

FREE

October 2023

FIRST COAST

# SENIOR LIVING

*Pulse of the Good Life*

## Sam Kouvaris

Former Local Sportscaster  
Enjoying Retired Life

## Money Matters

Financial Planning  
Mistakes to Avoid

**Epic Day Trips**  
12-Hour Getaways

**Puppy Love**  
Animal Companionship

**Health & Wellness**  
Medicare Open Enrollment





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# A Note from the Publisher

Welcome to the inaugural issue of First Coast Senior Living, dedicated to celebrating the second half of life's amazing journey.

Our mission is to create a platform that enriches lives and meets adults 55 plus in various stages of life. In each issue, you can expect to find timely and engaging content covering a broad spectrum of topics including health and wellness, finance, travel, lifestyle and inspirational articles that reflect our population.

My goal as publisher is to foster a sense of community, inspire curiosity and passion, and encourage readers to own and embrace their individual reality. You have earned your credentials as a member of this club. Therefore, I promise to educate, and motivate our audience while having fun along the way.

We are a village. Your feedback and support are key to our success. So, I invite you to share your own stories, experiences and wisdom with us as you might be the compass that navigates another person's life in a new direction.

Here's to the "Pulse of the Good Life!"

Cheers,



Mischelle Grant, *Publisher & CEO*



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Sun, Jan 7 at TENNESSEE TBD



FIRST COAST  
**SENIOR LIVING**

Mischelle Grant, *Publisher & CEO*

Devan Stuart Lesley, *Managing Editor*

Carol Garrett-Fuller, *Client Liaison*

Carolyn Bell Audije, *Creative Director*

Michael Joseph, *Audience Development*

*Cover Story Photography by Renee Parenteau*

For editorial inquiries, email [editorial@firstcoastseniorliving.com](mailto:editorial@firstcoastseniorliving.com)

For general media, advertising or sponsorship inquiries,  
 email [partners@firstcoastseniorliving.com](mailto:partners@firstcoastseniorliving.com)

For print copies, email [info@firstcoastseniorliving.com](mailto:info@firstcoastseniorliving.com)

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245 Riverside Avenue, No. 100

Jacksonville, FL 32202

[FirstCoastSeniorLiving.com](http://FirstCoastSeniorLiving.com)



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# Road Safety: Staying Safe Behind the Wheel

As we age, our driving habits and abilities naturally evolve. While driving can provide a sense of independence and freedom, it's crucial to adapt to changing circumstances to ensure safety on the road. With a few adjustments and proactive measures, it's easy to continue to enjoy time behind the wheel.

## Regular health check-ups

Prioritize your health by scheduling regular check-ups with your healthcare provider. Keep an open dialogue about any medical conditions, medications or treatments that may affect your driving abilities. Vision and hearing tests should be part of your routine, as deteriorating eyesight and hearing can significantly impact your driving.

## Stay active and engaged

Maintaining physical and mental fitness is vital for safe driving. Regular exercise can improve strength, flexibility and reaction times. Staying mentally active through puzzles, games or learning new skills can help keep your mind sharp, enhancing your ability to make quick decisions on the road.

## Know your limitations

As you age, it's essential to be honest with yourself about your driving limitations. If you notice any difficulties while driving, such as problems with vision, hearing or mobility, it may be time to consider adjusting your driving habits or seeking alternatives like



public transportation, rideshare services or carpooling.

## Choose the right vehicle

Consider driving a vehicle with advanced safety features, such as anti-lock brakes, electronic stability control and blind-spot detection. These technologies can provide an extra layer of protection and enhance your driving experience. Additionally, make sure your car is regularly serviced to maintain its safety features.

## Drive during daylight hours

Driving during daylight hours can reduce the challenges associated with night driving, such as decreased visibility and increased glare from headlights. If possible, plan your trips during daytime hours to minimize potential risks.

## Maintain a safe following distance

Increase your following distance to provide more time for reaction and braking. A good rule of thumb is to maintain a three to four-second gap between your vehicle and the one in front of you. This extra space can prevent rear-end collisions.

## Minimize distractions

Avoid distractions while driving, such as using a mobile phone, eating or fiddling with the radio. Focus your attention on the road and your surroundings to reduce the risk of accidents.

## Plan your routes

Before embarking on a journey, plan your route. Familiarize yourself with the roads and any potential hazards along the way. GPS devices and navigation apps can be invaluable tools for seniors, providing turn-by-turn directions and real-time traffic updates.

## Consider carpooling or ridesharing

If driving becomes increasingly challenging or if you simply want to reduce your time on the road, explore carpooling or ridesharing options.

Safe driving as you age requires a combination of proactive measures, self-awareness and adaptability. By staying on top of your health, and making informed decisions about when and where to drive, you can ensure your safety and the safety of others on the road. 🌀

## Want a 10-percent reduction in your auto insurance premium?

Who doesn't?! Experienced drivers 55 and older can get a quick reward for all those years of safe driving with an online course offered by the American Safety Institute. Approved by the Florida Department of Highway Safety and Motor Vehicles, this 6-hour, online mature driver course allows you to work at your own pace, learning or brushing up on safe driving practices and accident-prevention strategies. Once you've completed the course, you'll get a certificate that can be submitted to your insurance carrier to qualify for a discount – an easy way to keep a little extra cash back in your pocket! Visit [www.americansafetyinstitute.com/6-hour-mature-driver-course/](http://www.americansafetyinstitute.com/6-hour-mature-driver-course/)



# Five Epic Day Trips from Jacksonville

Daydreaming about day-tripping? On a quick jaunt from Northeast Florida, you will find a treasure trove of diverse destinations just waiting to be explored. Whether you're a nature enthusiast, history buff or simply seeking a relaxing getaway, this region has something for everyone. Join us on five daytime adventures where you'll discover the beauty and charm of Northeast Florida.

## Ormond Beach

In Ormond Beach, where sun-kissed shores meet a rich history, you'll stroll along the iconic Ormond Beach boardwalk and enjoy the pristine beaches that stretch for miles. The Birthplace of Speed Park pays tribute to the area's racing heritage, where pioneers like Sir Malcolm Campbell raced their automobiles on the hard-packed sands, creating the first speed tournaments in 1903. Wade into the waters for a surf or paddle stand up paddleboarding lesson with Surfari Surf School. And wrap the day with a little shopping and sipping along Main Street.



## Blue Springs

November to March is the prime season to witness the gentle giants of the sea – manatees. Blue Springs State Park in Volusia County, is a winter haven for these graceful creatures. Take a guided river cruise or explore the boardwalks and observation areas to catch a glimpse of these charismatic

mammals in their natural habitat. Apart from the manatees, Blue Springs offers opportunities for kayaking, picnicking and hiking along the scenic trails, making it a perfect spot for nature enthusiasts.

## Jekyll Island

Cross the state line into Georgia, arrive at the captivating Jekyll Island. This

barrier island boasts a wealth of history and natural beauty. Relax in the Jekyll Island Historic District, a collection of well-preserved mansions and cottages dating back to the late 19th century, offering a glimpse into the opulent lifestyles of America's elite. Driftwood Beach, famous for its hauntingly beautiful driftwood trees lining the shore is a perfect spot for a leisurely stroll, shelling and snapping the kind of frame-worthy photos that'll make your social media scroll sizzle. If you're a critter lover, stop by the Georgia Sea Turtle Center to learn about the area's most beloved mascots and see rehabilitation in action with a host of interactive exhibits and experiences.

