



Lunch & Learn . . . & True Love

Gloria Keeney grew up in West Palm Beach, was a travel agent and now works for Aging with Dignity, has been divorced for 20 years, and has three adult kids and a cat.

George Lay grew up in a small town in southern Alabama, retired after a career in the military, has been a widower for two years, and has two adult kids and two cocker spaniels.

Gloria and George were made for each other. They met at the Fort Braden Lunch & Learn in May 2016. Their wedding will be in March 2017.

For both of them, attending Lunch & Learn on that day was a last-minute choice. Gloria is a regular exhibitor, talking with participants about Aging with Dignity's Five Wishes living will, but she wasn't on the schedule for that particular day. Gloria got a last-minute phone call from Senior Outreach asking if she could fill in for an exhibitor who couldn't make it, and Gloria said yes. Meanwhile, George had just gotten cleared by his doctor to drive after recovering from a hip replacement, and he decided on the spur of the moment to stop by Lunch & Learn. "I'd been to L&L once before," said George. "It was a spontaneous decision to go."

At the start of every L&L program, the exhibitors introduce themselves. A volunteer says a prayer. "If nobody else offers, I'll do it," Gloria says, and that day she was the one to say it. George says, "That's when I really noticed her. I thought, I ought to go talk to this lady." After the prayer and introductions, Gloria went

back to her exhibit table. George went to her table, too. He says, "I thumbed through the Five Wishes document to find a question to ask her."

Gloria describes what happened next. "I thought he was very nice and also just a little shy. I said, Here's my card. When you're in Tallahassee, come to the office and I'll give you a little tour. He said, 'What is there to see in your office?' I looked at him and started laughing. I replied 'not much.' Sure enough, a few days later I got an email. He came by and I gave him the two-minute tour. We talked for about half an hour. I said, Well, I have to get back to work. He replied, One last question. 'Would you consider going out with a much older man?' I said, Yes, I would. But you're not that much older. We went out to lunch that day. I had a very good idea that he was the man for me on our first date, at lunch."

Gloria and George started seeing each other regularly after that. In October, he proposed. "It wasn't really a Hollywood moment," Gloria says. "I joke that if he went down on one knee, I'd have to help him get up."

For wedding gifts, they are asking for donations to the Tallahassee Senior Center. Why? "When I lost my friend Judy Davis, I knew how much the Senior Center meant to her. It was her lifeline," Gloria says. "They really love people. That's the real reason."

Love is, truly, the real reason.

Congratulations, George and Gloria!



Leon County Senior Gazette

Susan P. Davis, *Editor*

Audrey Byrne, *Asst. Ed.*

Karla Brandt, *Feature Writer &*

Layout Designer

Susan P. Davis, *Coordinator*

Karen Boebinger, *GaP Coord.*

Nancy Gentry, *Program Asst.*

Leon County Senior Outreach

Scott Harrell, *Board President,*

Tallahassee Senior Foundation

Leon County Senior Outreach

1400 North Monroe Street

Tallahassee, FL 32303

891-4065

susan.davis@talgov.com

www.leoncountyfl.gov

Leon County Senior Outreach Advisory Council

Suzanne Baker

Gloria Barber

Heidi Copeland

Martha Coppins

David Hall

Ouida Harmon

Jane Jackson

Mary Johnson

Jean Munn

Leslie Spencer

Lew Wilson

Leon County Senior Outreach is a program of the Tallahassee Senior Foundation, funded by the Leon County Commission and private donations.

Catch our news electronically

→ On Facebook at www.facebook.com/TallahasseeSeniorCenter

→ At www.talgov.com/seniors

→ At www.leoncountyfl.gov (click on Departments in the left column; then scroll down and click on Senior Outreach, under "Other." The Outreach page has a link to the Senior Gazette in the right column)

