

LIFESTYLE MAGAZINE FOR SENIORS

# COMING *of* AGE™

Summer 2016

## **A New Kind of College Senior:**

Going back to school during the golden years of retirement

## **Disrupting the Aging Process:**

AARP CEO Jo Ann Jenkins subverts some common myths about aging

## **Sunny Days are Here Again:**

Pensacola's summer event schedule is full of fun for the entire family

# TONI TENNILLE

AN EXCLUSIVE INTERVIEW





CELEBRATING 25 YEARS

Companion/Respite

Daily Living Activities

Transportation

Non-Medical

Homemaker

Nanny Service

Drug Free Workplace

Background Checks

Licensed & Certified

Bonded & Insured

## The Caregiving Company.

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

### Private Duty Personal Care Solutions For Every Generation

Celebrating 25 years as *THE* Caregiving Company  
for Northwest Florida.

**TLC**  
**Caregivers**

4400 Bayou Blvd, Suite 9 • Pensacola, FL 32503  
AHCA # 5703

[www.tlccaregivers.com](http://www.tlccaregivers.com) • 850.857.0920



**CALL TODAY FOR A TOUR!  
(850) 434-3232**

# Now Open!



## Ready to make new friends and enjoy a carefree lifestyle?

Summer Vista is the place for you. Our specially trained staff will cater to your needs in a secure, comfortable and active environment. Visit with friends while enjoying delicious meals prepared by our chef. After dinner take a walk on our nature trail or just relax and read a book. Regardless of how you spend your time - you will always feel at home at Summer Vista.

We also offer a specialized, home-like environment for residents with Alzheimer's and other related dementias.



Our recent Open House was a big success and a lot of fun.

If you missed it and would like to take a tour, **give us a call.** We can't wait to show off our beautiful new property.



  
Assisted Living Community  
[www.SummerVista.com](http://www.SummerVista.com)

**Call Tammy Hutcheson  
for a personal tour today.**

(850) 434-3232  
3450 Wimbledon Drive  
Pensacola, Florida

## FEATURED BENEFITS

Studio/1BR/2BR Apartments

Therapy-Driven Activities Program

Beautifully Landscaped Courtyards

Nature Trail

Bistro

Assistance with Medications

Beauty Salon and Spa

Life Enrichment Programs

Physical, Occupational,  
& Speech Therapies

Healthcare Monitoring & Management

24-Hour Emergency Response System

Scheduled Chauffeured Transportation

Nature Trail

Fitness Center

Restaurant Style Dining

Guest Stay Apartments

For a complete list of benefits visit:  
**SummerVista.com**



# ELITE NEUROSURGEONS. ONLY AT BAPTIST.

Our neurosurgeons come from some of the most respected programs in the country. They lead the region in the treatment of neurological conditions using the latest innovations and techniques. Not only do our patients have access to the expertise of our neurosurgeons, they also benefit through our collaboration with Mayo Clinic to provide leading edge care right here at home.

850.469.0642 / [BAPTISTMEDICALGROUP.ORG](http://BAPTISTMEDICALGROUP.ORG)



COLBY MAHER, M.D.  
NEUROSURGERY

UNIVERSITY OF CINCINNATI

AMBER GORDON, M.D.  
NEUROSURGERY

UNIVERSITY OF ALABAMA-BIRMINGHAM

BRETT REICHWAGE, M.D.  
NEUROSURGERY

UNIVERSITY OF FLORIDA



**BAPTIST**  
HEALTH CARE

MAYO  
CLINIC

CareNetwork  
Member



# FaithChapel

F U N E R A L   H O M E

LOCALLY OWNED AND OPERATED  
SINCE 1965

A FULL SERVICE FUNERAL HOME WITH TWO  
CONVENIENT LOCATIONS TO SERVE YOU

FAITH CHAPEL NORTH  
1000 S HWY 29  
CANTONMENT, FL 32533  
850.937.8118

FAITH CHAPEL SOUTH  
100 BEVERLY PARKWAY  
PENSACOLA, FL 32505  
850.432.6146





# [FROM THE EDITOR]



**Rachael Cox**

*Marketing Communications Director  
and Editor-in-Chief*

■ This is a bittersweet moment for me—my last issue as *Coming of Age* magazine's editor-in-chief. As most of you know, I said yes to the man of my dreams in January, and now I'm saying yes to a big move to Pennsylvania with him in June. This is an exciting time for sure. Lots of adventure ahead. But I can't help but feel some sadness about leaving this compassionate team of people at Council on Aging of West Florida.

In my nearly two years serving as the agency's marketing communications director, I have learned a tremendous amount about why taking care of our aging community is so important. Let's be honest, aging is not a sexy topic. And many of us, including myself, try every way to avoid the aging process. But why? Aging is beautiful. I can say without hesitation that if I had the opportunity to turn back the clock I wouldn't. I know I'm much wiser, stronger and happier now than ever before.

For many local seniors, happiness means the ability to stay in the homes they raised their children in... where they felt supported by the community surrounding them for so many years. That's why Council on Aging is so vital. With the provision of services like Meals on Wheels, adult day health care, senior companions and so much more, our agency has helped redefine aging. It doesn't have to be a dirty word. The individuals served through our programs are aging with dignity, in the comfort of their own homes, around the people they love the most. And this is why my transition into a new season of life is so bittersweet. I have seen first-hand the powerful impact this agency and the

people supporting it have made on local seniors. I am so proud to have served as an ambassador for this mission, and hope that though my time is up here, our readers will continue to advocate on behalf of the thousands of Escambia and Santa Rosa seniors in need.

Now that my sappy rant is over, we can move on to what I know is another fantastic issue of *Coming of Age* thanks to the Ballinger and Council on Aging teams. We were fortunate to snag another fascinating celebrity interview, this time with Captain and Tennille's Toni Tennille. Make sure to read about her journey to stardom on page 36. Believe it or not, summer is upon us! We've put together a list of events to enjoy these next few months. Check those out on page 27. And while we've been on the topic of redefining aging, AARP's CEO, Jo Ann Jenkins, recently wrote a book titled, *Disrupting Aging*. Read how she challenges us to embrace opportunity and change the way society looks at getting older on page 16.

And, as always, if you have comments or suggestions about *Coming of Age*, please don't hesitate to call Council on Aging at (850) 432-1475. It's time for me to pass the torch onto the next editor-in-chief. Thank you for your loyal readership, and support of my journey here at Council on Aging! Wishing all of you the best!

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 Rachael Cox at (850) 432-1475 ext. 130 or email [rcox@coawfla.org](mailto:rcox@coawfla.org). Please do not hesitate to contact Rachael 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 Rachael Cox at 875 Royce St., Pensacola, FL 32503, emails to [rcox@coawfla.org](mailto:rcox@coawfla.org) or contact editor Kelly Oden at Ballinger Publishing, P.O. Box 12665 Pensacola, FL 32591 or [kelly@ballingerpublishing.com](mailto:kelly@ballingerpublishing.com).

### WRITING OPPORTUNITIES

We are always willing to consider freelance writers and article ideas. Please send queries and/or suggestions to Kelly Oden at [kelly@ballingerpublishing.com](mailto:kelly@ballingerpublishing.com) or Rachael Cox at [rcox@coawfla.org](mailto:rcox@coawfla.org).

**Council on Aging of West Florida  
2016 Board of Directors**

**Officers**

Chair: Caron Sjöberg  
First Vice Chair: Robert Mills  
Second Vice Chair: Sonya Daniel  
Secretary: Councilmember P.C. Wu  
Treasurer: James M. "Mick" Novota  
Immediate Past Chair: DeeDee Davis

**Board Members**

Lorenzo Aguilar  
Malcolm Ballinger  
Rabbi Joel Fleekop  
Donna Jacobi, M.D. • Evan Jordan  
Lois Lepp • Kathleen Logan • Andy Marlette  
Escambia County Commissioner Lumon May  
Chaplain Larry Mosley  
Thomas Pace, Jr. • Tara Peterson  
Santa Rosa School Board District 1  
Diane L. Scott, Ph. D.  
Monica Sherman • Sue Straughn  
Edgar M. Turner • Richard M. Tuten  
Dona Usry • Marie K. Young

**Members Emeriti**

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

**President/CEO**

John B. Clark

**Marketing Communications Director and  
Coming of Age Editor-in-Chief**

Rachael Cox

Published for Council on Aging of West Florida by  
Ballinger Publishing

314 N. Spring St. • Pensacola, FL 32502  
850/433-1166 • Fax 850/435-9174

**Owners**

Malcolm & Glenys Ballinger

**Publisher**

Malcolm Ballinger

**Executive Editor**

Kelly Oden

**Editor**

Josh Newby

**Art Director**

Guy Stevens

**Graphic Designer & Ad Coordinator**

Anna Hitchcock

**Editorial Assistant**

Dawn Gresko

**Account Executives**

Stephanie Boyce • stephanie@ballingerpublishing.com  
Paula Rode • paula@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 on 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. ©2016



# CARDON ESTATE SALES & APPRAISALS

Your Caring Professional Team

We can assist you with one piece or entire estate.

Member of the International Society of Appraisers since 2001

850.433.6427 • Cardonestatesales@gmail.com

Antiques warehouse • 375 NORTH 9TH AVENUE, SUITE D

*Elodie Cardon*



## ERIC GLEATON REALTY, INC.



**Eric Gleaton,  
Broker**



- **Certified Senior Real Estate Specialist**
- **Deals in Guardianship, POA, Personal Representation and Trustee Maintained Properties**
- **Appointed Special Magistrate**
- **30 + Years Experience in the Northwest Florida and Regional Areas**



**850-572-5130**

102 E. Nine Mile Rd.  
ericgleaton@ericgleaton.com

# What's Inside

LIFESTYLE MAGAZINE FOR SENIORS  
**COMING of AGE™**



**31**



**36**

## Features

**A New Kind of College Senior 31**

**Toni Tennille: An Exclusive Interview 36**



**12**



**14**



**24**



**27**

## Departments

**10** Advocacy

**12** Success Stories

**14** Star Spangled Recipes

**16** Disrupting Aging

**24** Intergenerationals

**27** Summer Events

## In Every Issue

**42** News from Council on Aging of West Florida

**44** Out & About

**45** Were you Seen?

**46** Members & Donors

*On the cover:  
Toni Tennille*

**Stay Connected!**



**Torch Award for  
Marketplace Ethics  
Winner**  
Trust • Performance • Integrity  
**2014**

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



UNIVERSITY of WEST FLORIDA

# Leisure Learning

*Curiosity never retires.*

Quality instruction and social engagement  
designed for people 55 and better.

**Join us today!**

[leisurelearning@uwf.edu](mailto:leisurelearning@uwf.edu) | [uwf.edu/leisurelearning](http://uwf.edu/leisurelearning)



## Government Backed Reverse Mortgage

Home Values have been on the rise since 2013. as a result, your home may now be worth much more money than you think, which means you may have more equity in your home. A Reverse Mortgage (Home Equity Conversion Mortgage) can help you turn a portion of your home equity into extra cash.

**Many seniors today are looking for additional cash to:**

- Pay off other loans or debts
- Cover medical expenses and prescription costs
- Fund home repairs or modifications
- Establish a growing line of credit
- Eliminate monthly mortgage payments
- Pay for expenses such as Care Giving



*Please call today for a complimentary proposal!*



**Tracy Day**

NMLS# 37868

Reverse Mortgage Consultant

[tracy@choosecornerstone.com](mailto:tracy@choosecornerstone.com)

**850-380-5855**



**CORNERSTONE**  
MORTGAGE SOLUTIONS LLC

6702-C Plantation Rd / Pensacola, FL 32504

NMLS# 248711

## Frauds and Scams: They Want Your Money!

By John B. Clark, President/CEO

It is just amazing the number of ways people are being scammed out of their hard earned money; usually over the phone. There truly seems to be no end to the number of scams and frauds being perpetrated on innocent citizens each and every day. Unfortunately, many times these scams and frauds work and people are separated from their money. Everyone is vulnerable and no one is immune from being contacted by these scammers. While scams abound and are too numerous to mention all of them, a few from the Florida Division of Consumer Affairs involved the following:

**IRS:** Someone claims to be from the IRS and says you owe money and unless you pay, someone will come to your home and arrest you. IRS doesn't operate this way. If you have a problem with the IRS they will send you a letter. Not call, text or e-mail you.

**Jury Duty:** You get a call that you have missed jury duty and must pay a fine or be arrested. The caller will try to get you to give them personal information so they can access your financial accounts.

**Phony Charitable Solicitation:** The caller says they are with a charity that you are likely familiar with. This could be a scam and the person just wants to get your financial information. It is my personal opinion that you should NOT donate over the phone to any charity and NEVER give out your credit card number or any other financial information to the caller.

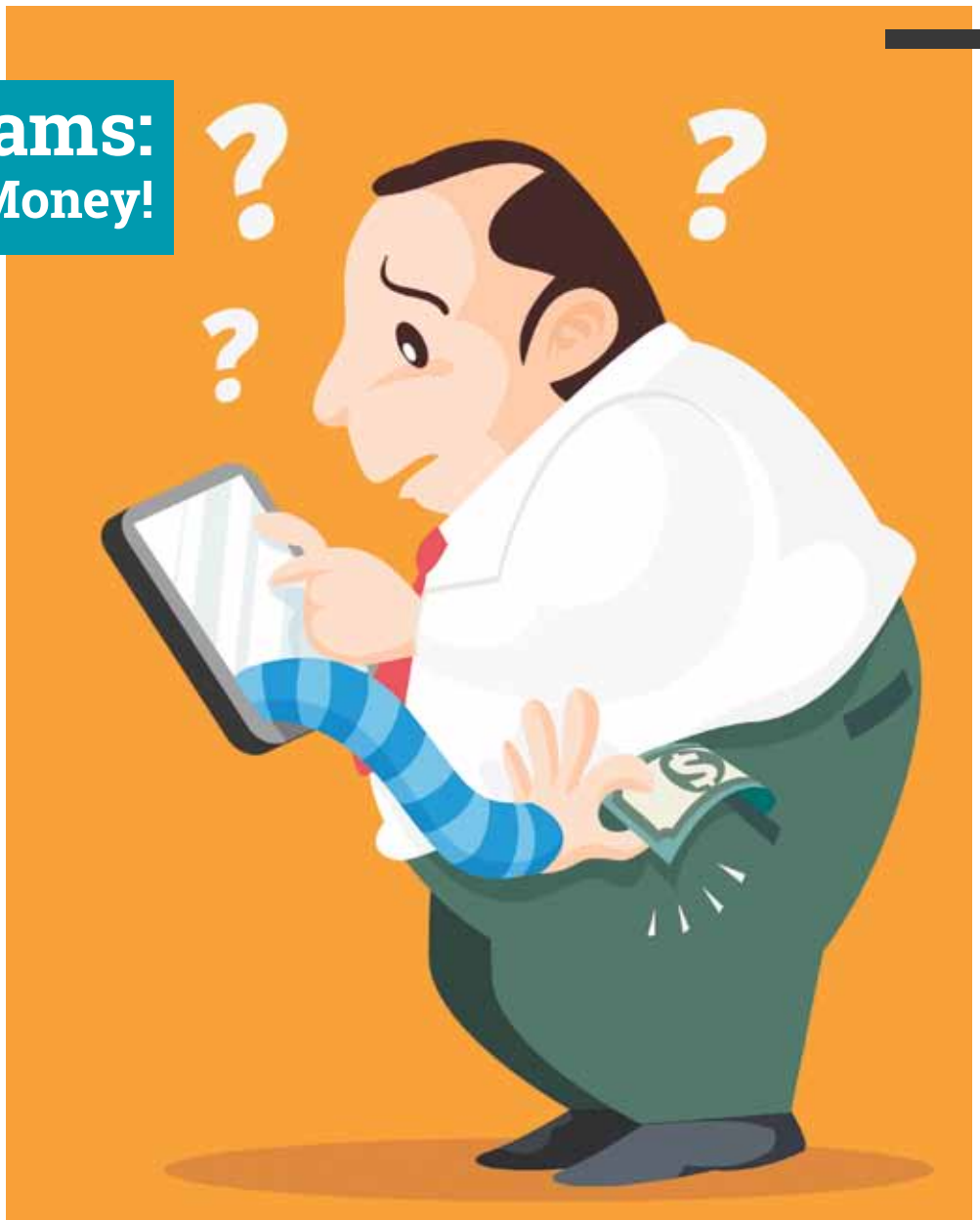
**Tech Support Scam:** Usually a call that says they have detected a problem with your computer's operating system and can correct it over the phone. They will ask for access to your computer, but need your password. NEVER

give anyone calling access to your computer. They will use this access to seize control of your computer and any personal information on your system. If you have a problem with your computer, call the company directly and ask them for their tech support.

