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Note from the Publisher

It's springtime and we're excited to welcome you to a season of color and outdoor adventures. At *First Coast Senior Living*, we're gearing up for beautiful weather and we invite you to take advantage of it.

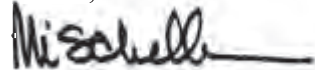
Now is the perfect opportunity to dust off your clubs and hit the golf course. If you've never golfed before, it's not too late to learn how to play. Northeast Florida's pristine fairways and stunning landscapes provide the ideal backdrop for a round of golf, with some of the finest golfing experiences in the country.

This month, you'll read about fresh starts, how golf keeps your mind sharp, avoiding Medicare scams, gardening, small town movie settings and more. Plus, don't miss our coverage of events and happenings this month in our 'Things to Do' list.

We want to extend a huge thanks to you, our valued readers, for your continued support and enthusiasm. Your feedback and engagement inspire us to deliver the best possible content and service, and we're grateful for the opportunity to be a part of your springtime adventures.

So, grab your sunglasses, weed wacker, gas up, and get out for some fun. Make this spring one to remember. Here's to sunny days, birdie putts, and dirty hands!

Cheers,



Mischelle Grant, Publisher
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P.S. Follow and Like Us on Facebook!

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Mastering the Greens: The Timeless Sport of Golf



A local family enjoys The Players Championship.

Golf isn't just about kicking back; it's about seizing every opportunity to hit the links and embracing the exhilarating moments on the green. Golf has become the go-to pastime for local residents and tourists looking for relaxation and excitement.

Golf can be the ultimate social scene. Picture this: a sunny day, a lush green course, and a lively group of friends teeing off together. It's not just about sinking putts; it's about sharing laughs, swapping stories, and soaking up the joy of camaraderie. On the fairway, age is just a number, and every swing is a chance to connect with fellow enthusiasts who share a passion for the game and a zest for life.

Every year, northeast Florida plays host to the The Players Club, the PGA Tour's annual star-studded event attracting golf enthusiasts and fans from around the world to the Ponte Vedra Beach area. This year is the 50th Anniversary of the TPC.

"Without a doubt, the greatest aspect of golf is the friendships you form," says Jim Cotton, who has played golf since age 12 and is celebrating his 25th year volunteering for The Players Championship. "Fellow golfers and volunteers truly become a family."

But let's not forget the physical perks. Golf isn't just a sport; it's a full-body workout disguised as a leisurely stroll. Walking from hole to hole, swinging clubs, and hauling around a trusty golf bag—it's all part of the fun! And the best part? It's exercise that doesn't feel like exercise. Players can stay active and energized while basking in the fresh air and scenic beauty of the course.

Golf is a puzzle waiting to be solved—a thrilling challenge

that keeps the brain buzzing. Each shot requires strategy, distance calculations and outsmarting tricky hazards. It's a game of skill that keeps the mind sharp and the senses alert. And when that perfect shot finally lands, it's a triumph worth celebrating.



Hidden Hills Golf Club Members

"One of our older golfers says, 'Golf is 90 percent mental and the other half is physical,'" quipped Kevin Glynn, PGA Assistant Professional for Hidden Hills Golf and Country Club in East Arlington. While it's a highly physical game that uses the full range of muscles, "It also takes strategy, knowing how to factor in variables like wind and where the pin is on the green, plus eye-hand coordination."

Of course, golf isn't just about the game—it's about the sense of achievement that comes with it. Every birdie, every par, every well-executed swing is a victory in itself. Players revel in the thrill of improving their skills, mastering new techniques, and pushing themselves to new heights.

Whether it's sinking a hole-in-one or simply enjoying a leisurely round with friends, every moment on the course is a reminder that life is meant to be lived to the fullest.

So, if you're looking for adventure, camaraderie, and a whole lot of fun, grab your clubs and tee off. 🏌️

Golf Courses in Our Area

Hidden Hills Golf and Country Club

3901 Monument Road
Jacksonville, FL 32225
Rates: \$44 plus tax and up, includes golf cart
(904) 620-0910 hiddenhillsgc.com

Queens Harbour Country Club

1131 Queens Harbor Blvd.
Jacksonville, FL 32225
Rates: \$50 plus tax and up, includes cart
(904) 220-2118 qyhcc.com

Deercreek Country Club

7816 McLaurin Road North
Jacksonville, FL 32256
Rates: \$60, plus includes cart
(904) 363-1604 deercreekcountryclub.com

TPC Sawgrass

110 Championship Way,
Ponte Vedra Beach, FL 32082

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includes cart

(904) 273-3235 tpc.com

**This list does not include all public and semi-private golf courses in the northeast Florida area.*

TRAVEL

Explore the Charm of Small Towns Through the Lens of Cinema

If you're a film AND travel buff, tour these nearby weekender-worthy travel destinations where award winning Oscar-recognized movies were shot. In honor of this month's 96th Academy Awards

ceremony, visit these small towns and recall scenes from most-liked movies.



