

COMING *of* AGE

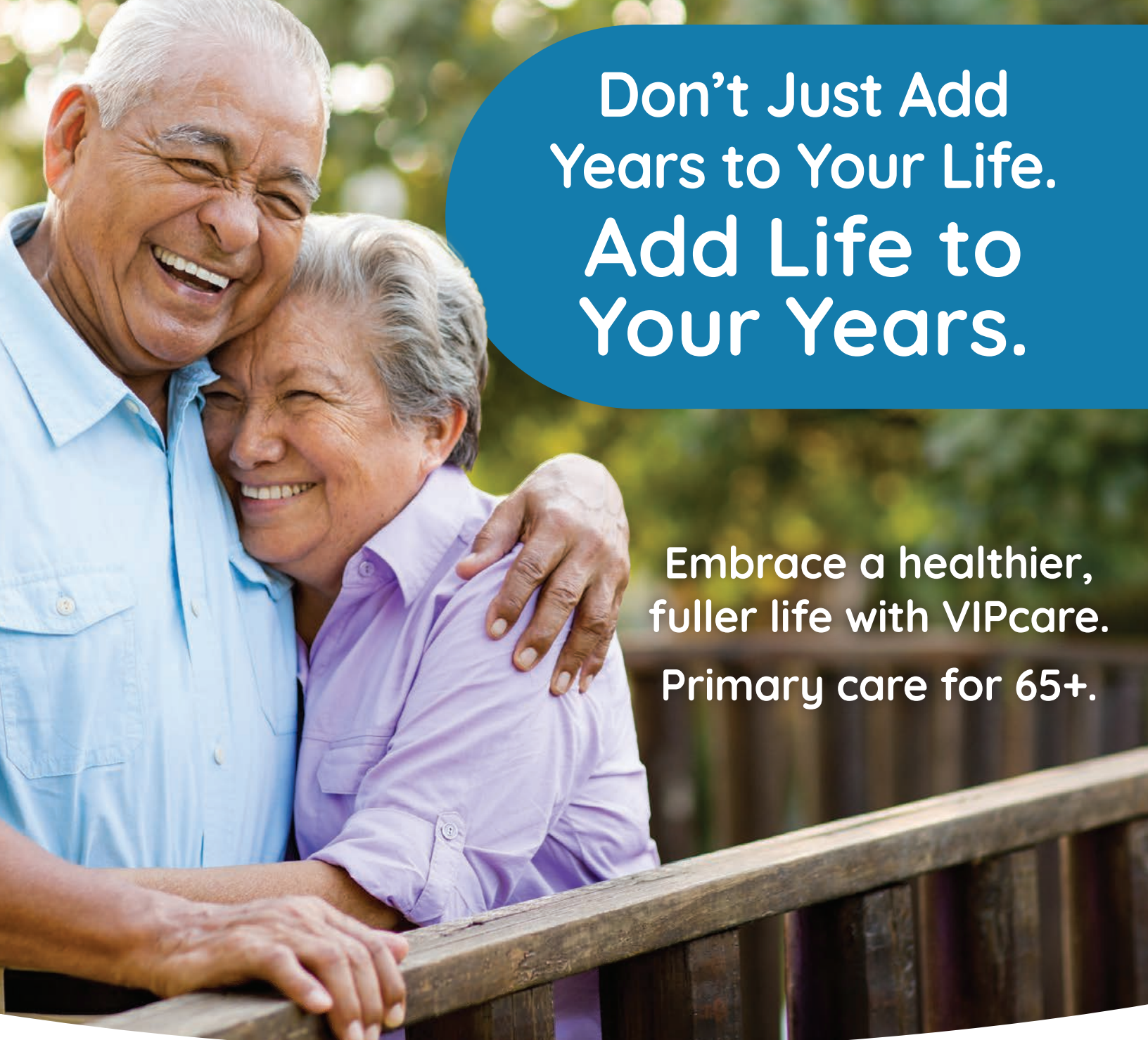
LIFESTYLE MAGAZINE FOR SENIORS

SUMMER 2024

AN EXCLUSIVE INTERVIEW WITH

**MICHAEL
FEINSTEIN**

PRESENTED BY COUNCIL ON AGING OF WEST FLORIDA

A photograph of an elderly couple smiling and embracing each other on a wooden deck railing. The man is wearing a light blue shirt and the woman is wearing a purple shirt. The background is a blurred green landscape.

Don't Just Add
Years to Your Life.
Add Life to
Your Years.

Embrace a healthier,
fuller life with VIPcare.
Primary care for 65+.

Schedule your appointment and
start living your best life

(850) 204-0416



www.getvipcare.com

Heat Related Illness Prevention: Essential Tips for Seniors

As the temperature climbs, everyone is at risk of heat-related illnesses, but seniors are particularly vulnerable. Understanding these risks and knowing how to stay safe are paramount. Heat-related illnesses occur when the body's temperature control system is overloaded. High temperatures and extreme heat can significantly affect one's health, with the elderly among the most susceptible due to potential underlying health conditions and a decreased ability to manage body temperature. That's why being proactive and practicing heat-related illness prevention is vital. Here are some tips to keep you safe during the dog days of summer.

Recognizing Heat Related Illnesses

Two common heat-related illnesses are heat exhaustion and heat stroke. Heat exhaustion can include symptoms such as heavy sweating, weakness, cold, pale, and clammy skin, a fast or weak pulse, and even fainting. It occurs when the body loses excessive amounts of water and salt through sweating, and if not addressed, it can progress to heat stroke.

Heat stroke is more severe and requires immediate medical attention. If left untreated or not treated in time, it can be life-threatening. Unlike heat exhaustion, heat stroke indicates the body's temperature regulation system has failed. Its symptoms include high body temperature (above 103, hot, red, dry, or moist skin, rapid and strong pulse, and possible unconsciousness. Knowing the symptoms of heat-related illnesses is crucial in taking timely action to prevent serious consequences.

STRATEGIES FOR HEAT-RELATED ILLNESS PREVENTION

Stay in Air-Conditioned Environments

The best way to practice prevention and avoid heat-related illnesses is to stay in an air-conditioned environment during the hottest parts of the day. If your home does not have air conditioning, consider spending time in a shopping mall or public library to benefit from their cooling systems.

Wear Appropriate Clothing

Loose fitting clothing, made from lightweight materials, allows your body to breathe and cool more efficiently. Choosing light colors over dark can also help reflect the sun's rays, keeping you cooler. There are also several types of clothing that are now available with UV protection, offering additional protection.

Hydration is Key

Increase your fluid intake regardless of your activity level. Don't wait until you're thirsty to drink. However, avoid very cold drinks as they can cause stomach cramps. Water is the best fluid for staying hydrated, but sports drinks can replace the salt and minerals lost during sweating. Be cautious with beverages that contain large amounts of sugars or alcohol as they can lead to loss of more body fluid. In addition, limit beverages with caffeine as they act as a diuretic causing you to become dehydrated. Some additional tips to remember to ensure you stay hydrated, include:

- **Incorporate Hydrating Foods:** Eat fruits and vegetables with high water content, such as cucumbers, watermelon, strawberries, and oranges. These not only help keep you hydrated but also provide essential vitamins and minerals.
- **Set Reminders:** Use alarms or smartphone apps to remind you to drink water throughout the day. Regular reminders can help ensure you maintain proper hydration levels.
- **Monitor Urine Color:** Keep an eye on the color of your urine. Pale yellow urine generally indicates good hydration, while darker urine may signal that you need to drink more fluids.
- **Flavor Your Water:** If plain water isn't appealing, add a splash of flavor with slices of lemon, lime, cucumber, or berries. This can make drinking water more enjoyable and increase your intake.

Modify Outdoor Activities

Plan outdoor activities for the coolest times of the day, such as early morning or late evening. Take it easy during the hottest parts of the day, and if exercise is

a must, consider water exercises in a cool pool. Always use the buddy system when participating in outdoor activities; having someone with you can be lifesaving if heat-related symptoms occur.

Stay Informed

Pay close attention to local weather forecasts and heat advisories. Knowing when a heat wave is expected can help you prepare and adjust your plans to stay cool and safe.

Recognize and Respond

Be aware of the early signs of heat-related illnesses and take immediate action.

Recognizing and responding promptly to heat-related illnesses can be lifesaving. This could mean moving to a cooler place, drinking fluids, or applying cool, wet cloths to your body. If conditions like heat exhaustion are not treated early, they can escalate to heat stroke, which is a medical emergency.

If you or someone appears to be suffering from heat stroke, call 911 immediately. While waiting for emergency services, try to cool the person down by any means available, such as immersing them in cool water or using ice packs on key areas like the neck, armpits, and groin. Quick and effective response to these symptoms can prevent severe health consequences and potentially save lives.

Stay Cool, Stay Safe

Stay cool, stay safe, and trust VIPcare for all your healthcare needs. At VIPcare, our experienced healthcare professionals are dedicated to providing personalized care to ensure your well-being. Schedule an appointment with one of our trusted Pensacola providers today by calling 850-204-0416.

[FROM THE EDITOR]



Emily Echevarria

Marketing
Communications
Director and
Editor-in-Chief

Each summer, I'm reminded with each sweat-inducing step outside that the Florida summer brings almost unbearable heat and humidity. The discomfort and dangers of these sky-high temperatures pose a clear and imminent danger for the older adults in our region who do not have adequate cooling in their homes. We at Council on Aging see firsthand the monumental need that exists with the annual Pete Moore Auto Team Senior Chill Out donation event, and the hundreds of calls we receive from those in need of an air conditioner or fan. Each year we are humbled by the many who entrust their donations with us to steward to help those in need stay cool through the season.

