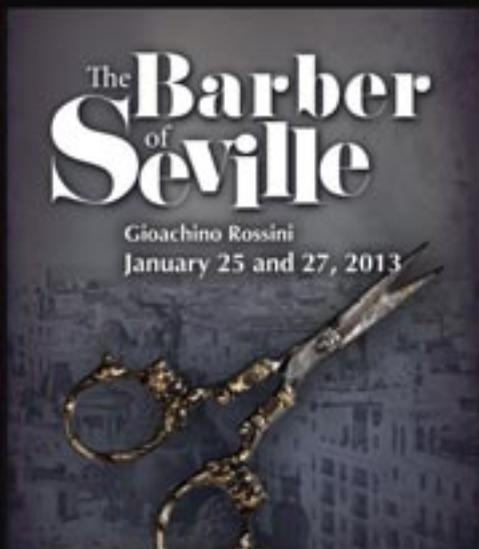
Locally Owned,
We have been in
Pensacola at the
same location for
over 40 years.

- SPECIALIZING IN -
SILVER • COINS • GOLD • ART • FURNITURE
ORIENTAL RUGS • ANTIQUE GUNS • SWORDS
TOYS • BOOKS • PORCELAIN & CHINA



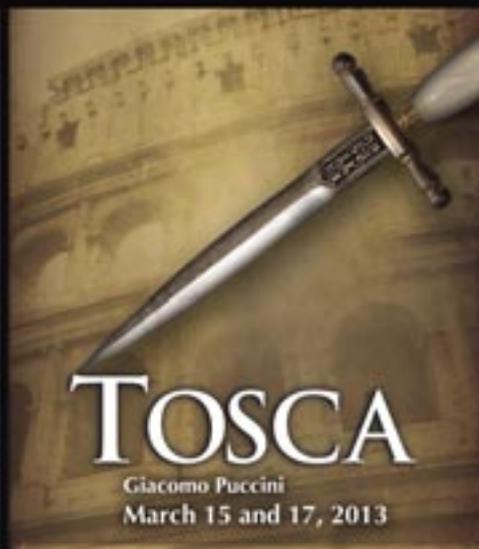
**SWEENEY
TODD**

Stephen Sondheim
 October 19 and 21, 2012



**The Barber
of
Seville**

Gioachino Rossini
 January 25 and 27, 2013



TOSCA

Giacomo Puccini
 March 15 and 17, 2013

TICKETS ON SALE NOW!

Save 20% off single ticket prices by subscribing to the two-show or three-show season package!

Single and season tickets available at seven different price levels



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



R&M MOBILITY 

850-479-1766

R&M Mobility has over 40 years of experience in adaptive mobility specializing in wheelchair accessible vehicle modifications to full size, mini, and sprinter vans, trucks, buses, and motor homes.

VEHICLE MODIFICATIONS INCLUDE:

- Hand & Foot Controls
- Steering Devices
- Raised Tops & Doors
- Power Transfer Seats
- Wheelchair Lifts & Ramps
- Wheelchair Restraints
- Power Doors
- Remote Controls

HOME MODIFICATIONS INCLUDE:

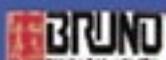
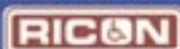
- Stair Lifts
- Stage Lifts
- Porch Lifts
- Ramp Systems

*** Van Sales**

MON-FRI, 8-5; CALLS WELCOME ANYTIME
 9580 NIMS LN, PENSACOLA, FL
 LICENSED & INSURED, VA & WORKERS COMP

OWNERS: ROY & CHRIS GRIEWISCH
 CGRIEWISCH@RANDMMOBILITY.COM
 FAX: 850.479.1768
 EMERGENCIES: 850-324-7218

WWW.RANDMMOBILITY.COM





Please Join our Circle of Friends



As I sit down to write this article with a blank page in front of me, I am reminded of a wonderful Eleanor Roosevelt quote that I once read, “Friends, you and me...you brought a friend...and then there were three...we started our group...our circle of friends...and like that circle... there is no beginning or end.” – Eleanor Roosevelt. Her graceful words have inspired generations and seemed most apropos to help us kick off our new Circle of Friends 2012 campaign.

For more than 20 years, Council on Aging of West Florida has been able to depend on our generous members for financial support through our annual membership campaigns. Their continued vote of confidence for our

dedicated staff and the programs we provide for the community is unparalleled. It is for that support we will be eternally grateful. Without each and every one of you we would not be the agency we are today. Thank you.

As we look forward to the future and prepare for our continued financial success, we see the importance of growing our circle of support to include more friends, more investors and more clients served. We are all too aware of how aging and its effects touch us all. Whether it is you, a spouse or a parent that needs your help, you know how important it is to have a support system by your side – a circle if you will.

Legal Guidance for Issues on Aging

www.ourfamilyattorney.com



**Waddell
&
Waddell P.A.**
ATTORNEYS AT LAW

- LONG-TERM CARE PLANNING
- LIVING WILLS
- ASSET PROTECTION
- VA PLANNING
- NURSING HOME MEDICAID QUALIFICATION
- POWER OF ATTORNEY
- GUARDIANSHIP
- WILLS, TRUSTS & PROBATE

CALL: 850-434-8500

1108-A North 12th Ave
Pensacola, FL



JASON A. WADDELL
Elder Law Attorney



The hiring of a lawyer is an important decision that should not be based solely upon advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.

Since 1972, we have done our utmost to improve the quality of life for individuals and families coping with the challenges of aging. Board member Kathleen Logan may have said it best when she remarked, "There is no escaping aging issues. No one and no family is immune. If you or your family have not been affected, you will." Truer words may have never been spoken.

It is for that reason that Council on Aging of West Florida has decided to move from the membership drives of the past to a more encompassing Circle of Friends campaign. We want to reach everyone in our community and invite them to get involved with our mission and to help us spread the word about our services. I challenge all of our past members, and future donors alike, to help us spread the word to their friends and family, to help us extend our circle of influence in the community and to make it their mission to help us with ours.

Unfortunately, it takes more than fired up volunteers and word of mouth to provide the resources that we provide our community. The harsh reality is that it takes money - money that our clients don't have.

I have often struggled to find the one word that best describes Council on Aging of West Florida and recently I saw a note that Gulf Breeze Mayor Beverly Zimmern had written on a card sent to her friends that simply read, "This compassionate organization



American Eldercare Inc.

Specializing in Senior Health Care Needs

Who are we?

American Eldercare, Inc. is the state's largest contractor for the Nursing Home Diversion Program. We provide eligible individuals with quality home health care and community based services designed to help them to delay or avoid long-term placement in a nursing facility.

Our Services

American Eldercare, Inc. provides a variety of services based upon individual needs including:

Adult Day Care	Assisted Living, Co-insurance
Care Management	Consumable Medical Supplies
Eye Glasses & Hearing Aids	Emergency Response Systems
Home Delivered Meals	Home Health Care
Prescription Drugs	Skilled Nursing Care

To apply for the
American Eldercare Plan call the State of Florida
Department of Elder Affairs, CARES Unit at (850) 916-6700

needs our help.” Compassion. It really is that simple. If we, as a people, have real compassion for each other we must get involved and try to help the seniors in need of help in our community.

“Although you and I will hopefully never need the assistance of Council on Aging of West Florida, there are many seniors that depend on our services and programs for their very survival,” said Ed Turner, a board member and longtime volunteer. “I feel that it is my duty to help give back to the community that has given us so much.”

One new feature we are now able to provide donors is our monthly recurring gift option. By signing up for a monthly charge to your credit card, you will not only benefit from the convenience, you will be helping us reduce overhead costs and devote more resources to essential programs. Plus it's easy!

Monthly gifts of as little as \$10 can make a huge difference in the lives of seniors in need throughout our community. Fifty dollars a month adds up to as generous \$600 at the end of a year and you will barely feel it in your checkbook.

Our board members and I want to invite you to join us in making the Circle of Friends fund campaign the most successful drive in our agency's history! Please join us today by making a contribution to, and investment in, Council on Aging of West Florida. 



286 N. PALAFOX STREET • PENSACOLA, FL 32502
850-912-6454 • WWW.POLONZA.COM • 850-912-6457 (FAX)

Senior Special:
Free Beverage
with Any Entree!
(Excludes Alcohol)



Offering daily lunch specials, gourmet coffee, smoothies, soups, sandwiches, seafood, house-made breads, barbecue, and other regional specialties. Breakfast choices include all the standard favorites: grits, eggs, home fries, bacon, house-baked ham, sausage, pancakes, and biscuits, as well as a few specialty items.

MONDAY - SATURDAY: 6:30 AM - 3:00 PM & SUNDAY 9:00 AM - 3:00 PM



You can be a daughter again. Let us help.

Whether you are looking for someone to help an aging parent a few hours a week, or need more comprehensive assistance, Home Instead can help.

- Companionship
- Meal Preparation
- Personal Care
- Medication Reminders
- Shopping & Errands
- Light Housekeeping

Call for a free,
no-obligation appointment
850.477.1947

Each Home Instead Senior Care® franchise office is independently owned and operated. ©2011 Home Instead, Inc.

Serving Greater Pensacola Area



To us, it's personal.

www.homeinstead.com/pensacolafl

License # 227808 #299992539

GREEK FESTIVAL IS A PROUD SUPPORTER OF COUNCIL ON AGING

2012
GREEK
FESTIVAL OF PENSACOLA

OCTOBER 12, 13, 14

FRI & SAT 11AM - 10PM

SUNDAY NOON - 6PM

**ANNUNCIATION
GREEK ORTHODOX CHURCH
1720 W. GARDEN ST.**



Original Artwork by Christian Hennis www.christianhennisart.com

WWW.PENSACOLAGREEKFESTIVAL.COM



Serving Seniors Along the Gulf Coast

Taking an active role in your good health is what Sacred Heart Senior Spirit is all about!

Enrollment is simple and FREE for anyone 55+.

Member Discounts & Benefits

- Free health screenings
- Monthly "Healthy Living" seminars
- Monthly "Financial Matters" seminars
- Special hospital benefits
- Cafeteria discount
- Monthly newsletter
- Pre-paid lab program
- Pharmacy discounts

JOIN TODAY!

Call (850) 416-1620 or toll-free (877) 416-1620 • www.sacred-heart.org/seniorservices • 

**Senior
Spirit!**

 Sacred Heart
Senior Services



What Is Elder Abuse?

