Senior Expo is set for March 21

The Santa Rosa County Senior Expo 2019 will be held March 21st from 8 a.m. till noon at the Guy Thompson Community Center located at 5629 Byrom Street in Milton.

At the Senior Expo you can take advantage of FREE health screenings and learn more about specific health issues currently facing seniors.

To assist with this, members of the Santa Rosa Medical Center staff will be conducting free screenings for items like blood pressure, breast self-exam education, dia-

Why volunteer? What is in it for me?

Many people ask why should I volunteer, what’s in it for me? The RSVP volunteers know that what they do helps the people they serve and strengthen their community and will give many different reasons that they volunteer. Some say they just like to be involved with people, others just want to give back. Many enjoy the satisfaction of knowing they have helped or just seeing a smile on someone’s face. Some RSVP volunteers give a much more personal reason they enjoy volunteering. One reported that she has had cancer affect her family and knew the difficulty of getting to treatments, so she drives cancer patients to their appointments. Others state they had to do something after the death of her husband and wanted to help others. No matter the reason behind volunteering most will tell you that they receive more than they give. National studies have confirmed that volun-

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Dates to remember

Lunch and Learn
Date: March 6
Topic: Wellness: Beliefs vs. Behaviors.
RSVP by calling: 983-5466 before March 1st.

Pickin’ and Grinnin’ will meet on March 10 at 2 p.m. Bring your instruments to participate or come to enjoy a fun afternoon of music at the Guy Thompson Community Center.

Senior Outdoor Games will start on April 16th from 9 a.m. to noon. Play games like horseshoes, cornhole, croquet, and more every Tuesday.

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

Volunteering is good for you, with a little as two hours a week, a volunteer can start seeing health benefits such as a reduction of stress, depression, chronic pain and social isolation. Meanwhile increasing physical fitness, mental functionality, sense of purpose, social connections and having a longer, better quality of life. Being part of a volunteer group such as RSVP helps you stay socially active and studies have indicated people who are more social exercise more and eat better, leading to better health, plus volunteering in a group setting is lots of FUN. As one volunteer put it, “volunteering makes your community feel like a family.” So why volunteer? Why Not? Have Fun while meeting people, helping others and staying healthy.

Want more information about becoming a volunteer talk to friends who are volunteering and then come talk with Faye or Morgan at the RSVP offices at the Guy Thompson Community Center.

Senior Expo and Health Fair
Thursday, March 21 8 a.m. to Noon
Guy Thompson Community Center
5629 Byrom Street in Millon
Free Health Screenings
Blood Pressure, Breast Self-Exam Education, Diabetes Education, Smoking Cessation, Weight management and other health related issues
Business and Community Organizations
Community Public Services, Health Care for Seniors, Home Improvement Companies, Health Insurance, Medicare Advisors, Financial Advisors, and many, many more

Learn how to get and stay healthy through education and regular health screenings. Visit with a variety of local businesses and community organizations, participate in demonstrations enjoy live entertainment, and have FUN!

Free Health Screenings
Blood Pressure, Breast Self-Exam Education, Diabetes Education, Smoking Cessation, Weight management and other health related issues
Business and Community Organizations
Community Public Services, Health Care for Seniors, Home Improvement Companies, Health Insurance, Medicare Advisors, Financial Advisors, and many, many more

Free Health Education
Healthy Snacks for all participants
Door Prizes, 50/50 Drawing
And much, much, more!

Questions? Call RSVP at 983-5220

Senior Tips

Here are some questions you should ask when looking for a new physician from Blake Pablo. Pablo and Island Doctors sponsors Wednesday’s Senior Wellness class at 10 a.m.

Five questions to ask in finding a new physician

1. What goal(s) do you hope to accomplish by choosing a family doctor? Are you looking for a doctor to address an immediate problem? Are you hoping to improve your overall health and prevent/manage your chronic disease? These are just a few examples of the type of goal you may have.

2. How many patients does the doctor have? According to The American Academy of Family Physicians (AAFP) the median number of patient panel size (number of patients assigned to a doctor and treated over a 24-month period) was 2,000. Some doctors have much smaller panels. The smaller the panel, the more time the doctor may spend with the patient.

3. How many of the patients are in my age group? If most of the patients are from a different age group (such as 30-45), the doctor’s knowledge and experience may not always be as applicable.

4. Do I know any of the patients? A friend will give you incite and bias about their experience as a patient. Has their health and lifestyle choices improved? Have they been stagnant? Have they gotten worse. You want a doctor who has had a positive impact on a patients’ health.

