

COMING *of* AGE™

LIFESTYLE MAGAZINE FOR SENIORS

SPRING 2020

A photograph of Mary Wilson, a Black woman with voluminous brown hair, smiling warmly. She is wearing a dark blue, off-the-shoulder, long-sleeved dress with a draped side. Her accessories include a gold ring on her right hand, a necklace with a dark pendant, and several gold bangles on her left wrist. She is posed against a dark background with a repeating geometric pattern of gold lines.

Mary Wilson

an exclusive
interview

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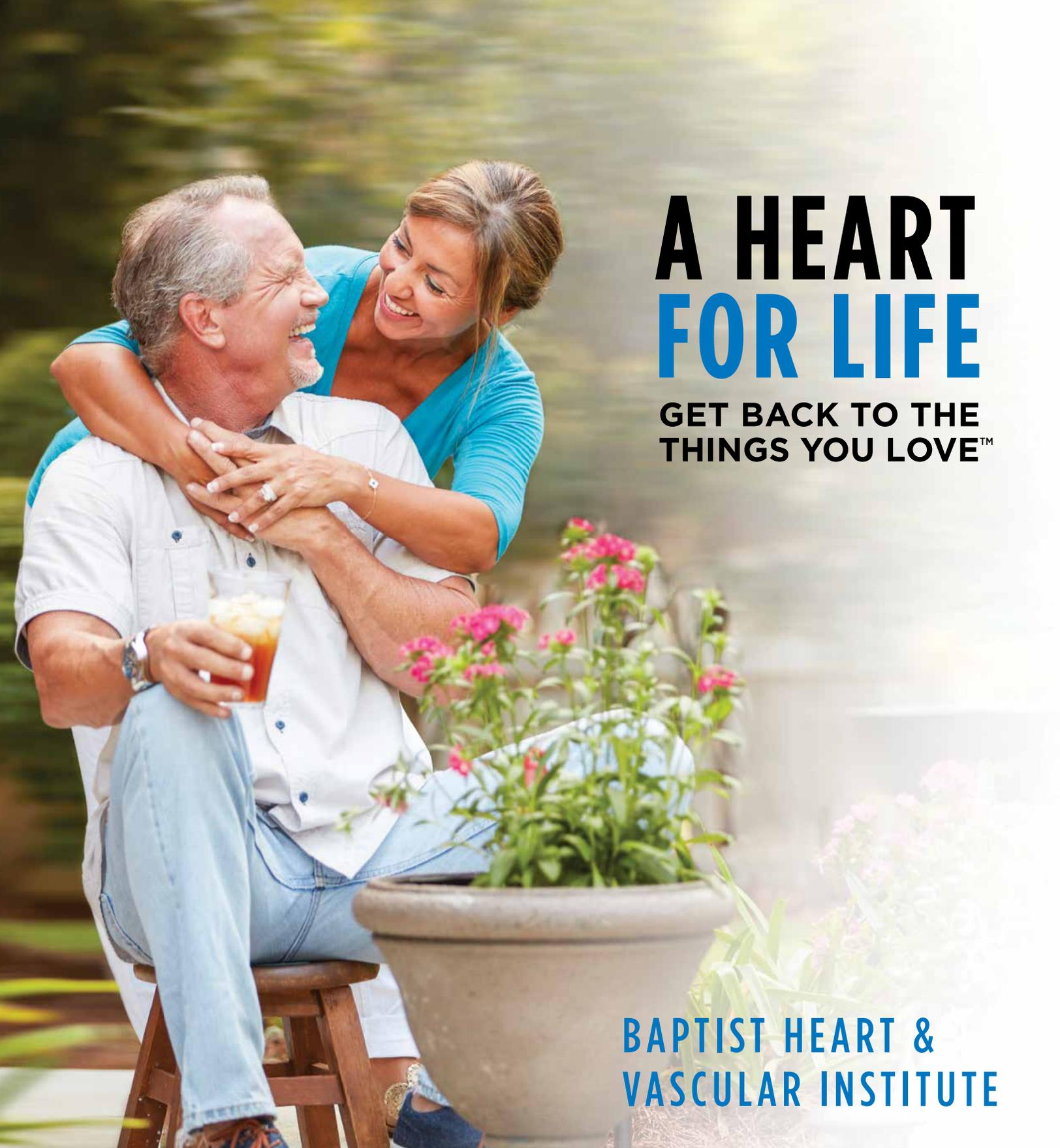
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[FROM THE EDITOR]



Josh Newby
Marketing Communications
Director and Editor-in-Chief

At what point do we become old? At 31, I feel simultaneously like an old man who enjoys an early dinner, early bedtime and who prefers quiet moments over loud parties...and a 17-year-old still trying to find my place in the world. I have heard from both my parents (in their 50s) and my grandparents (in their 70s) that you really always feel about 17. I'm not sure if they're just saying that to make me feel better, but it makes sense. Those formative teenage years, with all their insecurities, bravado, inclinations and desires create a large part of who you are. Of course 70-year-olds still enjoy listening to Elvis! That was the music that made them.

I guess what I'm really trying to say, beyond the pat cliché of "you're only as old as you feel!," is that we really are just a bundle of young and old. William Wordsworth (and later the Beach Boys) said, "The child is father of the man," and I feel that often. So don't let your age limit your youthful tendencies. But don't let your rebellious nature win out over the better angels of your wisdom, either. Be young and silly, or old and reserved, and move in and out of each with ease and confidence.

In this issue, we've tried to bring you stories that capture both the young and old in all of us, from features on hairstyles and entertainment options, to cautionary tales of senior fraud and information on receiving all-important legal help. There is both room for fun and room for seriousness between these pages, and I hope you find both.

We also feature cover star Mary Wilson, who helped found a little band called The Supremes—have you heard of them? They were fairly underground. Wilson talks about those whirlwind years when she topped the charts, and about her more recent philanthropy work. She also discusses controversial figure Barry Gordy.

Thanks for reading! I know you have more content options than ever out there. Let me know what you think of this issue. As always, it's (850) 266-2507 or jnewby@coawfla.org. Until next time, enjoy life—you've earned it!

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What's Inside

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Features

Mary Wilson: An Exclusive Interview 27

Departments

- 12 Phenomenal Philanthropists: TLC Caregivers
- 14 Your Road Map to Legal Advice Starts With The Lawyer Referral Service
- 16 Seniors and Scams
- 18 Media Literacy and How to E.S.C.A.P.E. Fake News
- 20 2020 Entertainment Preview
- 23 Fashion-Forward Hair for the Mature Modern Woman

In Every Issue

- 10 Advocacy
- 34 News from Council on Aging of West Florida
- 37 Thank You to Our Donors

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Caregiving: *It Ain't for Sissies*

by John Clark



According to the Florida State Plan on Aging (2021-2024), "Family caregivers are supporting many of the older adults who rely upon supports to remain at home and in the community. The programs and services administered by the Department of Elder Affairs (DOEA), such as home delivered meals, respite care and adult day care, help to keep many very frail people in their homes by augmenting the care provided by family caregivers. One of the most important trends affecting

home-and community-based long term care is the growing recognition of the burden borne by family caregivers and of the needs of these caregivers who have been the backbone of long term care. Statewide, about 35 percent of older adult are themselves caregivers." Translation: without a family caregiver, DOEA support services alone might not be enough to help a frail elder remain at home. Who are these caregivers?

The Family Caregiver Alliance and AARP report that:

The typical caregiver is a woman (65%), over 55 years of age (80%), and married (67%).

Older caregivers are more likely to care for a spouse or partner. The average age of spousal caregivers is 62.3 years.

Thirty-four percent of caregivers have a health problem, physical condition, or disability that

affected the type or amount of care that they could provide, and 53 percent experienced stress or mental health problems that affected the type or amount of care they could provide.

"...caregiving itself, even when done for the noblest of reasons, comes with lots of challenges."

What does this "informal" care amount to in Florida in terms of numbers? The DOEA State Plan on Aging noted that:

There are 1.14 million unpaid caregivers in Florida.

The estimated value of that unpaid care in 16.1 billion dollars.

Twenty-two percent of those caregivers work in a full time job and 10% work in a part time job.

A 2018 Long Term Care Poll also found that as many as one-third of these caregivers have neglected their own care (e.g. gone without dental care, skipping preventive care, skipping recommended

health care, did not see a doctor when sick or injured, did not fill a prescription for themselves). Clearly being a caregiver can be tough on an individual and take a toll on their health. So, you might wonder why someone would be a caregiver. Well, there really are a myriad of reasons why someone becomes a caregiver for another person—some positive and some negative.

Of course, the biggest positive reason is love for the recipient. A spouse cares for their loved one because they really meant it when they said, "In sickness and in health, for better or for worse." A son or daughter may become a caregiver also out of love; they understand the sacrifices their parents made for them, and for many, the role of a caregiver almost comes naturally to them. Some will become a caregiver out of a sense of duty and/or obligation. There are those who will become a caregiver because they feel pressure from society and don't want others to think negatively of them. Still others see the possibility of a pot of gold at the end—if you know what I mean. However, nothing is ever all black or white—so for many caregivers assuming the role of caregiver might be a mixture of all the foregoing reasons. BUT, are there reasons you should NOT take on the role of caregiver? Well for some the answer is an emphatic YES.

Let's take, for example, a child becoming a caregiver for a parent. You know baggage is not just something you take on a trip. Unfortunately, in life we all carry our baggage with us throughout the years. And for many, it is filled to the brim with bitterness, loss, anger, hostility and resentment.

And in many cases, a parent helped to pack that baggage. Someone once asked me, "Why do I feel a sense of anger and resentment when my elderly mother asks me to do something, yet when a neighbor who is elderly asks me, I don't have those feelings?" Well, whether that person wanted to admit it or not, they were still lugging around that baggage given them by their parent. Thus, I would not advise any son or daughter who is considering becoming a caregiver to a parent when that son or daughter is still carrying around baggage packed by their parent/s.