While the summer heat can be a peril, the season also brings the nostalgic joys of outdoor dining, grill outs with friends, and the long, lazy days of leisure we remember from our school years. This issue has loads of ways to fill those extra hours of sunshine, whether it's with food prep for a family barbecue or enjoying a great summer read. We've got some recipes perfect for summer entertaining made with only the most refreshing, seasonal ingredients on page 18. Check out the enlightening array of memoirs on page 14 from older adult celebrities to add to your to-be-read pile. I love a good memoir for the mix of juicy gossip and hard-learned lessons, and this slate of authors has something for any taste.

Another downside of the summer months: hurricane season. We've got a piece on page 10 from Legal Services of North Florida about emergency preparation tips that you might have overlooked regarding documents and prepping for possible insurance claims. We've also got articles on our local sea turtle population and the ongoing work of the Pensacola Heritage Foundation.

For our celebrity interview on page 25, we have Michael Feinstein, the foremost interpreter of the Great American Songbook. Perhaps this interesting conversation about his life and continuing work will inspire you to listen to some of these iconic American musical standards, whether that means dusting off a record collection or just having Alexa cue up the repertoire.

While the blistering temps have settled in for their months-long stay, there is plenty to enjoy this summer – while staying safe from the heat, of course! I hope you're able to revel in the season's fun while staying healthy and safe from the weather-related hazards. As always, you can contact me directly with any thoughts you have at 850.266.2507.

Readers' Services

SUBSCRIPTIONS

If you have questions about your subscription, call Emily Echevarria at 850-432-1475 ext. 130 or email eechevarria@coawfla.org. Please do not hesitate to contact Emily 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. 26, 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 Emily Echevarria at 875 Royce St., Pensacola, FL 32503, emails to eechevarria@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 at kelly@ballingerpublishing.com or Emily Echevarria at eechevarria@coawfla.org.

**Council on Aging of West Florida
2024 Board of Directors**

Officers

Chair: Malcolm Ballinger
First Vice Chair: Sean P. Magerkorth
Second Vice Chair: Rabbi Joel Fleekop
Secretary: P.C. Wu, Ph.D.
Treasurer: Sean P. Magerkorth
Immediate Past Chair: Lois B. Lepp

Board Members

Marcella V. Bearden
Keith Carrington
Deborah J. Corbin
Sonya Daniel
Peter Doyle
Brandi Gomez
Rodney Guttman, Ph.D.
Mary Hoxeng
Escambia County Commissioner Lumon May
Marianne McMahon
Rachel Miller
Charlie Nichols
Crystal Scott
Caron Sjoberg
Sue Straughn

Members Emeriti

DeeDee Davis
Donna Jacobi, M.D.
James M. "Mick" Novota
Charles H. Overman, III
Malcolm Parker
Marie K. Young

President/CEO
Josh Newby

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

Published for Council on Aging of West Florida
by Ballinger Publishing
21 E. Garden St., Ste. 205 • Pensacola, FL 32502

Owner
Malcolm Ballinger

Publisher
Malcolm Ballinger

Executive Editor
Kelly Oden

Editor
Morgan Cole

Assistant Editor
Nicole Willis

Editorial Intern
Kayla Tolbert

Art Director
Ian Lett

Graphic Designer & Ad Coordinator
Ryan Dugger

Account Executives
Paula Rode • paula@ballingerpublishing.com
Geneva Strange • geneva@ballingerpublishing.com

Homemaker and Companion AHCA
Registration #4941

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. ©2024



Legal Guidance for Issues on Aging



- Long-Term Care Planning
- Asset Protection
- Nursing Home Medicaid Qualification
- Advance Directives
- Wills, Trusts, & Probate

4317 Spanish Trail
Pensacola, FL 32504



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.



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

What's Inside

LIFESTYLE MAGAZINE FOR SENIORS
COMING of AGE™



Features

25 Michael Feinstein: An Exclusive Interview

Departments

10 Get Ready, It's Hurricane Season

12 Restoring Our Past: The Foundation Behind It

14 Life Stories

18 Serve Up a Summertime Spread

20 Make Way for Sea Turtles

On the Cover: Michael Feinstein

In Every Issue

9 Advocacy: Don't Hollow Your Humanity

30 In the News

31 Thank You to Our Donors

Stay Connected!



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



2024 -25

PENSACOLA OPERA

42ND SEASON

THE ULTIMATE
OPERA
EXPERIENCE

Subscribe & Save this opera season

The best way to experience great opera is through a season subscription. Pick your own seats, enjoy a 20% savings over single ticket prices, and exclusive other perks! Join us next season for the ultimate opera experience with a classic Mozart comedy and a famous theatrical drama.

Subscriptions are available for purchase online at www.pensacolaopera.com or 850.433.6737.

LIFE WITHOUT
MUSIC is
UNTHINKABLE.

— LEONARD BERNSTEIN



ps
PENSACOLA
SYMPHONY
ORCHESTRA

Peter Rubardt, Music Director

99TH SEASON

MASTERWORKS

OCT. 5, 2024 **OPENING NIGHT!**

NOV. 2, 2024 **AMERICAN STYLE: COPLAND,
STEPHENSON & BERNSTEIN**

JAN. 11, 2025 **BEETHOVEN & BLUE JEANS**

MAR. 29, 2025 **STRAUSS & SCHUBERT**

MAY 3, 2025 **SEASON FINALE**

POPS

DEC. 31, 2024 **CELEBRATE THE NEW YEAR!**

FEB. 15, 2025 **BOND & BEYOND**

ADD MORE MUSIC

MAR. 8, 2025 **SYMPHONIC SPECTACULAR**

NEW SUBSCRIBERS
SAVE UP TO 50%

850.435.2533 | PENSACOLASYMPHONY.COM

LEAD WITH EXPERIENCE



The Retired and Senior Volunteer Program (RSVP), sponsored by AmeriCorps, is a free federal program that supports volunteers 55 and better. Locally, United Way of West Florida partners with nonprofits in Escambia County to match potential volunteers with service opportunities in our community. You WILL make a difference whether you give an hour, work on a short-term project, or make a weekly commitment.



WHY JOIN RSVP

SOCIAL

Enjoy new experiences

LOCAL

Impact your community

FLEXIBLE

Create your own schedule

READY TO START?

Visit uwvf.org/signup-rsvp to get started or contact Janet Rice McCoy, RSVP Manager janet.mccoy@uwvf.org, 850.444.7148

GET INVOLVED!

READY TO VOLUNTEER?

Join us year-round, with small once-a-week volunteer opportunities or one-time volunteer opportunities with our Volunteer Center!

Here are a couple of examples of opportunities:



ReadingPals spend 45 minutes per week during the school year mentoring a four-year-old Pre-K student.

STUFF THE BUS

Help Stuff the Bus on July 25. Volunteers will hand out school supply lists, collect supplies and monetary donations, and organize donated supplies.

FIND MORE VOLUNTEER OPPORTUNITIES AT
UWVF.GALAXYDIGITAL.COM



Anyone 50+ is invited to this Escambia County RSVP event with food, fellowship, and information.

SNACKING WITH SENIORS



Disaster Preparedness For Your Physical & Mental Health With BRACE

August 8 from 10:00 am - 11:30 am

Florida Blue Center
1680 Airport Boulevard

Be Ready Alliance Coordinating for Emergencies | bereadyalliance.org/

Visit uwvf.org/rsvp-events for more information and new member orientation dates.



Celebrate Nature's Beauty
in our

Outdoor Oasis



An active senior living community
in Downtown Pensacola featuring
INDEPENDENT and **ASSISTED** living!

111 E. Wright Street
Pensacola, FL 32501
(850) 941-7329
wesleyhavenvilla.org

*Ask about special reduced rate program.



Advocacy

Don't Hollow Your Humanity

by Josh Newby

RECENTLY, OUR SOCIAL SERVICES SUPERVISOR **ANNA HUBBARD** won a large award given by the area's Department of Children and Families for her tireless advocacy of her clients, and the true care and concern she shows to our most difficult cases. These cases are referred to us by Adult Protective Services and often include cases of self-neglect: cases where those less caring might be tempted to say "they did it to themselves." It is this care and this humanity that sets our social services team, and in this case Anna, apart from the rest.

It is interesting to me that, in business, government and other roles of leadership, we are expected to be objective and clinical. Decisions arrived at dispassionately are praised highly. Interpersonally, aloofness earns us social capital. Even the upper hand in the early stages of courtship belongs to the one who appears to care less. But the truth is that less care, less consideration, less personal attachment is not what is going to improve our lives. Why then does this juxtaposition exist?

Artificial Intelligence (AI) is all the rage right now, and for good reason: the technology is upending many sectors of our lives and for the first time in a long time, there seems to be a real fork in the road between a utopia and a dystopia. At the risk of echoing every humanities major on the planet, AI can't replicate humanity, though.

When people draw or paint humans and animals, we make the eyes larger than life (see: any Disney character ever). That's because we, as a species, have evolved to value and be drawn to the eyes. When AI renders human characters, the eyes are truer to their actual size (absent a prompt to the contrary). AI cannot yet on its own understand our fascination and obsession with those windows to the soul. Similarly, researchers recently created a Turing Test for AI by asking for the single most "human" word. What do you think? Love? Family? I'm sorry, dear reader, but the word...is "Poop." It's a slang term referring to a universally unpleasant bodily function, with a comedic bent. From *The Journal of Experimental Social Psychology*: "This suggests that highly charged words...might be judged as given by a human rather than a machine over all other words. Such words evoke emotions, rather than simply refer to them."

All that to say, Anna's award reminded me, despite the cynicism that comes from dealing with government bureaucracies, and despite the cold and calculating characteristics that are so sought-



after in business and executive functions, it is our unbridled care, concern and feeling for humanity that enables us to connect with and impact others.

