

Leon County Senior Gazette

February/
March 2011



■ The bimonthly publication of the
Leon County Senior Outreach Program

■ Sponsored by the Tallahassee Senior Foundation



Sustainability Makes Sense and Saves Cents

How do you define "sustainability?" For Leon County, it means, in formal terms, "Meeting the needs of the present without impacting the ability for future generations to meet their own needs."

Maggie Theriot, manager of Leon County's Office of Sustainability, translates this into some down-to-earth advice. For her, sustainability means "being more efficient with the resources we have." So what can you do to maintain the quality of Leon County's--and Planet Earth's--future? And how can Leon County help you do it?

"Our programs pertain to anyone who consumes our planet's resources," Maggie says, "so everyone can make an impact." And the great thing is that many strategies for saving our planet also save money. Just one of Leon County's energy reduction projects has already saved \$1.7 million.

Sometime the simplest things save the most energy. For example, caulking and weatherstripping can pay for themselves in energy savings within a year, and they also make your home more comfortable by blocking drafts, according to the U.S. Department of

Energy.

LEAP--the Leon Energy Assistance Program, which will get started soon--will help property owners finance energy efficiency improvements. The program will cover many kinds of improvement projects, from weatherstripping windows to upgrading insulation to installing solar photovoltaic panels. Property owners in Leon County who meet certain criteria--and who are not City of Tallahassee utilities customers--will be eligible. Contact the Leon County Office of Sustainability at **606-5300**

to find out more. People with low incomes (200 percent of poverty) can qualify for weatherization assistance through the Capital Area Community Action Agency (**222-2043**).

Leon County is also changing its ways to reduce carbon emissions and conserve resources (including tax dollars). Since the Office of Sustainability was created two years ago, Maggie Theriot's immediate goal has been "to get our own house in order," she says. "I believe strongly that if we are going to suggest to others changes they should make in their own lives or

(continued on page 3)



Senior Games Coming Up February 10-14

Are you over 50? Then you qualify to compete in the 2011 Tallahassee Senior Games, Thursday, February 10, through Monday, February 14. At sites all over Leon County, seniors will vie for glory in 17 events, including basketball, billiards, cycling, horseshoes, racquet sports, track and field, swimming, and more.

2010 Table Tennis double medalist Carolyn Faust plans to compete again this year. About last year's event, Carolyn

(continued on page 2)



Leon County
Senior Gazette

Susan P. Davis, *Editor*
Rosetta Stone Land,
Assistant Editor

Karla Brandt, *Feature
Writer & Layout Designer*

Leon County Senior
Outreach

Susan P. Davis, *Coordinator*
Martha Coppins, *Assistant
Coordinator*

Ed Duffee,
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

Gloria Barber
Zilpah Boyd
Marie Cowart
Constance Leland
Pleas Strickland
Donna Wells
Andrew Wilcox
Bennie Woodlief

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

Senior Games, continued from page 1

says, "It was fun, it was challenging, and it was energizing to see so many people so active in their retirement years. And it was fun meeting people."

Power-lifter Louis Yambor set the bar in his age group at the 2010 Senior Games, winning gold in both deadlifting and benchpress. He's been powerlifting all his life. "It keeps you in shape," he says. "You can see the decline as you age, but to go in a gym and lift more than these 20-year-olds is a real ego-booster. It's essential for seniors to exercise to keep the aging process from taking over."

Register to compete at

www.TallahasseeSeniorGames.com or call 891-3866 to ask that a registration form be mailed to you. Registration fees apply for all events, and additional venue fees are charged for archery, billiards, bowling, and golf. Not ready to compete? You can be a Senior Games volunteer. Get the volunteer application at that same website or by calling 891-4065. Spectators are welcome at all events at no charge.

The Senior Games are sponsored by Capital City Bank, Capital Health Plan, Tallahassee Friends of Our Parks Foundation, Tallahassee Memorial HealthCare, and Visit Tallahassee/Tallahassee Sports Council.