5. Do I like the staff? The right doctor is a team effort, that is entirely reliant upon each member. A lazy office manager or incompetent medical assistant can have far reaching implications when it comes to your healthcare. You may have found the best doctor in the world for you but without the proper team, she will not be able to reach her full potential as your doctor.

Want more information about becoming a volunteer talk to friends who are volunteering and then come talk with Faye or Morgan at the RSVP offices at the Guy Thompson Community Center.

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

Birthdays

Happy birthday to the following:
Gloria Cooley
Sue Elquist
Robin Farrell
Suzanne Fruge
JoAnn Giles
Jim Glenn
Rev. John Kurtz
Michael LaCombe
Larry Overman
Norma Reyes
Drema Scanlon
Mary Smith
Charles Zink

betes education, smoking cessation, weight management, and other individual health related issues.

During this year’s expo, seniors will have the opportunity to visit with a variety of local businesses and community organizations designed to help serve the areas older residents. Some of these groups include “Shine,” which serves the health insurance need of elders, Legal Services of North Florida, American Red Cross, who will be offering all residents free smoke detectors, the Santa Rosa County Emergency Operations Center, who will be handing out information on how to stay safe during times of disasters, Assisted Living Locators, a free community oriented service to assist seniors in locating the best elder care option’s, information and resources available, as well as many other groups.

The Senior Expo and Health Fair is hosted by the Retired Senior Volunteer Program and the City of Milton, along with financial support from Santa Rosa Medical Center and Woodmen Life.

For more information about the Senior Expo and Health Fair contact the Retired Senior Volunteer Program at 983-5220.

Senior Expo 2019 will have a variety of local businesses and community organizations designed to help serve the areas older residents. The Expo and Health Fair will be held March 21 from 8 a.m. to noon at the Guy Thompson Community Center.

LUNCH AND LEARN

March 6, 2019
11 a.m. to Noon

Wellness: Beliefs vs. Behaviors

Presented by Denise Manassa
Director of Community Prevention CDAC

GUY THOMPSON COMMUNITY CENTER
LIMITED SEATING - RSVP BY MARCH 1ST
TO RSVP CALL 983-5466
Harriet Boren heard about a fellow senior talk about volunteering through RSVP and other organizations throughout Santa Rosa County. One of her favorite places to volunteer is Feeding the Gulf Coast in the Santa Rosa County Industrial Park.

**Answering the call to help**

Harriet Boren is a true RSVP Volunteer in every sense of the word.

Since she came to the Milton area back in 1983 from Tennessee, she has put in countless hours as a volunteer.

But the inspiration to her volunteering is fellow senior Pearlann Rutherford.

“I had no idea of becoming a volunteer,” said Boren about the start of her work with RSVP. “Then I heard Pearlann talk about her volunteer work with the cancer society as a driver and the other things she did. “So I asked her about it and she told me how I could get involved.”

Now with all of her volunteering with the cancer society, United Way, RSVP, and as well as playing a big part in the kitchen for Milton’s Senior Program Coordinator Joe Paschal.

In the beginning when it came to help she was in the kitchen at the Guy Thompson Community Center, but her heart is now as a RSVP volunteer with the Feeding the Gulf Coast Food Bank.

“At the food bank I know what I am doing is going to help feed someone for a week or two,” stressed Boren. “I want to help people that can’t help themselves; that is who I want to help.

“I know the work I am doing at point A and is going to point B.”

Another key program to this cancer survivor is the American Cancer Society as a driver.

“Two months before I was diagnosed with cancer in 2010 I went back to New Jersey to bury my brother who had suffered with cancer for years,” recalled Boren. “It was then that it all stormed over me at once that I wanted to do something.

“I have no money to help with, but with my time I knew I could do something.”

Now Boren, who jokes about having to write everything down to remember what she needs to do, does stay very busy. Besides volunteering she takes care of her six year old great grandson.

“He comes first,” beamed Boren.

But when she gets to relax she will watch television, but would rather work on a jigsaw puzzle.

“I just finished my last one,” admitted Boren. “I am probably the easiest person to buy for when it comes to

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BOREN

presents.

“All my family buys me jigsaw puzzles.”

She will even take a moment to work on puzzles while waiting on cancer patients who are receiving their treatments at Baptist Hospital.

“Some people will watch television while they wait, but I have found a little cubby hole they have with a table and a puzzle on it,” said Boren. “So while I am waiting I will go in there and work on the puzzle.”

She is also quick to point out the feeling she gets by being part of the Retired Senior Volunteer Program in Santa Rosa County. “RSVP has a great family atmosphere,” said Boren. “If it wasn’t for them I would not even be here at the Guy Thompson Community Center.”