The Whistle Stop Café

with a special sauce at the Whistle Stop Café. Star Jessica Tandy and screenwriters Fannie Flagg and Carol Sobieski were Oscar nominees.

Opelika, Alabama: Home to multiple spots featured in the 1979 classic *Norma Rae*, based on the true story of textile worker and union organizer Crystal Lee Sutton. Tuck in at the Golden Cherry Motel. Star Sally Fields won the Best Actress Oscar.

Seaside, Florida: A small resort community in northwest Florida, on the Gulf of Mexico hosted the Jim Carrey dramedy *The Truman Show*, described as a genre blend of dystopian and social science fiction, psychological drama and romantic comedy. Oscar nods went to supporting actor Ed Harris, director Peter Weir and screenwriter Andrew Niccol.



Fishing in Seaside

Savannah, Georgia:

Georgia's oldest city is most notable for *Forrest Gump*. Stroll through Chippewa Square, where Forrest shared his box of chocolates with friendly strangers. Alas, his iconic bench is no longer there, but you can visit it at the Savannah History Museum. This favorite garnered thirteen Oscar nominations and six wins, including Best Picture.

If you're a way-back film aficionado and prefer a shorter local drive, visit the Norman Studios Silent Film Museum at 6337 Arlington Road, the sole remaining vestige of Jacksonville's cinematic heyday as the Winter Film Capital of the World. 🌐

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SCAM OF THE MONTH


Protect Yourself from Medicare Scams

Avoid sharing your Medicare number with people who contact you out of the blue: Do not provide your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone but your doctor, pharmacy, or people who work with Medicare. These numbers should be protected just like you would protect your credit card, debit card, or bank account information. It's important to know Medicare will not call you unless you've specifically asked for help.

Scammers can spoof their number to make it look like the call is coming from a government agency or other known organization.

Do not click on suspicious links: Criminals create fake email addresses to make it appear messages are coming directly from Medicare. These emails may send you to a website that looks authentic. Do not respond to unexpected emails or text messages or click on any links they contain—even if the communication looks real.

If you need to update your information, log in to your Medicare account at Medicare.gov, call 1-800-MEDICARE (1-800-633-4227), or talk to a trusted advisor.

If you believe you've been involved in a Medicare scam, report it! Submit a report online to the Federal Trade Commission (FTC). 

Source; National Council on Aging

JUST ASKIN'

Reel Revelations Our Favorite Movies



Living through the reels of our most cherished cinematic marvel, a film isn't just a flickering screen but a gateway to nostalgia. It's the tale that captured our hearts, evoked laughter, and maybe even caused a tear shed or two. *First Coast Senior Living* asked several local residents to

tell us about their favorite movie, and why it resonated with them. Grab your popcorn, settle into your chair, and let's dive into the magic of your favorite films!

Galaxy Quest

"It reminds me of my wife. Our first date was at the library. Miriam would go to the library every three weeks to get a new stack of books. When we decided to start a family she wanted to stay home from work. So, we had to sell our second car, get rid of cable and cut costs. She started getting movies from the library and one day she came home with the movie, *Galaxy Quest*.



The movie is about aliens at a convention and it's so funny. I've watched that movie one hundred times. I still watch it even now that my wife has passed away. Not only is it my favorite movie. It's my favorite moment because it reminds me of her and her love of the library."

Richard Cuff, Northside

James Bond 007



"The James Bond movies are great guys movies. Who doesn't love 007 action-packed scenes, charm, and super cool gadgets? Bond is the definition of fresh. Plus, the exotic locations and high-stakes missions are always exciting. It's like stepping into an

adrenaline-fueled adventure where anything can happen. Whether it's the car chases, intense fights, or Bond's witty one-liners, I get to escape reality and live on the streets of beautiful cities through him."

Paul Healy, San Marco

Moonstruck

"I'm a film fanatic, so it's hard to decide. I have so many favorites... but I'll choose *Moonstruck*, because it was my mother's favorite film. I loved how she loved it. Yes, it's a bit corny, but brilliant. Life can throw some unexpected twists and turns at you. Life happens, and while you may not have been wishing for or looking for change, those changes often turn out to be very positive and fulfilling; sometimes the best thing that ever happened to you. The movie highlights the importance of family, of the futility of holding a grudge, of forgiveness. My mother was a romantic — she and my dad had a love story that lasted for 70 years."



Elizabeth Augustus, Miramar

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SPEECH Difficulty

Is speech slurred?