We see it on the other side, too. Those who are suffering will often cloak their true feelings, electing instead to put up a tough façade. And why? It is our imperfections, our messiness, our humor and our irrationality that hopefully allow us to see those attributes in others for what they are: evidence of humanness, and proof that sometimes the bottom line is not all that matters. I think we as people—business people, giving people, suffering people, decision-making people—would be so much better off if we expressed ourselves instead of muffling our absurdities.

One of the best pieces of advice I've ever received was from a close friend (with whom I disagree on pretty much everything): "Remember to recognize the human and be human yourself." It's difficult to do, it feels vulnerable and a little touchy-feely. But it allows me an opportunity to rise above the cynicism and pessimism and remember why we—people like you, me and Anna—do what we do.

Get Ready, It's Hurricane Season



by Kathy N. Grunewald,
Senior Disaster Coordinator Attorney at Legal Services of North Florida

It only takes one hurricane to change your life, your home and your community.

Just ask the folks in the Florida Panhandle hit by Hurricane Michael in 2018, Hurricane Sally in 2020 or Hurricane Idalia in 2023, who are still waiting in 2024 to fully recover, rebuild and repair. Hurricane season began June 1, and there is no better time than right now to prepare, considering the above average hurricane season weather experts are predicting for this season.

Legal Services of North Florida, Inc. (LSNF) covers the 16 counties in the Florida Panhandle including Escambia, Santa Rosa, Walton, Washington, Holmes, Bay, Gadsden, Liberty, Calhoun, Jackson, Jefferson, Leon, Franklin, Wakulla, Gulf and Okaloosa. The organization provides no-cost civil legal assistance to low-income and vulnerable individuals in our service area. LSNF also offers services and education for disaster preparedness and relief, including a mobile office designed to assist affected areas after a disaster strikes.

At LSNF, we've learned from assisting clients, as they recover from hurricanes, floods, tornadoes, oil spills, fires and the COVID-19 health emergency, that preparedness is the key to recovery for all of us. Act now to be prepared for hurricane season; it may be too late to get ready when the storm is already approaching.

Many people already know they need a disaster kit for everyone in their home, one that includes cash, food, water, medicines and other essential items you will need if you are sheltering in place and are without power for three to seven days. It is also important to prepare a "go bag" in case you need to evacuate.

Your "go bag" should include copies of important papers, medicine, insurance documents, clothes and enough cash to last for several days. Decide in advance of a weather event where you will go if you must evacuate and notify your neighbors, family and friends as to where you will be.

Remember to include pets in your planning. All emergency shelters take service animals, but not all shelters accept pets. Know in advance which shelters have resources and accommodations for your pets. Take along any pet food and pet medication, if needed.

Collect and protect important legal documents needed in case of an evacuation. Include identification documents such as driver's licenses, picture IDs and Immigration/Visa documents for all family members. Insurance policies are important to have in case you cannot get back into your home, including auto, home, flood and medical insurance information. During storms and electrical outages, ATMs may not be working, so make sure to have some cash in addition to any credit or debit cards.

Include proof of ownership of your property and home with your important papers. After a disaster, you may not be able to receive disaster financial assistance to repair damages caused by a storm if you cannot prove that you are the legal owner of the home. If you are living on family property or heir property that has not been properly transferred to you, begin proceedings to get clear title on the property before a storm. Gather the legal documents related to the title of the home and seek the advice of an attorney to determine the steps necessary to establish or prove ownership of the property.



Finally, save all receipts connected to preparing for the disaster or making repairs after the disaster. If you have to replace an item in your house, or buy something to protect your house while you are waiting for a contractor or inspector or adjuster (a tarp, for example), save the receipt.

It's impossible to know the impact of a disaster before the disaster strikes, so plan to keep yourself and your family safe, secure and stable during the difficult days that may follow a disaster.



General Bernardo de Gálvez
Monument



Restoring Our Past:

The Foundation Behind It

by Lauren Watkins

When you walk down the brick paths in downtown Pensacola, think of what it may look like without Seville Square. While the area might be the host of many of your favorite festivals, weddings and events, there is a rich history settled beneath the central gazebo. Founded in 1964, Pensacola Heritage Foundation (PHF) vowed to protect, preserve, and enhance this local heritage. It is the oldest historic preservation organization in Pensacola, and they just recently celebrated their 60th anniversary.

The Foundation's initial projects stemmed from a desire to restore downtown Pensacola's historic homes, such as the Dorr House. They operated within the Barkley House, another restoration project, for more than 15 years. In recent years, the Pensacola Heritage Foundation has held tours of various homes in North Hill and Old East Hill to highlight renovations that prioritize historical beauty.

In 2016, the Foundation announced its intention to construct a statue of General Bernardo de Gálvez, a Spanish military leader and hero of

the Revolutionary War, who led the naval charge into Pensacola Bay. Gálvez allowed American Colonists to seek independence by claiming the Gulf Coast as Spanish territory rather than British land. Thus, the monument, featuring Gálvez atop his horse facing the site of Fort George with his hat raised above him victoriously, was unveiled on May 8, 2018. Since then, the Foundation has honored Gálvez with an annual ceremony surrounding the statue and its history. Recently, PHF has partnered with the City of Pensacola to organize and host Galvez week, a weeklong celebration of history.



Old Warrington-Woolsey Cemetery at Barrancas National Cemetery

"As part of our lecture series, we explore often forgotten or ignored portions of Pensacola's history. The little known Old Warrington-Woolsey Cemetery tucked among the military graves at Barrancas National Cemetery is a good example. The small plot contains the graves of formerly enslaved individuals and white Navy Yard workers who built and worked at the Yard during the 1800s through the early 20th Century."

-Dr. Norman Haines



A Pensacola 1879 Silver Fireman's Trumpet

PHF has taken a turn to prioritize local education. Annually, the Foundation equips Dr. Norm Haines, a former gastroenterologist with a knack for Pensacola history, to provide a lecture series for its members. After retiring in 2017, Dr. Haines wrote several books about Pensacola history, including *East Hill: The Making of an Eclectic Neighborhood*. He is also a skilled photographer with a large portfolio of Pensacola imagery. Dr. Haines was disappointed by the varnished, Eurocentric portrayal of Pensacola history and is working adamantly to uncover the true and uncensored version. "People react very well to the lectures," Haines said. "They haven't learned that slant of it before; if you look back, any point in history can be found in Pensacola."

The lecture series offers a variety of topics, such as The Battle of Santa Rosa Island and Pensacola's

"The lectures often feature unusual artifacts from Pensacola's past. The fireman's trumpet from the collection of Charles Booher was used to call the volunteers to action during the 1800s."

-Dr. Norman Haines

Street: What's in a Name? Dr. Haines commented that the lectures build upon each other and have covered more than 60 different topics, and frequently have over a hundred individuals in attendance. The lectures are held every other Tuesday at The Wright Place at the First United Methodist Church and have a history of excellent attendance. For non-members, each lecture costs \$5 (with reservation). There is also an optional lunch, which can be purchased for an additional \$12. PHF will also soon be hosting evening lectures to provide educational experiences for those who may work during the day.

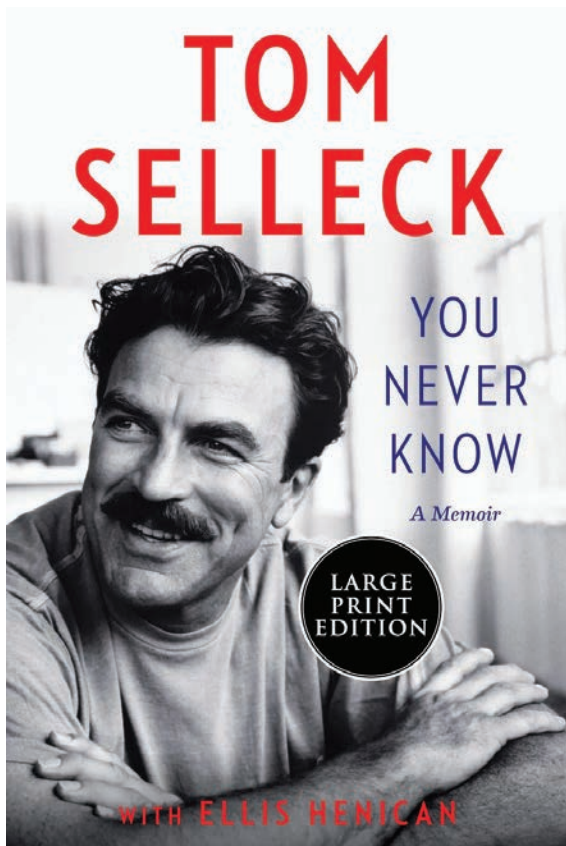
The organization offers memberships, which are \$40 annually for an individual or \$70 for the family. These memberships include free admission to all lectures, access to *Heritage Times Newsletter*, free admission to the Annual Members Party and access to members-only historical tours. The Foundation currently boasts more than 400 members. Every member who signs up ensures expansion of their programs and future education.

Life Stories

The Best Mature Memoirs of 2024

Compiled by Kayla Tolbert

Memoirs have always fascinated readers, perhaps in part because they offer a window into the author's life, allowing readers to connect with their experiences—or maybe it's just all the juicy gossip. Either way, 2024 promises a treasure trove of new memoirs penned by mature celebrities, offering tales of their trials and tribulations as well as behind-the-scenes anecdotes and reflections on a life of fame. We've rounded up a few of the most anticipated memoirs of the year for your summer reading lists.



