

COMING of AGETM

Presented by Council on Aging of West Florida

LIFESTYLE MAGAZINE FOR SENIORS

SPRING 2013

An
Exclusive
Interview
with

*Joan
van Ark*

**Hepatitis C Matters
To Boomers**

**Donating Your IRA
Distributions**

**Spring Herb
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Jeff Nall, APR, CPRC
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The groundhog did not see his shadow and we've "sprung our clocks forward," so now it is time to get out and enjoy the many outdoor activities that our area has to offer. Some of my favorites are the free outdoor concerts such as JazzFest, Christopher's Concerts and Bands on the Beach. I tend to run into many of our readers at these events, but if you haven't been, check out page 40. For another outdoor option for those with more of a green thumb, check out our article on page 15, which has useful tips for planting an herb garden.

This issue also contains important information for baby boomers about hepatitis C. According to the Centers for Disease Control, people born from 1945 through 1965 account for more than 75 percent of American adults living with the disease and most do not know they have it. In terms of financial health, our finance article on page 18 explains how qualified charitable distributions (QCDs) from Individual Retirement Accounts (IRAs) are attractive to some investors because QCDs can be used to satisfy required minimum distributions from an IRA without having the distribution included in their income.

I also hope you enjoy our exclusive interview with Joan van Ark, who played Valene Ewing for 13 seasons beginning on *Dallas* and then its spin-off series *Knots Landing*. Her role as Valene, or Val, earned Ms. van Ark six nominations and two Soap Opera Digest Awards for Best Actress.

Speaking of stars, we have a few local stars of our own to honor. We are proud to have recently announced the names of our Rat Pack Reunion 2013 honorees. Congratulations and many thanks to Teri Levin, Mike Papantonio, Brian Spencer and Quint Studer. These four community leaders, who are being recognized for their business leadership and service to our community, were officially presented as our 2013 Rat Pack Reunion honorees at a recent photo shoot cocktail party at Jewelers Trade Shop hosted by Corbett and DeeDee Davis. The big event will be Friday, October 25. Mark your calendars!

Last but certainly not least is remembering and honoring those we love. For a new twist on Mother's Day and Father's Day and how you can make a difference, please see the article on page 12.

Looks like a busy Spring, Summer and Fall are in the air so, until next time, enjoy life – you've earned it!

Readers' Services

Subscriptions

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

Change of Address

When calling or emailing us your change of address, please provide Council on Aging of West Florida with both the old and new addresses to expedite the change.

Back Issues

Is there an issue of one of our magazines that you just have to have? Was your relative seen in a recent issue and you lost it? Give Ballinger Publishing a call at (850) 433-1166 ext. 30, and they will find one for you.

Letters

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

Writing Opportunities

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

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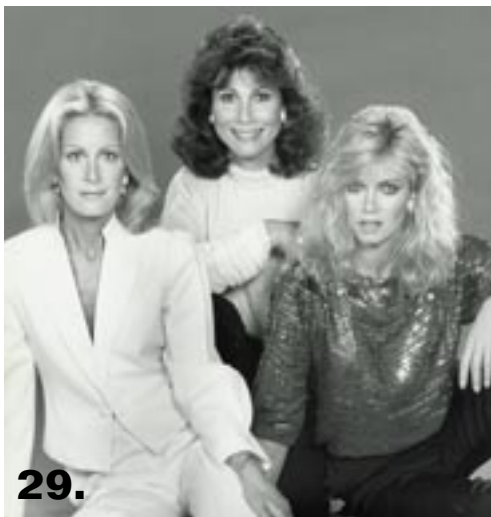
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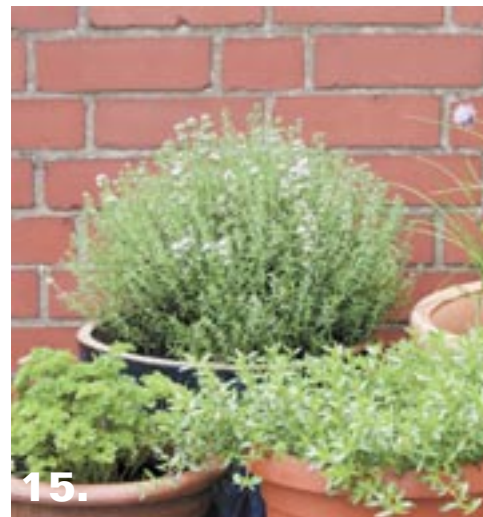
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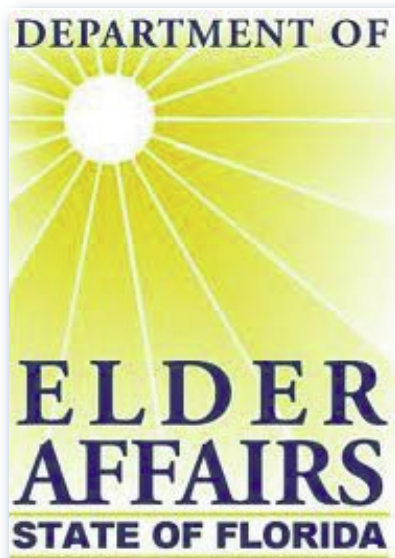
John B. Clark,
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Long Term Care Reform and its Impact

A few years ago, Florida embarked on a new venture; a Statewide Medicaid Managed Care Program, which consisted of two programs; Long Term Care Managed Care and the Managed Medical Assistance Program. The Medicaid Long Term Care Reform has been approved by the Center for Medicare and Medicaid Services and this year there will be a staggered implementation schedule throughout Florida.

This reform will move all of the Home and Community Based Services Waiver and Assisted Living Waiver clients into a Managed Care program operated by a for-profit Managed Care Organization that will be responsible for managing all their long term care needs. This will be a huge impact on those currently receiving services, non-profit organizations such as Council on Aging of West Florida and staff of these organizations.

How does this affect our clients currently receiving these services? For current waiver



clients, the transition into a Managed Care plan, which they will select, should be seamless. With good choice counseling and a clear explanation of what is being done and why, these clients should continue receiving services which will help them remain in their own homes.

Over the long term, the recent announcement by the Governor to request a significant increase in funding for Medicaid Waiver Programs will also mean that the Managed Care Organization will be able to ultimately serve more eligible clients. However,

for non-profit organizations such as Council on Aging of West Florida that currently operate the Medicaid Waiver Programs, the changes will be more significant and more profound.


For many of the impacted organizations, there will be a considerable loss of revenue impacting the operations of the entire agency. However, as we transition to a new model, we remain most committed to those we have served for many years. While we have agencies to run, our focus is always on our clients. We cannot be so overwhelmed by the forest that we no longer see the trees. Throughout the past decades, and into the future, it has always been, and will continue to be, about the client and not the agency. For more information on the impending changes outlined in this article please call the Florida Department of Elder Affairs' Elder Helpline at 1-800-96-Elder (1-800-96-5337) or locally at 850-494-7100. COA



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“In Lieu of Flowers” – A southern girl’s New Year’s resolution

Growing up as a kid in the south, my father had many odd sayings that both confused and amused me. He would often remark, “A person should get their flowers before they die.” I never fully understood how profound a statement that was until, as an adult, I realized how right he was. Around the dinner table, my brothers and I would roll our eyes and giggle at him when he started one of his lengthy discussions about how one of our teachers or coaches had bragged on us, or how we had done something well, all the while secretly excited when he was talking about us, or jealous when he wasn’t.

The same still goes for us as adults – everyone loves to think they are special to someone. It’s a great feeling when someone remembers you. Whether you want to admit it or not, no one wants to be anonymous.

Another thing that still makes me feel special is to go to the mailbox and find something other than bills and junk mail. The mere sight of a pink or odd shaped envelope makes the walk back to the house worth the trouble. I think, “Yay! Who is thinking about me?” I so long for

the days of handwritten letters and an absence of impersonal email and texts.