**Grandson Scam:** In this case, a caller will say that your grandson is in trouble and needs X dollars to get out of the "situation" (usually jail in a foreign country). They will ask for your credit card or ask you to wire money and the rest will be history. Don't do it. Hang up and call your son/daughter and ask about your grandson.

**E-Mail Scams:** Usually these involve e-mails from companies that you might

have heard about and the website looks "official." These scams typically involve downloading attachments and/or clicking on a link taking you to a website. Downloading an attachment and/or going to another website via the link can result in your computer being "infected" with a virus. The scammer may also ask for personal information, allowing access to your bank accounts. Regardless, NEVER download an attachment unless you are ABSOLUTELY sure it is from a company you recognize or is something you have requested from a company. Otherwise, hit delete and contact the company yourself. By the way, this is a good reason to make sure you have a good virus protection on your computer and a spam filter.





I could go on and on. The scams are simply legion and they prey on people's trust and fears. Most of us want to trust others. Oftentimes the scammer calling will sound like a "nice young man or woman," and they will know enough about you to lead you to think they must be legitimate. Let me assure you that today anyone can find out a lot of information about you in a matter of minutes. Unfortunately, thanks to the internet, what would have been considered private just a few years ago is no longer private. It is relatively easy to find someone's phone number, age, job, etc. Just because someone knows some information does not mean they are "legitimate." Furthermore, these scammers can be persistent and employ high pressure tactics. If the call came to your home, you are in control of the situation. **DO NOT** engage in any conversation and/or argument. **HANG UP!** Beware of callers asking for money, your social security number, or other such requests. Again, **HANG UP!**

Some resources to learn about scams and to report cases should you fall victim:

- Federal Trade Commission (FTC) publishes scam alerts—go to their website: [www.consumer.ftc.gov/scam-alerts](http://www.consumer.ftc.gov/scam-alerts). This has a lot of great information and can tell you how to file a complaint about a scam.
- FBI also publishes common scams: [www.fbi.gov/scams-safety/fraud](http://www.fbi.gov/scams-safety/fraud).
- The Better Business Bureau has a scam stopper website: [www.bbb.org/council/bbb-scam-stopper](http://www.bbb.org/council/bbb-scam-stopper). You can also call the local office for a brochure about scams. (850)429-0002.
- Florida Department of Agriculture and Consumer Services: (800)435-7352 or [www.800helpfla.com](http://www.800helpfla.com).

Bottom line: there are a lot of sleazy, scumbags out there who don't care who they hurt. Protect yourself. Learn about these scams. ■



**We're by your side  
so your parents  
can stay at home.**

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.

**Home Instead CAREgivers can provide a variety of services. Some include:**

- Companionship Care
- Personal Care
- Meals & Nutrition
- Transportation
- Household Duties
- Respite Care

Call for a free, no-obligation appointment  
**850.477.1947**

**Home Instead**  
**SENIOR CARE**  
*To us, it's personal.*

[HomeInstead.com/PensacolaFL](http://HomeInstead.com/PensacolaFL)

Each Home Instead Senior Care® franchise office is independently owned and operated.  
© 2016 Home Instead, Inc.

**FOR ALL YOUR ESTATE  
AND TRUST NEEDS...**

- WILLS & TRUSTS
- LIVING WILLS
- DURABLE POWER OF ATTORNEY
- PROBATE & TRUST ADMINISTRATION
- PROBATE & TRUST LITIGATION
- GUARDIANSHIPS
- TAX PLANNING

**Gary B. Leuchtman  
Super Lawyer  
2016!**

**GARY B. LEUCHTMAN**  
BOARD CERTIFIED IN WILLS, TRUSTS & ESTATES

**ALFRED J. LOJO**

LAW OFFICE OF  
**GARY B. LEUCHTMAN, PLLC**

921 N. Palafox Street • Pensacola, FL 32501  
Phone 850.316.8179 • Fax 850.888.3377  
[leuchtmanlaw.com](http://leuchtmanlaw.com)

# Success Stories

By Keriann Smith, Development Intern  
Council on Aging of West Florida

## Participant of The Retreat Turns 100

Marie Roberts, or "Granny" as she is affectionately known, makes aging look easy. As spry as ever on the eve of her 100th birthday, Granny moves with the mobility of someone 30 years younger and possesses a sunny disposition unlike most, regardless of age.

Born in Tennessee, Granny was one of six children, commonplace at that time, but hectic nonetheless. She recalls her family with fondness. "We had a big family but we enjoyed our family," she says. Near her home in Tennessee was a large hill that "you couldn't hardly climb. We'd pull a sled up to the top of that thing. We cut out a path that we would sled down. It's a wonder we hadn't gotten killed!" She pauses, laughing. "We did that a lot...I had a good life growing up."

This idyllic childhood was forever altered when, "we moved to Missouri. My daddy had a brother there that farmed. I had to hoe cotton and I never had worked any harder in my life." In the middle of this discussion Granny stopped short, with a pensive look. "I can't tell you the feeling of living on a farm, but I can tell you kina' what it was like. Did you ever see a cotton patch?" Despite the many years that have passed since Granny worked on her father's farm, she can recall the process from start to finish like it was yesterday. "Oh lord, it was a lot of work. Take us til' the end of Christmas to get rid of that cotton business."

She reflects for a moment on her parents. "I got paid for every pound I ever picked. My daddy was that way. I would spend the money I earned."

Saved some of it to have when there wasn't any cotton to pick and I'd be goin' to school, you know how kids want candy and all that stuff. I just spent it like I wanted to. I did buy my clothes with it." A slow smile spreads across Granny's face at this anecdote. She elaborates, laughing in between each breath. "My brother just spent his going out with girls."

Eventually a man named Levi Harris came to town, a part of building the roads that would one day stretch across the U.S. "I married Levi Harris and had one child, Annella Joe. I didn't have a big family, I was determined, because my mother had so many!" Granny's laughter fills the room after this sentence. "I said not me!" Her daughter Annella (only called Joe by those closest to her) described Granny and Levi's romance. "He could see her sitting outside on her porch. They courted and were soon married."

Levi's job took him all over the country. Says Granny, "We moved around all the time. I didn't have to do one thing!" She grins. "I had an easy time when I was married with him. I thought that was wonderful just to get to sit around until it was time to cook supper."

Annella Joe soon was old enough that Granny found she had more free time than she liked. "Annella Joe didn't keep me busy. She was up and in school before you knew it. I wanted something that was enough to keep me busy. That's all I needed." Granny took a course and became a practical



nurse, working in doctors' offices and hospitals for many years.

"I did it for a long time because I liked it."

Granny and Levi moved to Pensacola in their later years to be closer to Joe. Levi passed away soon after their arrival in Pensacola and Granny later remarried, becoming Mrs. Roberts. Now she is an unmistakable fixture of Council on Aging of West Florida's adult day health care center, The Retreat, and her charisma and sweetness have become intricately interwoven into its atmosphere.

Granny's 100 years have been filled with happiness and love. She puzzles, though, for a moment over the question regarding the secret to her long life. "Well, I can't answer that." She pauses, then continues. "But, I can say that I go to church every Sunday that I can. I believe God takes care of us all."

From all of us at Council on Aging of West Florida, happy 100th birthday, Granny!





## Senior Companions Become Lifelong Friends

Ross Knight and his senior companion, David Alexander, Jr. both project a kind of peaceful wisdom, an aura that comes from their own individual nature, but also from their compatibility as a pair. Native to Pensacola, Mr. Knight returned to Pensacola with his family and started a non-denominational church. He and his wife had seven children, all of whom have college experience, and in his later years Mr. Knight had his own ranch and petting zoo. Reflecting on his varied professions and involvement throughout his life, Mr. Knight emphasizes that he likes "to be active. Sometimes things move

a little too slow around here for me. I have always been active my whole life and like to be around energetic people."

His senior companion, Mr. Alexander, feels the same. A pastor and counselor by trade, he is affectionately referred to by Mr. Knight as "Bishop Alexander." Though he is approaching his 80th year, he says staying active is important to him because he loves "helping people unable to help themselves." Mr. Alexander speaks with pride of his college educated children, his Ph.D., and his love of mentoring young people.

It is clear that these two men, both spiritually motivated and with a strong desire to impact change, are kindred spirits. "We have known each other for years in the community. At first I wasn't sure,

because he is older than me, but now I couldn't imagine it without him...he helps me tremendously, and is such a fine gentlemen, active, independent," said Mr. Knight. Mr. Alexander sits, humble in light of this praise, but beaming. He chimes in, "I've enjoyed being a senior companion. I like to meet and help people. It's been very good for us both."

Mr. Alexander continues, referring to the Senior Companion program as "a beautiful program." I'm very proud." Mr. Knight nods his head in agreement. "When you age, you can't do things like you used to, though you want to. Thank God has preserved me up to now."

Mr. Knight concludes, sweetly, with the sentiment: "Bishop Alexander was gone last week, and I missed him! I couldn't hardly wait until he came back."

## WWII Vet Has Better Quality of Life with Meals on Wheels

Mr. Grover Booker, a 92-year-old World War II veteran and longtime resident of Pensacola, found himself struggling. Though he had the care and support of his three daughters, he lived alone after his wife's passing in 2015 and his limited mobility and other health issues prevented him from cooking for himself.

When his doctor inquired if Mr. Booker was eating properly, Mr. Booker told him that he had a girl who came three days a week and cooked him supper, but "other days I was eating anything I could find." Now that he receives the services of Council on Aging of West Florida's Meals on Wheels program, Mr. Booker has seen his quality of life significantly enriched,

so much so that he considers the meals an essential part of his life. "oh yes, honey, I really like them, really good meals," Mr. Booker stated emphatically, adding "In fact, I have three laid out on the stove right now."

Responding with a resounding "oh yes, honey," Mr. Booker highly recommended the Meals on Wheels program to other local seniors struggling and in need of proper nutrition. ■



# STAR★SPANGLED CELEBRATION

## A Fourth of July menu that pops

### FAMILY FEATURES

When you combine the company of family and friends, the dazzling lights of a fireworks display and the mouthwatering flavors of a home-cooked meal, you have all the ingredients necessary for a fantastic Fourth of July. Whether you're hosting the party or preparing a dish to share, these tasty options will make you the star of the celebration.



### The Perfect Summer Snack

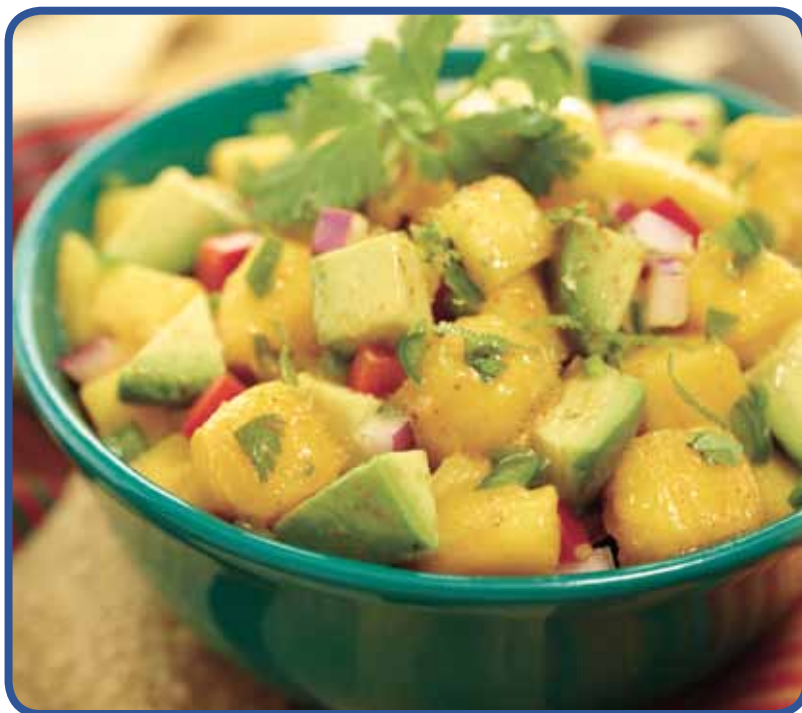
#### Barbecue Popcorn Seasoning Mix

Makes: about 1/3 cup

1 tablespoon brown sugar  
1 tablespoon paprika  
1 teaspoon dry mustard  
1 teaspoon salt  
1 teaspoon chili powder  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon cumin  
1/2 teaspoon cardamom  
1/2 teaspoon celery salt  
1 1/4 teaspoons cayenne pepper

In small bowl, mix all ingredients together. Store mixture in airtight container.

**To use:** Pour melted butter over warm popcorn or spray popped popcorn with cooking spray. Sprinkle popcorn with 2 teaspoons of seasoning mix for each quart of popcorn.



### Spice Up the Festivities with Superfruit

Take grilled chicken or fish up a notch in flavor and nutrition at your Fourth of July gathering with this Mango and Avocado Salsa. This salsa's star ingredient is the superfruit mango, which is an excellent source of vitamins A and C, is a good source of fiber and also adds a delicious hint of tropical flavor to the menu. For more delicious mango recipes, visit [mango.org](http://mango.org).