Tom Selleck, *You Never Know: A Memoir*

May 7, 2024, HarperCollins Publishers

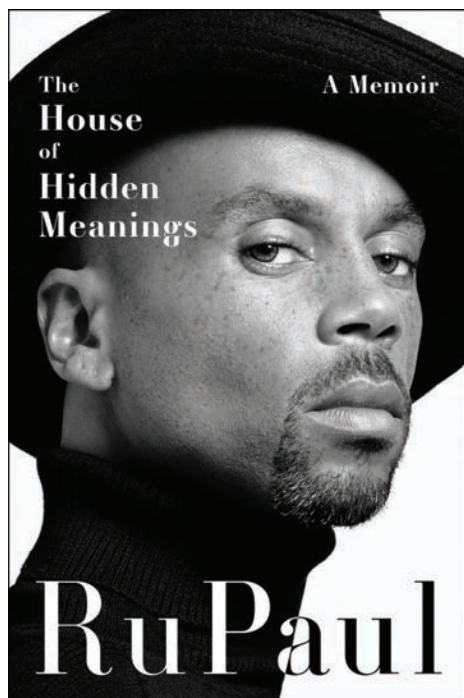
Frank, funny and open-hearted, *You Never Know* is an intimate memoir from one of the most beloved actors of our time, the highly personal story of a remarkable life and thoroughly accidental career. In his own voice and uniquely unpretentious style, the famed actor brings readers on his uncharted but serendipitous journey to the top in Hollywood, his temptations and distractions, his misfires and mistakes and, over time,

his well-earned success. Along the way, he clears up an armload of misconceptions and shares dozens of never-told stories from all corners of his personal and professional life. His rambunctious California childhood. His clueless arrival as a good-looking college jock in Hollywood—from *The Dating Game* to the Fox New Talent Program to co-starring with Mae West and escorting her to black-tie social functions. What it was like to emerge as a mega-star in his mid-thirties and remain so for decades to come, an actor whose authenticity and ease in front of the camera connected with audiences worldwide, while embodying and also redefining the clichés of onscreen manhood.

In *You Never Know*, Selleck recounts his personal friendships with a vivid army of A-listers, everyone from Frank Sinatra to Carol Burnett to Sam Elliott, paying special tribute to his mentor James Garner of *The Rockford Files*, who believed, like Selleck, that TV protagonists are far more interesting when they have rough edges. He also more than tips his hat to the American western and the scruffy band of actors, directors and other ruffians who helped define that classic genre, where Selleck has repeatedly found a happy home. *Magnum* fans will be fascinated to learn how Selleck put his career on the line to make Thomas Magnum a more imperfect hero and explains why he walked away from a show that could easily have gone on for years longer.

Hollywood is never easy, even for stars who make it look that way. In *You Never Know*, Selleck explains how he's struggled to balance his personal and professional lives, frequently adjusting his career to protect his family's privacy and normalcy. His journey offers a truly fresh perspective on a changing industry and a changing world. Beneath all the charm and talent and self-deprecating humor, Selleck's memoir reveals an American icon who has reached remarkable heights by always insisting on being himself.

– Courtesy of harpercollins.com



RuPaul, *The House of Hidden Meanings: A Memoir*

March 5, 2024, HarperCollins Publishers

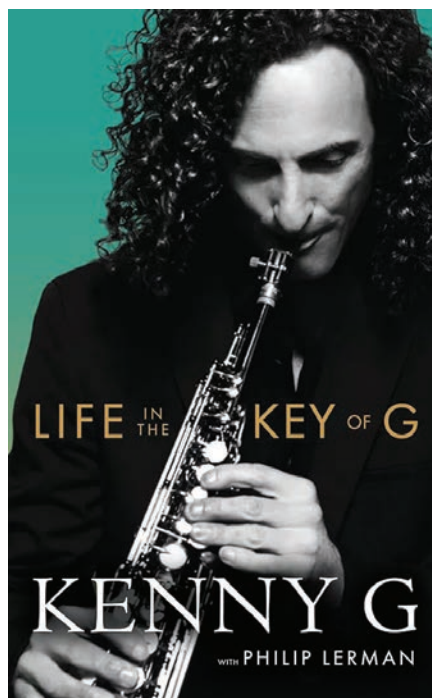
Central to RuPaul's success has been his chameleonic adaptability. From drag icon to powerhouse producer of one of the world's largest television franchises, RuPaul's ever-shifting nature has always been part of his brand as both supermodel and supermogul. Yet that adaptability has made him enigmatic to the public. In this memoir, his most intimate and detailed book yet, RuPaul makes himself truly known.

In *The House of Hidden Meanings*, RuPaul strips away all artifice and recounts the story of his life with breathtaking clarity and tenderness, bringing his signature wisdom and wit to his own biography. From his early years growing up as a queer Black kid in San Diego navigating complex relationships with his absent father and temperamental mother, to forging an identity in the punk and drag scenes of Atlanta and New York, to finding enduring love with his husband Georges LeBar and self-acceptance in sobriety, RuPaul excavates his own biography life-story, uncovering new truths and insights in his personal history.

Here in RuPaul's singular and extraordinary story is a manual for living—a personal philosophy that testifies to the value of chosen family, the importance of harnessing what makes you different, and the transformational power of facing yourself fearlessly. A profound introspection of his life, relationships, and identity, *The House of Hidden Meanings* is a self-portrait of the legendary icon on the road to global fame and changing the way the world thinks about drag. "I've always loved to view the world with analytical eyes, examining what lies beneath the surface. Here, the focus is on my own life—as RuPaul Andre Charles," says RuPaul.

If we're all born naked and the rest is drag, then this is RuPaul totally out of drag. This is RuPaul stripped bare.

– Courtesy of harpercollins.com



Kenny G, *Life in the Key of G*

September 24, 2024, Blackstone Publishing

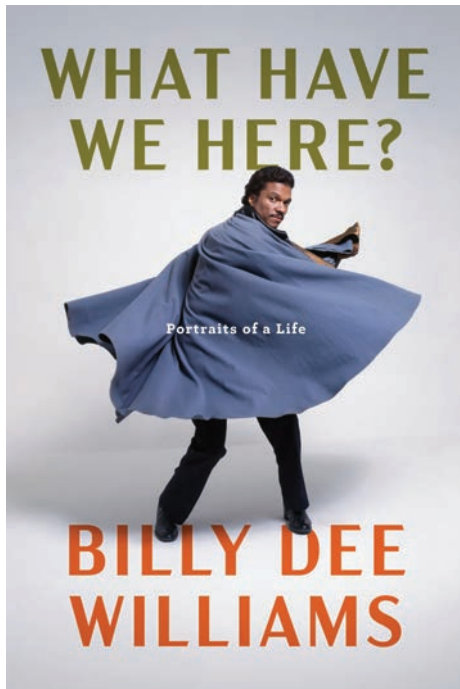
He's world renowned as the bestselling instrumentalist of all time, but there's a lot about Kenny G that even his legions of devoted fans have never known—until now. In this heartfelt, funny and fascinating memoir, Kenny G shares how skinny Kenneth Gorelick, the kid who got hassled for his lunch money in a Seattle high school, became one of the most celebrated and revered virtuosos in the music industry. He uncovers how he's managed to rise above the fray, tune out the critics and live a life filled with happiness and humor.

Few people know of Kenny G's musical roots as the sole white guy in one of the coolest funk bands of the 70s, or as the teenage backup musician for everyone from Barry White to Liberace. As an artist he's dedicated to turning the next generation on to jazz heroes like Grover Washington, John Coltrane and Stan Getz.

Life in the Key of G leads readers on a tour of one of the great musical careers of the twentieth century, from the time he pulled a fast one on *The Tonight Show Starring Johnny Carson*—a bold gamble that launched his stardom—to famed duets with legends like Whitney Houston, Frank Sinatra and more.

As Kenny G likes to say, "Try it. You'll have the best sax you ever had."

– Courtesy of blackstonepublishing.com



Billy Dee Williams, *What Have We Here? Portraits of a Life*

February 13, 2024, Alfred A. Knopf

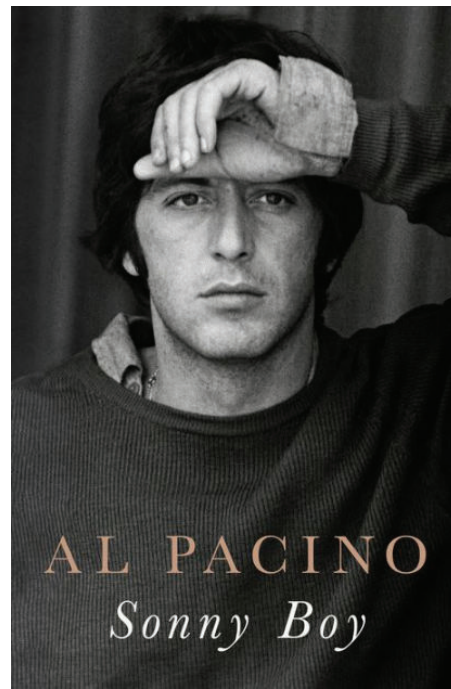
Billy Dee Williams was born in Harlem in 1937 and grew up in a household of love and sophistication. As a young boy, he made his stage debut working with Lotte Lenya in an Ira Gershwin/Kurt Weill production where Williams ended up feeding Lenya her lines. He studied painting, first at the High School of Music and Art, with fellow student Diahann Carroll, and then at the National Academy of Fine Art, before setting out to pursue acting with Herbert Berghoff, Stella Adler and Sidney Poitier.

His first film role was in *The Last Angry Man*, the great Paul Muni's final film. It was Muni who gave Billy the advice that sent him soaring as an actor, "You can play any character you want to play no matter who you are, no matter the way you look or the color of your skin." And Williams writes, "I wanted to be anyone I wanted to be."

He writes of landing the role of a lifetime: co-starring alongside James Caan in *Brian's Song*, the made-for-television movie that was watched by an audience of more than 50 million people. Williams says it was "the kind of interracial love story America needed."