Snowy Broccoli and Cauliflower

Makes 6 servings

- 1 pound broccoli florets
- 1 pound cauliflower florets
- 2 cups water
- 1/2 tsp salt
- about 1 cup low-fat milk
- 5 Tbsp butter
- 4 Tbsp unbleached flour
- salt and pepper to taste
- 1 Tbsp chopped fresh rosemary, or
1 tsp dried
- 1 Tbsp chopped fresh thyme, or
1 tsp dried
- dash of ground nutmeg
- 2 Tbsp fine dry breadcrumbs
- 2 Tbsp grated Parmesan cheese
- 1/8 tsp paprika



In a large saucepan, bring water and 1/2 tsp salt to boil. Add broccoli and cauliflower; cook just until slightly tender yet crisp. Drain broccoli and cauliflower, keeping the liquid. Add enough milk to the liquid to make 2 1/2 cups. Put drained vegetables in a shallow 2-quart baking dish.

Melt 3 Tbsp butter in the saucepan over medium heat. Blend in the flour, stirring until smooth and bubbly. Gradually stir in milk mixture. Cook, stirring constantly, until thickened and smooth. Season with salt, pepper, herbs, and nutmeg.

Pour sauce over broccoli and cauliflower. Dot with remaining 2 Tbsp butter. Combine breadcrumbs, Parmesan cheese, and paprika; sprinkle over vegetables. Bake at 450 degrees for about 20 minutes, until casserole is bubbly.

Recipe adapted from
Florida Department of Agriculture and Consumer Services
www.freshfromflorida.com

Want to know more about dementia?

THE COLLEGE OF MEDICINE

The 32nd Annual Alzheimer's Disease Education and Training Conference is for you!

Saturday, February 18, 8 am - 3 pm
FSU College of Medicine
1115 West Call Street, Tallahassee



Alzheimer's Project, Inc. and the FSU College of Medicine present an event for everyone interested in dementia. Topics include legal and financial matters, home activities, nutrition, medication management, normal aging vs. dementia, and healthy practices for mind, body, and spirit. There's a track especially for caregivers and another for health professionals.

The keynote speaker is Dr. Ken Brummel-Smith of FSU's Department of Geriatrics, who will talk about Person-Centered Care. His credentials are long and impressive, and his speaking style is down to earth, informative, energizing, and funny.

The event is free, but pre-registration is encourage. Parking, Continental breakfast, lunch, and on-site respite care will be provided at no charge. Pre-registration deadline is Tuesday, February 14.

You can also register at the conference. To register online, go to www.surveymonkey.com/r/AlzConf2017. To register by phone or email or to get more information, contact Stephanie Pollack, Alzheimer's Project Outreach Manager, at **386-2778** or stephanie@alzheimersproject.org.



*Stephanie
Pollack*

Alzheimer's Project, Inc., presents —

Powerful Tools for Caregivers class starting in February

Are you taking care of someone with dementia? Learn how to take care of yourself with a free class offered by Alzheimer's Project, Inc. The program is taught in two-hour classes once a week for six weeks. You'll learn techniques to help you reduce stress, talk to family members and healthcare providers about your needs, deal with difficult feelings, and make tough caregiving decisions.

For more information or to register, call Megan at **386-2778**. Respite care is available, but you must ask for it when you register. The series starts on Wednesday, February 1. You can still register even if you miss the first class.

New developments in dementia research

Dr. Antonio Terracciano of the FSU College of Medicine's Department of Geriatrics alerted the Gazette to two exciting findings.

The first, published in November 2016 in *JAMA Internal Medicine*, found that dementia is decreasing in Americans. The study compared two different groups of people 65 and up: one group in the year 2000 and the other in 2012. Dementia decreased by almost 3 percent (from 11.6 to 8.8 percent). "More years of education was associated with a lower risk for dementia," according to the study.

On the medical front, Dr. Terracciano said that many drugs have been tested to reduce amyloid plaques in the brain -- one of the telltale signs of Alzheimer's -- but until now, there's been little success. "Recent positive results are hopeful," he said, citing a paper in the September 1, 2016, issue

of *Nature*. The paper recounts what happened after a drug called aducanumab was given to people with early-stage Alzheimer's disease. After a year of treatment, brain scans showed that the drug significantly reduced plaques. Even more encouraging, the drug also slowed the progression of the disease. A lot more research and testing must be done before the drug becomes available, but now there's hope.

