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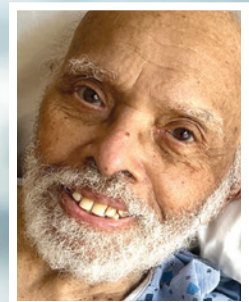
January 2025

# FIRST COAST SENIOR LIVING

*Pulse of the Good Life*

## Here's to YOU

Dry January &  
Mocktails for a  
Fresh Start



**Elder Abuse**  
Adolph Allwood's  
Call for Justice



**Mike  
Shackelford**  
Still Rockin' After  
40 Years



## Understanding Hearing Health

Maintaining our hearing health becomes paramount as our hearing decreases naturally with age. Many adults may not realize how critical hearing is to their overall well-being. Unfortunately, some individuals remain unaware of their hearing difficulties, leading to social isolation, depression, and a decreased quality of life. At HearingLife, we are committed to educating our community about the importance of hearing care.

Hearing loss affects nearly one in three people over the age of 65, and regular hearing assessments are crucial for early detection and intervention. Experts recommend people over the age of fifty schedule an annual hearing check just like their regular physical and eye exams.

“People love to wear ear buds and Air Pods today as they exercise, travel and work remotely and our hearing is truly affected because of it. I encourage adults to get in front of their hearing health by managing their hearing needs,” says Hearing Audiologist, Dr. Megan Burton.

At HearingLife, we prioritize making hearing health accessible. We provide complimentary hearing assessments that take approximately forty-five minutes from beginning to completion. When you visit one of our centers, a friendly member of our team will guide you through the process, helping with any necessary questions or paperwork. Then you’ll meet a licensed Hearing Care Provider who will conduct a comprehensive evaluation to assess your hearing ability.

The best results are obtained when you can complete your visit along with a person whose voice you are familiar with. If we identify any hearing loss, we’ll explain the results in detail, to both you and your loved one, and discuss personalized options for improve your hearing, including hearing aid demonstrations right in our office. Our goal is to provide life changing hearing care.



**Megan Burton, Au.D., CCC-A**  
*Doctor of Audiology*



**Taylor Kieffer, Au.D.**  
*Doctor of Audiology*



**Jennifer Keyes, HIS, NBC-HIS**  
*LIC# AS5091*

## Advancements in Hearing Technology

Hearing aids have come a long way in recent years, offering advanced technology that enhances your listening experience. Modern devices are smaller, more discreet, and often feature Bluetooth connectivity, allowing you to stream audio directly from your smartphone or TV. This means you can enjoy music, phone calls, and your favorite shows without missing a beat. Additionally, many new models are rechargeable, eliminating the need for frequent battery replacements.

Our Hearing Care Providers are trained to help you navigate these advancements, ensuring that you find the right solution for your unique hearing needs.

## Community Commitment: Campaign for Better Hearing

HearingLife proudly supports the Campaign for Better Hearing (CFBH), which aims to raise awareness about hearing health and provides free hearing aids to those in need. This initiative underscores the importance of community support and emphasizes that everyone deserves access to professional hearing care.

Don't let hearing loss diminish your quality of life. At HearingLife, we are dedicated to providing the education and resources necessary to take charge of your hearing health.

**Call 904-897-8105 to schedule your complimentary hearing assessment today or visit [hearinglife.com](https://hearinglife.com).  
Your journey to better hearing should start with us.**



### JACKSONVILLE AREA LOCATIONS

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# Publisher's Note

As we welcome the New Year, it's a time for new beginnings. But what if, instead of waiting for the perfect moment to start something new, we accept the simple truth that today is all we truly have? Life is precious, and time is a gift that can't be taken for granted. That's why, as we turn the page on another year, we encourage you to do what you've always wanted to do today!

The start of a new year is full of hope, but it also reminds us of the importance of making the most of every single day. Too often, we wait for "someday" to live the life we dream of. We put off travelling, learning new skills, reconnecting with old friends, or simply taking better care of ourselves. But today, right now, is the only time we can act. Let this year be the one where you live fully and unapologetically. Step into your dreams and pursue what makes you happy.

