

COMING of AGE™

Presented by Council on Aging of Florida

LIFESTYLE MAGAZINE FOR SENIORS

FALL 2013

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Medicare Plan Review

A Perfect Winter Getaway

Exclusive
Interview with

*Wink
Martindale*



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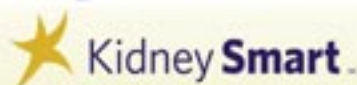
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Step 2 Making arrangements

Our funeral planning representatives will assist you in making choices regarding:

- Burial or cremation
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- Other specific details

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Jeff Nall, APR, CPRC
Editor-in-Chief



Fall is in the air! This means cooler temperatures and lots to do along the Gulf Coast. Whether your preference is Bands on the Beach, one of the many outdoor festivals, or just getting out to explore the area, it's time to enjoy one of the best parts of the year. Though we certainly have many local options, if you want to journey a bit farther, please check out our travel article (page 14) on Door County, Wisconsin. If you enjoy history, discovery and fun, Door County is home to 11 lighthouses, unique communities, performing arts, entertainment, music, boutiques, galleries and mouth-watering cuisine — from gourmet to casual, formal to waterfront easy.

Whatever you do, please save the date of Friday evening October 25 for our 2013 Rat Pack Reunion fundraiser. I'd like to thank once again our honorees —Teri Levin, Mike Papantonio, Brian Spencer and Quint Studer – for allowing us to recognize them for their business leadership and service to our community. I'd like to also thank the event co-chairs, DeeDee and Corbett Davis, and event committee members Jenn Cole, Carlette Howell, Ann Lemox, Kathleen Logan, Angela Moore, Philip Moore, Michelle Ortiz-Migues, Caron Sjöberg, Diane Somer and Jill Wilder. Visit www.ratpackreunion.com and read the article on page 25 for details.

I hope you enjoy our exclusive interview with celebrity disk jockey, game show host and FOE (Friend of Elvis) Wink Martindale, who was honored in 2006 with his star on the Hollywood Walk of Fame and in 2012, was among the first group of inductees to the Tennessee Radio Hall of Fame.

In this issue, you will also find informative articles on Medicare Open Enrollment, how to dispose of prescription drugs and functional smartphone apps for seniors. We hope you will also enjoy reading about the generosity of CrossFaith Church in Molina and the CrossFaith Missions Scholarship Fund it recently established to benefit those who attend our adult day health care center. Many thanks to this wonderful group of donors.

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

Readers' Services

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

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.

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

Writing Opportunities

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

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John B. Clark,
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Good News—Bad News



During a recent Conference and Training Session on Aging Services, the Florida Department of Elder Affairs presented information “profiling” older Floridians. Like a profile of any group, there was some good news and some not so good news. Let’s look at some of this information.

Many of our fellow Floridians are of the opinion that their older counterparts are a “drag” on our state and local budgets. This belief is based largely on the fact that our state has significant funding issues when it comes to its Medicaid budget because much of that budget is spent on nursing home care associated with older Floridians. Well, that is not correct. In fact, on average each older Floridian has a \$2,850 net impact on state and local budgets. Many years

ago, this was called “Florida’s mailbox economy” because older Americans were retiring in Florida and bringing public and private pensions into the state — not to mention Social Security checks, savings, and other revenue. In addition, many “snowbirds” come to Florida in the colder months, bringing their money with them to spend in our state.

Another bit of good news is that older Floridians volunteer over 154 million hours per year! And those are just the number of hours that we know about; trust me, there are hundreds of thousands more that go uncounted. Just look around at who is volunteering at our arts and cultural events. The majority of volunteers at the Council on Aging of West Florida are older citizens. Most older citizens also tend to be the volunteers who “stick” with

an agency or project over the long haul, while many younger volunteers often prefer the “done in a day” projects. Nothing negative about either; both are critical to the life of a community and community organizations.

A third bit of good news is that 72 percent have access to a computer and the internet. For many, this is often their first foray into the world of social media. This percentage can reasonably be expected to increase significantly as the baby boomers retire and the younger generation eventually moves into retirement. This is good news, and somewhat critical, as more and more of what we do day in and day out is going to depend on computers and our access to the internet; not only for the “fun stuff,” but also more critical usage in the area of

medical care, communicating with doctors, pharmacists, and so on.

A fourth bit of good news is that one in four older Floridians is employed. While in some cases that might be considered good, in other cases, it might not be so good. Clearly, everyone should be able to work for as long as they wish to do so. However, with the increasing decline in pension plans in both the public and private sector, many people are going to find that they are not financially prepared for retirement. They will have to work longer and longer to support themselves and their loved ones. In other words, it might be a matter of necessity and not choice. But the fact that they can work well into later years and that they are healthy enough to do so, should be considered good news.

While there is much positive news about my fellow older Floridians, there is still some news that is not so good. For example, 17 percent of older Floridians face the threat of hunger, one in seven lives in poverty and three out of ten have at least one physical disability. However, on balance older Floridians remain an active, vibrant, contributing part of the fabric of our state. That fact should be celebrated; while at the same time we must seek out new and creative ways to help those seniors among us who need our help. We must never turn our backs on those who made this country and state such a great place to live.



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CrossFaith Missions Scholarship Fund

*Helen Winfree,
Sandie Holtry and
Janice Mason*



For many round-the-clock caregivers, and those who require their care, a break and change of scenery can mean a world of difference. For working caregivers, having the peace of mind that their loved one is in a safe place while they go to work is good for both employee and employer. Helping make that potential difference a reality is the CrossFaith Missions Scholarship Fund.

The congregation of CrossFaith Church, a small church in Molino, Florida with a big heart, has founded the CrossFaith Missions Scholarship Fund to assist local families who care for a loved one with Alzheimer's disease by providing additional assistance from the Council on Aging of

West Florida's adult day health care center. The center offers a protective, stimulating environment for older adults with physical and cognitive impairments and respite for caregivers. "We like to think of the center as a retreat for the caregivers and clients. The participants have fun and laugh with their peers while the caregivers get to relax," says Sandie Holtry, director of the center. "What a blessing this is!"


"With the loving support of our members and the community, we are able to help local families and their loved ones walk through this journey with the support, love and prayers of a great facility and staff," said Helen Winfree, CrossFaith Church secretary.

The scholarship recipients will be chosen from among those who are currently enrolled. The fund will be used to provide them with additional hours or days at the center. The

first recipient began receiving assistance in August.

"Coming to the center has benefitted my mom so much," says Darlene. "I see such a huge difference in her since she attends. I wished we could have paid for more days, but financially we just weren't able to do so. Then Sandie told us about the CrossFaith Church scholarship and that my mom was chosen to participate. Now she can attend one more day each week thanks to their giving and thoughtfulness. What a blessing this is for mom and for me!"

"I pray God's richest blessings on our endeavor to help provide or supplement funding for families who might otherwise not be able to take advantage of this important aid in the care of their loved ones," said Janice Mason, the Director of Missions for CrossFaith Church. "With this scholarship program, our goal is to help provide peace of mind in knowing that your loved ones are well-cared for while providing the time for you to accomplish those daily tasks without the financial hardship."

If you would like to join with CrossFaith Church in supporting this endeavor, please contact the church at 850-587-3187. Those interested in establishing similar funds or companies interested in starting a fund to benefit employee families, please contact Council on Aging of West Florida at 850-432-1475. 



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Door County, Wisconsin

A Perfect Winter Getaway



Door County, Wisconsin is often referred to as the “Cape Cod of the Midwest” and to anyone familiar with the coast of New England, the similarities are obvious. With its vast shoreline, picturesque fishing villages and sprawling orchards and parkland, the northeastern peninsula of Wisconsin offers an ideal getaway for travelers of all ages looking for outdoor recreation, stunning landscapes, maritime activities, shopping, dining and relaxation. The 70-mile long, 18-mile wide piece of land that stretches from the bay of Green Bay toward the state of Michigan has long been known as a popular summer vacation spot, and while things are a bit quieter in the colder months, the area truly caters to the winter traveler!

Outdoor Recreation

Bundle up and grab (or rent) your cross-country skis, snowshoes or hiking boots and explore one or two of the numerous public parklands in Door County. The area boasts more than 23,000 acres of public parks and trails and one favorite is Whitefish Dunes State Park, which offers miles of scenic terrain along the Lake Michigan shore. Be on the lookout for deer, red and grey foxes, owls, hawks, woodpeckers and wild turkeys.