Mickey Rooney has enlightened many movie goers with his screen presence and conviction in all of his roles over his long and successful career as an actor. Today, Rooney finds himself in another role, except this is no act. Rooney has filed a lawsuit alleging he was verbally, financially and emotionally abused by his stepchildren. The reality is, elder abuse has become increasingly common over the past decade and has become a widespread issue in our society. Looking at elder abuse from a national scale, it spreads pretty far and wide. Within Escambia County, the number of reported elder abuse cases has also seen a rise since the past year.

Business
Climate
Magazine



For
Today's
Climate

www.nwflbusinessclimate.com

HOME ELEVATORS

ACCESSIBILITY • LUXURY • CONVENIENCE



HUMBAUGH
LIFT COMPANY

ELEVATORS • DUMBWAITERS • STAIRWAY CHAIRS • WHEELCHAIR LIFTS

(850) 207-8861

www.humbaughlift.com

Serving the Gulf Coast

According to chapter 415 of the Florida Statute, abuse refers to the act or threatened act of impairment to a person's physical, emotional or mental health by a relative, caregiver or household member. Elder abuse also includes cases of self-abuse, financial abuse and neglect. In Florida, those who see, hear or who have fallen victim to elder abuse can call a 24/7 hotline to leave a confidential report that is investigated by the Department of Children and Families (DCF), which provides protective supervision to those in need. Carl Martin, DCF operations program administrator for Escambia, Santa Rosa, Walton and Okaloosa Counties, says the majority of people who call to report abuse are what they call "mandatory reporters," which the state defines as doctors, providers, caregivers and those who are witnesses. Martin says that pretty much includes everyone.

A recent report showed an increase in reported elder abuse in Escambia County over the past year. Martin believes this number is more an indication that we are being proactive in our county and helping people report cases. "I'd like to think we are very good at reporting," says Martin. "While it feels like a bigger increase in reports, it may just be the efforts of getting the word out." Whether it is because there are more cases of abuse or an increase of reported abuse is unknown. The fact is elder abuse has become more visible to reporters and bystanders.

The Department of Children and Families held a seminar for World Elder Abuse Awareness Day on June 15 to assist caregivers and healthcare providers with ways to spot types of abuse and how to help and protect those in need. The department's banquet room, which can comfortably hold 85 people per presentation, was overflowing. Caregivers and service providers from all over the county came to learn more about how to protect seniors by providing the elderly community with better safety at their homes, in facilities or anywhere they might encounter abuse. Escambia County's proactive approach may inflate numbers a bit more between years, but the reason behind it may be for the better. In order to be preventative, this county has addressed the problem head on instead of brushing it under the rug.

Elder abuse is no longer a huge secret or taboo from which people shy away. With the teamwork of healthcare providers and caregivers as well as programs and services provided by the Council on Aging of West Florida, the battle against elder abuse might meet its match for once. For those who may be abused, you are not alone. If you are a victim of elder abuse or see any type of abuse discussed in this article taking place, please do not hesitate to call the hotline at 1-800-96ABUSE (1-800-962-2873). 

FOUR NEIGHBORHOODS
UNDER ONE ROOF



A NEW CONCEPT IN MEMORY CARE



CALL FOR A TOUR TODAY: 934-1662

Nursefinders. 850.479.8666
The Professional Choice. Fax: 850.479.8668

The Professional Choice for Home Care 24 hours a day!
Private Duty • Med Waiver • Private Insurance
Serving Escambia, Santa Rosa, Walton & Okaloosa Counties
5428 N. Davis Hwy. Pensacola, FL 32503 HHA#299992233
www.nursefinders.com

AFFORDABLE RELOCATION SERVICES FOR SENIORS

consider it
DUNN

"Let me help you with a move or prepare your home, so you can age in place."
- Pat Dunn, MS

- Set up your new home
- Assist with Downsizing
- Manage your Estate Sale
- Coordinate a Personal or Emergency Move
- Follow-up with Support



Each Move is Different. Call for a FREE Consultation!
850-380-6735



Are You Ready?

Four Keys to a Healthy and Fulfilling Life after Fifty



Are you ready? As a group, those of us over 50 will live longer than previous generations, but will we live better? In their *Younger Next Year* books for men and women, Chris Crowley and Henry S. Lodge, M.D., caution, “Americans have achieved such staggering longevity that the real problem is outliving the quality of life, not running out of quantity.”

In October, Council on Aging of West Florida is sponsoring four seminars to help people prepare themselves financially, physically, mentally and practically, and you’re invited to attend. These are educational sessions designed to help you embrace your future with awareness and optimism.

Session 1: Tuesday, October 2 “Financial Health after Fifty”

People are concerned about their future. They ask: How much money do I need to retire? What’s the risk of outliving my money? How can

I grow the money I have now? What are some “safe” investments? At what age should I start taking Social Security? These and other issues will be addressed by financial experts John Peacock and Robert Mills.

Session 2: Tuesday, October 9 “Physical Health after Fifty”

Nutritionist Dorothy Lee will talk about the impact of eating habits on longevity and quality of life. She’ll identify which foods to eat or avoid, and some ways to manage a healthy weight. Fitness expert Lorenzo Aguilar knows that the best anti-aging “medicine” is not a pill, but exercise. He’ll identify common injuries, how to prevent them, and ways to build bone density. He’ll also discuss effective exercise options and programs.

Session 3: Tuesday, October 16 “Fulfillment after Fifty”

So... you have money, eat well and exercise, but

what are you going to do with your life? Kathleen Logan, co-author of a book about growing a life that matters after 50, will discuss your opportunity for a “second life” by accepting this stage of life and the joys it offers. She’ll also cover attitude, dealing with change, “weeds” that can stunt your growth, and how to develop your personal life purpose statement.

Session 4: Tuesday, October 23 “Putting Things in Order”

Being knowledgeable about local resources—whether for a loved one or potentially for yourself—reduces stress and can help avoid or minimize a crisis. You’ll learn about programs such as Senior Companions which lets seniors remain in their homes, and other living options. You’ll learn why and when you need a will or trust, and develop your “to do” list.

Help ensure your quality of life by attending any or all of these sessions. Attendance is limited to 30 per session.

- Who should attend: Men or women over age 50 (Reservations are required.)
- When: Tuesdays evenings in October, 5:30 pm – 7 pm.
- Where: Council on Aging of West Florida Adult Day Care Center, 875 Royce, Pensacola
- Cost: \$10 per person per session

RSVP: Seating is limited. Call Council on Aging of West Florida today at 432-1475. 



We take SHINGLES seriously
because everyone who's had the chickenpox is at risk. (That's 90% of Americans!)

We accept Medicare Part D
Call to see if your plan qualifies

ProHealth	Pensacola	850-434-6168
offers the	Crestview	850-689-7592
Shingles vaccine	Milton	850-626-3430
in 4 locations	Ft. Walton Bch	850-243-2900

www.prohealthfl.com



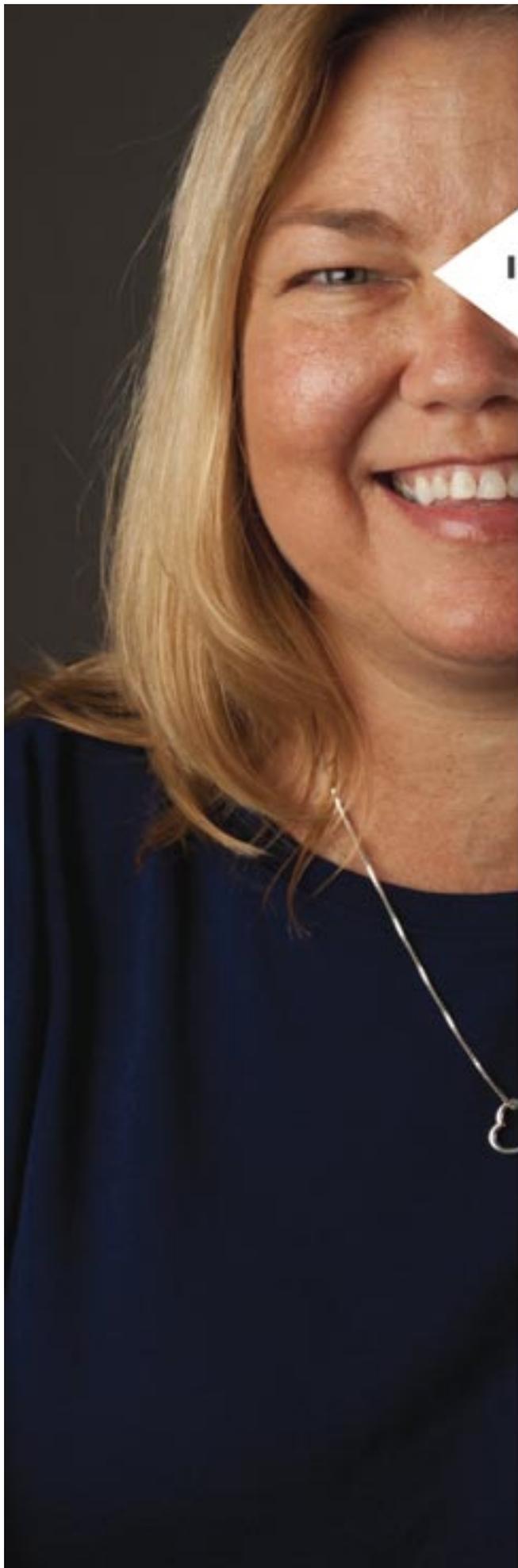
Guest Coming?
Need Help?

SOUTHERN TOUCH CLEANING & PAINTING

10% OFF
First Home Cleaning
(with additional booking)
The Southern Touch Cleaning Company

Already a Customer? Refer a Friend and Get
10% OFF
The Southern Touch Cleaning Company

 **850.932-7630**
office located in
Harbourtown #24 • Gulf Breeze, FL
www.PensacolaCleaningService.com



I've seen the miracle of everyday blessings

I've seen the breathtaking views of nature's beauty from the ground at my feet, to the air 10,000 feet above. I've witnessed man land on the moon and the climactic rise of modern technology that has changed the world around me. I've marveled in amazement and awe at the birth of my children and I envision my future with many years of joy and astonishment as I watch my grandchildren grow.

Oh, the blessings I've seen and the blessings I've yet to see.

A. Carnley, Diabetic Retinopathy Patient

The surgeons of Retina Specialty Institute are lending shape to the unknown, forging the next generation of knowledge and technology that help preserve the gift of sight from retina diseases like diabetic retinopathy and macular degeneration.