Living large isn't about grand gestures, but about being present. It's about prioritizing your health so that you can continue to live your life to the fullest. Move your body in a way that brings you joy, nourish it with good food, and allow yourself moments of rest. The more we care for ourselves, the more we can share our energy and love with others.

Above all, remember that kindness is a powerful force. Each kind word, each thoughtful gesture, ripples out and can create an uplifting impact that spreads far beyond what we see.

So, as 2025 roars in, let it be with open hearts and inspired spirits.

Cheers,

Mischelle Grant, *Publisher*  
mgrant@firstcoastseniorliving.com

## FIRST COAST SENIOR LIVING

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Florida Press Association

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If you're interested in learning more about Aging True, getting signed up for our services, or would like to learn more about how you can contribute to our mission, visit our website [www.agingtrue.org](http://www.agingtrue.org) or contact us through the information on this advertisement!

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# Rental Car Rate Hacks to Drive Down Costs



When it comes to renting a car, timing and strategy are key to securing the best deal. With a bit of planning and knowledge of the right tactics, you can save money and even score an upgrade. Use these insider tips to find great rates.

## Check Membership Discounts:

Programs like Costco Travel often offer better rates than major car rental companies such as Budget, Enterprise, Alamo, and Avis. AAA members can also enjoy discounts with Hertz. If you're a member, always check for these exclusive offers before booking.

## Use Frequent Flyer Programs:

Many airlines offer car rental discounts to their frequent flyer members, often through partnerships with rental companies. Though these discounts may come with restrictions such as renting only from airline partners or picking up and dropping off at the airport they can still help you save. Plus, booking with an airline might earn you extra miles.

## Explore Discount Sites:

Sites like Priceline and Hotwire allow you to book a car without knowing the rental agency in advance. These "opaque" sites offer deep discounts but be aware that your reservation is nonrefundable. If you're flexible and willing to commit without knowing the company, you could score significant savings.

**Try the "Two-Minute Trick":** Once you book your rental car, set a reminder to check the price weekly. If the rate drops, cancel your original reservation and rebook at the lower price. This simple trick can save you money without much effort.

**Look for Coupons:** Websites like AutoSlash.com help you find the best discounts available by scanning a database of coupons. Just enter your rental details and any relevant memberships, credit cards, or frequent flyer accounts, and you'll receive



emails with potential discounts that could lower your overall cost.

## Understand Your Insurance

**Coverage:** Before paying for insurance at the rental counter, check if your credit card, personal car insurance, or travel insurance covers rentals. This could save you \$15 to \$28 per day in insurance fees.

**Avoid Airport Rentals:** Rental cars at airport locations usually come with higher fees and taxes. Renting from an off-airport location can save you up to 20%. However, in some large cities like New York, airport rentals may be cheaper due to limited parking. Always compare prices from both airport and non-airport locations to get the best deal.

**Beware of Hidden Fees:** Extra charges for things like GPS units, phone chargers, or toll transponders can quickly add up. To avoid paying inflated prices, bring your own accessories and be mindful of any additional fees at the rental counter.

## Consider Booking for a Week:

Sometimes, renting a car for a full week is cheaper than booking it for just a few days. Take a few minutes to compare the total cost of renting for a longer period to see if it offers better pricing.

## Book the Smallest Car:

Rental companies often overbook to account for no-shows, which means booking the smallest, cheapest car increases your chances of getting an upgrade. If the company runs out of compact cars, you may find yourself behind the wheel of a larger vehicle at no extra cost.

By following these tips, you can minimize your rental costs, avoid unnecessary fees, and even increase your chances of driving away in a bigger or better car. ∞

## Looking for an affordable car rental for your next trip?

You don't need to break the bank. Check out these budget-friendly websites offering great deals on rentals, helping you save money while getting the vehicle you need. Explore the options for a hassle-free and economical ride!