Sleigh Rides

What better way to enjoy a lovely winter's day

than with a horse-drawn sleigh ride through snow-covered grape, cherry and apple orchards? Curl up under cozy blankets and take in the scenery on this guided tour of Lautenbach's Orchard Country Vineyards. Afterwards, be sure to sample the namesake wine or cider.

Ice Fishing

Fishing isn't just a warm weather sport. Those feeling adventurous will want to try their hand at ice fishing. Rent a heated ice shanty, fishing poles and bait from the expert crew at Wacky Walleye Guide Service in Sturgeon Bay and spend the day fishing for walleye and whitefish.

Lighthouses

With nearly 300 miles of rocky shoreline, lighthouses have played an important role in the history of Door County. Currently, there are 10 remaining lighthouses dotting the peninsula and Door County has the most lighthouses of any county in the United States. Hop in the car and view some of the area's magnificent lighthouses.

Door County Maritime Museum

Experience the region's rich maritime history at this lovely, well-curated museum staffed with knowledgeable and enthusiastic tour guides who will teach you all about the local shipbuilding industry. Visitors can also explore the pilothouse of an ore carrier and learn how lighthouses kept ships and sailors safe in these waterways during the 19th and 20th centuries.

Shopping and Art Galleries

While some businesses close up for the winter, each year more and more remain open for the season. Stroll through downtown Fish Creek or Ephraim and you will be sure to find shops where local artisans create and sell their wares. You'll also find restaurants and cafes, specialty gift shops and clothing boutiques that cater to winter visitors.

Make Your Own Art

Create your own masterpiece at the Hands On Art Studio in Fish Creek, a do-it-yourself wonderland. Choose from a variety of crafts— mosaics, wood-working, pottery, ceramics, jewelry-making,



the way the rising sun plays with the trees and with the water in the bay of Green Bay, and a sunset over Lake Michigan is truly breathtaking.

Door County offers many different types of accommodations year-round, from rustic cabins to cozy bed and breakfasts and should your tastes run toward pizza and sandwiches or if you're in the mood for a four-course meal prepared by a renowned chef, a variety of wonderful dining options can always be found. Whether seeking adventure or looking for a relaxing getaway, winter visitors to Door County can expect to find numerous sights and

metallurgy, spin art – and spend a relaxing day in one of the many studios creating a personalized souvenir. You can either pick up your finished pieces the next day or the Hands On staff will ship items to your home base.


Door County Fish Boil

No trip to The Door is complete without experiencing a good old fashioned fish boil. This spectacular Wisconsin tradition features freshly-caught Lake Michigan whitefish, along with red potatoes, cooked over an open flame in a giant cast-iron kettle. You'll want to arrive early to watch the elaborate presentation as the Master Boiler tosses kerosene onto the fire creating giant flames as the cauldron boils over. Diners then head back to the dining room where the fish and potatoes are served with melted butter, coleslaw and fresh rye bread. Many restaurants offer a Door County fish boil, a favorite being The White Gull Inn in downtown Fish Creek.

Sunrise and Sunset

It's worth getting up early to experience a Door County sunrise. There's something magical about

activities that are sure to please all age groups and lifestyles. For more information, visit

www.doorcounty.com. 









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Proper Disposal of Medications

We're all familiar with the adage "better to be safe than sorry." Disposing of unused household drugs and prescription medications, while seemingly requiring little thought (don't you just throw it in the trash?) is actually an instance where this saying really applies. Read up on these helpful dos and don'ts compiled from the U.S. Food and Drug Administration's guidelines and reduce your chances of causing any unintended harm.

First thing's first – look for specific instructions on the drug label or in any of the written information that comes with the medication. If no exact instructions are written, the drug should then be disposed at a "take back" program location.

Thankfully for Escambia County, the Pensacola Police Department has a drop off location available 24 hours a day. Stop by the department at 711 N. Hayne Street and enter the doors to drop off your medication whenever it is most convenient for you.

If for some reason a "take back" program is unavailable to

you, it is recommended you discard the medication in the trash using the following guidelines.

DO

- Empty the drugs from their prescribed containers.
- Place the drugs in a sealable container to make sure that they do not leak or mix with other trash.



- Mix the drugs with an undesirable substance before discarding. The FDA recommends used coffee grounds or kitty litter. This will make the medication more difficult to identify and less appealing to an adult, child, pet or wild animal intentionally going through the trash.
- Scratch out any personal information on the container label before tossing to protect your identity and health information.
- If you ever have a question,

call your pharmacist! Most answers are just a quick phone call away.

- Flush powerful narcotic pain relievers and other controlled substances. These drugs should have instructions to flush them. A complete list of flushable drugs may be found on the FDA's website.

DO NOT

- Flush drugs unless instructed. Flushing drugs may leave unnecessary residue in the water system and is only recommended when flushing is the safest option for the drug.
- Give friends your medications. What works for your body and specific health history could be very hazardous to another individual.
- Unfortunately you can't control what happens to your disposed medications once they leave your doorstep in that garbage bag. It's like throwing away the plastic soda can rings – a few seconds and a pair of scissors is all it takes to reduce the chances a wild animal will be harmed from the plastic. Consider this your call to duty to be a Good Samaritan because a little precaution never hurt anybody. COA



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Have you done your Yearly Medicare Plan Review?

Each year, there are new health plan and prescription drug coverage choices. You should review your current health and prescription drug coverage each fall and make sure your plan is still right for you.

If you want to change plans, call the plan you want to join. Medicare can also help you enroll—online, in person, or on the phone. If you're satisfied that your current coverage will meet your needs for next year, you do not need to do anything.

Remember, during Medicare Open Enrollment, you can decide to stay in Original Medicare or join a Medicare Advantage Plan. If you are already in a Medicare Advantage Plan, you can use Open Enrollment to switch back to Original Medicare.

Do you need Extra Help paying for

Regarding Medicare prescription drug coverage, if you have limited income and resources, you may qualify for "Extra Help" to pay your prescription drug costs. Visit socialsecurity.gov/i1020 to apply online. Or, call Social Security at 1-800-772-1213 and ask for form SSA-i1020. TTY users should call 1-800-325-0778.

Important Medicare dates September & October—Review & compare

Review: Your plan may change. Review any notices from your plan about changes for next year.

Compare: In October, use Medicare's tools to find a plan that meets your needs.

October 15—Open Enrollment begins

This is the one time of year when ALL people with Medicare can make changes to their health and prescription drug plans for the next year.

Decide: October 15 is the first day you can change your Medicare coverage for next year.

December 7—Open Enrollment ends

In most cases, December 7 is the last day you can change your Medicare coverage for next year. The plan has to get your enrollment request (application) by December 7.

January 1—Coverage begins


Your new coverage begins if you switched to a new plan. If you stay with the same plan, any changes to coverage, benefits, or costs for the new year will begin on January 1.

Making changes to your coverage after January 1

Between January 1–February 14, if you're in a Medicare Advantage Plan, you can leave

your plan and switch to Original Medicare. If you switch to Original Medicare during this period, you'll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your coverage will begin the first day of the month after the plan gets your enrollment form.

4 ways to get the help you need

1. Visit Medicare.gov/find-a-plan to use the Medicare Plan Finder.
2. Look at your most recent "Medicare & You" handbook to see a listing of plans in your area. You should also review any information you get from your current plan, including the "Annual Notice of Change" letter.
3. Call 1-800-MEDICARE (1-800-633-4227), and say "Agent." TTY users should call 1-877-486-2048. Help is available 24 hours a day, including weekends. If you need help in a language other than English or Spanish, let the customer service representative know the language.
4. Get free personalized health insurance counseling by calling your State Health Insurance Assistance Program (SHIP). To get the phone number, visit Medicare.gov/contacts, or call 1-800-MEDICARE. 

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Apps For Seniors

By Josh Newby



With the invention of the mobile smartphone and wireless Internet has come a seemingly infinite number of applications, or apps. These apps can help users do everything from staying connected with friends and family to monitoring stock prices and schedule appointments. And while most newly minted seniors have been comfortable using technology since middle age, this exhaustive variety of apps, currently tallied at over 1.5 million, can be daunting to peruse for even the most technologically savvy.

Luckily, there are a few apps that have been developed just for seniors that are ready to assist with medication, memory, fitness, connecting with family, and just having some fun. Most apps are free on their respective App Store or Google Play stores, though some cost anywhere from 99 cents to \$9.99.