Just thinking about fresh flowers and pastel envelopes always makes me happy and reminds me of spring, new



beginnings, and reasons to say thanks for my many blessings. (In my next life I want to come back as the FTD cupid guy bringing flowers and joy to everyone.) Sadly, there are many seniors in our community who never get to experience that mailbox thrill anymore. Many have outlived most of their family and friends, or even worse, have been forgotten by the ones that remain. Can you imagine

anything worse than feeling forgotten?

While going around and handing out flowers to everyone you see seems a little like overkill, paying compliments to those who deserve it can give you the same satisfaction, while letting them know someone cares. My New Year’s resolution for the past few years has been to give credit where credit is due. I found myself so often dishing out complaints that I wanted to become more balanced and dish out the good things people did as well. You would be amazed at how quickly I ran out of stationery and how much more positive my attitude has become!

One of my favorite ways to “kill two birds with one stone” is to make a donation in honor (or memory) of someone to a worthy cause. By helping those in need, I feel like I am making a difference in the lives of two people instead of just one. The honoree gets the warm fuzzy “someone remembers me” feeling, and the client of the nonprofit benefits from a nutritious meal, a warm blanket or some other vital necessity that we so often take for

granted.

Nonprofits are thrilled to receive such donations and will make sure that the person being honored is notified of your generosity, and most of them will list such memorials publicly in newsletters, magazines, etc. That donation is a tax write off for you fiscally aware readers - while that ugly sweater or tie you are thinking about purchasing is not!

What better way to show you care than by putting your money to work helping others? I try to get creative with my "flowers." Not only do I use birthdays, anniversaries, Mother's Day and Father's Day as an excuse, I also send someone a shout out for simple things like new jobs, promotions or new grandbabies. I have to admit that, on occasion, I have sent in a donation and asked the charity to pick one of their deserving clients and let them know that someone cares. Wouldn't that brighten your day to have someone you don't even know show you that "you matter?"

The "in lieu of flowers" line in an obituary also helps me to see the upside in an otherwise sad situation. By letting us know that we can help someone in need by honoring the loved one's memory, we are allowed to be a part of a legacy that meant something to the departed. When that line isn't there, I make up my own and send a donation to my favorite charity instead of flowers because I know that, at least on my part, my friends and family got plenty of those well deserved flowers when they could still enjoy them. COA



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Spring Herb Gardening

With the start of spring comes ample opportunity to enjoy the outdoors, and many in Northwest Florida take this time to work on yards and gardens that will flourish throughout the area's long growing season. While gardens can be labor intensive and time consuming, the literal fruits of the labors can make it a worthwhile endeavor. For those looking for a garden that is low maintenance while also being beautiful and useful in the kitchen, consider planting a spring herb garden.

For centuries herbs have been cultivated for a wide variety of uses, from perfuming dwellings and people, to medicinal uses and of course for flavoring food. The relative ease of caring for most herb plants makes them ideal for casual gardeners, and even a small herb garden can be aesthetically pleasing and practical.

The first step to starting an herb garden is choosing a location. Most herbs do well in full sun, so pick a spot that gets at least six full hours of sun. If you plan to use your herbs

often in cooking, look for a spot conveniently close to the kitchen. If you don't want to prepare and tend to a plot in the earth, consider purchasing some decorative planters and pots in which to grow your herbs. If bending over or kneeling on the ground is difficult, use a bench or table to place your pots at a height that is easy to work with for you. Several herbs can be grouped together in a large planter or pot; just make sure the different varieties have similar watering needs.

Next, pick out what herbs you'd like to plant. You can choose to start from seed or buy seedlings at a garden center, nursery or farmer's market. If using seeds, most gardening stores sell kits or containers specifically meant for sprouting seeds, but be careful to follow the directions on each individual seed packet to make sure the seed gets the proper amount of water and sunlight during this process. After the last frost and when seedlings have grown strong, it's time to carefully transplant them to a plot

Healthy Herbs

When using herbs in the kitchen, add them toward the end of the cooking process to get the most health benefits from them. Many herbs are rich in vitamins and antioxidants, so grab a handful to add flavor and nutrients to your next meal.

Basil - Fresh basil is high in vitamin K, a nutrient necessary for the modification of certain proteins needed for blood coagulation, as well as in metabolic pathways of bone and tissue. It also has manganese, which boosts nervous and immune systems. Basil is also a good source of iron, and its volatile essential oils act as an anti-inflammatory.

Thyme - Thyme is also a good source of vitamin K, manganese and iron. Its oil has antimicrobial and antifungal properties, and it has been used throughout history to treat chest and respiratory issues. It was also used in embalming by ancient Egyptians.

Dill - Dill is rich in calcium, which prevents bone loss, and it also has some manganese, magnesium, and iron. Components in dill also possess properties that neutralize some carcinogens in the body.

Sage - Sage is an excellent source of vitamin K and it also contains rosmarinic acid, an acid with anti-inflammatory and antioxidant properties. The soft leaves of sage are also said to boost brain function and it has been used in brain-related treatments for thousands of years.

Parsley - Parsley is a good source of both vitamin A and vitamin C, both important to immune health. Both are antioxidants, which prevent damage from potentially harmful free radicals in the body, which could otherwise lead to many health problems. Parsley is also a good source of folic acid, which is necessary for heart health.

Rosemary - The fragrant and woody rosemary has long been revered as a memory booster, which it is still used for today. It also contains anti-inflammatory compounds as well as small amounts of iron, calcium and fiber.


Oregano - Rich in vitamin K and fiber, oregano is also known for its high antioxidant levels due to its flavonoids and phenolic acids, as well as its antimicrobial activity.

or larger container.

If you're just starting out, plan for two or three of your favorite varieties that you'll use fairly often. Do you like a fresh hint of mint in salads and dips? Do you love the taste of chicken seasoned with rosemary? You can also pick a theme for your plants, like a pizza garden that includes thyme, oregano, basil and parsley. Use a good quality potting soil because herbs require good drainage to flourish. If you're using containers, make sure they have holes in the bottom.

From there, you can use your imagination to tailor your herb garden to your tastes. If you're planting multiple herbs in one space or container, try to pick herbs that have similar watering needs. Look out for aggressive herbs like mint that need to be planted alone in a pot or with a barrier around them to prevent them from overtaking other plants.

Herbs like sage, thyme, lemon thyme, chives, oregano, fennel, marjoram and mint are perennials that will come back year after year if kept healthy. For annual herbs, like dill, savory, coriander and basil, trim back regularly to keep them from blooming and to encourage it to grow bushier with leaves. Harvesting herbs regularly is important to promote continual growth, so head to your herb garden with kitchen shears often. If you find you have more herbs than you can use, dry them out and keep in small jars, or blanch them and then freeze in an ice cube tray with olive oil for use all season long.

Starting an herb garden is a wonderful way to enjoy some outdoor leisure time this spring. Fresh herbs can add beauty to a landscape and some extra flair to homemade meals. Whether you're a novice in the garden or have a long history using your green thumb, an herb garden can be a lovely spring addition to your landscape. 



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Donating Your IRA Distributions to a Charity in 2013

By John L. Peacock Jr., CFP®, AAMS®, CRPC®
Financial Advisor, Edward Jones

The Taxpayer Relief Act of 2012 extended qualified charitable distributions (QCDs) from Individual Retirement Accounts (IRAs) for distributions made through Dec. 31, 2013. Individuals can donate up to \$100,000 per year directly from a traditional or Roth IRA to qualifying charities. This is attractive to some investors because QCDs can be used to satisfy required minimum distributions (RMDs) from an IRA without having the distribution included in their income.