And when, as the first Black character in the *Star Wars* universe, he became a true pop-culture icon, playing Lando Calrissian in George Lucas's *The Empire Strikes Back* ("What I presented on the screen people didn't expect to see"). It was a role he reprised in the final film of the original trilogy, *The Return of the Jedi*, and in the recent sequel *The Rise of Skywalker*.

A legendary actor, in his own words, on all that has sustained and carried him through a lifetime of dreams and adventure.
–Courtesy of knopfdoubleday.com



Al Pacino, *Sonny Boy*

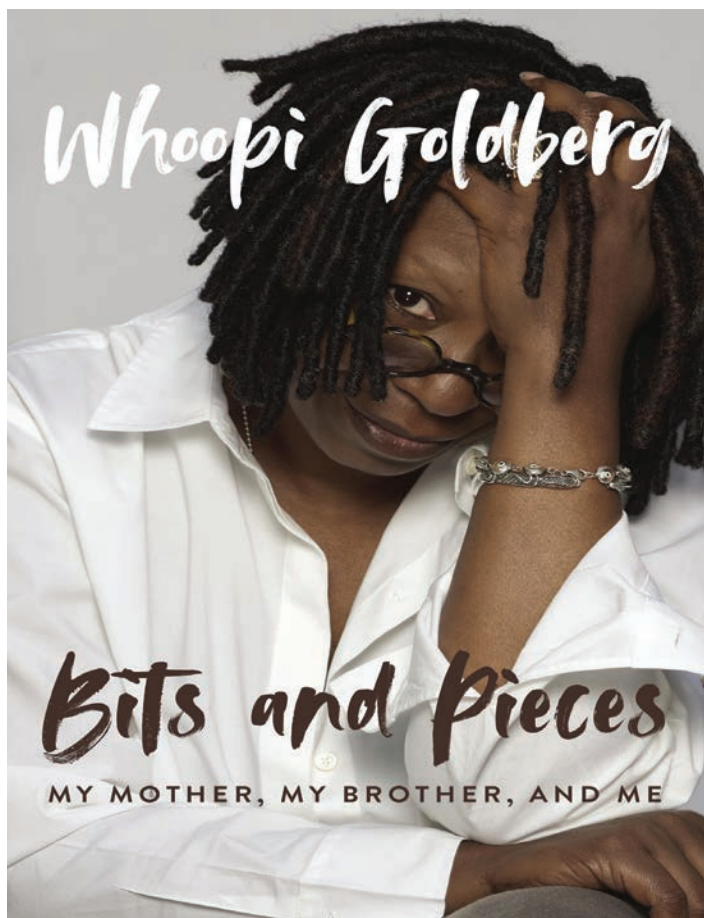
October 8, 2024, Penguin Press

To the wider world, Al Pacino exploded onto the scene like a supernova. He landed his first leading role, in *The Panic in Needle Park*, in 1971, and by 1975, he had starred in four movies—*The Godfather* and *The Godfather Part II*, *Serpico*, and *Dog Day Afternoon*—that were not just successes but landmarks in the history of film. Those performances became legendary and changed his life forever. Not since Marlon Brando and James Dean in the late 1950s had an actor landed in the culture with such force.

But Pacino was in his mid-30s by then, and had already lived several lives. A fixture of avant-garde theater in New York, he had led a bohemian existence, working odd jobs to support his craft. He was raised by a fiercely loving but mentally unwell mother and her parents after his father left them when he was young, but in a real sense he was raised by the streets of the South Bronx, and by the troop of buccaneering young friends he ran with, whose spirits never left him. After a teacher recognized his acting promise and pushed him toward New York's fabled High School of Performing Arts, the die was cast. In good times and bad, in poverty and in wealth and in poverty again, through pain and joy, acting was his lifeline, its community his tribe.

Sonny Boy is the memoir of a man who has nothing left to fear and nothing left to hide. All the great roles, the essential collaborations, and the important relationships are given their full due, as is the vexed marriage between creativity and commerce at the highest levels. The book's golden thread, however, is the spirit of love and purpose. Love can fail you, and you can be defeated in your ambitions—the same lights that shine bright can also dim. But Al Pacino was lucky enough to fall deeply in love with a craft before he had the foggiest idea of any of its earthly rewards, and he never fell out of love. That has made all the difference.

– Courtesy of penguin.com



Whoopi Goldberg, *Bits and Pieces: My Mother, My Brother, and Me*

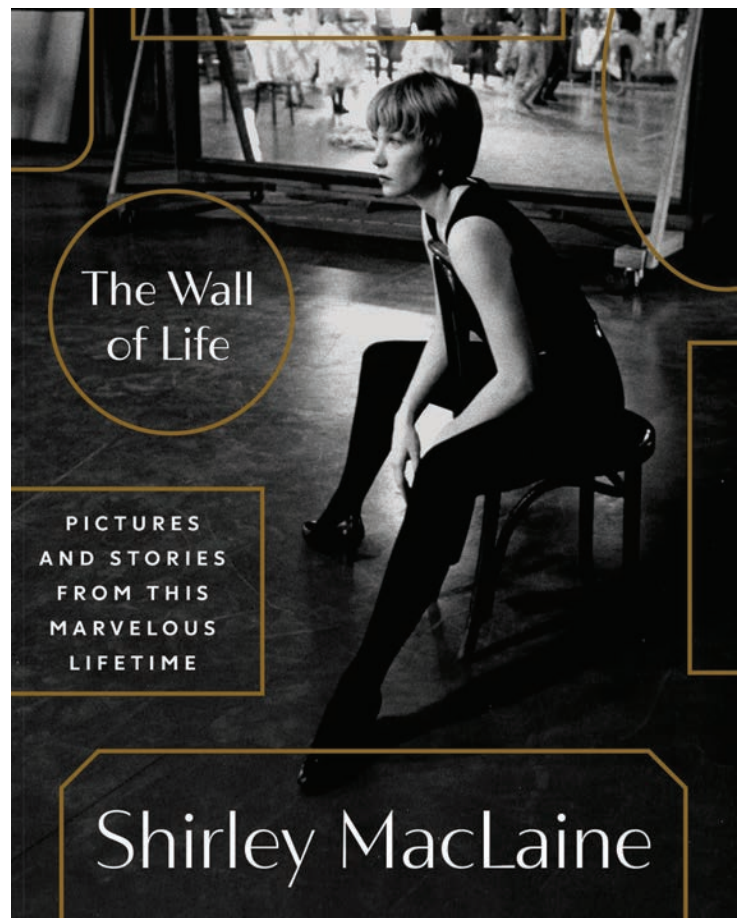
March 7, 2024, Blackstone Publishing

If it weren't for Emma Johnson, Caryn Johnson would have never become Whoopi Goldberg. Emma gave her children the loving care and wisdom they needed to succeed in life, always encouraging them to be true to themselves. When Whoopi lost her mother in 2010—and then her older brother, Clyde, five years later—she felt deeply alone; the only people who truly knew her were gone.

Emma raised her children not just to survive, but to thrive. In this intimate and heartfelt memoir, Whoopi shares many of the deeply personal stories of their lives together for the first time. Growing up in the projects in New York City, there were trips to Coney Island, the Ice Capades, and museums, and every Christmas was a magical experience. To this day, she doesn't know how her mother was able to give them such an enriching childhood, despite the struggles they faced—and it wasn't until she was well into adulthood that Whoopi learned just how traumatic some of those struggles were.

Fans of personal memoirs such as *Finding Me* by Viola Davis and *In Pieces* by Sally Field, will be touched by *Bits and Pieces*: a moving tribute from a daughter to her mother, and a beautiful portrait of three people who loved each other deeply. Whoopi writes, "Not everybody gets to walk this earth with folks who let you be exactly who you are and who give you the confidence to become exactly who you want to be. So, I thought I'd share mine with you."

– Courtesy of blackstonepublishing.com



Shirley MacLaine, *The Wall of Life: Pictures and Stories from This Marvelous Lifetime*

October 22, 2024, Crown Publishing Group

With over 70 years on the silver screen, Shirley MacLaine has, as she says, seen it all, done it all, been everywhere, and met everyone. In 1955, she debuted in Hollywood as the lead role in *The Trouble with Harry*, winning her the first of many Golden Globes, and from there, her popularity only grew as she amassed a stunning collection of awards, stories and experiences.

Now, at nearly 90 years old, MacLaine has more stories to tell and the pictures to bring them to life. By introducing readers to her extensive photo collection, MacLaine shares both intimate family memories and images from some of the most significant figures from film, entertainment and politics. With her natural wit and charm, she reveals the stories behind each photo, exploring ambition, love, friendship, motherhood, art, political activism and more.

By doing so, MacLaine charts the course of her remarkable life and career, sharing both early memories as well as remembrances of her days in the public eye.

Along the way, readers gain greater insight into figures such as Frank Sinatra, Bob Fosse, Bette Davis, Jack Nicholson, the Dalai Lama, Fidel Castro, Mikhael Baryshnikov and many more.

– Courtesy of crownpublishing.com

Serve Up a Summertime Spread

Few things complement warm weather like a summer spread with everyone's favorite foods. From fresh appetizers and classics like grilled hot dogs to skewered sides and sweet, sugary desserts, these summertime recipes are sure to bring friends, family and neighbors running to get in on the action.

To find more recipe ideas that bring the heat to summer cookouts, visit culinary.net.

Start Summer Meals with a Bright, Fresh Salad

Bright colors and fresh flavor bring out the best in summer meals, starting with seasonal salads that look as though the ingredients were just picked from a garden.

Orange, grapefruit and avocado are perfect accompaniments in this citrus spring mix salad when paired with Fresh Express Spring Mix. This garden-fresh blend combines carefully selected tender baby butter and red and green leaf lettuces with baby greens including spinach, arugula and kale that are picked when the tiny leaves are perfect and whole.