Experience visionary retina care.
Preserving. Treating. Advancing

RETINA
SPECIALTY
INSTITUTE

Sunil Gupta M.D.
Maggie Shuler M.D., Ph.D.
John Myers M.D.
Alan Franklin M.D., Ph.D.
Wright Lauten M.D.
Ryan Tarantola M.D.

RETINASPECIALTY.COM

PENSACOLA MAIN OFFICE
855.5.RETINA



SightLine Celebrates First Year at WUWF Public Media

By Lynne Marshall, Director of Promotions & Outreach, WUWF Public Media

For many people, especially seniors, reading the newspaper is as much a part of the morning routine as eating breakfast. However, if suddenly you were unable to see well enough to enjoy the paper along with your coffee, where would you turn?

In September 2011, WUWF Public Media stepped in to rescue a service that had been provided to the vision impaired in Pensacola by

WSRE -TV for nearly two decades. Cuts in state funding for all public broadcasting had eliminated the grant that supported the SightLine program. WUWF's leadership refused to let the service - which provides daily reading of the local newspaper and regional magazines for listeners with vision impairment or other difficulty reading - disappear from our community.

Seniors Real Estate Specialist (SRES®)

- As a SRES Realtor I am certified through the National Association of Realtors to understand your distinct real estate goals, concerns, and needs.
- FREE no cost or obligation Market Analysis!
- 10% Senior Discount! (restrictions apply see agent for complete details)
- If you are thinking of Selling, Buying, Relocating, or Refinancing use my experience and knowledge to help guide you through your transaction.



Local Realtor!

SRES
where the future takes shape

Melanie "Mel" Edmonson, Realtor SRES®
850.525.1194
myrealtor4seniors@gmail.com
www.myrealtor4seniors.com

Old South Properties, Inc.



never be bored

www.downtowncrowd.com

AHCA # 299993834

IN-HOME SENIOR CARE

There's a *Comfort Keeper*® Close By

Comfort Keepers® provides in-home care services that help seniors live safe, happy and independent lives in the comfort of their own homes.

Pensacola 850-791-6700

Niceville 850-279-6310



Each office independently owned and operated. © 2011 CK Franchising, Inc.

WWW.COMFORTKEEPERS.COM

A group of local attorneys funded the \$6,000 renovation of an office space at WUWF to make a dedicated studio for SightLine and within six weeks, WUWF staff had organized community volunteers to continue the community service.

Some things changed and some things remained the same. Listeners can still receive the signal via WSRE's SAP (secondary audio programming) channel through a partnership between WUWF and WSRE to deliver SightLine to the community. In addition, WUWF carries the signal on 88.1 FM's HD3 channel. This can be picked up with an HD (hybrid digital) radio. SightLine can also be found streaming online at wuwf.org (under Listen/Watch Now choose HD3).

When the *Pensacola News Journal* printed that WUWF would revive SightLine, numbers of listeners called prior to the first broadcast with thanks for continuing the service. One appreciative elderly gentleman remarked that SightLine had been his life-line since losing his vision to macular degeneration. He was able to continue his morning habit of listening to the newspaper even though he was unable to read it for himself.

Forty plus community volunteers have contributed more than 1,200 hours of time since September 2011 to read the *Pensacola News Journal* live each day – weekends and holidays, rain or shine – from 9-11 am. *The News Journal* is

rebroadcast noon – 2 pm, 9-11 pm and midnight to 2 am. The daily audio files are also archived for one week online at wuwf.org.

Other local programming includes Sunday Selections (both fiction and non-fiction books) on Sundays at 2 - 3 pm and a SightLine Children's Hour on Saturdays at 2 pm. When locally produced programming is not being broadcast, SightLine carries Gatewave, a national service which provides audio versions of everything from *Oprah Magazine* to *Rolling Stone* to the *New York Times*. A program grid is available online at wuwf.org/sightline or by calling 474-2787.

Volunteer readers, many of them seniors themselves, arrive at the WUWF studios at 8 am and work in pairs or teams of three to number the articles and organize the reading for that day. They begin reading live at 9 am. Normally, volunteers come the same day each week and work with a regular team. No experience is necessary – just the ability to read aloud. If you think reading for SightLine might be of interest to you, please contact Lynne Marshall at 850.473.7428 or lynne@wuwf.org. Just say you'd like to come and observe one morning to see if it's a good fit. We'd love to have you assist to keep this valuable community service growing.



COA **SightLine**



The Health Center of Pensacola
"Exceptional Care in an Exceptional Setting"

Our 5-star CMS rated facility offers hotel-like accommodations and provides a comprehensive, interdisciplinary approach to your individualized plan of care. Our dedicated team of doctors, nurses, therapists, and social workers can assure that you are getting only the best for you and your family. Together we will achieve your highest level of independence.



Rehabilitation Services

- Physical Therapy
- Speech Therapy
- Occupational Therapy
- Respiratory Therapy

Introducing our newest team member, renowned Director of Rehabilitation Sera Dunn, SLP

8475 University Parkway
 Pensacola, FL 32514
 850-474-1252

www.healthcenterofpensacola.com

YOUR FATHER USED TO LEAD THE WAY.

He still can.



It's time to bring the family back together and work from your parents' wisdom. Faith and experienced care meet at home, where all your family's journeys began.

Covenant HOSPICE
 Licensed in Florida in 1983

Care when it counts the most.

Escambia and Santa Rosa counties:
 202-0840 • covenanthospice.org

10 26 2012 RAT PACK REUNION

By Emily Lullo



Last year, the Council on Aging of West Florida brought the inaugural Rat Pack Reunion to New World Landing in Pensacola. The night paid tribute to the original pack with a swanky evening of dinner, music and dancing. Attendees got the chance to dress up in their finest Rat Pack attire and enjoy the night's entertainment, all while supporting the ongoing mission of the Council on Aging of West Florida.

This year's Rat Pack Reunion will take place from 6 to 11 pm on October 26 at New World Landing in downtown Pensacola. It will still pay homage to Frank, Dean and the rest of the Rat Pack, but with just a few changes to the program from the inaugural event.

"The theme, dancing and entertainment will follow the success of last year's inaugural event," says event co-chair Caron Sjöberg. "We just want to try and improve on a fantastic and memorable evening."

Last year's "Big Cheese" honoree, Fred Levin, will be the master of ceremonies at this year's event. Instead of a single guest of honor, the 2012 Rat Pack Reunion will have five honorees that will be celebrated throughout the night. Those five people are Lewis Bear, Jr., Corbett Davis, Jr., Richard McAlpin, Pete Moore, and Frank Patti. These five individuals have not only achieved success in business pursuits, but have invested repeatedly back into the greater community of northwest Florida.

Lewis Bear, Jr. has been the CEO of the Lewis Bear Company, a beverage distributorship, since 1985 after working his way up from a sales position and later to vice-president. He's currently a member of several boards focusing on economic development to the area; he's vice chair of the economic development board for the Greater Pensacola Chamber, board chair of the Pensacola Escambia Development Commission, and on the executive committee of Florida's Great Northwest, a 16 county economic development organization. Additionally, Bear is a trustee for the University of West Florida, vice president of Arts, Culture and Entertainment, Inc. and a lifetime trustee of the Pensacola Museum of Art, among many other positions.

Bear has been married to Belle Bear for 46 years and the father of three and grandfather of four enjoys hunting and fishing when he isn't working or

fulfilling other responsibilities with various organizations.

Many know Pete Moore's name from the auto dealerships he owns. Starting in 1981 with a brother and another business partner, Moore purchased the oldest Chevrolet dealership in the city, later relocating to New Warrington Road, buying out his partners, and purchasing Volkswagen and Mitsubishi franchises as well.

Pete Moore Automotive now employs more than 150 people and his business supports numerous organizations and causes in the community. The business and its team support area schools and youth sports teams as well as organizations like Covenant Hospice, the USO, ARC Gateway, the American Cancer Society



and many others. Moore is married to Angela Ellis Moore and has four daughters and seven grandchildren. He enjoys biking, powerboating and exercising.

Honoree Corbett Davis Jr. is the president and co-owner, along with his son, of Jeweler's Trade Shop, and is a certified gemologist with the Gemological Institute of America. A published author many times over, Davis is also a member of several boards including the Downtown Improvement Board, the Pensacola Museum of Art and a past board member of the Gulf Breeze Zoo. He's married to DeeDee Davis and has one son and two grandchildren. He enjoys fly fishing, photography, writing and cooking, and has even published a cookbook.

Richard McAlpin boasts more than 30 years

experience in commercial real estate development, specializing in hotel and condominium development. He has completed development projects from Pensacola to New Orleans, Jacksonville Beach and Daytona Beach and beyond. McAlpin was one of the original organizers and past chairman of the board of directors for the Gulf Coast Kids House and is currently president of The Gulf Coast Kids House Future Fund. He was co-chair for the 2004 Walk for Diabetes and the chair for the 2005 Walk. He is a member of the Pensacola Yacht Club, McGuire's Irish Politician's Club, and Delta Kappa Epsilon Club of New York City.

McAlpin provides scholarships for the Athletic Department at University of West Florida, and coaches kids at the Creative Learning Academy and the Gulf Breeze Sports Association.

Frank Patti is the owner of Joe Patti Seafood Company, which his father Joe started in 1933. Frank took over the company after his father's death in 1992, and has since led the top tourist attraction and standout fish market to record sales and expanded visibility. A consummate professional and a great Gulf Coast character, Frank is often found working the fish counter, much to the delight of his patrons. Frank has the sea in his heart and his great love of ships led him to open Patti Shipbuilding in 1979. Patti Shipbuilding specializes in the quality construction of the vessels, from the fishing industry, the towing industry, the gaming & excursion industries, and the Corp. of Engineers.

Mr. Patti regularly supports a variety of community organizations including high school football teams, tee ball, veterans and military groups, Girl Scouts, Brownies, the Teen Challenge program and the Knights of Columbus.

Each of these honorees will be celebrated throughout the night in a unique way for the enjoyment of guests.

The evening's musical entertainment will be renowned Frank Sinatra tribute artist Tom Tiratto. Guests might think they're hearing



the original “Old Blue Eyes,” with Tiratto’s pitch-perfect Sinatra-esque vocals. Tiratto has sung to live audiences all over the world, including *The Tonight Show with Jay Leno*. Tiratto will be joined by a full orchestra that will perform swing and pop hits from Sinatra’s collection. The event is black tie or Rat Pack-style wear, and will include a gourmet Italian dinner along with the dancing and entertainment.