Eligibility

A qualified charitable distribution may be made:

- When the IRA holder is age 70½ or over
- Directly from the IRA to a qualified charity
- From a traditional or Roth IRA

Qualified Charities

Generally, a qualified charity includes most public charities – including religious institutions, certain veterans' organizations, fraternal societies and community foundations that provide scholarships – that are eligible to receive tax-deductible contributions.

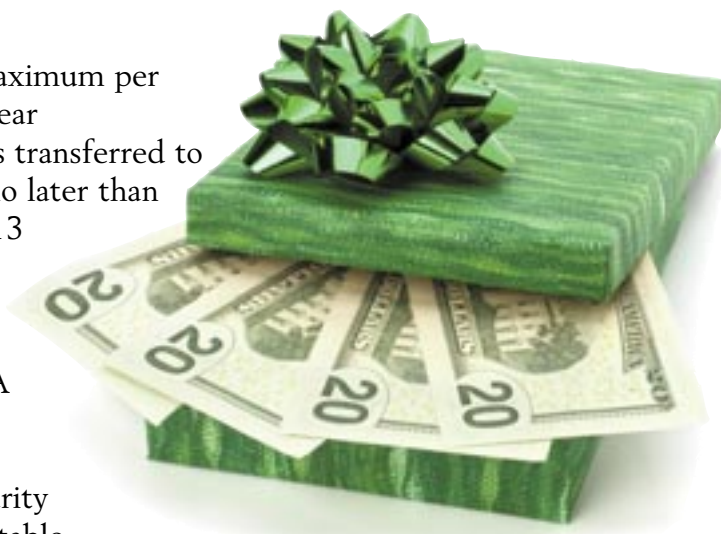
Limitations on Distributions

Restrictions set on QCDs include the following:

- \$100,000 maximum per person per year
- Distributions transferred to the charity no later than Dec. 31, 2013
- Must be a direct IRA distribution from the IRA custodian or trustee to a qualified charity
- Not all charitable organizations qualify
- Applicable only for traditional and Roth IRA distributions (excludes SEP and SIMPLE IRAs)

Making a QCD provides an opportunity to make a charitable contribution that you might otherwise not have been able to make and/or

receive potential tax benefits for charitable contributions that you are already making. You should consult your tax advisor and estate-planning attorney about your situation. Edward Jones, its financial advisors and employees do not provide tax or legal advice.



Key Benefits

- For those who give larger gifts – Deductibility limits do not apply to QCDs, which means the QCD can be made in addition to other charitable contributions that may be limited by the annual maximum deductible percentage of income or phase-outs of itemized deductions.
- For those who don't itemize deductions – If QCDs are used as the funding source for charitable donations, the donor will receive tax benefits when there otherwise would have been none due to the use of the standard deduction.
- For those who pay taxes on a portion of their Social Security benefits – Income for determining the taxation of Social Security benefits is lower than if the IRA holder had taken the RMD, potentially reducing this taxation.
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Top 5 Reasons Hepatitis C Matters To Boomers



When Martha Saly, director of the National Viral Hepatitis Roundtable (NVHR), learned she had hepatitis C, a virus that attacks the liver, she was in disbelief. Saly never suspected she might be infected with the hepatitis C virus, and unfortunately, cases like Saly's are not uncommon.

In fact, 3.2 million Americans are living with hepatitis C, and most do not know they are infected. That's why the Centers for Disease Control and Prevention (CDC) recently released hepatitis C screening recommendations calling for all adults born from 1945 through 1965, also known as baby boomers, to get tested for hepatitis C.

"This test can mean the difference between life and

death - it did for me," says Saly. "You can live with hepatitis C for decades without feeling sick, but liver damage can occur silently during this time, which can lead to more serious problems such as cirrhosis and liver cancer."

Saly knows firsthand the importance of testing baby boomers for hepatitis C and offers five reasons why CDC's new hepatitis C testing recommendations matter to you:

1. Anyone can get hepatitis C

Millions of Americans have hepatitis C and many of them don't know how or when they were infected. People born from 1945 through 1965 are five times more likely than other adults to be infected with

hepatitis C and account for more than 75 percent of all American adults living with the disease.

2. Don't assume you've been tested

"More than a decade ago, I was fortunate to have a proactive doctor who tested me for hepatitis C, but that wasn't the norm then and unfortunately hepatitis C is still not typically included in routine blood tests," says Saly. The CDC's recommendations aim to address this silent epidemic by recommending people in this age group get tested.

3. It's a one-time test that will ease your mind

For more than 95 percent of boomers, the simple hepatitis


C-blood-test is followed by reassuring news. But for the people who are infected, the test and resulting treatment could mean the difference between life and death. "Knowing whether or not you have hepatitis C can help you make important decisions about your health," says Saly.

4. Treatments are available

For those who find out they have hepatitis C, medicines are available that can effectively treat up to 75 percent of infections and additional, promising treatments are currently in development. "Treatments for hepatitis C can delay or even reverse the effects of liver damage and in some cases can eliminate the virus from the body," says Saly.

5. This test could save your life

"It saved mine," says Saly. "I was very lucky to be tested, treated and cured 12 years ago. But for every person like me, there are three people with hepatitis C out there who don't know they have it." These testing recommendations from CDC could help identify an estimated 800,000 people with hepatitis C and save tens of thousands. "Baby boomers need to talk to their doctor about getting tested for hepatitis C," says Saly. "It's a no brainer."

To learn more about hepatitis C go to www.nvhr.org and visit the CDC's Know More Hepatitis campaign website: www.cdc.gov/knowmorehepatitis or talk with your physician. 

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Viva Florida: Celebrating 500 Years

By Cassandra Bishop



In 1513, three ships sailed across the Atlantic Ocean in search of Bimini and the fabled Fountain of Youth. A man stepped onto the eastern shores of what would soon be known as northern America, ready to claim it in the name of Spain. This man saw for the first time the exotic and mysterious land that he dubbed La Florida.

Juan Ponce de León is a man known for many exploits and adventures during his lifetime. His exploration team was the first to discover Florida, a state now delved deep into the history of many cultures, and interact with its indigenous people. Five hundred years later, Florida recognizes his accomplishments by hosting the Viva Florida 500.

This year-long commemoration provides a special opportunity for people to learn about Florida's unique heritage. From historical insights to culture and entertainment, people will have many chances to brush up on Florida's colorful and diverse history.

Each month will focus on a different aspect of Florida's past, such as archeological exhibits of prehistorical Native Americans, maritime history of seafaring industry and piracy, and notable cultural festivals.

Florida's colorful history leaves every town and city with much to be proud of, its present having been contributed to by a plethora of factors and cultures. Pensacola alone can boast being the first colony ever settled on Florida ground- that is, if you don't include the first permanent colony, St. Augustine!

All kidding aside, evidence of Florida's past stretches back over 12,000 years. Florida Archaeology Month, coordinated by the Florida Anthropological Society (FAS), dedicates itself to unearthing and preserving Florida's past. For the Viva Florida 500, Florida Archaeology Month, observed in March, stimulates Floridians to remember and preserve Florida's history.

Nicole Bucchino, outreach coordinator for the northwest region of the Florida Public Archaeology Network, describes why uncovering the remains of history is so vital.