The sad truth is that, in life, not all "fathers are daddies and not all mothers are mommas" (to quote a bumper sticker slogan). Unless you are truly able to rise above this baggage, you should not become a caregiver for anyone who has caused you pain in life, especially a parent. This sounds harsh, but caregiving itself, even when done for the noblest of reasons, comes with lots of challenges as we have discussed in this article. So, if you harbor bitterness as the result of a lost childhood, for whatever reason, becoming a caregiver could be a recipe for abuse and/or neglect. In such situations, it would be the best advice to have someone else act as the caregiver: a professional one and/or a government program that offers such services. In the end, everyone would benefit from your honest assessment of your ability to perform the role of a caregiver.



Phenomenal Philanthropists: TLC Caregivers

by Lauren Clark

As a new generation enters the workforce and makes up a large portion of consumers, the demand for corporate social responsibility is at an all-time high. Businesses are expected to not just have a great product or service, but to have a positive impact in their community environmentally, socially, and economically. I suggest that they look to organizations like TLC Caregivers for ideas on how to be a strong role model in a community.

TLC's mission is to provide the highest quality assistance to those in need while maintaining their dignity and independence, which is seen both in their services and community work. Services include respite care, personal care, companionship, homemaker services and childcare. TLC Caregivers has been providing medical caregiver services to Escambia, Santa Rosa, Okaloosa and Walton Counties for 31 years. In those 31 years, owner Lou Donaldson has maintained a sense of responsibility to make seniors' lives better, as they have done for ours by leading the way. "Without some of the women that

we serve directly, I would be home barefoot and pregnant in the kitchen," said Donaldson. Donaldson has never viewed her role as a job, but a gift that she gets to receive.

"Early in my career, I had the opportunity to sit with a woman for a few hours in her home covering a shift," said Donaldson, "By the end of the day, she shared the bread recipe that had been passed down her family for generations with me. I have a hard time calling this work. It is truly a gift to learn from these individuals and hear their stories."

TLC Caregivers has been a longtime supporter and friend of Council on Aging. In just the past 10 years, TLC has donated over \$50,000 in sponsorships and donations. We know that if an urgent need arises, we have a friend in TLC that will do everything possible to help us and our clients. TLC has been volunteering regularly at the Retreat, our adult day care, for years, bringing employees to play music and craft with participants. Donaldson views this not just as giving back but vital employee engagement.

“There was a time that it got hard for us to staff shifts on Wednesdays because everyone wanted to be singing at the Retreat,” said Donaldson.

Volunteering and philanthropy are as vital to TLC’s company culture as the quality of service that they provide. Community involvement is a key element of Donaldson’s leadership style, and it is clear from the number of other organizations that TLC supports. Donaldson is on the board at WRSE and invites employees to get involved with events such as Be a Neighbor to a Kid Day.

Aligning their efforts with Council on Aging is a no-brainer, as both groups serve the same

population. TLC works on the other end of the life cycle as well, serving children in our community through WSRE, the school district foundation, and other organizations. As a business owner, Donaldson sites a deep feeling of responsibility to help shape the future workforce as the guiding force behind her involvement with education. Employers work hard to craft a qualified and capable work force, but Donaldson believes that soft skills start much earlier. Due to this, TLC has sponsored elementary school runs, purchased laptops for students, and worked to ensure quality health clinics in school so that students are healthy and ready to learn.

Donaldson encourages caregivers and staff by providing time off and paid participation opportunities. Community Resource Educator Kenny Holt is evidence that Donaldson’s spirit of community is present across the staff. Holt can be spotted anywhere you turn in the community, from charity events, to chamber events, to healthcare events. He serves on the Board of Directors for the Healthcare Professionals Association of Northwest Florida. “TLC having a representative in the



TLC Caregivers Community Resources Educator Kenny Holt helps adult day care clients make a bird-feeder from two-liter bottles and twine, one of many arts and crafts activities facilitated by the organization each month.

group provides direct involvement in community and awareness of needs,” said Holt. “Through groups like this, TLC can provide community resource information to meet those needs to other organizations and persons in need.”

Donaldson believes that everyone should and can incorporate philanthropy into their company culture. She advocates that it is possible at any budget and staff size. The most important part is not how much you give or how many hours you volunteer, but getting younger people involved early in their careers giving back. “Unless someone is exposed to volunteering, they won’t realize how cool it is,” says Donaldson.

Donaldson takes on the responsibility as a leader

to help young people find their niche, not just in job-related tasks but in the community. TLC Caregivers aligning with Council on Aging makes practical business sense, as we share a population. But Donaldson challenges businesses to go beyond the easy connections and do more. “There are so many ways to give back, between animals, the elderly, children,” she said. “No matter what you enjoy doing, there is always someone who needs your help.”

Council on Aging is lucky to have a friend in Lou Donaldson and TLC Caregivers and to be able to partner together to serve. “It’s hard to call it philanthropy when you are having so much darn fun,” said Donaldson, and I couldn’t agree more.



Your Road Map To Legal Advice Starts With The Lawyer Referral Service

By Jeff Nall
Executive Director, Escambia-Santa Rosa Bar Association

Seeking help and resources of any kind can be intimidating. Where do we start? Where do we turn? What do we do? We know what is disrupting our lives, but we are not sure how to proceed.

Luckily, there are professionals who can help make those determinations. For example, if it is a medical matter, it would be wise to consult a doctor or other health care provider. If your situation involves caring for a loved one, there are agencies such as Council on Aging of West Florida that can provide invaluable services. Legal assistance is no different.

For those in Escambia and Santa Rosa counties who feel they may need legal help, a good place to start is the Lawyer Referral Service. It is provided as a public service by the Escambia-Santa Rosa Bar Association, the professional association of attorneys in the

two-county area. The service is certified by the American Bar Association and The Florida Bar. Participating attorneys are carefully vetted to ensure you receive the best possible service.

The purpose of the service is to help the public find the right type of attorney based on their unique situation and circumstances. Think of it as sort of a match-making service.

So how does it work? Using the service is easy. You can call 850-434-6009, complete a form on our website, or send an email to lrs@esrba.com. In whichever case, you will need to describe your situation so that the coordinator can provide you with the name and phone number of an attorney whose practice area fits the scenario. You will then schedule an initial consultation directly with the attorney. Pat Atkinson, our lawyer referral service coordinator, has been with the service for more than 13 years and finds it a joy to help so many

people. "My nursing background has enabled me to listen, put people at ease and pull out information that is important to determining the best referral," explained Atkinson. "All of the attorneys who are part of the service are also a pleasure to work with and are committed to serving our community."

We have approximately 50 attorneys who participate in the program and roughly 90 areas of practice represented. All of the attorneys who are part of the Lawyer Referral Service must be members in good standing of our Association as well as The Florida Bar, which is the organization of all lawyers who are licensed by the Supreme Court of Florida to practice law in the state. Though the service does not have pro bono or contingency lawyers, all of the participating lawyers have agreed to an initial 30-minute consultation at a reduced rate of \$40. Fees for additional services after the first half-hour are arranged between you and your lawyer.

The service is particularly useful for seniors due to the situations some of our elder callers describe. Many find themselves in need of a will, setting up a trust, settling family issues, or dealing with the property of a deceased loved one. We also receive calls related to landlord and tenant relationships. Sometimes the call is about neglect or abuse by a family member or caregiver. Other times it is guardianship of a minor child in their care. Social security disability is also something our participating attorneys can handle.

Another aspect of the Lawyer Referral Service that may be of special interest to elder adults is flexibility in making an appointment. A large number of the participating attorneys will make house and hospital calls as well as office appointments on evenings and Saturdays.

You know the saying about an ounce of prevention. It is true. It is always a good idea to check with a lawyer when making decisions that can have long-term, binding implications. A short talk with a lawyer often tells you all you need to know - how serious a problem is, what your options are, how to handle it swiftly and how to make sure it is settled for good.

To learn more about the Lawyer Referral Service, visit www.esrba.com/for-the-public/lawyer-referral-service to watch a recent Coming of Age TV segment on the topic. If you feel you may be in need of legal assistance, give Atkinson a call at 434-6009. The Lawyer Referral Service is here to help you find a qualified attorney to handle your case.

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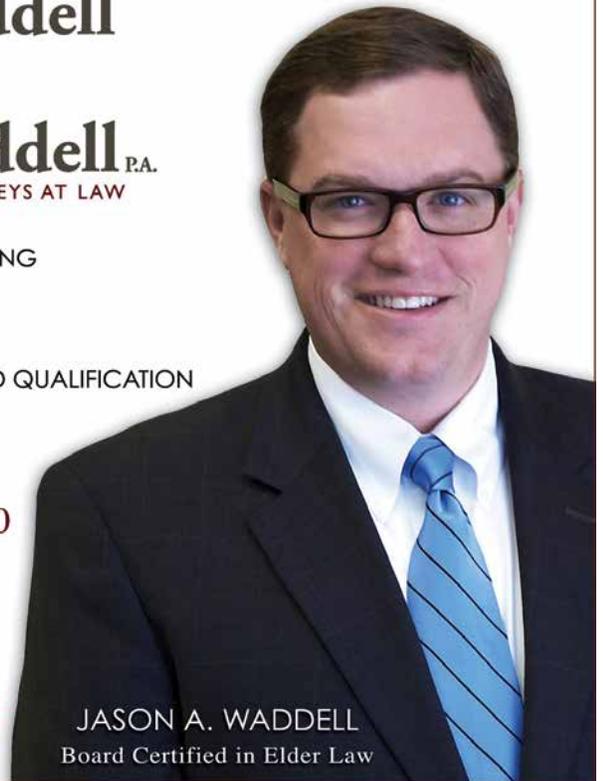


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by Tammy Ward
*Communications Director
BBB of Northwest Florida*

Senior citizens continue to be a huge target for scammers hoping to separate them from their money. Every day, con artists bombard the telephones, mailboxes and e-mail accounts of older Americans. While technology has certainly increased the speed and reach of scams, seniors continue to be victimized by age-old scams such as foreign lotteries, shoddy home improvement work and phony insurance policies.

