Senior Wellness

Necessity can be the seed of invention, but it never hurt to get a little help from a friend, even if it is a new one.

Senior Wellness started as an idea at the RSVP Senior Expo in 2017 and has now blossomed into a free class at the Milton Community Center with over 50 people attending every Wednesday at 10 a.m.

“I really wanted to offer a free fitness class for seniors,” admitted Blake Pablo who is the Community Liaison for Island Doctors locally. “But I couldn’t find a location nor trainer that was interested.”

Then while venting his frustration about the lack of a place or an instructor, Pablo vented to a nearby vendor representing Humana by the name of John Fitzgerald.

Despite Pablo not wanting the input of a stranger, he got a reply and the rest was as we should say, HISTORY!

“That’s easy!” Pablo recalled the conversation starting. “I’m a certified personal trainer who already trains seniors at Anytime Fitness. I can teach the class.” He found the teacher, but what about a location. Fitzgerald had an answer there as well.

See WELLNESS, Pg. 4

Mark your calendar

Lunch and Learn
Date: Oct. 2, 2019
Topic: Service Seniors in SRC presented by the Council on Aging of West Florida serves Santa Rosa County Seniors. RSVP by calling: 983-5466 before Sept. 27th.

Let’s Sing Karaoke! Join us the first Wednesday of each month at 1 p.m. for a fun filled couple of hours of karaoke.

Line Dancing! Every Monday at 10 a.m. Come out and enjoy learning how to dance a shuffle, slide, soul, or modern country and western steps while getting exercise.

For more information check us out on-line at www.miltonfl.org/205/Senior-Citizens-Program.
Here are some tips on how to become a smarter shopper from Ginny Hinton from the UF/IFAS Extension Office in Milton.

If you’re like me, walking into a grocery store without a list is a sure-fire recipe for disaster. I love food and will almost always be led astray by some tempting goody that doesn’t belong anywhere near my cart! Following are some practical tips to keep your shopping on track:

• **Stick to your list**: Unfortunately, making a list is just half the battle. If you can plan ahead AND stick to your list, you’ll be ahead of the game. Sometimes it helps to allow yourself one “grab” per shopping trip.

• **Eat before you shop**: I’ve heard this one all my life and it’s so true! If you walk into a store hungry, you’re going to want half of what you see.

• **Get the best price**: This one takes a little homework, but it’s so satisfying when you succeed! Check the newspaper and look at the store flyers for sales and coupons. Ask about a loyalty card and don’t forget senior discount programs.

• **Buy fresh and local**: Buying produce in season can lower the cost, increase the freshness, and sometimes even offer a nutrition boost.

• **Grab from the back of the shelf**: Grocery stores will usually stock items from back to front, with the newer items toward the back.

• **Buy in bulk**: It is usually cheaper to buy foods in bulk but remember, this is only a bargain if you can eat the food before it expires or you get tired of it.

• **Buy generic or store brands**: Very often, store brand foods offer the same quality as more expensive brands. It is worth giving the “off brands” a try and it’s a good way to save some money.

• **Choose lower-cost foods**: Some foods just cost less than others year-round. Apples and bananas are good choices for less expensive fresh fruits.

• **Shop online and pick up at the store**: This is a relatively new option that is gaining popularity. Grocery pick-up is also great if you have mobility issues.

• **Eat out wisely**: Most of us enjoy an occasional meal out but restaurants can be expensive.
Are you still able to drive?

Many of our friends and neighbors are aging and becoming unable to get to doctors, shopping and to their favorite social activity. For many of these people, their children do not live in this area, or their work schedules are not flexible, so they have trouble helping, leaving the elder having to look for help. Santa Rosa County has very little in way of public transportation, and taxis or Ubers are not affordable. The RSVP office is getting many calls each day for rides to mainly doctor appointments, but sometimes it is trips to grocery/drug stores or wanting to come to the Milton Community Center for activities. I hate to have to tell someone that we cannot get them a ride, because we don’t have enough drivers signed up. So, I am asking for your help. If you attend a church or other social group to ask them to help. If your church group or social group would like me to come and talk to them about the need and what they can do to help, I will, just get their contact information and I will contact them.

As always, to the volunteers who are already helping a huge Thank You!

RSVP contact information: phone – 850-983-5220 or Faye’s Cell 850-516-9367.

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LUNCH AND LEARN

Oct. 2, 2019
11 a.m. to Noon

Serving Seniors in SRC!