"Pensacola has such a long history in Florida and archaeology helps us to understand that," Bucchino says. "The University of West Florida is active in supporting our cause and people are always interested in learning their heritage and

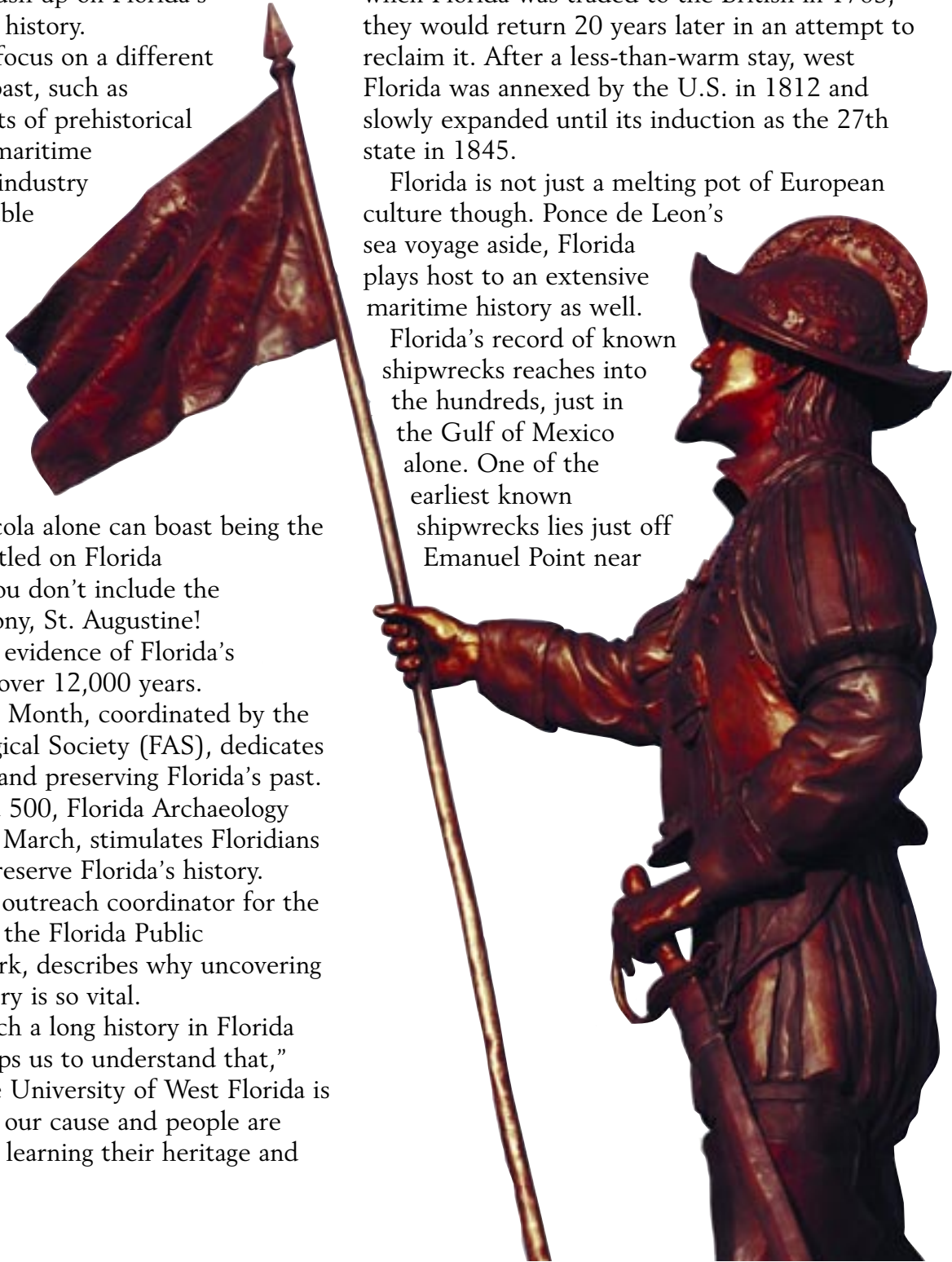
connection."

The first to ever inhabit Florida's coastlines was a group of Paleo-Americans, when Florida was about twice the size of today. By the time Ponce de Leon arrived, it is believed that more than 350,000 Native Americans lived on Florida soil at the time, consisting of the Calusa, Timucua, Apalachee, and Chatot Indians. However, most of that population was either wiped out from European diseases or exiled 250 years later.

Eventually, Spaniards left to colonize Cuba when Florida was traded to the British in 1763; they would return 20 years later in an attempt to reclaim it. After a less-than-warm stay, west Florida was annexed by the U.S. in 1812 and slowly expanded until its induction as the 27th state in 1845.

Florida is not just a melting pot of European culture though. Ponce de Leon's sea voyage aside, Florida plays host to an extensive maritime history as well.

Florida's record of known shipwrecks reaches into the hundreds, just in the Gulf of Mexico alone. One of the earliest known shipwrecks lies just off Emanuel Point near



Pensacola, a Spanish ship named San Juan. This galleon of a Spanish fleet is now one of many sites locals can view exhibits of and explore.

According to Della Scott-Ireton, associate director of the Florida Public Archaeology Network, one of the organizations that is sponsoring Florida Archeology Month, Florida's maritime history is an important part of the heritage of our state.

"A lot of the events we have going on will have an emphasis on maritime history, especially in regards to Viva Florida 500 and Ponce de Leon's arrival," explains Scott-Ireton.

Viva Florida 500 hosts events all through the summer months, educating Floridians on the piracy activity in the area and maritime industry. One well-known pirate in Florida is Jose "Gasparilla" Gaspar; although no official evidence supports his claim to be the "last of the buckaneers," Tampa still celebrates an annual festival in his honor.

The dry Tortuga islands off the southwest coast

of Florida are also a major attraction for locals and tourists alike. Known as the one of the strategic sailing points for Spanish fleets, it would later be used for the construction of the unfinished Fort Jefferson and other commodities.

Through all of these factors that have combined, Florida has adapted the tastes of the Caribbean, the Spanish, the French, and many others. Along with tastes, Florida is also renowned for its unique cuisine. The sugary Key Lime Pie and other "Floribbean" seafood dishes are enough to make any local's (and tourist's) mouth water.

Spring and summer mean all kinds of activities for the hungry enthusiast on the go. Fort Lauderdale will be catering to recipe swaps, Osprey will treat its locals to a traditional Spanish brunch, and Clermont will celebrate 500 years of eating locally with historical foods.

There are so many aspects to Florida that it might be difficult to decide what to pursue. If you are into all things history and learning neat

facts, perhaps a good exhibit is right for you. If you live a salt life, then maybe an exploration of local maritime life would be a great option. If it just so happens that you need food amidst all of this excitement, why not indulge in some traditional food as well?

"One thing we would like people to take away is an appreciation of Florida's archaeology," Scott-Ireton says. "Most people think of Greece or Egypt when thinking of history, but they don't think about the history in their own backyard. We want people to remember the history here and what it means to them."

There are plenty of things to keep Floridians busy this year, but don't miss the opportunity to rediscover what makes Florida so great- its history, its culture, and its people! Viva Florida!

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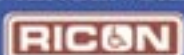
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History Of La Florida: Timeline At-A-Glance

12,000 years ago (10,000 B.C.E.) - Native Americans occupy Florida

16th Century - Africans arrive with Spaniards

1513 - Juan Ponce de León lands on East Coast

1521 - Juan Ponce de León returns and is mortally wounded on Florida's SW Coast

1528 - Pánfilo de Narváez expedition

1539 - 1543 - Hernando de Soto expedition

1539 - 1540 - Francisco Maldonado

1559 - Tristán de Luna

1562 - Jean Ribault – Jacksonville and Beaufort, SC

1564 - Rene de Laudonnière – Ft. Caroline

1565 - Pedro Menéndez – St. Augustine

1573 – Spanish Missions

1587 – Roanoke (Lost Colony), Va

1607 – Jamestown, Va

1620 – Plymouth (Pilgrims), Mass

1630 – Massachusetts Bay (Puritans)

1687 – The first runaway slaves from northern plantations are granted asylum in St. Augustine.