Sunshine Sweet Potatoes

Yield: 6 servings

2 pounds sweet potatoes,

1/4 cup orange juice

1 tablespoon orange zest (grated peel)

1 tablespoon lemon zest (grated peel)

1/2 teaspoon nutmeg

1/4 teaspoon salt (or less, to taste)

1/8 teaspoon pepper (white pepper if you have it)



Peel sweet potatoes and cut into 1-inch cubes. Place sweet potatoes in a large saucepan and add enough water to cover. Bring to a boil over high heat. Reduce heat to medium, cover and cook until tender, about 10 minutes. Drain sweet potatoes and cool. Preheat oven to 350 degrees F. Transfer sweet potatoes to a large bowl. Using a potato masher or a fork, mash sweet potatoes until smooth.

In a small saucepan, combine honey, orange juice, orange zest, lemon zest, nutmeg, salt and pepper. Bring mixture to a boil over medium heat, stirring to melt the honey. Remove from heat. Stir honey mixture into sweet potatoes. Spoon mixture into a 1-quart casserole. Bake until heated through, about 20 to 25 minutes.

Sustainability, continued from page 1

businesses, then the County should certainly practice what we preach." So far, Maggie has spent most of her time finding ways to save energy and water and reduce waste for Leon County's 800 employees, 1.3 million square feet of office space, and 200 vehicles. As she gets the county squared away, Maggie's focus will shift more toward community outreach. Look for Maggie at a Senior Day soon.

Meanwhile, keep in mind that "frugal" and "fruitful" come from the same ancient root word. We can save money, take care of the planet, and live well all at the same time.

Steps to Sustainability

- Use nontoxic cleaning products.
- Recycle as much as possible. The rules are simple. Just about anything made of paper can be recycled **except** paper used for food (such as paper plates and napkins and paper food and drink boxes). Recyclable containers include aluminum and steel cans, and plastic and glass bottles and jars. Everything else goes in the trash. (Don't forget to shred bills and all documents that show account numbers or your Social Security number.)
- Donate your unneeded clothing, appliances, household items, or furniture to a re-sale shop. Some will pick up large items.
- Grow some of your own food—on your windowsill, in your yard, or in a community garden.
- Use slow-release fertilizer on your garden and lawn to help keep our lakes, rivers, and streams clean.
- Shop for locally produced goods, which don't require as much fuel consumption to reach the store and which support our local economy.
- Promote re-use by buying at consignment or second-hand stores.
- Combine as many errands as possible into one trip to save gas.
- Avoid products that use a lot of plastic packaging, and avoid Styrofoam.
- Request mail-order stores to stop sending catalogs you don't want.
- Bring your own bags when you shop.
- Plug small appliances and chargers into power

strips with on/off switches, and turn them off when you're not using them.

- Consider EnergyStar rated models when it's time to replace an appliance. For toilets, water heaters, showerheads, look for WaterSense-labeled products.

Community Gardens Thrive

Community gardens are springing up all over Leon County. There's one in the works in the Miccosukee area, and in Fort Braden, the garden is nearly in full bloom.

Fort Braden resident and lifelong gardener Dorothy Carr's beautiful winter garden has spinach, beets, broccoli, strawberries, more beets, parsnips (an experiment), and still more beets. The Fort Braden community garden, which is right behind the branch library on Highway 20, is a 100 x 200 foot area surrounded with an eight-foot-high wire fence to keep deer out, with neatly mulched walkways separating the 15 x 15 foot plots. The garden offers water spigots, wheelbarrows, compost bins, rain barrels, a mulch pile ("We've got mulch coming out our ears," Dorothy says), and a covered pavilion for breaks in the shade.

Each plot rents for \$30 a year, and renters agree to contribute at least two hours on a garden work day. They also promise to abide by garden rules, which include a ban on inorganic chemical pesticides and herbicides.

For more information on Leon County's community gardens, call Trevor Hylton at the IFAS Cooperative Extension Service (606-5200).