[Autoslash.com](https://www.autoslash.com)   [Costco.com](https://www.costco.com)   [Kayak.com](https://www.kayak.com)   [Priceline.com](https://www.priceline.com)   [Turo.com](https://www.turo.com)



# Four Resolutions for A Great Year

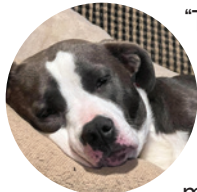
As the new year approaches, people from different walks of life each have a resolution that could transform their futures. For some, it's about personal growth, while for others, it's a chance to break free from old habits or start something entirely new. With their goals set, meet a few folks who are ready to face the challenges ahead, determined to make 2025 a year that defines who they truly want to be.



"I've lived in Jacksonville for over fifty years. I've had many opportunities to meet many different

people and enjoy remarkable experiences. So, what's left? 2025 finds me ready to meet more new folks. I'm taking classes through the Osher Lifelong Learning Institute (OLLI) at UNF for those of us who are "fifty and better". Travel will always be on my calendar. My long-awaited river cruise to see tulips in the Netherlands and a week in Acadia National Park in Maine are already inked in."

**Cindy Sadler, Atlantic Beach**



"This year, I've decided it's time to stop "working for the man" and start working on my happiness. My

resolution? Quit my job and enjoy the sweet life of sleeping in, binge-watching TV shows, and pretending to be productive while actually eating snacks. I'll finally become the master of my own schedule, which conveniently revolves around brunch, afternoon naps, and avoiding any real responsibility. 2025 is the year of living my best vacation life!

**James A. Ball, Yulee**



"I'm making it my mission to give back more to my community. At 70, I have a

wealth of experiences to share, and I want to spend my time volunteering in ways that make a real impact. If it's helping at a food bank, mentoring young people, or assisting at senior centers, I'm determined to dedicate a few hours each week to helping others and spreading kindness wherever I can."

**Maryanne Shetty, Avondale**



"For my New Year's resolution, I'm looking to grow the best networking

forum for healthcare providers to meet in-person every month at various locations around the city. Our current group is extremely active and very supportive of one another's efforts. I also need to drop twenty pounds. If you see me eating a taco or a slice of Mellow Mushroom pizza, feel free to ask me how the diet is going!"

**Matt Tonsich, Jacksonville Beach**

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# Mike Shackelford After All These Years

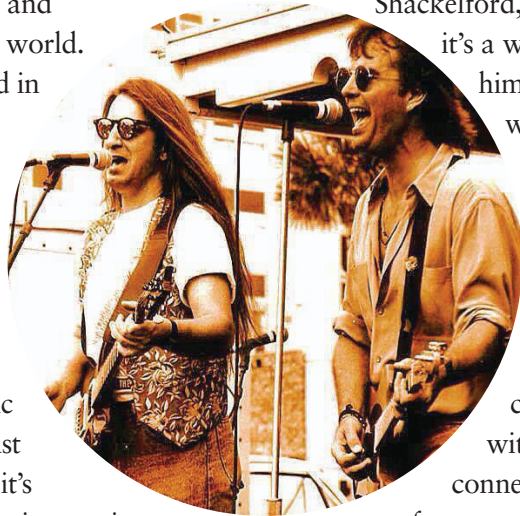
Mike Shackelford has been performing for over four decades, Shackelford's career has spanned a variety of musical genres, from acoustic ballads to energetic rock. Shackelford is a Singer/Songwriter and veteran musician with well-deserved respect and popularity from the music world.

For ten years he performed in the band Justin, which he co-founded with his long-time friend Kent Lindsey, and later led The Mike Shackelford Band for nearly twenty years.

What stands out most about his approach to music is his belief that it's never just about the performance but it's about the connection. "Creating music doesn't get old," Shackelford says. "Each time I step up to the microphone, I'm creating a mood, and that keeps me feeling alive."