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OTHER STROKE SYMPTOMS

WATCH FOR SUDDEN:

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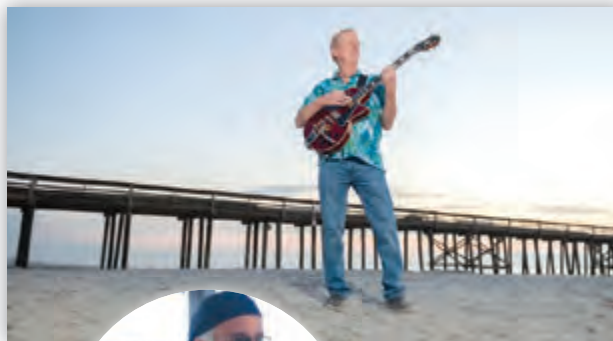
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Tunes by Steve Wilsford

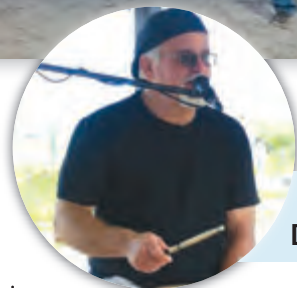
Retiring from a bustling career as a chef in the hospitality industry, Steve Wilsford transitioned into embracing his lifelong passion for music with unyielding fervor. His musical journey, woven with threads of dedication, talent, and passion, traces its roots back to the lively music scene surrounding Ball State University in Indiana. It was there that Steve immersed himself in an eclectic mix of musical genres, igniting a flame of deep-seated passion that would shape his journey for decades to come.

Over the course of two decades, Steve's talent as a lead guitarist and backup vocalist propelled him through numerous tours and recording sessions across the East Coast and Midwest regions.

Today, Steve finds himself tapping his toes to fulfill his musical dreams, relishing every moment spent creating and performing alongside his partner and percussionist, Mike Devereaux. Mike's own journey into the world of music was sparked by the iconic sounds of rock legends like The Beatles, The Beach Boys, and The Eagles. With



Steve Wilsford,
Guitarist



Mike Devereaux,
Drummer

a deep-rooted love for drumming, Mike's path led him to share stages with artists such as Kenny Chesney, Miranda Lambert, and Luke Bryan, honing his craft and enriching his musical repertoire along the way.

Together, Steve and Mike form an electrifying duo. Their synergy is tight as they deliver performances at local venues like Mavi Waterfront Bar & Grill in Jacksonville Beach, The Boat House and Sliders Tiki Bar in Fernandina Beach. Whether performing together, or alongside other talented bands like The Conch Fritters, Jimmy Parrish and Trop Rock

Music, Steve and Mike never fail to leave audiences blown away by their musical prowess.

Whether you are a long-time fan or discovering their music for the first time, their performances promise an unforgettable experience filled with infectious rhythms. You can catch them at Sliders Tiki Bar in Fernandina Beach every other Monday from 5 pm to 9 pm. To see their upcoming performance schedule, or for bookings, visit stevewilsborn.com or send an email to stevewilsborn@gmail.com.

An advertisement for JTA's Connexion paratransit service. The background shows a blue van with "MOVE" and a wheelchair icon on the side, parked on a street. A man in a yellow safety vest and red shirt stands next to the van with his arms crossed. The text "THE FREEDOM TO CONNECT AGAIN." is overlaid on the image. A white box in the bottom left contains a QR code and contact information. A white box in the bottom right contains a description of the service and the JTA logo.

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Digging In

The Therapeutic Benefits of Playing in the Dirt

There's something deeply satisfying about digging your fingers into the dirt, yanking out a stubborn weed and filling the soil with the stuff that ultimately will become a colorful bloom or a tasty vegetable. Author Jenny Uglow, whose books include *A Little History of British Gardening*, said it best: "We might think we are nurturing our garden, but of course it's our garden that is really nurturing us."

With spring approaching, it's a great time to get outside and soak up the varied benefits of gardening.

Gardening counts as exercise. Digging, planting, weeding and watering all involve various muscle groups, enhancing flexibility, building muscle and boosting cardiovascular health. Plus, all that sunlight kicks up the body's production of vitamin D, essential for bone health and immune function.

Mentally, gardening serves as a therapeutic outlet. The rhythmic flow of gardening tasks, coupled with being surrounded by nature, fosters a sense of tranquility and mindfulness. One Dutch study on cortisol, a natural steroid that aids in the body's stress response, found that gardening after a stressful event offers greater stress relief than reading. Research also shows that skin exposure to certain beneficial bacteria found in soil has antidepressant qualities.

Gardening offers cognitive stimulation and opportunities for learning and problem-solving, too. Planning and organizing a garden layout, selecting suitable plants and troubleshooting



Juliet Jones, Master Gardener

issues like pests or diseases keep the mind sharp and engaged and may help mitigate age-related cognitive decline. One study found it can lead to a 36-percent lower risk of dementia.

Juliet Johnson, 65, can attest. She joined the Duval County Master Gardener Program, part of the University of Florida's Institute of Food and Agricultural Sciences, after moving to Jacksonville from New Jersey.