For iPhone users, the App Store is the online marketplace used for downloading, and is available right on the phone itself. For Android users, usually those with Samsung, Motorola, LG or HTC devices, apps are

available for download on Google Play, which is also available on the phone itself.

Find My Phone: This useful app is good for anyone with a smartphone. After downloading the app, the phone's location will be shared with a network of other devices that have the app, but a login and password is required in order to protect privacy. If the phone is ever lost, the user can simply log in to the application from another device or computer, enter their password and discover the location of their device. Links to maps and directions are even included. This app is free.

Over 40 Magnifier and Flashlight: Users who often find themselves squinting because of a light deficiency or small text will discover that this app comes in handy. Using the camera's flash for a steady stream of bright light, the phone instantly becomes a convenient flashlight. The app also utilizes the phone's camera feature to enlarge small text, and for phones with a front-facing camera, even transforms the device into a mirror. This app is \$1.99.

Blood Pressure Monitor: Like many other health apps available for wireless devices, this one allows users to track their daily blood pressure, weight data, and other important health numbers. It also comes with helpful, built-in reminders and an import/export feature so that information can easily be sent to and between health care providers. For anyone with a focus on their health who appreciates their data compiled in an easily read format, this is an important app to have. This app is free.

GasBuddy: For anyone watching his or her dollars and cents a little closer these days, GasBuddy is valuable for finding the cheapest gas nearest to the phone's location. After downloading, the app will ask for permission to use the location of the phone to find cheap gas prices, with a link to a map for each. Users can alternatively give the app a zip code to find cheap gas nearby. This app is free.

MedWatcher: Like a personal pharmacist right in a pocket or purse, MedWatcher features easy-to-read and understand

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descriptions of medical uses and known side effects of many medications. This app also updates the user with the latest news and safety alerts about medical devices, vaccines, and prescriptions. This app is free.

Facebook: It's the world's most popular social networking site for a reason. Its ease of use and customization allows people all over the world to make friends and stay in touch with family. Although originally a computer-based website, Facebook has recently increased in popularity with mobile users. Seniors can receive live updates on their friends' and families' lives, upload pictures of vacations, and even receive news and celebrity gossip—all from one app. This app is free.

Words With Friends: This popular mobile phone version of Scrabble helps users keep their mind keen while having fun. Connect with users you know or don't know from around the world and compete to have the highest score by combining letters into words. There is a \$1.99 version of this app, as well as a free version.

NPR: National Public Radio's application is a hit with news buffs everywhere, and allows further functionality by giving users hourly updates, as well as the ability to hear stories in any order or download the stories to the phone itself for offline reading. This app is free.

Google Earth: This infinitely fun and useful app enables users to get directions, establish their location based on an overhead satellite perspective, and discover how to get where they need to go. For fun, seniors can see the

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globe with a swipe of their finger, tour the ancient streets of Rome or the bustling highways of Tokyo. This app is free.

Pandora: Whatever music the user is in the mood for, Pandora delivers. After downloading, this app will ask for favorite genres, artists or songs, then create a playlist modeled after those preferences. Users can enjoy the music on the phone's speakers or connect to a sound system for ambient music during dinner or fun dance music during an outdoor barbecue. This app is free, but uses a substantial amount of data.

Dragon Dictation: While many smartphones today come with voice-recognition software, this app can complement those programs or fill the void on older models. Having trouble typing a lengthy email? This app will allow users to simply speak what they are wishing to dictate, after which it provides a list of options detailing what the text can be used for, be it an email, message, Facebook update, etc. This app is free.

BrainyApp: BrainyApp is great for anyone wanting to improve their cognitive processes, like attention, memory, reasoning, problem solving and more. Not only does this app have fun games for improving each of the above, it also features a rating system for measuring the user's mental health and providing helpful suggestions concerning what they can improve on. This app is good for those wanting to keep their mind sharp in their twilight years—and research has even shown that it can help lessen the effects of Alzheimer's and dementia. This app is free. 

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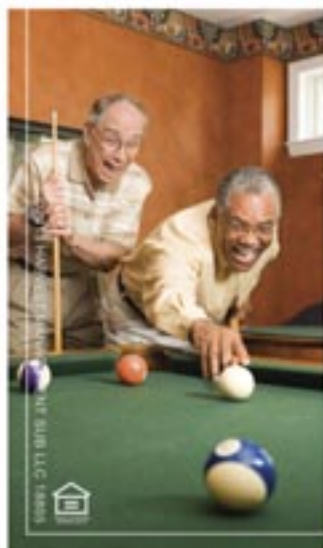
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Photos courtesy of Carmen Jones Photography

By Emily Lullo

If you've been longing for the class and panache of days gone by, the 2013 Rat Pack Reunion will bring back all the style and twice the fun in one retro-fabulous night on the town right here in Pensacola. Now in its third year, the popular event will provide both a great night of food, music and entertainment and a chance to celebrate four honorees who have served the local community and business sectors alike. One of the best parties in town also happens to benefit an extremely worthy cause—the Council on Aging of West Florida, which provides resources and services to senior citizens in Escambia and Santa Rosa counties.

This action-packed event will be held Friday, October 25 at New World Landing from 6-11 pm and will once again pay homage to the styles of Frank, Dean and the rest of the gang. Guests are encouraged to don glamorous Rat Pack attire to fit into the theme.

"It's a replica of the 1960s Rat Pack era—lots of glamour and style," says event chair DeeDee Davis. "Ladies can doll up in anything they want and there are a lot of skinny ties and dinner jackets among the men."

A delicious Italian dinner will be served and Tom Tiratto is back for with his Sinatra-inspired musical stylings for entertainment that will have guests on their feet dancing the night away. The highlight of the night will be the toasting of four individuals who have built successful careers and given back to the local community in a variety of ways. This year's honorees are Teri Levin, Mike Papantonio, Brian Spencer and Quint Studer.

The original honoree and "Big Cheese" from the inaugural event Fred Levin, who also acted as master of ceremonies at last year's Rat Pack Reunion, is pleased to see the growth and continuing success of the event.

"I never dreamed it would take off the way it has. It is probably the best fundraiser of all," he says. "This year's group fits right in with last year's guys as superstars of our community."



This year brings the first ever female Rat Pack honoree, Teri Levin. A well known local philanthropist and community champion, she has lived in Pensacola for 33 years. She worked with her late husband Allen on many Pensacola Beach development projects and helped to launch the Pensacola Beach Chamber. Levin continued the work they started as well as other projects throughout the community.

Some of her most significant achievements have included a 2010 contribution to her late husband's alma mater The University of Florida, as well as the work she has done for children.

"I think my proudest achievement is being involved in children's causes, in particular being involved with Gulf Coast Kids House and PACE Center for Girls, and A.A. Dixon," she says. "I believe our children are our future and I have a soft spot when it comes to helping them become mentally and physically healthy, responsible adults and helping them achieve goals that they did not believe were possible."

Her work with the beach development Portofino and Beach Club and other beach projects have been huge boons to the beach, but Levin is definitely involved in many other aspects of the city as well. "It is so rewarding to see tourists and locals enjoy our resorts and our beautiful beach," she says. "I am also extremely proud to be involved in the growth of downtown and hopefully be instrumental in bringing the beach and the downtown together - we truly live in paradise."

She currently serves on the boards of the University of Florida Foundation, Gulf Coast Kids House, the Pensacola Symphony and Ballet

Pensacola. Levin enjoys supporting the many local arts organizations through patronage as well, and says some of her favorite leisure activities are going downtown to see shows at the Saenger, Vinyl Music Hall and the Cultural Center. Her other favorite activity is spending time with her granddaughter Ella. She says she was honored to be named a Rat Pack honoree along with three men whose work she admires and she hopes to break records in raising funds to help elderly members of the community at this year's event.

The second honoree is Mike Papantonio, a local lawyer and national radio personality. Mike Papantonio is a senior partner of Levin, Papantonio, Thomas, Mitchell, Rafferty & Proctor, P.A., one of the largest plaintiffs' law firms in America. Papantonio has received numerous multi-million dollar verdicts on behalf of victims of corporate malfeasance.

In 2012, Papantonio became President of the National Trial Lawyers Association. He has authored and co-authored instructional articles on handling complex litigation for trial lawyers and is an author of four motivational books for lawyers. He is also co-author of the best-selling *Air America: The Playbook*.