1698 - Spaniards re-establish Pensacola

1738 – Fort Mosè

1763 – Florida to Britain

1783 – Florida to Spain

1818 – First Seminole War

1821 – Florida as United States Territory

1845 – Florida becomes a State

Source: Museum of Florida History and www.floridamemory.com/timeline

Select Viva Florida 500 Events March-June

Maritime History Lecture: The Sailing Vessels of Pensacola's Fishing Industry

6:30 pm – 7 pm on Tuesday, March 19

Niceville Public Library

206 N. Partin Drive

Niceville, FL 32587

Price: Free

(850) 595-0050

www.flpublicarchaeology.org

African-American History & Culture: Viva Florida Series

5 pm on Thursday, April 4

Bethune Cookman University Campus

604 Dr. Mary McLeod Bethune Blvd.

Daytona Beach, FL 32114

Price: Free

Continuation of a five-part lecture series to help audiences gain a better understanding of how descendants of the African Diaspora contributed to the development of Florida.

(850) 681-7881

www.rileymuseum.org

V Centennial Celebration of the Discovery of Florida by Juan Ponce de León

6 pm – 7 pm on Sunday, April 7

Juan Ponce de León Landing Park

4005 Highway 414

Melbourne Beach, FL 32951

Price: Free

(321) 863-5165

www.utbunitedthirdbridge.com

For a complete listing of Viva Florida 500 events, visit www.vivaflorida.org.

Frenchy's Sugar Sand Festival

10 am – 10 pm on Friday,
April 19 – Sunday, April 28
Clearwater Beach

Pier 60 Park

Clearwater, FL 33767

Price: \$7 for adults, \$5 for
military, children 12 and
under free

(727) 430-5200

www.sugarsandfestival.com

Celebrating La Florida, Land of Flowers: Florida's Native Plant Society's Annual Conference

8 am – 12 pm on Thursday,
May 16 – Sunday, May 19

University of North
Florida, University Center
2100 Alumni Drive
Jacksonville, FL 32224

Price: Rates vary
(904) 655-2550

www.fnps.org

Tallahassee Latin Dance Festival

8 pm – 2 am on Friday,
June 7 – Monday, June 10

Tallahassee Leon County
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505 West Pensacola Street
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Price: \$99 by May 31st
(850) 339-8463

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An Exclusive Interview With *Joan van Ark*

Joan van Ark was born in New York City, the daughter of Dorothy Jean, a writer, and Carroll van Ark, who worked in advertising and public relations. Her father named her after Joan of Arc because he was certain that she would become famous. Joan's paternal great-grandfather, Gradus, was an immigrant from the Netherlands. Both of van Ark's parents and her sister, Carol, were writers. She grew up in Boulder, Colorado, and also has two brothers and a sister.

Van Ark was the second youngest student to attend the Yale School of Drama on scholarship; her mentor and *Knots Landing* co-star, Julie Harris, was the first. Van Ark got her professional start at Minneapolis' Guthrie Theater in Moliere's *The Miser*, opposite Hume Cronyn and Zoe Caldwell, followed by *Death of a Salesman* at the same venue with both Cronyn and Jessica Tandy. After a season at the Arena Stage in Washington, D.C., she was cast in the national touring company of *Barefoot in the Park*, directed by Mike Nichols and recreated the role in the critically acclaimed London company and later on Broadway.

Joan van Ark began 2013 by reprising her iconic character, Valene Ewing, on TNT's smash *Dallas* reboot, a role she played for a combined 15 seasons on *Dallas* and *Knots Landing*. Also in January, the



Joan and Brian Bedford on Broadway in *School for Wives*

Tony nominated actress appeared as a celebrity judge on *RuPaul's Drag Race*, the PBS special on *Prime Time Soap Icons* and the indie feature *Watercolor Postcards*. She has earned six nominations and won two Soap Opera Digest Awards for Best Actress. She also appeared for a season on CBS's *The Young and the Restless*, creating the role of Gloria Fisher. Prior to her role on *Knots Landing*, van Ark was also a series regular on the TV sitcoms *Temperatures Rising* and *We've Got Each Other*. As a director, she was nominated for the prestigious Humanitas Award for an ABC Afterschool Special in which she also co-starred.

Her other film efforts include two independent features, *Net Games* and *Diamond Zero* with Tippi Hedren, *Held for Ransom* with Dennis Hopper and *Up Michigan*. Her television movie credits include: *Tornado Watch*, *When the Darkman Calls*, *Moment of Truth: A Mother's*

Deception, In the Shadows: Someone's Watching (actor/producer), *Menu for Murder*, *Always Remember I Love You*, *My First Love* and *Shakedown on the Sunset Strip*. She also starred as the Vice President of the United States in the FOX Family telefilm *Loyal Opposition* and television episodes of *Twice in a Lifetime* and the FX comedy *Son of the Beach*. Her other more recent television appearances are on *My Name is Earl* and two appearances on FX's *Nip/Tuck*, playing a Beverly Hills cougar. Ms. van Ark also directed a short documentary on homelessness and domestic violence for the Directors Guild of America, which was nominated for an Emmy. Lifetime Television featured her career on its one hour retrospective, *Intimate Portrait*.

She earned a Tony nomination for her Broadway role in *The School for Wives* and won Broadway's Theater World Award for *The Rules of the Game*. In 2005 she appeared at the Kennedy Center in the world premiere of Tennessee Williams' *Five by Tenn* as part of the Center's Williams celebration with Sally Field, Patricia Clarkson and Kathleen Chalfant. She co-starred in the Feydeau farce *Private Fittings* at the La Jolla Playhouse, the New York theatre production of *The Exonerated* as well as the West Coast production of the off Broadway hit *Vagina Monologues* by award-winning playwright Eve Ensler. Her most recent theater appearance was in Tennessee Williams' *A Lovely Sunday for Creve Coeur* at Hartford Stage directed by Michael Wilson.

Joan is still married to her high school sweetheart, John Marshall, an award winning TV newsman. Their daughter, Vanessa, is also an accomplished actress, director and comedian. COA had the distinct pleasure of speaking with Mrs. van Ark about her life, her career and her thoughts on aging.

COA: Tell me a little bit about your upbringing. You were raised in Colorado, correct?

JVA: Absolutely, yes. I was born in New York City and I feel like I have two parts of my DNA; one is East Coast and the other Colorado cowgirl. When I was seven years old, we moved out to Colorado to this amazing hilltop in Boulder where my father was a writer and photographer for



Above: Joan and Michele Lee and Donna Mills

Above right: Broadway Program for Barefoot in the Park

Left: Joan and little lamb



Time Life magazine. He got out of the car and looked at this hilltop and said, "This is where I want to raise my family." So we all moved out to Boulder and built a house on this hilltop, which is still there. My brother lives in that house, with an almost 360 degree view of the Rocky Mountains and the Continental Divide. The rest of my family, my two brothers and sister, they're in Boulder still. That's the Colorado chapter. I go back to New York occasionally. I've done Broadway and a couple shows. I always think, whenever I start a character, "Is this the New York or the Colorado part of me?"



COA: That sounds like a pretty amazing place to grow up. Were you more into the cowgirl part of it, or were you a skier, or both?

JVA: I crushed either on the quarterback of the football team, or on the cowboys, of which there were many. In fact, I did *Annie, Get Your Gun* at the Red Rock Amphitheatre which is outside of Denver. It was a killer, gorgeous theatre. My manager just went back and saw Bob Dylan there. So I did *Annie, Get Your Gun* out there and I had, at the time, the trick rodeo riders Clarence and Cleve Griffin. I even remember their names, I can't believe it. They taught me

how to do these trick mounts so I could do them with my horse Rambler and I did it at a stadium and at Red Rock Amphitheatre. I have this hysterical picture of me in hair curlers upside-down in a costume with fishnet stockings and cowboy boots. We did the show there and it was just an amazing experience. I used to also do the rodeo, which was in Littleton. I would compete on horseback doing the barrels and races. I grew up outdoors and that's why I run now.

COA: You mentioned your father was a writer and many in your family were writers, but you became an actress. What first interested you acting and theater, instead of writing or anything else?