## Ocala

Ocala is known as the "Horse Capital of the World." Here, you can embrace the equestrian culture by embarking on a horseback riding adventure through the lush forests and rolling hills of the Ocala National Forest. Numerous stables and trails cater to riders of all levels, ensuring a memorable experience. Visit Silver Springs



State Park, where crystal-clear springs create an enchanting oasis. Take a glass-bottom boat tour to see the vibrant underwater world, teeming with fish and lush aquatic plants.

## Gainesville

Heading inland to Gainesville, a hub of culture and natural wonders awaits. Start your day at the Florida Museum of Natural History, where you'll embark on a fascinating journey through Florida's diverse ecosystems, featuring impressive displays of fossils and ancient artifacts. Take a leisurely stroll through the enchanting Kanapaha Botanical Gardens, home to over 24 unique gardens, including the breathtaking Butterfly Garden and the scenic Hammock Hollow. Don't miss the Water Gardens, featuring serene ponds and cascading waterfalls. Venture to Devil's Millhopper Geological State Park, a massive sinkhole with lush vegetation and a hidden miniature rainforest. Descend into the depths of this natural wonder and marvel at the unique ecosystem thriving within.



There's plenty to discover just over the horizon! So, fill up your tank and escape from the city for a day. Go! 🐾

# Does Anyone Want Your Old China?

Over the past several years, thanks to COVID-19 we were locked in our homes staring at walls and going through closets to keep ourselves busy. We decided how much stuff we really needed and what we could live without.

As generations age, there's a growing awareness of the need to downsize and declutter to avoid burdening loved ones with the task after one's passing. The trend toward minimalism and intentional living has made people more conscious of the items they accumulate. Swedish death cleaning aligns with these ideals.

Swedish death cleaning, known as "dostanding" in Sweden, is a decluttering and organizing method made popular by the book, "The Gentle Art of Swedish Death Cleaning," by Margareta Magnusson. The concept evolves around systematically going through your possessions and deciding what to keep, what to throw away and what to pass on to others.



## Some Key Principles of Swedish Death Cleaning:

**Start Early** - Begin the process while you're still in good health and able to make thoughtful decisions.

**Be Selective** - Evaluate each item and ask yourself if it has sentimental value or practical use, or is it truly meaningful.

**Let Go of Excess** - Donate, sell, or discard items that no longer hold significance.

**Communicate Your Wishes** - If you have specific items you want to pass on to certain individuals, communicate your intentions clearly to avoid disputes later on.

**Digital Decluttering** - Consider organizing and securing your digital files, passwords, and online presence as part of the process.

Eliminating unnecessary belongings now can reduce the stress and emotional burden on both the individual and their family members down the road. ☺



## Connecting Seniors & Caregivers with Services that Enhance Their Lives

In this ever-changing and sometimes overwhelming world, it's nice to know there is a nonprofit organization dedicated to connecting seniors with resources that help enrich their lives.

ElderSource serves as the Area Agency on Aging and the Aging & Disability Resource Center for Northeast Florida and is honored to provide seniors and caregivers with this FREE assistance.

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# Connecting Meals and Memories



Food is more than just sustenance; it is a portal to the past, a vessel for nostalgia and a powerful trigger for memories. As we age, the connection to food and memories becomes increasingly intricate, woven together like the threads of a cherished family recipe passed down through generations.

First, the connection between food and memories in adults is deeply rooted in their life experiences. Many of us grew up in an era when home-cooked meals were the norm and family gatherings around the dinner table were a cornerstone of daily life. These

experiences have imprinted specific tastes, smells, and textures on their memory. As a result, a simple dish like Grandmother's apple pie or a particular holiday feast can transport us back to childhood, evoking vivid memories of family, laughter and love.

Certain foods can act as emotional anchors, providing a sense of continuity and stability in a world that is constantly changing. When we savor these dishes, it's not just our taste buds that are engaged; it's our hearts and minds, too, as we reconnect with cherished moments from the past. In this way, food becomes a vehicle for preserving family history and cultural identity.

"When I was a child, I loved observing my mother think about a special family gathering, make her notes about the menu and chat with me about who was going to be joining us. It was the most memorable time of my early years," recalls Leigh Cort, founder and president of the Women's Food Alliance, a networking group dedicated to promoting the First Coast

hospitality industry via food and beverage events.

Cort can attest to the connection between food and memories, having personally cared for her parents throughout their late 90s until age 100.

"Both mother and father were quick-witted and cognizant of a century of good times and good food," she said. "Each meal together was a happy time and certain meals allowed them to reminisce about their long lives, travel, family celebrations and of course the thousands of restaurants that they could still recall. The last phone call my mother made to me before she drifted into her coma-sleep, just shy of 100 years old, was about the delicious dinner she enjoyed the night before and that she took an hour to eat it. The phone message became the most unforgettable connection that I shared with our family – just hearing her voice, strong, happy and excited that she enjoyed a dinner all by herself in her room while chatting with a photo of my father."

This isn't just sentiment. It's science. ☞

[www.womensfoodalliance.com](http://www.womensfoodalliance.com)

## BODY & MIND

# Why Can't I Sleep?

Improving sleep patterns in older adults can significantly enhance overall well-being and quality of life. Sleep issues are common as people age but there are several strategies to promote a good night's rest. Try to engage in calming activities such as reading, taking a bath or practicing relaxation techniques and eliminate watching TV or using electronic devices. Put your smartphone, and tablet away!

Keep your bedroom dark, cool and quiet. Using a white noise machine or calming app can allow your brain to settle down. Invest in a comfortable mattress and pillows that support your body without causing pain in your back or hips. Drink your caffeine during the day and not at night. While a nice glass of wine or scotch may sound like a good idea for a nighttime tilt, alcohol can disrupt sleep patterns, so limit consumption. Regular

physical activity promotes good health and better sleep and reduces stress and anxiety.

Consistent sleep and wake times are important for mental and physical health as well as academic and cognitive performance. Inconsistent sleep schedules are associated with negative health outcomes including obesity and diabetes, cardiovascular disease, immune dysfunction, cancer and impaired mental health.

Persistent sleep problems may be due to underlying medical conditions such as sleep apnea, restless leg syndrome

or insomnia. Medications should generally be a last resort option for treating sleep problems in older adults. It's essential to

recognize that improving sleep patterns may take time and patience.

Additionally, what works best can vary from person to person, so it may be necessary to experiment with different strategies to find the most effective options.

Consult a healthcare provider if you're having difficulty resting well and always talk with a medical expert before using any sleep medications. ☞





# Planning Your Financial Future: Mistakes to Avoid

As we age, financial planning becomes increasingly important. Here are 10 common money mishaps and easy ways to avoid them.