His passion for music is palpable, and it's clear that playing and performing keeps him feeling young. His shows are overflowing with energy, and his ability to bond with his audience makes them feel like old friends. For Shackelford, music isn't just a career, it's a way of life, one that keeps him deeply in touch with the world around him.

Music promotes social engagement, which is a key factor in maintaining mental health as we age. Singing in a choir, attending concerts, or jamming with friends, music fosters connections and creates a sense of community. For those who enjoy performing, it provides a platform for self-expression and a sense of accomplishment, both of which are crucial for staying mentally



Mike Shackelford (right) with close friend and late Kent Lindsey

and emotionally young.

Listen to his hit tunes *State Road 10 Café* and *Nobody's Fool* on YouTube or his website. Shackelford makes music that brings smiles to faces in every venue he performs.

For more information about booking an event with Mike, contact him at [mikeshackelford.com](http://mikeshackelford.com), or call 904.610.7461.

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<p>AL STEWART TAYLOR</p> <p>JANUARY 22</p>	<p>Jeff Arcuri</p> <p>Whole Wide World Tour</p> <p>JANUARY 23</p>	<p>DWEEZIL ZAPPA</p> <p>ROX(POSTROPHY)</p> <p>JANUARY 24</p>	<p>MARC MARZULLI</p> <p>'TIME IS A THIEF' US TOUR</p> <p>JANUARY 25</p>	<p>30 STEP AFRIKA!</p> <p>CELEBRATING 30 YEARS</p> <p>JANUARY 26</p>	<p>STEP AFRIKA!</p> <p>JANUARY 27</p>
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# Adolph Allwood

## Broken by Betrayal: The Tragic Loss



The story of Adolph Allwood is a somber reminder of the vulnerability of our elderly population and the painful consequences of elder abuse. Allwood, a proud Korean War veteran and a 100% Cherokee warrior, passed away on December 13, 2024, at the age of 93. His life was marked by courage, sacrifice, and hard work, yet in his final years, he fell victim to a betrayal so devastating that it ultimately cost him his life.



Allwood's story begins like that of many American veterans full of pride, service, and sacrifice. He served with honor in both the Army Airborne and the Marines, surviving the horrors of the Korean War.

Born and raised in the woods of New York, Allwood spoke only Cherokee as a child. With the help of compassionate Catholic nuns, he learned English, bridging the gap between his heritage and the outside world. Despite the hardships he faced throughout his life, Allwood remained strong and fiercely proud of his identity.

In his later years, Allwood sought independence. At eighty eight years old, he approached a Jacksonville marketing firm, Fisher Design and Advertising asking for a website to help him generate income. He told the firm's owner, Mary Fisher, who became a close friend, "I need to make some money so I can live independently." Allwood had spent much of his life as a marketing professional and a writer, and he didn't want handouts, he simply wanted to use his skills to support himself.

But what started as a request for help turned into a mission of friendship and, tragically, a painful struggle. While he may have been seeking independence, Allwood was unaware of the financial peril that awaited him.

An unethical "senior advisor" convinced Allwood to move into a three-year-old upscale independent living facility near the Gate Parkway and Town Center area of Jacksonville. The third-party adviser promised him that Veterans Administration (VA) benefits would cover the additional costs of the facility's \$3,200 monthly rent and \$500 meal plan. Allwood, whose sole income was a \$2,700 Social Security check, couldn't afford the high rent, but he trusted the adviser's assurances.



By David Patterson

# of a Friend

Under pressure, Allwood borrowed money for the deposit and moved in. When he arrived at the facility, he quickly realized the situation was much worse than he had been led to believe. His apartment was unfurnished, and the promised VA benefits never came. The person Fisher trusted to help Allwood was not honest and is still “selling” to families and communities in our area. Calls, emails and messages sent by Fisher to the adviser have gone unanswered. It was later discovered that no application had ever been filed for VA benefits at all.

