

Milton's Golden Gazette

February 2021, Vol. 3; Number 2 An e-letter published by the City of Milton Senior Program and RSVP Santa Rosa County



RSVP receives a grant

The RSVP has been given a grant, to give seniors the opportunity learn about technology, this is allowing the RSVP to open a computer lab a few days a week. The Goal is to have this open by mid-February, and have it open 2 days a week, on Monday and Wednesday. This will be open to anyone 50+, from 9am to 1pm.

Come learn the basic functions of personal computers and tablets. The computer lab purpose is to make seniors who have little or no experience with computers, comfortable with personal computers and to provide the basic knowledge and skills needed to perform the computer functions without assistance. These skills will be

applied to the basics of applications such as word processing, spreadsheets (tables of numbers), email and the internet. The users will learn about email, browsing the web and simple computer programs that can encourage their staying active and social. Creating bridges between older adults and family/friends though technology by helping them

understand apps like skype or making zoom calls with the grand-children and family.

We will give tutorials that teach how to use a mouse, the arrow keys on the keyboard, and touch typing, setting up a Safe Work Area, Virus Protection, Getting Your Computer Up and Running, Surfing the internet, Sending Email, Using

Your Media Methods, Advanced Email, Pictures, Word Processing Basics, and Finding Everything, also, social networking like Facebook, Twitter etc.

In addition to learning about the Computer, for those who do not have computers or internet at home the computers will be available for use here at the Center.

Senior Tips

10 tips to use a tablet

Tablets can be the perfect tech gift for a senior. They are usually easy to use out of the box, are lightweight, offer font enlargements, and are touch sensitive.

1. PURCHASE TOOLS THAT WILL BE USEFUL

Some resistance to tablets may come from worry over dropping and breaking an expensive piece of technology or worries about neuropathology/shaking hands making it hard to use the touchscreen. Purchasing a case, screen cover, and stylus can help to overcome these fears.

2. TEACH THEM HOW TO FIND APPLICATIONS THAT THEY WANT TO DOWNLOAD

Don't assume that the seniors in your life will understand how to use the search feature or go through the app installation process. Plus, you should let them be hands on with it from the beginning.

3. THEY MIGHT FEEL UNSURE ABOUT WHAT APPLICATIONS THEY MAY ENJOY OR LIKE

You can show them some applications that they can find a use for, such as health apps or games they enjoy playing normally.

4. SOME SENIORS MAY BE WORRIED ABOUT PUTTING THEIR PERSONAL INFORMATION ONLINE.

Teach about tablet safety, such as basic password management. They may prefer to write down their usernames and passwords, and save them in a safe place.

5. GETTING A TRACKING APPLICATION ACTIVATED OR PLACED ON THE TABLET CAN BE A GOOD IDEA.

The benefits that attract users to laptops can also be negatives in that they are easy for anyone to misplace or even steal.

6. DON'T GO OVERBOARD WITH APPLICATIONS.

Some seniors with no experience using technology may be overwhelmed with a screen full of application icons. Find ones that you both agree will be appreciated at first, and go from there.

7. GO OVER ANY TABLET OR COMPUTER LINGO THAT THEY MAY BE CONFUSED ABOUT AS SOME WORDS

The tech terms cookies and URL might seem like a foreign language to seniors new to technology. It's easy to assume that they know what you know.

8. DON'T FORGET TO TALK ABOUT HOW SOME APPS AND SERVICES ARE FREE TO PLAY OR USE

This may cut down on unexpected bank account or credit card charges. Show your elder how they are able to password protect purchases to prevent them.

9. FIND OUT WHAT THEY ALREADY KNOW

The seniors in your life might not need as much help as you thought that they did to get started with their new tablet.

10. DON'T MAKE THE SENIOR FEEL AS THOUGH YOU ARE TALKING DOWN TO THEM ABOUT THE TABLET.

Your elder may just feel that it's easier to go on as they have before without the technology than have to deal with someone that is making them uncomfortable.

AARP Foundation TAX-AIDE

Free tax assistance for those who need it most

AARP TaxAide is offering free income tax preparation starting February 15, 2021 at the following Santa Rosa County locations; Pace Fire Rescue Station, Milton Library, and Milton Community Center. Appointments can be made in one of three ways:

Visiting www.aarpfoundation.org/taxaide, or www.aarp.org/money/taxes/aarp_taxaide/ to schedule an appointment starting February 12, 2021.

Calling the AARP Foundation toll free number 1-888-227-7669 indicating which location you would like to use.

Calling 850-724-0425 and leave a message with your name, phone number, and which location you would like to use. If a specific date or time is important then state when you are available. You will receive a call back to set up your appointment. No walk in service will be provided this year. This will require two appointments to complete your return; first appointment is to scan your financial documents and the second appointment will be scheduled at the site for a future date of your choice to complete your return. Both appointments will be approximately 30 minutes each.

Appointments dates and times are as follows:

Pace Fire Rescue Station: Monday and Wednesday from 9AM to 1PM

Milton Library: Tuesday and Wednesday from 1 to 5PM

Thursday from 9AM to 1PM

Milton Community Center: Monday and Friday from 9AM to 1PM



at the
Milton Community Center



Prizes & Refreshments provided

First Card Free; \$1 each additional card

Every Thursday from 1 - 3 p.m.