#### Mango and Avocado Salsa

Prep time: 10 minutes

Servings: 8

2 firm but ripe mangos, peeled, pitted and diced  
2 firm but ripe avocados, peeled, pitted and diced  
2 tablespoons serrano pepper, seeded and minced  
1/4 cup red onion, diced  
1/4 cup red pepper, diced  
2 tablespoons chopped fresh cilantro leaves  
1 lime, zested and juiced  
1 teaspoon chile powder  
1 tablespoon extra-virgin olive oil

Combine all ingredients. Allow to sit at room temperature for 10 minutes before serving to allow flavors to blend.

**Serving suggestions:** Pairs well with grilled chicken or grilled fish, such as tuna or Mahi Mahi.

**Nutritional information per serving:** 112 calories; 1 g protein; 13 g carbohydrates; 7 g fat (54% calories from fat); 0 mg cholesterol; 8 mg sodium; 325 mg potassium; 2 g fiber.





## A Sweet, Creamy Grand Finale

Nothing pairs with a spectacular fireworks show quite like a delicious, festive dessert you can make yourself. The Curious Creamery's Ice Cream Cake Mix provides a simple way to make a delicious and impressive dessert for your Fourth of July party – no ice cream machine required. This Blueberry Vanilla Ice Cream Cake with Cream Cheese Frosting uses a puree of fresh blueberries for a base that is topped with rich cream cheese frosting. Strawberries add a touch of color to this festive summer treat. Find more sweet and healthier dessert recipes at [TheCuriousCreamery.com](http://TheCuriousCreamery.com).

### Blueberry Vanilla Ice Cream Cake with Cream Cheese Frosting

Prep time: 20 minutes

Freezing time: 6-12 hours

Servings: 10-12

**10 ounces (about 2 cups) fresh blueberries, cold, plus extra for decorating**

**16.9 ounces heavy whipping cream, cold**

**6 ounces white granulated sugar, chilled**

**1 packet The Curious Creamery Vanilla**

**Ice Cream Cake Mix**

**1 tub (14 ounces) cream cheese frosting**

**sliced strawberries**

In blender or food processor, puree 10 ounces blueberries until smooth then place in refrigerator.

Pour heavy whipping cream in bowl of stand mixer fitted with whisk attachment. Add sugar. Pour in ice cream cake mix and then add blueberry puree.

Mix on low for 30 seconds. Cover mixing bowl with dish towel to prevent splattering. Turn mixer to high and mix for 4 minutes. The mixture will become wavy and creamy, and almost double in volume.

Pour mixture into 9-inch springform pan. Cover with plastic wrap and freeze at least 6 hours. Once frozen, ice cream cake will easily release from pan.

Remove sides of pan and decorate cake with frosting and berries. Return to freezer until ready to slice and serve.



## Add Some Sizzle with a Brat Bar

Let guests have a blast taking their juicy grilled dogs and brats to a new level with a topping station containing all the traditional favorites and a few unexpected twists:

- Ketchup and mustard  
(with flavor variations for added zing)
- Other sauces, such as barbecue or Sriracha
- Chopped fresh and grilled onions
- Chili (homemade or from a can)
- Peppers packing varying degrees of heat
- Pickle spears and relish
- Sauerkraut or cole slaw
- Assorted shredded and crumbled cheeses

# Disrupting the Aging Process

**Jo Ann Jenkins** is the CEO of AARP and has recently released a new book that subverts some **common myths** about aging—as well as some seemingly positive perspectives on the issue that may actually be **unintentionally damaging**. — by Josh Newby

In *Disrupt Aging*, Jo Ann Jenkins discusses health, life choices, money, experience and more in a book that's message is as colorful and entertaining as it is enriching and enlightening. The message? Every single year is a gift, so don't try to label as anything other than an opportunity to be who you fully are. It sounds simple, but as anyone who is 15 or 50 knows, putting it into action can be quite challenging.

Luckily, *Coming of Age* was able to catch up with Jenkins and discuss some tangible steps we can take to realize our full potential and truly enjoy our golden years. This time of life offers many advantages if we'll just let ourselves lean into them and ignore the harmful connotations associated with aging.

**You speak a lot in your book about embracing age and not trying to rebrand it as "new youth." Why is this beneficial to the aging population?**

**Jo Ann:** I think a lot of it has to do with the personal value that comes from "owning" your age. I'll give you an example: we're all familiar with catchphrases along the lines of "50 is the new 30" and "60 is the new 40" and so on. I know they're well intended, but I think they've got it all wrong. Fifty is 50, 60 is 60, 70 is 70 and they are—or can be—great. As with 20/30/40, it's often what you make of it but it can be easy to lose sight of that.

**What are some advantages that senior citizens and other older members of society have at their disposal in everyday life?**

**Jo Ann:** Well, I think it varies from person to person and community to community, but one overarching advantage is our sheer growing numbers in society. Right now, there are approximately 100 million people age 50 and up in the U.S. and more than 10,000 people turn 65 every day in the U.S., a phenomenon that's going to keep happening—every day—until 2030. The National Institutes of Health (NIH) projects that the U.S. population of people 65 and up will double over the next three decades. Those are staggering numbers and while they present some formidable challenges, I think they hold an equal amount of promise.

**Describe the process by which you came to embrace aging.**

**Jo Ann:** I've never paid much attention to labels, and I think that helped, but my personal experience upon turning 50 (I'm now 58) was kind of a pivotal moment. My husband threw a surprise party for me and it was a wonderful evening spent with lots of good friends, but I was deluged with cards and various well-wishes along the lines of "Over The Hill Now!" and "Next Stop: Old Folks Home" and so on. Obviously, they were all in



## WHO ARE TODAY'S MOST INFLUENTIAL "DISRUPTORS"?

good fun—after all, that kind of ribbing is almost a tradition—but, the funny thing was, I didn't feel all that old. It just got me thinking: what constitutes "old" and how much of it is self-determined? Our approach to aging is needlessly limiting—it's not how I felt then, and it's not how I feel now... and I think that's true for a lot of people. Over time, that evolved into *Disrupt Aging*.

### How can we live in a way that shows mindfulness toward our health and wealth while still enjoying our golden years?

**Jo Ann:** With longer life expectancy and technological advances opening new doors for self-growth and exploration, it's time to stop letting people say "you're too old for that" and time to change the conversation about aging. Disrupt aging requires us to re-examine our beliefs and attitudes about getting older. The way we are aging is changing for the better and we should be celebrating this.

### How can society improve in their opinions of older people?

**Jo Ann:** Perhaps it's the recognition that if you're alive, you're "aging." As such, I suppose we're all "getting older." Expressing negative judgments of people based on race, ethnicity, gender identity, or sexual orientation is no longer socially acceptable to most people, but doing the same thing around someone's age often still gets a pass. I think that will change, especially now that we have what amounts to an extended middle age, where you have some additional 20-plus years added to your life and the fastest growing age group is now 85 and up. We need to make sure that we have systems and programs in place support our longer lives.

### What are some tangible ways seniors can continue to value life and discover newness in every day?

**Jo Ann:** I'll take it back to "owning" your age. We get a lot of mixed signals about what aging means and how we're supposed to internalize it. At its heart, the Disrupt Aging movement is not about denying aging, or defying aging, it's about owning your age and embracing the opportunities to live your best life—at every age. ■



**Ned Overend, 60,** a national champion "fatbike" (all-terrain bicycle) racer—he competes against all ages and wins.



**Helen Mirren, 70,** who is a bigger box-office attraction now than she was at 30.



**Wayne Shorter, 82,** the legendary jazz saxophonist who now composes for symphonies—his latest work will premiere at this year's Monterey Jazz Festival.



**Carmen Herrera, 100,** an artist who sold her first work at the age of 89 and whose work will be featured in an exhibit at the Whitney this year.



Jo Ann Jenkins' book, *Disrupt Aging*, is available online at [Amazon.com](https://www.amazon.com), and in bookstores now.

## 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**  
Board Certified in Elder Law

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.



Have **FUN!** LEARN something new!

## continuing EDUCATION

Recreation and Leisure Courses for Adults and Children

Pensacola State College  
offers Recreation and Leisure  
courses in a variety of locations.

**850-484-1797**

**pensacolastate.edu/ce**

Registration open for new classes



**PENSACOLA**  
STATE COLLEGE

Pensacola State College does not discriminate against any person on the basis of race, ethnicity, national origin, color, gender, sex, age, religion, marital status, pregnancy, disability, sexual orientation, gender identity or genetic information in its educational programs, activities or employment. For inquiries regarding Title IX and the college's nondiscrimination policies, contact the Associate Vice President for Institutional Diversity/Title IX Officer at 850-484-1759, Pensacola State College, 1000 College Blvd., Pensacola, Florida 32504.

### IN-HOME CARE SERVICES



*Care* — Beyond Compare!

At Comfort Keepers®, we provide in-home care that helps seniors and others live safe, happy, and independent lives in the comfort of their own homes.

Companion Care  
Light Housekeeping  
Personal Care  
In-Home Safety Solutions



**Comfort  
Keepers.**

Pensacola  
850.316.8268  
Niceville  
850.389.4257

Most offices independently owned and operated. • ©2013 CK Franchising, Inc.

**FL #299993834 & #229228**

**COMFORTKEEPERS.COM**



**This Spring,  
Make Some New  
Friends**

**Adopt-A-Manatee®**



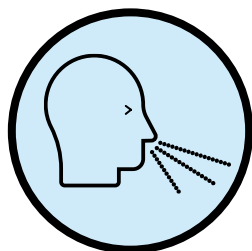
**Call 1-800-432-5646 (JOIN)**  
**savethemanatee.org**

Photo © David Schrichte



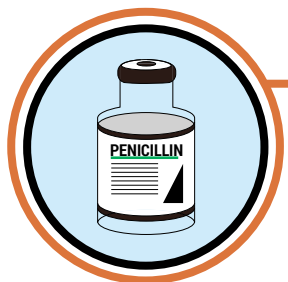
# Food/Drug Interactions

Sometimes, food and medications mix together well. Think chicken noodle soup and a decongestant. Other times, however, certain interactions can result in drug impotence or even serious side-effects, leading to a counter-productive outcome. In an effort to keep your prescription drugs effective and your mealtime productive, we present some well-researched knowledge about what interactions work, and, which ones definitely don't. — **by Josh Newby**



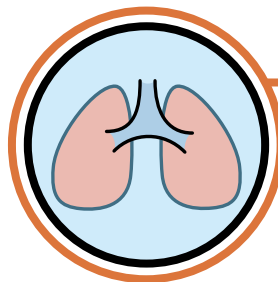
## Allergy Medicine:

You'll want to avoid alcohol when taking any type of allergy medication, or any prescription drugs for that matter.



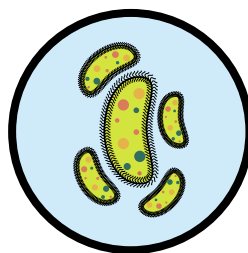
## Penicillin:

Stay away from high-fiber foods when on some antibiotics. Fiber can slow the rate that the stomach empties, and therefore the rate of medication absorption.



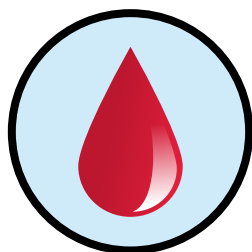
## Asthma Medication:

Stay away from both caffeine and alcohol. The negative interaction can be counterproductive.



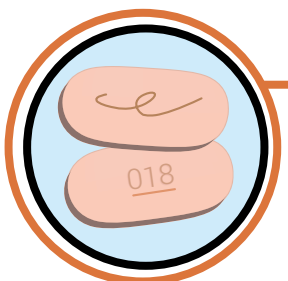
## Drugs to Treat Bacterial Infections:

You probably don't want to consume these items when sick anyway, but avoid salami and milk, as the calcium can interfere with medicinal absorption.



## Blood Thinners:

This is a big one. Avoid kale, broccoli, spinach, asparagus and red leaf lettuce. It may seem counterintuitive to shun these green vegetables, but they can actually promote blood clotting.



## Allegra:

This is a famous one. Avoid grapefruit, which affects cholesterol drugs, heart medicines, immune system drugs, and allergy medicines like Allegra.



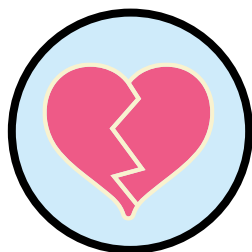
## Parnate & Antidepressants:

Avoid red wine, of course, and also hard cheeses. Both contain a compound called tyramine that acts similarly on brain neurons as the antidepressant, so they can increase the drug's effect too much.



## ACE Inhibitors:

Another food you probably won't want to eat when sick, bananas add too much potassium to your diet if you're already taking potassium sparing diuretics.



## Digoxin (heart failure):

Black licorice contains glycyrrhizin, which can cause an irregular heartbeat or even death when combined with digoxin (Lanoxin). It also makes the drug less effective.



## Cholesterol Medication:

This is another drug with which you won't want to mix grapefruit. It will increase the drug's level in your bloodstream and increase the risk of leg pain.



## disclaimer

This is not official medical advice and should not be considered more important than your doctor's and/or pharmacist's recommendations. These are simply general outlines to follow under most circumstances.

# Caregivers Have Needs Too

Caregiving for a loved one is oftentimes a full-time job, especially when resources and financial support are limited. In fact, more than 15 million caregivers provided an estimated **18.1 billion hours** of unpaid care in 2015 alone. Between balancing a day-to-day career and caring for a parent or child, the caregiver can be left exhausted and seeking much needed respite. Just like a loved one, caregivers have an array of needs but they tend to be forgotten due to busy schedules. Ensuring that caregivers receive support emotionally, socially, and physically is imperative to living a healthy and balanced lifestyle. **Here are just a few ways to do that.**

*By Brandi Gomez, Development Director*

## 1) Emotional Needs

- **Talk to Family and Friends** – As a caregiver, you may experience a lot of emotions including anger, guilt, sadness and depression. This is normal. Making time to speak with family or friends about experiences and struggles is key. Just having someone else listen can be therapy in itself. It's also very important to become aware of signs of anxiety or depression. If emotions become overwhelming, you should seek professional help.
- **Keep a Journal** – Some people are introverts, but keeping a journal can help with this. Journals give you the ability to express yourself and look back on progresses made.
- **Take Time to Relax** – Whether this be watching your favorite television show, praying, or reading, taking time to de-stress is key to staying emotionally balanced.
- **Seek a Support Group** – Support groups are extremely common nowadays and available in most communities. Getting together with individuals facing similar issues can be refreshing and allows you to hear other perspectives and resolutions to problems.

## 2) Social Needs

- **Keep a Close Circle** – Creating a safe and close-knit circle of friends and family is key to staying sane. Everyone needs time to let loose and enjoy company with others. Try and make time every week or couple of weeks to have a lunch or coffee with a friend.
- **Do What You Enjoy** – Take up a hobby such as a cooking class or volunteer. Being around others with similar interests is not only good for the soul, but also a great way to meet new friends.
- **Don't Isolate Yourself** – It can be very easy for caregivers to isolate themselves from their regular day-to-day interests in fear of feeling guilty for leaving

their loved one in the care of someone else. You must remember that caregivers are humans too and you have needs just like everyone else. Try and keep as social as possible. Laughter and positive interactions are a great way to get your mind off of current stresses.