One of Dr. Terracciano's many research interests is the Powerful Tools for Caregivers program offered by Alzheimer's Project, Inc. "People focus on loss of memory, but there are other changes -- seeing their loved one more depressed, more aggressive or agitated," he said. This program "educates caregivers about the variety of symptoms and teaches caregivers to take better care of themselves." See above for more information about the program.



Leon County Senior Outreach

February / March 2017

Bradfordville ❖ Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Rd

Bradfordville Lunch and Learn: Wed, Feb 8 & Mar 8, 10:30 am – 12:30 pm. Lunch \$6

Bradfordville Classes ❖ NE Branch Library, 5513 Thomasville Rd

For Bradfordville fitness classes, due to limited class size, please call the instructor (510-2801) to check availability before attending your first class.

Senior Fitness I (Beginners): Tues & Fri, 9:30 – 10:15 am. \$2 per class

Senior Fitness II (Beginners): Tues & Fri, 10:30 – 11:15 am. \$2 per class

Senior Fitness III: Tues & Fri, 11:30 am – 12:30 pm. \$2 per class

Senior Fitness IV: Tues & Fri, 1 – 2 pm. \$2 per class

Draw with Your Eyes, Paint with Your Heart. Instructor: Mark Fletcher. Wed 1:30 – 4 pm. Ongoing beginning Jan. 18. Beginners and intermediates. \$9 for 50+, \$11 others, per session. No pre-registration required. Ask Leslie Puckett for the art supply list before you come (Leslie.Puckett@talgov.com or 891-4016).

Watercolor. Instructor: Eluster Richardson. Thurs 1:30 – 4 pm, Feb 16 – April 6 (eight weeks). Intermediate level. \$72 for 50+, \$88 others. To register, call 891-4016 by Wed, Feb 8

LifeLong Learning: Iceland: Land of Fire & Ice. Mon 10 – 11:30 am, Jan 23 & 30, Feb 6 & 13. \$5 per class for seniors (50+); \$7 others. Registration required. Call 891-4033

Invasive Species & Their Impact on Florida. Mon 10 – 11:30 am, Feb 27, Mar 6, 13 & 20. \$5 per class for 50+; \$7 others. Registration required. Call 891-4033

Bradfordville Historic Schoolhouse ❖ 6808 Beech Ridge Trail

Social Bridge: Mon, 12 – 3:30 pm. \$1 per class

Chaires-Capitola ❖ Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Lunch and Learn: Tues, Feb 28 & Mar 28. 10:30 am – 12:30 pm. Lunch \$6

Seated Exercise: Tues & Thurs, 9:30 – 10:30 am. \$2 per class

Senior Fitness: Mon, Wed, & Fri, 8:30 – 9:30 am. \$2 per class

Fort Braden ❖ Fort Braden Community Center, 16387 Blountstown Hwy

Fort Braden Lunch and Learn: Tues, Feb 21 & Mar 21, 10:30 am – 12:30 pm. Lunch \$6

Senior Fitness: Mon & Wed, 10:30 – 11:30 am. \$2 per class

Painting with Oils. Instructor: Robert DeWitt Smith. Thurs 2 – 4:30 pm, Feb 16 – April 6 (eight weeks). Some experience with oil painting preferable. \$72 for 50+, \$88 others. To register, call 891-4016 by Thurs, Feb 16

Lake Jackson ❖ Lake Jackson Community Center, 3840 North Monroe St

Lake Jackson Lunch and Learn: Thurs, Feb 16 & Mar 16, 10:30 am – 12:30 pm. Lunch \$6

Mindful Movement: Thurs 1 – 2 pm. \$2 per class

Canasta, Cards & Games: Tues 1 – 4 pm. \$1 per class

Watercolor Painting. Instructor: Linda Pelc. Mon 1 – 3:30 pm, Feb 13 – April 17 (skip Mar 20 & 27, eight classes). Beginners and continuing beginners. \$72 for 50+, \$88 others. To register, call 891-4016 by Mon, Feb 6