In its 2019 Data Book the Consumer Sentinel Network, the Federal Trade Commission notes that of the 858,299 reports that indicated their age (more than 1.6 million total reports), 318,872 indicated they were 60 years of age or older. That's 37 percent of all reported victims last year.

Unlike their younger counterparts, older consumers, in many instances, lose their entire retirement/pensions and some elderly victims may even lose their homes. To compound the problem, many victims are too embarrassed to tell their families or report the crime to the authorities.

Better Business Bureau encourages families

to keep the lines of communication open with their elders regarding finances and to recognize some common cons targeting senior citizens.

To our seniors, please do not feel embarrassed if you have given money to a scammer. It is important to inform your family members and report it to authorities. The burden of caring this information and not sharing it can be very stressful to you both physically and mentally. To family and friends of seniors, having a serious conversation with your elderly parents about how they are managing their money is not easy, but it is extremely important in order to help protect them from unscrupulous crooks.

Sweepstakes and Lottery Scams

You receive a brochure in the mail congratulating you for winning the lottery. The soliciting company promises to send your winnings once you pay a tax or transfer fee. Those who pay the required fees never receive any winnings and lose the money they sent to claim their prize. Another twist on this scam is that they actually receive a check and are asked to deposit it as it is their winnings and return a portion of the check for fees. While the funds will initially show up in the bank account, the money will be removed when the bank determines that it is a fake check. The victim is out whatever they wired back to the scammers—often thousands of dollars.

BBB Advice: Never wire money to someone you don't know. You should never have to send money to receive any winnings from a lottery or sweepstakes.

Discount Medical Plans

Many discount plans claim to offer savings on prescription drugs, doctor visits and other medical services. Consumers

should understand that discount plans are not considered health insurance and should also ensure there is an adequate network of providers in their area.

Medical Scams

A scammer will call a victim and claim to be with Medicare and ask for personal information such as Medicare, Medicaid, social security, credit card or bank account numbers. The victim might be given any number of excuses to provide this information including that an error needs to be fixed, that he or she is part of a survey or eligible to receive free products or can sign up for a new prescription drug plan.

BBB Advice: Remember: Medicare doesn't call to ask for sensitive personal financial information. If you suspect fraud, contact your local police or the Health and Human Services Office of Inspector General at 800-HHS-TIPS.

Grandparent Scams

Scammers call posing as a grandchild in trouble, they need money wired

immediately or by gift card to avoid jail, get a car out of impound or for some other emergency. They often ask the senior not to tell the parents in order to "stay out of trouble." With social media, scammers may likely have names of grandchildren and where they are located (vacation, away at school, etc.)

BBB Advice: Always verify with the parents where your grandchildren are and do not provide any personal information to the caller. Do not send money via wire transfer or read numbers off of gift cards. These payment methods are hard to trace and your money cannot be retrieved.

Home Repair Scams

Some scammers show up at the front door including technicians, contractors, chimney sweeps, air duct cleaners and other services. Some "professionals" will lie about the extent of the problem or claim safety issues and then inflate prices for unsuspecting senior customers. Most are not licensed or licensed in the state of Florida.

BBB Advice: Find professionals you can trust by checking out BBB's directory of Accredited Businesses. Always research a business with BBB before you hand over any money and report any deceptive services to your BBB, local law enforcement and the state Attorney General.

Phishing

You receive an email advising that there is a problem with your bank or credit card account and are instructed to follow a hyperlink to another site to provide verification information.

BBB Advice: In these and similar cases, the information they are seeking will be used to steal your identity. Banks and other legitimate companies will never request confidential information via email or phone. Do not provide any personal information via phone or computer that is requested unsolicited. For more advice on avoiding scams and fraud visit:www.bbb.ogr/nwfl

MEDIA LITERACY AND HOW TO E.S.C.A.P.E



by Gina Castro

The digital world has completely altered the way we interpret the media. Before the Internet was created, readers could usually trust the news whether it was printed in the daily newspaper or discussed on Channel 3. Back then creating what we call today “fake news” was a daunting task. One would have to either print the story or buy airtime, both of which would only reach a portion of people. Today, technology has made the world all the more vast and connected. With the click of a button, you can send a message to the other side of the world. Spreading misinformation is simple as well. People can create websites and Facebook accounts in minutes.

The generations who have only ever known this digital world have grown to be more skeptical of the news they see online. However, the generations who transitioned into this digital world find this change challenging. A study published in the peer-reviewed journal *Science Advances*

found that users older than 65 years old shared articles from fake news domains nearly seven times more than those aged from 18–29 did. Fake news is misinformation with the deliberate intention to deceive the public.

Kirsti Kenneth, an educator at Newseum, created an acronym to help users identify if an article or social media post is fake news: E.S.C.A.P.E. (Evidence, Source, Context, Audience, Purpose, Execution.) Kenneth found that teaching this acronym to participants made them 26 percent more likely to recognize if the story is false.

Where is the evidence?

One of the first things you should always look for in an article or social media post is information you can verify. Most major news sources such as *Pensacola News Journal* and CNN will hyperlink their sources within the online article so that readers can see for themselves that the evidence is credible and accurate. Fake news articles tend to summarize information without connecting the story to tangible evidence.

On the other hand, social media posts require more investigation because they usually don't include sources. So, research the information presented in the post whether its numbers, names, or places it mentions. A recent trending Facebook post stated that Rep. Alexandria Ocasio-Cortez proposed a \$10.5 billion cut to Social Security. That information can easily be debunked by just Googling that statement, because

if it were true, several major news outlets would have written about it. An alternative to Googling the statement is utilizing Snopes.com. Snopes is the world's oldest and largest fact-checking site online.

Can you trust the source?

Because the Internet is so accessible and large, there are thousands upon thousands of websites generating articles about day-to-day news, which makes it easy for users to fall prey to fake news websites and profiles. Make sure to look at website links closely. Fake news websites are smart.

They know users are more likely to click them if the name of the site seems familiar, so they will use a link like “ABCNews.com.co.” Users will often see “ABCNews.com” and think then this website is authentic and credible, but the website is a fraud. The “.co,” which is discreetly added at the tail of the link, is the sign that this website is a fake. If you are unfamiliar with the website name, Google it. There are hundreds of documented fake news websites. If the website passes that test, look into the author of the article. Does the story have an author? If there is no byline for the story, then that's a red flag. No author means no one to blame for the fallacies the article may contain. If there is an author, Google them. If

they've written one article, they most likely have written several before, too. For social media posts, examine the account that is sharing the post. If the account is titled something like "libtards" or "Dump Trump," then its posts are most likely biased and not credible. Social media accounts with names or profile photos that are mocking or targeting a specific group of people will most likely post misinformation about that group.

What's the context?

Have you ever read an article that made a case for only one side of the story? This may be a sign that the article is fake news. Fake news websites want you to share their content, so they purposely write stories in favor of a specific group of people and neglect the opposing side. However, if an article presents bias, that doesn't automatically mean it's inaccurate or fake. If the article is biased, first check if the article is an opinion or satirical piece. The majority of news outlets have an opinion section with evidence to back up claims, but these articles shouldn't be read as a source for unbiased news as they often present only one side. Opinion pieces are almost always labeled as such. Satirical websites are commonly misinterpreted as fake news because readers believe the article to be presented as truth. *The Onion*, a popular satirical publication, defines itself as "America's

Finest News Source," which purposely misleads readers to believe this publication is credible. Several other satirical publications present themselves as authentic as well as part of the joke. You can research the name of the website to verify if it is satirical.

As for social media, be wary of images used out of context. A popular example of this is the photo of journalist Anderson Cooper standing in waist deep flood water while his cameraman stood in calf deep water as a ploy to dramatize Hurricane Florence. This photo was shared thousands of times, but in actuality, that photo was taken a decade ago when Cooper was covering Hurricane Ike. This example can be verified easily by searching it on Snopes.com or researching Cooper's coverage of Hurricane Florence and comparing the results to the image.

Is there an intended audience?

Look out for articles and social media posts that appeal to specific groups or types of people. Fake news article titles aim to make the reader angry or sad so that the reader will share the article before verifying the information within it. A study by Columbia University and French National Institute found that 59 percent of links on social media are shared before being opened. Kenneth explained that

when readers share the same opinion expressed in an article, they are more likely to believe the article is credible. So, always read an article before sharing it, especially if the article promotes your views.

What is the article's purpose?

Look for cues to the motivation for the article. The motivation for authentic, credible news is to inform. However, fake news articles' motivations are money and political agendas. As it turns out, fake news site owners can make thousands of dollars per month through Internet ads when Facebook users click on links that take them to third-party fake news story sites. One Los Angeles-based fake news site brought in between \$10,000 and \$30,000 a month.

Fake news articles will use persuasive language and images to convince you that this information is true and to share it. So, think critically about the purpose of an article before sharing it.

How is the information presented?

The people who are generating fake news articles do not have the same journalistic ability as someone writing for the *New Yorker* or *The New York Times*. The majority of fake news articles are littered with grammar errors and misspellings. Articles written by credible news outlets have been

read and edited by at least two people, but fake news websites couldn't care less about proofreading. So, egregious errors are a major red flag. Another thing to keep in mind is the style of the article. If the article is about a serious topic, yet it is written informally, that is an indication that the article could be fake news.

A common tactic among fake news websites is to mimic the name of a well-known news source. But, these websites take this tactic even further by also mimicking the placement and layout of a popular website. For example, a fake news website used "ABCNews.com.co." as its name and also mimicked the colors and layout of the real ABCNews.com.

