Sing-A-Song

Music can have magical powers over a person’s mood and feelings.

On Aug. 7th, there were a lot of happy seniors at the Milton Community Center as around 25 individuals turned out for our first ever Let’s Sing Karaoke show.

Karaoke at the Milton Community Center has been something talked about for several months until a group of our fearless seniors decided to gather and try out the plan amid all of the laughter and other voices that united to sing a wide variety of songs from country, ballads, and even classic rock.

It was amazing to watch everyone pour over the music catalog that consisted of several hundred songs to sing.

There were even a few musical stories shared when it came to some little known facts about some of the artist and songs that were being sung.

We also have it on good authority that on Sept. 4, we will have some special songs like “Ghost Chickens in the Sky” and others.

The fun and music will begin at 1 p.m. and last until 3 p.m. or when everyone runs out of air, whichever comes first.
On Tuesday, August 13, our bridge group at the Milton Community Center had a record breaking day when it came it attendance. Bridge set up five tables for the second time ever and had 20 players participate. If you would like to learn bridge, we host a beginning bridge group from 9:30 to 11 a.m. every Tuesday.

Don’t go outside when the temperature and heat index are high. If possible, stay indoors in air-conditioned areas. If you must go outside, take the following precautions.

- Wear lightweight, light-colored, loose-fitting clothing.
- Protect yourself from the sun by wearing a hat or using an umbrella.
- Use sunscreen with a sun protection factor (SPF) of 50 or higher.
- Drink plenty of water throughout the day. Dehydration and lack of salt contribute to heat-related illnesses. Some sports drinks can help replenish the salt in your body lost through sweating. Drink water or other fluids every 15 to 20 minutes, even if you don’t feel thirsty. If your urine is clear, you are probably drinking enough fluids. Dark-colored urine is a sign that you’re dehydrated.
- Avoid or limit drinks that contain caffeine (such as tea, coffee, and soda) or alcohol.
- Schedule outdoor activities for cooler times of the day — before 10 a.m. and after 6 p.m.
- Take frequent breaks from the heat and outdoor activities.
- Do not stay in your car when it is hot outside. Even if you open the windows, the intense heat can be extremely dangerous.

Certain medicines can put you in danger of heatstroke. They affect the way your body reacts to heat. Talk to your doctor about your medications the next time your visit to ensure you do not need to take extra precautions.

Dr. Edwin Taylor is a new primary care physician for Santa Rosa Medical Center at their offices on Avalon Boulevard.

LUNCH AND LEARN

Sept. 4, 2019
11 a.m. to Noon

Planning Long Term Care

Presented by Sharon Oakes

Milton Community Center
Limited Seating - RSVP by Aug. 30th to RSVP call 983-5466
RSVP enjoys a busy period

A huge thanks goes out to all the volunteers who have worked to help families in need, prepare for school to start. RSVP worked with two different programs this year.

One was the Stuff the Bus. There were over 1100 applications for help with school backpacks and supplies before August 1st deadline and many more after that date. On August 2nd, RSVP volunteers worked with the Stuff the Bus to pack backpacks, with school supplies, for Santa Rosa children. Then on the 6th and 7th, volunteers helped hand out about 750 of them from the Milton Community Center, more were handed out from the Health Department in Midway. On August 13th, additional 400 backpacks were packed for those children, with applications turned in late.

The second program was the National Night Out. On August 5th, volunteers met and assembled Target bags of school supplies which were handed out at the National Night Out on the 6th. That night brought together community partners who provided services to families, children were given a chance to see police officers as a friendly face, and received free Kona Ice, popcorn, and cotton candy. This event was a great success with 875 people coming in to receive a bag of school supplies, then a hot dog, chips and water.

Now that children are back in school, we will be turning our attention to September 12th, the Fall Senior Expo. This year’s Expo will have many more things. There will be health screenings, presentations in the Gracie Room, and many different vendors in the Gym. In the year’s past, announcements were made but were impossible to understand. This year we will have a Power Point running, so feel free to check it out. Door prizes will be drawn at 11:30 AM and you will need to be present to win. I am asking everyone to bring your friends and enjoy the morning at the Expo. The more people, the better.