With more than 100 varieties of fresh, healthy and convenient ready-to-eat salads, as well as an assortment of salad greens you can use to create your ideal summer dishes, the kits and lettuce blends are available in the refrigerated product department of your favorite grocery store.

Visit freshexpress.com to discover more than 300 fresh recipes and find availability near you.

Citrus Spring Mix Salad

Prep time: 5 minutes

Total time: 10 minutes

Servings: 2



Dressing:

1/4 cup orange juice
1 teaspoon grated orange zest
1 teaspoon white wine vinegar
1/4 teaspoon Dijon mustard
1/2 teaspoon sugar
1/8 teaspoon salt

To make dressing: In a small bowl, whisk orange juice, orange zest, white wine vinegar, Dijon mustard, sugar and salt. Set aside.

Salad:

1 package (5 ounces) Fresh Express Spring Mix
1 navel orange, peeled and sectioned
1 red grapefruit, peeled and sectioned
1 avocado, peeled, pitted and sliced
1/4 cup red onion, thinly sliced

To make salad: In a large bowl, toss spring mix with salad dressing. Divide salad evenly among two plates. Top with oranges, grapefruit, avocado and onion.



Up Your Grilling Game with Beloved Toppings

Hot dogs and brats are summer favorites for a reason: the delicious (and personalized) add-ons. Make sure your spread fits everyone's taste buds with an assortment of tasty toppings:

- Ketchup
- Mustard
- Relish
- Hot sauce
- Onions
- Pickles
- Sauerkraut
- Cole slaw
- Jalapenos
- Diced tomatoes
- Guacamole
- Nacho cheese
- Shredded cheese



A Simple, Skewered Side

Keep your summer meals simple by leaning into versatile ingredients that can help you whip up a variety of side dishes.

These grilled red potato skewers display the delicious, nutritious, versatile qualities of Wisconsin potatoes. With a multitude of varieties, they're a favorite among world-class chefs, home cooks, large and small supermarkets and even the pickiest of eaters.

It can be love at first bite with these 100 percent gluten-free potatoes that can add a touch of nutrition to summer cookouts. They're a good source of vitamin B6, high in vitamin C, rich in potassium and an excellent source of fiber.

Find more recipe ideas by visiting eatwisconsinpotatoes.com.

Grilled Red Potato Skewers

Recipe courtesy of the Wisconsin Potato & Vegetable Growers Association

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

2 medium russet or Yukon

6 gold Wisconsin potatoes

or 6 red Wisconsin

potatoes

2 medium zucchini

1/2 smoked sausage rope

4 skewers (12 inches each)

1/2 cup Italian dressing

Preheat grill to medium heat. Cut potatoes in half. Cut zucchini and sausage same width as potatoes. Skewer potatoes, zucchini and sausage. Repeat for each skewer. Place skewers in dish and cover with Italian dressing. Marinate 5 minutes. Place skewers on grill and cook 5 minutes on each side, or until potatoes are done. Remove from grill and serve.





Photos courtesy of Florida Fish and Wildlife

Make Way For Sea Turtles

Florida Sea Turtle Nesting Season is Underway

by Morgan Cole

For many of us along the Gulf Coast, the month of May marks the unofficial start of summer – the school year is ending, the days are getting warmer and the tourists are flocking to the beaches. However, May also marks the official start of sea turtle nesting season here along the Gulf Coast.

It truly is an amazing time of year on the shores of Pensacola Beach and the Gulf Islands National Seashore (GINS). Sea

turtle hatchling season is in full swing across the state of Florida, where nearly 90 percent of sea turtle nesting in the U.S. takes place.

Whether you're a full time resident or visiting the area on vacation, only the luckiest of beachgoers get to experience watching dozens of baby sea turtles emerge from their nest and make their way to the shore.

Female sea turtles drag themselves from the Gulf using their strong flippers to dig deep chambers and lay roughly 100 eggs per nest; the turtles will then cover the chamber with sand and return to the water.

The typical incubation period for nests is around 60 days, so during this time, it's important to be sure the nests are not disturbed. During the incubation period, the temperature of the sand determines the gender of sea turtles. So, the warmer the sand the more likely the hatchlings will be female. As a result, places like Pensacola Beach produce mainly males during this time.

Nesting almost always happens at night, though some species like the Kemp's ridley nest during the day. From May 1 through the end of October, dedicated staff and volunteers from the Escambia



endangered, and some, like the Kemp's ridley, are critically endangered.

Baby sea turtles face many obstacles when first leaving their nests — such as raccoons, crabs, birds and fish. Sea turtle hatchlings use the light of the moon to guide themselves to the water, but can often get distracted by bright lights from nearby beach homes, condos and businesses facing or along the beach. Beachgoers can do their part to make sure that the beach is a safe environment for nesting turtles and hatchlings by following the 'Leave No Trace' and 'Clean, Dark, Flat' initiatives.

While graceful in the water, adult turtles are cumbersome on land and can easily become stuck if they fall into a hole or get trapped up in beach debris, so it is important that visitors leave no trace by knocking down any sand structures, filling in any holes and removing chairs, canopies, umbrellas, toys and trash at the end of each beach day.

Artificial lighting, such as lights from nearby homes, businesses, passing cars, flashlights and even phonelights, can potentially disrupt the nesting behavior of female sea turtles. They become stressed or disoriented, which can discourage them from nesting, or even

interrupt the nesting process causing them to return to the water.

Hatchlings also become disoriented by artificial light when they emerge from their nests. After hatching, they dig out of the nest, scan their surroundings and instinctively move toward the brightest light, which is typically the ocean reflecting the bright light of the moon and stars. Artificial light exposure has the potential to draw the turtles inland away from the ocean, where they can quickly become exhausted or prey for predators.

As of 2018, a Barrier Island Lighting Ordinance requires all water-facing residential and business structures to use turtle-friendly lighting practices: closing blinds and keeping outdoor lights shielded at night and using low-wavelength amber or 'Wildlife Friendly' bulbs available from local retailers for outside lighting.

Jennifer Manis, biologist at Gulf Islands National Seashore, notes that turtles can be disoriented by "sky glow," or light effects from buildings far away from the beaches, even as far as the bright lights of the 'car city' stretch in Pensacola. According to a 2022 Escambia County Marine Turtle Nest Monitoring Report

County Natural Resources Management division, Perdido Key State Park and GINS patrol the beaches each morning to mark new nests, identifiable by the distinct tracks or "crawl" left by the large turtles and work with the public to ensure the safest conditions for turtles along the beaches.

Of the seven species of sea turtles, only five species nest on U.S. beaches. Four sea turtle species have been known to nest along the Gulf Coast, with the vast majority of nests in our area laid by loggerheads, the occasional green and Kemp's ridley—the rarest of all sea turtle species.

Florida serves as one of the largest nesting grounds in the world for the loggerhead sea turtle. Loggerheads are the most common sea turtle along GINS and Pensacola Beach. Nearly all species of sea turtle are classified as





conducted by Marine Environmental Program Manager Mark Nicholas, 65 percent of nests on Pensacola Beach and 100 percent of nests on Perdido Key were subject to disorientation that drew hatchlings away from the Gulf.

In order to support the 'dark' element in the 'Clean, Dark, Flat' initiative, nighttime beach goers should avoid using bright lights on the beaches; many local businesses sell turtle-safe red-light flashlights or red film covers for cell phone lights. If you do see a turtle on the beach at night, turn off lights, avoid making noise and keep a safe distance to avoid disturbing the nesting process.

"Getting too close (50 feet or less) to nesting sea turtles can cause them to leave the beach before they complete the nesting process," lead of the FWC's Sea Turtle Management Program Dr. Robbin Trindell said. "By always giving nesting turtles space, you can help marine turtles have another successful nesting season in Florida this year."

By keeping beaches dark and clearing the way at the end of the day, we can help ensure that these amazing creatures are here for future generations to enjoy.



To report someone disturbing a sea turtle or nest, or if you come across a sea turtles that is injured, dead or being harassed, call Escambia County Marine Resources at (850) 426-1257 or the Florida Fish and Wildlife Conservation Commission (FWC) at (888) 404-FWCC (3922).

For more information about nesting sea turtles and how you can help, visit myfwc.com/seaturtle or facebook.com/FWCRResearch.

Sea Turtles of Florida

Five species of sea turtles found in Florida waters



Kemp's Ridley

Lepidochelys kempii

Smallest and rarest of Florida's sea turtles.
Triangular-shaped head with a slightly hooked beak.

Weight: 70 to 108 lbs.

Length: About 2 feet



Hawksbill

Eretmochelys imbricata

Most endangered species of sea turtle. Narrow head with beak-shaped jaw and rough edges on the rear of its shell.

Weight: 101 to 154 lbs.

Length: 2.5 to 3 feet



Green

Chelonia mydas

Largest species of hard-shelled sea turtle. Named for their green body fat, not the color of the shell.

Weight: 240 to 420 lbs.

Length: 3 to 4 feet



Loggerhead

Caretta caretta

Large block-like head with four prefrontal scales between its eyes.
Most common species of sea turtle in Florida.

Weight: 155 to 375 lbs.

Length: 2.5 to 3.5 feet



Leatherback

Dermochelys coriacea

Only sea turtles without a hard shell. Shell is black with white spots and covered with a leathery, rubbery layer.

Weight: 660 to 1,100 lbs.

Length: 4 to 6 feet



Empowering older adults.
Enriching communities.

(850) 432-1475 • coawfla.org



Pensacola
ART • ENTERTAINMENT • LIFESTYLE
MAGAZINE



BALLINGERPUBLISHING.COM

850.443.1166

A close-up portrait of Michael Feinstein, a middle-aged man with short, wavy, graying brown hair and a warm smile. He is wearing a bright blue blazer over a light pink button-down shirt. The background is softly blurred, showing what appears to be a bookshelf.