Micosukee ❖ Micosukee Community Center, 13887 Moccasin Gap Rd

Micosukee Lunch and Learn: Thurs, Feb 2 & Mar 2, 10:30 am – 12:30 pm. Lunch \$6

Bus Trip to WalMart: Fri, Feb 3 & Mar 3, 10 am – 12:30 pm. \$2 round-trip

Senior Fitness: Tues & Thurs 11:15 am – noon. \$2 per class

Computer Class: Fri, Jan 13 & 27, 10 am – 12 pm. \$1 per class

(continued on next page)

Calendar

Call 891-4065 or 891-4049 for more information



Woodville ♦ Woodville Community Center, 8000 Old Woodville Rd

Woodville Lunch and Learn: Thurs, Feb 9 & Mar 9, 10:30 am – 12:30 pm. \$6 per person

Senior Fitness: Mon & Wed 8:30 – 9:30 am. \$2 per class

***Ageless Grace fitness class:** Tues, Mar 7, 14, 21 & 28, 10 – 11 am. \$2 per class. See below for more information

Grandparents as Parents (GaP)

GaP Support Lunch

Wed, Feb 22 and March 29, 12 – 1:30 pm
Leon County Public Library
200 W. Park Avenue, Program Room A

Complimentary lunch provided for grandparents and other relative caregivers. Reservations required for all attending. Call Karen Boebinger at **891-4027** or email karen.boebinger@talgov.com.

NEW! GaP Support Group

Fri, Feb 10 and March 10, 11 am - 12 pm
Jake Gaither Community Center
801 Bragg Dr.

Join other grandparents raising their grandchildren to discuss your unique situation. No reservations necessary.

*NEW! AGELESS GRACE at Woodville Community Center

Tues, Mar 7, 14, 21 & 28, 10 – 11 am

Learn the 21 Simple Tools for Lifelong Comfort and Ease! Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all five functions of the brain: analytical, strategic, creativity and imagination, memory/recall, and kinesthetic learning. It simultaneously addresses all 21 physical skills needed for lifelong optimal function. The program consists of 21 simple exercises and is based on natural movement. Ageless Grace is focused on healthy longevity of the body and mind. Offered by TMH. Instructor: Margi McClearn. \$2 per class

CAPITAL CITY SENIOR GAMES

March 4-13

Pick up registration forms at 912 Myers Park Drive or Tallahassee Senior Center, 1400 N. Monroe Street; online at talgov.com/seniorgames

In Memoriam



Della Wiggins Stephens

Della passed on
Thursday, January 12.

She will leave a huge gap in the Miccosukee community because she did everything for everybody.

Thank you, Della.

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Lunch and Learn events as exhibitors. However, it is our policy not to endorse, recommend, or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.



Leon County
Senior
Outreach



Come Join the Fun!



Can We Count On Your Support?

Please join the Tallahassee Senior Foundation today! Your contribution pays for programs and enhances services.

Thanks for being a "key" to active, healthy aging in our community!

___ \$25 Senior (age 50 and over)	___ \$120 Friends Key Holder	___ \$1,020 Gold Key Holder
___ \$35 Friend (under age 50)	___ \$240 Bronze Key Holder	___ \$2,520 Platinum Key Holder
___ \$40 Senior Couple	___ \$540 Silver Key Holder	___ \$5,040 Diamond Key Holder
___ \$50 Non-Profit Organization		

_____ *Please dedicate my contribution directly to the Leon County Senior Outreach Program.*

Name _____ Phone _____

Address _____

Make your check out to *Tallahassee Senior Foundation* and send it to:
Leon County Senior Outreach, 1400 N. Monroe Street, Tallahassee, FL 32303

A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) within the state or visiting www.800helpfla.com. Registration does not imply endorsement, approval, or recommendation by the State. Registration #ch8035

Ask the Resource Coordinator

Q: Where can I get free help with filling out my income tax return?

A: Volunteer Income Tax Assistance (VITA) offers free tax preparation by IRS-certified volunteers at sites throughout the Big Bend during tax season. The service is fast, free, and confidential, says Kyndra Freeman of the United Way of the Big Bend, the agency that runs the program.