LEARN HOW THE COUNCIL ON AGING OF WEST FLORIDA SERVES SENIORS IN SANTA ROSA COUNTY AND MILTON

Milton Community Center
LIMITED SEATING - RSVP BY SEPT. 27TH TO RSVP CALL 983-5466

Sept ember Birthdays
Happy birthday to:
- Kyla (Angel) Arp
- Pat Cook
- Jerry Hood
- Jane Basel
- Patricia Hood
- Caroline Nelson
- Janet Shelly
- Patricia Schaffer
- Lorena Johnson
- Marilyn Wells
- Mary Brewer
- Krim Muller
- Mary Colling
- Rhea Parsons
- Harriet Boren
- Vincent Therrier
WELLNESS

Fitzgerald was very well established in Milton and went to work on his contacts, which included Joe Paschal, the Senior Program Director at the Milton Community Center.

Five months later they had two classes. One in Pensacola that grew from zero to a group of eight.

But the surprise came at the first class in Milton at the community center.

“I was running behind and when I entered the gym I saw John’s face beaming,” recalled Pablo. “We had 35 seniors in our very first class.”

Since then Fitzgerald and Pablo have worked in partnership to help seniors.

“When I designed the class, it began with addressing the fear of falling,” said Fitzgerald. “I knew it was important to incorporate movements that would help improve balance.”

But the idea was to use a chair for those who didn’t feel as sturdy on their feet to begin with. So why do they use the chairs for the class at all.

“Well the short answer is a chair is an excellent tool that serves our goal of creating a safe environment for seniors of all ages and health to participate,” said Fitzgerald.

“They allow us to safely warm up, helping us prevent injury, provide stability should a participant feel a little off balance and help scale the difficulty of a movement.

“Ultimately the chair helps each senior’s individual equilibrium between challenging themselves without allowing them or their form to suffer.”

Now both Pablo and Fitzgerald will tell you that this, Senior Wellness, should not be the only exercise class you take or the only exercise you get for the entire week.

“Blake and I do not believe that a happy, healthy life can be lived entirely from the lazy boy,” said Fitzgerald. “In fact, more and more studies are showing that long periods of sitting and inactivity is as bad for you as smoking.

“So, by doing our wellness movements on our feet we are maintaining and for some regaining our ability to live our lives without constant fear of falling.”

Now this dynamic duo has been at this for two years in Milton after the initial idea was born during a health fair and expo.

“The past two years has been an amazing journey, but it has only just begun,” said Pablo. “John and I both believe that wellness is a journey not a destination defined by a commitment to improve our lifestyle choices each day.

Be sure to check out our Facebook page!

Senior Activities at the Milton Community Center

“Like” the page to stay up to date on all that is happening for senior citizens at the Milton Community Center.
Getting to know ..........Joe Paschal

Joe Paschal is the Senior Program Director 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? I was born in Pensacola but moved away soon after I was born due to my Father being in the Navy.
2. What is the favorite place you have visited? Disneyland; it was a thrill to see my kids and grandkids have so much fun.
3. What are the three things you will always find in your refrigerator? Unsweet tea, cheese, and water.
4. What is your favorite food or meal? Egg Plant Parmesan.
5. What hobbies do you have? Being with my four grandkids Grace, Tucker, Savannah, and Laylah.
6. What was the last movie you watched and enjoyed? Overcomer.
7. What invention has had the biggest impact in your lifetime and why? The Fitbit. It keeps me honest.
8. What historical event in your lifetime stands out in your mind the most? JFK Assassination. I was only seven, but the impact this terrible event had on my family, friends, and me was huge!
10. Name one more thing to do that is still on your bucket list? Family cruise.

Crunchy Chicken Salad

Ingredients:
- 2 cups cooked chicken, diced
- ½ cup celery, chopped
- ¼ cup green pepper, chopped
- ¼ medium onion, chopped
- ½ cucumber, chopped
- ½ cup grapes, chopped
- 1 small apple, cored and chopped
- ¼ cup plain, low-fat yogurt

Instructions:
Dice 2 cups of chicken, Rinse the celery, green pepper, onion, cucumber, grapes & apple. Chop into small pieces. Put all ingredients in a large bowl, add yogurt and stir together.

Variations:
Use leftover chicken, rotisserie chicken or even chicken from a can. Add some nuts for added protein. Use whole grain tortilla to make a wrap or serve on a bed of lettuce, a healthy bread or whole grain crackers for a snack. This dish is low in fat and sodium. Has no added sugars, and offers fiber, calcium, iron, potassium and vitamin C.

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

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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**Activities for Seniors**

**October 2019**

- **Community Center**
  - Ball Room: 2 PM with theme: 
    -would like your input for the theme.
  - Steak Night: 7 PM - 9 PM
  - Karaoke: 9 PM - 11 PM

- **Million Community Center**
  - Weekly Bingo: 6 PM - 9 PM
  - Happy Hour: 4 PM - 6 PM

- **Special Events**
  - Senior Picnic: 10 AM - 2 PM
  - Fall Festival: 6 PM - 9 PM

**Contact Phone Number:** 123-456-7890