Joan and Ted Shakelford

JVA: Well, I mentioned the quarterbacks in high school. A quarterback in high school, while I was away on vacation, asked a friend of mine to go to the prom. He didn't ask me and I was so heartbroken with Russell James; that was his name. I credit him many times with the start of my acting career. He was a senior, I was a freshman. I expected him to ask me to the prom, but he didn't. I was so heartbroken, and I noticed there was an audition for parts in a play at the community theater in Boulder. I auditioned with a cold reading for Erma the waitress in the *Madwoman of Chaillot*. When I got up on the stage and read the monologue, you could hear a pin drop. For me, as an actress, or whatever I was—a little idiot teenager—for the audience, the director and producers and people waiting to audition, with that silence, I thought, "Who needs

boys? I think I'll try this." That's what got it started at age 14. I have since decided that I very much still love the boys.

COA: So you went on to professional theater. Do you have a favorite play that you were in?

JVA: That's like saying who your favorite child is. But I will tell you, *The School for Wives*, which was on Broadway and was my Tony-nominated performance. My amazing director and co-actor taught me. I went to the Yale Drama School straight out of high school, but he taught me in a year and a half. My daughter was very, very young at that time, so I only stayed with the tour for a few key cities like LA, San Francisco, maybe Chicago. *School for Wives* was amazing. Also Mike Nichols directed me in *Barefoot in the Park*, which was my very first major professional theater credit. Having Mike Nichols at the helm is something an actor never, ever forgets.

COA: And then you went on to television and movies. How do you feel about the difference between live theater and movies and television?

JVA: Well, basically the nucleus of it is all the same in that it's truth, truth, truth. Keep trying to tell the truth: the character, actress, all of it. It's just that in TV it has to be very subtle and nowadays even more subtle. I think the product on TV now, especially cable, is really as good as it

Joan as Valene in *Knots Landing*



gets. I think cable has just redefined film work, and wonderfully so for a rainbow of actors. It offers product and material that is just amazing. For theater of course, you've got to hit the back of the house seamlessly, you can't push it. It's just a bigger scale, to state the obvious.

COA: I understand that you were named after Joan of Arc, because your father was certain that you'd become famous. At what point did you personally feel you had fulfilled that?

JVA: I still don't think I've fulfilled that. I still don't. I'm so not done. It's just an evolution, it's something that never stops. You keep trying to be better and stronger, and more aware and fluid. That's the thing I realize as I age, that you can't get locked in your way. One shouldn't do that anyway. You can't say, "This is the way it used to be." You can't think that, because it's just not true. Every moment, everything is being redefined, and you have to keep up with that, and stay on top of that, and be available to do that. Tweak your process, tweak your performance, all of it. You have to keep being ready to tweak it.

COA: Your character in *Knots Landing* was originally just supposed to be just a one-time appearance. So what do you think inspired her longevity and then a spin-off?

Joan with Alec Baldwin and Julie Harris



Joan in Five by Tenn at Kennedy Center

JVA: I just dug deep with her and into her. I usually read a script or offer and I immediately say, "Can I get inside of her?" I remember when I got to Dallas, and it all happened very fast,

because they had someone lined up and that fell through, but it was a fast kind of thing.

Television rhythm is even more rapid now. So I jumped in really fast and I remember arriving in the cab to go to my hotel to start wardrobe fittings and I remember sitting in the car and talking to the driver, and trying to pretend that I was from Dallas too. I kept trying to make him talk so that I could pick up the way that she would've talked and sounded. That was sort of my homework. I went deep, which is what I see, when I'm in the Directors Guild of America, in



Joan with David Dukes in *School for Wives*

Joaquin Phoenix who is popular with the group of actors. He goes like Christian Bale did in *The Fighter*. You have to commit that fully to really mine the gold of a character. Every time I see a performance like that, it's what I strive to do. I'm lucky enough to be given a character like that. Maybe that's what made Joan jump into Valene, and just give it all I had. I never, ever dreamed that it would lead to a total 15 years of employment and living with a character, but that's how I went at her.

COA: When you have a character that long, by the end of the 15 years, are you done with her or do you still care for her?

JVA: A little bit of both. I'm definitely grateful for her, because she is probably what I'm known for the most. However, I am just wild to recreate a lady, to bring someone else that's my quest, (like a grandma biker.) I don't know. I'm just wild to find another lady and fill her silhouette and flesh her out and give ying-yang to Valene who was so good to me for 15 plus years.

COA: I'll be interviewing Michelle Lee soon. She worked with you on *Knots Landing*. How was it to work with her?

JVA: I hope she will echo this, but there are maybe three or four people who are just in my life forever, and she is right at the top of the list. We are just intertwined like crazy. She is in my DNA for the rest of my life because of the time we shared together.

COA: Speaking of your 15 years in that character and on that show, and more recent shows like *Nip/Tuck* and *Archer*, how is television different today as an actor than it was back then, or is it much different?

JVA: It's definitely different. It is way different. Again, the rhythm of production now, because time is money more than ever. You may get a call at 6 pm for something at 8 or 9 the next day. I have heard what I would consider horror stories as an actress of scenes being brought down to the set. Just as you're about to start one scene, they bring a rewrite of another scene down to the set and they hand the pages to the actors. Things are done at a mach speed now. I had a manager say

to me, "You have to be sure you're ready to jump on the hamster wheel to be a part of what is television right now." It's such an image to me. I have to say, too, that for divas, since my brand isn't the bag lady, but for someone who strives for glamour or a look or a brand, you're on a hamster wheel just keeping it together. My running has been something I started just after *Barefoot in the Park* in London, which was the beginning of my career. I feel like a person has to break a sweat everyday, a workout sweat. I do ten plus miles everyday, with running shoes and tights and everything. I'm kind of proud of this: I've done 14 marathons, including Boston, which you have to qualify for. You have to do a three and a half hour run in order to qualify to do the Boston Marathon.

COA: Do you have any other secrets for staying in shape or youthful?

JVA: I study whatever I have to do that day in the sauna. I sauna almost every day. I have calisthenics and a sit-up machine that I use. For me, I work out mental stress and problems and solutions when I'm moving. I remember reading once that in Germany they took seven to 12 year old students and tried to teach them difficult passages of music. They found that when the kids were on a bike or something where they were physical, they absorbed it and retained it, three or four times as fast. Motion and activity help detoxify the riff-raff and crystallizes what is important. You get priority strength, which is why I love to work out.

COA: You've had a very long marriage to your high school sweetheart since 1966.



Joan with Michele Lee and Donna Mills

JVA: I don't know, I hate numbers.

COA: Well it's been very long by Hollywood standards. What's your secret to keeping the romance alive in a Hollywood marriage?

JVA: Well my husband's frequent separations and frequent loss of hearing. That's probably it. I don't know, he's my best friend, other than my own siblings Carol, Mark and Dexter. My husband is my soul mate. That's not to say it isn't work, because everything that's worthwhile is work, but he's my partner. I am really blessed, especially in this business, that I have someone who shares my highs and lows and all the battles.

COA: Speaking of men, you've had the pleasure of working with many attractive and well-respected male actors. Do you have a favorite male counterpart?

JVA: Yes. Ted Shackelford. That pops right out. I don't know if it's because we're about to shoot together. We're going to Dallas to take part in the

Dallas reunion. David Duke was another one; he played opposite me in *School for Wives*. He was a brilliant actor who left us way too soon. He was on location shooting a TV movie playing a game of tennis and halfway through the game he didn't feel so well. He walked over to the water cooler and just dropped dead. It's horrible. I tend to become close to whomever it might be, because it's so amazing, I've talked about the rhythm of television and theater, but the truth is you become family when you're on a movie or TV shoot. And then you may not see them for a long time if at all again. It's a wonderful but strange existence when you become intensely close and then you don't see them. But you become family almost.