Michael Feinstein

AN EXCLUSIVE INTERVIEW

BY KELLY ODEN



Michael Feinstein is a pianist, a singer and a passionate archivist and ambassador for the Great American Songbook. With a career spanning decades, Feinstein has dedicated himself to preserving and celebrating the music that has shaped our cultural landscape.

Feinstein was born in Columbus, Ohio, and showed a gift for the piano from a very young age. His career took a significant turn when he moved to Los Angeles and began working with Ira Gershwin, the brother of George Gershwin. For six years, Feinstein learned from Ira, gaining valuable insights and stories that would shape his future work.

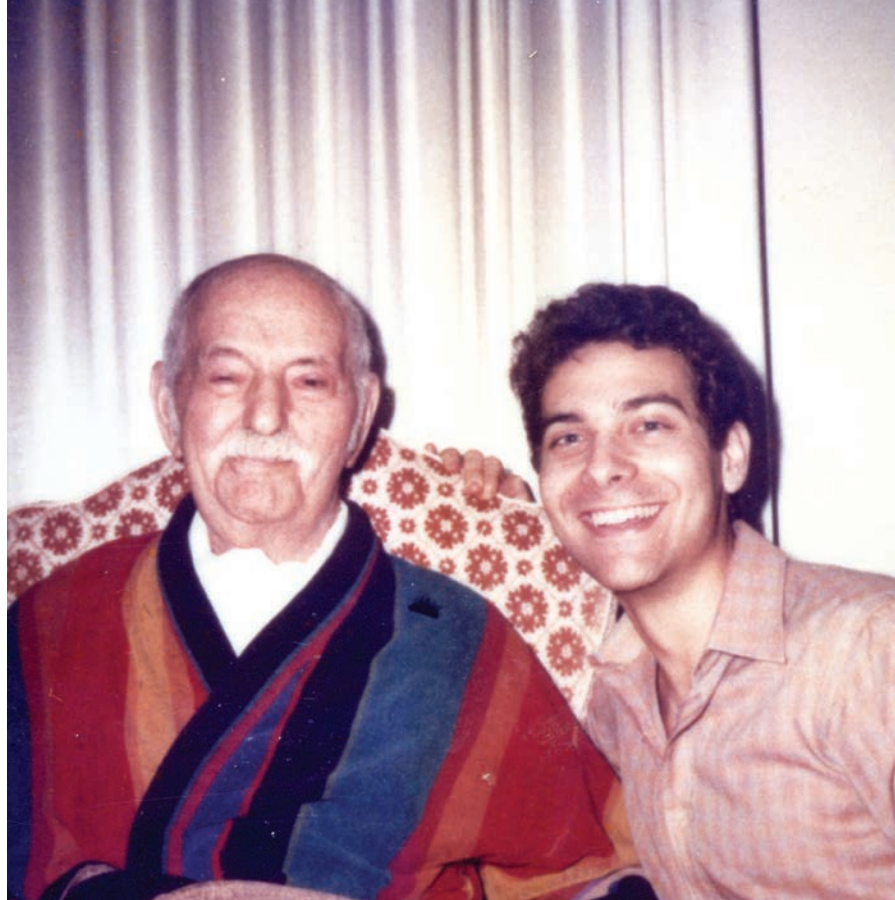
Throughout his career, Feinstein has released many albums that honor great composers and lyricists like Cole Porter, Irving Berlin and the Gershwin brothers. His recordings give these classic songs a fresh feel, making them enjoyable for today's listeners while keeping their original charm.

Feinstein is also known for his live performances, which are more than just concerts. He combines his musical skills with storytelling, sharing interesting stories and historical details about the songs. This unique style has earned him a loyal fan base and high praise from critics.

Beyond performing, Feinstein has worked hard to preserve American

musical heritage. He founded the Great American Songbook Foundation to educate young people about this music and keep its legacy alive. The foundation also hosts an annual high school music competition, offering scholarships and performance opportunities to young artists, ensuring that the Great American Songbook continues to inspire future generations.

Coming of Age had the pleasure of speaking with Michael Feinstein about his early days working with Ira Gershwin, his efforts to preserve the Great American Songbook, his famous friendships and his life with his husband, Terry Flannery.



COA: Tell me about your childhood growing up in the Midwest and how it influenced your passion for music.

MF: Growing up in Columbus, Ohio, I started playing piano by ear when I was five years old. I connected with music so quickly. I knew it was a passion very young. I look back on my formative years in the Midwest fondly, and though I moved to Los Angeles when I was 20, I frequently return. The Great American Songbook Foundation is headquartered in Carmel, Indiana, where we also have a home, so it will always be one of the touchstones of my life.

COA: When did you know that music would be your life's work?

MF: I always wanted music to be my life's work, but I didn't actually know it would be my life's work until two significant, in fact life-changing events occurred. The first was being introduced to Ira and Lee Gershwin by my friend, June Levant – the widow of Oscar Levant, whom I admired so greatly, yet never got to meet. I began as Ira's assistant cataloging and organizing music. He became my mentor in countless ways, and it was a great privilege to be his protegee. The second event was meeting Liza Minnelli at the home of her father Vincente Minnelli.

Sweet Liza came up to me, sat beside me, and started singing while I was playing the piano. She looked into my eyes, and said "Honey, from now on, you and I will be joined at the hip!"... and we have been ever since!

COA: In your early 20s, you spent six years working for Ira Gershwin as an archivist and researcher. What are a few key things you learned from that experience and how did it shape your own musical career?

MF: Those were incredible years. I carry lessons from Ira with me to this day, as both an archivist and musician myself. Working for Ira was a masterclass in musical history, compositional genius and the importance of keeping these timeless pieces of Ira and George Gershwin's shared musical heritage alive became, and continues to be, one of my life's great joys. It is a privilege to have learned so much from Ira, about the music and the legacy of both Gershwins. The stories behind the music are so important, and this history, which is so uniquely American, must be preserved for future generations. At this time of chaos that we live in, the Great American Songbook is more important than ever before. It reminds us of our values, our goodness, who we are, and

what we must hold onto, as human beings, as we practice this precious experiment known as democracy.

COA: In 2012, you wrote a book called *The Gershwins and Me: A Personal History in Twelve Songs*. The book delves into the backstories of these songs. Do you have a favorite and can you share an abbreviated history of that song?

MF: That is such a challenging question. I'll choose one, only because you've asked it ... because in a different moon, on a different day... it could be a different song! *Our Love Is Here To Stay*. It was the last collaboration between George and Ira, and it's a brother-to-brother love song – not a romantic one. However, nothing has been written that is more beautiful, or more romantic. The words and melody become what you need them to express.

COA: You are called an archivist and interpreter of the Great American Songbook. How do you define the Great American Songbook and what does your role encompass?

MF: A song that remains significant in pop culture for 25 years unofficially enters the songbook. We're working, at our foundation, to formalize that time frame. There are amazing songwriters

over the last 50 years, who have not been honored properly. One of our passions is to keep this music in the minds, ears, throats, instruments and souls of young people. Each generation must carry it forward.

COA: What do you think about current popular music in the U.S.? Do you think there is anyone writing songs that will become part of the Great American Songbook?

MF: Some of the music today is wonderful... and some is just awful! That was also the case in the last century. Absolutely, there are people who are writing music that have entered the Great American Songbook. Stevie Wonder. Dolly Parton. Marvin Gaye. Alan Bergman

and his late wife Marilyn... all geniuses. There's a beautiful song by Mike Reid and Allen Shamblin, recorded by Bonnie Raitt, that I plan to record and perform, named *I Can't Make You Love Me*. As long as people love music, have taste and concern for quality... the songbook will continue to endure and to grow.

COA: You have a longstanding friendship with Liza Minnelli, and you have given her credit for helping to jumpstart your career in NYC. Tell me how that came to happen.

MF: Well, when Liza Minnelli and I met at the Minnelli family home, we just carried on. She gave parties for me, introduced me to everybody, and that included opening every possible door

in Hollywood and New York. She is my dearest friend, and I love her from the deepest part of my heart.

COA: Your discography is extensive and diverse. Can you share the story behind one of your favorite albums or performances, and what makes it special to you?

MF: Again, it's impossible to choose one! Every project is so important. Maya Angelou, who was like a second mother to me, loved country music and always wanted me to do it. It would have been impossible for me to do an entire country album if I didn't love it. Dolly Parton, Roseanne Cash, Allison Krauss, Amy Grant, Lyle Lovett, Vince Gill and other great artists, of course including Liza, who was my executive producer. Liza is incredible, and can sing anything! We did a country version of *Embraceable You*.

COA: You worked with the great Maya Angelou on the song, *We Dreamed These Days*. What was it like writing a song with such a masterful storyteller?

MF: Any experience with Maya was enchanting. I love her still, and I always will. We dreamed these dreams at a time when our country had so much hope... it was extraordinary. I think we're all holding onto the goodness of the hope from that period of American history, and I believe we will see it restored. The moral arc of the universe bends towards goodness ... no matter what ugly interim events take place.

COA: Taking a more personal turn now, I understand you've been married to your longtime love, Terrence Flannery, since 2008. What's your secret to a long, successful marriage?

MF: Loving each other enough to know that the marriage is sacred and important. Friendship is essential in marriage, and Terrence and I have a foundation of friendship that is so solid. We have trust. We have love. We have independence. We have togetherness. We understand that every one of our interests will not always align.



COA: You were married by Judge Judy. How do you know her and how did she come to officiate your wedding?

