

Milton's Golden Gazette

January 2019, Vol. 1; Number 1

An e-letter published by the City of Milton Senior Program and RSVP Santa Rosa County

Seniors enjoy bright Christmas due to the community's huge outpouring

Santa should be adding several people to his "Nice List" as they stepped up to make the Christmas holiday brighter for 100 seniors on Christmas Day.

The Guy Thompson Community Center hosted its annual Senior Christmas Luncheon on Dec. 25, followed by some fun and laughs with rousing games of white elephant bingo.

This year's Senior Christmas Luncheon fell into jeopardy when the Milton Senior Program learned one of their primary organizations was unable to help.

Several organizations became busy elves, as the Retired Senior Volunteer Program (RSVP) of Santa Rosa County, UF/IFAS West Florida Research and Education Center, UF/IFS Extension Family Nutrition Program, Blackwater Pyrates, and the Santa Rosa County Home Community Educators (HCE) and chef de jour Bub-



Kay Pavlock, Betty Salter and Beckie Ward work on preparing collard greens for the Christmas Senior Luncheon held at the Guy Thompson Community Center on Christmas Day.

ba Drinkard pulled their various resources together to make sure there would be a Christmas Senior Luncheon for seniors who would be alone this holiday.

"When we learned that Christmas for the seniors in our community might be in jeopardy, that was just unacceptable," said Milton Senior Program Coordinator Joe Paschal. "We decided this could not happen, so we went to work pooling the resources we had in the community.

"Thanks to everyone involved, 100
See Christmas Page 3

What is RSVP? What does it stand for?

What is RSVP? RSVP stands for Retired Senior Volunteer Program, which is a part of National Senior Corp, a program that started in 1971 and now is the largest volunteer program in the country. Each RSVP serves a local region, as each area has its different needs. Our RSVP serves all of Santa Rosa County and its office is located in the Guy Thompson Community Center. The main needs that we try to address in this county are divided into three focus area: Healthy

Futures, Disaster, and Education.

The objective for Healthy Futures is to help people live healthier and to be able to remain living independently longer in their own homes. Volunteers aid in educating about nutrition and exercise, as well as providing transportation. The focus area of Disaster is preparedness and recovery, such as, making disaster kits, staffing shelters, distributing water and food, debris clean

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Dates to remember

You Are What You Eat with Dr. Debbie Ioakim starts Jan. 28 at 10 a.m. the class is \$5 per session and to reserve your spot call 850-983-5466.

Lunch and Learn

Date: Feb. 6

Topic: Property Exemptions for Senior Citizens

RSVP by calling: 983-5466

Pickin' and Grinnin' will meet on Feb. 9 at 2 p.m.

Bring your instruments to participate or come to enjoy a fun afternoon of music at the Guy Thompson Community Center.

For more information check us out online at www.miltonfl.org/205/Senior-Citizens-Program.

RSVP

up, and to help manage volunteers from out-of-state who come to help. The third focus is in the area of Education, where our volunteers' mentor the youth through poetry and sewing, and work along with the 'Bridges Out of Poverty' program that mentors adults desiring to provide a better life for their families.

RSVP is open to anyone 55 years old or older, who desire to make a positive impact in the lives of people in their community. Volunteers choose how, when and where they serve, serving anywhere from a few hours a year to 40 hours a week. Never think it is too late, we have volunteers in their 90's still making a difference.

For More information on RSVP call Faye or Morgan at (850)983-5220, check us out on Facebook, or our web site www.rsvpofsr.com, better yet just stop by our office at the Guy Thompson Community Center.

LUNCH AND LEARN



@SeniorsinMilton

Feb. 6, 2019



@SeniorsinMilton

11 a.m. to Noon

Property Exemptions For Senior Citizens



presenter will be Bubba Drinkard

GUY THOMPSON COMMUNITY CENTER
LIMITED SEATING • RSVP BY FEB. 1ST
TO RSVP CALL 983-5466

SENIOR TIPS



Here are five healthy living tips from Dr. Debbie Iokim. Debbie serves as our *Tai Chi* instructor on Monday and teaches our *You Are What You Eat* class

Five Nutrition Tips for a Great Start to 2019

1. Consume more fluid. Preferably water!
2. Always read nutrition labels for hidden sodium and sugars.
3. Prepare foods ahead of time and freeze.
4. Exercise regularly. Of course, Tai Chi and walking.
5. Eat more whole foods, raw vegetables, fruit, & low-fat dairy products.