Mike Papantonio is currently the host of *Ring of Fire*, along with Robert F. Kennedy, Jr. and Sam Seder, a nationally syndicated radio show. In addition to the radio program, Papantonio also hosts a telephone show of the same name, which airs on the Free Speech TV network. He's conducted hundreds of recorded interviews with guests and appeared on MSNBC, RT America Network, and Fox News, and says he's proud to offer a different voice to represent our region both in national and local media.

As an environmental steward, Papantonio established a Riverkeepers program in Northwest Florida, known as the Emerald Coastkeepers, Inc., a full-time organization that serves the community as a public advocate for the waterways of Northwest Florida. He often utilizes those area waterways for recreational scuba diving, kite boarding and wind surfing.

He says he's honored to be recognized at the Rat Pack Reunion, and that his hope is that the night raises awareness for the Council on Aging and its work.

"Believe it or not, a lot of people don't even understand what this incredibly important organization does," he says. "I think every time they have an event like this they educate a few more people and give a little more insight into how important it is."

The third Rat Pack honoree is architect and City Councilman Brian Spencer. He's founder of SMP Architecture, an architectural and planning firm he established in 1989. The firm is in downtown Pensacola where many of its projects are also located and where Spencer resides with his wife Crystal. Spencer is passionate about the redevelopment and revitalization of downtown Pensacola, and one of his areas of expertise is in adaptive re-use of historic buildings which are plentiful throughout this area.

"I am most proud to have been granted multiple opportunities to influence buildings, city blocks, and streetscapes," he says. "Without the confidence of clients like Ray Russenberger, and New Orleans developers, Henry Lambert and Carey Bond, I would never have stepped beyond the role of architect and trusted my ability to participate as a developer in the redevelopment of downtown Pensacola."

Spencer was elected to the Pensacola City Council to represent District 6 in November 2010. He currently represents the City Council on the Downtown Improvement Board and Keep Pensacola Beautiful, Inc. He's also served on the boards for various organizations including Pensacola Little Theatre, the Pensacola Cultural Center, WSRE, and others.

Spencer enjoys playing tennis, engaging in water activities and he's an avid runner who has completed several marathons, though he often utilizes his leisure time to brainstorm for his work.



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"Because I am an architect, even when I am not in my office, I feel like I am doing field research—whether I am enjoying an outdoor dining experience in downtown Pensacola, driving on the elevated portion of I-10 pondering a more neighborhood sensitive transportation solution, or evaluating a sidewalk width and its proximity to a street curb," Spencer says.

Spencer hopes this year's Rat Pack Reunion will swell the ranks of Council on Aging supporters.

The final honoree for this year is Quint Studer. Known as a business leader throughout the region and nation for his private healthcare consulting firm Studer Group, Studer and his wife Rishy are also well known for giving back to the community in many ways. Studer Group was named one of the *Best Small and Medium Workplaces in the United States* for the last five years by Great Place to Work® and was the recipient of the *Malcolm Baldrige National Quality Award* in 2010.

The Studers have invested heavily in the community by purchasing the Pensacola Blue Wahoos Double A baseball team, and they also own the gourmet shop the Bodacious Olive, as well as the coffee shop The Bodacious Brew, both located in the newly refurbished retail and restaurant space at the corner of Palafox and Main streets. Additionally, the couple established the first Pensacola Business Challenge which allowed local entrepreneurs to pitch business plans for a chance to win startup money and reduced rent for space located in the same shopping center, bringing Carmen's Lunch Bar to life.

The pair also created the Pensacola Pledge Scholars program that gives students an opportunity to attend either

Pensacola State College or the University of West Florida. The students are required to earn their scholarship by mentoring others which creates a continued cycle of paying it forward.

"I am grateful to be part of projects that have improved the quality of life for many people in the area," he says of his work.


While Studer doesn't actively seek the attention he receives regularly for his work in both business and the community, he is pleased to be able to lend support to the Council on Aging of West Florida as an honoree at this year's Rat Pack Reunion.

"I very much want to help raise funds to that are utilized to help others and to honor the memory of Gwen Applequist," he says.

These four community leaders work hard both in business and civic roles and they will be toasted and lightly roasted for the enjoyment of attendees. There are also raffles and other opportunities to donate while dancing the night away. For those that have never attended the Rat Pack Reunion, there's a reason why this event is becoming one of the most anticipated fundraisers of the year. For those who have attended, Davis says you'll have some new things to look forward to at this year's bash.

"There are always surprises at this event," she says. "Expect the unexpected!"

This night of fun and community is not to be missed. Tickets are \$100 and can be purchased through ratpackreunion.com, where updates and information are also regularly posted. Tickets can also be purchased by phone at 850-432-1475, ext. 305. With a hefty lineup of entertainment, music, dinner and dancing, the Rat Pack Reunion 2013 promises to give back to the community's most vulnerable members while offering an amazing night on the town for attendees. 



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An Exclusive Interview With *Wink Martindale*

By Kelly Oden

No name is more synonymous with the TV game show genre than the name Wink Martindale. He has guided 19 broadcast network, national cable and syndicated TV game shows in the course of his career plus produced the syndicated “Headline Chasers” in association with Merv Griffin and King World.

Born “Winston” and nicknamed “Wink” by a neighborhood pal, Martindale was raised in Jackson, Tenn., the only one of seven siblings to go into broadcasting. It’s a career with humble beginnings: on-air at WPLI in Jackson earning \$25 a week, but one that quickly moved up the charts and West. By 1959, Wink was the morning man at KHJ in Los Angeles, moving a year later to the morning drive-time slot at KRLA and then KFWB in 1962. But his true Los Angeles radio dream was realized in 1971 when he began a 12-year run as the mid-day personality on Gene Autry’s flagship “Station of the Stars,” 710 – KMPC.

Besides his long run as a radio personality, Wink has had an impressive television career as well. Early on, he hosted the popular *Wink Martindale and the Mars Patrol* and the music centered *Teen Dance Party* in Memphis. His love of game shows led him to host TV Shows like *What’s This Song?*, *Bumper Stumpers*, *Headline Chasers*, *Tic Tac Dough*, *Can You Top This?*, *Gambit*, *High Rollers*, *The Last Word*, and *Debt*.

Martindale hosted *Music of Your Life* from 1994-2007, a daily three-hour syndicated radio show heard on almost 200 stations nationwide. In 2006, Wink Martindale received a star on the Hollywood Walk of Fame. He also published his autobiography *Winking At Life* along with a CD titled *That Was Elvis To Me*, a moving tribute to his friend who died in 1977. When not working, Wink lives in Calabasas, Calif. with his wife, Sandy, and their chihuahuas. *Coming of Age* had the pleasure of talking with Wink about his early days in radio, his move to television and he and Sandy’s long friendship with Elvis Presley.

COA: Let's start with your early days in radio. You started, I believe, at the age of 17, is that correct? When did you realize that you wanted to be a disc jockey and how did you pursue that?

WM: I never thought about it as being a disc jockey. In those days, I think that was before the term DJ or disc jockey came about, I just knew I wanted to be a "radio announcer." It started from the time I was about 7 or 8 years old. It started from the moment that I knew what a microphone was and I realized that if you talked into one of those microphones you could hear yourself come out on the other end of a radio speaker and that, to me, was fascinating.

I had a Sunday school teacher in Jackson, Tenn., my hometown, who also was the manager of one of the local radio stations. His name was Chick Wingate and I used to bug him to death about when he was going to give me a job on the radio. And, of

.....
**Wink, Sandy
and their
beloved
Chihuahua**
.....

course, I was very young but there came a time when I was old enough for him to actually

give me a job and he did. He auditioned me. It was a summer night when I was 17 years old. I was just about ready to graduate from high school. I kept bugging him to death, so he finally told me one night, "You come to the radio station tonight. I'm going to rip some news off the Associated Press wire and I'm going to give you some commercials to read and we're going to see whether or not you're ready to be on the radio." I met him at the radio station and he did as he promised. He gave me some news to read and I was ready for him because as a kid we used to get *LIFE Magazine*. My dad who was a lumber inspector, one of his bonuses every Christmas in addition to a little cash, not much, but a little cash, was a year's subscription to *LIFE Magazine*. I would tear the advertisements out of the magazine, and I would go into the back bedroom of our little home there in Jackson, close the door, and pretend I was on the



radio. I would ad lib around these advertisements pretending I was doing commercials. In addition to that, I would take the newspaper and pretend I was doing a newscast on the radio and I did that constantly when I was very young. Chick Wingate didn't know about all of that so when he gave me the news to read and the commercials to read I was ready for him and I went through those things like Grant going through Richmond. He said, "Wow, you come down here again tomorrow, the owner of the station will be there and you can read these for him and if he okays you, we'll hire you and put you on the radio." So the next day I went down there and read the same commercials and the same newscast and I didn't bat an eye. I just went through it easily because I was ready for him. They gave me a job at \$25 a week and

that was my beginning in radio. I was there in Jackson on that station and I went subsequently to two other stations in Jackson within the course of the next two years, a step up each time. I remember when I went from WPLI to WTJS to WDXI — the smallest station, the one I

started on was 250 watts. The next station was 1000 watts and the third station was 5000 watts and I got up to \$45 a week.