Leon County Senior Outreach February/March 2011

Bradfordville

Bradfordville Senior Day: Wed, Feb 9 & Mar 9, 10:30 am - 12:30 pm. Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Road. Suggested \$6 lunch donation.

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Draw With Your Eyes, Paint With Your Heart: Wed, Feb 2 - Mar 9, 1 - 4 pm (6 weeks). Skill level: beginning/intermediate. \$48 (55+); \$60 (under 55). Registration required. Call 891-4016.
Lifelong Learning Series: TechnoMania. Fri, Feb 18 - Mar 11, 10 - 11:30 am (4 weeks). Suggested \$2 donation.

Senior Fitness Beginners: Tues. & Thurs, 10:30 - 11:15 am. Suggested \$2 donation.

Senior Fitness Intermediate: Tues & Thurs, 11:30 am - 12:30 pm, Suggested \$2 donation.

Senior Fitness - Afternoon Class: Tues & Thurs, 1 - 2 pm. Suggested \$2 donation.

Social Bridge: Every Mon, 1 - 4 pm. Suggested \$1 donation.

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Senior Day: Tues, Feb 22 & Mar 22, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

Drawing and Painting Workshop: Wed, Feb 2 - Mar 9, 1 - 3:30 pm (6 weeks). Skill level: beginning/intermediate. \$48 (55+); \$60 (under 55). Registration required. Call 891-4016.

Senior Fitness Class: Mon, Wed & Fri, 9:15 - 10:15 am. Suggested \$2 donation.

Bollywood Fitness: Tues & Thurs, 9 - 10:00 am. Suggested \$2 donation.

Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy.

Fort Braden Senior Day: Tues, Feb 15 & Mar 15, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

Beginning Painting with Oils & Acrylics: Thurs, Feb 3 - Mar 10, 2 - 5:00 pm (6 weeks). Skill level: beginning. \$48 (55+), \$60 (under 55). Registration required. Call 891-4016.

Senior Fitness Class: Mon & Wed, 10:30 - 11:30 am. Suggested \$2 donation.

Zumba: Mon, Tues, Wed, Thurs, 6:30 - 7:30 pm. \$2 (55+), \$3 (under 55).

Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

Miccosukee Senior Day: Thurs, Feb 3 & Mar 3, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

Bus Trip to WalMart: Friday, Feb 4 & Mar 4, 10:00 am - 12:30 pm. \$2 round-trip.

Woodville

Woodville Community Center, 8000 Old Woodville Rd

Woodville Senior Day: Thurs, Feb 10 & Mar 10, 10:30 am - 12:30 pm. Suggested \$6 lunch donation.

Senior Fitness Class: Mon and Wed, 8:30 - 9:30 am. Suggested \$2 donation.

Don't forget to bring a canned good to the next Senior Day! Donations benefit the food pantry at Elder Care Services. Thanks for your generosity!



Calendar of Events

Call 891-4065 or 891-4033 for More Information



Grandparents as Parents (GaP)

GaP Support Lunch Meeting: Wed. Feb 23 and March 30, 11:30 am - 1 pm. Leon County Public Library, 200 W. Park Ave. Program Room A. Complimentary lunch provided. RSVP Required! 891-4041.

GaP Support Evening Meeting: Tues, Mar 8, 6:00-7:30 pm, First Presbyterian Church, 110 Adams Street. Complimentary child care and dinner provided. **RSVP required!** 891-44041.

Email wendy.halleck@talgov.com or call **891-4041** if you would like more information or to RSVP for the events above. Thank you for early RSVPs. It helps us to plan!

**Bradfordville Lifelong Learning
presents**

TechnoMania

Engaging presentations on the latest technology
with instructors from FSU's Strozier Library

Fri, Feb 18: Get the scoop on easy-to-use **digital cameras and camcorders**. Create a short video and learn how to upload it to YouTube. Open discussion about all things photographic.

Fri, Feb 25: Smartphones. What are they, and why would anyone want one?