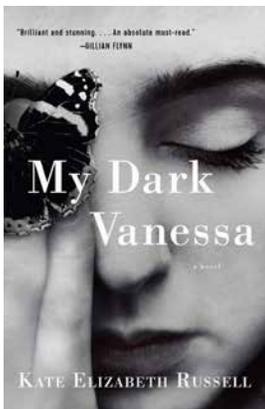
The Internet has helped us stay connected with the world, but the trade off is that it is just as easy for misinformation to spread. There are dozens of tips to help you tell the difference between authentic, credible news and fake news. But, the most important tip is to take your time before sharing. Take the time to apply these tips before sharing possible misinformation. The average Facebook user has 338 friends, so even though you are one person, your one post can spread to hundreds.

Entertainment Preview



In this golden age of curated content, how in the world are we supposed to keep up with all of the critically acclaimed and buzzed-about films, TV shows and books? Well, if you're anything like me, you cram as much as you can onto multiple screens for two hours a night like some caffeine-crazed security guard studying various monitors while absorbing none of the information. It's hard work, but I do it for you, reader. Yes, I parse through the chaff to arrive at the cream of the entertainment crop. Mixed metaphors aside, here's what I'll be talking about this year. Happy consuming! – by Josh Newby

Books



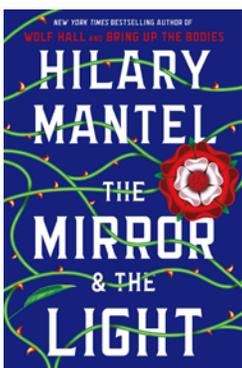
My Dark Vanessa

We're starting this list off with a fair bit of controversy, as first-time novelist Kate Russell's tome about a 40-year-old professor's relationship with his 14-year-old pupil has courted nearly universal early acclaim. With nuanced meditations on victimhood, sexuality and power, this is the kind of book you'll either love—or hate yourself for

loving. Fiction is one of the last remaining art forms rife with cultural polemics. It's up to you to decide whether that is a feature or a bug.

The Night Watchman

What is the purpose of a good book? Is it a mirror made to reflect ourselves to ourselves, or a window to empathize with people groups we may never meet? If all of the above, then *The Night Watchman* does what all great pieces of non-fiction must, which is painting a picture of another person's world while considering the elements that we all share. Following the lives of multiple Native American characters across different timelines, this story tells the story of cultural encroachment and the fight to defend ourselves and our values against outsiders.



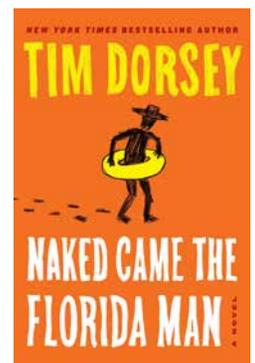
The Mirror & the Light

Did you read *Wolf Hall* or watch the miniseries? If so, you know it is a brilliant expose of political maneuvering, the impact of religion, and all the lust, violence and greed that comes along with that. It has also been called one of the best books of this still-young century. *The Mirror & the Light* is the final book in the trilogy detailing

the rise of Thomas Cromwell as Henry VIII's chief advisor as the latter accomplished some minor historical feats, such as marrying Anne Boleyn, establishing the Episcopal Church, and founding the Royal Navy.

Naked Came the Florida Man

That's enough heavy, prestige stuff, right? Life is short. Years ago, author Tim Dorsey had the brilliant idea to cash in on all the crazy Florida Man stories that delight the nation thanks to our public records laws. Enter Serge Storm, a perpetually...shall we say light-headed amateur detective of sorts who also happens to be a killer. In this entry, he'll travel from Key West north through the state in his 69 Plymouth Satellite, proving once and for all that if you don't know a Florida Man, maybe you are one.

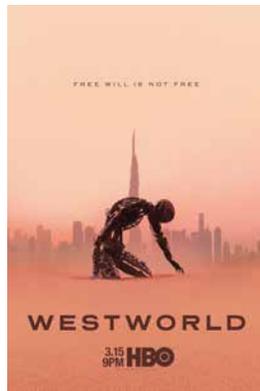


Westworld

HBO

Westworld is one of those shows that had a phenomenal first season, then experienced a sophomore slump. The creators have promised a return to form for the series where humans pay to visit a fantasy world inhabited by robots. A word of warning: don't jump into the third season, or you will be completely lost.

Breaking Bad's Aaron Paul joins the stellar cast this season, adding what is hopefully a much-needed layer of humor to the otherwise dramatic and technical proceedings.



Fargo

FX

The first season of *Fargo* is honestly some of the best television I've ever seen, which is saying a lot for a TV show adapted from the spirit of a Coen brothers movie and which uses Dakotan accents for comedy. That being said, each season is its own story, so you can jump right into its fourth season, which takes place in 1950s Kansas, and from the looks of things, is set to reward viewers with its own unique brand of violence, crime, black humor and midwestern diction.

Impeachment: American Crime Story

FX

What do you guys like? Is it dramatic retellings of pivotal points in American history, tinted with today's culture and attitude? If so, Ryan Murphy's mini-series, which has previously covered the OJ trial and the Cunanan murder spree, is television at its scene-chewiest. Every episode I've seen is completely riveting television. It's storytelling with a definite point of view and an explicit bias, but when it's this pretty to look at and engaging to experience, who cares?



Brooklyn Nine-Nine

NBC

Schitt's Creek

Pop TV

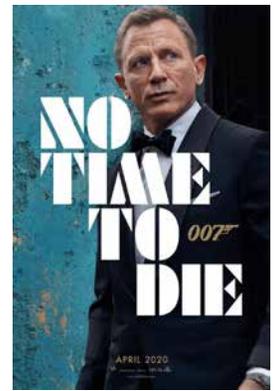
The first is a sit-com/workplace-com/police procedural rolled into one with a charming, diverse cast and laugh-a-minute script. The second is a sweet Canadian show

(about a rich family forced to live in the ho-hum town they purchased) that will have probably wrapped by the time you're reading this, but it's available on Netflix.

No Time to Die

December 25

Daniel Craig puts on his James Bond tux one last time in this entry directed by the real star of *True Detective*, Cary Fukunaga. In this installment, nothing less than the future of the world is at stake as 007 begrudgingly comes out of retirement to save us all from another master villain one last time. Seriously, I'm starting to think we should thwart these threats before they reach apocalyptic proportions.



Top Gun: Maverick

June 26

I don't love reboots or long-awaited sequels, but we can all make an exception for *Maverick*, right? One of the last great movie stars of a bygone era, Tom Cruise returns to the role that arguably made him, alongside Iceman and Goose's son. Cruise has had a fascinating second—or third—chapter of his career wherein

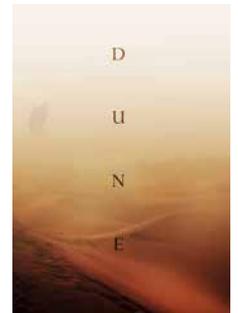


he makes medium- to high-budget actions flicks that still feature real-life stunts and practical effects without going overboard on the CGI. Count me in!

Dune

December 18

Is there a more hotly anticipated movie this year than *Dune*, the famously difficult-to-adapt, sprawling sci-fi epic? Not around my house, there's not! Starring almost everyone you can think of and directed by auteur Denis Villeneuve, this hero's journey follows Paul, a noble son who embarks on a dangerous quest to preserve the world's most exclusive and precious resource. If alliances, divisive endings and giant sandworms are your thing, buy a ticket now!



West Side Story

December 18

I'm swinging for the fences again with another much-loved musical, *West Side Story*, directed by Steven Spielberg. The story elements are dated, and lead Ansel Elgort can't emote to save his life, but here's hoping this story of forbidden love and Jet/Shark rivalry holds a certain they-don't-make-em-like-that-anymore quality.



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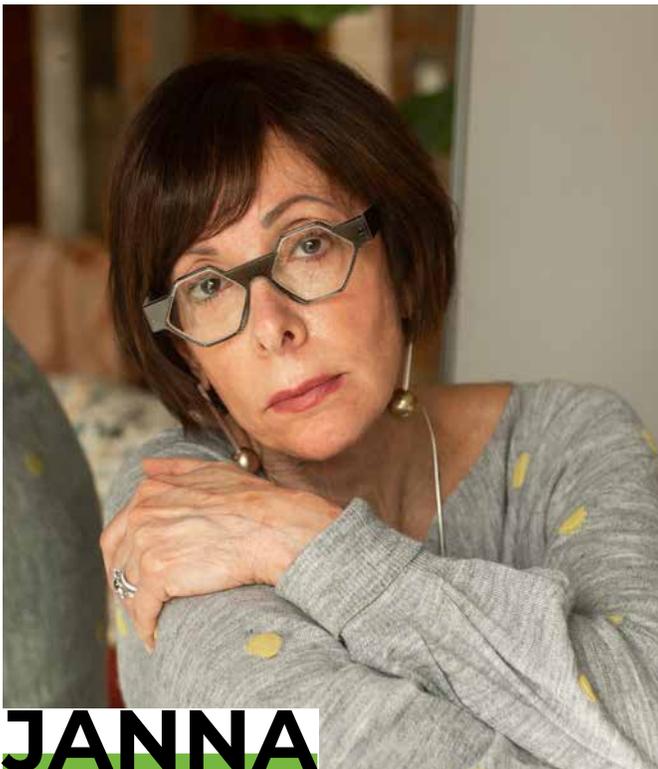
A photograph of a man in a dark suit and a yellow and blue striped tie sitting at a table with a laptop. He is looking at the laptop. An older man with white hair is sitting across from him, pointing at the laptop screen. The background shows a window with a view of a building. The image is framed by a blue and red graphic element on the right side.

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FASHION-FORWARD HAIR FOR THE MATURE MODERN WOMAN

by VolumeONE Salon • photos by Natalie Allgyer

There is nothing quite as uplifting as a great haircut or fresh color. The feeling you get when you catch a glimpse of yourself in the mirror or run your hands through your freshly styled hair is priceless. This boost of confidence is especially gratifying as we age. When you look good, you feel good. You're only as young as you feel, so here is to all the mature ladies who wear their hair with confidence and style.