## 3) Physical Needs

- **Eat Right** – It can be easy to go through the closest drive-thru for a quick meal to avoid cooking, but the end result can be extremely damaging on your health. Try to make a meal plan each week and stick to the key food groups of vegetables, fruits, dairy and protein. Your loved one's health is important, but so is your own.
- **Exercise Regularly** – This can be as simple as a 30-minute walk a day and stroll on your lunch break. Getting out in the fresh air and moving will not only improve your physical health, but it will stimulate your brain health as well.
- **Get the Recommended Eight** – According to the National Institutes of Health, adults get seven to eight hours of sleep a night. Sleep is important for the function of every human being. Make sure you get ample amount of sleep and put the phone down before bed. It can be easy to become distracted by your phone before bed and before you know it, an hour has come and gone.
- **Avoid Alcohol and Drugs** – For those experiencing depression or anxiety, substance abuse can be common and an easy escape for overwhelmed caregivers. Instead, manage problems head on. If you find yourself resorting to drugs or alcohol, you should seek professional help. Taking care of yourself while caregiving for a child or senior can be extremely challenging, but making the time is rewarding and essential in staying happy and healthy. Take a step back to evaluate your emotional, social, and physical needs, and make time for YOU! You deserve it. ■



**Council on Aging of West Florida offers multiple free monthly caregiver support groups at various locations in Escambia and Santa Rosa counties:**

## **PENSACOLA**

**COUNCIL ON AGING OF WEST FLORIDA  
875 ROYCE ST.**

LAST THURSDAY of each month at 6 p.m.  
Refreshments provided.

THIRD MONDAY of each month at 2:30 p.m.  
Facilitated by Covenant Alzheimer's Services. Respite provided on site during the meeting. Call Sandie Holtry at (850) 266-2503 to arrange.

**PENSACOLA GRANDPARENTS RAISING GRANDCHILDREN AND OTHER RELATIVES.**

SECOND THURSDAY of each month at 6:00 pm.  
Council on Aging of West Florida, 875 Royce Street, Pensacola  
Refreshments provided. FREE Child Care provided.  
Reservations requested to (850) 432-1475

**MYRTLE GROVE BAPTIST CHURCH  
5920 LILLIAN HWY.**

LAST THURSDAY of each month at 9 a.m.  
Refreshments provided.

## **MILTON**

**SANTA ROSA HEALTH AND REHABILITATION 5686 BROAD ST.**

FIRST THURSDAY of each month at 6 p.m.  
Light supper provided.

## **CENTURY**

**CENTURY CARE CENTER 6020 INDUSTRIAL BLVD.**

THIRD THURSDAY of each month at 6 p.m.  
Refreshments provided.

*For more information on Council on Aging's support groups or programs, visit [coawfla.org](http://coawfla.org) or give COA a call at (850) 432-1475.*

# THE RETREAT

A SENIOR DAY EXPERIENCE



**Call 850.266.2503  
to arrange a tour.**

875 Royce Street, Pensacola (ACHA#9051)  
Monday-Friday 7:30am-5:30pm  
Daily fee includes breakfast, lunch  
and activities.



**Come see what  
you are missing!**

To learn more, visit  
[www.coawfla.org](http://www.coawfla.org).

# HEARING AID CARE CENTER



**DIGITAL  
HEARING AIDS...**

**EXCLUSIVE 4 YEAR  
WARRANTY AVAILABLE**

**TERRY L FREEMAN**, HAS-NBC  
SERVING PENSACOLA FOR OVER 30 YEARS

**6707 PLANTATION RD. 4C  
PENSACOLA, FL 32504  
850.477.8202**

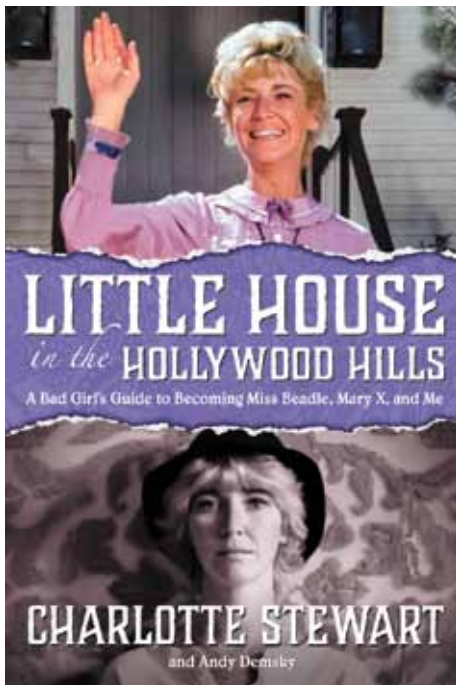


# For Your Entertainment

**What's *hot* this summer? Check out our entertainment guide to find out.**

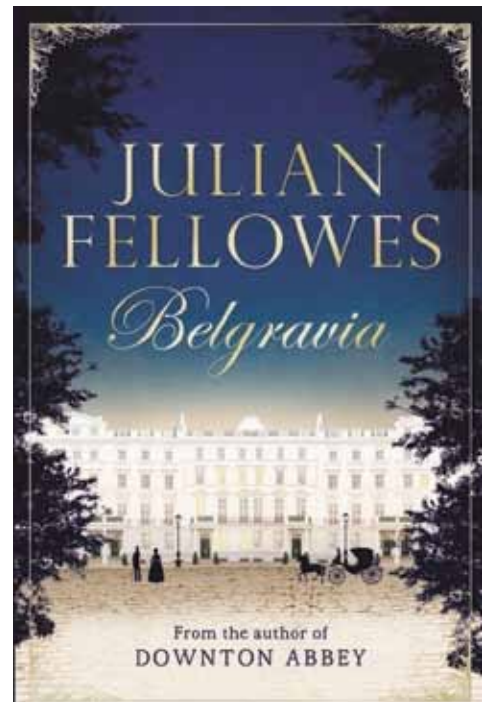
**We've got the best movies, books, and albums for summer 2016. Take a break from the heat and enjoy some indoor leisure activities. ——— By Melanie Painter**

## Books & Music



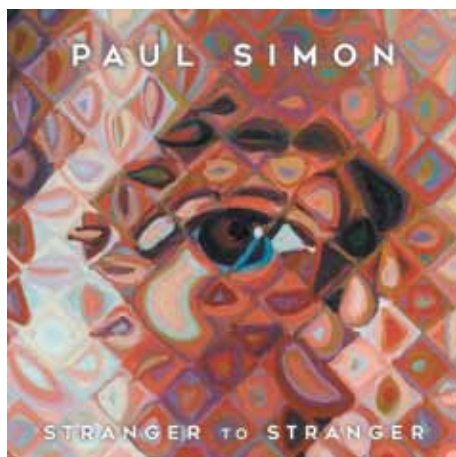
**Little House in the Hollywood Hills: A Bad Girl's Guide to Becoming Miss Beadle, Mary X, and Me**  
**By Charlotte Stewart & Andy Demsky**

Most famous for her role as Miss Beadle on *Little House on the Prairie*, Stewart gives a detailed account of her 50 years in film and television, offering a back-stage pass to her life in the industry. She tells of her on-stage and off-stage relationships, battle with cancer, drug and alcohol abuse, and death of a spouse in this tell-all memoir.



**Belgravia**  
**By Julian Fellowes**

From the creator of *Downton Abbey* comes a story of unraveling secrets and the rise of a middle-class family. Julian Fellowes's novel is set in London's grandest postcode during the 1840's. Follow the story through twists and turns as scandals are revealed.



**Stranger to Stranger**  
**By Paul Simon**

Listen to the collage of new sounds on Paul Simon's latest album. Simon collaborates with Italian electronic dance music artist Clap!Clap! to create adventurous rhythms that can be heard in three new songs included in the album. Produced by Simon and long-time musical partner Roy Halee, the thrilling new album is Simon's first release since 2011.

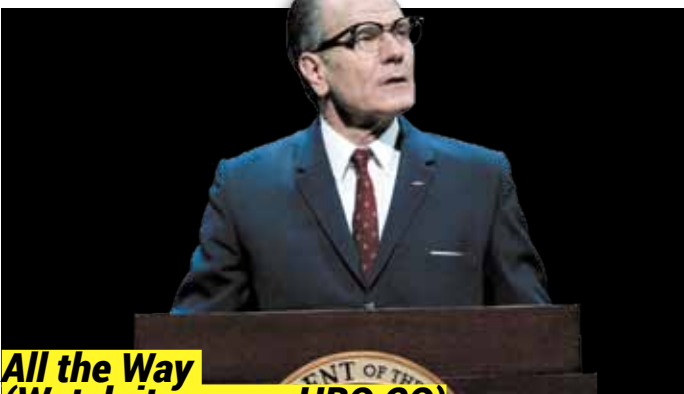


# Movies & Television



**Free State of Jones**  
(June 24)

Set during the Civil War, this epic action-drama is based on the true story of Newt Knight and the armed rebellion he led against the confederacy. While collaborating with local slaves and small farmers, Newt Knight (Matthew McConaughey) leads Jones County Mississippi as they create a Free State of Jones.



**All the Way**  
(Watch it now on HBO GO)

*All the Way* offers a behind the scenes look at President Lyndon B. Johnson during his first year in office. Beginning just after the assassination of John F. Kennedy, the film explores Johnson's attempts to pass the Civil Rights Act and win the 1964 election.



**Grace and Frankie**  
(Streaming on Netflix now)

When two wives find out that their husbands have been having a long standing affair with each other and are leaving them, the women must figure out how to cope and move on with their lives. Starring Jane Fonda, Lily Tomlin, Martin Sheen, and Sam Waterston, this Netflix comedy explores the bond formed between two rivals when an unexpected circumstance brings them together.



**American Gothic**  
(June 22)

In this 13-part murder mystery, a prominent Boston family has some shocking secrets. After making the discovery that the deceased patriarch of the family is linked to a string of murders, the family begins to unravel as they become suspicious that someone among them may have been an accomplice.



**Finding Dory**  
(June 17)

Need a break from the summer heat? Grab the grandkids and head down to your local theater for the film children and adults alike have been anticipating. Ellen DeGeneres is back as the voice of the much loved Dory. In this witty sequel to *Finding Nemo*, Dory explores the vast ocean in search of her mother and father. She, alongside the forgetful blue tang, Marlin (Albert Brookes), and Nemo (Hayden Rolance) share in the adventure across the ocean making new friends and learning the meaning of family.

# Inter-generational Interaction

by Tricia Kruse, Montessori School of Pensacola

Memaw, Grandma, Gram.  
Grandpa, Papa and  
Pop. Many of us have  
fond memories of our  
grandparents and shared  
experiences and now  
the research is catching  
up to what children and  
seniors alike already know.  
Interacting with others,  
even those decades apart  
in age, is meaningful  
and has long lasting  
benefits. These days those  
kinds of experiences are  
called inter-generational  
interactions.



Inter-generational interaction is a long name for what used to happen naturally as seniors aged in their own family homes and interacted with younger generations. Although this kind of family unit is still common in many cultures, it is becoming increasingly more common for aging seniors to find themselves separated from their families or making conscious decisions to reside in assisted living centers. The number of people 65 and older in the United States is expected to increase to 55 million in 2020; to some 70 million by 2030, and to 88.5 million—or 20 percent of the population—in 2050 (U.S. Census Bureau, 2010). If current trends continue, millions will be in assisted living centers across the country. Because of this, it is important to think about what should be considered best practice in order to provide the most benefits to seniors' social, emotional, physical and cognitive well-being. According to Generations United, a national organization for inter-generational programs, settings that encourage meaningful experiences through inter-generational programs yield many positive results for seniors, including:

- **Enabling older people to stay connected with society and its changes.**
- **Receiving companionship**
- **Feeling fulfilled by their desire to give back and knowing their life experiences are valued**
- **Improved health by reducing falls, and burning more calories <sup>1</sup>**
- **Better performance on memory tests compared to peers <sup>1</sup>**

But the benefits are not just one-sided. Research studies also show a variety of positive outcomes for younger children who interact with seniors on a regular basis. These include:

- **Improved reading scores <sup>2</sup>**
- **Better social and emotional skills <sup>3</sup>**
- **Less drug use <sup>4</sup>**

As the two generations come together, it is not surprising that the two worlds that care for each group learn from one another. The world of early childhood education is now teaching the business of caregiving for adults by demonstrating how the



Montessori education model can play a vital role in creating effective inter-generational programs. Maria Montessori was a doctor in Italy at the turn of the 19th century and she built a model of education based on the way children learn naturally.

The fundamentals of the Montessori education model are:

1. **Respect for the child/person**
2. **Honoring the absorbent mind**
3. **Recognizing sensitive periods of learning**
4. **Providing a prepared environment**
5. **Fostering auto-education**

Early findings show that structuring an environment and activities around the Montessori principles helps many seniors suffering from dementia. Mark Huntsman, author of "Why the Montessori Method is Becoming a Popular Treatment for Dementia" shares, "Providing the most effective care means maximizing the opportunities these patients have to reconnect with a world they're losing access to. The Montessori method is about providing ways to connect with those memories."

Dr. Cameron Camp, a psychologist in applied gerontology, is using the Montessori principles originally designed for early childhood settings and adapting them to settings with seniors. When the Montessori experiences are combined with opportunities for inter-generational interaction, the benefits are even greater. "Older adults with dementia or other cognitive impairments experience more positive effects during interactions with children than they did during non-intergenerational activities".<sup>5</sup>

The individual benefits for children and adults in inter-generational programs are well documented, but there is more. Communities as a whole benefit when inter-generational programs are offered.



Seniors can use their voting power to leverage for better early childhood education and health care costs are reduced as seniors remain more active and healthy. Moreover, children's lives are nurtured in a way that can only be experienced in real life through genuine social interactions. It's these experiences that will help dispel common stereotypes of older people and create stronger communities.

As generations come together, each is able to be the teacher and the learner. Hopefully, in the years to come we will all be the learners as we watch inter-generational programming become the standard for high-quality education and senior care, which will ultimately produce outcomes that strengthen our most vulnerable populations and the country. ■

### **For more information on the Montessori model and inter-generational senior programs:**

Grantmakers in Aging - [www.giaging.org](http://www.giaging.org)

Generations United – [www.gu.org](http://www.gu.org)

AARP – [www.AARP.org](http://www.AARP.org)

Karen and Tom Brenner - [www.alzinfo.org](http://www.alzinfo.org)

Center for Applied Research in Dementia, Dr. Cameron

Camp - [www.cen4ard.com](http://www.cen4ard.com)

American Montessori Society - [amshq.org](http://amshq.org)

### **Author Bio**

Tricia Kruse is a teacher at the Montessori School of Pensacola and has worked with a variety of inter-generational programs.

### **Sources:**

1) Fried, L.P. et. al. (March 2004). A Social Model for Health Promotion for an Aging Population: Initial Evidence on the Experience Corps Model, *Journal of Urban Health*, Vol. 81, No. 1, p. 64-78.

2) Rebok, G.W., et al. (March 2004). Short-Term Impact of Experience Corps Participation on Children and Schools: Results from a Pilot Randomized Trial. *Journal of Urban Health* Vol. 81, No. 1, p. 79-93.