## Not preparing or updating a comprehensive personal financial plan

By age 55, most individuals have undergone major life changes and have new financial goals and obligations. An updated plan can help position you for future financial success. A great place to start, says Cassandra Ryder, CPA, MBA, MSA, and adjunct professor at Columbia College, NAS JAX, is taking a second look at your life insurance policy to assure you're paying for the correct type and amount of insurance for your current needs.

"Life insurance is intended to replace the need for income for those people who are dependent on your income," Ryder says.

## Not tracking your spending

"You cannot master what you do not measure," Ryder says. Preparing a monthly budget and tracking your spending helps to quickly reveal where you're overspending, forces you to prioritize spending and keeps you conscious of questionable charges on your bank accounts.

"Tracking your spending today has never been easier," Ryder says. "Apps and other tools make it a breeze to track your spending and then budget accordingly. Further, now

is the time to pay off all credit debt, so that you will be in the best position possible to enjoy whatever goals you have for your future."

## Neglecting retirement savings

Many people assume that they have enough time left to catch up on their retirement funds, but the reality is that the earlier you start saving, the better.

## Underestimating healthcare costs

Healthcare expenses tend to rise as individuals age. It's crucial to factor in these costs when creating a retirement budget. Consider purchasing long-term care insurance to help mitigate potential financial strain in the future.

## Overlooking estate planning

Failing to create a comprehensive estate plan can result in unnecessary legal and financial complications for your loved ones when you pass away. Consult with an estate planning attorney to draft essential documents like wills, trusts and powers of attorney.



Cassandra Ryder

## Ignoring tax-efficient strategies

This includes not taking full advantage of tax-advantaged retirement accounts or failing to plan for tax-efficient withdrawals during retirement.

## Maintaining high debt levels

Carrying high levels of debt into retirement can be a significant burden. Prioritize paying down debts, especially high-interest ones, before retirement. Reducing debt will free up more of your income for retirement savings and daily expenses.

## Underestimating longevity

People often underestimate their life expectancy when planning for retirement. While it's challenging to predict precisely how long you will live, it's essential to plan for a longer retirement to avoid running out of money.

## Not diversifying investments

Relying too heavily on a single investment or asset class is a common mistake among older individuals. Diversifying your investments can help spread risk and improve the potential for stable returns.

## Overspending in early retirement

Some retirees experience a surge in spending during the early years of retirement when they have more free time for travel and leisure activities. While enjoying retirement is essential, it's crucial to set a realistic budget that considers both your immediate desires and long-term financial security.

There's no shame in seeking help! The guidance of reputable financial professionals can help you stay informed about financial planning strategies to make the most of your retirement years. 🐞



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# The Cost of Living

## Duval County Apartment Rental Rates

It is estimated that one-third of a person's monthly income is dedicated to housing payments, not including utilities and other costs. The secret is out and we're feeling the pain of inflation and increased rental rates.

Over the past four years apartment rental prices have skyrocketed across the country. And, not unlike many of the tropical storms and hurricanes to touchdown, northeast Florida was among the hardest regions to prepare for it. Reasons for the increases include the massive influx of people relocating from more expensive and populous cities and the income losses for multi-family housing owners and investors due to COVID-19.

According to the U.S. Census Bureau's data, the fair market rent for a two-bedroom apartment in Duval County is currently \$1,303. This is 7.8% higher than the average apartment rental rate. Duval County is ranked 24th out of 67 counties in Florida in terms of fair market rents.

Here are some of the current starting rental rates for two-bedroom units with varying square footage in some multi-family communities in Jacksonville.

### APARTMENTS

#### Beaches Area

**Reef at Mayport \$1,846**  
[www.thereefapartments.com](http://www.thereefapartments.com)  
**Hale Nani \$1,699**  
[www.livehalenani.com](http://www.livehalenani.com)

#### Downtown/Brooklyn

**Vista Brooklyn \$2,278**  
[www.vistabrooklyn.com](http://www.vistabrooklyn.com)  
**11 East Forsyth \$1,589**  
[11eastapartments.com](http://11eastapartments.com)

#### Mandarin

**Grand Cypress \$1,892**  
[www.grandcypress.com](http://www.grandcypress.com)  
**Waterford at Mandarin \$1,358**  
[www.waterfordmandarin.com](http://www.waterfordmandarin.com)

#### River City Marketplace

**Broxton Bay \$1,501**  
[www.broxbay.com](http://www.broxbay.com)  
**Seaton Preserve \$1,715**  
[www.seatonpreserve.com](http://www.seatonpreserve.com)

#### Riverside/Avondale

**Bell Riverside Apartments \$2,668**  
[www.bellriverside.com](http://www.bellriverside.com)  
**RiverVue Avondale \$1,890**  
[Rivervueaptsjacksonville.com](http://Rivervueaptsjacksonville.com)

#### Southbank

**Broadstone River House \$1,939**  
[www.broadstoneriverhouse.com](http://www.broadstoneriverhouse.com)  
**The Strand \$1,625**  
[www.thestrandjacksonville.com](http://www.thestrandjacksonville.com)

#### Southside

**Presidium Park \$2,195**  
[Olympuspresidiumpark.com](http://Olympuspresidiumpark.com)  
 Volta \$1,800  
[www.voltajax.com](http://www.voltajax.com)

#### Town Center

**Terraces at Town Center \$1,908**  
[www.Terracestowncenter.com](http://www.Terracestowncenter.com)  
**Avere Southside Quarter \$1,994**  
[www.Greystar.com](http://www.Greystar.com)

#### Westside

**Pointe Grand Jacksonville West \$1,499**  
[www.pointegrandwest.com](http://www.pointegrandwest.com)  
 Sound at Peninsula \$1,329  
[www.soundatpeninsulajax.com](http://www.soundatpeninsulajax.com)

#### 55+ COMMUNITIES

**Olea Beach Haven - \$2,335**  
[www.oleabeachhaven.com](http://www.oleabeachhaven.com)  
**RISE Glen Kernan Park**  
 Under Construction [www.risegpk.com](http://www.risegpk.com)

This list is not comprehensive. Rates represent data gathered at the time of sourcing for this publication. Experts predict a decrease in rents locally and nationally this Fall. 🌀

# Age in Place at PACE



complemented by transportation services to and from the program and medically necessary appointments. But they offer plenty of fun stuff, too. PACE Place goes beyond

**“Our goal is to provide high-touch and preventative care. We provide at-home caregivers to assist people with daily living, appointment escorts, respite care and so much more.”**

—Amy Bretz, Executive Director

PACE Place, the Program of All-Inclusive Care for the Elderly, is recognized for its unique model of integrated healthcare, social support and wellness services designed for folks 55 and older who need more help.


Aimed at empowering seniors to age gracefully while preserving their independence, the program focuses on those who require nursing-home-level care but would rather skip the nursing home and receive that assistance at home or in the community.

The program’s person-centered approach customizes care plans to address the varied needs and preferences of each participant, covering various aspects of their wellbeing, including medical, social, emotional and functional dimensions. The Jacksonville location recently announced it’s made room for 100 additional participants.

Here’s how it works: An interdisciplinary team of healthcare professionals collaborate to provide comprehensive care,

conventional healthcare by organizing a range of recreational activities, such as movie nights, games, gardening, storytelling, day trips and karaoke nights, just to name a few.