Al Bagocius, a highly-recognized and well-respected advisor who also works in the industry says it’s unfortunate to say the least, there are some among his colleagues in the senior placement business who treat their profession as strictly a transactional sales process and choose a community that expedites a commission for them without regard to the long term care needs of the senior.

*“These same “transactionalists” do little to follow up with the senior and their loved ones, or the community itself. For me, this type of mindset is ego alien, for I define my position in the senior placement profession as one which is a trusted long-term commitment to the aging adult and their family.”*

Fisher contacted friends on social media to help furnish Allwood’s apartment, not knowing that he was in the process of being taken advantage of.

Several months later, Allwood found himself in a devastating financial bind. His bank account was quickly drained via ACH withdrawal by the residential housing facility, and his \$2,700 Social Security check wasn’t enough to cover the facility’s rent, leaving him with no way to pay.

Worse still, Allwood was told he didn’t qualify for any VA aid at all, and soon, his bank



*Adolph with friend Mary Fisher.*

account was overdrawn.

The emotional and financial toll on Allwood was immense. After suffering a fall that required surgery for a broken hip and knee, the automatic withdrawals continued. Allwood, now deeply in debt to the tune of over \$9,000, was unable to escape the trap that had been set for him. The man who had survived the Korean War, a true warrior, was now broken, not by battle but by betrayal.

The emotional strain was overwhelming. Unable to face the shame of borrowing money from a friend he could never repay, Allwood stopped eating. His silent hunger strike became his final protest, a quiet rebellion against a system that had failed him.

In the last months of his life, he spent his days suffering in silence in a skilled nursing facility. He began communicating only in his native Cherokee language in honor of his heritage. As Fisher, the woman who would become his closest friend, stood by his side, he made her promise to share his story so others would not have the same experience as he did.

Allwood’s story is a painful reminder of how easily trust can be exploited and how vulnerable the elderly are in a system that often fails them. What happened to him was not just a personal tragedy, it was a systemic failure. His experience highlights the financial and emotional toll that vulnerable seniors face, often without support.

This story is a call to action. It demands that we, as a society, do more to protect older adults from the predators who seek to exploit them. It also underscores the importance of ensuring that veterans like Allwood, who have served our country with honor, receive the support they need and deserve in their later years.

In February, Fisher will share his story as part of an elder abuse awareness panel at the University of North Florida. Her hope is that by telling Allwood’s story, others will be inspired to take action to ensure that no other senior citizen faces the same betrayal, neglect, and abuse that he endured.

Adolph Allwood’s fight may be over, but his legacy will not be forgotten. His life, full of courage and sacrifice, deserves to be honored not by suffering quietly, but by sparking change. ∞



# Parkinson's Disease: The Quiet Storm

By Nancy White



Katheryn and Philip Donaldson on vacation in Venice.

At age fifty-one, Philip Donaldson noticed a tremor in his thumb and forefinger, and a kink in his neck he assumed was a pinched nerve. When it didn't go away, he tried chiropractic treatments, but the symptoms persisted. Philip and his wife Kathryn kept looking for answers, until last year they were introduced to Dr. Philip Tipton, M.D. at the Mayo Clinic, who correctly diagnosed Philip's condition as Parkinson's, a chronic and progressive disease of the central nervous system. It took four years from the onset of symptoms to diagnosis, a story that, it turns out, is not uncommon. Initially, Philip was in denial. This was the kind of thing that happened to someone else, not me," he said.

## Finding Hope

Philip and Kathryn were blessed with faith and support from friends and family, but they needed to find people who knew the road they were walking. Their outreach led them to Gregg Hummer, President of Jax Hope, Inc., a local organization with a network of friends, support groups, and workout teams across the First Coast, dedicated to providing resources to people with Parkinson's.

The Donaldsons joined a support group in Fleming Island, but

decided to start a new group, as an addition to the Jax Hope family. The Mandarin group began meeting in October in the couple's home, with fifteen people in attendance. Now they meet on the second Sunday of each month at the Church of Eleven 22.