3) Rosebrook, V. (2002). Research Indicates Intergenerational Interactions Enhance Young Children's Personal/Social Skills. *International Journal of Early Childhood*. Online

4) Tierney, J.P. & Grossman, J.B. with Resch, N. (2000). *Making a Difference: An Impact Study of Big Brothers Big Sisters*. Philadelphia, P.A. Public/Private Ventures.

5) Jarrott, S. & Bruno, K. (2003). Intergenerational activities involving persons with dementia: An Observational Assessment. *American Journal of Alzheimer's Disease and Other Dementias*, Vol. 18, No 1, p. 31-37.

6) Blog "Why the Montessori Method is Becoming a Popular Treatment for Dementia" Mark Huntsman 5-27-2014

# Need help finding your *go-to source* for pain relief? One pain clinic has *the* solution.

**Whether you have sprained your ankle, thrown out your back, or suffered from a severe migraine, more than likely you have experienced at least some level of short-term pain throughout your life.**

Unfortunately for some people, however, their pain is not short-lived or temporary—it is a part of their daily lives. The team at Pain Consultants of West Florida helps those suffering from all pain levels.

As one of the few state registered Pain Management practices in Florida, they take a different approach when it comes to treating chronic pain. Instead of traveling to see numerous physicians and other health providers at various locations, Pain Consultants of West Florida brings together pain management specialists—including board-certified physicians and physical therapists—to offer a comprehensive, one-stop approach to holistic, pain management treatment.

As a patient, your road to pain-free living begins with a thorough consultation and medical examination by a credentialed physician. Once your source of pain is pinpointed, a personalized, multidisciplinary treatment plan is designed for effective, consistent, and long-term relief from pain.

Pain Consultants of West Florida offers physical therapy rehabilitation, neuropathy treatment, injection therapy, cold laser light therapy, and minimally invasive pain procedures.

Regardless of whether you've been living with chronic, debilitating pain for years or are just looking to increase mobility in order to do the things you once enjoyed, Pain Consultants of West Florida can make sure you take back control of your life from neck and back pain, arthritis, carpal tunnel, nerve pain, work and sports injuries, and more.

**BE PAINLESS, TODAY.**

## ARE YOU READY TO DEFEAT YOUR PAIN FOR GOOD?

Visit **bepainless.com** or call  
**(850) 494-0000** to find out more  
and schedule a consultation.

Or visit our main office at:  
**4624 N. Davis Highway**  
**Pensacola, FL 32503**



KURT A. KRUEGER, M.D. | PABLO W. CONCEPCION, M.D. | CARRIE A. STEICHEN, D.O. | GEORGE J. ARCOS, D.O.

20 YEARS IN THE COMMUNITY | P: 850.494.0000 | BOARD-CERTIFIED • REGISTERED PAIN CLINIC

PENSACOLA | MILTON | GULF BREEZE | FT WALTON BEACH | WEB: BEPAINLESS.COM





# Sunny Days are Here Again

By Melanie Painter

**Pensacola's summer event schedule is full of fun for the entire family.** Local festivals, the Blue Angels, and the taste of fresh seafood are just a few things that make Pensacola a great place to be. You can soak up the sunshine while making memories at one of Pensacola's annual festivals, or take a break from the heat as you view the beautiful collection at Pensacola Museum of Art. Enjoy an air show or a live band with your feet in the sand at Pensacola Beach, or take part in the traditions of historic downtown while listening to local musicians and tasting local cuisine. With so much to do this summer, it's a good thing we have a list of all the best upcoming events.

**WALK TO  
END  
ALZHEIMER'S**

alzheimer's association™

## ***Paint the Park Purple June 19***

The Pensacola Blue Wahoos will be playing the Mobile Bay Bears at the Blue Wahoos stadium on Father's Day. All proceeds from the tickets to the event will go toward the Pensacola Walk to End Alzheimer's. Tickets to the 2 pm game are \$10 and children age 3 and under get in free. Tickets for a 50/50 raffle and special Pensacola Pelican jerseys will also be on sale. For tickets to the game call (850) 462-5410 ext. 8044.

## ***Mary Petty: The Life and Art of Mary Petty June 22 to Oct. 8***

Delight in the detailed work of the creator of the Peabody family. Petty's work has been featured on over 40 covers for *The New Yorker Magazine* and will be on display for a limited time in Pensacola. Step out of the sun and enjoy the marvelous exhibition organized by the Syracuse University Art Collection. Pensacola Museum of art will be holding an opening reception for the Mary Petty exhibition from 5:30 to 7:30 pm on June 22. Adult ticket pricing for the museum is \$7. Military, senior, and children (ages 7 to 17) are \$5. Children under age 7 are free. You can access more information at [pensacolamuseum.org](http://pensacolamuseum.org).





## **Blues on the Bay**

**June 26, July 17, Aug. 7, 21, Sept. 4**

Blues on the Bay summer concert series is in full swing at Pensacola Maritime Park. Pack a cooler and bring your lawn chair out to enjoy a night of live music on the Bayfront presented by Blues Angel Music. Bands will perform on select Sundays from 6 to 8 pm through September. Concessions are available. The concert series is free and open to the public. For more info and to view a list of upcoming performers, visit [pensacolamaritimepark.com](http://pensacolamaritimepark.com).

## **45<sup>th</sup> Annual Billfish**

**Tournament June 29 to July 3**

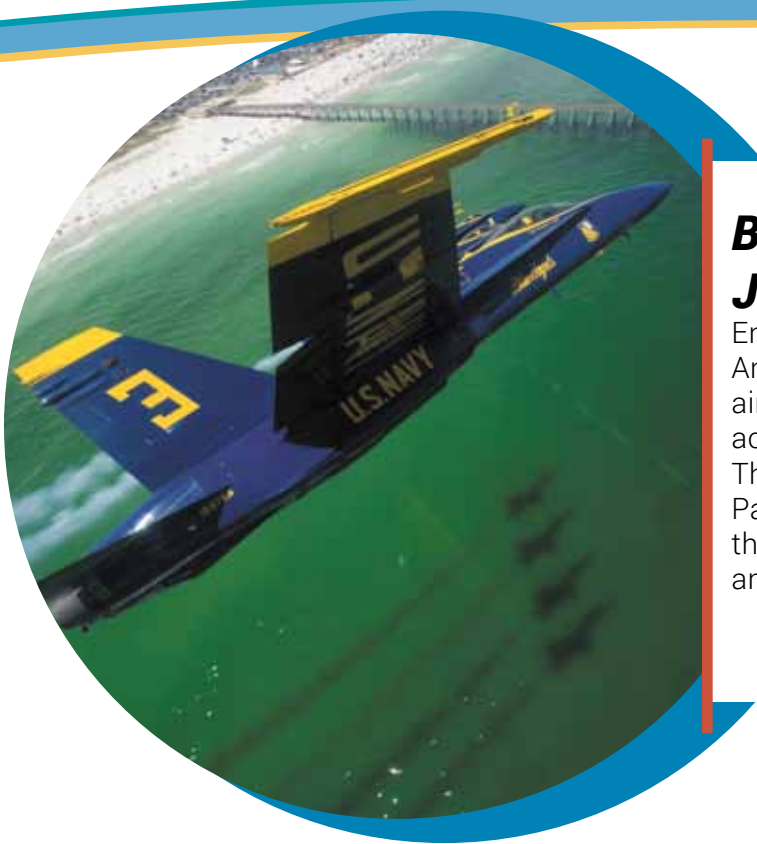
The country's largest Billfish tournament takes place right here in Pensacola. Pensacola Big Game Fishing Club will host the annual deep sea fishing event at Palafox Pier Marina. Cash awards and prizes will be given during the July 3 brunch at Seville Quarter. The tournament attracts both amateur and professional anglers as well as vessels of all sizes. Gather your gear and enjoy a weekend in the Gulf of Mexico during the hottest Billfish action of the season. Registration is now open and late registration runs until June 29. Visit [pbgfc.com](http://pbgfc.com) for more info.



## **Sertoma's Fourth of July Celebration July 4**

Watch the sky light up over the Pensacola Bay at the Sertoma's Independence Day celebration. The Gulf Coast's largest firework display begins at 9 pm. Pack a picnic and bring the family downtown for the day. A free children's area will be set up from 11 am to 6 pm and includes face painting, pony rides, and inflatables. You can enjoy live music, arts and crafts vendors, and food vendors beginning at 11 am in Seville Square. Admission to the full day event is free. For more info, visit [pensacolafireworks.com](http://pensacolafireworks.com).





## ***Blue Angels Air Show***

***July 16***

Enjoy two of Pensacola's greatest attractions at the Blue Angels Air show on Pensacola Beach. The astonishing air show features the Blue Angels, Fat Albert and civilian acts. Enjoy the sand, sun and a great show all in one day. The show begins at noon and the Blues will fly at 2 pm. Pack your cooler and beach chairs and come out to watch the aerial acrobatics. Go to [visitpensacola.com](http://visitpensacola.com) for show and practice schedules.

## ***Pensacola Seafood Festival***

***Sept. 30 to Oct. 2***

The 39th annual Seafood Festival at Seville Square in Downtown Pensacola brings an end to the summer events. The weekend festival will feature live music, arts and crafts, family friendly activities, and a delicious array of seafood. Bring the family out and enjoy the savory food and Florida sunshine. Seafood lovers will delight in the assortment of hot dishes prepared fresh by vendors. Spend a day, or the whole weekend, strolling the square and tasting the variety of Gulf Coast favorites. Visit [fiestaoffiveflags.org](http://fiestaoffiveflags.org).



## ***Panhandle Charitable Open***

***Sept. 29 to Oct. 1***

The Panhandle Charitable Open, benefitting local charities like Council on Aging, returns for its 15th year to Marcus Pointe and Stonebrook golf clubs. To date, the two-day, two-person, best ball format golf tournament has raised more than \$700,000 for non-profit organizations, thanks to the amazing generosity of businesses and individuals in this community. This year, the event will be held Sept. 30 and Oct. 1. On Sept. 29, be sure to join all your fellow competitors at the Charity Tee-Off Par-Tee on Sept. 29 at Sanders Beach Community Center. For more information, visit [pcogolf.org](http://pcogolf.org).

## SHINE VOLUNTEERS NEEDED

Help seniors in your community:

- Make informed choices about their health insurance
- Answer Medicare questions and resolve problems
- Save money on their prescription medications
- Learn about programs they may be eligible for

Bilingual volunteers are encouraged to call

1-800-96-ELDER (1-800-963-5337)



**NurseSpring™**  
home health care • staffing

850.479.8620

Fax: 850.479.8668

*answering the call to care™*

Private Duty • Med Waiver • Private Insurance

**Serving Escambia, Santa Rosa, Walton & Okaloosa Counties**

5498 N. Davis Hwy. Pensacola, FL 32503 HHA #299992233

[www.nursespring.com](http://www.nursespring.com)



**Westminster Village**

Come for the Lifestyle ... Stay for a Lifetime™

A Subsidized Rental Retirement  
Community for Low-Income  
Seniors, Age 62 or Older, &  
Persons with Mobility Impairments.



CALL US  
FOR A  
TOUR!



Our Spectacular  
Lakefront Location  
boasts Majestic  
Oaks, Convenience  
to Hospitals &  
Downtown Pensacola



850-433-5035 • TTD: 800-545-1833 Ext. 624

# Save the Date!



## 2016 Rat Pack Reunion

*A fundraiser gala  
benefiting Council  
on Aging of West  
Florida*

**Friday, October 21  
5:30–11:00 p.m.  
New World Landing**

Join us in honoring four  
fantastic leaders in our  
community: DeeDee  
Davis, Joe Durant,  
Sheriff David Morgan,  
and Ray Russenberger.

For more information  
on sponsorships  
opportunities and  
tickets, visit  
**[ratpackreunion.com](http://ratpackreunion.com)**.



# A New Kind of College Senior

Going back to school during the golden years of retirement



**After a long and arduous journey, you've finally reached your goal: you've crossed the finish line and made it into the glorious golden years of retirement.** Now that you don't have to worry too much about the daily grind, you've most likely found that you've got an excess amount of free time on your hands. So, what happens next? The answer very well may be continuing education through college-level courses during your exciting new stage of life.

For Charles and Sheila Pritchett, the answer was going back to the college campus. When the couple retired in 2000, after traveling across the country for Charley's radio and TV career, they settled in Pensacola and began taking classes together at the University of West Florida (UWF) through the university's tuition waiver program. *—by Dawn Gresko*

## A New Kind of College Senior

When the two met, Sheila was in her late 20s and Charley was ten years older. Today, at ages 80 and 90, the Pritchetts are still going strong and continue to seek learning opportunities through classes at UWF.

The couple claim the college-level courses have not only kept their brains nimble, but the different subjects they encounter have also kept their 52-year marriage interesting.

"We enjoy going to school together," said Charley and Sheila Pritchett. "When we talk about the classes we're taking, it always brings up something else we can discuss. So, there's always something new to talk about. Even when we take the summer off, we can hardly wait for fall."

Over the past 15 years, the pair have completed 36 courses (soon to be 37) that have covered a vast selection of subjects from capital punishment to human sexuality and social psychology.

In lieu of backpacks and electronic devices, the couple stick to the gold standards of notebooks and briefcases and they never miss a beat in the classroom.

"When we leave a class each week," explained Charley, "we say to each other: 'Aren't we glad we're taking this?' We haven't missed but maybe four or five classes during our time at UWF. We want to hear what the teacher has to say."

The Pritchetts are just as involved outside of the classroom. They rarely miss sport events at the UWF campus, and student athletes often seek the pair out at games and invite them to other events.

Charley and Sheila are two star students who provide a shining example of what can happen when retirees take advantage of the opportunity to return to school, or attend a college-level class for the first time.