JANNA

CUT Hurst Butts
COLOR Gabrielle Lara

Janna rocks a classic bob with panache. It's important to evolve. Everything usually comes back around, but with a modern twist. Janna definitely owns her look and incorporates her own sharp sense of style.



ANNE

CUT & COLOR
Mary Patterson



As the grey hairs start to take over, most of us assume it's time to start covering them up. However, depending on your grey, baby lights and a soft root create a beautiful blonde that blends into the hair, which is soft as it grows out. Anne is German and Scandinavian and is blessed with naturally blonde hair. As her hair began to change, she maintained her beautiful blonde with soft highlights, which allowed her grow-out

to be much more subtle. Dimensional, face framing highlights brighten your complexion and no matter your hair color, going up a shade or two will give the appearance of looking more youthful. Anne cut her hair short after a bad perm experience many years ago, but loved the look so much she decided to keep it. Her tailored pixie and dimensional blonde give her a look that is chic and smart.



SUZETTE

CUT & COLOR Katherine Velez

Suzette was the Chair of the UWF Art Department and a professor of Art History for many years, which lends to her creative and unique approach to life. She has embraced her natural, enviable silver hair and uses it as a blank canvas, adding a pop of lavender that highlights her vivacious personality. She got the idea from a few of her students who came up to her in class one day and brought her a bottle of blue dye that they thought she should try in her hair. At the time, she was a client at Volume One and hesitant to throw just anything in her hair. Curious about the idea of adding a splash of color, she approached Hurst, who suggested a more flattering lavender accent piece. Suzette has kept it for over 10 years. She wouldn't be the same without it!



LEAH

CUT Hurst Butts **COLOR** Gabrielle Lara

Leah comes from a long line of natural redheads. Ten of her 13 aunts and uncles had vibrant red hair—including her mother—so it was only natural that as she greyed she wanted to maintain her color. Leah used to have long, curly hair. However when she met her perfect stylist, Hurst, he customized a soft pixie with a feminine silhouette to spotlight her fine features. Her hair is naturally very thick and coarse, so having this short cut creates a style that is much more polished and manageable for her to maintain at home.



MARGARET

CUT & COLOR Katherine Velez



Margaret loves embracing her natural curl and texture. She didn't realize that with the right cut and products tailored for her hair needs, her hair could be beautiful naturally, which saves a ton of time in the morning. This length also compliments her natural waves and gives her lots of body and softness around her face. The bob releases weight to let her waves spring up which is perfect for air-drying with a bit of mousse. Having an easy and effective routine is great for Margaret's on the go lifestyle!



DONNA

CUT & COLOR Hurst Butts

It's a myth that you have to cut your hair shorter once you reach a certain age. If your hair is beginning to thin, you can have beautiful hair below your shoulders as long as it is cut in longer layers that move together and give the illusion of fullness. Donna's warm honey hair color is perfect for her complexion. Darker colors can be too severe and add years to your face. In addition to making you look older, dark colors show grey or white roots much faster than a more subtle color. Blending the color with highlights or a demi permanent color allows the roots to grow out much softer and will look more natural than the solid line that a darker hair color creates.





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Mary Wilson

an exclusive interview

by Kelly Oden

THE LEGENDARY MARY WILSON is a woman of many talents—singer, best-selling author, motivational speaker, businesswoman, former U.S. Cultural Ambassador, mother, and grandmother, to name a few. Wilson grew up in Detroit’s Brewster-Douglass Projects where she enjoyed a passion for singing. Performing at an elementary school talent showcase, she met soon-to-be long time friend and future group mate, Florence Ballard. They made a pledge to remember each other if they ever joined a singing group.

In 1959, Milton Jenkins, manager of male singing group, the Primes, decided to create a spin-off girls’ group. A friend of the Primes, Betty McGlown, was first asked to join, and then Florence Ballard, who invited Ms. Wilson to join. At the same time, Ms. Wilson’s then neighbor, Diane Ross, was asked by a member of the Primes, and completed the quartet the Primettes. After performing various gigs around Detroit, covering songs by popular artists, such as Ray Charles and the Drifters, the Primettes decide to audition for the up and coming Motown record company. Unfortunately due to their young age, Motown President, Berry Gordy, Jr. turned them down and suggested they come back after they graduated high school.

Eventually, The Primettes convinced Mr. Gordy to sign them to his label under the condition that they change their group’s name. In January of 1961, the Primettes officially became The Supremes.

As an original/founding member of The Supremes, Mary achieved an unprecedented 12 #1 hits with 5 of them being consecutive from 1964-1965. Those songs are “Where Did Our Love Go,” “Baby Love,” “Come See About Me,” “Stop! In the Name of Love,” and “Back in My Arms Again.” In 2018 Billboard celebrated their 60th

anniversary with a list of “The Hot 100’s Top Artists of All Time,” where The Supremes ranked at #16 and still remain the #1 female recording group of all time.

With the same passion as she did singing with the original Supremes, as well as her solo career, the world-renowned performer is an advocate for social and economic challenges in the United States and abroad. Ms. Wilson uses her fame and flair to promote a diversity of humanitarian efforts including ending hunger, raising HIV/AIDS awareness and encouraging world peace.

Wilson’s literary career is nearly as impressive as her musical career. Wilson’s best-selling autobiography “Dreamgirl - My Life as a Supreme” remains one of the top selling rock and roll autobiographies of all time. Ms. Wilson later authored its sequel, “Supreme Faith - Someday We’ll Be Together.” In 2000, these two books, along with updated chapters, were combined to complete her third book. Her fourth book, “Supreme Glamour,” is a coffee table hardcover featuring the gowns, history and legacy of the Supremes.

Coming of Age had extreme pleasure of speaking with Mary Wilson about her childhood, her life as a Supreme, her writing career and more.

COA: Hi Mary. Can we start with a little bit of your background? I know that you were born in Mississippi and you moved around a good bit before landing in Detroit. What was your childhood like and what kind of a little girl were you?

MW: Well, I grew up in Detroit, Michigan. I grew up with my aunt and uncle who were my mom and dad, actually. They raised me until I was 11 years old. I had an ideally wonderful childhood. I was the only child of my aunt and uncle, so I was kind of—I wouldn't say spoiled—but I was given everything that a little girl would want. My aunt and uncle had bought a house, because my uncle was in the Army, in the suburbs of Detroit. So, I actually grew up pretty well off and very happy.

Then, at the age of about 11, I finally met my mother, my brother and my sister. I moved in with my mom and my siblings, and it was a totally opposite environment from what I had grown up in and what I was accustomed to. My mother couldn't read nor write. She was a domestic worker. We moved into the Brewster projects in Detroit, which surprisingly, I was probably happier there than I was when I had this little princess-like environment. There were so many people and as I mentioned, I had been an only child with my aunt and uncle. So, for me, it was really wonderful. I had all these new people—hundreds of people in the project. So

yeah, that's where I met Florence and Diane and we started singing.

COA: What were you like as a little girl?

MW: When I was little, I was very, very shy and very quiet. I grew up at a time when children were seen and not heard. I was that way until I was about 10 or 11. Then, when I moved in with my mom and my siblings, I became really more outgoing. Rock and roll was new, so everyone was really out in the streets dancing and singing, and I became a part of that type of environment. I really became interested in music because of the environment of the Brewster projects.

COA: You mentioned that that's where you met Florence and Diana. Tell me about that.

MW: Florence and I attended the same elementary school. We all lived in the projects, Diane (as we called her back then) was there, too, but we went to different schools. So in the eighth grade, I actually was just a part of a school program that said anyone who wants to perform or do whatever they do, sign up. So I signed up because, as I mentioned, I became very interested in rock and roll music—Little Richard, The Platters and all these new groups. My favorite was Frankie Lymon and the Teenagers. So I signed up. I had never really sang anything. I mean, I went to church and we sang in church. I would wake up every morning singing, but I

thought everyone did that. I didn't know it was a gift.

When I did the program, Florence Ballard was also in the program. I didn't know her even though she lived right across the street. After the program, we kind of migrated together and we said, "Wow, you know, this rock and roll is so new and they're starting little groups and things. Maybe we should think about putting the group together." So she and I became good friends walking home that day.

A couple of weeks later, she came up to me and said her sister knew this guy group who was trying to put together a girl group. They were going to ask this girl across the street named

Diane. Her sister told them about her and she told them about me. There was another girl, Betty McGlown, who was already dating one of the guys.

So, we went over to this little audition at the guys' apartment, which my parents probably would have killed us because we were something like 13 years old at the time. The guys group was called the Primes and they said, "Well, we want to have a show, and we want to have you girls come up and sing and open up the show and then we'll come out and do our bit."

So, we had never sang together. I think the time was when The Drifters had the song "There Goes My Baby," so Diane started singing



that. Florence started singing one of Ray Charles songs, "The Nighttime is Right Time." We all kind of just started joining in. One person started singing the song then the other two would join in and do the background—without rehearsing. That's how we became the Primettes. This was couple of years before we actually went to Motown and auditioned for Mr. Berry Gordy. In 1961, we signed our contract with Mr. Gordy. All that time—from 1959 to 1961—we were just doing record hops. I know kids today have no idea what a record hop was. For us, it was all dances. It was school dances, the neighborhood dances and the community dances at places like Brewster's Center and the YMCA. They all had these places where, as young people, you could go to their little dances and that's where we would do our little shows until we finally decided that we wanted to really do this professionally. That's when we went to Motown records for our big audition.

COA: You were so young when you signed with Motown. How did the Berry Gordy and all the other Motown employees treat you? Did they treat you as artists or as children or as a product?