COA: How old were you at that point?

WM: At that point I would have been almost 19. Then I realized I wanted to try to make the big jump to Memphis. Jackson in proximity to Memphis was 85 miles away. But Memphis to me was a metropolis as big as New York City. There was a station in Memphis that all us teenagers listened to when we were going to high school. They played more music than any station in Memphis. The call letters were WHBQ. One Sunday afternoon, unbeknownst to my boss there at WDXI, I went down there and I made myself an audition and I sent it over to WHBQ thinking, "Well I probably won't ever hear from them, but I'd love to try to spread my wings." Sure enough,

within two weeks I got a call back from the program director at WHBQ. He wanted me to come over for an interview. So my dad drove me over to Memphis and I had the interview with this radio station program director and the station manager and I got the job. At this time I was 19 years old and I became the host of the morning show called “Clock Watchers” at WHBQ radio in Memphis. It was my dream job. As a kid I would listen to the guy do “Clock Watchers” every morning when I was getting ready to go to school and here I was all of a sudden doing this morning show. It was there that the station manager and my mentor talked me into finishing my college education and I did that. I went to the University of Memphis, which at that time was Memphis State. I majored in speech and drama and minored in journalism and English and I graduated from the University of Memphis in 1957. While I was at WHBQ, I was the morning man on radio. Within a year they put WHBQ television on the air as a CBS affiliate. My mentor came to me and said, “How would you like to be on television?” I said, “Are you kidding, I just want to be a radio announcer.” Television never entered my mind. In Jackson when I was a kid we didn’t have a heck of a lot, we never even had a television set when I went to Memphis to work.

Anyway, I digress. They put me on the air with a kid’s show called *Wink Martindale of the Mars*

Patrol. It was sort of the *Flash Gordon* of Memphis. It was a little 30 minute, five day a week show sponsored by Bosco. I would interview these six little kids between the ages of six and eight years old. We called them Mars Guards. The show consisted of me talking to these kids and then after I interviewed them, we would have our Bosco and milk and we would blast off and they would fade into the old *Flash Gordon* movies. We’d run about ten minutes of that and then we’d come back and I’d talk to the kids some more and try to make them believe that I knew what I was talking about when I was discussing space travel. I had cue cards all over the walls. I didn’t

know anything about space and it was all new to me but they wanted me to give the impression that I knew what I was talking about because I was the head space ranger. And I did that show. From the day it went on the air, it became an enormous hit – Number 1 in its time period. It just blew over the competition.

I did that for almost three years and then when that went off the air I sort of became the Dick Clark of Memphis, when *American Bandstand* was so popular during the mid to late 1950s. So around 1956 I started doing a show called *Top Ten Dance Party*. That became an immediate hit. That was Saturday afternoon for an hour and a half, sponsored by Coca Cola. It was a lot like a local version of *American Bandstand*. You know, artists would come to town and they would lip-sync their records. Teenagers would dance on television. It just became an overnight hit.

COA: You had a long friendship with Elvis Presley. How did you come to meet and know him?

WM: That’s the story of how I got started, first in Jackson



Wink hosting Trivial Pursuit

and then in Memphis. It was while I was in Memphis in 1954 — I happened to be at the radio station, WXBQ, showing some high school buddies from Jackson around the station, when Sam Phillips, founder of Sun Records, walked in that night

with a recording by a truck-driving singer named Elvis Presley and he gave it to Dewey Phillips who was the night time DJ. He was doing a show called *Red Hot and Blue*. He was a white DJ who played in those days what was called rhythm and blues music. He played rhythm and blues music for white teenagers. He had 60 percent of the audience. This was before “rock and roll” took over in 1955 with the advent of “Rock around the Clock” from Blackboard Jungle and of course just before Elvis took over. He put that record on that night in July 1954 and I just happened to be there. The switchboard lit up like a Christmas tree and all the listeners wanted to hear this song

called “That’s Alright Mama,” by this singer named Elvis Presley. I got the telephone number of Gladys and Vernon, Elvis’ mom and dad. They lived in low rent housing out in East Memphis called Lauderdale Courts. Dewey asked me to ask them to see if we could get Elvis to come down to the radio station. It was the first time I had ever talked to his parents, and I called them and they were listening to Dewey’s show. Elvis wasn’t listening, because Mrs. Presley said that Elvis was so nervous. He knew his record was going to be played that night on the radio and he was so nervous. She said, “He went to go see a double feature at the Strand Theatre over on Decatur Street and that’s where he is.” And I said, “Well how can we get him down here to the radio station? Dewey wants to put him on the air and interview him.” So they got in their truck they went over to the theatre and they walked up and down the dark aisles and found Elvis sitting

Wink hosting the long running game show, Tic Tac Dough

there all by himself and they got him and whispered to him that everyone was just so excited about his record called “That’s Alright Mama” and Dewey wanted to bring him down to the radio station. So they took him down there and that was Dewey Phillips’ introduction to Elvis Presley and my introduction to Elvis. That night in July 1954 was the beginning of Presley mania and I just happened to be there.

That was my introduction to Elvis and is one of the reasons why my tenure and my seven years at WHBQ in Memphis was so exciting because I was there for the beginning of Presley mania as a result of being there that night. And of course he was my friend until the day he died. Then in the 60s, after I came to California, I was part of Beatle mania because I was a top DJ at KSWB here in LA. Then in the 70s I was part of the disco craze. I’ve seen a lot of different phases of music in my career. I’ve been lucky.



COA: Did you have a favorite musical genre?

WM: I still look back on the 50s. I thought that was it. Maybe that’s just because I’m nostalgic, but I loved the days of Nat King Cole and Jo Stafford and Patti Page. It’s funny, when I was doing mornings at WHBQ in Memphis, I was playing what we call “vanilla music,” the music I just talked about — we weren’t allowed to play what Dewey Phillips was playing at night because it was all rhythm and blues music. Of course by 1956 the “vanilla music” that I was playing in the morning was tempered by rhythm and blues and that’s when the black music started to take over and you know, it all became one. In other words there was no more “white music” and “black music.” It was all integrated if you will.

COA: I want to ask you a little bit more about Elvis. You told me how you met professionally — how did your personal friendship evolve over the years? And is there anything, any anecdote, you can tell me about him that might be of interest to our readers?

WM: As a result of me meeting him that night, I did what I think was the first film interview that was ever done. Matter of fact, Colonel

Parker never did forgive me for doing this interview. He wanted Elvis to be paid for everything in those days. But Elvis had just come back to Memphis, this was in 1956 and I was doing the *Top Ten Dance Party*. And as a result of my friendship early on and because Elvis wanted to promote a charitable event, the Cynthia Milk Fund there in Memphis, he came on my *Top Ten Dance Party*. We didn’t even have videotape in 1956 at WHBQ, but fortunately somebody suggested that I have a videographer come in and video this interview. So I did. We didn’t have any budget on the show, so I just paid for it myself and I’m so glad I did. He set up his camera right in front of the jukebox where I used to do all my interviews on the *Dance Party* show and fortunately he recorded that interview with Elvis. He had just made his first appearance on the *Ed Sullivan Show*.