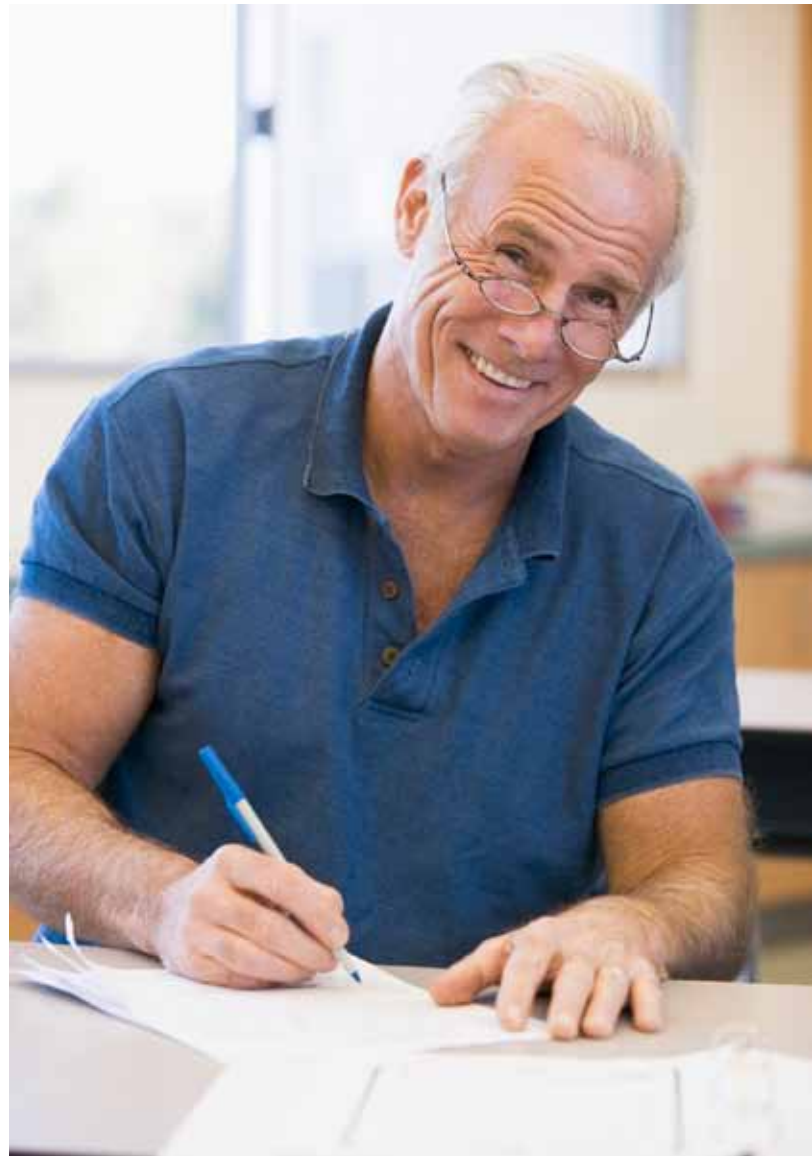
Out of all the states, Florida has the highest percentage of senior citizens age 65 and older, which make up 19 percent of the population. That's over three million seniors out of Florida's 19 million residents. However, only a quarter (around 900,000) of Florida's senior population had earned a bachelor's degree or higher in 2014.

Interestingly enough, seniors who were born during the Depression (1928 to 1935), as well as the so-

called "War Babies" (born between 1936 to 1945) and "Baby Boomers" (born from 1946 to 1964), are more educated than their predecessors in the sense that the majority earned high school diplomas. Yet, the majority of older adults born between 1928 to 1964 are not college educated.

Age is perhaps the biggest factor in influencing an older adult's decision to continue education. For example, seniors between the ages of 55 and 64 are more likely to hold bachelor's degrees, while those over the age of 65 are less likely to hold higher education degrees. Among those aged 55 to 59, 30 percent have a bachelor's degree or higher, while only 18 percent of those age 70 and above have earned a four-year degree.

Educational attainment also increases the likelihood that seniors will pursue continuing education, whether for work-related or personal interest courses. In fact, seniors with some college experience are two times more likely to participate in additional education.





While older adults are willing to receive additional education that puts them on the path to improving their job skills, for many the degree itself isn't as important as the journey it took to get there. In an AARP survey of older learners between 55 and 96, nearly 60 percent of respondents focused on learning projects centered on the arts and humanities. Moreover, 61 percent of respondents cited a favorite hobby, or pastime, as the greatest area of interest, followed by the 52 percent who cited their reasoning for continuing education was the desire to build advanced skills.

Whether you're set on going back to hone your skills, earn a degree in a field that speaks to you, or you just want to sit in on a few classes for fun to see where it leads, both UWF and Pensacola State College (PSC) offer friendly campuses for senior citizen students and a diverse array of classes from which to choose.

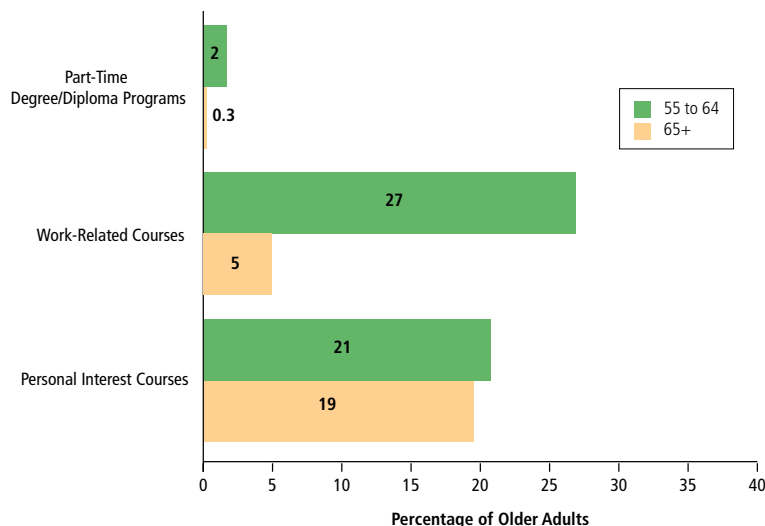
The continuing education unit at PSC aims to create a strong link between the college and larger Pensacola community by offering both courses and programs for lifelong learning convenient to students of all ages.

"The classes at Pensacola State College appeal to a wide range of students, with senior citizens being one of our target audiences," said Frances Yeo, coordinator of PSC's recreation and leisure program in the continuing education department. "What makes the continuing education classes special for adults are the stimulating discussions and opportunities to socialize, as well as being involved with a class full of people with similar goals that inspires students to show up and participate."

Since the courses are not funded by the government, all continuing education classes must be funded by course fees. While there is no discount at PSC for senior citizens at this time, the price to enroll in a course is very reasonable: ranging from \$25 to \$220 depending on the type of class you choose.

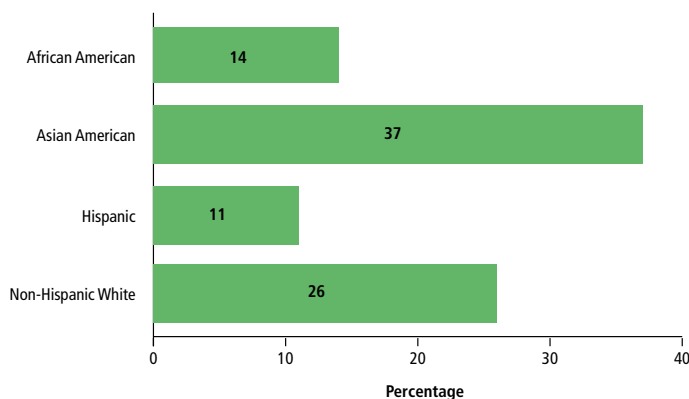
There is a long list of potential courses from the art-oriented focuses of music, photography, creative writing and theatre to foreign language, fitness, and computer science classes. Whether you're looking to improve your keyboarding skills or knowledge of computer security, or you're just

## Education Participation Among Older Adults

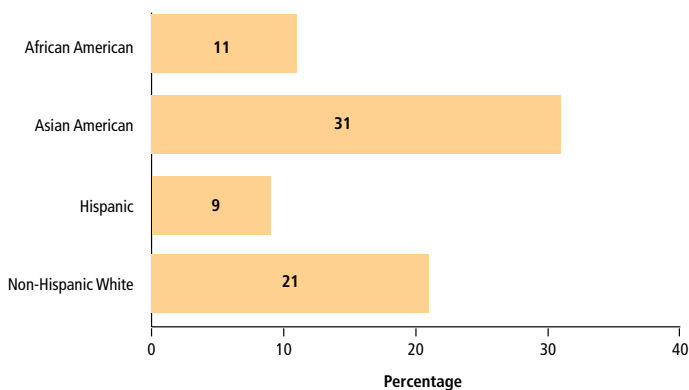


Source: U.S. Department of Education, National Center on Education Statistics, 2007.

### The 55+ Population Holding a Bachelor's Degree or Higher: 2006



### The 65+ Population Holding a Bachelor's Degree or Higher: 2006



Source: U.S. Census Bureau

in it to become a pro at ballroom dancing, there's no shortage of choices.

Feel free to contact Frances Yeo at [fyeo@pensacolastate.edu](mailto:fyeo@pensacolastate.edu), or call the continuing education department at (850)484-1797 for more details on signing up for continuing education courses at PSC.

On the other hand, if you're looking for free learning opportunities, consider inquiring about the tuition waiver program at UWF. The program allows the school to offer Florida residents and senior citizens over the age of 60 the chance to enroll in certain courses on an audit basis.

What does enrolling on an audit basis mean? It means you get to sit in the classroom and absorb all the information you want, without having to worry about turning in pesky homework assignments, papers and projects for the course.

However, enrolling on an audit basis also means you won't be able to pursue a degree. If you're still on the fence about returning to college for a degree, then auditing may be the perfect opportunity for you to test drive a course and see where it leads you.

There are some restrictions on how the tuition waiver program may be used at UWF. For instance, auditors can only enroll in classes as long as they will not be taking a seat away from other students who are actively pursuing a degree. Other courses not covered

by the program include thesis and dissertation studies, internships, directed independent studies, music and theatre performance, and continuing education.

Each semester of participation, senior citizens are responsible for turning in a tuition fee waiver form to the office of registrar.

For any inquiring minds who are interested in learning more about the UWF Tuition Wavier program, as well as the process for registering on an audit basis, send your questions to either the office of registrar at [registrar@uwf.edu](mailto:registrar@uwf.edu), Kim Peck at [kpeck@uwf.edu](mailto:kpeck@uwf.edu), or call (850)474-2249.

Although the tuition waiver program and continuing education do not allow for a degree, it is important to realize you have options. Getting a degree later in life is still a possibility and you may even qualify for federal financial aid, especially if this is your first time attending college. Don't be shy about either calling or scheduling a time to sit down with the helpful staff at PSC and UWF to see if you may qualify for federal aid, or if going back to school is the right choice for you.

No matter our age, we never stop learning, so why pass up the chance to gain more knowledge? Bring a whole new meaning to the term "senior coed" and check out the courses available to you now by browsing online at [uwf.edu](http://uwf.edu) and [pensacolastate.edu](http://pensacolastate.edu). ■

## A Senior's Guide to College:

Tips for making the most of your college experience

### Get a senior citizen tuition waiver

Some colleges, such as the University of West Florida, offer seniors the chance to waive tuition fees for certain courses as long as you are not pursuing a degree.

### Fill out the Free Application for Student Aid (FAFSA)

Should you decide you're going to college to earn a degree, exhaust all opportunities for federal aid before applying for more expensive private loans.

### Take advantage of campus amenities

Whether it's attending sports games and other events, or using campus facilities like the library and public pool, remember that you are a member of the college community, too.

### Enroll in classes with other seniors

If you feel more comfortable with students your own age, remember that many classes in arts and humanities, as well as health-related courses, are popular with the senior crowd.

### Try online courses

If you're looking for the college experience without the campus escapades, then check out the courses offered to you online. However, keep in mind, not all online courses are available for those using tuition waivers.



# TAKING YOU BEHIND THE SCENES OF HOW IT ALL WORKS

[nwflbusinessclimate.com](http://nwflbusinessclimate.com)



## Easy Boarding Bicycle by **BIRIA**



**Bikes Plus on 9th Ave**  
6307 N 9th Ave #4,  
Pensacola, FL 32504  
(850) 478-1521

- Unisex STEP-THROUGH designed and engineered in Germany
- Cross bar is only 6" from the ground so you can easily step through the bicycle
- Upright seating position for less back pain and a clear view of the road
- Relaxed arm position for more control
- Available in 6 colors
- Also available in ELECTRIC
- Prices start at \$490

[biria.com](http://biria.com) tel: 201-461-1980



## Good Time Tours

### Biloxi Casino Trips



One Day Trips to the Casinos in Biloxi, Mississippi

Must be 21 years of age or older

**1-850-476-0046**



[www.goodtimetours.com](http://www.goodtimetours.com)



2112542





# TONI TENNILLE

---

## AN EXCLUSIVE INTERVIEW

written by Kelly Oden

Cathryn Antoinette, "Toni" Tennille is best known for her 70s and 80s chart-topping hits with the pop-duo Captain and Tennille. A classically trained pianist and a prolific song writer, Toni has also released numerous solo albums celebrating the romantic music of big band and American standards. Today Toni can be found working with her award-winning Australian shepherd dogs in Lake Mary, Fla., and continuing to play the music she loves. Since bursting onto the scene in the mid-70s, Captain and Tennille have long defined the sparkling, optimistic idea of everlasting love, both in their music and through their image as a happy and, seemingly, unbreakable couple. They were an irresistible pair to millions of fans all over the world, further underscored by the rousing "yes, we

can!" gospel of their biggest hit, "Love Will Keep Us Together." But, underneath the image was an entirely different story that the fans never saw: a woman who fought a lonely struggle. *Toni Tennille: A Memoir* is a visceral account of Toni Tennille's life from her childhood in the segregated South to her thrilling rise to fame in the world of pop music to where she is now: no longer one-half of a famed couple, but a stronger woman for all she has experienced—both the good and the bad.

*Coming of Age* had the pleasure of speaking with Toni Tennille about her life, her career, and the strength it took to walk away, at age 74, from her marriage of 39 years.

---

**COA:** I read that you grew up in Montgomery, Ala. in the 40s and 50s. How did that Southern upbringing, particularly in that time in history, shape who you are personally and professionally?

**TT:** Well, you know, I was born in 1940 and I left Alabama in 1960. I was at Auburn University for two years before I left Alabama to move to California. I was raised, as I talk about in my book, in an upper middle-class family that was very socially prominent in Montgomery. My parents were both very creative people. My father was a big band singer in the late 1930s and my mother had one of the first live talk shows ever on television there. It's so hard to describe what it was like to be a kid during that time.

**COA:** Did you understand much about the racial tensions in the South at the time?

**TT:** We were little kids. We didn't really understand exactly what was going on. We knew that there were black water fountains and white water fountains, black bathrooms and white bathrooms. I remember when our nanny, who was with us for most of our lives as we were growing up, and whom we adored, would take us on the bus to go to Oak Park in Montgomery. I remember that she would put us in our seats at the front and then she would go to the back of the bus. We didn't like that because we wanted to be with her. So, we would go back to be with her and she would say, "No, no, no. You have to go back up to the front of the bus." I'll

tell you one thing, never in my family was there ever any racial slur words, or anything like that, said to anybody in our lives. We were taught not ever to do that. So, you could say, yes, our daddy was pretty liberal for his time. He had a business, a furniture store in downtown Montgomery and he had a lot of prominent friends, people who were in the legislature and things like that. And I'm pretty positive that when daddy was with all his good ol' boys, he wouldn't express his own feelings about the way they talked.

**COA:** But, he was also a musician, correct?

**TT:** He had just a beautiful voice. You can still find him on YouTube, oddly enough. There are recordings that daddy made with the Bob Crosby

Orchestra when he was 20. He raised my sisters and me on the music that he loved of the 20s, 30s, and 40s. That's the music I grew up with. Mother also played the piano. She studied classical piano for a while. She and I would even play a few duets as I was learning to play myself. So, there was always music in our family and all three of my sisters sing. Every one of them. Whenever we're together, which is not often enough these days, we sing. We just harmonize, we just break into song.