MW: First of all, everyone there was young, okay? So it was not like today where you have adults and CEOs and all those kind of things. Mr. Berry Gordy was very young, probably in this early 30s. He was a young man who had started this

company and everyone was like us—people who had been out there kind of working as children just singing. We weren't really out there to make a career, because first of all, we were all black—most of us were black. Therefore, we didn't have those big ideas like today—everyone knows they're a star or wants to be a star. Back then, as black people, the Civil Rights bill hadn't even been passed. So we didn't have those kinds of dreams. We were just singing because that's what we did. We weren't really thinking about making money. We weren't thinking about a career—that was unheard of. I mean, you had the great artists, and that's what they did, but they were all older—you know, the Ella Fitzgeralds and the Lena Hornes. I mean, our parents would listen to them, but we never thought of ourselves like that because we were still kids. We were children.

So, for us black people, people of color I should say, we were not looked upon as being citizens. So, what we were doing there was just having fun. I always say that Mr. Berry Gordy had this place where everyone who had talent would just kind of migrate to because it was a place where we could go and explore our talent. So everyone there was pretty much young. I would say most of the people were not even in their twenties yet.



COA: How was Mr. Gordy to work with? He's sometimes portrayed as very intense and demanding. How did you find him?

MW: First of all, the thing about Mr. Berry Gordy is that he is a very creative person and all he wanted to do was write music. When his company started, as I said, he was probably the oldest of all of us. He was still very young, but he was so focused on what he wanted. That's why people say that—because he was so focused on creating music and music was his whole life. So yeah, he was like that, but he was a wonderful guy. He still is a wonderful guy. He loved to have fun. He would hang out with all the male groups, and he and I would

always hang out together. So he was a fun guy when he wasn't working, but he was always working. He was a very serious guy, too. He was serious about the focus and the music, but he was also a guy that everyone wanted to be around him.

When The Supremes became famous, we would travel the world and Florence and Diane would probably stay in, but he wanted to go out, and I wanted to go out and we explored. The first time we went to Japan, he and I went out and started eating and exploring all the various restaurants. I mean, I think I was one of the earliest people I knew to start liking sushi in 1966. It wasn't really even heard of here in the states. The

point I'm making is that we were very good friends.

COA: Once the original lineup of The Supremes changed, how much of a say did you or each individual member have in who became a part of the group?

MW: I'm not sure which point you want me to talk about, but the main thing is that the original group—Florence, Diana and myself—we were the people who recorded the five consecutive number-one, million selling records and that was all between 1964 and when Florence left in 1968. So, once Florence was out, Cindy Birdsong did join the group, but the group was still managed by Motown Records. We always listened to Berry because he was the one who believed in us, so whatever he said, we did. We were his girls. They knew what they were doing. We started with Holland-Dozier-Holland—our writers. People ask, "Did you ever write your own material?" No, because we have the best writers in the world. If they gave us ten number-one, million selling records plus, you know, why would we want to put our little two cents in? Unless we were Marvin Gaye and Stevie Wonder who, you know, that was part of their creativity. They were writers within their hearts, but we were singers and performers. So, in terms of who made decisions—all of the decisions were made by the company and our writers. We went along with it because it was working.

After Diane left, that's when I took over the management of the group and all the business. At that point, I made all the decisions. Prior to that, Mr. Berry Gordy did.

COA: Do you remember a singular moment in your early career where you thought, 'I've made it. This is it. I've done it?'

MW: For The Supremes, when we made it was when we got the audition at Motown. That was the first time, because now we were recording artists and we had a contract. After that, it was when "The Light Shines Through His Eyes" went on the charts. I think it was Billboard or Cashbox. We made it onto the charts and that made us happy. We had made it at that point. But the big moment came with our first number one record, which was "Where did our Love Go?" When that became a number one, we knew we had made it.

Now also after that, we had five more consecutive number ones. That was when the British invasion people came over here—the Rolling Stones, The Dave Clark Five, The Beatles, all those guys. So, we were battling them on the charts. We would have a number one, and one of them would have a number two. Next, they'd have a number one, and we would have a number two. So we were right up there. We were the only female group battling the British invasion on the charts. Of course, we had some great artists. I mean, we

had the Ronettes, we had Aretha Franklin, we had Mary Wells—all these people were recording, but nobody had five consecutive number-ones like we did.

And then we had a couple that were not number-ones, and after that, we had four or five more number one records. So, our record, I think, has only just been broken today by maybe someone like Mariah Carey. I'm not sure, but you know

that no one had done before as black people and as three black women.

COA: Yes, That is just amazing. Your family must have been blown away by your success.

MW: Yes, I wrote about this in my first book, *Dreamgirls: My Life As a Supreme*. When we received our first money from our first couple of number one records, we each went out and bought



what I mean. Now, it's a different market, but back then, as I mentioned earlier, black people were not up on that pedestal like that. Even the great singers like Sammy Davis, Lena Horne, Josephine Baker, I mean, they were big, but we did something internationally

a home for our parents because we all still lived in the Brewster projects. And that was really something for our parents because, as I said, my mom could neither read nor write and she could never have imagined owning a home. This was a really wonderful thing that

the three of us decided to do for our moms and dads. It ended up we were on the same street. We didn't go out looking at homes together. We were on the road most of the time traveling around the world, so we had the real estate people go out and look for homes. They had gathered up several homes, and we ended up choosing homes on the same street, which is really odd.

COA: You talk about that time period and about being women and black women in particular. How did your style develop?

MW: We were just being ourselves, and I think that's part of what made us so unique is that we—as three little black girls who dared to dream at a time when it was really an impossible dream—for us to become famous was really something.

We were just three girls who loved to dress up. We were girly girls. We loved fashion. Our mom's and our aunts, when they went to church everybody would be dressed to the nines with hats. I mean, black people really dressed well. But people would say we were from the ghetto and poor and all those kind of things. I mean, that is not what I remember—especially growing up with my aunt in the suburbs. I mean, that I had the prettiest little dresses. So, that's who we were as girls. So even before we were famous in the early days before we started wearing gowns and we were doing the little record



hops, we always looked cute. Diana and I used to make our own little dresses out of Butterick Fabrics. We would go to Woolworths, and we bought five-dollar pearls. That was just kind of who we were.

Thank God Motown saw that and no one tried to change us. As we became richer and more famous, instead of making our own clothes and buying them at shops, designers started bringing in great dresses to make and design for us. So, our fashion became almost as famous as our ten number-one, million selling records. I have gowns that we wore back in the day and my exhibit tours. It just left Newark. It was at the Grammy Museum. It's been in loads of museums.

COA: I understand that you went to college in your 50s to fulfill a promise to your mother. What did you study?

MW: The first thing is that this all came about differently. My son passed away in 1994. But back to my mom—my mom could not read or write, so the one thing that she always stressed was that she wanted to see her children go to college and that education was so important.

So when my son died in the 90s, I was so down that I said, "I need to do something so that I can get my spark back." I was still living in Hollywood, and I needed a change of environment. I always wanted to live in New York, so I just picked up everything and moved to New York.

And that's when I went to NYU because I needed to do something to get my mind off myself. And I wanted to do it for my mom. I had not made a promise to her. This was just something that I knew would have made her very happy, but she had already passed. I went to NYU and I got my associates degree. I studied everything I wanted to study except math. I always wanted to paint, so I had a painting class. I had a psychology class. English was one of my favorite things. When I was in high school and getting ready to graduate, my English teacher said I should consider becoming a writer because he thought I was writing so well. I said, "Well, all I want to do is graduate and get down to Motown and record. Because you know, that's what was stopping us from traveling because we were still in school. I felt so much better after college.

I remember in 1968 we were in Sweden, and the princess of Sweden, Princess Christina, came to our show and she brought her younger brother with her who is now King, right? We all became very good friends. But, I remember one time she and I went to a museum, and she was showing me all the paintings and she named every one. That's when I thought to myself, "Wow, even though we are famous, I feel so small next to this woman." We were about about the same age.

So when I went back to school, that was one of the

other reasons that I went back because, you know, there's something about education that's so important, especially for black people. We have this innate thing of feeling less because we were told we were less. I mean you look at my aunt and my mom and everyone used to tell stories about how they were picking cotton and their parents were slaves. All of that and going back to school really helped me to feel, not only better about myself because I always felt great about myself, but there was still something that I didn't have any control over that made me feel less. I got that education and I said to myself, "Well, this is what mom was trying to tell me, you know, you really feel much better."

And look at all the deaths we had of people like Elvis Presley and Marilyn Monroe. These people who were great in some kind of way, but they still felt like little Elvis or little wherever. So, you don't know why this little kid inside you still feels less. So, can you imagine being black and having the whole of America tell you that you're less? Yeah. And so there you go. Going back to college was so great for me, but there were many things that drove me back there. I hate it that I lost my son, but it really gave me the impetus to do that. You never know why things happen in your life.

COA: I know that you and Diana Ross have had your ups and downs. I'm wondering what your relationship is like today.

MW: I don't know why people say we have our ups and downs. I think it was business. You see, there's another thing that happens, and it's not a choice, you know, we didn't have a choice to say, "I don't like you." It wasn't anything like that. It was more business—and it's different in a group. I have a lot of friends in groups—The Pointer Sisters, The Dixie Cups, The Ronettes—and we talk about that. What happens a lot of times is that you start off all together loving each other. Then you can become famous and people started coming in the middle of you and saying, "Well, you know, you should be doing this, but you should be doing that and you're not good enough. You're not a good enough singer. You can't be the lead." They come in they kind of tear you apart. So, what happens in this business is that it's so hard to keep a sane mind and to not to allow that to destroy friendships. With Diane and I, we'd never had an argument. It was never anything like that. She became the lead singer and the company kind of forgot about the other two.

Things like that happen, so then you grow apart. What people don't really understand is that we love each other. We're just not together now, but the love that we have in our hearts for each other is still the same.



COA: That's wonderful to hear. You recently did Dancing with the Stars. How demanding was that physically?

MW: No, not for me. If you've seen our videos, you know we've always danced. We've always had choreography, so that wasn't hard for me. The only difficulty was that we only had a week to learn the dances. That, to me, was perhaps the hardest thing, if I had to say anything was hard. But, I mean, when we learned our own choreography for our hit records, we would be on a road and we'd have to fly home to Detroit for maybe two nights. We would have to learn the choreography for the dance before we went back out. So, I'm used to that, even though I'm now almost 76 years old. So, you know, it's like riding a bike. It might take you a minute to get back up there. But, if you've done it once when you were young, you can probably still do it. I had a ball. The people were great.