JANUARY BIRTHDAYS

Happy birthday to the following:

Ruby Engel
Chris Gillet
Orlene Marchel
Valerie Martin
Ildi McElroy

Christmas

seniors will have a delicious Christmas lunch and will not be alone this holiday.”

Businesses such as the GEO Foundation, Pen Air Credit Union, Ameriprise Financial, Culpepper Printing, Granny Nannies, Hall’s Hardware, Arby’s, Alyssa’s, Santa Rosa County Federal Credit Union, Moser’s Framery, The Chicken Coop, Panera Bread, Santa Rosa Medical Center, Ellis Crane Works, and Buffalo Rock all contributed in one way or another to make this event possible.

Besides a delicious and nutritious Christmas meal, the event offered something to the seniors that money cannot buy.

“Socialization is critical to a senior’s well-being especially around the holidays, not just Christmas,” said RSVP of Santa Rosa County Director Faye Henry. “Many times seniors will be home alone due to family being out of town, unable to come home or worse yet, all of their family or friends are no longer around.

“This event fills so many needs on so many levels, that losing it would be tragic.”

Members of the Santa Rosa County HCE along with members of the UF/IFS Extension Family Nutrition Program gathered to start making preparations for the Christmas meal, while also working on taking care of their own families.

“As soon as I mentioned the need, I saw a tremendous response from the UF/IFS Extension Family Nutrition program staff, the Santa Rosa County HCE ladies, and members of the Blackwater Pyrates,” said



Kay Pavlock and Betty Salter work on preparing collard greens for the Christmas Senior Luncheon held at the Guy Thompson Community Center on Christmas Day.

Family and Consumer Sciences Extension Agent Ginny Hinton. “We are a part of Milton and Santa Rosa County. We believe in giving back to the community!

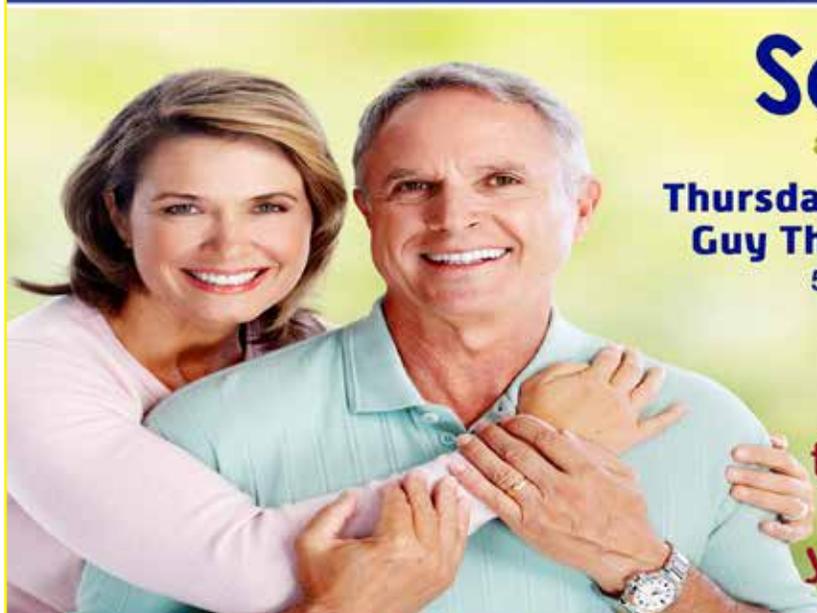
“This is one way we can do our part.”

This annual event is just one of the many programs put on through the Milton Community Center Senior Program.

“We are so very thankful for each organization and what they are doing. There are just not enough words or ways we can express our gratitude,” said Paschal.

For more information about Senior Program at The Guy Thompson Community Center and its offerings, check us out on the web at www.miltonfl.org/205/Senior-Citizens-Program.

Business and Community Organizations interested in participating should call RSVP at 983-5220.



Senior Expo and HEALTH FAIR

Thursday, March 21 * 8 a.m. to Noon
Guy Thompson Community Center
5629 Byrom Street in Milton

**Businesses, your
table reservation for
this event will help you
reach hundreds of
your target customers!**



**Santa Rosa
MEDICAL CENTER**





Shirley Pierce has lived for 15 months in the area, but when it comes to volunteering she has literally jumped into the deep end by volunteering around 30 hours week. Here she is seen driving the golf cart prior to bingo held every Thursday at the Guy Thompson Community Center.

Shirley is a driven volunteer

Shirley Pierce has always been a volunteer in some form or fashion starting back in her teenage years, but it took just one phone call to turn her into a driven volunteer.