"I realized that I am at an age for which women have no template. Our mothers were not nearly as active and vigorous as we are today," she says. "We are at a vibrant time of life. Our minds are on fire, we're ready for challenges and we have some time. Gardening allows me the opportunity to work with color, texture and movement and connect with people with shared interests. It is so important to find your people."

Socially, gardening fosters a sense of community and connection, especially if individuals participate in community gardening projects or clubs. Sharing knowledge, experiences and produce with fellow gardeners creates camaraderie, combating feelings of isolation that can sometimes accompany aging. It's the benefit that Tonya Ashworth, Extension Agent for the Duval County Master Gardener Program, sees most in her work.

"More than once, we've had volunteers come into the program after a major life change. Some have retired and moved to Florida where they have no friends. Some have lost their spouses," she says. "Finding a community of people with shared interests gives them comfort." 🌿

Sow Seeds and Grow Your Circle of Friends

✿ **The Garden Club of Jacksonville** ✿
gardenclubjax.org

✿ **Duval County Master Gardener Program** ✿
sfyl.ifas.ufl.edu/duval/lawns-gardens-and-trees
duval-county-master-gardener-program/

✿ **Men's Garden Club of Jacksonville** ✿
mgcjax.org

✿ **Late Bloomers Garden Club** ✿
latebloomersjax.org

✿ **Mandarin Garden Club** ✿
mandaringardenclub.org



Spring Clean Your Life Not Just Your Home

by Devan Stuart Lesley

March 19 marks the official first day of spring 2024! That means it's time for spring cleaning. Decluttering the home has long been associated with the "renewal" season and brings multiple benefits. Studies have linked a tidier home with reduced levels of stress and depression; higher quality sleep; an enhanced sense of control and ability to concentrate; and healthier, more active lifestyles that release more endorphins and burn calories.

But it's not simply about organizing your closet or emptying that junk drawer. It can apply to many other aspects of daily life including your digital intake, social connections, emotional state and financial concerns. It all starts with asking yourself, "Why?"

"We think of decluttering as a process of letting go. But that's very mid-story," says Heather Alice Shea, Founder and CEO of Jacksonville Beach-based Atmana Academy, a life coach training school. "Nobody's asking, 'How the hell did it get here? Why is it in my life?' We have to become increasingly aware of what we allow into our lives. That's the true beginning of decluttering."

Here are five ways to declutter beyond your home:

Digital Devices and Accounts

An easy first step is to clean up your computer desktop by organizing files and deleting unnecessary ones. Sort through emails and unsubscribe from newsletters or promotions you no longer find useful. Also clear out old messages and files from your phone to



free up space. Close any accounts that you no longer use including old email addresses and unused memberships. And update passwords to protect your online security.

Social Media

Regularly addressing your social media habits and connections has become crucial to your overall mental and emotional wellbeing.

"People have a love-hate relationship with screen time," Shea says, noting that many people use social media for work and for its positive aspects, such as staying in contact with friends. But the negative can seep in, too, including the tendency to compare our lives with the images others post that may not reflect reality. Not to mention, "rabbit hole" nature of social media can prove an unproductive time suck. Shea recommends limiting the number of times you log into social media daily and set a timer for each session.

Unfollow business or interest accounts that no longer align with your interests or values. And remember that cyberbullies come in all ages. Don't be afraid to delete them.

Real-World Relationships

The same sentiment goes for offline relationships that no longer serve you. Distance yourself from people who make you feel drained and prioritize spending time with those who bring positivity and support into your life.

Finances

Review your budget and expenses to identify areas where you can cut back or save more effectively. Financial Educator Kristeen Khountham, with an office on Jacksonville's Northside, recommends looking first at our eating out expenses.

"People tend to spend a lot more money on eating out than they realize," Khountham says, noting that when she advises clients to print out their bank accounts and highlight all food items, they almost invariably mark grocery store transactions but not restaurant visits.

She also recommends taking a hard look at your debt, particularly credit cards and loans, as well as your investments. Take note of interest rates, terms and conditions on each account and make moves to improve where you can. For instance, if you have a history of on-time payments, credit card companies often will lower your rate with a simple, polite phone call.

Also crucial is organizing financial documents. Khountham recommends keeping hard copies of documents collected in one spot; a spreadsheet with account information, logins and contacts explaining all that's included; and digital copies saved in at least two places in case the physical files are destroyed and/or a computer or hard drive crashes.



Distractions

Visualizing the life you truly want is the first step here. Once you've done that, minimize or eliminate anything in your life that doesn't contribute toward that goal lifestyle.

But don't stop with a single spring clean!

"I assess this stuff in my own life every 30 days," Shea says. "Once a month, I burn my calendar to the ground and ask myself, 'Do I still need to be spending time on this? Is this person still serving me and my goals? Do I need to change anything based on its impact on my day-to-day life?' I recommend everyone do the same every 30 to 60 days."