He came back to Memphis from doing his first film, *Love Me Tender*, and he wanted to promote this charity event that he was doing and he wanted to help me because we were friends. So he came on my show and I did a 30-minute interview with him. Of course it was a spectacular day for us. All the kids from the high school were there that day and we had ultra security at the television station. And all the people who worked at the station, all the executives, all the sales staff, all the secretaries who are ordinarily at home on Saturdays, everyone came back to the station because everyone wanted to see this man named Elvis Presley. It was such a coup for me to get him on the show. Plus his mom and dad, especially his mother, Gladys, became a big, big fan of mine. She loved to watch the kids dance, so every Saturday she

and Vernon watched my *Top Ten Dance Party*, and when Elvis was in town, he watched with them. In fact, that's where he first saw my co-hostess, Anita Wood. He dated Anita for a number of years in the late 50s. And another side bar, my wife, Sandy, my wife of 38 years dated Elvis for six years before I ever knew her!

COA: How did you and Sandy meet?

WM: Well we met in Palm Springs at the Gene Autry Hotel. I was down there to do an industrial film for General Telephone and she happened to be down there to drive the golf cart with a girl friend of hers for a celebrity golf tournament. And she happened to be in the coffee shop at the Gene Autry Hotel. That was during a period of time in the 60s when I worked for Gene Autry. I went into the coffee shop with this friend of mine who went down there with me and we sat down and started having coffee and I took a shine to her. It's interesting, I had been married for 18 years and had just gone through a divorce. I was gonna play the field. I had gotten married so young and so who's the first one I meet and fall in love with? This girl named Sandy Ferra. I called her a

couple of weeks later and took her out. We got married in August 1975 and it's the best move I ever made.

COA: That's so sweet. And over the years you and Sandy both kept in touch with Elvis?

WM: Yes, yes. I stayed in touch with him. In fact when I came to Los Angeles in 1959 from Memphis, I asked for a transfer. I wanted to spread my wings again as I had done from Jackson to Memphis. I was transferred in March 1959 to KHJ here in LA. I started that very same year, well it was a good year for me. I was doing the morning show on KHJ as I had been doing in Memphis. That summer I started doing *Teenage Dance Party* as I had done in Memphis and Elvis was in Germany at the time in the Army. Of

course he couldn't be there in person as he had been on my show in



Wink and his friend Elvis Presley

Memphis, but he did call me and we had a live conversation on my very first

Teenage Dance Party on KHJ in 1959. Of course even a telephone conversation with him was a big deal in those days so he did that for me. I stayed in touch with him. I can still remember the day he died in 1977. I was on the air and the newsmen came in and whispered to me that Elvis Presley had just died and I actually cried on the air.

Sandy obviously dated him before I knew her and we both stayed in touch with Elvis. Interesting story, in 1976, the year before he died, he was playing the International Hotel in Las Vegas. We were in Las Vegas and we went to see Elvis as his guest. He knew we were there and he wanted us to come backstage to his dressing room between shows and so we did. We went into his dressing room and of course it was packed with people. He wanted to talk with Sandy and me. I remember he was standing behind the bar and the room was quiet as a mouse because they

wanted to hear what we were talking about. It just so happens that day he had seen us on a CBS television show called *Tattletales*, with Bert Convy as the host. It was one of those “how much do you know about your spouse” shows. We won the game that day and he was amazed that we knew so much about each other — little details — he even said to me, “Wink, I’m so proud of you and how well you’ve done” and when we left, I said, “Sandy can you imagine Elvis Presley saying to me ‘how well I’ve done?’ What’s wrong with this picture?” (Laughs). We talked for about 30 minutes. I remember when we got back to our hotel room where we were staying we closed the door and we both broke down and cried. And I said “Sandy, that’s the last time we’ll ever see him alive,” and it was. He was bloated and he didn’t look good at all and it was just, you know, during the later stages of his life. That was the last time we saw him.

COA: I want to go back quickly to talk about your game show hosting days. How did you get into the game show business?

Wink accepts his star on the Hollywood Walk of Fame in 2006

WM: It was 1964 and I was doing the morning radio show at KFWB here in LA. I became addicted to a show that Allen Ludden hosted called *Password*—wonderful show. I would get off the air and rush home, it came on at noon out here, and I’d watch this show. I did some research and I found out that Allen Ludden went in two days a week and taped five shows a day — 10 shows in two days and the other five days, he played golf! And I said “Man, that’s not a bad way to make a buck!” So I told my agent, Knoll Ruboloff, at the time, “Knoll, you know I really love games and I love playing games and I love this show called *Password* and I told him my research on Allen Ludden and he said, “Yeah, that’s the way they do it. Tape five shows in one day and usually taping two days a week.” And I said, “I would love to go on an interview as a possible game show host.” So he started sending me on interviews for shows where they were looking for hosts. And one of the first interviews I went on was a show for a production company. They were getting ready to do a show on NBC called *What’s this Song?* It was sort of a “name that tune” type of show. A celebrity show with contestants and you’d name the

song and then you’d have to sing the first two lines of the chorus. So I got the job and it only lasted a year on NBC but it got me started in the game show business and now here it is, 21 game shows later, as I jokingly say, “I could never hold a job!” (Laughs).

COA: Do you have a favorite among the shows that you’ve hosted?

WM: Well, you know, my favorite show is the one that gave me the longest term of employment and that was *Tic Tac Dough* which I did for almost ten years. Most people remember me from that show because it had a good lengthy run and was very, very successful. But, I’ve done several shows I really like. One called *High Rollers* with the big dice and another one called *Can You Top This*, which I did in 1970. And one called *Gambit*,

which was my first real successful network show. *Gambit* was a blackjack game that was on CBS in the early 1970s. Most recently I did a show called *Debt* on Lifetime for Disney where we paid off young peoples’ credit cards and I did that for three years. All those are favorites. For various reasons one show will be a favorite, but if I named one, it would have to be *Tic Tac Dough*.

COA: Do you have a funniest moment, say with a contestant on a show, that you always remember or bizarre?

WM: On *Tic Tac Dough*, every September during Sweeps Week we would do what was called an “over 80s tournament” where all contestants were over the age of

80. I was interviewing this woman Dr. Reba Kelly. She was a widow. At the time she was like 86 years old and I just happened to say to her, “Dr. Kelly, at your advanced age do you ever think of dating anymore?” And she looked at me and said without batting an eye, “Yes. Wink. As a matter of fact, I have four boyfriends. I get up with Will Power, I take a walk with Arthur Itis, I come home with Charlie Horse, and I go to bed with Ben Gay.” They may have given her this answer because I’m not sure she could have come up with this on her own. I never knew, but it just knocked me out. Of course most game shows are done live today. We had to stop tape and it took about 30 minutes for me to compose myself. There were other times less funny than that, but when you ask me what I remember most, that’s the moment that stands out in all the game shows that I’ve done.



COA: You're called the King of the Game Shows. Obviously you're a very successful host, so what do you see as the secret to your popularity and success in that?

WM: I like to think that I'm a people person. I love that moment when a new contestant comes out and you interview them for like 30 seconds to a minute and you get the opportunity to try to bring them out because the better they do, the better show you're going to have. I used to watch Art Linkletter and Arthur Godfrey as a kid. I'd watch them interview people. I'd like to think that I can handle an interview pretty well and of course the fact that I interviewed kids for so long on that Mars Patrol show in Memphis helped. I remember one day during Mars Patrol one of the kids stood up and said "I've got to go to the bathroom" and this was live! How do you handle things like that? I always felt that being a DJ and having to ad lib helped me because nothing is scripted when you're a DJ on radio. Also, being a people person who loved games and watching so many games over the years, I think it helped me. I guess that's about it. Of course, I learned to produce some games myself. I still do that. I still develop games; I have three in development right now. Plus being in the right place at the right time always helps. I think I've been lucky, but I think you also make your own luck.

COA: I understand you have four children, seven grandchildren and three great grandchildren, is that correct? Wow, that's a big family. So how does parenting and grand parenting differ for you and do you spoil your grandchildren rotten?

WM: I wouldn't say I spoil them rotten but I wouldn't say that I deprive them of anything. I kind of agree with someone who once said, "I think we're put on earth to have grandchildren, not children."

COA: Have any of your children or grandchildren gone into show business?

WM: Not any of them, no, not a single one. Nobody in the family outside of me including my brothers and sisters and my kids and grandkids, none of them have any attention for show business of any type.

COA: Are you happy for that because it can be a rough business, right?