Join Council on Aging of West Florida for a lavish night of dining and dancing while honoring five deserving individuals from the local community and supporting a worthy cause. Tickets are \$100 per person.

The Council’s mission is to lead the community in advocacy and services for the aging and those involved in their lives, like caregivers and family members.

“Rat Pack is one hundred percent entertainment—definitely not your run-of-the-mill fundraiser!” Sjoberg says. “The Rat Pack committee is going to great lengths to ensure that this will be an unforgettable experience for everyone. And at the end of the day, the event will help to raise funds to help our local seniors.”

For tickets and more information visit ratpackreunion.com or call 432-1475 ext. 305. COA

PENSACOLA SELF STORAGE



- ELECTRONIC GATE ACCESS
- 24 HOUR VIDEO RECORDED
- CLIMATE CONTROL UNITS
- LOCKS, BOXES & MOVING SUPPLIES
- MONTH TO MONTH LEASES

CURRENT PROMOTION:

50% OFF

FIRST THREE MONTHS WITH MENTION OF THIS PROMOTION.

~ Behind Sears at University Mall ~

7001 PLANTATION RD • PENSACOLA • 850.677.0746
www.PensacolaSelfStorage.com



Purple Pelican
 Concierge, LLC

**licensed
 bonded
 insured
 gift certificates**

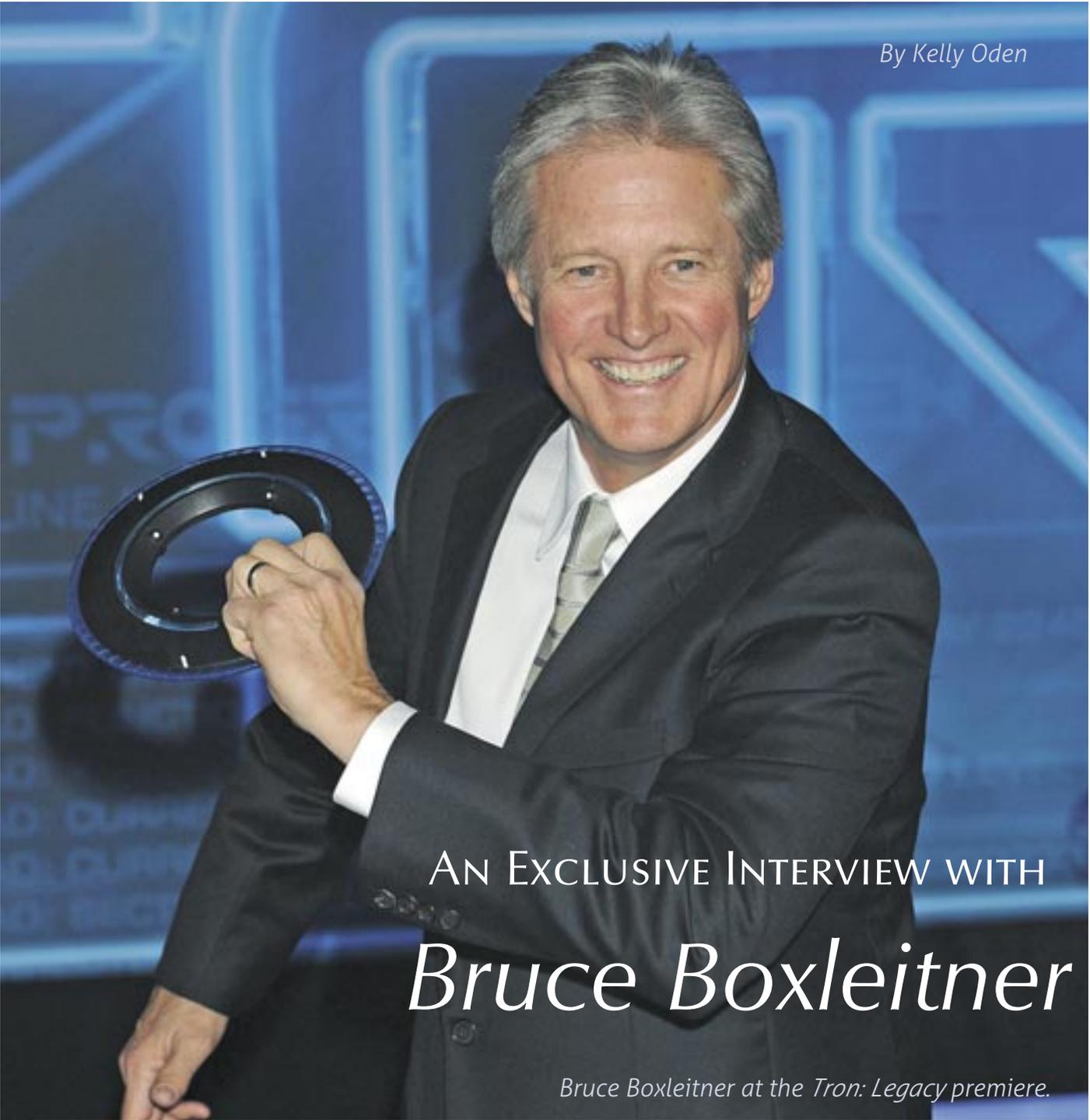
- General Errands
- Meal Delivery
- House Sitting
- Pet Sitting and Pet Transportation
- Mobile Notary- We even come to your hospital room or assisted living facility.

Give Us Your “To-Do” List -We’ll Get it Done!

866-972-4111



www.PurplePelicanConcierge.com

A photograph of Bruce Boxleitner, a middle-aged man with grey hair, smiling broadly. He is wearing a dark suit jacket, a white shirt, and a light-colored tie. He is holding a black, circular, glowing blue light cycle wheel from the movie Tron: Legacy. The background is a blue, futuristic, grid-like pattern.

By Kelly Oden

AN EXCLUSIVE INTERVIEW WITH
Bruce Boxleitner

Bruce Boxleitner at the Tron: Legacy premiere.

Known widely for his roles in *The Scarecrow and Mrs. King*, *How the West Was Won* and the Disney *Tron* series, Bruce Boxleitner's boyish charm and warm smile are instantly recognizable. Born in Elgin, Illinois, Boxleitner discovered his talent for acting in his high school drama club. Encouraged by his drama teacher, Boxleitner applied and was accepted to the Goodman Theatre School of Drama of the Art Institute of Chicago. Boxleitner worked in theatre in New York City before deciding to try his hand in television in Los Angeles. He landed his first role on *The Mary Tyler Moore Show* in 1973. That appearance led to a number of small roles in classic shows like *Gunsmoke* and *Barretta* and to a recurring role in *Hawaii Five-O*. His breakout role came in the 1977-79 mini-series *How the West Was Won*, where he played Luke Macahan. Later, Boxleitner landed leading roles in two very popular shows, *The Scarecrow and Mrs. King* and *Babylon 5*. Boxleitner has appeared in more than 30 TV shows and over 40 movies, and he is the author of two science fiction novels, *Frontier Earth* and *Searcher*.

Boxleitner's prolific resume and professionalism landed him a seat on the National Board of Directors of the Screen Actors Guild, on which he served for eight years. Additionally, his deep love of the space program led him to an appointment on the National Space Society Board of Governors in 1998.

In his personal life, he is well known for his 16-year marriage to Melissa Gilbert, which ended in 2011. Boxleitner has two sons from his first marriage and one son and one stepson with Melissa Gilbert.

Boxleitner resides in Los Angeles where he enjoys working, reading, hiking, travelling and waking up.

COA had the distinct pleasure of speaking with Mr. Boxleitner about his career, his passion and his future plans.

COA: Hi, Bruce. Can you tell me a little bit about your upbringing and what inspired you to get into acting?

BB: I started because I was a big kid in high school and I was looking for something to do. I had always been interested in movies and television, but never that interested in theatre because I'd never had much exposure to it. I walked into an audition my sophomore year. I'd tried out for basketball and didn't make it. I liked playing baseball and tried out for it. I didn't make that either. I was very disheartened and I wanted to do something other than just school in high school. So I walked into the audition—it's kind of almost a cliché, but there were a lot of girls in drama guild (laughs). It was Agatha Christie's *Ten Little Indians and Then There Were None*. I got the role of the young hero in it. I think that sort of started it. I had fun. It was a great group of kids and a terrific drama teacher who would later become very important in my life. At the end of my high school career, she encouraged me because she saw I'd discovered that I loved acting. You know, I realized that "They like me." Anyway, I was bitten by the bug right there. I was in the Midwest, in Northern Illinois, outside of Chicago. There was no theatrical history in my family. No one had ever done anything like that. It was all new to me, but it was something I really enjoyed doing and was intrigued by. It was something that

I had to do. How I was going to go about it, I had no idea. So I went from there to just about every play we did.

COA: I understand that you were unprepared for your first musical performance. Someone got sick, and you went on?

BB: That was a little later. That was certainly a big challenge for a high school kid, though.

I was a chorus line guy in that, and we had an actor in the drama guild that was a very good singer and that was mainly what he did. He was more of a musical actor, and I wasn't. But I was the only other sort of leading man they had. I understudied the part of Harry Higgins in *My Fair Lady* only because there was nobody else, and I never thought fate would hand me this. On opening night, our leading man got very ill, and I had to go on for him. I had rehearsed maybe once and I watched him. I was a chorus guy. I had no real responsibility in the show other than to be in the crowd scenes and I was suddenly thrust into the role of the male lead. I had about four hours of rehearsal and I had the scripts strategically hidden all over the stage and I knew enough of the lines. So I talked-sang like Rex Harrison did in the movies and I sort of talked those songs through and it kind of worked and it was a very harrowing experience, but I got to woo the leading lady and she became my girlfriend after that. I was a big hero there. I carried it off, and the audience loved it. I was in shock and I was the hero of the drama guild at that point.

COA: Hearing you talk about it, I wonder what you think about shows like *Glee* where they make high school drama clubs more popular.

BB: Oh! I know! But it was nothing like that. My drama guild was nothing like what they portray in *Glee*. I wish we all were singers like that. That was a very formative time for me. My teacher, she saw something in me, and she said, "You need to continue with this." I had no idea how. My parents didn't know how. We did a lot of plays at school. This particular group was a very prolific group of kids. Two went on to be screenwriters, some became actors, and one became a comedy writer. One later developed the shows *Barney Miller* and *Night Court*. We went on to win the State of

Illinois Drama Contest against every other school in the state. We did Robert Bolt's *Man for all Seasons*. We did Shakespeare. We did everything. My teacher was a wonderful inspiration to me. She helped me go from high school to the Goodman School of Drama. I eventually became a professional actor after that. I was very young—18 or 19. I joined the professional theatre after my schooling there. I did theatre in Chicago and I ended up going to New York to lead in a Broadway show. It all started from there.