The benefit? "This type of decluttering allows us the time and energy for what truly matters. It's the single greatest thing you can do to increase your overall wellbeing and happiness in life." ☺

Heather Alice Shea:

<https://heatheraliceshea.com/about-atmana-academy/>

Kristeen Khountham:

<https://wealthwave.com/kristeenkhountham/>



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Considering Senior living options, can be overwhelming. Consider partnering with a personal concierge service to simplify the process of selecting a senior housing community for yourself, or a loved one. Working with a trusted partner in finding the right care at the right time is important. I handle all the research and offer a wealth of resources for Assisted Living, Memory Care, and Independent Living.



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Grand Plans

by Susanna P. Barton



If you're ready to get legit about life planning, make March the month you find a well-regarded lawyer who can transform your hopes and dreams into a legal record that stands the test of time. This is step three of a workable Grand Plan – an action that yields measurable results and inexplicable relief for you, your family and the community you serve. So, let's get going with some order in the court!

Getting your legal affairs organized begins with finding the right attorney. As an adult rocking the second half, you'll want to hire the most reputable elder law or estate planning attorney you can find.

Generally speaking and according to the National Elder Law Foundation, elder law attorneys practice “counseling and representing older persons and persons with special needs, and their representatives about the legal aspects of health and long-term care planning, public benefits, surrogate decision making, legal capacity, the conservation, disposition and administration of estates and the implementation of their decisions concerning such matters, giving due consideration to the applicable tax consequences of the action, or the need for more sophisticated tax expertise.” Elder law attorneys can assist with the legalities of the following issues, according to the American Bar Association:

- Health and personal care planning
- Pre-mortem legal planning (wills, trusts, etc.)
- Fiduciary representation
- Legal capacity counseling and representation
- Public benefits
- Special needs
- Insurance issues
- Resident rights advocacy
- Housing issues
- Employment and retirement advice
- Litigation and administrative agency advocacy
- Senior counseling

The NAELA website at www.NAELA.org has a search function to help consumers locate a certified elder law attorney in their area. But prior to that research, poll friends and family on the attorneys they've used and liked. Referrals are the best source for locating an elder attorney that suits your needs.

Estate planning attorneys do much of the same kind of work as an elder law attorney, but focus more on protecting and distributing your assets. According to the American Bar Association, estate planning attorneys “are familiar with your goals and concerns, your assets and how they are owned, and your family structure. It can involve the services of a variety of professionals, including your lawyer, accountant, financial planner, life insurance advisor, banker and broker. Estate planning covers the transfer of property at death as well



as a variety of other personal matters and may or may not involve tax planning. The core document most often associated with this process is your will.” When you think of estate planning lawyers think about documents like wills, revocable trusts, power of attorney, living wills, healthcare proxies, probate, advance healthcare directives and asset protection.

Again, seek counsel first from friends, family and colleagues about their experiences with estate planning attorneys before visiting a reliable source directory like the American College of Trust and Estate Counsel at www.ACTEC.org.

According to the National Institute on Aging, these are the barebone basics you will need to have in your “important documents” file as you make your approach to the sunset stroll:

- A will
- A durable power of attorney for finances
- A living trust
- A living will
- A durable power of attorney for healthcare

Making official legal preparations is not just an empowering process; it's a loving gift that continues in perpetuity. That's the kind of verdict we all want and need! 🌿

*Susanna Barton has worked as a professional writer in Jacksonville for nearly 30 years. Her book *Grand Plans: How to Mitigate Geri-Drama in 20 Easy Steps* and its accompanying workbook, *the Grand Planner*, are available in local stores and on Amazon. For more information, visit www.mygrandplans.com.*

HEAD START

Career Hacks for Pre-Retirement Workers



Hey there, seasoned career veterans! Are you tired of hearing about “millennial hacks” and “Gen Z tricks” in the workplace? Well, fear not, because we have some career hacks tailor-made for vibrant adults.

First off, let us talk about virtual office politics. While the young and the restless might be busy Instagramming their lunches, you can use your years of experience to navigate water cooler and cubicle conversations with finesse. Remember, you have seen more drama than Susan Lucci, the acclaimed star of the soap opera, *General Hospital*, so use it to your advantage!

Next up, technology. Sure, Snapchat filters might be a mystery to you, but who needs them when you have Excel spreadsheets and Microsoft Office Suite down to an art? Embrace your mastery of the digital realm and become the office wizard everyone turns to for tech support.

Networking is crucial but forget awkward Eventbrite mixers and forced small talk. Instead, leverage your vast network of LinkedIn and Facebook friends, family, and former colleagues. You have spent a lifetime building relationships – now is the time to cash in on those social chips!