COA: You mentioned the *Dallas* project. What are some of your other recent or upcoming projects?

JVA: I have something I'm very proud of, which is an independent feature. I have always told my manager, "Find me someone unexpected." This is an independent feature that I filmed last April or May. It's called *Watercolor Postcards*. It's being submitted to Sundance and all the festivals right now. A young actress, Bailee Madison, who's played everybody's daughter, plays my daughter. It's dirt-poor Texas and she's terminal with cancer, and she can't afford chemo or radiation. So Bailee goes to the local store and gets a bottle of vodka and becomes an alcoholic terminal cancer patient. For me, anyway, I thought this was a gift. They spray-painted me white and gave me sunspots. It could not have been more of a polar opposite of what I usually strive to present on camera or on stage. I play this kind of completely out of it kind of woman. They edit it together and they're very happy with it. I talked to the director a couple weeks ago, and he said they're submitting it to all these different festivals. I also did a webisode, where I was in a takeoff of *Toddlers & Tiaras*, called *Pretty*. There's an indie soaps award that is a big event in New York City, and I won best comedy guest award, which I still haven't gotten, because the director picked it up for me. I'm kind of proud

of that, because I went to film it and I said, "You do with me whatever you want me to look like." I'm sort of the senior version of the young, little girl toddlers. It's hysterical. It's on the web. I wouldn't know it was me; it was scary. I have the same little outfit that the little girl version wore and I'm wearing it at age 95. I've got a tiara on my head and a banner. Senior *Toddlers & Tiaras*. It was just hysterical. It feels like you've got to take chances, make voyages, attempt them, because there is nothing else. I have to release some of the rules and things I have that I thought were the way they were supposed to be. Like I said, be fluid and let the perfectionist part go. I'm a celebrity judge on something that is upcoming during the spring. I had to sign a confidentiality clause so that I wouldn't say, but it's an iconic show that is on cable. I love it desperately. Also the Paley Museum of Broadcasting, which is out here and in New York, has this insane exhibit. I've never seen myself as a dummy in a museum. Warner Brothers is doing a Ladies of the 80s exhibit of all these clothes we wore during the 80s.

COA: Are you involved heavily in any specific charities?

JVA: Yes. The Barbara Davis Juvenile Diabetes Center in Denver throws the Carousel Ball, which is like the Oscars every other year. We just went to it a couple weeks ago. It rivals the Oscars. I started with it because I'm from Boulder and the Center is in Denver. My nephew goes to it, that's how I became aware of it. I wrote a letter that said, "I'm here to do whatever I can do to help." So we started going to the Carousel Balls, I spoke at luncheons they gave in Denver, etc. I'm very much a part of that. And then there's another group, the Anne Douglas Center in Los Angeles, which is for women off the street to rehabilitate and spend nine months to a year in this dormitory to get them clean and sober again, and then try to phase them back into society with jobs. It's an amazing program for women. Kirk Douglas' wife runs it. There's a celebrity group that participates in the fundraising events and we did it when they give gifts at Christmas.

COA: Your daughter Vanessa is also an accomplished performer and actress. Did she always want to follow in your footsteps and how did you feel about that?

JVA: She didn't want to follow my footsteps at all, and that's why I'm more proud of her. She has kind of created her own kingdom, if you will, because she is literally the voiceover queen of Los Angeles at least. She has a studio right in her house where she records. She can edit. We auditioned for a commercial for a drug store in Florida, but didn't get it. We were one of two they were deciding on to do the commercial. But Vanessa does voiceovers here, there and everywhere. You'll hear her voice and see her face. She did the promos for *Big Brother* for CBS all during the summer. She did *Dog in the City* for CBS. She does promos, she does commercials, she does animation. She's everywhere, I mean everywhere. She did an American Express thing that I think should go in the time capsule. It's elegant and clean and she's amazing. That's her own world and her own realm and she evolved and created that and I'm so proud of her. She should in fact have chased the actress part, because she's a brilliant actress. We did a show together, *Stardust*, and she wipes me off the stage.

COA: Any plans to retire? I think I know the answer, but I'll ask anyway.

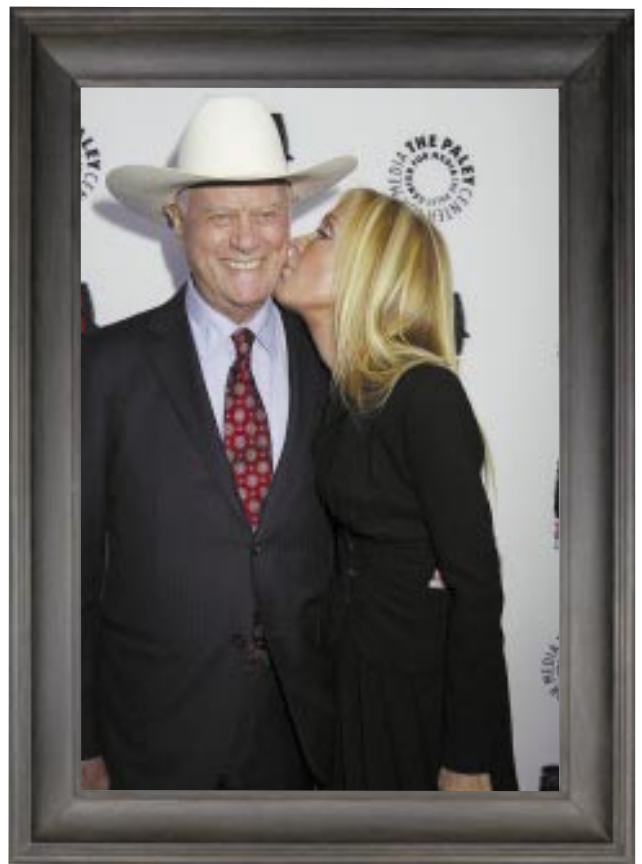
JVA: There's no such word for an actor.

COA: What's your idea of a perfect day?

JVA: That's a beautiful question. I guess sleeping late, which I always do, and doing a long run with clean air, and then having whatever the hell I want for dinner—Italian, probably Italian.

COA: Is there anything else you'd like to mention?

JVA: I just think, you know, basically the word "senior" or "ma'am" or "matron" are just the



Joan with Larry Hagman

worst words in the English language. I just want to kick people in the groin when they say that. But when it's in the South, it's more of a respect thing. I want to say, while still being positive, that aging sucks. But these days, there's so many magnificent ways to just stay full and happy and productive, and there's no such thing as aging as a downer. This couldn't be a better time for everything to be as much as you want it to be. I think there's more. There's just more, more, more. It's not a descending thing, unless you allow it to be that. Stay positive and have a sense of humor. We all, for whatever reason, tend to get down. But there's little things you can do that remind you of who you really are and you got to honor that and respect that and attribute yourself so you keep yourself up. **COA**

Rat Pack Reunion 2013 Save the Date – October 25



2013 Rat Pack Honorees: Mike Papantonio, Teri Levin, Quint Studer and Brian Spencer



And the honorees are.....We are proud to have recently announced the names of those to be honored at this year's Rat Pack Reunion fundraiser. Congratulations and many thanks to Teri Levin, Mike Papantonio, Brian Spencer and Quint Studer. These four community leaders, who are being recognized for their business leadership and service to our community, were officially presented as our 2013 Rat Pack Reunion honorees at a recent photo shoot cocktail party at Jewelers Trade Shop hosted by Corbett and DeeDee Davis. The big event will be Friday, October 25. Please mark your calendars!

Thanks Greek Festival



Council on Aging of West Florida was honored as the benefitting charity of the Annunciation Greek Orthodox Church of Pensacola's 2012 Greek Festival of Pensacola. The three-day festival has become one of the area's signature fall festivals. The festival committee recently presented us with a check for \$2,500. Many thanks to the festival committee for selecting us and the public for supporting the festival. Special thanks also to Stavroula "Stella" Thagouras Brock, one of our staff members, for increasing awareness within the church of our agency and what we do for the community.