COA: So you mentioned your English teacher encouraging you to be a writer. You've written three books, one of which is still one of the best selling rock and roll autobiographies of all time. So, even though you knew you were a good writer from a young age, what inspired you to actually put pen to paper and get it published?

MW: No, no, no. I didn't know I was a good writer. I didn't know that, but my English teacher told me I was. I had no idea I was a good writer. But what I started was—at the age of 17 after he had told me that and I was going down to Motown every single day and it was this new environment and all of these people were coming in. Stevie Wonder was coming in for the first time, and we were there when he auditioned. Marvin Gaye started coming in and I was there seeing all of these wonderful things, so I started keeping a diary just because my English teacher told me I was a good writer. I just started keeping my

little notes. I did that all the way through my time at NYU. I kept a diary for years and years. I just did it because it was a way of me writing out everything that was happening.

Eventually, I guess when Florence left or when Diane left, I decided, "Maybe this is the time for me to go ahead and make something of all of my diaries—all of my thoughts."

COA: Was it cathartic going back through them and putting them into book form?

MW: No, it wasn't cathartic going back to it because I never went back to the diaries. It was all in my head. That's what was so great. What was good about it was that I was able to get what was in my head out of my head so I could clear my head. It's like cleaning your closet. Once you clean your closet up, you feel so much better.

COA: You mentioned how different the music industry was back then. What do you think about modern popular music? Are there any acts that you really love and follow?

MW: I'm pretty much still in the fifties. I mean, I listen to the old music. I rarely listen to new music—only just to hear what's going on and what they're doing. Because just like in the 60s, the sign that Mr. Berry Gordy put on his building said, "The Sound of Young America." So today, you have the sound of young America. You have

the sound of Great Britain. The young people are the ones who are on the radio, you know, and so, therefore, it's not my kind of music. I guess that's what I'm trying to say. Not that it's good or bad. I have no opinion of it really. It's just that my ears still love Gladys Knight and the Pips, The Temptations, Stevie Wonder, The Miracles and The Four Tops, you know?

I should say that, yes, there's some great talent out there. It's not about talent that I don't listen to it. If I had to choose someone, probably Mariah Carey would be my favorite if I had to choose a voice I really love. People are talented, it's just that I still listen to Marvin Gaye every Sunday, you know, and Luther Vandross, and Sam Cooke. One of my favorites is Boz Scaggs. I have a couple of his albums that are all the Great American Songbook, and I love that because I do a jazz show. My show is jazz. I love that music.

COA: You're involved in a lot of charity work. How do you choose what to support?

MW: I keep going back to The Supremes because everything I do pretty much started when I was a Supreme, so I just carried on and I choose the things I really like to do. One of my biggest interests is working with children. I have a couple of organizations that I really try to get behind. One is Figure Skating in Harlem. I really got involved with them when I was living in New York. They're all young

girls from the age about six to 18 years old, and they teach them how to ice skate. They bring in Olympic ice skaters and professionals, but they do more than that. They give them the background in school and that type of thing.

I've also always sponsored children around the world. I was very lucky to actually sponsor a child in the Philippines, and when we were working there, I got to meet her.

I also do some things like with the Humpty Dumpty Institute (HDI), which has to do with bombs that have been exploded. I went to Vietnam and Laos and lot of different places and helped in those areas.

I just got back from Belgium where women from around the world were talking about diversity and women's rights and things of that nature. I was the main speaker, which I actually didn't know. I gave a master class over there, and it was all based upon my career with The Supremes and how we, as three black women, were able to achieve the things we did. So, I just do whatever kind of feels good to my skin.

COA: Speaking of your skin, you're almost 76 years old and you're a very beautiful, vibrant and healthy woman. Do you have any secrets to aging gracefully and healthily? Do have an exercise routine or a beauty routine?

MW: I always say I'm 75-and-a-half years old or I'm 25-and-a-half. I enjoy growing because you learn every day. I don't have any real regimen that I do because I travel, and it's kind of hard to keep up, but I do hot yoga. My skin comes from my mom and my dad, I guess. They had good skin, so I got good skin. I drink lots of water and I love to get sleep. I try to do things that are good for me, but I have some bad habits. The doctor says I better stop eating salt.

COA: What are you working on right now?

MW: Right now, I'm actually working on getting a U.S. Postal stamp for Florence Ballard here in America. Hopefully, we can get that for her because a lot of people didn't even know she had passed and no one talked about it. So I feel that it's something that I would like to do for her. But in terms of myself, I'm taking acting classes, I'm still touring and I'm still writing books. All that kind of stuff.

COA: Mrs. Wilson, I appreciate your time so much. What a pleasure it's been speaking with you. Thank you for all of your music.

MW: Okay, I thank you, as well. Have a wonderful day.

What's the news?

Pensacola State College offers a variety of continuing education courses for all ages, many of which may appeal to senior adults. This is a great way to remain socially and mentally engaged as we age!

AEROBIC SWIMMING \$65.00

(30 hours) This is a non-competitive, structured swimming program with a workout that includes stroke drills and endurance training.

Pensacola Campus POOL

8189 01/14-04/30 T R 5:30am - 6:25am
8190 01/14-04/30 T R 8:00am - 8:55am

AQUA COMBO \$34.00

(15 hours) Work in the shallow and deep ends of the pool using water resistance equipment and optional buoyancy belt.

Pensacola Campus POOL

8195 01/18-05/02 SA 9:00am - 9:55am

RECREATION AND LEISURE SWIMMING \$39.00

RECREATION AND LEISURE SWIMMING 3RD FAMILY MEMBER \$13.00
RECREATION AND LEISURE SWIMMING 2ND FAMILY MEMBER \$23.00

(96 hours) The participant may utilize the pool during recreation swim hours. For schedule call 850-484-1311.

Pensacola Campus POOL

8213 12/14-05/06

SENIOR SWIM DISCOUNT \$25

(96 hours) Senior adults ages 60 years or older who are members of the Senior Club may utilize the pool during the recreation and leisure swim hours for a discounted rate. Permission to enroll is required. Contact Kay Miller, 850-484-1311 for more information about eh club memberships and for permission to enroll.

Pensacola Campus POOL

8216 12/14-05/06 Open Enrollment

YOU CAN SNORKEL! \$36.00

(3hours) Learn to snorkel and impress your friends or family on the next trip to the beach or vacation. It's easy! Taught by James Stegall

Pensacola Campus POOL

8271 04/11-04/11 SA 9:00am - noon
8272 05/01-05/01 SA 9:00am - noon

ACRYLIC PAINTING \$56.00

(8 hours) This fun introductory course is designed to show the basics of the materials and techniques for acrylic painting. Students will complete at least one finished painting.

Pensacola Campus

8163 04/01-04/22 W 3:30pm - 5:30pm

PAINT N PARTY WITH DB \$33.00

(2.5 hours) This is a basic, fun, painting class suitable for any adult. Artist DB Waltrip will share her whimsical, original designs to be painted on fence board. Paint along with her or venture out to add personal touches to craft a seasonal piece. The February project will be in time for St. Patrick's Day. In March prepare an Easter cross on fence board. The April class is just in time to paint a beach theme for summer with a choice of seahorse or fish design. Watch for other fun classes with DB.

Pensacola Campus

8288 03/13-03/13 F 5:30pm - 8:00pm
8289 04/17-04/17 F 5:30pm - 8:00pm

COMPUTERS FOR SENIORS \$61.00

(16 hours) Designed for first-time computer owners to be able to do the following: email (send and receive), save documents, create greeting cards and flyers.

Pensacola Campus

8165 03/03-04/28 T 3:00pm - 5:00pm

CYBERSECURITY AND COMPUTER AWARENESS FOR ALL \$27.00

(3 hours) A basic, informative workshop for the community and seniors to prevent and recognize cyber threats. Topics include safe internet browsing tips on preventing identity theft, strong password usage, and potential risks using Facebook. Learn about online scams and how to protect yourself from fraud. Also, computer security, mobile security, and cybersecurity while traveling will be discussed. Taught by college cybersecurity instructor, Nichole Noa.

Pensacola Campus

8123 03/14 SA 10:00am - 1:00pm
8124 04/04 SA 10:00am - 1:00pm
8125 04/18 SA 10:00am - 1:00pm
8126 05/02 SA 10:00am - 1:00pm

CULINARY HISTORY TOURS \$26.00

(2 hours) Chef Michael Hartsaw will take the class back in time to explore the history and food of a region. Participants will study the contributions from the inhabitants and settlers of Pensacola through local history, hands-on cooking and opportunity to taste a dish from each group.

Pensacola Campus

8237 04/04-04/04 SA 5:30pm - 7:30pm
8238 04/11-04/11 SA 5:30pm - 7:30pm
8239 04/18-04/18 SA 5:30pm - 7:30pm
8240 04/25-04/25 SA 5:30pm - 7:30pm

EXPLORING WINE \$39.00

(3 hours) Chef Michael Hartsaw and his students will explore some history and processes of making and enjoying wine. They will study the big varietals and where they originate. Learn inside tips to enjoy, buy and appreciate wine with confidence.

Pensacola Campus

8294 03/13-03/27 F 6:00pm - 7:30pm

MEDITATION 101 \$49.00

(9 hours) Learn the basics of how to meditate, how it can enhance your life, and expand your perspectives. Meditate to heal the mind, body and spirit. Bring a notebook (and cushion if desired); chair use is fine.

Pensacola Campus

8028 03/24-04/28 T 11:00am - 12:30pm

South Santa Rosa Center

8029 03/25-04/29 W 4:00pm - 5:30pm

YOGA BASIC BEGINNER \$55.00

(8 hours) This intro course teaches the building blocks of yoga and is perfect for beginners or experienced practitioners who want to slow it down and deepen their practice. It explores yoga fundamentals, proper breathing and in-depth instruction for yoga staples like sun salutations. Class is taught by Amber Dodd.