And let us not forget about work-life balance. While teammates twenty years younger might be burning the midnight oil, you know the value of a good night’s sleep. So go ahead, shut down your home office at a reasonable hour and enjoy some well-deserved downtime. Besides, you will be up at 4:30 am the next morning anyway. Why not get your exercise on by going for a walk on Atlantic Beach, the Acosta or Main Street bridges, in your community, or by hitting the YMCA or Planet Fitness for a hard thirty minutes?

So, there you have it, embrace your experience, wield it like a seasoned Jaguars practice football and show the up-and-coming whippersnappers that age ain’t nothing but a number! 🐾



Connect with ElderSource to Give or Receive Senior Support

ElderSource connects seniors and caregivers with a wide array of resources that enrich their lives. Whether you are, or know, a senior that needs help – or want to help others, please consider these two programs:



Telephone Reassurance Program

This free outreach program helps older adults who are struggling with loneliness. Seniors or their caregivers can sign up to have caring volunteers check-in regularly with friendly calls.

Call 904.391.6631 to enroll, or volunteer at Volunteers@MyElderSource.org





Sharing Caring

This free initiative helps seniors get free consumable medical supplies that often aren't covered by insurance, including incontinence undergarments, nutritional drinks and more. Assistance requests and donations are taken Monday - Friday, 8am - 5pm.

Call 888.424.4464 to give or receive support

904-391-6600 | MyElderSource.org
Serving Baker, Clay, Duval, Flagler, Nassau, St. Johns and Volusia Counties Since 1974



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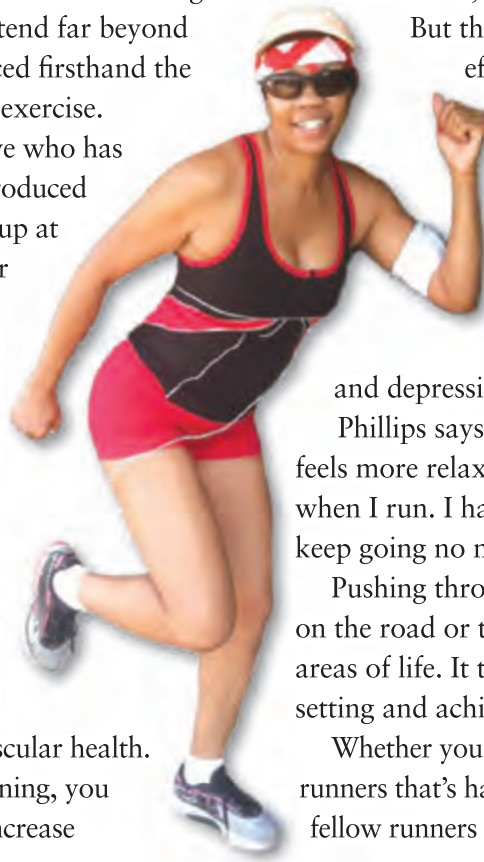
DUVAL COUNTY SENIOR CENTERS

Bennie Furlong Beaches Senior Center 281 19th Avenue South (32250)	Leroy D. Clemons Senior Center 55 N. Jackson Avenue (32220)
Carvill Park Senior Center 1302 Carvill Avenue (32208)	Lincoln LaVilla Senior Center 7866 New Kings Road (32219)
Charlie T. Joseph Senior Center 6943 Buffalo Avenue (32208)	Mandarin Senior Center 3848 Hartley Road (32257)
Frances Padgett Arlington Senior Center 1078 Rogero Road (32211)	Mary Singleton Senior Center 150 E 1st Street (32206)
J.S. Johnson Senior Center 1112 Jackson Street (32204)	Maxville Senior Center 18065 Pennsylvania Avenue (32234)
Jim Fortuna Senior Center 11751 McCormick Road (32225)	Oceanway Senior Center 12215 West Sago (32218)
Lane Wiley Senior Center 6710 Wiley Road (32210)	Riverview Senior Center 9620 Water Street (32208)
	Southside Community Center 10080 Beach Boulevard. (32224)

Fast Track to Wellness

Running is not just about breaking a sweat; it is about breaking barriers and unlocking a world of benefits that extend far beyond physical fitness. Many older adults have experienced firsthand the transformative power of this simple yet profound exercise.

Sonya Phillips is a 62-year-old Jacksonville native who has been running competitively for over fifty years. Introduced to the sport by her father, Phillips is loyal to lacing up at least four times each week. She ran in the first River Run when it started back in 1978.



circulation, reducing the risk of heart disease and stroke.

But the benefits of running do not stop there. It is also an effective way to manage weight and improve body composition. Whether you are looking to shed a few pounds or tone up, running torches calories and builds lean muscle, leading to a healthier, more resilient physique.

Beyond the physical benefits, running is a potent mood booster. The release of endorphins during exercise produces a natural high, reducing anxiety, and depression.