WM: I think it's probably good, but I've often asked

celebrities, "Would they have any reservations about their child going into the business?" I remember asking that of Perry Como, he said, "No." And I feel this way too. If it's interesting and it's the kind of lifestyle you want to pursue it certainly can be rewarding in so many ways. If that's what they want to do that's fine with me. At the same time, it can be tough, but like any other job it can have its ups and downs. I think in show business there's a possibility, especially in getting started you can have more downs than ups. I'm kind of glad that my kids didn't choose show business.

COA: What's your regimen for staying young and living a healthy lifestyle?

WM: There are several reasons for that and at the top of the list I would put my wife Sandy. We've been married for 38 years. Of course I'm a little bit prejudiced, but she's one of the finest people God ever put on this Earth. We have a wonderful marriage and I can't even imagine my life without her in it and I delight in telling her that. We don't smoke, we have our wine off and on at dinner, we're not big

Radio Personality, Wink Martindale

drinkers. She is very health conscious. Before I married her years ago, I used to eat a steak almost every night. And I've often said if I hadn't met her and married her I would have been gone from this planet a long time ago. But she is very much into vitamins and a health-oriented lifestyle. We take a double handful of vitamins every day,

and have for years. I laughingly say to Sandy every once in awhile, "I don't know what these are, you could be killing me and I wouldn't even know it!" She says, "Yeah, after 38 years I'm gonna' kill you, right."

COA: What about exercise?

WM: Yeah, we do that, too. Fortunately we live in an English Tudor home. It's just two of us here, but we have a nice big home and one of our bedrooms we devote to an exercise room and we have all the exercise equipment. She's into Pilates and so am I and we do that. And I try to walk two miles a day. If I don't walk outside, then we have a treadmill and I do that. We're very much into exercise.

COA: What inspired your change from hosting shows to producing and developing shows?



WM: The first show I ever developed and produced was in 1985. In fact the reason I gave up *Tic Tac Dough* is that I sold a show that I developed called *Headline Chasers*. I sold it to Merv Griffin. I not only co-produced it with Merv, I also hosted it. Unfortunately, it only lasted a couple of seasons but it got me so involved and interested in trying to develop shows that I continued to do so and to this day I still develop shows and that's what I spend most of my time doing. Currently we have three shows in development, *Treasure Hunt*, *Home Free*, and *Sweepstakes*.

COA: I know you are involved in a number of charities. Tell about the Dream Factory in Memphis.

WM: Of course being from Memphis, they got in touch with me about, six or seven years ago and wanted to know if and when I was back in the Memphis area, would I emcee their annual event in Memphis. I said yes, and I did that, and I did it several years after that. I haven't been back to Memphis lately so I'm not as involved with Dream Factory on a one to one basis. But I still do what I can, and on occasion I help them fulfill a dream for one of the kids if it's something in show business out here.

COA: Are you involved in other charities?

WM: For 12 years during the late 70s and 80s, I was the host and producer of a telethon in my hometown of Jackson, Tenn. for Cerebral Palsy. The local cerebral palsy center was not getting enough money from the national CP organization so they called me in, I guess it was 1977, and asked me if I'd come back and emcee their annual telethon and I got hooked on it. Once you make a visit to the cerebral palsy center and you see these little kids there was no way I couldn't go back and continue it. So I did that for 12 years. They never had any celebrities come back and do the show so I used to put my arm on every celebrity that was a friend of mine here from Frankie Avalon to Foster Brooks to singers in Nashville I knew, you name it. They would go back to Jackson and of course I'd pay their way back there. It was a weekend telethon and they would do this telethon for me and we ended up with a 30-piece orchestra that came down from Nashville. So we really built up from almost nothing to quite an event in Jackson every year. And so I did that. It's interesting, my mom when I started to get a little notoriety in Memphis in the 50s, I'll never forget she said, "With your success comes almost the necessity to pay back and give back." And so I've always tried to remember what she taught me and I've always tried to do that. And I emcee a lot of charitable events out here every year. I try to do at least four or five a year.


COA: What else do you do to keep busy? What are your hobbies?

WM: I like to play tennis. I don't get to play as much tennis as I used to. I'm not a golfer; I'm a left-hander. I don't think God made left handed people to be golfers. I love to play tennis. My wife and I have two pets that we dearly love like children, we have two little chihuahuas.

COA: How old are they?

WM: One is almost 16 now, she's Lady Godiva, she's chocolate brown. The other one is one that Wayne Newton gave us. Anyway that's about all we do. We eat out a lot. We love to search for new restaurants and we love to eat well. That's about all I do. I often say I stay just busy enough to keep me off the streets and out of trouble.

COA: Looking back what would your advice be for someone chasing the dream that you so embodied in your life?

WM: I get emails or letters occasionally and a lot of requests for autographed pictures. So many times when kids ask me the question you just asked me, my answer is pretty much the same. If it is at all possible, if a person wants to be in radio especially — these days it's tougher than when I started because so many conglomerates own so many hundreds of radio stations. It's hard to start at a local station the way I did. So many of the hours on radio are done from LA or NY by syndication. But I still say, if you want to be in radio and/or television, if it's at all possible, get as much as a liberal education as you possibly can because there is nothing that can beat an education and having knowledge of as many different subjects as you possibly can. Especially in our business because it's just a tough business. It's wonderful if you're successful at it and you can certainly make a lot of money but you need a good background in so many different divergent subjects in order to be successful in the business, no matter what area of the business that you're in whether you're on camera or off camera. So my main thing is if at all possible get at least a couple years of college, if possible graduate. Specialize; major in the subjects that will help you in your chosen profession. Like me, as I mentioned earlier, I knew what I wanted to do so I majored in speech and drama and minored in journalism and English and all of those helped me in my career along the way. 



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News from Council On Aging of West Florida

John B. Clark Honored as Florida Council on Aging Member of the Year



John B. Clark,
President/CEO, Council on
Aging of West Florida

Council on Aging of West Florida President/CEO John B. Clark was honored as the recipient of the Dr. Carter Osterbind Outstanding Florida Council on Aging 2013 Member Award at the recent Florida Conference on Aging in Orlando. The award is given each year to a Florida Council on Aging

member in good standing whose activities on behalf of older adults in Florida reflect a high level of individual commitment or high standard of organizational excellence. Clark is the first person to have received the coveted award more than once.

For 39 years, Clark has been at the helm of Council on Aging of West Florida. Under his leadership, the organization has grown from a small agency offering home care and Meals on Wheels to one offering an array of services for the elderly and their caregivers. Locally, Clark is actively involved with United Way of Escambia County and the Escambia County Transportation Disadvantaged Coordinating Board.

Clark's leadership and commitment to older adults throughout Florida has resulted in him being a respected, sought after leader in the Florida aging network. As an active member of the Florida Council on Aging, he has served in a number of committee and board capacities including President. Clark is also a 12-year member, former treasurer and two-time president of the Florida Association of Aging Services Providers. In addition, he has collaborated with various efforts of AARP Florida and other aging network partners and is currently a District Representative of the State Community Care for the Elderly Coalition.

Rat Pack Rolex - It Could Be Yours!

We are pleased to announce our very first chance drawing for a Rolex watch courtesy of Jewelers Trade Shop. The winner will receive their choice of a gents or ladies 18k yellow gold and stainless steel date adjust watch with sapphire crystal, white Roman numeral dial, and a jubilee bracelet band. Each watch has an estimated value of \$10,500.



Chances are \$100 each and are unlimited in how many you can buy. However, only 200 chances will be sold! The winner does not have to be present at the event to win. To purchase your chance as well as obtain more information about the event, sponsorship opportunities or tickets, please visit www.ratpackreunion.com or contact Brandi Welk at bwelk@coawfla.org or 850-432-1475 ext. 305.

United Way Partner Agency of the Year

Council on Aging of West Florida was recently honored by United Way of Escambia County with its United Way Partner Agency of the Year Award. The annual award is presented to a United Way partner agency that demonstrates innovation and commitment to the community and United Way. The selected organization must also demonstrate use of organizational planning and collaborative partnerships to effectively and efficiently create positive impacts on the community. Council on Aging of West Florida has received this award more times than any other local agency. This is the fourth time since 1995 that Council on Aging of West Florida has received this recognition.

Kathleen Logan Selected to Present at Florida Conference on Aging

Author, speaker and trainer Kathleen Vestal Logan, MS, MA was recently invited by the Florida Council on Aging to present a workshop at its Florida Conference on Aging. Logan's presentation, Second Blooming for Seniors: Promoting a Healthy and Fulfilling Life in

Individuals and Your Community, was well-received by members of the aging network from across the state. Her presentation was included in a model four-week series she developed for Council on Aging of West Florida to help men and women in a community prepare physically, financially, mentally/spiritually, and knowledgeably for the years ahead. Logan is a member of the Council on Aging of West Florida board of directors and co-author of *Second Blooming for Women: Growing A Life That Matters After Fifty*.