BBB Accredited Charity



The Better Business Bureau of Northwest Florida recently renewed our designation as a BBB Accredited Charity through 2015. Council on Aging of West Florida successfully passed all 20 of the BBB Wise Giving Alliance's Standards for Charity Accountability. We are proud to say that we are one of fewer than a dozen

area charities to earn the voluntary designation. The BBB Wise Giving Alliance helps donors make informed giving decisions and advances high standards of conduct among organizations that solicit contributions from the public. Council on Aging of West Florida has been a BBB Accredited Charity since 2006. Accredited charities are reviewed every two years. For more information about the BBB Wise Giving Alliance's Standards for Charity Accountability, please visit www.nwfl.bbb.org/Wise-Giving or call 850-429-0002.

Thanks AT&T TelecomPioneers



Dave Fleming, John Haber, Mildred Ingram and Nancy Duncan present check to Jeff Nall, our vice-president of communication and development

We would like to express our appreciation to the AT&T Telecom Pioneers for stopping by with a donation. The group has been a long time supporter of our agency and our mission. Thanks, Pioneers!

Welcome New Board Members

We would like to welcome Jim Barnett, Ed. D., Rabbi Joel Fleekop, Windy Levin, Tara Peterson and Diane L. Scott, Ph. D. to our board of directors. We are very fortunate to have such a great board of directors comprised of community leaders from Escambia and Santa Rosa Counties.

Pine Meadow Veterinary Clinic's 2013 Charity Pet Calendar a Huge Success



Jenafer Pulmano, Pine Meadow Veterinary Clinic's office manager, and Margaret Jerauld, our community services director.

In our last issue we told you about the Pine Meadow Veterinary Clinic's 2013 Charity Pet Calendar. Dr. Lance Coy and his staff have been doing this for several years with 100 percent of proceeds benefitting the Council on Aging of West Florida's Meals on Wheels Program. The clinic and its clients will also donate pet food and supplies to be delivered to local home-bound seniors with companion animals. Thanks to

community support, the clinic was able to donate \$400 in monetary proceeds and 300 pounds of pet food. Thanks Dr. Coy, Pine Meadow Veterinary Clinic and all the pet lovers out there that helped make the donations possible.

Welcome New Coming of Age TV Sponsor – Baptist Medical Group



We would like to welcome Baptist Medical Group as the 2013 sponsor of our *Coming of Age* television program. The program covers a wide variety of senior-related topics. Each 30-minute program consists of interviews with three local experts. New programs are recorded monthly and air on WUWF-TV, Cox Cable Channel 4 (Escambia County) Monday, Wednesdays and Fridays at 7 PM and Tuesdays and Thursdays at 9 AM. For individuals in Santa Rosa County and beyond, each segment from the program is uploaded to our YouTube Channel. The channel serves as a resource library for those looking for information relevant to seniors and

caregivers. Thanks Baptist Medical Group and its more than 100 caring physicians serving the Gulf Coast.



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 222-2503 or email sholtry@coawfla.org.

Upcoming Outings:

Friday, April 12 Gulf Shores Zoo
Friday, April 19 Big Lagoon State Park
Friday, May 3 Crestview Park
Friday, May 10 Butterfly House
Friday, June 7 Gulf Islands State Park
Friday, June 14 Orange Beach Park



25th Riverwalk Arts Festival

Saturday, March 23, 2013, 10 am-7 pm

Sunday, March 24, 2013, 10 am-5 pm

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visit www.santarosaarts.org.



An Evening Under the Stars - Star Gazing Event

Friday, April 19, 2013

Saturday, April 20, 2013

Sunset, weather permitting
Gulfside Pavilion,
Pensacola Beach

Free

Discover the greatness of
the night sky on beautiful
Pensacola Beach. The
Escambia Amateur Astronomers' Association will
offer free star gazing at the Gulfside Pavilion.
Telescopes and binoculars will be set up for
views of: the moon, planets and other celestial
objects just before sunset, clear skies permitting.
Free parking is available in the Casino Beach
parking lot, near the Beach Ball Water Tower.



"Viva Pensacola!" JazzFest 2013

Monday, April 1, 2013 - Sunday, April 7, 2013

Times and locations vary

Most events are free

This year marks
the 30th anniversary
of JazzFest and Jazz
Society of Pensacola
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scheduled for April
1 through 7, 2013,
will be a city-wide
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music in a variety
of venues. All over
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Pensacola Beach,
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Jazz—Big Band,
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Orleans and Latin—along with Gospel, Blues
and much more, will be presented. For
complete schedule and prices, call 433-8382 or
visit www.jazzpensacola.com.




Christopher's Concerts

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on three sides of the church. The schedule of
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April 4: Clark and Company (variety)
April 11: Reunion Band (classic rock)
April 18: Not Quite Fab (Beatles group)
April 25: Swingin' Dick Tracys (pop, swing, vocals)
May 2: Al Martin group (piano jazz)
May 9: The Modern Eldorados (contemporary
western)
May 16: Dizzy Juke Band (blues with guitarist J.
B. Lawson)
May 23: Mr. Big (pop, swing, jazz)
May 30: To be announced (rain date)
For more information, call 433-0074 or visit
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At University Pines, all-inclusive month-to-month rent includes:

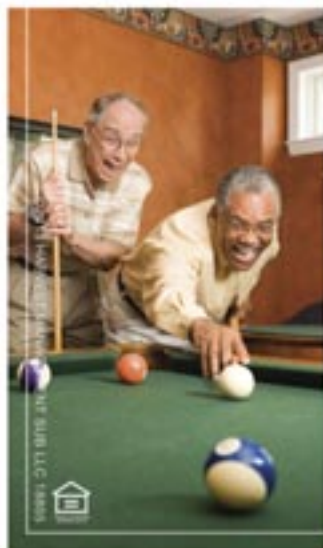
- Three chef-prepared meals daily
- 24/7 live-in managers
- Weekly housekeeping and linen service
- Scheduled transportation
- An emergency call system
- A full calendar of enriching activities
- Exclusive travel program
- And so much more

Please call us at 850-308-5338 today for a complimentary meal and visit.*

HOLIDAY | **University Pines**
RETIREMENT | Independent Retirement Living

8991 University Parkway, Pensacola, FL 32514
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*See management for details.





You *deserve extra help.*
We're here.

If you have limited income and resources, you may qualify for extra help paying for coverage.

If you're eligible for Medicare, you deserve to get all the coverage you can. And if you have limited income and resources, you may qualify for extra help paying for it. Speak to a WellCare Representative to learn how our variety of Medicare Advantage plans can help you get the right care at a cost that's right for you. Along with our dedication to personal service, we offer great benefits like:

- \$0 monthly plan premium
- \$0 or low co-payments
- Prescription drug coverage
- Dental, vision and hearing coverage
- FREE fitness center membership
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**Make sure you have the health care coverage you need
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**Call 1-877-MY-WELLCARE | TTY 711
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Find out more at an event in your area.

WellCare is a Medicare Advantage organization with a Medicare contract. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, co-payments and restrictions may apply. Benefits, formulary, pharmacy network, premium and/or co-payments/coinsurance may change on January 1 of each year. Premiums, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. WellCare uses a formulary. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-877-699-3552 (TTY 711). There is no obligation to enroll. A variety of Medicare Advantage, Part D and Special Needs plans may be discussed. You must continue to pay your Medicare Part B premium. If you meet certain eligibility requirements for both Medicare and Medicaid, your Part B premiums may be covered in full. Some plans are available to those who have medical assistance from both the state and Medicare. Please contact WellCare for details.