MF: Judge Judy Sheindlin and her husband Jerry, have been friends of Terrence's and mine for many years. When we decided to get married, there simply was no one else to officiate, who would have been more special to that ceremony between each other, before our friends and loved ones.

COA: At 67, you are as vivacious and active as ever. What is your secret for aging gracefully?

MF: I don't feel any particular age. Being vegan definitely helps. Eternal curiosity. My spiritual path. Education. Love, which is the greatest antidote of all... and the beautiful music that surrounds my life.

COA: Many fans see you as a LGBTQ icon. Do you see yourself that way?

MF: I don't think of myself as an "icon." Being an advocate for equality of every human life is important to me, so naturally, that includes our LGBTQ+ community. There's a lot of hate out there right now, and love is the only answer. Every day, I wake up thinking... "Where does my spirit want me to go to make a difference in this world we live in?" I think we all should ask the question: "Why can't there be more love?"

COA: Do you think it is important for LGBTQ+ celebrities to bring awareness to LGBTQ+ issues?

MF: It's important for everyone! Whether we're LGBTQ+ or not, to bring awareness to any community that brutes are trying to marginalize. It's dangerous and cruel to define humanity by any form of sexual orientation. Color. Diaspora. Atheist, or believer. It returns to what I said earlier... why can't there be more love?

COA: You are currently touring with your production, *Because of You: My Tribute to Tony Bennett*. Why Tony Bennett and what can the audience expect from this performance?

MF: I don't mean to be flip, but I once said to Tony, who I had the privilege of singing with and listening to... "Tony, that was a really good song!"... and he said to me, "Michael, I don't sing any bad ones." When you realize that Tony Bennett curated his albums and performances from some of the finest works of the Great American Songbook, how could I not do this? Particularly in tandem with the blessing of Carnegie Hall. It's a blast.

COA: What other projects do you have on the horizon?

MF: So many! Developing documentaries... podcasts... miniseries... writing a book... There are moments when, despite enormous gratitude, I look at the people who represent me and think, part of

me wants to just pause, because this is literally the most extraordinarily busy cycle of my career. I'm so appreciative, and yet, there are moments I have to stop and be still to restore myself, so that I'm able to give people who do come to see me, what I hope they expect. To disappoint an audience would break my heart.

To learn more about Michael Feinstein and the *Because of You: My Tribute to Tony Bennett* tour, visit michaelfeinstein.com.



What's The News?



Pete Moore Auto Team Senior Chill Out Helps Hundreds of Seniors Stay Cool

Council on Aging of West Florida's annual Pete Moore Automotive Team Senior Chill Out on June 7 received a massive outpouring of community donations, collecting a total of 254 fans, 270 window air conditioner units and \$69,557 to help vulnerable seniors stay cool this summer. The daylong donation drive in support of area elders was hosted by five area Lowe's Home Improvement stores in partnership with WEAR ABC 3, Cat Country 98.7 and NewsRadio 92.3. Temperatures during the event topped 90 degrees and hundreds of individuals, local businesses and community groups braved the heat to donate throughout the day in support of seniors who are at greater risk of health complications due to the dangerous summer heat.

Council on Aging is grateful for generous donations from title sponsor Pete Moore Automotive Team, as well as from Ascend Cares Foundation, Baptist Hospital Volunteer Services, Boutwell's Air Masters, Stacy Brown, Florida Power and Light, Gilmore, Chip and Faye Merritt, Oops Alley, Bill Trushel, Zeta Phi Beta and all the other wonderful donors and sponsors.



Recognition for Council on Aging Staff and Volunteer

Council on Aging case manager Anna Hubbard received the Charles Bates Outstanding Community Partnership award, the highest award that the Department of Children and Families bestows on social workers. The award was presented at the June 18 World Elder Abuse Awareness Day event at Bayview Senior Center. DCF supervisor Dawn Smith spoke about Anna's excellence and commitment, and the true care she shows for even the most difficult Adult Protective Services referrals.

Senior Companion Volunteer Murphy Smith received the Elder Advocacy Award at World Elder Abuse Awareness Day. This accolade is given in recognition of his tireless efforts and unwavering commitment to improving the lives of older adults in our community. Murphy has not only provided years of service to his client, he also serves on the Senior Volunteer Program Advisory Committee and gives back to his community through homeless outreach.



Older Americans Month Match Campaign Powered by Gulf Winds Credit Union

Last May, Gulf Winds Credit Union agreed to match donations up to \$5,000 in honor of Older Americans Month. Thanks to the incredible generosity of our donors and the support of our community, we not only met but exceeded our goal, reaching \$11,000 with community donations and matched funds from Gulf Winds. These funds will help to provide essential services to older adults in need. A heartfelt thank you to everyone who contributed and to Gulf Winds Credit Union for their generous match and ongoing support. Together, we are making a profound difference in the lives of our seniors!

Thank You.

Many thanks to our donors. We appreciate your generous support. Gifts received from April 2024 – June 2024

Andrea Comeau	Cindy G Shepherd	Global Landscaping	Lawrence A. Jones	Roy Leonard
Angela Noblin	Clark Youngblood	Grace Methodist Church	Lloyd Ritchie	Saintsgive
Anisa Mathis	Cleo Crane	of Pace	Lois Lepp	Sam & Priscilla Forester
Ann and Jim Neal	Clifford Huffman	Gulf Winds Cares	Lorraine Doughty	Sandy Blanton
Annette McArthur	Crystal Scott	Foundation	Loyalty Credit Union of	Sean Magerkorth
Appleyard Family	Daniel Baird	Heather Cromer	Florida	Shannon Martin
Foundation	Dave and Mary Hoxeng	Helen Adamson	Marianne McMahon	Sheila Justice
Ascend Cares	David Haupt	Herman L. Franklin	Mark Proctor	Shirley Baille
Foundation	David Hawkins	J M 'Mick' Novota	Martha Wyse	Sophronia Ranney
Baptist Hospital	David Huey	Jackie Callahan	Mary Haye	Stephanie Dickens
Volunteer Services	Dawn Hunter	Jacqueline Harloff	Mervin DeCastro	Superior Van and
Barbara Erhart	Deborah and William	James Reed	Michael Mongue	Mobility
Barbara Strausser	Johnson	James Rutledge	Nancy Forshaw	Teresa Frazier
Becky Hoffman	Denise Ard	Jan Soruill	Nancy Pearson	Teresa Smith
Bessie Jackson	Denise Market	Janis Deal	Order of AHEPA Daphne	Terry and JoAnne D.
Bessie Notchinson	Dennis and Sharon	Jeanine and Eugene	Chapter No 296	Meyer
Better Homes and	Rudowski	Hellwig	Pam Rancifer	Thomas Leavitt
Gardens Real Estate	Diana Keenan	Jeffrey Green	Parmelie McManamy	Troy and Lynn Rafferty
Beverly Boege	Donald Carunchio	Joann and CC	Patricia Douglas	Veronica Hollins
Beverly M Barberi	Donna and Henry Pruett	Montgomery	Patti and Tom Wheeler	Vicki Carpenter
Bill and Dinah Hanvey	Dorann Schneider	Joe and Doretha Davison	Paul White	Vickie Almond
Billy Middlebrooks	Doretha Davison	John and Barbara	Paula Knight	Victoria Adcox
Bob and Debi Cleveland	Edward and Joy Kidd	Remich	Peggy Brown	Victoria Street
Boutwell's Air Masters,	Ellen Costigan	John and Cathy Larker	Pensacola Alumni	Walter Phillips
Inc.	Emily Echevarria	John and Kathleen Franz	Chapter of Kappa	Warren Thompson
Brenda and Richard	Emogene & Eugene	John Clark	Alpha Psi Fraternity	William and Deborah
Krause	Presley	John Hathaway	Pensacola Blvd. Church	Malmberg
Brown Barge Middle	Engineered Cooling	Josephine and J J Mayo	of Christ	William J. Trushel
School	Services	Josephine Etheridge	Pete Moore Automotive	Zobria Brown
Bruce M. Taylor	Escambia Lodge No. 15,	Josh and Caitlin Newby	Team	... and thank you to
Carol Morton	F&AM	JT and Deidre Young	Peter Mellin	all who donated air
Carole Hurd	Eugene Becerra	K. Locker	Phyllis Bingham	conditioners and fans
Carolyn H Pulford	Family Fun Venture Inc.	Karen Barth	Priscilla O'Rear	for this year's Senior
Caron Sjoberg	Farley Trust	Karin Moore	Randall Bobbitt	Chill Out. We couldn't
Catherine Knowles	Florida Power and Light	Kathy Anthony	Raymond Clark	do it without you!
Charles Dyell	Francine Ishmael	Keith Carrington	Regena G Bates	
Charles Hicks	Frank Turner	Ken and Elizabeth and	Reid Torgerson	
Charles Meyer	Frankie Van Horn Harris	Elizabeth Woolf ANON	Robert Clark	
Charleyn Baughman	George Resmondo	Kenneth Merritt	Robert Fabbro	
Cheryl and Glen Isler	Gillian Henckel	Kevin and Mary Welch	Rodney and Sharon	
Cheryl Freret	Glenda and Glenda	Krewe de Karnaval	Guttmann	
Christine R. Gilmore	Triemer	Kristin Bouchard	Rosa Sakalarios	

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 850-432-1475 or visit 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 ch201. 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.



Total Joint Care Let Andrews Institute Make It Better

Improving mobility and reducing discomfort can lead to a better quality of life. If you are experiencing physical limitations and pain, it's time to schedule your appointment with the Andrews Institute team.

Pensacola • Gulf Breeze • Milton
Navarre • Fort Walton Beach

448.227.7200
andrewsinstitute.com

 **ANDREWS INSTITUTE**
ORTHOPAEDICS & SPORTS MEDICINE
An Affiliate of Baptist Health Care