Jax Hope's network includes support groups in nine locations, along with exercise groups keeping patients alert and active, crucial keys to slowing the progression of the disease. Kathryn is becoming a certified fitness instructor and leading an exercise class for those with Parkinson's, Thursdays from 6 to 7 p.m. at the church.

When asked about an upside to his experience, Philip quipped, "It's making me exercise more... forcing me to reevaluate my diet and exercise, to stay as healthy as I can for as long as I can."

Jax Hope welcomes volunteers to lead new groups in other parts of town. "There are some twenty-five thousand people with Parkinson's in Jacksonville. We want them to know they can get support, and live their best lives, with friends who understand their struggles", Kathryn said.

"When you get any disease, the diagnosis changes your life. But rather than letting depression set in, we can find people like us and be inspired." Kathryn and Philip are good examples of people who are staying positive and helping others, says Gregg.

Meanwhile, the search for a cure continues, and the news is hopeful.

The Michael J. Fox Foundation's Parkinson's Progression Markers Initiative played a pivotal role in the breakthrough discovery in 2023 of a biomarker test that makes it possible for the first time to diagnose Parkinson's even before symptoms begin. Scientists believe a number of approaches currently in clinical trials could lead to therapies that may slow or stop Parkinson's, something no therapy has yet been able to do.

Philip's advice is to learn the signs, and if you experience symptoms, see a doctor. "Early treatment means you can take preventative measures sooner. Don't stop living, find your new normal. You're not alone", he concludes.

Learn more and find a group near you at [jaxhopeinc.org](http://jaxhopeinc.org).



Philip and Kathryn Donaldson founded a support group.

**"Early treatment means you can take preventative measures sooner. Don't stop living, find your new normal. You're not alone."**





# Why Staying Socially Active Matters As You Age



By **Susanna P. Barton**

As we all age and make plans for our second half, one of the most important things we can do for ourselves is to connect with a community of people who can provide support, camaraderie and inspiration. Approaching our Grand Planning with reliable, dedicated teammates changes the game and gives us the edge we need to design winning strategies for our shared senior experience.

It's also crucial to identify your Most Valuable Players, your "person" or people – the individuals who will serve in such vital and legally binding roles as your Power of Attorney, Successor Trustee and Executor. By making these decisions and selecting these individuals, we are taking charge of our future and ensuring that we have the support we need to be Grand Planning Champions! This step is not just important, it's empowering and reassuring.

So, where do we start when it comes to building a network of loving friends and family? The good news is that it's as easy as opening



the door and getting better acquainted with the people, businesses, and organizations around us.

The National Council on Aging also has some suggestions of ways to flex your social engagement muscle:

- Reaching out to old friends or colleagues on social media or through an alumni association
- Volunteering in your community
- Joining a club focused on an activity or hobby you enjoy
- Taking a class for older adults at a local community college
- Setting aside time each week to spend with loved ones, whether in person, on the phone, or via video chat

These connections are meaningful because one day, you will depend on them. The bottom line is these connections bring more people into your world that you can rely on when times get tough, or who will notice when you haven't been seen in a while and may need extra assistance.

But nothing is more critical than choosing your inner circle, your special players who have the credentials they need to get things done on your behalf. This elite squad includes your Durable Power of Attorney, your Successor Trustee, your Medical Power of Attorney and your Executor, as well as other advocacy positions like a fiduciary or trusted advisor. Designating these teammates requires a visit to an elder or estate law attorney who can direct you on the proper documentation.