Pensacola Campus

8160 03/09-04/08 M W 6:30pm - 7:30pm

8161 04/13-05/06 M W 6:30pm - 7:30pm

BIRDS ON LOCATION WITH JAMES STEGALL \$46.00

(7 hours) Study local birds and bird habitats - where they live, what they eat, their migration habits, and more. Learn about equipment such as binoculars, spotters, and scopes while on a birding fieldtrip. Have some fun! NOTE: Students must provide their own transportation.

Pensacola Campus

8264 03/28-04/04 SA 7:00am - 10:30am

CROCHET - BEGINNING \$38.00

(6 hours) Learn crochet techniques in a progressively challenging sequence for students to learn basic skills of holding the hook, creating stitches and reading patterns. Complete a small, easy project.

Milton Campus

8248 03/05-04/02 R 3:00pm - 4:30pm

GARDEN CLUB WITH JAMES STEGALL \$36.00

(3 hours) Learn answers to your gardening questions in this workshop. Topics planned are as follows: 1/28, Bed Prep and Bulbs; 2/21, Palms and Ground Covers; 3/13, Lawns and Landscape; 3/31, Grandma's Plants and Shrub. Come with your questions and get ready to garden! Enthusiasts may want to return again and again after their first workshop.

Pensacola Campus

8255 03/13-03/13 F 1:00pm - 4:00pm

8256 03/31-03/31 T 2:00pm - 5:00pm

SOCIAL SECURITY OPTIMIZATION \$20.00

(1.5 hours) Avoid making up to a \$200,000 mistake on your taxes. You can maximize your Social Security income for life whether married, single or widowed. Topics of discussion include the changing retirement landscape, integrating retirement decisions, optimizing Social Security, and guaranteeing lifetime retirement income. Learn answers to questions you may have as you plan your retirement. Taught by American Heritage Financial partners, Stephania Streit and Edward Nelson. They answer questions you never knew to ask.

Pensacola Campus

8009 04/09-04/09 R 6:00pm - 7:30pm

Milton Campus

8010 04/25-04/25 SA 10:00am - 11:30am

FAQ:

When and where are the classes offered, starting in January and moving forward?

The majority of PSC Continuing Education, Recreation & Leisure courses for the Spring term will begin the end of January. Some of our courses, including aquatics, fitness center and gymnastics are ongoing throughout the year.

How much do the classes cost?

Our courses vary in price depending on the length of the course and subject. The average course cost \$6/ hour.

How can someone sign up or get more information?

Visit our Continuing Education website: [to see our catalog and to register](#). Or call us at 850-484-1797. We are happy to answer any of your questions.

What are your most popular courses for senior adults?

Many of our aquatic courses are very popular and many seniors join the Senior Club in order to receive the Senior Swim Discount to utilize the pool. This course is for 96 hours and is only \$25.

Cybersecurity and Computer Awareness for All – a invaluable and informative course on how to identify cyber threats and ways to prevent them for happening to you. Great for seniors new to online platforms and computers. Topics include, safe internet browsing, risks of using Facebook and other social media platforms, learn about online scams and how to protect yourself from fraud. Taught by a PSC Cybersecurity instructor.

Culinary History Tours of Pensacola- an educational and delicious new course that takes students through the years and different cultures who have inhabited Pensacola, since the Native Americans to 19th Century Great Britain and their cuisine, how they prepared it and how it shaped the Pensacola we know today. Loved by all who have taken the course- you will not be disappointed. Each Saturday is a different them, history lesson and food prepared by a local chef and small plates for sampling. Each course is 2 hours and cost \$26.

Yoga Basic Beginner is for the absolute beginner who is interested in learning about yoga, but hasn't felt comfortable going to a class yet. This course covers the basics from breath work, to standing poses and relaxation. Each class is 1 hour and for 8 classes the course is \$55. Taught by a certified yoga instructor. Private lessons are also available.

Garden Club with James Stegall is a course that combines all your gardening questions into one- from edible gardens and herb, to annuals, to trees in your yard. Each workshop focuses on different areas of gardening. James Stegall also teaches Birds on Location, Photography, Travel Tips, and A Spot of Tea- learn and sample different varieties of different teas and where they originated.

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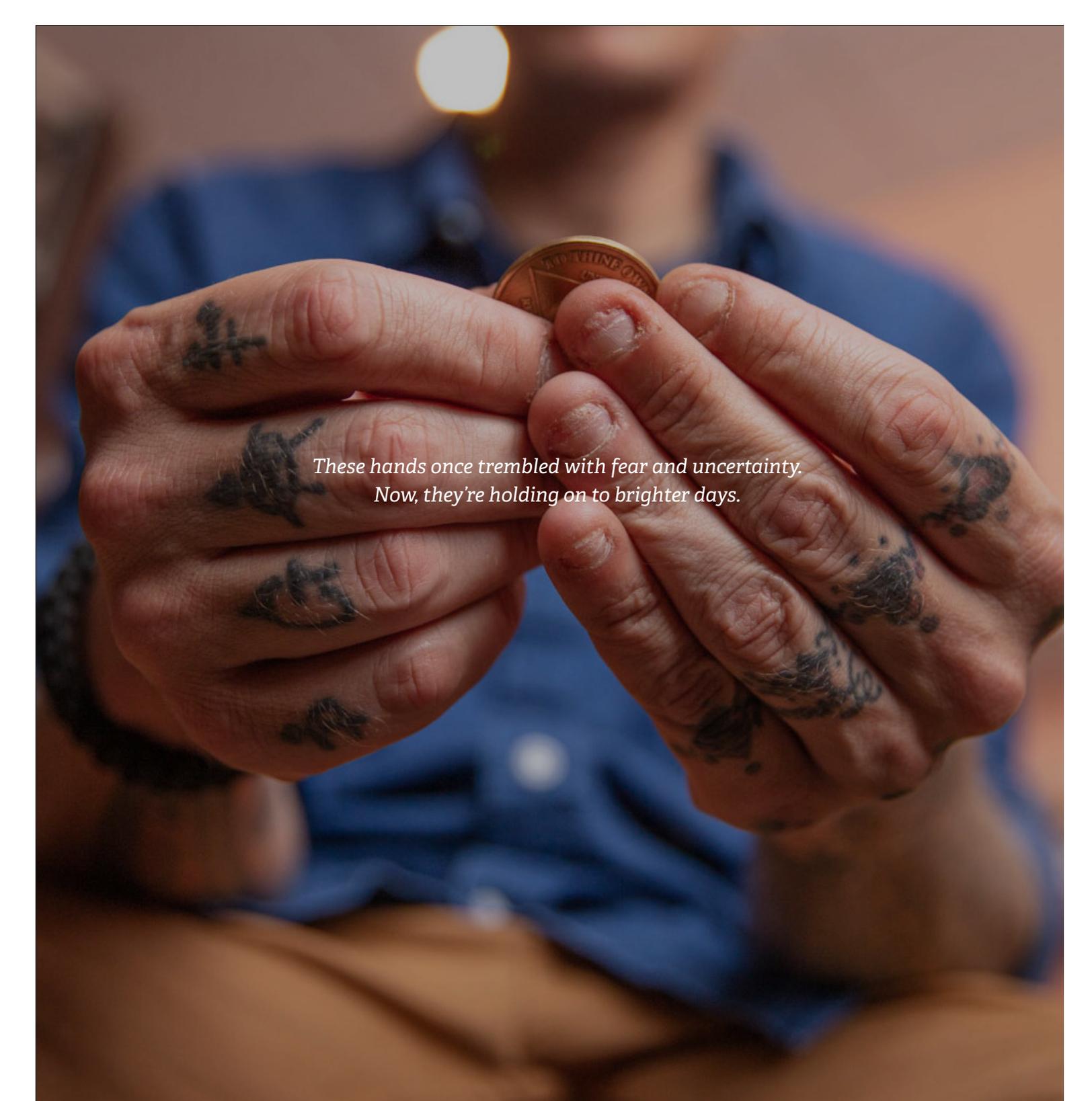
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Council on Aging of West Florida is a local independent 501(c)(3) not-for-profit organization that has served seniors and their families since 1972. Council on Aging of West Florida helps seniors in Escambia and Santa Rosa Counties live healthy, safe and independent lives in their own familiar surroundings by providing community-based, in-home programs and services such as Meals on Wheels and Alzheimer's respite care. For more information, call 432-1475 or visit www.coawfla.org.

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*These hands once trembled with fear and uncertainty.
Now, they're holding on to brighter days.*

*The coin you see is an Alcoholics Anonymous (AA) token, given to those in alcohol or drug recovery. The tokens give AA members a physical reminder to take sobriety one day at a time.

We are a non-profit, faith-centered ministry offering food, addiction recovery services, housing, spiritual guidance and more to Escambia County's most vulnerable and under-resourced residents.

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Bright Bridge
MINISTRIES



Milton gets up every morning to watch the sunrise. The highlight of my day is making him coffee, talking about his little dog, Polly, and how the neighborhood has changed over the years. As a Home Instead CAREGiver, the services I provide allow Milton to stay at home, where he wants to be.

Michael S.

– Michael S.
Milton's CAREGiver



The best home to be in is your own.
Home Instead offers personalized in-home services.
Learn more at [HomeInstead.com/PensacolaFL](https://www.HomeInstead.com/PensacolaFL) or call 850.447.1947.

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We Do More.

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Grant a wish for seriously ill patients.

Ensley wanted a dance party with her friends, and the My Wish team, with help from *Rally Pensacola* and *The Kugelman Family Foundation*, helped make that wish come true.

Through My Wish, we help our seriously ill patients and their families make lasting memories. Wishes are granted by generous individuals, families, companies and foundations.

You can be a part of the My Wish team! Learn more at www.MyWish.org



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