COA: How did you get into television? I know you had some early appearances on *The Mary Tyler Moore Show*.

BB: Yes, that was literally my first job in Hollywood. I only had a few lines. I guess you could go online and find it, too. I was haunted by that (laughs). I was in New York, I had taken this part in a play that I starred in and it died. It had been popular in Chicago and in Washington D.C. When we got to Broadway, it was another whole

experience. I worked for a guy named Ted Danson. I don't know whatever happened to him (laughs). The show didn't have quite the success that it had had in Chicago and D.C, but it got me seen by a big agency. That was one of the biggest struggles for an up and comer was getting an agent—someone that believes in you. They saw me in this thing and eventually I realized that in New York at that time—well, I would never have made it in *Glee*. I wasn't a singer or dancer. I was an actor. You needed singing skills to make it on Broadway. I did some summer stock and met some Hollywood people and they all said, 'You ought to go to Los Angeles.' So, they planted this seed in my head. I was pounding the pavement from audition to audition in New York and I kept going up for movies with a very famous agency—Marion Dougherty Associates. I went up for kid parts, young guy parts, and *almost* got just about everything. They would eventually cast the lead out in Los Angeles. I was always the second guy

they wanted. I realized I was in the wrong place. I always loved television. I liked movies, but television was where I wanted to go. So I did. I can actually say that I achieved that. They gave me an agent to look up in Los Angeles. So, luckily, I had an agent when I came out here. I was persistent. I was a new face and I had nothing on film. The only thing they care about is what you look like on film. They don't care if you did *Richard III* on Broadway. If you didn't have any movie film or television film on you, they were not interested. So I had to get that footage. I went up for everything. Eventually I landed this part on *Mary Tyler Moore*. What a thrill that was. This was a very popular show. To actually be on it was thrilling. There was a live audience and three cameras. I was kind of used to that with my theatre experience, being in front of that. I got my SAG card with that. It took



Bruce Boxleitner and Jerry Doyle from *Babylon 5*.

my entire paycheck. You had to break in somewhere. Someone had to give you a chance. And that was my first. I did *Gunsmoke* after that. I was sort of a CBS kid there. I did *Hawaii-Five-O* and I eventually started doing small parts. I came up that way. Finally, the show *How the West Was Won* at ABC, about two years later, gave me my big break. I was very fortunate and I came on at a time when the adults were the stars and the kids and family are supporting cast. Now, it's reversed, the kids are the stars and the adults are the support.

COA: You mentioned your SAG card. You were on the SAG board of directors, correct?

BB: I was for eight years, but no longer. You can only serve so long on those things.

COA: I always wonder how actors feel about the popularity of reality TV and how it's changing your profession.

BB: This actor? I'm not a fan of reality TV. It's not reality. You put a camera in front of someone and say it's unscripted. But it is scripted. It has to be. You can't put the camera in front of someone and make a television show. It has to be scripted. I love that facade that they put on originally, but I'm not a fan of it. It's put my generation mostly out of work. I am a television actor, and I've been in many feature films. It's very disparaging, particularly to my age group. It's harder anyways because of ageism in television. We have to fight for the scraps. I don't want to sound bitter, but it's the truth. I see the same group of guys for every audition. I have hundreds of hours of film on me. They want to see what I look like now, because they are too young to remember. I used to hear about these things when I was a young actor; this is what I had to look forward to. I'd sit with some older actor on the set. It's the logical progression of things; I'm fortunate to keep working. Reality TV has changed television. These so-called celebrities—the Kardashians make me puke. I don't understand celebrities who are famous for just being famous. What is their talent? What brought them to this? I don't mind variety shows, which have been a staple of television. These are talent shows. I don't mind those at all, because

there is truly something about talent. So far as network television that I came up on, it's very disheartening. I understand that that is the market, and that they have to be in it or they die.

COA: It's interesting with the Kardashians. Nobody seems to like them, but they seem to have staying power.

BB: I despise them. I don't mind openly saying it. I don't understand them. These people and the *Jersey Shore*, this is the dumbing down of America. It's just my opinion and people can like me or hate me for it. It's the dumbing down of our culture. It's so bad. On a little side note--when I was on the board of the Screen Actors Guild, I chaired this committee on which, if you were a SAG member you would be brought before us for some sort of infraction of the rules. I remember Paris Hilton, at the height of her 'celebrity' was brought in because someone had laid charges against her that were completely false. It was obvious that someone was just looking for money. The case was completely unfounded. I remember meeting Paris Hilton. She was the person representing the reality TV genre--the "who are these people?" I found her to be a very charming and sweet person. I felt sort of sorry for her. This is the risk of being in the public eye. We dismissed the whole bloody thing. She was very polite and thankful. I'm not trying to say all of these people are venal or terrible people. It's just the way our society has gone, I guess. Where private life is portrayed openly on Twitter and Facebook and TV shows. It's not my generation.

COA: Let's talk about *Tron* a little bit. Almost thirty years between the films?

BB: Yes. Almost 30 years. Now I'm doing the newest incarnation of this. *Tron: Uprising* animated series.

COA: I wanted to ask about working with Jeff Bridges. How was that?

BB: Well, in the second one, I didn't get to do anything with him, but it was an absolute thrill to see him again. He's a great guy. He's playing the great roles for guys our age. I worked with his father when he was around my age now. We worked together on *How the West was Won*. That

was a huge thrill. I know Beau and his family, and Jeff. I feel like one of the Bridges' boys that nobody talks about (laughs). I feel like a brother to them, I do. *Tron* was a great experience and he was part of the reason I accepted the role in the original. He was a contemporary and I loved what he was doing. It was thrilling to get the opportunity to work with him. He was a young movie star at the time. I didn't do many movies, so when I got the opportunity, I knew he was already tied to the project and that was definitely a selling thing—I get to work with Jeff Bridges. I've always been a fan, and I'll always be a friend.

COA: You seem to have a big interest in science fiction. You write some as well?

BB: I did. I'm a published author.

COA: What is your attraction to that genre?

BB: Well, the genre is limitless in its imagination and for the imagination. I'm so glad to see that with our generation it has finally grown up and been accepted. It wasn't before. It was considered kind of geekish. Look at pop culture now. It's been accepted. Here in Hollywood, science fiction is a huge mainstay of our viewing and our pop culture. It wasn't always so. In the past it was something on the fringe and childish. Steven Spielberg's generation of filmmakers brought it to the forum. It's a huge staple of our viewing and reading. I've always enjoyed it. I like Westerns even more. That's just a genre that I grew up with. It was very prominent when I was a young boy. It formed my imagination. It gave free reign to it. In science fiction there were no limits either. I am a little leery of the vampire and zombie thing. I wish we would get back to the science fiction. Using our imagination to consider the future and how it's going to be. I grew up with *Star Trek*. I consider my roles in *Tron* and *Babylon 5* very important.

COA: You are also involved in the National Space Society.

BB: I was. I'm not so much anymore. I was when I was doing *Babylon 5*. They were tremendous fans of our show because we were doing some groundbreaking things on television by portraying the actual science of space. I got to know people at NASA. It was very thrilling.

COA: Did they give you any insight?

BB: They were always fascinated by how we portrayed things. We were always fascinated by how they would actually do things. We exchanged a lot of ideas and personalities.

COA: What do you see as the future of space travel?

BB: I'm disappointed. I think we should be a lot further along. I think that what is exciting is the future of privatizing space. I don't want to see NASA gone. I'm disappointed in how the current administration is not space friendly. I don't want to get into politics. I hate to see how NASA was at the forefront of it. I grew up with the space race. I'm that age group. We watched the Mercury astronauts. I see young kids who believe this hogwash about how we never really went to the moon. I know Buzz Aldrin personally and he's a tremendous hero to me, and the world. I never got to meet Neil Armstrong. These guys were dedicated and they sacrificed and they went on probably the greatest adventure man has ever done. The future of mankind is out there. One day we will have to leave this rock. People don't realize it. You and I won't live to see that. Maybe younger generations will. This place could turn into what Mars is today. I think it's in us. We are explorers. We explored this entire planet. We need to take care of this planet, I believe that, but I also think that we need to get out there. Privatizing space is the future. Using the old west metaphor—it wasn't the army that expanded, it was people loading up in wagons to start new lives elsewhere. Then the army and the government followed. It was the people who expanded. Never rely on government, they can mess things up worse than anything. I truly believe that.

COA: I'm not sure if you are familiar with us in Pensacola. We have Naval Air Station Pensacola and we just opened a flight academy for kids. It's affiliated with the base. It teaches kids about flight and space exploration and the science of it all.

BB: Good, Good, Good.

COA: How important do you feel it is for us to teach children these skills?

BB: I truly believe in it. We need to keep this going, especially for the younger generation. They are the future pioneers that I am talking about—and their children and grandchildren. We have these hiccups now—war and the economy. I don't want to see the space program cut because of these things. I would love to see our population, once again, focus on the future. It has affected everything on Earth today. The communications and computers all came from the space program. These things in our lives that we consider modern conveniences got their start there. If you have an iPhone, you have more on the iPhone than was on the entire *Apollo* program. Buzz and Neil didn't have any of this when they landed on the moon and the entire world was watching. It may be hard for you to believe, but that day that man walked on the moon, the world stopped. Every human being had the realization that someone was landing. We did it. The Russians were right behind us. Every country has space programs now. The Chinese are way ahead of us right now. I just hate to see us fall from where we were in the world's community. We all need to be participating in this. We are all human beings. This is important for mankind. You know that plaque on the moon that Buzz and Neil planted? We were involved in Vietnam and the world was worried about the militarization of space. It says, "We men of Earth come here in the name of peace." That's why Neil Armstrong was the first man to touch the moon because he was not a military man. Aldrin was a colonel. Armstrong was a civilian. We went to great lengths to make sure that people wouldn't consider America as trying to be militant about the moon landing.



Kate Jackson and Bruce Boxleitner from Scarecrow and Mrs. King

COA: You played a naval officer on *NCIS*?

BB: I played all sorts of military officers. In *Babylon 5*, I play a military officer. We had militarized space on that show (laughs). It was called Earth Force.