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August Birthdays

Happy birthday to:
Edward Christopher
Mary Stone
Ernie Jack
Alice Martin
Dennis Eggleston
Patricia Saunders
Barry Weber
Theresa Gels
Kurt Passon
Willis Mardorie
Rex Rarick
Barbara Christopher
Carmen Maldonado
Dale Maloney
Betty Telle
Caroline Thompson
Brenda Allen
Consuelo Burgess
Patricia Briggs
Gary Propst
Deby Jack
Rhoda Fults
Sandra Conley
Pamela Brewton
Lula Lynchard

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Join us for

SENIOR WELLNESS

with instructor John Fitzgerald
FREE, fun, low-impact fitness for seniors to increase:
• muscle tone
• range-of-motion
• flexibility
• balance
Wednesday’s at 10 a.m.
At the Milton Community Center
5629 Byrom St, Milton, FL
For more information call 983-5466

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Add light to your life with SHINE

Medicare is complicated! The SHINE (Serving Health Insurance Needs of Elders) can help!

The program provides FREE, UNBIASED health insurance Counseling to Medicare Beneficiaries, their families and Caregivers. SHINE counselors can help you understand your Medicare Benefits; help you choose the Medicare Prescription Drug plan that best fits your needs; assist you with Medicare claims and appeals; and more. SHINE counselors are committed to helping you make informed choices regarding your Medicare Benefits. Counselors are NOT insurance salespeople and will NEVER attempt to sell you insurance. All counseling records are strictly CONFIDENTIAL.

SHINE counselors are also part of Senior Medicare Patrol which teaches you how to protect yourself from Medicare fraud and abuse. SHINE counselors can help you detect billing errors and determine if you could be a target of Medicare fraud. SHINE will help file a fraud report with the Office of Inspector General, Division of Health and Human Services.

SHINE counselors can help qualified Medicare beneficiaries save money on:

- Monthly Part D Drug Plan premiums,
- *Co-pays for prescriptions,
- Monthly Part B premiums,
- *Medicare deductibles, and more.

Escambia, Santa Rosa, Okaloosa, and Walton county Seniors can contact SHINE at (850) 494-7100 or 1-866-531-8011.

Be sure to check out our Facebook page!

"Like" the page to stay up to date on all that is happening for senior citizens at the Milton Community Center.
Rickey Tedder is the custodian here at the Milton Community Center.

1. Are you a native of Northwest Florida? If not where are you from and how long have you live here? Yes.
2. What is the favorite place you have visited? Germany.
3. What are the three things you will always find in your refrigerator? Sweet tea, Milk and Eggs.
4. What is your favorite food or meal? Smoked meat.
5. What hobbies do you have? Hunting, fishing, cooking, and car racing.
6. What was the last movie you watched and enjoyed? Fast and Furious (all of them).
7. What invention has had the biggest impact in your lifetime and why? Stove and smoker. I love to cook and smoke meats for barbecues.
8. What historical event in your lifetime stands out in your mind the most? World War II, my grandfather served in the Army-Air Force back when they were together.
10. Name one more thing to do that is still on your bucket list? To be on the Iron Chef cooking show on the Food Network.

Ingredients:
- 1 pie crust (9 inch)
- ½ cup vegetables (chopped)
- ½ cup turkey sausage or any other protein (browned)
- ½ cup cheese (shredded)
- 1 cup low-fat milk
- ½ tsp salt
- ½ tsp pepper
- ½ tsp garlic powder
- 3 eggs (beaten)

Instructions:
Preheat oven to 375 degrees.
Prick the pie crust with a fork, bake for 10 minutes. Add meat (optional), vegetables and cheese. Whisk eggs, milk, salt, pepper and garlic. Pour over the top. Bake 30-40 minutes or until a knife inserted near the center comes out clean.
Let the quiche cool for 5 minutes before serving.

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

GETTING TO KNOW...
Rickey Tedder

RSVP NEEDS YOU!
CAN YOU...

DRIVE
PACK DISASTER KITS
HELP AT A LOCAL FOOD BANK
AND MUCH MORE!

CALL RSVP AT 983-5220!
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For more information or to make reservations, please visit the City of Miami website or call the COA at 305-662-8000.