She recalled when her family needed her in Georgia and she was working at a hospital in Kansas City and how that changed her life completely.

“Back in 1991 my son Larry was called up in Desert Shield and was in Saudi Arabia and my grandson Chris needed my help in Georgia so I took a leave of absence from a hospital in Kansas City, recalled Pierce. “After about six months Larry was coming home and I called my supervisor at the hospital who informed me there was no job for me.

“I now look back and think of the opportunities I would have missed if I would have stayed in Kansas City.”

Shirley has only been in the area for 15 months, but she is already volunteering and just like a long time native of the community.

“I was born and raised in Northwest Missouri, but it was my son who brought me down here,” said Pierce. “My son told me we were moving to Florida as he had accepted a job as a paramedic. So the next thing I know we are loading up in a U-Haul Truck and heading to the area.

“We are a very close family and I couldn’t be happier to be here.”

By the huge smile you will always find on her face you can tell she has a genuine love for people and helping those in need.

She works with groups like RSVP of Santa Rosa County, Emerald Coast Hospice, the Area Council on Aging, a substitute with Meals on Wheels, her church, and recently completed her training and works at the Guy Thompson Community Center when it was activated as a shelter during Hurricane Michael.

“I haven’t done as much as I should or want to do,” said the 83 year old who describes herself as young at heart. “I just love doing things.

“I will tell you that times have changed when it comes to volunteering, but I change with the times. By volunteering I have met people who I would have never met before.”

One thing she loves to do in particular is to drive and travel.

“As a volunteer driver I have encountered a few back-seat drivers, but we make it every time thanks to my GPS and my phone,” said Pierce, who admitted to putting over 100,000 miles on her car in five years.

“Normally I am a shy person, but within a week of moving here I had to find a place to go and came to the center, got a calendar and started out in Paul’s (Lanham) beginning bridge class. I have been coming here ever since.”

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Pierce

But one of her biggest honors came in 2017 when she received the President's Volunteer Service Award as a Point of Light.

"The glory for this award goes to God and what he has afforded me," said Shirley. "This had nothing to do with Shirley Pierce."

Ironically her first big project as a volunteer in Missouri was when this young lady, who was educated in a one room school-house, started quilting as a hobby.

"I guess I went to my first quilting bee back when I was just a baby and my mother was holding me," said Pierce. "Quilting Bees were a part of our lives and I just took it from there.

"As a hobby I started making quilts and just gave them away. The people where I lived found out and it went from there."

Pierce does not know exactly how many quilts she has given away but estimated it would be between 500-600, which is a lot of work when you look at the cutting, ironing, piecing, ironing again, panting, backing and other tedious tasks involved in just one quilt.

"I gave the quilts to whoever needed it, but it was mostly to organizations up north that gave them to the homeless," said Pierce. "There was one lady who wanted to buy a quilt from me, but she paid me for the material and I gave it to her when I was done.

"Ironically after she passed away the family gave me that quilt back."

The lady who taught Shirley how to quilt was her mother, Mary, who use to be a nurse in St. Louis back when nurses were not supposed to get married.

Mary met Shirley's father Jack when he was in St. Louis to have a surgery done to his back after being injured when he was stepped on by a horse.

"They took a piece of bone from his leg and put it in his spine," recalled Pierce. "While in the hospital he fell in love with my mother and they got married.

"My mom was a pioneer to me in many ways for what she did, but I can just imagine what it was like for her to travel with my dad back home to Northwest Missouri and not know a single person other than my father."

Shirley's mom might have been a pioneer, but when it comes to volunteering and becoming a part of the community God broke the mold when he created Shirley Pierce.



Shrimp Scampi with Zucchini Noodles

Ingredients:

- 2 Tbsps. olive oil
- 1 lb. medium shrimp (shelled & deveined)
- 1 Tbsp minced garlic
- ¼ tsp crushed red pepper flakes (optional)
- 2 Tbsps. freshly squeezed lemon juice
- 2 medium zucchini, cut into noodles
- Chopped parsley to garnish
- ¼ cup parmesan cheese

Instructions:

Place a large sauté pan over medium heat. Add the olive oil and heat for 1 minute. Add the garlic and crushed red pepper flakes. Cook for approx. 1 minute. Stirring constantly.

Add the shrimp to the pan and cook thoroughly (about 3 minutes). Season the shrimp with salt and fresh ground pepper. Then using a slotted spoon, remove them from the pan, leaving any juices in the pan.