Phillips says, “Running is such a stress reliever. My entire body feels more relaxed when I am out there. I feel powerful and strong when I run. I had my knee replaced recently but I’m still motivated to keep going no matter what life throws at me.”

Pushing through physical discomfort and overcoming obstacles on the road or trail translates into greater mental fortitude in other areas of life. It teaches perseverance, discipline, and the importance of setting and achieving goals.

Whether you are running solo or with a group, there’s a bond among runners that’s hard to find elsewhere. Sharing miles and stories with fellow runners creates bonds that extend beyond the pavement. 🏃‍♀️

“Running is such a stress reliever. My entire body feels more relaxed when I am out there”.

—Sonya Phillips

“My father was a great athlete. He competed in every sport you could imagine as a young man and he required us to participate in outdoor activities and team sports,” Phillips said.

Running is a fantastic way to improve cardiovascular health. By engaging in regular aerobic activity, such as running, you strengthen your heart, lower blood pressure, and increase

MARCH AT THE FLORIDA THEATRE

STEVE HACKETT GENESIS REVISITED FOXTROT at FIFTY + HACKETT HIGHLIGHTS MARCH 1	Gumbo Niche MARCH 2	BRAD WILLIAMS MARCH 3	IZ TOP ELEVATION MARCH 5	THE TEMPTATIONS + THE FOUR TOPS MARCH 6	Harriet Tubman AND THE UNDERGROUND RAILROAD MARCH 7
BILLY JOEL, LINDSEY UVB THE LORDS OF 52ND STREET MARCH 8	ZACH WILLIAMS A TRIBUTE TO THE GREATS MARCH 9 JACKSONVILLE, FL	EXTREME Living Down MARCH 10	GINO VANNELLI MARCH 11	THE TEMPTATIONS + THE FOUR TOPS MARCH 12	BRAD "SCARFACE" JORDAN SOUND THE DRUM EXCHANGE MARCH 13
PLEASE DON'T LEAVE ME THIS WAY MARCH 14	GET THE LED OUT A CELEBRATION OF THE NIGHT TIT MARCH 15	KOUNTRY WAYNE THE KING OF HEARTS MARCH 16	the cancelled podcast tour MARCH 17	Air Supply MARCH 21	TOM PAPA GOOD STUFF TOUR MARCH 22
LITTLE RIVER BAND MARCH 22	Hotel California A TRIBUTE TO THE EAGLES MARCH 23	DANGERFIELDS KING DAY MARCH 24	SATCH VAJ VS TOUR MARCH 26	CELEBRATE THE MUSIC OF NEIL DIAMOND MARCH 28	JOEY FATONE + AJ MCLEAN A LEGENDARY NIGHT MARCH 30

Buy tickets at floridatheatre.com or 904-355-2787
128 E. Forsyth St. Jacksonville, FL 32202



Things To Do

March 9, 9:00 am – 3:00 pm

Aging True Aging with Grace Summit 2024

Green Cove Springs Senior Center, 604 Walnut Street, Green Cove Springs, FL 32043

At the summit, you will discover innovative ideas, practical tips, and inspiring stories that will help you thrive in your own home as you age. Our expert speakers will cover a wide range of topics, including home safety modifications, occupational therapy and its benefits, services to help in the home, and more. *Free Admission, Agingtrue.org*

March 12-17, All Day

Tournament Players Championship (TPC)

TPC Stadium, 110 Championship Way, Ponte Vedra Beach, FL 32082

THE PLAYERS Championship, often referred to as “the fifth major” in professional golf, celebrates its 50th anniversary this year. This annual tournament hosted by the PGA Tour boasts the sport’s top talent as well as one of its largest purses. *Tickets: \$40 and up, Theplayers.com*



March 12, 7:00 pm – 9:00 pm

The Temptations and The Four Tops

The Florida Theatre, 120 East Forsyth Street, Jacksonville, FL 32202

It’s a Motown, Rock and Roll Hall of Fame and Grammy Lifetime Achievement double header featuring The Temptations (“My Girl,” “Ain’t Too Proud To Beg,” “I Wish It Would Rain,” “I Can’t Get Next to You,” “Just My Imagination”), and The Four Tops (“I Can’t Help Myself Sugar Pie Honey Bunch,” “It’s the Same Old Song,” “Reach Out I’ll be There,” “Bernadette,” “Ain’t No Woman Like the One I’ve Got”). The Temptations include original member Otis Williams. The Four Tops include original member Abdul “Duke” Fakir. *Tickets: \$47.50 to \$87.50, Floridatheatre.com*

March 21, 12:00 pm – 2:00 pm

Ackerman Cancer Power of Proton Therapy

AJ’s Kitchen, 1 King & Bear Drive, St. Augustine, FL 32092

An open dialogue on Proton Therapy, with Dr. Paul Ossi, board-certified radiation oncologist. Discover how this advanced technology is revolutionizing cancer treatment. Lunch will be provided. Learn about the future of oncology and patient care.