COA: Pensacola is a Navy town. I was wondering if you learned anything about the duties and attributes of Naval officers from the roles you've played.

BB: In 2000, I landed on the *USS Abraham Lincoln* at sea, as a guest of the USN. I flew in an F-16 as a guest of the USAF. I'm a big proponent of our military and our military people and I bless them for everything they do for us and for the sacrifices they make. Naval



James Arness, Fionnula Flanagan and Bruce Boxleitner from *How The West Was Won*.

Aviation? I saw it right up close and personal—about 100 miles of the coast of Baja, California. I stayed two nights on the *USS Abraham Lincoln*. It was an amazing experience. I was thrilled and I also had to catapult off of that thing to go home.

COA: You've done so many different roles and have so many acting credits. Is there one role that was particularly challenging for you?

BB: In terms of hard work, maybe it was *Scarecrow and Mrs. King*. Kate Jackson and I had to carry that show. The workload was the challenge. We did 21 episodes a season, and tried to keep it fresh. Unfortunately, Katie became ill in 1987 and we had to quit the show. She had breast cancer, which in the 80s was something that you did not mention. We had to go off the air. But it was very hard work. People don't realize how long the hours you spend doing that. I was with her longer than my wife and kids those days. I would say it was challenging in that way. The success or failure was on our backs. The writers as well, obviously. That was tough, but it was a fun show.

It was probably my most famous show. Dealing with that was draining as well.

COA: The fame?

BB: *Tron* had just come out. Television was still my most successful medium. Dealing with that, having to go out on the weekends and promote the film--the press stuff. There was tons of that. I didn't have a big series before that, only 17 episodes. I had to carry that. Those two things were my hardest. I was much younger and I had the energy for it. I had to hit the ground a lot. Fight scenes. Physical roles, those were challenges.

COA: I know you did some work ABC's *GCB*. There were some funny ladies on that show.

BB: It was terrific. I'm sorry that it didn't get picked up. Leslie Bibb, Kristen Chenoweth, Annie Potts, Miriam Shor, all of them were just terrific. I was only in five episodes. I played Uncle Burl. I had a great part. I'm just sorry they didn't get to continue. And Annie Potts, who I'd never met before, I love her work. And I worked with her a great deal. She's a great comedic actress.

COA: You've worked with a lot of folks. Do you have a favorite female co-star?

BB: I can't answer that! They would get jealous! They could read this! Everyone is going to get insulted!

COA: Oh, come on!

BB: I had the great fortune of working with some absolutely lovely television stars. Jane Seymour, Linda Evans, Kate Jackson, oh my. I've been fortunate. I'll put my ex-wife in there, too, Melissa Gilbert. I'm not some bitter old divorced guy. We did a couple movies together, TV movies. Her first job back from having our son, Michael,

was on *Babylon 5*. I've been very fortunate. I love them all.

COA: The upcoming *Tron: Uprising* is animated, so you are a voice actor. How did you feel about this?

BB: I loved it a lot. I want to do more of it. I think with the Disney folks, I couldn't be in a better place. They do so many animated films. I enjoy that work. I enjoy it a great deal. I don't have to get all dressed up to do it. It's still a challenge, it's acting. Believe me it is, trying to play different characters. With the Tron character, I've got the older, more battle-weary and seasoned Tron. I'm working with Elijah Wood, Lance Henrikson, Paul Rudd, a huge cast of people on this thing. Great people. Everybody brings great quality to this work. It's very exciting. We don't call them cartoons anymore. This is like an animated feature film. They are very serious about it.

COA: You mentioned your children earlier. Have any of your children gone into show business?

BB: All of them have. My three sons are all in the business. My stepson is not. My youngest son, Michael, is already an actor in the theatre. He was with his mother on a national tour of a musical for almost a year. He's going to finish high school and then concentrate on the business. As the son of an actor and actress, I think it's in his genes already. My oldest son, Sam, is an actor; he was in the music business for many years. My son, Lee, is a technical engineer. He's done 25 movies already—television movies for the Hallmark Channel. He works for them in the sound department. He directs his own features as well. You can find their work on Youtube, they are called the “Sons of Tron.” It's not easy. They did grow up on TV and movie sets.

COA: We are a magazine for mature adults. You are in your 60s and you look great. Do you have any secrets for aging well?

BB: Everything in moderation. I try to eat well. I get a lot of exercise. Being an actor, you do have a lot of time, so I keep working out. I do an hour every other day on my rowing machine. I'm an avid hiker and biker, although mountain biking is

becoming very treacherous. I love to hike and power-walk and swim. I believe in getting off the couch. It's too easy. You get to be sedentary. I'm in my sixties now, I feel vibrant and alive. I'd never want to go back.

COA: Besides physical activities, what are some of your other hobbies?

BB: I'm an avid reader. I collect antiques. I used to have horses. I had horses for 20 years. I kind of like that, in this time of my life, I'm unloading stuff rather than collecting. I've been a packrat for so long, this is a good time to get free of material stuff. I want to be able to go out my door and not come back for weeks on end. I don't have pets anymore. I don't own a house anymore. Well, I'm trying to sell a house as a matter of fact. I'm very comfortable. I did all that. I raised children. I had a lot of responsibilities. I had a ranch, and I'd love to go back to that. But the responsibilities worked you into the ground so much so that I don't want to have to keep that up. I fed everybody. I clothed my loved ones. I did it. I've done it. Everyone is all grown up. I love them all. They are all healthy, good people. I love to travel. I've been a month home from Italy. I'd never seen Rome. I love history, and there is no better place than Rome. I want to travel more.

COA: What is your idea of a perfect day?

BB: Waking up. My idea of a perfect day is showing up on a set anywhere and working. I've been doing this for about 40 years. I enjoy it now, more than ever. When I do get a job, I love it.

COA: Will you retire someday?

BB: If I'm up and healthy, I'll work. There is always a need for some old geezer. I'll play a good grandfather or what have you. I am reliable and I'm in good health. As long as you have your health.

COA: If you love what you are doing...

BB: Exactly. I don't feel like stopping now. In my business, I mean, look at Betty White. She's an inspiration for all of us. I can point to any number of actors my age that are still working. I think I've got something to give yet. 

Volunteer and Staff Recognition

Adult Day Health Care Volunteer Pati Bryan was recently selected for the 2012 Volunteer Award by the National Adult Day Services Association (NADSA). Pati has volunteered at our Adult Day



John Clark, Pati Bryan and Rosa Sakalarios

Health Care Center two days a week for the last 10 years. Pati is a hands on volunteer and can be found caring for clients, leading activities, planting flowers, helping in the kitchen and much, much more. Pati is such an asset to our agency and an example of committed, selfless volunteering. Pati will be accepting the award at NADSA's annual conference in Pittsburg this month.

The Home Builders Association of West Florida (HBA) was recognized at the recent Florida Conference on Aging for its work to expand our Adult Day Health Care Center. The HBA was presented with the Service to Seniors by an



Bill Aycriggi, FCOA; Shelby Johnson, HBA; and Dave Lynn, FP & L

Organization Award, one of four awards presented as part of the Florida Council on Aging/Florida Power & Light Quality Senior Living Awards program. The Service to Seniors by an Organization Award is presented annually to a business, private or public organization that does not have service to older adults in Florida as its primary focus. The purpose of the program is to recognize individuals and organizations whose efforts have improved the quality of life of older Floridians. The award was accepted by HBA board member Shelby Johnson on behalf of the association.

President & CEO John B. Clark was recently installed as the president of the Florida Association of Aging Services Providers (FASP) at the Florida Conference on Aging. FASP is the statewide



organization that specifically represents the full array of direct service providers in aging, including case management, nutrition, senior centers, adult day care and volunteers. Its mission is to support and advocate for public and non-profit organizations engaged in the provision of community-based services to Florida's elders to improve their quality of

life. Clark served as FASP president from 1992-94. Clark is also a past president of the Florida Council on Aging, which is committed to serving Florida's diverse aging interests through education, information-sharing and advocacy.

Jeff Nall, vice president of communication and development, was recently installed as state president of the Florida Public Relations Association (FPRA) at its recent annual conference. Its nearly 1,300



members represent a variety of different organizations including private and public corporations, government entities, not-for-profits, counseling firms and independent practitioners. As a statewide association, FPRA provides a variety of services, benefits and opportunities dedicated to the

success of its public relations professionals from continuing education, professional accreditation, monthly professional development programs, professional recognition and annual conference. FPRA, the nation's oldest public relations organization, will celebrate its 75th anniversary under Nall's leadership.

Council on Aging of West Florida recently earned three awards in the 21st annual National Mature Media Awards Program. The program, presented by



the Mature Market Resource Center, a national clearinghouse for the senior market, recognizes the nation's finest marketing, communications, educational materials, and programs

designed and produced for older adults. Awards won were a Silver Award for the 2011 Rat Pack Reunion in the special event marketing category, a Merit Award for the Winter 2011 issue of *Coming of Age* in the publications/editorial category and a Merit Award for its YouTube channel, www.youtube.com/coawfla, in the social media category. Council on Aging of West Florida has received National Mature Media Awards annually since 2007. Nearly 1,000 entries are judged annually by a distinguished panel of mature market experts from across the United States for overall excellence of design, content, creativity and relevance the senior market.



Council on Aging of West Florida and Ideawörks won an Award of Distinction in the Florida Public Relations Association's state Golden Image Awards in the Printed Tools Division for

the Rat Pack Reunion 2011 Sponsorship Package. The competition is conducted annually to recognize outstanding public relations programs in Florida and to encourage and promote the development of public relations professionalism in our state. The Golden Image Awards have become a standard of public relations excellence in the state of Florida.

New Faces

LeAnne Hamilton recently joined our team as development director. Hamilton is responsible for increasing philanthropic gifts, special event sponsorships and awareness of private-pay services. Hamilton has over 15 years of successful non-profit fundraising experience as well as experience in specialty pharmaceutical sales. Hamilton is a graduate of Lambuth University in Jackson, Tennessee and an active member of the West Florida



Chapter of the Association of Fundraising Professionals.

Lisa Schachle recently joined our team as Senior Companion/Foster Grandparent/R.E.L.I.E.F. Director. Schachle is responsible for the overall administration of the programs in accordance with established federal/state guidelines. Her duties also include monitoring and assisting with participant recruitment and placement as well as developing relationship and coordinating efforts with participating stations. Schachle



is a graduate of Loyola University in New Orleans, Louisiana. Most recently, Schachle worked for the Escambia County Board of County Commissioners.