**COA:** I understand that you had a particularly loving piano teacher who, after your accident with your finger, really still pushed you to learn and to practice and to be great. You've said you wondered what would have happened if she would have said "Oh, forget it. Your finger is mangled so just don't even worry about it."

**TT:** Right, her name was Lilly Byron Gill, and she was the piano teacher in town. She was the one who I wanted to study with and my parents wanted me to study with. I started with her when I was 7 years old and I actually had the accident when I was 5 years old, so the work on my finger still wasn't finished at that time. I went to her and I showed her my finger, which was really hard for me to do, and she saw absolutely no reason why I couldn't play the classical piano. So, I studied with her for ten years.

**COA:** Well, I'm going to move forward to meeting your ex-husband Daryl Dragon. I understand he was playing keyboards with The Beach Boys and he recommended that you tour as an acoustic piano player and you became the only "Beach Girl," which is pretty fascinating. That must have been an amazing time. What can you tell me about it?

**TT:** I'll tell you how I got the gig. I got the job because I had written a musical called *Mother Earth* with one of the directors at South Coast



**The Tennille sisters recording "Love Will Keep Us Together" at A&M studios in 1974**

Repertory Theatre in Southern California where I did plays and so forth. We had all types of reviewers come down from Los Angeles. They gave it rave reviews and we ended up in San Francisco opening the first professional production of it. When we were ready to move the show down to Los Angeles, our piano player could not go with us. Someone recommended Daryl to me. He had been with The Beach Boys in their backup band for about five or six years at that time, but they were on an off time for their tour. Daryl heard a recording that I had made of the songs I had written and me singing them, so he flew up to audition for me and I hired him. That was how that started. Later on when The Beach Boys needed a new keyboard player for a year, because their regular keyboardist was gonna take the year off to finish his degree at UCLA, Daryl recommended me. He said, "Yeah, she can do all the parts, no problem," and he got me the gig. But, when I flew to Bingham to New York to do my first concert with them, they had never heard me play. So, I'm sitting there, we started the sound check with "*Wouldn't it Be Nice*," which is one of my favorite Beach Boy tunes, and I'm playing

along and out my side vision I see Carl kind of coming over and listening as he was playing and then I saw him move away. I looked toward Daryl and he nodded, which meant "You're in." So, that was it. Touring with them was really a wonderful experience in many ways. Daryl and I were just working in clubs at that time. We didn't have any hit records. We were just musicians. But, I was able to see the responsibilities of a major act and of leading performers. I was able to see what they had to do, how they had to handle interviews and obsessive fans and all that kind of stuff. I saw all that went with it and that was a very important lesson for me when we had our own success.

**COA:** How did the "Captain" in Captain and Tennille come about?

**TT:** Well, that is probably one of the number one questions we were asked our entire career. When Daryl was playing with the Beach Boys before I met him, he used to wear a captain's hat. He thought that was cool looking, so he would wear it when he was on stage. Mike Love, who was one of the singers with the Beach Boys, used to introduce him every night as Captain



Keyboard. Then we decided we'd call ourselves Captain and Tennille, which is my maiden name. It was very interesting because Bruce Johnson, one of Daryl's old friends who also played with the Beach boys, said, "Don't use that name. Nobody will ever be able to pronounce it or spell it." Luckily, we ignored Bruce.

**COA:** Well, now it's an iconic name. So, you had a very popular variety show, *The Captain and Tennille Show*. And it featured tons of amazing guests: John Travolta, Don Knotts, The Pointer Sisters, Red Fox, just to name a few. Do you have a favorite guest or memory from that show?

**TT:** Wow, you know, I had a background in television, thanks to my mother, and I did theatre constantly, so I was very, very comfortable in front of audiences. Daryl was not. He always kind of wanted to be in the background, so it was difficult for him. For me, to find myself doing a skit with Bob Hope or Don Knotts, it was just thrill beyond thrill. Then singing with some of the finest singers around like Ella Fitzgerald, who was my heroine as far as jazz singers, was a dream. I sang with Dione Warwick, too. She and I did a duet together of a Hall and Oats tune called "She's Gone." We sang it as "He's Gone" on the show. I will never forget it because we just knocked each other's socks off singing that thing, and the audience jumped up and gave us a standing ovation when we finished. You know those musical moments just meant so much to me working with people that I had so long admired.

**COA:** I understand that it was at least in part due to Daryl's reluctance to be on camera that you didn't sign a second season.

**TT:** Yes. He was very uncomfortable. Daryl really had no experience doing comedy skits or anything like that. But, the interesting thing was that Daryl just kept being himself and I was able to work with him and kind of interpret



**Toni and Daryl, on stage with Joan Baez and Stevie Wonder, winning the Grammy for 1975 Record of the Year.**

for the audience. They loved him. They just thought he was the funniest thing in the world. If he said one word, he'd get a standing ovation. We had stupid things like the hat joke that became kind of iconic, "Who leaps tall buildings with a single bound? Super hat." Plus, the other problem that Daryl had was he was so concerned that the music on our show be our music and not just some generic arrangement. So, in addition to being on the show, he would produce all the pre-recordings with the musicians to make sure that they sounded up to his standards. Sometimes he wouldn't get home until 2 o'clock in the morning. Then he'd have to be in the studio at 6 or 7 at the latest to get briefed on who was coming and to get makeup and do all that stuff. It was very, very hard for him.

**COA:** I find it fascinating that you lent your voice to a lot of famous rock musicians' albums or songs, but the one I found the most interesting was that you were on Pink Floyd's *The Wall*. Which songs did you sing on or play on in that album?

**TT:** I sang with a group. Bruce Johnston from The Beach Boys, and Carl Wilson, who of course was one of the Wilson brothers with the

Beach Boys, a studio singer named John Joyce, and me. We did stuff for Elton John and Art Garfunkel and some other people. I got a call from Bruce one day and he said, "Look, Pink Floyd's in town and they need some background work done, you up for it?" I said, "Sure!" At the time, I knew they were rather famous, but I've always kept an open mind musically. So, we met on a Sunday morning at a studio, I remember it was called Producer's Workshop. What they would say is, "Okay, we're gonna play you this track and we want you to sing this on this track." I didn't know what any of the names of the songs were. I just did the sections and the segments that they wanted us to sing on. It would be hard for me to pick my voice out. As a singer in a quartet, my job was to let my voice blend with the others. Later on after they'd finished the recording, Dave Gilmore called me and said, "Look, we're getting ready to do our first concert based on *The Wall* and we'd love for you to come and see the concert." It was just a brilliant performance. Before that, he called me at home and he said, "Look would you be interested in going on the road with us and doing background vocals?" I didn't realize what a big deal that was. So, that was something that I kind of wish I had done.

**COA:** So you have a new book out called *Tony Tennille: A Memoir*. I understand that you go into some very specific details about your marriage and why you ultimately divorced Daryl. Can you tell me a little bit about that?

**TT:** Oh, boy. That's why it took me a whole book to do it. I was lucky that I was raised in a very loving environment. Even though my father was an alcoholic, he was a binge alcoholic and he had his problems, there was never any doubt that he loved my sisters, my mother, and me to the depths of his soul. Daryl's family was quite different. They didn't express love the way ours did. His father was a very, very famous composer, arranger, and conductor by the name of Carmen Dragon. He had radio shows in his day that were his shows and he was just a very famous man. A maestro, you would say. But, when Daryl and I began to have our hit records and we started to become famous as Captain and Tennille, this is just my opinion, I sensed jealousy from Daryl's father. Whenever we were in a situation where his father was there, he would say, "Daryl's the captain, but I'm the admiral." He always kind of wanted to one up Daryl. When I met Daryl, I was always the very romantic girl who believed that love conquered all. I had a poem that I learned when I was 15 years old. I had a poem that I learned called "Outwitted." It was written by a poet named Edwin Marcum and it says: *He drew a circle that shut me out. Heretic, rebel, a thing to flout. But love and I had the wit to win. We drew a circle that took him in.*

**COA:** Oh, that's beautiful.

**TT:** That was always my mantra. When I met Daryl that poem was what I felt I could do for this man. I knew he was a genius. I thought that I could teach him what love was because he really had not experienced it in the way that I did. I believed that I could do that and



**Toni and Daryl with George Burns on the Captain & Tennille Show**

for the longest time I didn't know what he thought about me. We married and we had hits, but he never was able to express any tenderness or love for me in the way that I see married couples who are so comfortable with each other. They give each other a peck on the cheek or a hug here and there and watch TV together and cuddle. He couldn't do that, but I kept thinking, "If I just keep working at this, I can open that door and show him what he's missing." I was never able to.

**COA:** When did you realize things wouldn't work out between you?

**TT:** I would say probably more than half-way through our marriage I finally realized I was never going to accomplish that. It was heart breaking, and, then I had to figure out what I was gonna do about it because he's always been a very negative person. I found him dragging me into that negativity and I felt myself going under. I realized at 74 when I made the decision to file for divorce that I had maybe 15 good years left, if I'm lucky, maybe more—hopefully healthy good years. But, it wasn't going to happen if I stayed with him, was it? So, that was when I made the decision.

**COA:** How difficult was it, at 74 years old, to leave a marriage of 39 years? You must have some tremendous support from family and friends.

**TT:** Oh my God, I did. Family and friends are everything. I don't know what your situation is, but I'm gonna tell you if you have friends that you trust and that you know and that you care about and they care about you, you keep those friends because they are everything. If you are lucky enough to have family like I have, be grateful and be happy, and stay with them. I was lucky again to find a really fine therapist in Prescott who worked with me for several months. With her help and with my friends' help, I was able to make the decision.

**COA:** Has Daryl read your book?

**TT:** I don't think he has yet. I asked him if he wanted me to send him one and he said, "No, I'm going to listen to it." You know the audio book is out, also. I read the audio book, too.

**COA:** You have a great voice, so that would be a fun thing to listen to.

**TT:** Thank you. You know, nobody could really read my story but me. It



had to be me and I loved reading it except that when I read it, I relived it. I relived everything. That part was hard. There are some funny stories in there, too. Reading some of the other things was difficult, but I had to read it.

**COA:** How do you think Daryl will respond when he does listen to it?

**TT:** I'll tell you I think I know exactly how because I told him when I started writing the book with Caroline. I said, "You know Daryl, I'm writing this book and it's going to be from my point of view." He said, "I know, but I'm not worried. You've always been a straight shooter." I said, "You know Daryl, you might consider writing your own story. People would love to read it." He said he didn't want to. So, he's perfectly happy to let me tell the story from my point of view because he knows I'm going to be fair.

**COA:** That is something you don't always have coming out of a marriage is that kind of a trust. So, that's impressive.

**TT:** He knows me. I think he might even be having a slight, a tiny bit of awakening to what was really going on with us because I was just always there when he wanted. So, I'm not there and you know I don't know if that's good for him or bad for him. I don't know, but I'm not concerned about what he's gonna think. He knows how it was.

**COA:** And what made you choose to move to Florida after your divorce?

**TT:** Because my sister Jane has lived here for 30 years and she called me in Prescott and said, "Toni, I want you to move here to Florida to live near me. Would you consider that?" Jane and I are similar in age. She's 20 months younger than I am, but we're very, very close. My other two sisters live in the West. I lived in the West for 50 years, and Jane and I lived twenty-

five hundred miles apart our whole lives. It was time for us to live closer to each other and take care of each other as we get older. That's why I moved here, and I'm grateful and thrilled that I did.

**COA:** Do you ever perform anymore?

**TT:** Nope. They asked me to give a music award for the daytime Emmys. I won't be singing. I'm presenting an award. The only kind of voice work that I'd like to do from now on is the kind that doesn't require me to walk the red carpet and worry about my hair and make-up and all that kind of stuff. That's why I'm hoping to get some voice work that I can just go to the studio and do voice overs and things like that.

**COA:** How do you stay healthy at 75?

**TT:** I exercise, I always have. I eat mostly a Mediterranean diet. I don't eat red meat or pork or anything like that. I try to live a very positive and happy life, which helps. I can do that now. Mainly, I take good care of myself and I always have. And, you know, I look pretty good for an old broad.

**COA:** You do. You look awesome.

**TT:** The truth is that everything's drooping--succumbing to gravity

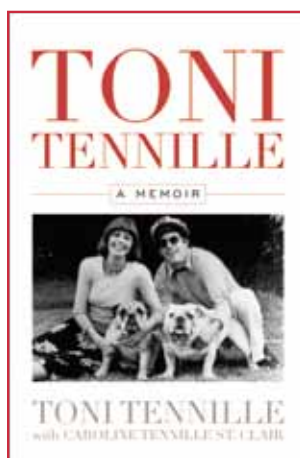
and falling apart--that happens. You can't do a darn thing about it. Once I was doing a big band show with Ava Gabor and Merv Griffith, who was her long time buddy, in Atlantic City. She said to me, "You know darling, just worry about your face, don't worry about your body. You can always cover your body up, but you can't cover up your face." So, I thought, well, as long as I can wear makeup and fake that for a while, I'm okay. She was so adorable, just darling.

**COA:** Do you have any charities that you're passionate about?

**TT:** I've always cared about animals and I contribute to local shelters and things of that nature. I would say to anybody that wants to contribute, if you care about animals and pets as I do, the best thing you can do is contribute to your local shelters.

**COA:** Well, thank you so much for taking the time out of your day to talk to me. It was a pleasure.

**TT:** Thank you so much. I think your readers now know more than they're ever gonna want to know about me. If they want to know any more, they're going to have to read the book.



*In Toni Tennille: A Memoir, the reader is invited to follow Tennille's lifelong journey from her childhood growing up in the segregated South to her rise to fame in the television industry with her popular "Toni Tennille Show," as well as through her collaboration with famous musicians like Pink Floyd and The Beach Boys, and through her transformation into the person she is today: a stronger woman for all she has experienced.*

# ● What's the News?

*Council On Aging of West Florida*



## **COA Awarded FPRA Judges' Award**

On April 20, Brandi Gomez, COA's development director, accepted a Judges' Award at the Florida Public Relations Association's annual Image Award Ceremony for our corporate sponsorship packet. The packet was designed to offer more partnership opportunities for businesses in the community with a desire to support local seniors in need. To date, COA has partnered with five sponsors, raising more than \$25,000 in monetary and in-kind support.



## **Local Teens Volunteer at The Retreat**

Local teen-based organization, Chain Reaction, Teen Leadership Institute, came to The Retreat to perform a variety show for our participants. Acts even included a performance from Elvis. Thank you for coming by! If you know of an organization wanting to visit or volunteer, give us a call at (850) 432-1475.

## **Illinois Students Volunteer at The Retreat**

For the second year in a row, students from Northern Illinois University spent their spring break in Pensacola volunteering at several non-profit organizations including Council on Aging's adult day health care center, The Retreat. Jack King, their fearless leader, has mobilized groups from the university for almost 20 years. We are so grateful for their generous donation of time and talents!



## **Longtime COA Volunteer Recognized as "Angels in Our Midst"**

If you've ever had the opportunity to visit The Retreat, COA's adult day health care center, you have likely interacted with longtime volunteer Pati Bryan.