Amy loves that the program supports the caregiver because she feels caregiver needs are so underrated. She said, “We help caregivers by allowing their loved ones to thrive in this kind of setting. We can even help by getting their family member out of bed and dressed for the day while the caregiver gets ready to go to their full-time job. People know they’ve been a burden to their families and we offer them a quality of life.”

PACE Place is located at 5450 Ramona Blvd. To learn more about PACE Place and its qualifications, call (904) 428-0400 or visit [www.thepaceplace.org](http://www.thepaceplace.org). 

**“You must become a warrior as you age.  
You can become a gentle warrior.  
You can become a creative warrior.  
You have to subscribe to a lifestyle of  
never-ending improvement.”**

—Marc Middleton, *Growing Bolder*



# Coronary Artery Disease

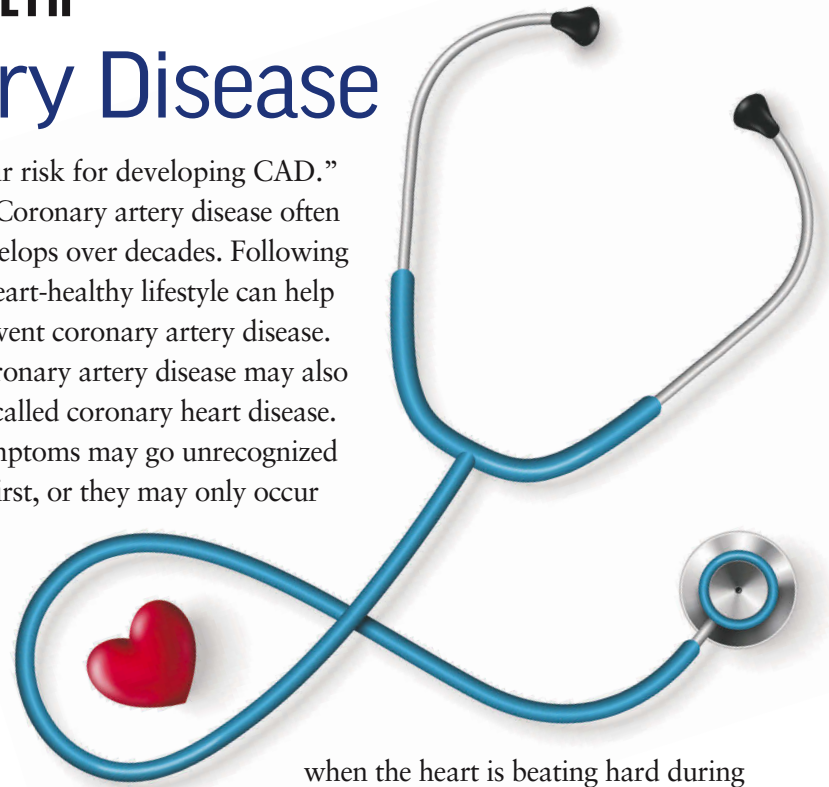
Coronary artery disease is a common heart condition. The major blood vessels that supply the heart (coronary arteries) struggle to send enough blood, oxygen and nutrients to the heart muscle. Cholesterol deposits (plaques) in the heart arteries and inflammation are usually the cause of coronary artery disease.

Signs and symptoms of coronary artery disease occur when the heart doesn't get enough oxygen-rich blood. If you have coronary artery disease, reduced blood flow to the heart can cause chest pain (angina) and shortness of breath. A complete blockage of blood flow can cause a heart attack.

According to Stephen Kopecky, M.D. a cardiologist at Mayo Clinic, "There are a number of risk factors, common red flags, that can contribute to this and ultimately lead to coronary artery disease. First, getting older can mean more damaged and narrowed arteries. Second, men are generally at a greater risk. But the risk for women increases after menopause. Diabetes is also associated with higher risk, as is being overweight. Your lifestyle plays a large role as well. Physical inactivity, long periods of unrelieved stress in your life, an unhealthy diet and smoking can all increase your risk. And finally, family history. If a close relative was diagnosed at an early age with heart disease, you're at a greater risk. All these factors together can paint a picture of

your risk for developing CAD."

Coronary artery disease often develops over decades. Following a heart-healthy lifestyle can help prevent coronary artery disease. Coronary artery disease may also be called coronary heart disease. Symptoms may go unrecognized at first, or they may only occur



when the heart is beating hard during exercise or when a blockage or heart attack occurs. As the coronary arteries continue to narrow, less blood gets to the heart. Symptoms may become more severe or frequent.

## Coronary Artery Disease Signs and Symptoms Can Include


**Chest pain (angina).** You may feel pressure or tightness in your chest. Some people say it feels like someone is standing on their chest. The chest pain usually occurs on the middle or left side of the chest. Activity or strong emotions can trigger angina. The pain usually goes away within minutes after the triggering event ends. In some people, especially women, the pain may be brief or sharp and felt in the neck, arm or back.

**Shortness of breath.** You may feel like you can't catch your breath.

**Fatigue.** If the heart can't pump enough blood to meet your body's needs, you may feel unusually tired.

**Heart attack.** A completely blocked coronary artery will cause a heart attack. The classic signs and symptoms of a heart attack include crushing chest pain or pressure, shoulder or arm pain, shortness of breath, and sweating. Women may have less typical symptoms, such as neck or jaw pain, nausea and fatigue. Some heart attacks don't cause any noticeable signs or symptoms.

If you think you're having a heart attack, immediately call 911 or your local emergency number. If you don't have access to emergency medical services, have someone drive you to the nearest hospital. Drive yourself only as a last option.

Smoking or having high blood pressure, high cholesterol, diabetes, obesity or a strong family history of heart disease makes you more likely to get coronary artery disease. If you're at high risk of coronary artery disease, talk to your health care provider. You may need tests to check for narrowed arteries and coronary artery disease. 

Source: Mayo Clinic

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## ONE WEEKEND, ENDLESS INSPIRATION

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## MUSIC

# Hip Joint

Music has a powerful ability to trigger memories because it is closely linked to emotions and the brain's limbic system, which is involved in memory formation and retrieval. When we hear a song associated with a specific time, place, emotion or person, it can evoke vivid memories and transport us back to those moments, making them feel more present. This phenomenon is often referred to as "music-evoked autobiographical memory."

Music can have a positive impact on mental health. It has been shown to reduce stress, anxiety and depression, and can also improve mood and overall well-being for many people. However, the effectiveness of music in improving health can vary from

person to person, and the type of music preferred can also play a role. Some find classical or calming music soothing while others benefit from more upbeat or energetic styles. Ultimately, the relationship between music and mental health is complex and can depend on individual preferences and circumstances.

Music encourages people to "get their groove on" to start dancing, let loose or reminisce and feel the energy of the moment. We asked several local residents to share some of their favorite songs. A few of them may take you back to a special moment in time. Others might inspire your curiosity. Google the tunes, or check out YouTube music to have a listen. 🎧

The Hip Joint is our monthly feature on music.