VITA's website maintains a list of places in and around Tallahassee where you can get help with your personal tax return. VITA cannot help with returns for corporations, businesses, or rental properties. The service is meant for people with incomes less than \$65,000. Find the list of sites, advice on what to bring with you, and much more at uwbb.org/vita. At press time, the following sites are on the list to host VITA volunteers. This information is subject to change by the time tax season gets into full swing in February, so you might want to double-check with the site or at VITA's website.

The VITA program offers a mobile unit that can come for a day or more to agencies and business locations outside Tallahassee. Call the United Way of the Big Bend at **414-0844** for more information.

Walk-ins are welcome:

- Godby High School Academy of Finance, 1717 West Tharpe Street: Mon: 2 – 8 pm; closed March 13
- Smith-Williams Service Center, 2295 Pasco Street: Tues & Thurs, 5 – 7:30 pm; Sat: 9 am – 2 pm
- Lively Technical Center, 500 N. Appleyard Drive (hours to be announced)

The following sites are operated by AARP Tax-Aide:

By appointment only: Tallahassee Senior Center, 1400 N Monroe Street. Call **891-4030**

First come, first served only: Leon County Library, 200 W Park Avenue. Mon – Sat, 1 – 4:30 pm. No advance appointments; you must come to the library in person. Please do not call the library to make an appointment. Kyndra advises going there before 1 pm to get your name on the list. Consider going as early in the season as you can to avoid the last-minute rush.

Walk-ins are welcome, or you can make an appointment:

- Capital City Christian Church, 6115 Mahan Drive. **877-7315**. Mon, Tues, & Thurs, 5 – 9 pm
- First Presbyterian Church, 110 N Adams Street. **222-4504**. Mon, Tues, Thurs, & Fri, 11 am – 3 pm

Direct your questions to the Senior Resource Coordinator by calling 891-4043.

Leon County Senior Outreach Program
Tallahassee Senior Foundation
1400 North Monroe Street
Tallahassee, Florida 32303

Non-Profit Org.
U.S. Postage
PAID
Tallahassee, FL
Permit No. 01111

Return Service Requested

Welcome to the bimonthly *Leon County Senior Gazette*! Look for this informative newsletter every other month.

Don't forget to check the calendar page inside to get updated information on all Leon County Senior Outreach activities.

For more information, call **891-4065** or **891-4033** or email susan.davis@talgov.com.

**SPECIAL
SENIOR**

**Donna
Guthrie**



Bradfordville Lunch & Learn participant Donna Guthrie knows the reason for her longevity. "I'm a people lover," she says. "I get along with just about anybody. I don't see bad in people. I think there's something good in everyone. That's why I've gotten to 90 in such good shape."

Her long-time practice of going to the gym three times a week may have helped, too. She uses the treadmill as well as machines for stretching and strength training.

Animals are a big part of Donna's life. During our telephone interview, she mentioned that "I've got a black cat with his face about four inches from mine. He was found in an empty apartment near FSU." For 21 years, she had a Siamese cat named Syndar. "My husband was scared of her after he saw her ride a German shepherd out of the yard."

"I got my love of animals from my daddy," she says. Donna grew up in Blanchester, Ohio, where her father ran a horse farm, raising enormous draft horses and fiery five-gaited saddlebreds. She loved them all. "There's no better love than to have a horse come up and put his chin on your shoulder," she says. "I named everything on the farm with four legs, and even some of the chickens."

Donna moved to Tallahassee 65 years ago when her husband was hired as a flight instructor at the Bainbridge Army Airfield. "He was a P-51 pilot in World War II when I met him. In 1982 his helicopter went down in the Gulf."

In the face of loss, Donna has held on to her philosophy and to her sense of humor. "My love of people and laughter have kept me going," she said, proceeding to read a few lines of theology as explained by children, such as, "Noah's wife was called Joan of Ark. The Epistles were the wives of the Apostles." By the end of the list, she had me in tears from laughing so hard.

"I smile a lot, and I compliment people I don't even know. That's my philosophy: to try to make other people feel good." When I hung up the phone, I realized that Donna had succeeded.