Fri, Mar 4: Social Networking & Blogging. Overview of social networking includes demonstrations. Participants will have an opportunity to create a Facebook profile.

Fri, Mar 11: eBooks. All you want to know about Kindles, Nooks & Sony Readers. Also explore eBooks available at the public library and versions of software that can be used with computers or smartphones.

Bradfordville Historic Schoolhouse, 3439 Bannerman Road
10 - 11:30 am

No Reservations Required.

Call Susan Davis @891-4065 for more information.

Come Join the Fun!

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Senior Day 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.



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 55 plus) | ___\$100 Friends Key Holder | ___\$1,000 Gold Key Holder |
| ___\$35 Friend (under age 55) | ___\$250 Bronze Key Holder | ___\$2,500 Platinum Key Holder |
| ___\$40 Senior Couple | ___\$500 Silver Key Holder | ___\$5,000 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

We'll Miss You, Trudy!



Community Center Attendant Trudy Gates, who has been a welcoming and quietly helpful presence at many a Senior Day, has been promoted to Park Attendant at Leon County's J. Lee Vause Park on Old Bainbridge Road.

"She really cares about people, and it shows," said Jan Taylor, Leon County's Community Center Supervisor, who was Trudy's boss. "It came from the heart. It was always more than a job. It was a great match right from the beginning."

Susan Davis, who, with Martha Coppins, runs the Senior Day program, said, "Trudy always goes above and beyond. The participants love her as she takes such a personal interest in them. You never have to ask Trudy to help. She looks around to see what needs to be done, and does it. She is a good person through and through. We will miss her hugs and ever-present smile."

Trudy has a message for her friends at Senior Days: "I have spent four years at the community centers, and I have found that every one of the communities is different in its own special way. I have gained a lot of friends out there and grown as a person from you all. I'll miss you all dearly. I will stay in touch, and you can come by J. Lee Vause Park any time to say hello."

We'll miss Trudy, but we're very glad that Beau will still be with us. All the best to you!

*Direct your questions about senior resources to the
Senior Resource Coordinator
at 891-4043 or seniorinformation@talgov.com*

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.

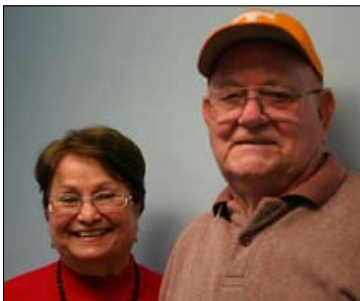
Don't forget to check the
calendar page inside to get
updated information on all
Leon County Senior Outreach
activities.

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



SPECIAL SENIORS

Mel and Andrea Byrum



Mel and Andrea Byrum have figured out the key to a successful marriage. "She wants to go one way, I want to go another, and we end up going down the middle," Mel says with a smile.

"Life is a joyful thing. We enjoy it," Mel says. They share that joy. As gifts for expectant mothers at their church, Mel makes wooden hobbyhorses and Andrea makes baby quilts. Mel also canes chairs, but "I don't raise Cain any more," he says--a sample of another thing he makes: jokes. Good jokes, too, and lots of them.

Andrea is an excellent cook, and she has taught basket-weaving at the Chaires Community Center. Her passion for quilting led to the world of computers. Quilting shows on television often direct viewers to go to the Internet for patterns. To enable Andrea to do that, one of Mel's daughters gave them a computer for Christmas. They enrolled in a Senior Center computer class "to learn how to turn it on," Mel says.

The Byrums met in Miami, where Mel was a finish carpenter and Andrea was an accountant at the Port of Miami. One of Mel's daughters was working at Tallahassee Memorial Hospital in the late 1990s, and after several visits to the area, in 2000 "We decided to move up here to be away from the traffic and so forth," Mel says. They are happy and snug in their Chaires home. Now and then they'll travel to visit children and grandchildren, but mostly they are content to stay put and add joy to their adopted corner of the world.