Boren is not one to do this for honor or glory because the only benefit she desires is the pleasure of helping people, but there is a great reward with the feeling she gets from doing so.

“Some people think I get paid for doing these things, but I do it because I enjoy helping people without being in their face,” said Boren. “The people I drive either don’t have transportation or unreliable transportation. Many of them have no family in the area to help out.

“And there is more I would like to do if I could.”

One thing Boren admitted she would like to do if she had the opportunity would be to see more of the United States, but we are blessed by her volunteering and inspiring others to do the same.

Games! Food! Fun!

April 9th 11 a.m. to 2 p.m.

Senior Picnic

Welcome spring at the Guy Thompson Community Center.

The Milton Parks Department will provide sandwiches, chips, and drinks. You bring a side dish to share!

Please RSVP by April 2nd
For more information call 983-5466

Southwestern Three-Bean & Barley Soup

Ingredients:
1 Tbsp extra-virgin olive oil
1 large onion, diced
1 large stalk celery, diced
1 large carrot, diced
2 cups water
4 cups (32 oz) reduced-sodium chicken broth or vegetable broth
½ cup pearl barley
1 can black beans (drained)
1 can great northern beans
1 can kidney beans
1 can fire roasted tomatoes
2 Tbsp chili powder
2 tsp ground cumin
1 tsp dried oregano
1 tsp salt (or to taste)

Instructions:
Heat oil in a dutch oven over medium heat. Add onion, carrot, & celery, cooking until softened. (about 5 minutes) Add remaining ingredients, stirring well, bring to a lively simmer over high heat, then reduce heat to simmer, stirring occasionally for about an hour. (allowing time for the spices to come together) If you want more liquid, add water in ½ cup at a time.

*Make ahead and refrigerate up to 3 days.

Nutrition:
Serving size 1 1/3 cups
205 calories; 3g fat (1g sat); 11 g fiber; 36g carb; 9g protein; 110 mcg folate; 0 mg cholesterol; 3g sugars; 0g added sugar; 2,463 IU vitamin A; 4 mg vitamin C; 83 mg calcium; 3 mg iron; 454 mg sodium; 466 mg potassium

Nutritional bonus:
Vitamin A (49% daily value); Folate (28% dv)
Dairy free, vegetarian

Substitutions:
You can use dried beans instead of can beans. If so, use 1/3 cup of dried beans; add a pinch of cayenne if you like a little more spice; substitute quinoa for barley.

This recipe is courtesy of the Santa Rosa County Extension Office located on Dogwood Drive in Milton.
The University of West Florida will be bringing a Leisure Learning Program to The Guy Thompson Community Center in March.

This program offers you the opportunity to energize your mind while making new friends and becoming part of a growing and vibrant community of live-long learners through two different class offerings.

The classes being offered are “On the Other Hand…A Current Affairs Discussion” and “Gone with the Wind: Why Still Popular after 80 years.”

Each class will be broken down into four sessions and cost $20 per class.

On the Other Hand will start on March 8 and run through March 29. This class led by Bob Robinson will take an essay or item from the current media to help you better understand what is going around you today.

During this class you will look at the future and what is on the bleeding edge of today.

Be prepared to talk in this active discussion class that will run on Friday’s from 2 p.m. to 3:30 p.m.

There is no doubt plenty of things to talk about today and this should offer you a very stimulating and exciting way to look at life around us in Northwest Florida as well as the world overall today.

Gone With the Wind: Why Still so Popular after 80 years will be taught by Judy DeBolt and look at the story behind Margaret Mitchell’s book that was turned into a movie starring Vivian Leigh and Clark Gable. DeBolt will also share with you pictures and other goodies from her own personal Gone With the Wind collection.

This class will begin on April 5 and run through April 26 from 2 p.m. to 3:30 p.m.

Leisure Learning is a part of the University of West Florida Continuing Education Program.

Membership is not required to take either of these classes.

To register for either class you can go online at www.uwf.edu/leisurelearning; register by mail with the registration found in their course catalog; or by phone with a credit card by calling the Leisure Learning office at 850-473-7468.

If you are interested in a UWF Leisure Learning membership the annual membership fee is $35 and covers 12 months from the date you join.

With your membership you are entitled to register for all Leisure Learning classes, tours, and events. You will also receive a leisure learning parking decal for the UWF Pensacola campus and a class catalog mailed to you every semester.

With a leisure learning membership you can get a Nautilus card for $10. This card will allow you to check out books at the UWF Library and use the electronic databases, an ID for campus events which includes $5 admission to UWF Center for Fine and Performing Arts events, and more.