### Dan Israel

Age 62 - Atlantic Beach

*One of These Nights*, Eagles

*Try A Little Tenderness*, Otis Redding

*Stairway to Heaven*, Led Zeppelin

*Georgy Porgy*, Toto

*Always Gonna Be You*, Mike Reid

### Earlene Williams

Age 71 - Northside

*Oh Girl*, The Chi-Lites

*Midnight Train to Georgia*,

Gladys Knight & the Pips

*Gotta Give it Up*, Marvin Gaye

*Respect*, Aretha Franklin

*In the Midnight Hour*, Wilson Pickett



### Sharon Coleman

Age 69 - Fruit Cove

*Danny's Song*, Loggins & Messina

*Lowdown*, Boz Skaggs

*I Will Survive*, Gloria Gaynor

*Some Kind of Wonderful*, Grand Funk Railroad

*Tennessee Whiskey*, Chris Stapleton

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# Walk Your Way to Better Health



For those of us who have entered the fabulous 50s club, maintaining a healthy lifestyle becomes increasingly important. One incredibly beneficial and low-impact exercise that often goes unappreciated is walking. It may not have the excitement of a high-intensity workout, but it brings a multitude of benefits to the table, making it an ideal choice for this stage of life.

First, let's address the issue of joint health. Many of us have experienced the occasional creaky knees and aching hips. Walking, in this regard, is like a gentle massage for your joints. It offers a low-impact way to keep them mobile and reduce discomfort. As we age, our bone density tends to decrease, leaving us vulnerable to fractures and osteoporosis. Walking regularly can help maintain and even increase bone density, providing essential support for a strong skeletal system. Even limited walking can help prevent the onset of physical disability due to arthritis.

Cardiovascular health is another crucial aspect to consider. Walking, despite its seemingly modest pace, can significantly benefit your heart. Regular brisk walks can help lower blood pressure, reduce the risk of heart disease and even improve your overall mood. Studies show that walking 10,000 to 12,000 steps per day lowers both systolic and

diastolic blood pressure. Consistent walking is as effective as running in lowering blood pressure. Plus, being outdoors and inhaling fresh air can do wonders for your well-being.

While great for the body, walking also is a workout for the brain. Studies show that walking can enhance cognitive function, improve memory and reduce the risk of conditions like Alzheimer's disease. It's also proven to help reduce anxiety and depression, improve self-esteem and boost feelings of happiness. And regular walking in green space may improve sleep quality and reduce episodes of insomnia.

Weight management is another area where walking shines. It may not be a high-intensity exercise, but it efficiently burns calories and contributes to weight control. The key is consistency, so even a leisurely walk can make a significant difference over time. And let's not forget about the social aspect of walking. Grab a buddy or two and turn your walks into social gatherings. It's a fantastic way to stay connected with friends and family, making exercise feel more like a fun get-together than a chore.

Walking truly is a hidden gem of exercise, especially if you're not the gym type. So, lace up, step outside and embrace the numerous advantages that this simple yet effective exercise has to offer. 🐾

## 3 Great Places to Walk in Jacksonville



### WOODS

**Timucuan Ecological & Historic Preserve 12713 Fort Caroline Road, Jacksonville**

One of the last unspoiled coastal wetlands on the Atlantic Coast, the preserve boasts 46,000 acres of salt marshes, coastal dunes, hardwood hammocks with multiple hiking trails winding throughout. The Timucuan Preserve includes Fort Caroline and Kingsley Plantation. Bring your bug spray!



### WATER

Jacksonville boasts 20 miles of sandy beaches, from quaint Neptune Beach with oceanfront eateries and shops along the way, to Big Talbot Island State Park's Blackrock Beach, marked by the whitened remains of massive driftwood trees against the dark soil formations that mimic volcanic rocks, all framed by the waters of the Nassau Sound.



### SKYLINE

Stretching over two miles long on the Northbank and 1.25 miles on the Southbank, Jacksonville's Downtown Riverwalk offers serene views of the St. Johns River combined with the pulse of the urban core's upbeat vibe. Both sides are connected by the Main St. Bridge and the Acosta Bridge, capped on opposite ends by Friendship Fountain on the Southbank and a shoreline canoe/kayak launch at Gefen Park on the Northbank. Watch for dolphins!



# Sam Kouvaris Still in Action in the Air, on Land and at Sea

By Devan Stuart Lesley

**F**or nearly four decades, Sam Kouvaris served Jacksonville's sports community becoming one of the city's most recognized faces. That might not have been the case had his original career plans panned out.

"My earliest memory is wanting to be an astronaut," says Kouvaris, born in the midst of the great Space Race. "My dad worked on NASA's Mercury and Apollo programs as a quality control engineer, and I've always been fascinated by flying. I told my wife, Linda, 'I'm going to become a pilot before I'm 50' and I was able to achieve that."

Today, Kouvaris is a multiengine-rated pilot who spends much of his time flying, marveling at the views of the pristine and largely uninhabited areas along the Eastern coastline's Cumberland Island and its wild ponies are a favorite. Flying is one of the

top ways he aims to remain active, sharp-minded and healthy well into his (pseudo) retirement years.

"TV weathermen are paid to drive ratings. Aviation weathermen are paid to save lives. So when you're a pilot, you spend a lot of time studying the weather," he says, noting that studying the Atlantic hurricane paths demands an agile mind. In the days prior to Hurricane Idalia's recent rampage from Florida's Big Bend region to the northeastern South Carolina coast, Kouvaris recalls, "I dissected what the storm was

going to do based on information from the various aviation and weather sites and I made all the right calls."

While flying is a challenge, the hyperfocus required also gives a respite.

"People say it's stressful, but I say it's the exact opposite, "When you're in the cockpit and you're sitting in the left seat, flying is the only thing you can think about. You're totally consumed by it, and I really enjoy that."

While his time in the air is a top focus today, it's his time on the air that made him a household name in Northeast Florida. He delivered sports news from the WJXT-TV desk from 1981-2018, then as a Florida Times-Union columnist until 2021. Yet, a media career wasn't his goal. Instead, Kouvaris entered college as a pre-med major and, in his second semester, took an introduction to broadcasting class as an easy elective. Impressed with Kouvaris's natural aptitude the professor suggested he make it a career choice. The rest, as they say, is history.

After graduation and a bartending stint, Kouvaris headed south with an audition tape and a bit of ambition. After hearing "I like you, but I've got a guy" enough times to have made a lesser determined young upstart throw in the towel, he finally got a yes from WJXT-TV.



**"I've always joked that I would be one of the busiest retired people I know, because I always have so many hobbies"**



## Sam Kouvaris, continued from page 13

“They hired me at three o’clock and put me on the air at six,” he recalls – an early omen for Kouvaris who would become the longest tenured sports reporter in the city’s history. “So, whenever I speak to groups, I tell people, ‘Look, it’s about persistence. I had been thrown out of 15 television stations, but I just kept going to the next one.’ ”

Sharing his story and doling out advice to students and young journalists keeps him constantly on the go. His 2018 exit from conventional media doesn’t mean he’s done – Not by a long shot. He continues to deliver sports news and commentary online via SAMSPORTSLINE with Sam Kouvaris, a brand of his company, Pegasus Media Productions. And he’s still making major waves in sports. His passionate lobbying efforts helped land Tony Boselli, legendary Jacksonville Jaguars tackle considered one of the best offensive linemen in NFL history, a spot in the NFL Hall of Fame in 2022.