This special lady brings so much joy to COA staff and Retreat participants with her warm smile and sweet demeanor. In honor of National Volunteer Appreciation Month, WEAR ABC 3 news anchor and COA board member, Sue

Straughn, recognized Pati as an "Angels in Our Midst" in April.

Pati has served a whopping 11,000 volunteer hours with COA. We are so fortunate to have her as a member of the team. Thank you, Pati, for your service and commitment to assisting our local seniors!





## **Members First Credit Union Donates to COA**

Members First Credit Union employees raised \$500 for COA with a “wear jeans to work day” fundraising campaign. What a great idea! Thank you so much for your generosity.

## **Follow COA's Blog**

COA recently launched a blog on our website that will provide educational and informative content of interest to seniors. You can check it out at [coawfla.org/blog](http://coawfla.org/blog), and share with your friends and family using the social sharing links!

## **Signup for Our E-newsletter**

Enjoy the COA updates in *Coming of Age* magazine? Sign up for our monthly e-newsletter and stay current on all the news and happenings! Visit [coawfla.org](http://coawfla.org) and click “e-newsletter” to sign up today!



## **Tune in to *Coming of Age* TV**

Similar in concept to *Coming of Age* magazine, *Coming of Age* TV also covers a wide variety of senior-related topics. Each 30-minute program consists of interviews with three local experts. New programs are recorded monthly and air on WUWF-TV, Cox Cable Channel 4 (Escambia County) Monday, Wednesdays and Fridays at 7 pm and Tuesdays and Thursdays at 9 am. For individuals in Santa Rosa County and beyond, each segment from the program is uploaded to [youtube.com/coawfla](http://youtube.com/coawfla). *Coming of Age* TV is proudly sponsored by Baptist Medical Group and their more than 100 caring physicians serving the Gulf Coast. Meet a caring doctor in your neighborhood at [www.BaptistMedicalGroup.org](http://www.BaptistMedicalGroup.org).



## **COA Celebrates Foster Grandparents and Senior Companions**

With nearly 200 in attendance, COA celebrated foster grandparents, senior companions, and R.E.L.I.E.F. volunteers at an annual recognition event on April 14 at Sanders Beach Community Center. From the decor to the entertainment, we all had a fabulous time and enjoyed showing thanks and appreciation.

Foster grandparents give their experience and talent to help children develop the skills, confidence and strength to succeed in life. Children who need foster grandparents gain individual attention they might not otherwise receive, confidence, tutoring, advice and the life-changing opportunity to know the consistent love of a foster grandparent.

Senior companions are healthy older adults who help other adults live independently. Without the help of senior companions, many older adults would not be able to continue living at home and would need more expensive, less personal care. They volunteer an average of 20 hours a week assisting with shopping, light housekeeping, cooking and other daily tasks in addition to alerting doctors and family members to potential health problems.

For more information about these programs, call Robin Stephens at (850) 432-1475 or email [rstephens@coawfla.org](mailto:rstephens@coawfla.org).

# Out & About

## Baptist Health Care Wellness Events

**23**  
JUNE

### Incontinence and Prolapse

Thurs., June 23, 11:30 am lunch; noon to 1 pm seminar  
Elizabeth Cruik, M.D., Urology, Baptist Medical Group - Urology  
Baptist Medical Park Nine Mile, 9400 University Pkwy., Azalea Room

**13**  
JULY

### Cancer Prevention and Creating a Healthy Lifestyle

Wed., July 13, 11:30 am lunch; noon to 1 pm seminar  
Presented by Sherif Ibrahim, M.D., Baptist Medical Group  
Hematology Oncology  
Baptist Towers Medical Meeting Rooms, 1717 North E St.,  
Avery Street Entrance

**15**  
JULY

### Gynecologic Care After Menopause

Fri., July 15, 11:30 am lunch; noon to 1 pm seminar  
Presented by Leslie Sanders, M.D., Baptist Medical Group  
Ladies First OB/GYN  
Andrews Institute Athletic Performance & Research Pavilion,  
1040 Gulf Breeze Pkwy., Conference Room B

**28**  
JULY

### Cancer Prevention and Creating a Healthy Lifestyle

Thurs., July 28, 11:30 am lunch; noon to 1 pm seminar  
Presented by David Mann Jr., M.D., Baptist Medical Group  
Hematology Oncology  
Baptist Medical Park Nine Mile, 9400 University Pkwy., Azalea Room

**10**  
AUGUST

### Lung Cancer Screening and Prevention

Wed., Aug. 10, 11:30 am lunch; noon to 1 pm seminar  
Presented by Sherif Ibrahim, M.D., Baptist Medical Group  
Hematology Oncology  
Baptist Towers Medical Meeting Rooms, 1717 North E St.,  
Avery Street Entrance

**10**  
AUGUST

### Hearing Loss: Assessment and Treatment Options

Wed., Aug. 10, 11:30 am lunch; noon to 1 pm seminar  
Presented by Sherif Ibrahim, M.D., Baptist Medical Group  
Hematology Oncology  
Baptist Towers Medical Meeting Rooms, 1717 North E St.,  
Avery Street Entrance

**25**  
AUGUST

### Hearing Loss: Assessment and Treatment Options

Thurs., Aug 25, 11:30 am lunch; noon to 1 pm seminar  
Presented by Heather Steinle, Au.D, Baptist Medical Group -  
Audiology  
Baptist Medical Park Nine Mile, 9400 University Pkwy., Azalea Room

*Seminars quickly fill up making it necessary to require reservations.  
Please call (850) 469-7897 to reserve your seat today!*

GET OUT, MEET PEOPLE & GO PLACES

## Caregiver Support Groups

As part of COA's mission to serve seniors and their families, we offer caregiver support groups in Escambia and Santa Rosa counties. These groups are available to all caregivers regardless of the condition or illness of the person being cared for, including grandparents caring for/raising grandchildren or relatives caring for a disabled adult. Attendance is free and new members are always welcome.

- **Milton Caregiver Support Group**  
*First Thursday* of each month at 5:30 pm  
Santa Rosa Health and Rehabilitation, 5686 Broad Street. Light supper provided
- **Century Caregiver Support Group**  
*Third Thursday* of each month at 6 pm. Century Care Center, 6020 Industrial Blvd. Refreshments and door prizes provided
- **Pensacola Caregiver Support Group**  
*Last Thursday* of each month at 6 pm. Council on Aging of West Florida, 875 Royce Street, Pensacola Refreshments and door prizes provided
- **Pensacola Grandparents Raising Grandchildren and other Relatives.**  
*Second Thursday* of each month at 6:00 pm. Council on Aging of West Florida, 875 Royce Street, Pensacola Refreshments provided. FREE Child Care provided. Reservations requested to (850) 432-1475
- **Navarre Grandparents Raising Grandchildren**  
*First Thursday* of each month at 8 am  
Holley Navarre Intermediate School,  
1936 Navarre School Road  
Light refreshments provided  
Reservations requested to Tammie White at  
(850) 936-0620 or whitem@santarosa.k12.fl.us

## Save the Date: 2016 Rat Pack Reunion

**A fundraiser gala benefiting Council on Aging of West Florida  
Friday, October 21, 2016 from 5:30–11:00 p.m. at New World Landing**

Join us in honoring four fantastic leaders in our community: DeeDee Davis, Joe Durant, Sheriff David Morgan, and Ray Russenberger. For more information on sponsorships opportunities and tickets, visit [www.ratpackreunion.com](http://www.ratpackreunion.com).



Photo by Meg Burke Photography.



# Were You Seen? .....



JC & Teri Lowe



Cameron Cauley & Kilah Poitevint



Councilman Brian Spencer & Mayor Ashton Hayward



Carlette Howell, Jenn Cole & Crystal Spencer



McGuire Martin, Nancy Fetterman, Valerie & Ray Russenberger



DeeDee & Corbett Davis, Angela & Pete Moore



Mayor Hayward & John Peacock



Joe & Tracey Durant



Teri Levin & Fred Levin



Nina Campbell & Jim Rigsbee

# Thank You.

Many thanks to our donors. We appreciate your generous support. Gifts received from December 8, 2015 through March 1, 2016.

Mr. and Mrs. John Ard  
The J.H. Baroco Foundation  
Ballinger Publishing  
Baptist Health Care  
Bisayan Connection Inc  
Pensacola Chapter  
Mr. and Mrs. John Bolyard  
Florine Bredesen-Black  
Franklin Bryan  
Linda Burke  
Charity Chapel  
John B. Clark  
Cox Communications  
Dr. Lance Coy  
Sonya Daniel  
Patricia Douglas  
Drs. Joe and Patricia Edmisten  
Jessica Everett  
First United Methodist  
Church of Pace  
Greek Orthodox Ladies  
Philoptochos of the  
Annunciation

Mr. and Mrs. Jim Green, Jr.  
William Gureck  
Mr. and Mrs. Robin Herr  
Homewood Suites  
Ideaworks  
Dr. Donna Jacobi  
Mr. and Mrs. Carl Johnson  
Mr. and Mrs. George Jones  
June Kassahn  
Landrum Family Foundation  
Mr. and Mrs. Ed Law  
CAPT Flack and Mrs.  
Kathleen Logan  
Deborah Mays  
Rhonda Mazeika  
Mr. and Mrs. Terry Meyer  
Mr. and Mrs. Robert Mills  
Chaplain and Mrs. Larry Mosley  
Mr. and Mrs. Ernest Murphy  
Jeff Nall  
Navy Federal Credit Union  
Mr. and Mrs. Jim Neal  
Laurie Neeb

CAPT and Mrs. Lauren Nelson  
The Honorable Linda Nobles  
Northminster Presbyterian  
Church  
Mr. and Mrs. Jimmie O'Neal  
Carol Otts  
Mr. and Mrs. Jack Pearlman  
Tammie Penegar  
Mr. and Mrs. Jim Pennington  
Mr. and Mrs. Travis Peterson  
Dr. and Mrs. Nat Rickoff  
Rotary Club of Pensacola  
Seville  
Dr. and Mrs. E.J. Sacks  
Rosa Sakalarios  
Sinclair Broadcast Group  
Eric Stevenson  
Barthalia Thurman  
Glenda Triemer  
Frankie Van Horn Harris  
Dr. and Mrs. Norman  
Vickers  
Capri Welch

Gertrude Wilson  
Mr. and Mrs. Ken Woolf  
  
In memory of Frances E.  
Franklin  
By Herman L. Franklin  
  
In memory of Rose Marie  
Baloga  
By Maria L. Townshend  
  
In memory of Katharine  
Lenore Houser Ballow-  
Hurlburt  
By John B. Clark  
  
In honor of Dr. Ron Evans  
By John B. Clark

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

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING 1-800-435-7532 TOLL FREE WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE. THE REGISTRATION NUMBER ASSIGNED TO COUNCIL ON AGING OF WEST FLORIDA, INC BY THE FLORIDA DEPARTMENT OF AGRICULTURAL AND COSUMER SERVICES IS CH817. COUNCIL ON AGING OF WEST FLORIDA DOES NOT USE A PROFESSIONAL SOLICITOR OR PROFESSIONAL FUND RAISING CONSULTANT FOR THE PURPOSES OF SOLICITING FUNDS. 100% OF DONATIONS GO TO COUNCIL ON AGING OF WEST FLORIDA, INC.

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.







# Laughter, it's a beautiful sound.

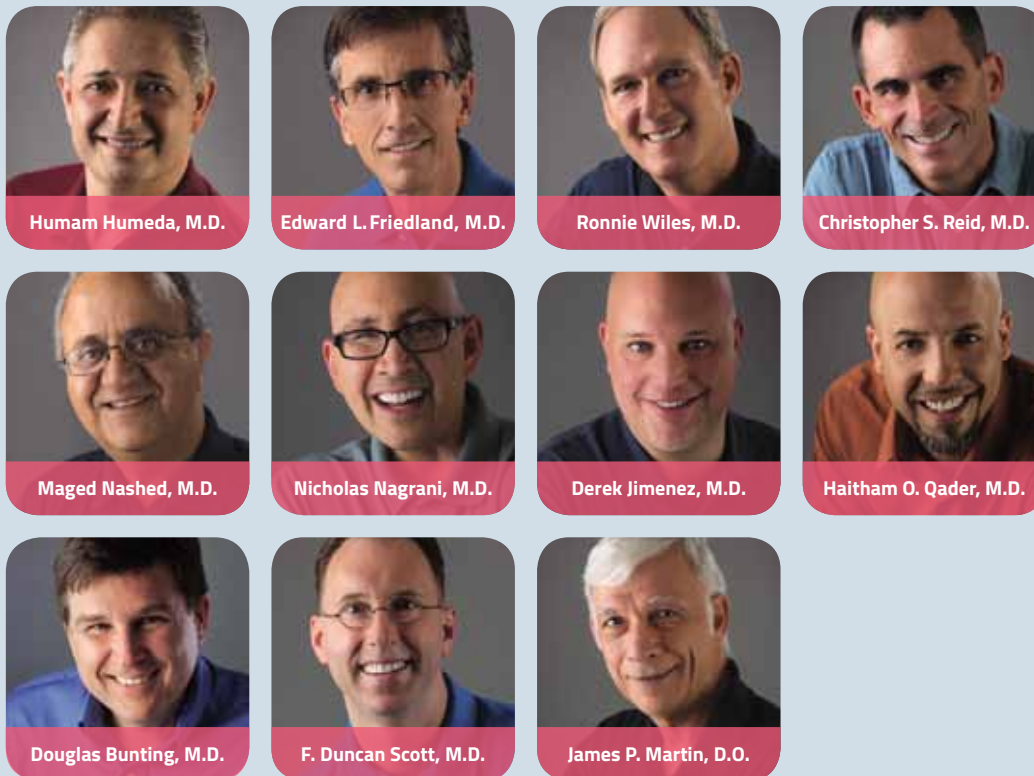
At the Hearing Center, helping our patients hear is only a part of what we do. We help our patients create memories, connect with others, and enjoy the wonderful sounds of life. Our certified and licensed audiologists understand, diagnose, and treat comprehensive hearing disorders. If you or someone you care about could benefit from better hearing, call us today, [850.474.8328](tel:850.474.8328).



The Hearing Center  
8333 North Davis Highway  
Pensacola, FL 32514

[TheHearingCenterMCC.com](http://TheHearingCenterMCC.com)  
[MedicalCenterClinic.com](http://MedicalCenterClinic.com)





11

## DOCTORS COMMITTED TO YOUR HEALTH

Our doctors specialize in the treatment of kidney disease, uncontrolled hypertension and complex high blood pressure.

*We are Renalus: Delivering innovative, collaborative and compassionate kidney care.*

Discover more at [Renalus.com](https://www.renalus.com)

.....

Pensacola | Ft. Walton Beach | Milton | Crestview | Andalusia  
Atmore | Brewton | Century | Gulf Breeze | Defuniak Springs  
Navarre | Jay | Destin | Niceville | Pace

1619 Creighton Road  
Pensacola, FL 32504  
1.888.9KIDNEY