To reserve a seat, contact accr@ackermancancer.com. *Free Admission, Ackermancancer.com*

March 22, 11:00 am – 12:00 pm

Rodgers & Hammerstein Celebration! Matinee

Jacksonville Center for the Performing Arts, 300 Water Street, Jacksonville, FL 32202

The scores of Broadway dynamos Richard Rodgers and Oscar Hammerstein come alive with more impact than ever before in this tribute performance spotlighting the monumental scores of legendary musicals like The Sound of Music, Carousel and South Pacific. The Symphony and returning Broadway stars Ashley Brown and Jordan Donica will immerse you in the musical stories of these famous maestros. *Tickets: \$25 to \$44, jaxsymphony.org*



March 27, 8:00 am – 5:00 pm

Basic Management of Urinary Incontinence

Brooks Rehabilitation Institute for Higher Learning

3599 University Blvd., Jacksonville, FL 32216

This course will supply a comprehensive review of pelvic cavity anatomy and the physiology of micturition. It will offer an in-depth look at supportive dysfunction of the pelvic floor muscles, with emphasis on urinary incontinence. It will provide a comprehensive evidence-based approach to treatment of urinary incontinence using behavior management strategies, dietary modifications, pelvic floor muscles training and electrical stimulation. *Tickets: \$65 and up*

March 29

Fish-A-Thon

Hanna Park

Adults 60+ enjoy a day of fishing, dancing and dining at Hanna Park. Fishing tournament awards are given for largest fish, smallest fish, most fish, prettiest fish and ugliest fish. This event also includes lawn games, a picnic table decorating contest, and a live DJ and dance floor. To Reserve Entry, call the City of Jacksonville Senior Events, (904) 255-5667. *Free Admission, jacksonville.gov/departmentofparksandrecreation*

March 30-31, 10:00am – 5:00 pm

Mandarin Arts Festival

Mandarin Community Club, 12447 Mandarin Road, Jacksonville, FL 32223

The Mandarin Community Club, a local non-profit organization, hosts the annual Mandarin Art Festival held every Easter weekend since 1968. Founded in 1968 by Judge Westberry and a group of local artists, it’s the longest running event of its kind in northeast Florida. *Admission: \$2 Suggested Donation, mandarincommunityclub.org*

PARTING SHOT

Nailing It!

Finding Fulfillment and Friendships through Volunteer Work



People often choose to volunteer for various reasons, but one of the primary motivations is the desire to make a positive impact on a cause they care about. Also, volunteering allows individuals to support and motivate organizations making their life experience more enjoyable. Socializing, meeting new people and spending time together with old and new friends contributes to something meaningful.

Kris McDonald, Community Engagement Manager for Habijax says the reason most people volunteer with their organization is twofold: a desire to make a meaningful ‘deposit’ into our community while also helping a family in transition into homeownership.



“During Hammer Time (a morning gathering at the build site of volunteers getting briefed on Habitat/HabiJax’s history & mission and on the day’s tasks), we often find that volunteers with years of service work right alongside the first timers. Once they understand that they are not just helping build a home, but also wrapping in it in joy, it often leads to them returning to help another family,” McDonald said.

Volunteering fosters connections within communities, amplifies empathy, and cultivates a sense of purpose. McDonald notes, “We know that volunteers are the ‘secret sauce’; my job is to make them feel that way so they understand how valuable they are to us!”

If you have extra time on your hands, consider lending a hand to a local organization dear to your heart! 🐞

GET INVOLVED!

Local Organizations Need Help

Builders Care of Northeast Florida

6747 Southpoint Parkway
Jacksonville, FL 32216
(904) 727-3443
builderscare.org

Sulzbacher Men’s Health Center

611 East Adams
Jacksonville, FL 32202
(904) 359-0457
sulzbacherjax.org

Beaches Emergency Assistance Ministry (BEAM)

850 6th Avenue South, Suite 400
Jacksonville Beach, FL 32250
(904) 241-2326
jaxbeam.org

Seniors On A Mission

2050 Art Museum Drive, Suite 102
Jacksonville FL 32202
(904) 551-4373
seniorsonamission.org

Habijax

2404 Hubbard Street
Jacksonville, FL 32206
(904) 798-4529
habijax.org

Jacksonville Humane Society

8464 Beach Blvd.
Jacksonville, FL 32216
(904) 493-4584
jaxhumane.org

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An exceptionally designed community nestled in historic Orange Park boasts a blend of sophistication with warm and friendly care. At Palagio Senior Living, we provide a variety of living options that are perfectly tailored to meet the unique needs of each of our residents from Independent Living, Assisted Living, or Memory Care. Our community is filled with happiness, excitement, and possibilities, providing all that you need to enjoy the Good Life!

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is the ideal community to call home.*



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