“I’ve always joked that I would be one of the busiest retired people I know, because I always have so many hobbies,” he says. “I play golf, I fly the airplane, I ride my bike, I go to the gym. And I really enjoy all of that.”

Kouvaris still can be found in the spotlight from time to time. He’s tried his hand at standup comedy and gets a kick out of surprising friends and fans who don’t yet know that he can play the trumpet or belt out a tune like a pro. He frequently performs in conjunction with fundraising efforts, with big band musicians, or on behalf of groups such as University of North Florida’s music program.


It’s kind of hard to turn people down when they want you to wear a tuxedo, stand in front of a 16-piece band and sing some Sinatra in front of 1,000 people,” he says. “That’s a pretty good gig.”

He also does consulting work and continues his longtime charitable work. Over the years, he’s helped raise millions of dollars for organizations such as the MS (Multiple Sclerosis) Society and Dreams Come True, which funds the dreams of children with life-threatening illnesses. All the while, he and Linda make keeping in touch and spending time with friends a priority.

But his greatest accomplishment? “Well, that’s easy: My children and grandchildren,” he says, noting that he and Linda moved to the beaches to be closer to their four grandkids. “We’re so proud that today, all three of our children are flourishing. As Bill Murray says in *Lost in Translation*, ‘If you’re lucky, they grow up to be the most delightful people you know.’ ”

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# Medicare Open Enrollment Season 2023



Medicare Open Enrollment, also known as the Annual Enrollment Period (AEP), typically occurs from October 15 to December 7 each year. During this period, those who qualify for Medicare can make changes to their coverage for the upcoming year.

Here's what you should know: It's essential to review your current Medicare plan(s) during open enrollment. This includes Original Medicare (Part A and Part B), Medicare Advantage plans (Part C), and Medicare prescription drug plans (Part D). You can switch from Original Medicare to a Medicare Advantage plan or vice versa. You can also change your Medicare Advantage plan or your prescription drug plan.

Make sure the new plan meets your healthcare needs and budget. If you have a Medicare Supplement (Medigap) policy, you can review it and switch plans if needed. Medigap policies are different from Medicare Advantage plans.

"Shopping for a Medicare plan can be overwhelming," says Andrea Davis, Florida Blue's vice president, medical growth officer.

Medicare beneficiaries need to think about not only choosing the best Medicare type of coverage for themselves, but also the right Medicare plan. And there are a lot of options available. A licensed agent provides personalized, one-on-one help and can educate Medicare-eligible individuals about their options.

Davis notes it's also important to check your current prescription drug coverage and

ensure that it covers the medications you need. Formularies can change, so make sure your drugs are still on the list.

It is important to verify that your preferred healthcare providers and hospitals are in-network if you're considering a Medicare Advantage plan. This ensures you can continue to receive care from your chosen healthcare professionals.

Evaluate the costs associated with your plans. Premiums, deductibles, co-pays, and maximum out-of-pocket expenses can vary between plans, so compare them carefully. If you have specific health conditions, consider Special Needs Plans (SNPs) designed to meet the needs of people with particular illnesses or circumstances.

"Our mission as a company is to help people and communities achieve better health. That's why Florida Blue Medicare offers Medicare supplement and prescription drug plans as well as a variety of HMO and PPO Medicare Advantage plans, most with a \$0 monthly premium. We want to make sure Medicare beneficiaries have options to make sure they have the right health solution for their needs and budget," Davis said.

Be aware of potential late enrollment penalties for Part B or Part D if you don't sign up when you're first eligible and don't have coverage from another source.

Even if you're satisfied with your current Medicare coverage, it's wise to review your plan annually during open enrollment to ensure it continues to meet your changing

## What Medicare Does Not Cover

**Long-term Care:** Medicare generally doesn't cover custodial care in nursing homes or assisted living facilities.

**Dental Care:** Routine dental services, such as cleanings, fillings, and dentures, are typically not covered by Medicare.

**Vision Care:** Routine eye exams, eyeglasses, and contact lenses are generally not covered, except in specific medical conditions.

**Hearing Aids:** The cost of hearing aids and routine hearing exams are typically not covered by Medicare.

**Cosmetic Surgery:** Procedures primarily aimed at enhancing appearance, such as elective cosmetic surgery, are not covered.

### Acupuncture and Alternative

**Therapies:** Most alternative treatments like acupuncture, chiropractic care, and massage therapy are not covered by Medicare.

**Prescription Drugs:** While Medicare does offer prescription drug coverage through Part D plans, the coverage can vary, and not all medications may be included.

**Overseas Care:** Medicare typically does not cover medical care received outside the United States, with limited exceptions.

### Medical Services Not Deemed

**Medically Necessary:** Some procedures or treatments may not be covered if they are not considered medically necessary.

healthcare needs.

Be sure to check the official Medicare website or consult with a Medicare expert of your choice for the most up-to-date information. 🌐

[www.medicare.gov](http://www.medicare.gov)

# Knee-monia, A Tennis Coach's Story

Once upon a time back in the the early 1970s, along the quaint streets and ocean breezes of the coastal town of Atlantic Beach, Florida, Michael Grant developed a love of the sport of tennis after following his older sister, Janice to the tennis courts every day after school at Jack Russell Park. From the time he held his first racquet as a young boy, tennis became more than a pastime; it became his passion, his joy and his way of life.

Over the years, he competed on courts across the United States. For more than 16 years, he was the director of Tennis at Stonegate Country Club in Scottsdale, Arizona. As time rolled by, with all the twisting, turning and pounding, the wear and tear on his knees became increasingly evident. After consulting with his doctor at Jacksonville Orthopedic Institute and weighing his options, Grant decided to undergo knee replacement surgery. It was a tough choice. He knew it

would mean temporarily stepping away from the sport that has defined his life. But he also knew it was necessary for his long-term health and mobility. It was a challenging road filled with physical therapy sessions and moments of frustration but his determination never wavered.

"I wish I had taken care of this sooner. My injury would not have been as severe if I had put the brakes when I began to feel intense pain," he said. "At age 60, going through the recovery process was the toughest match of my life but I was inspired by my students who visited me at home, delivered meals, sent cards and were ready to get me out to hit balls again."

In Jacksonville, he has taught at Ponte Vedra Inn & Club and Marsh Landing Country Club



**Michael Grant**



among other locations. He currently coaches players at the Florida Yacht Club.

Grant says you shouldn't prolong the inevitable and to take care good care of yourself. "Do it the right way and you'll be back on the court in no time." 🐾

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# Things To Do

## Uncorked: Jax Wine Festival October 7-11pm MOSH

1025 Museum Circle Jacksonville, FL 32207

The third annual Uncorked: JAX wine fest on Saturday October 7th at MOSH features over 100 wines and bubbies from around the globe plus some “outside the bottle” beverages, after-hours access to the museum, food trucks including Daisy’s Empanadas and 3J’s Catering, and live music on the rooftop! Early admission (\$80) is at 7pm for an extra hour of tasting with a smaller crowd, plus some bonus pours from select wineries. General admission (\$65) is at 8 pm. Food will be sold separately. Get “uncorked” at [www.uncorkedwinefestivals.com](http://www.uncorkedwinefestivals.com).