Giving Just Got Easier!

To be more inclusive and provide more giving options, we are transitioning from an annual membership-type structure to a Circle of Friends. One new option is the online ability to set up automatic monthly recurring pledge-type gifts by credit card at www.coawfla.org.

Donations may still be made by mail or phone. Additional ways you can help throughout the year include tribute gifts such as memorials or honorariums, including us in obituaries as an "in lieu of flowers" memorial alternative, attending special events, end-of-year gifts, planned giving and bequests, and facilitating company matching gifts. For more information on giving options, please contact LeAnne Hamilton at lhamilton@coawfla.org or 850-266-2513.

Thanks to the Plein Air Painters of Pensacola We would like to once again thank the members of the Plein Air Painters of Pensacola who have loaned their artwork to create a soothing, home-like atmosphere at our adult day health care center. The group rotates out loaned artwork on a quarterly basis, keeping the facility fresh and fostering stimulating conversations among our participants. Thanks to all of the artists who have shared their talent and their hearts with us.

Caregiver Support Groups

Our monthly support groups are provided to support all caregivers. These support group are designed to reduce stress, increase coping skills, provide strategies for effective management of care giving tasks and enable caregivers to provide high quality care in the home. Attendance is free and new members are welcome to join at any time.

Milton

1st Thursday - 6 pm
St. Rose of Lima Catholic Church
6451 Park Avenue

Century

3rd Thursday - 6 pm
Century Care Center
6020 Industrial Boulevard.

Pensacola

Last Thursday - 6 pm
Council on Aging of West Florida
875 Royce Street

Grandparents Raising Grandchildren and Other Relatives Support Groups

An increasing number of seniors and other relatives 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.

Pensacola

2nd Thursday 6 pm
Homewood Suites
5049 Corporate Woods Drive
Dinner is provided through Homewood Suites' evening Manager's Reception.

Gulf Breeze

4th Tuesday - 6 pm
Oriole Beach Elementary School,
1260 Oriole Beach Road
A light dinner is provided at 5:30 pm.



Rat Pack Reunion 2012

Friday, October 26

New World Landing, 6-11 pm

Tickets: \$100 per person

Tickets are now on sale for the biggest party of the year! It's that

time of year again when we gather to have a retro-fabulous time while raising much-needed funds to help the elderly in our local community. This year we plan to dazzle and entertain you while celebrating five 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 2012 Rat Pack: Lewis Bear, Jr. • Corbett Davis, Jr. • Richard McAlpin • Pete Moore • Frank Patti

For tickets, sponsorship information and up to the minute Rat Pack Reunion 2012 news and trivia, visit www.RatPackReunion.com. Tickets may also be purchased by phone by calling 850-432-1475 ext 305.



Are You Ready? - Four Keys to a Healthy and Fulfilling Life after Fifty

Tuesday evenings in October

5:30 – 7 pm.

Council on Aging of West Florida Adult Day Care Center, 875 Royce, Pensacola. \$10 per person per session

Council on Aging of West Florida is sponsoring four seminars to help people prepare themselves financially, physically, mentally, and practically, and you're invited to attend. These are educational sessions designed to help you embrace your future with awareness and optimism

- Oct. 2 "Financial Health"
- Oct. 9 "Physical Health"
- Oct. 16 "Fulfillment after Fifty"
- Oct. 23 "Putting Things in Order"

Seating is limited. Please call 432-1475 ext. 305 for advance payment and reservation.

Creating a Better Place to Live: How to Organize for Environmental & Community Change

Saturday, October 20

10 am – 3:00 pm.

Registration begins at 9:30 am

Wright Place, 6 East Wright Street, Pensacola Earth Ethics, Inc. in partnership with Sustainable Town Concepts will host "Creating a Better Place to Live." The workshop will feature instruction by local and regional leaders who have led successful campaigns on various environmental and community issues. Some of the topics covered include: how to inspire your community to action, effective public speaking, how to organize a campaign for change, communicating with elected officials, and much more. Registration Fees (includes lunch) Early: Now through Oct. 15 - \$10 per person. Please make checks payable to Earth Ethics, Inc. and mail to Earth Ethics, Inc. P.O. Box 37006 Pensacola, FL 32526. Late: After Oct. 6 and at the door - \$15 per person (Cash, debit/credit only at the door. No Checks Accepted.) For more information, visit www.earthethics.us or call 549-7472.

2012 Greek Festival of Pensacola

October 12, 13 and 14th

Friday from 11 am-

10 pm, Saturday from

11am- 10 pm, and

Sunday from

12 noon - 6 pm.

Annunciation Greek Orthodox Church of Pensacola, 1720 West Garden Street, Pensacola

Admission to the festival is free of charge. The Pensacola Greek Festival has become one of the area's signature fall festivals. The three-day cultural event provides an opportunity for the Pensacola Greeks to share their heritage, culture and faith with the local community. Like a visit to Greece, the Pensacola Greek Festival offers a rich, multi-sensory experience of Greek hospitality and culture. Savory cuisine, soulful music, lively dancing, and educational tours transform the church grounds into a three day "glendi" (celebration). A portion of this year's proceeds benefit Council on Aging of West Florida. Thanks Greek Festival!



Megan Smolenyak Genealogical Seminar

Saturday, November 3

9 am-4 pm with registration/check-in at 8 am

Washington High School, 6000 College Parkway, Pensacola. Early registration: cost \$35 for West Florida Genealogical Society members and \$40 for nonmembers before October 20. \$45 after October 20 and at the door. The West Florida Genealogical Society will present its Fall Seminar on November 3, 2012 featuring the popular author, speaker and genealogist, Megan Smolenyak. Topics of the four lectures are "Right Annie, Wrong Annie"; "Trace Your Roots with DNA"; in the morning sessions and "Find that Obituary! Online Newspaper Research" and "Honoring Our Ancestors" in the afternoon. Mrs. Smolenyak is a well-known author and speaker on genealogy. 

Humana 2013 Medicare Advantage plans are here!



"Well, it's a good plan. I think it's a comfort zone for me, cause they're there when I'm feeling ill and they're there when I'm feeling well."

Mary B. – Humana Gold Plus® (HMO) member

Humana has a full range of Medicare Advantage plans. Find out more about which one could be right for you.

TO FIND OUT IF A HUMANA PLAN IS RIGHT FOR YOU, CALL TO SCHEDULE AN IN-HOME APPOINTMENT OR TO FIND A NEIGHBORHOOD MEETING.

1-800-372-2380 (TTY: 711)
8 a.m. to 8 p.m., seven days a week

DON'T FORGET! The Medicare Advantage annual enrollment dates are Oct. 15 – Dec. 7.*

Humana.

Humana is a Medicare Advantage organization with a Medicare contract. A sales person will be present with information and applications. This is an advertisement. For accommodation of persons with special needs at sales meetings, call 1-800-372-2380 (TTY: 711), 8 a.m. to 8 p.m., seven days a week. *Some exceptions apply.

...at Gallery Night downtown Pensacola



Corbett Davis, Jr.



John and Doris Opdyke



Kevin Watts, Greg St. Laurent



Angela Delisle, Bob Delisle, Anne and Dave Hickerson



Cindy and Sam Wells, Hazel and Mike Whitacre.



Neil Caspersen and Tom Smith

BATH FITTER®
One-Day Bath Remodeling
www.bathfitter.com

We will install a beautiful new bathtub or shower RIGHT OVER your old one, in just one day.

Call NOW for a FREE in-home estimate

850-429-1777
Toll Free 1-866-927-2284
33 Brent Lane, Ste 102 · Pensacola, FL 32503

850-266-2550
Toll Free 1-888-241-8988
Santa Rosa Mall Showroom

We fit your bathroom - and lifestyle - perfectly.



 find us on facebook
and twitter

BIG TOWN TECHNOLOGY SMALL TOWN CARE

For a cancer patient, knowing you have access to the latest technologies is a reassuring feeling. But more than that, receiving compassionate care is crucial. At Gulf Coast Cancer Centers, our patients experience the best of both worlds - big town technology with that special, small town care. We strive to make cancer care better for our community, because we know how important it is to have the best care close to home.

Stephen M. Sawrie, Ph.D., M.D.
Directing Radiation Oncologist

William C. Hixson, M.D.
Radiation Oncologist


 gulfcoast
cancercenters
Your life. Our commitment.

251.847.4544 | gccancercenter.com
Brewton | Daphne | Foley | Gulf Shores | Montroseville

Ballinger

publishing

Gosport NAS official
newspaper winner of the 2011
Thomas Jefferson Award for
“Metro Format News”



Daily Living
Activities

Transportation

Non-Medical

Homemaker

Nanny Service

Drug Free
Workplace

Background Checks

Caregivers Are
Direct Employees

Licensed & Certified

Bonded & Insured

Locally Owned &
Operated

We Care For Every Generation.

When someone you love needs special help to stay at home...

Private Duty personal care

Solutions for every generation.

“Pensacola’s hometown provider
of in home care since 1989”

4400 Bayou Blvd, Suite 9

Pensacola, FL 32503

850.857.0920

tlccaregivers.com

AHCA registration number 5703


 TLCCaregivers

Thank You

for supporting Council on Aging of West Florida

Many thanks to our generous donors.
 May 19 - September 10, 2012
 We appreciate your support.