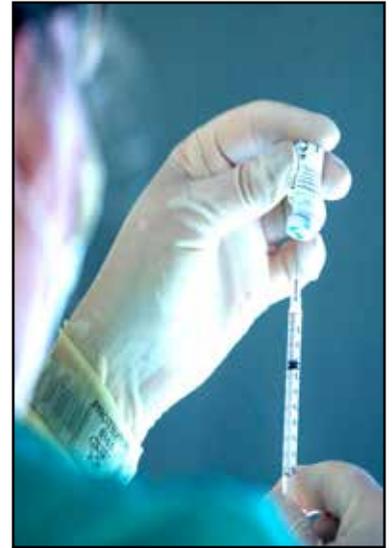
For more information contact the Milton Community Center at (850) 983-5466 or follow our seniors activities on Facebook

Excitement for February

Many of you have been trying to get the Covid-19 Vaccine, some have gotten on the wait list while others have not been able to get though to the call center and are not able to use the internet. For this reason, the County is allowing the RSVP to schedule up to 500 vaccines for people 65 and up. You must be 65 before February 17th and live in Florida. If you want to receive your first shot on February 17th, or know someone over 65 who needs this vaccine, please contact Faye or Kiwi in our offices or by calling (850)983-5220. Do not call the Milton Community Center, they cannot sign you up for this vaccine. You can be on other wait lists and still register with us, but if you get a vaccine before our date please let us know so we can remove your name. Please remember to still wear your mask until most people are vac-

inated and this is under control.

As you seen on the first page, we will be opening a computer lab and will need volunteers who know the basic computer to help those who are just learning if you would like to help in this area call us and let us know your available schedule. These computers will only be available to the seniors.



ZUMBA GOLD



\$5 per class

MILTON

\$5 per class

**Enjoy a varied and exciting
low impact dance workout
Monday & Saturday from
10 - 11 AM at the
Milton Community Center
For information: 850-983-5466**



Feb. Birthdays

Happy birthday to:

Mary Smith - Feb. 2

Wendy Driver - Feb. 8

Larry Overman - Feb. 9

Michael LaCombe - Feb. 10

Drema Scanlon - Feb. 14

Robin Farrell - Feb. 15

Suzanne Fruge - Feb. 18

Gloria Cooley - Feb. 19

JoAnn Giles - Feb. 19

Helen Davies - Feb. 24

Charles Zink - Feb. 24

Rev. John Kuritz - Feb. 25

Norma Reyes - Feb. 26

Jim Glenn - Feb. 27

Sue Elquist - Feb. 28

Homemade Chicken Tender Salad

February is Heart Health Awareness month. This is a wonderful, quick, heart healthy recipe.



Chicken Tenders

½ lb of chicken tenders

2 Tbsp flour

½ cup panko bread-crumbs (whole wheat if possible)

1 Tbsp everything bagel seasoning *(if you don't have the seasoning, make your own with equal parts of garlic, minced dried onion, sesame seeds, poppy seeds, salt & pepper)

1 egg

Directions

Using 3 separate bowls, bowl #1 Flour, bowl #2 egg beaten, bowl #3 breadcrumbs & seasoning

Take each chicken tender and dredge through the flour, egg and lastly the breadcrumbs.

Pan fry the chicken tenders using whatever oil you have on hand (grapeseed or canola work really well)

Dressing:

2 Tbsp extra virgin olive oil

1 Tbsp white-wine vinegar

1 tsp Dijon mustard

1 tsp honey

1/8 tsp ground pepper

Whisk ingredients together and drizzle over 4 cups of baby greens.

Toss lightly, top with the chicken tenders.

Tips:

Make your own salad dressing and seasoning to control the sodium content. Also, cooking from home is almost always better for you than purchasing precooked meals. This meal is a great healthy eating on a budget meal for lunch or dinner.

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



Getting to know..... Gary & Renee Faris

Gary and Renee Faris are individuals you see at the Milton Community Center, whose speciality is helping Joe Paschal shop for bingo prizes.

1. Are you a native of Northwest Florida? If not where are you from and how long have you live here? Renee is from North Dakota and Gary is from Missouri. They have lived here for over 35 years.

2. What is the favorite place you have visited? The Smokey Mountains.

3. What are the three things you will always find in your refrigerator? Milk, cheese, and pickles

4. What is your favorite food or meal? Fried chicken or steak

5. What hobbies do you have? Gary enjoys watching NASCAR and wood-working, while Renee plays cards and works in her garden.

6. What was the last movie you watched and enjoyed? Renee likes Steel Magnolias and Gary's is Top Gun.

7. What invention has had the biggest impact in your lifetime and why? The automobile and electricity.

8. What historical event in your lifetime stands out in your mind the most? President John F. Kennedy's assassination.

9. What do you prefer – water, coffee, soda, or something stronger? All of the above.

10. Name one more thing to do that is still on your bucket list? Going to the Grand Canyon.



Senior Activities

Monday

9 a.m. - Game Time
10 a.m. - Zumba Gold (Gym)

Tuesday

9 a.m. - Pickleball
9 a.m. - Yoga
10:30 a.m. - Chair Yoga

Wednesday

9 a.m. - Artist
10 a.m. - Senior Wellness
you must call Blake Pablo at 261-3183 to reserve your class spot; limited space
11 a.m. - Pickleball

Thursday

9 a.m. - Pickleball
1 p.m. - Bingo

limited space; call Joe at 983-5466 to reserve your seat or e-mail jpaschal@miltonfl.org

Friday

9 a.m. - Pickleball
9 a.m. - Yoga
10:30 a.m. - Chair Yoga
noon - Game Time

Saturday

10 a.m. - Zumba Gold (Gym)

Please Note

We strongly urge you to wear masks for everyone's well-being.

We will provide coffee for groups in the dining area.

You can bring your own snacks, but we ask that you do not share them.

Please note these are temporary locations in some cases.

Zumba, Yoga, and Chair Yoga remain \$5 per class

**For more information
call the Milton Community
Center at 983-5466 or e-mail
jpaschal@miltonfl.org**



Follow us on Facebook @seniorsinmilton