## The Rocky Horror Picture Show Select Dates from October 13-28 Alhambra Dinner Theatre

12000 Beach Blvd., Jacksonville

It’s the 50th anniversary of this cult classic! Sweethearts Brad and Janet are stuck with a flat tire during a storm. They discover the eerie mansion of Dr. Frank-N-Furter, a transvestite scientist. Must be 18+ to attend. Photo ID required for entry. Buy your tickets at [www.alhambrajax.com](http://www.alhambrajax.com).

## Arlington Mod & More Home Tour & Symposium

October 14-15

Unitarian Universalist Church

7405 Arlington Expressway, Jacksonville

A home tour featuring the coolest mid-century modern architecture in the region! Arlington became Jacksonville’s fastest growing neighborhood after the construction of the Mathews Bridge in 1953 and boasts an impressive concentration of mid-century modern architecture. Your ticket includes admission to “Renovating Your Mid-Mod Home.” A panel discussion



featuring experienced homeowners and construction experts will explore the dos and don’ts of a mid-mod renovation.

[www.904tix.com/events/the-arlington-mod-more-home-tour-and-symposium-10-14-2023](http://www.904tix.com/events/the-arlington-mod-more-home-tour-and-symposium-10-14-2023)

## Fall Fling October 20

Kathryn Abbey Hanna Park

500 Wonderwood Drive, Jacksonville

Seniors will dance the night away to live musical entertainment and enjoy a delicious catered meal! Ticket required. Call (904)255-5667 for tickets and more information.

## Mutts & Mimosas

October 21, 11am-2pm

Sheraton Jacksonville Hotel

10605 Deerwood Park Blvd., Jacksonville

Mutts & Mimosas is back! Dress up your pup for Halloween and join us for games, raffles, auction items, live music, brunch and, of course, mimosas. For \$35, enjoy the brunch buffet and one mimosa or, for an additional \$10, add bottomless mimosas.



Hosted by Friends of Jacksonville Animals, Inc. [www.friendsofjaxanimals.com/upcoming-events/2023/10/21/mutts-amp-mimosas-is-back-october-21st-11am-2pm](http://www.friendsofjaxanimals.com/upcoming-events/2023/10/21/mutts-amp-mimosas-is-back-october-21st-11am-2pm)

## Lanterns & Luminaries Festival October 27-28

Jacksonville Arboretum  
and Botanical Gardens

1445 Millcoe Road, Jacksonville

Luminary bags pepper the 120-acre landscape, glowing lanterns hang from trees and laser lights projected into the forest, all create a magical nighttime experience for this two-night, family-friendly, Halloween-themed event. Each guest receives a paper lantern and light to carry throughout the park, adding to the spectacle. Lantern parades commence at 7:30 and 8:30pm. Oh, but there’s more! A special ticket purchase gets you a pair of wireless headphones to enjoy a silent disco and dance the night away under the illuminated pavilion. Costumes highly recommended. [www.allevents.in/jacksonville/halloween-lanterns-festival/200025240268416](http://www.allevents.in/jacksonville/halloween-lanterns-festival/200025240268416)



## Walk For Senior Wellness

November 3

Bob Hayes Sports Complex  
and Legends Center

5130 Soutel Drive, Jacksonville

Stretch, do a little warm up dance, then enjoy a scenic trail walk. Registered participants get a hat and goodie bag along with free lunch, entertainment and door prizes. There is no cost for this event, but you must register. Open to Duval County residents 60 and over. Call (904)255-5667.

# The Joy of Companion Animals

October! It's not just the changing leaves and pumpkin spice lattes that capture our attention; it's also National Adopt a Shelter Pet Month. This month-long celebration is a poignant reminder of the incredible benefits that pet ownership can bring. Beyond unconditional love and companionship, pets offer an array of physical, emotional and social advantages that can significantly enhance the lives of older adults.

"We all need to not feel lonely. We all want to feel loved and pets provide that for us in a really special and selfless way," says Samantha Ahnen, community engagement manager for the Jacksonville Humane Society. "Animals love us for exactly who we are. It doesn't matter our age or background. The primary benefit of pet ownership is just that – loving companionship. But it also can help with motivation. Maybe you're retired and don't have a lot to do on a daily basis. A dog can

help get you out of your bed to go on a walk. A cat can get you up to start playing in the middle of the day. We see a lot of new empty nesters come in and say, 'Our house is empty. We have all this space and all this free time.' They're selflessly looking for something to pour all that love and time into and we're so glad that they choose to do that with a shelter pet because these pets have so much love to give in return."

Among the multi-layered benefits of life with a beloved pet are:

## Physical Health Benefits

- **Increased physical activity:** Owning a pet, especially a dog, encourages seniors to stay active. Daily walks, playing fetch or simply grooming their furry friend promote regular exercise, which is essential for maintaining physical health.
- **Lower stress levels:** Interacting with pets has been shown to reduce stress and lower blood pressure. The soothing presence of a beloved pet can alleviate anxiety and promote relaxation.
- **Improved heart health:** Studies have revealed that pet owners often have better heart health. The act of petting a dog or cat can release endorphins and reduce the risk of heart disease.

## Emotional Well-Being

- **Companionship:** Loneliness can be a significant issue for seniors, especially those who live alone or have lost loved ones. Pets provide constant companionship and help alleviate feelings of isolation.
- **Sense of purpose:** Caring for a pet gives seniors a sense of purpose. It provides a daily routine, ensuring that they get up, feed and exercise their pets, which can be immensely fulfilling.
- **Mood enhancement:** The mere presence of a pet can trigger the release of serotonin and dopamine, the "feel-good" neurotransmitters. This can help combat depression and improve overall mood.

## Social Benefits

- **Conversation starters:** Pets are natural conversation starters. Seniors often find it easier to connect with others when they have a friendly dog or cat by their side, leading to more social interactions.
- **Community engagement:** Many communities offer pet-related activities, such as dog parks or pet-friendly events. Seniors can participate in these activities, helping them build new friendships and stay engaged in their communities.
- **Shared interests:** Seniors who adopt pets often join pet clubs or online forums, allowing them to connect with like-minded individuals who share their passion for animals.

## Cognitive Stimulation

- **Mental agility:** Caring for a pet requires mental acuity. Seniors must remember feeding schedules, administer medications, and respond to their pet's needs, all of which provide cognitive stimulation.
- **Problem solving:** Dealing with a pet's occasional health issues or behavior challenges can promote problem-solving skills and mental agility, keeping seniors mentally sharp.

The physical, emotional and social benefits of having a furry companion are vast, contributing to improved overall health and a higher quality of life for adopter and the loving pet waiting to find their forever homes. Adopting a shelter pet is not just an act of kindness; it's an investment in a happier, healthier future. And if you're not ready to commit to pet ownership: Ahnen recommends, "Another way to receive the companionship an animal offers and provide a much-appreciated service to our community is fostering. Foster families give young kittens and puppies a temporary home to grow up in and are invaluable to our lifesaving mission."