Increase heat to medium/medium high. Add the fresh squeezed lemon juice to the pan. Add the zucchini noodles and cook, stirring occasionally for about 2-3 minutes. Return the shrimp to the pan and toss to combine. Season with salt and fresh ground pepper. Garnish with parsley and top with parmesan cheese.

There are ways you can create zucchini noodles without a spiralizer.

1. Use a vegetable peeler. Apply light pressure with a vegetable peeler along the sides of the zucchini. ...
2. Use a knife. Carefully carve strips from the zucchini, working until you reach the core. ...
3. Use a grater.

Tips To Avoid Watery Zucchini Noodles

1. Pat zucchini noodles dry with paper towels after spiralizing them. ...
2. Cook zoodles over medium-high heat. ...
3. Do not cover the zucchini during cooking. ...
4. Don't overcrowd the pan. ...
5. Do not add salt to the pan. ...
6. Use a pan that conducts heat well. ...
7. Don't overcook the zoodles.

Substitutions:

You can substitute chicken for the shrimp.

Buy frozen medium shrimp for about \$5.00 as opposed to fresh, Zucchini is less than \$2 and everything else you probably have on hand. This is a great \$10 and under, 30 minute meal.

This recipe is courtesy of the Santa Rosa County Extension Office located on Dogwood Drive in Milton.

FEBRUARY 2019

Activities for Seniors

Like us on Facebook: Senior Activities at the Guy Thompson Community Center

Guy Thompson Community Center
5629 Byron St., Milton, FL
850-983-5466

Mon	Tue	Wed	Thu	Fri
	FEBRUARY 10, 2019 2—4PM PICKIN' & GRINNIN' Do you play an instrument or like to sing? We would love for you to join us FEBRUARY 10th from 2-4pm here at the GUY THOMPSON COMMUNITY CENTER!			1 9:00am Pickleball 9:00am Yoga (\$5) 10:30am Chair Aerobics/Yoga (\$5) 12 Noon Game Time 12 Noon Pickin and Grinin (Practice)
4 9:00am Game Time 9:00am Tai-Chi (\$5) 9:00am Line Dance (\$5) 10:30am Nutrition Class (\$5) 1:00pm Partnership Bridge 6:30pm Martial Arts (\$80/M)	5 9:00am Pickleball 9:00am Yoga (\$5) 10:00am Beginner's Bridge Class 12:30PM RSVP BRIDGE	6 8:30am Art Group 10:00am Bead Weaving 10:00am Senior Wellness 11:00am Pickleball 11:00am LUNCH AND LEARN PROPERTY EXEMPTIONS FOR SENIOR CITIZENS* RSVP REQUIRED—LIMITED SPACE	7 9:00 am Pickleball 1:00pm Bingo 6:00pm Parhandle Writers Group 6:30pm Martial Arts (\$80 Month)	8 9:00am Pickleball 9:00am Yoga (\$5) 10:30am Chair Aerobics/Yoga (\$5) 12 Noon Game Time 12 Noon Pickin and Grinin (Practice)
11 9:00am Game Time 9:00am Tai-Chi (\$5) 9:00am Line Dance (\$5) 10:00am Nutrition Class (\$5) 1:00pm Partnership Bridge 6:30pm Martial Arts (\$80/M)	12 9:00am Pickleball 9:00am Yoga (\$5) 10:00am Beginner's Bridge Class 12:30PM RSVP BRIDGE	13 8:30am Art Group 10:00am Bead Weaving 10:00am Senior Wellness 11:00am Pickleball	14 9:00am Pickleball 1:00pm Bingo 6:00pm Parhandle Writers Group 6:30pm Martial Arts (\$80 Month)	16 9:00am Pickleball 9:00am Yoga (\$5) 10:30am Chair Aerobics/Yoga (\$5) 12 Noon Game Time 12 Noon Pickin and Grinin (Practice)
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25 9:00am Game Time 9:00am Tai-Chi (\$5) 9:00am Line Dance (\$5) 10:00am Nutrition Class (\$5) 1:00pm Partnership Bridge 6:30pm Martial Arts (\$80/M)	26 9:00am Pickleball 9:00am Yoga (\$5) 10:00am Beginner's Bridge Class 12:30PM RSVP BRIDGE	27 8:30am Art Group 10:00am Bead Weaving 10:00am Senior Wellness 11:00am Pickleball 11:00AM rsvp Pot Luck Luncheon/ Bingo *Senior Activity Committee Meeting (After RSVP Bingo)	28 9:00am Pickleball 1:00pm Bingo 6:00pm Parhandle Writers Group 6:30pm Martial Arts (\$80 Month)	