LaVonne Agerton
 Dr. and Mrs. David Aronson
 Eleanor Aspliden
 Audrey Baldwin
 Barbara Barfield
 Dick and Bonnie Bedics
 Mrs. Emily Bell
 Mrs. Joy Boreland
 Joe Brazile and Ruth Porter
 Captain and Mrs. John Brick
 Jack and Ann Brown
 Dr. Joanne Bujnoski
 Ursula and Bill Carney
 Wayne and Alice Cartee
 Charity Chapel
 John B. Clark
 Corry Station Chapel
 Diana Cotita
 Sonya Daniel
 Elaine Davis
 Norma C. Davis
 Morris and Norma Eaddy
 Emily H. Eddins
 James Edwards
 Renee Eilen
 First United Methodist Church
 David and Vicki Fairleigh
 Robert P. Gaines
 Cynthia A. Gibbs-Olney
 Gilmore Services, Inc.
 Audrey Grill
 LeAnne Hamilton
 Mylene Henderson
 Rovena Hillsman
 Mr. and Mrs. William Hofferbert, Jr.
 Art and Mary Hufford

Dawn D. John
 Juanita Johnson
 Jim and Norma Johnson
 Bill and Jo Jones
 Charles and Janet Kahn
 Genevieve Kaiser
 June Kassahn
 James and Vicki Kittrell
 Jim and Susan Leath
 Guy and Ann Livingston
 Flack and Kathleen Logan
 Mr. and Mrs. Matthew Mazeika
 Margaret McGraw
 Ed and Kitty Meadows
 Robert and Angela Mills
 Larry and Sarah Mosley
 Jeff Nall
 Naval Aviation Memorial Chapel
 Protestant Community
 Tanya and Lauren Nelson
 Ted and Betty Nickinson
 Joyce Nobles
 Our Lady of Loreto Catholic
 Community, NAS
 John and Doris Opdyke
 Julie Tippins Parker
 Wayne and Sharon Peacock
 Mr. and Mrs. John Peacock
 Robert and Susan Penfold
 Marie Percy
 Edythe Persing
 Dr. and Mrs. Dennis Peters
 William and Charlotte Redding
 Sydney and Rose Richard
 Mr. and Mrs. Bobby Riggs
 Reed and Jane Rollins

Gene Rosenbaum / Southern
 Scrap, Inc.
 Dan and Marie Rowe
 Rosa Sakalarios
 Mr. and Mrs. Charles Sherrill
 Wylda Sparrow
 Crystal Spencer
 Shane Staton
 Sue Stinson
 Margaret and Harry Stopp
 Mr. and Mrs. Gordon Storey
 Mr. and Mrs. Tommy Tait
 Ethel Tamburello
 Mr. and Mrs. Warren Tate
 Kathy Thornton
 Barthalia Thurman
 Paul and Lynn Tobin
 George and Barbara Touart
 Mr. and Mrs. Ed Turner
 Saul and Nancy Ullman
 Milton and Dona Usry
 Dr. and Mrs. F. Norman Vickers
 Mr. and Mrs. Jim Vickery
 Hannah Ruth White
 Gertrude Wilson
 Ken and Elizabeth Woolf
 Councilman P.C. Wu
 Barbara J. Yohanian
 Dr. and Mrs. Steven Ziemann
 Gulf Breeze Mayor Beverly
 Zimmern
 In Memory of Joyce Ard
 By: Mildred Anderson
 In Memory of Bradley Bullard
 By: Mr. and Mrs. Ed Turner

In Memory of Sara Grace Cooley
 Crews
 By: Elizabeth Cooley and Justin
 Nelson
 In Memory of Christine Deuell
 By: James and Vicki Kittrell
 By: Lee and Wanda Garrett
 In Memory of Lois Hawley
 Aaron Hawley and LeAnne
 Hamilton
 In Memory of Herb Hulbert
 By: Larry and Sarah Mosley
 In Memory of Bill McGinty
 By: Brandell Flores
 By: Mr. and Mrs. Donald Hand
 By: The Daisy Garden Club
 By: The Milestone Aquatic Club
 In Memory of Mr. and Mrs. Byron
 Nall and Mr. and Mrs. Royce Hall
 By: Jeff Nall and Kelle Lovelace
 In Memory of Jesse Nicholson
 By: Mrs. Virginia Nicholson
 By: Mr. and Mrs. Wesley Chavers
 By: Bruce and Frances Tidd
 By: Mr. and Mrs. Ray Wertz
 By: Mr. and Mrs. Aaron Phillips
 In Honor of LeAnne Hamilton
 By: Gulf Breeze Mayor Beverly
 Zimmern

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

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

I have enclosed a check in the amount of: \$ _____ Or charge my one time gift in the amount of \$ _____

Or I want to become a monthly supporter, please charge my credit card \$ _____ monthly.

Please print name(s) as you would like it to appear in donor recognition. _____ I prefer that my gift be made anonymously

Name: _____ Email: _____ Telephone: _____

Address: _____ City: _____ State: _____ Zip: _____

Credit Card Number: _____ Expiration: _____ Security Code: _____

Signature: _____ Visa MasterCard AMEX Discover

Please return to: Council on Aging of West Florida Post Office Box 17066 Pensacola, FL 32522-7066
 Please remember Council on Aging of West Florida in your will and let us know when you do so we can thank you.



Council on Aging of West Florida is a not-for-profit organization and 100% of your donation is retained by this organization. Council on Aging of West Florida is a 501(c)(3) organization, tax-exempt number 59-1373939. Your donation is tax deductible to the extent allowed by law. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL FREE 1-800-435-7352, IN THE STATE OF FLORIDA, REGISTRATION NUMBER CH201. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.



Enjoy lunch on us!

Every Saturday this fall, University Pines invites seniors and families to visit, enjoy a delicious chef-prepared meal and live entertainment! Call **850-476-6333** today for full details and to R.S.V.P. Be sure to ask about our fall into savings specials!

Welcome to Holiday. Welcome home.

HOLIDAY
RETIREMENT

University Pines
Independent Retirement Living

8991 University Pkwy, Pensacola, FL 32514 | **850-476-6333** | universitypines.net



DISCOVER a Bustling Hub of Fun!

LEISURE LEARNING SOCIETY

The Leisure Learning Society (LLS) offers social and educational opportunities for everyone age 55 and older in an academic setting among peers. LLS offers a variety of classes, excursions, special events, as well as leadership opportunities.

University of
West Florida
Continuing Education

It's all about the
"JOY OF LEARNING."
No tests, no books, no grades!

REGISTER TODAY!
Get the FALL 2012 Schedule Now!
uwf.edu/LeisureLearning
Call (850) 474-3491

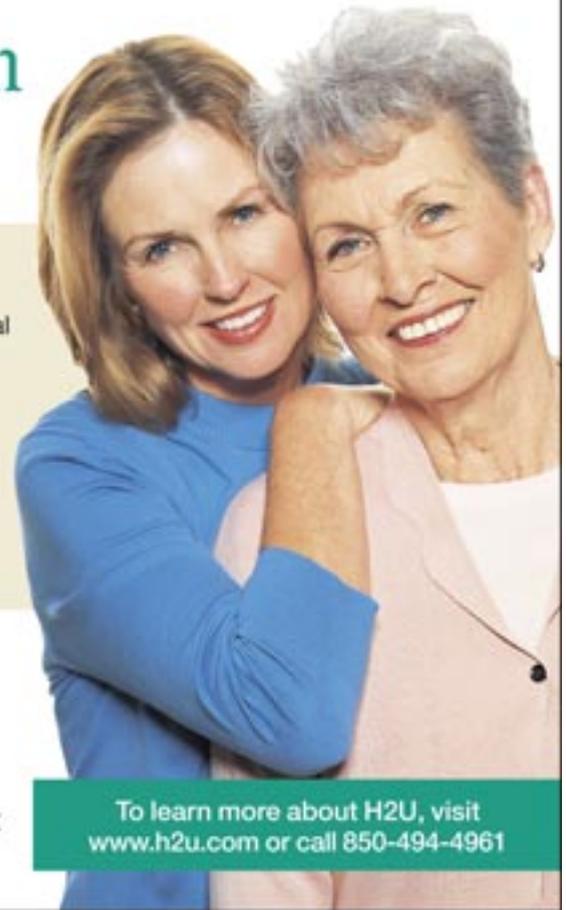
Health and Happiness Can Be Yours Starting Today.

If you are 50 or older, your good health means more to you than ever before. Now, with H2U, you can live a longer, healthier life through a program that is tailored to the unique health needs of people your age and costs just \$20 a year.

H2U means "Health, Happiness to You." H2U provides valuable, relevant health information, resources and experiences that empower you to better manage your health and enjoy a healthy lifestyle.

Your H2U membership entitles you to:

- H2U website with personal health assessment tools
- Discounts on health and wellness products and services
- Educational seminars
- Health screenings
- Informative healthcare publications



To learn more about H2U, visit www.h2u.com or call 850-494-4961

SENSATIONAL GULF COAST CUISINE



LANDRY'S
SEAFOOD

TASTE • LAUGH • LIVE

Distinctive Dining • 4 Courses • \$19.99

Happy Hour Monday–Friday 3pm–7pm

905 EAST GREGORY, PENSACOLA, FL 32501 • Landrysseafood.com • 850-434-3600



FEDERAL WORKERS!

NEED HEARING AIDS?

DeRamus Hearing Aid Centers Offers...

Hearing aids at NO COST to federal workers & retirees!

**That's Right... No Co-Pay! No Exam Fee! No Adjustment Fee!
FREE lifetime in-house maintenance & FREE batteries for life!**

Blue Cross Blue Shield Federal Insurance pays total cost of 2 Starkey Ignite 30 hearing aids (valued at \$4,000) Most Federal Government employees and retirees are eligible! You may even be covered if you have other non-federal insurance. Special factory pricing available for non-qualifiers.



DISCOVER HOW MUCH BETTER YOUR WORLD CAN SOUND • HOW FAR WOULD YOU DRIVE FOR HEARING AIDS?

**DeRamus
Hearing Aid Centers**
The friendly approach
to hearing technology since 1982

9 Locations on the Emerald Coast:
Mobile • Foley • Gulf Breeze • Pace • Crestview • Fort Walton
Sandestin • Gulfport • Panama City

877-230-4713 • 850-266-7024

DO YOU HAVE TROUBLE UNDERSTANDING PEOPLE ON THE PHONE?

FREE PHONE* From DeRamus Hearing Centers

"Hi, I'm Glenda DeRamus and I want to thank you for supporting the DeRamus hearing brand with a FREE Caption Call phone." (\$250 value)"



A+ Rating

NOW HIRING
AUDIOLOGISTS & HEARING
INSTRUMENT SPECIALISTS



**RECEIVE A FREE PHONE!
AND WHILE YOU'RE HERE...
RECEIVE A FREE HEARING TEST
FREE TO EVERYONE! NO ONE LEFT OUT!**
((\$250 Value)

*Requirements include: high-speed internet connection, and standard home telephone connection.

www.DeRamusHearingCenters.com



LIFE'S SPECIAL MOMENTS ARE GONE IN THE BLINK OF AN EYE.

If poor vision is keeping you from enjoying them, it's time to see the professionals at Center for Sight. We offer a full range of services for patients of all ages. And our qualified vision care professionals specialize in the treatment of age-related eye diseases such as glaucoma, cataracts and macular degeneration so that you don't have to miss any of life's precious moments.

Don't wait, schedule your appointment today.

850.476.9236



Center for Sight

www.centerforsight.org

Pace

Gulf Breeze

Pensacola