Learn more about fostering with JHS at [jaxhumane.org/foster](http://jaxhumane.org/foster) 🐾



# What locals have to say about adopting a pet...

## Susie Scott, St. Johns

Until recently, I never fully realized just how much comfort and companionship a pet can provide. I lost my husband to COVID in early 2021. In September of that year I lost my beloved 15-year-old mixed breed female lap dog who was my baby. A year to the month later I lost my husband's 13-year-old Boxer who had become my constant companion. I soon realized that although I still had one dog left, she was aging and I knew I did not want to be alone in my home. I started looking at rescue websites for a small, male, young dog that could hopefully easily transition into my little family unit. Well, it hasn't been the easy transition I anticipated. He was previously adopted and subsequently returned, probably because he is a feisty, nervous little guy. But he is also sweet, lovable and so sensitive that he can read my face or voice for any displeasure. I sometimes wonder about the challenges in his short life. He deserves a good home and acceptance. This little guy provides boundless unconditional love, humor, and entertains with his antics and, yes, challenges but I would not have it any other way. This little rescue boy has found his

forever home with me. All he needed was a chance and I am so glad I gave it to him.



## Dean Phillippi Jr, and wife Linda, Jacksonville

I have dealt with several health issues including pulmonary embolism, prostate cancer, melanoma and carcinoma. This threw me into depression. We chose to adopt our Chihuahua, Lady, because I needed a pet to be by my side, to have fun with, cheer me up and keep me out of depression dealing with my health issues. She had been abandoned. We're not sure why. She was such a very pretty dog, seemed active and looked like she was begging for a home, love and friendship, which we were also looking for. When we brought her home, Lady jumped up on my chest and hugged me, with her legs around my neck. I was overwhelmed with love. She has truly enriched our lives. We love her!



## Judy Randolph, Beaches

I've always advocated rescue. Little did I know when I rescued and adopted my six-year-old mini Aussie, Teddy, on the anniversary of my last dog passing just how much joy he would bring! He was bounced from place to place, was not treated well but as my vet told him, "Teddy you will never be abused again!" He is smart, sweet, funny and so well mannered, I would be lost without him. I absolutely adore this boy!

## Nick De Nisco, Jacksonville

A few years ago, I went through a life-changing medical event. After a four-month stint in the hospital, I knew I wanted a companion to help me recuperate. I started to search local shelters. I was looking for a kindred soul and it took some time because I knew it was for life. I knew when I saw this stray pup we had a connection. I had to wait until he could be adopted because he was heartworm positive and had to be neutered. We went through our healing process together. As I learned to walk again, Ranger was right by my side. Not only does he affectionately give me accountability, he gives me companionship and unconditional love. We saved each other. Ranger brings me joy every day and he has quite the fan club. He loves everyone. I highly recommend adoption. We both won.



# Senior Centers Are A New Kind of Country Club

Meet new friends. Learn new skills. Explore culture.



Today's centers for active adults are not about teaching needlepoint and baking cookies. Don't be confused but senior centers recognize that active adults have busy lives, and they provide drop-in options for activities, events and meals

allowing participants to come and go as they please.

Given the prevalence of technology, they offer technology training and support, and access to digital resources, helping active seniors stay connected and informed. Cultural events, book clubs, language classes and educational seminars cater to intellectual interests and lifelong learning of this age group. Wellness and health programs are key components, and most facilities provide cafes with nutritional meals, fitness centers, wellness classes, and access to health care professionals at no cost to local residents aged 60 or older.

Every individual is unique, and the centers allow participants to customize their experience, selecting activities and services that align with their interests and needs. Visit one in your neighborhood!

## DUVAL COUNTY SENIOR CENTERS

**Bennie Furlong Beaches Senior Center**  
281 19th Avenue South (32250)

**Carvill Park Senior Center**  
1302 Carvill Avenue (32208)

**Charlie T. Joseph Senior Center**  
6943 Buffalo Avenue (32208)

**Frances Padgett Arlington Senior Center**  
1078 Rogero Road (32211)

**J.S. Johnson Senior Center**  
1112 Jackson Street (32204)

**Jim Fortuna Senior Center**  
11751 McCormick Road (32225)

**Lane Wiley Senior Center**  
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**Lincoln LaVilla Senior Center**  
7866 New Kings Road (32219)

**Mandarin Senior Center**  
3848 Hartley Road (32257)

**Mary Singleton Senior Center**  
150 E 1st Street (32206)

**Maxville Senior Center**  
18065 Pennsylvania Avenue (32234)

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# Parting Shots



## Men's Health Moment

Prostate cancer is the uncontrolled growth of cells in the prostate gland. It is one of the most common cancers among men worldwide and typically affects older, non-Hispanic African American men.

According to the American Cancer Society, about 1 man in 8 will be diagnosed with prostate cancer during his lifetime and about 6 cases in 10 are diagnosed in men who are 65 or older. It is rare in men under 40. The average age of men when they are first diagnosed is about 66. And like most diseases, family history can play a role in the risk of having it.

Detecting prostate cancer involves a blood test called a PSA (Prostate Specific Antigen) and a digital rectal exam. Symptoms may include difficulty urinating, frequent urination, blood in the urine or semen, pain the lower back and erectile dysfunction.

The good news is, when detected it has a high survival rate. Treatment options depend on various factors including the cancer's stage, patient age and overall health. Common treatments include surgery, radiation therapy, hormone



therapy, and watchful waiting.

Meet with your health care provider for regular screenings as they are essential for managing your well-being to detect cancer and other illnesses.

NOTE: November is Men's Health Month. Look for more news about prostate cancer in the next issue.

## Can You Hear Me Now?

Are you paying too much for your cell phone service every month? Listen up.

Most cellular phone carriers in the Jacksonville area offer discounts on monthly plans and phones for the 55 plus age group. Plans continue to change but they make it more affordable to enjoy all the interactive features of mobile phones today, and upgrade to newer devices if needed. Some phones come with medical alert apps or fall detection, which can provide peace of mind for families and the user in the event of an emergency.

Be sure to ask about these plans as most providers won't suggest it!

Popular carriers in northeast Florida offering below market rate pricing, good customer service and coverage areas include:

T-Mobile: \$27.50 per month

AT&T: \$40 per month


Verizon: \$60 per month

Find a smart plan for your smartphone and heed our advice to save a few bucks. Rates include various options and are subject to change.

## Going Green

It's time to get down and dirty. Planting flowers, veggies, and spices can stimulate cognitive function and memory. Gardening can enhance mood and reduce symptoms of depression. From touching soil to smelling flowers playing in the dirt can be therapeutic. And just like humans, if they're not growing, they're dying.

Exposure to sunlight while gardening helps the body produce Vitamin D which is essential for good brain health and skin. Explore opportunities to learn more about getting dirty, or join a group at the Garden Club of Jacksonville.

The Garden Club of Jacksonville is located at 1005 Riverside Avenue along the St. Johns directly across the street from River & Post, one of Jacksonville's popular dining hang outs. For upcoming events contact them at (904) 355-4224, or by emailing [info@gardenclubjax.com](mailto:info@gardenclubjax.com). 



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