Foster Grandparent Grant Kicks Off



Our Foster Grandparent program is gearing up to go pass out books to local schools for their Little Readers project.

The Foster Grandparent program recently received a \$1,672 grant from the International Paper Foundation for this project. The expected outcomes are for Foster Grandparents to develop an understanding of leveled reading and for children identified as reading below grade level to improve reading scores as well as develop skill sets necessary to improve grades and confidence. Foster Grandparents currently serving in 12-15 classrooms will lead children in leveled reading activities appropriate for their development abilities. Thank you, International Paper Foundation!

Thanks Publix

Publix Supermarket located at 5055 N 9th Ave. graciously has donated more than 60 boxes of miscellaneous items to our adult day health care center since January 2013. Wanda Strickland is the terrific employee in charge of coordinating these donations to us. The donations have included numerous holiday decorations for Christmas, New Years, St Patrick's Day, Easter, and July 4th. We have received new 2013 wall calendars, cute knick knacks, and numerous food items such as spaghetti, noodles, cereal and cookies to delicacies such as special chocolates at

Valentine's Day. We are able to provide our clients with special holiday gift bags, Bingo prizes, and delicious snacks and meals due to the wonderful donations we have received. We extend a huge thank you to Publix for their generous donations and we appreciate their involvement and interest in our seniors.

Thanks Beach Community Bank



Beach Community Bank recently presented President/CEO John B. Clark with a check to Council on Aging of West Florida from proceeds raised during our monthly "we ♥ community jeans day." Beach Community Bank staff from all the branches joined forces to support the elderly in our community. Thanks everyone!

Day on The Go

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

Upcoming Outings:

Sept 13	Ft. Walton Museum
Sept 20	Gulf Shores Zoo
Oct 4	Weeks Bay Nature Trail
Oct 24	Pensacola Fair - Make note this is a Thursday- Senior Day 11 am
Nov 1	NAS Aviation Museum
Nov 15	Gulf Islands National Park
Dec 6	Bellingrath Gardens COA

Scrabble Soiree: Letters for Literacy Fundraiser

Thursday, September 26

Sanders Beach Community Center,

913 South "I" Street, Pensacola

Doors open at 6 pm and game play

starts at 6:30 pm. Proceeds benefit

Learn to Read of Northwest Florida, the only provider of free, one-on-one adult literacy instruction in Escambia and Santa Rosa counties. Complimentary appetizers, dinner, beer, wine, desserts and coffee will be served. To register to play as an individual or team, or just to "gaze and graze," call 850-432-4347 or visit www.learntoreadnwf.org.



The Panhandle Charitable Open

Friday, Sept. 27 and Saturday, Sept. 28, 2013

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evening is open to the public.

Schedule of Events

Friday

10 am-7 pm Silent Auction (Open to the Public)

11 am Lunch

Registration/Driving Range

12 noon Shotgun Start

5-8 pm Entertainment and Eats

Saturday

7-7:45 am Breakfast

Registration/Driving Range

8 am Shotgun Start

Noon - Lunch/Awards Ceremony



Rat Pack Reunion 2013

Friday, October 25

6 pm until

New World Landing

Tickets: \$100 per person

Sponsorships and tickets now

available for the biggest party of the year! Entertainment

by nationally known Sinatra tribute entertainer Tom

Tiratto. Please join us for a retro-fabulous good time as we

honor our very own 2013 Rat Pack and raise much needed

funds to help the elderly in our local community. This

year's honorees, all outstanding individuals who lead the

way in business, and show tremendous leadership with

their service to our local community are Teri Levin, Mike

Papantonio, Brian Spencer and Quint Studer. For tickets

and sponsorship information as well as up-to-the-minute

Rat Pack Reunion 2013 news and trivia, visit

www.RatPackReunion.com or call 850-432-1475 ext 305.



Radio Live

First Thursday of each month

Museum of Commerce in historic

Pensacola Village, downtown Pensacola

6 pm

Free. Attendees are asked to bring at

least one nonperishable food item for

Manna Pantries of NW Florida. RadioLive is back! Thanks

to the law firm of Clark, Partington, Hart, Larry, Bond &

Stackhouse, the community can once again enjoy one of

Pensacola's most unique live music events.

October 3rd artists include: Pierce Pettis, "The Sauce

Boss" Bill Wharton, and Kate Campbell.

November 7th musical guests include: singer/songwriter,

Sally Barris; Lon & Lis Williamson; and pianist, Scott

Cossu collaborating with violinist/singer Mark Russell.

December 5th musical guests include: Nora Jane

Struthers & the Party Line; Wild Ponies (formerly Doug &

Telisha Williams); and Cliff Eberhardt.



St. Christopher's 57th Christmas Caravan

Friday, December 6

3200 N. 12th Avenue, Church Parish Hall

Ticket prices per person are: Home tours

\$10; Luncheon \$10 and Gala celebration \$25

St. Christopher's Episcopal Church

presents its 57th annual Christmas

Caravan, the church's major fundraiser of the year

benefiting local charities. Last year's Caravan afforded

donations of \$30,000 to various area charities. The theme

of this year's celebration is: *Sharing Christmas Joy and*

Peace. There will be holiday home tours, bake sale, crafts

bazaar, silent auction and Christmas luncheon as well as a

Gala Celebration and continuation of the silent auction

with live musical entertainment on Friday evening.

Reservations will be required only for the *Gala*

Celebration. Three homes will be decorated appropriately

for the Christmas Season and open from 10 am to 3 pm.

Doors open at St. Christopher's at 10 am for bake sale,

silent auction and crafts bazaar. Luncheon is served from

11 am to 1 pm. The silent auction will re-open at 6:30 pm

and the gala celebration is from 7 to 10 pm with heavy

hors d'oeuvres and musical entertainment by Dr. Breeze

group featuring guitarist Wilk McKean and vocalist

Jennifer Delgallo. Tickets will be available in November

from St. Christopher's Church. For additional

information, contact Pat Fogg at 479-9962 or

PLFOGG@aol.com or St. Christopher's Church at 433-

0074 or www.scpn.org.



It's a Wonderful Life

December 13-15 & 19-22, 2013

Pensacola Little Theatre

400 South Jefferson Street

Tickets prices per person are \$30, \$24, \$20

and \$14. (\$1 handling fee per ticket for all

walk-up and telephone sales only. Additional

convenience fees may apply for online sales.) Don't miss

the holiday classic adapted for the stage by James W.

Rogers. George Bailey dreams of escape and adventure,

but he has been quashed by family obligation and civic

duty. On Christmas Eve, an angel helps a compassionate

but despairingly frustrated businessman by showing what

life would have been like if he never existed. For tickets

and more information, contact Pensacola Little Theatre at

850-432-2042 or www.pensacolalittletheatre.com.



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...at the Rat Pack Reunion Premiere Party,
Hosted by Teri Levin at Jackson's



This year's honorees - Brian Spencer, Teri Levin, Mike Papantonio and Quint Studer (not pictured)



Valerie and Ray Russenberger



DeeDee Davis, John B. Clark, Carlette Howell and Kevin Doyle



Fred Levin and Bob Williams



Angela and Pete Moore



Glenys Ballinger, Jennifer Cole and Angela Moore



John B. Clark



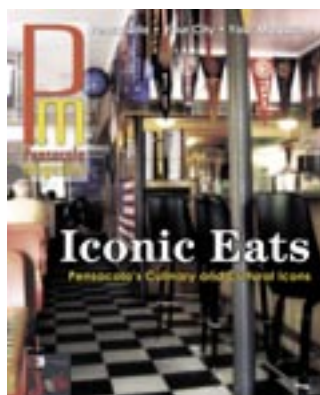
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In honor of Eddie S. Todd, Sr.
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In memory of Dan Sanders, Jr.
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Yes! I want to show my support for our community elders by donating to the Council on Aging of West Florida.

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

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Please return to: Council on Aging of West Florida Post Office Box 17066 Pensacola, FL 32522-7066

Please remember Council on Aging of West Florida in your will and let us know when you do so we can thank you.



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

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