Real-talk conversation is essential to this process. Be open and honest about the expectations in this relationship. Your person or people also should feel free to share their limits. Ensure the person you trust and have chosen feels confident they are well equipped to manage your life in a way that feels right for both of you. ☺

## CITY OF JACKSONVILLE SENIOR CENTERS

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7866 New Kings Rd. 32219  
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### Frances Padgett Arlington Senior Center

1078 Rogero Rd. 32211  
(904) 255-6733

### Maxville Senior Center

18065 Pennsylvania Ave. 32234  
(904) 255-6744

### J.S. Johnson Senior Center

1112 Jackson St. 32204  
(904) 255-6755

### Oceanway Senior Center

12215 W. Sago Ave. 32218  
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### Jim Fortuna Senior Center

11751 McCormick Rd. 32225  
(904) 255-6844

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### Lane Wiley Senior Center

6710 Wiley Rd. 32210  
(904) 255-6644

### Riverview Senior Center

9620 Water St. 32208  
(904) 255-6797

### Leroy Clemons Senior Center

55 Jackson Ave. 32220  
(904) 255-6737

### Southside Community Center

10080 Beach Blvd. 32246  
(904) 255-6940

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*Susanna Barton, a member of Jacksonville Mayor Donna Degan's subcommittee on elder care, has worked as a professional writer in Jacksonville for nearly 30 years and is the founder of the Grand Plans online community, podcast, newsletter and blog. 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, <http://www.mygrandplans.com>.*





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## SCAM OF THE MONTH

# Remote Rip-Offs Targeting Work From Home Seekers

More and more people are looking for ways to make money from home. Some scams promise easy money, but they can lead to financial loss and identity theft.

Once you show interest, scammers will ask for money to access special tools, training, or services. They might also ask for personal information, such as your bank account details or driver's license number. Here's how to spot easy money scams and protect yourself.



## Potential Work From Home Scams

### The Faulty Check

Scammers use a tactic where they send you a check for way more than they owe you and then act as they made a mistake. They instruct you to send them the difference of the check before trying to cash it. After you send the check and try to cash the one they sent you, the check will bounce. This is one way they can take your money and leave you with a fake check.

### Part-time Work for Full-time Pay

Getting paid a lot to do little work sounds like a dream come true, which is why many scammers use this job tactic. Legitimate employers pay you for what your work is worth.

### Pay for Training

People who are looking to start their own business at home may encounter companies that claim to enhance their business skills. Although there are online courses and resources to help you get started as an entrepreneur, there are also scams that promise instant sales and wealth for a large training fee.

### Medical Billing

Medical billing can be a great work-from-home opportunity, which is why scammers often use this job opportunity to make some money. They will often require you to buy your own equipment and promise reimbursement later on. That's why it's important to only apply to jobs that come straight from medical facilities and hospitals.

Stop and Think: If something doesn't feel right, take a step back. Never pay money or share personal information before researching the opportunity. ∞



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# Dry January: It's All in the Mix

Every January, millions of people around the world embrace the challenge of “Dry January” a month-long break from alcohol. What began as a public health campaign has now become a global movement, with participants using the month as an opportunity to reset their relationship with drinking and prioritize their health.

“As a bartender during Dry January, I see customers making thoughtful choices some taking a break, others trying new mocktails. It’s inspiring to witness their commitment to health while still enjoying the vibe of the bar. It’s a nice balance,” notes Angie Welch of Anejo Cocina in Nocatee.

Beyond the physical changes, Dry January can have mental and emotional benefits too.

Participants often report feeling more focused, less stressed, and more present in their daily lives. The challenge of abstaining from alcohol also encourages introspection, helping individuals evaluate their drinking habits and whether they have become a crutch for coping with stress or social situations.

Josh King is a bartender at Burrito Gallery near the Town Center shopping area in Jacksonville. He says Dry January brings in a different crowd of folks looking for a fresh start, and it’s great to see people taking control of their health. “They’re just as lively, ordering mocktails and experimenting with flavors. It’s all about finding balance, and I’m here to

make sure they enjoy their night, no alcohol required,” King said.

Join other abstainers for a healthy start to the new year. Check out one of many Dry January apps at [MyDry30.com](http://MyDry30.com).



## TASTY MOCKTAILS WITHOUT THE GUILT

Mocktails made with nutrient-rich ingredients like fresh fruits, herbs, and infused waters, these beverages support hydration while promoting wellness. Packed with antioxidants and vitamins, mocktails are a smart choice for seniors looking to enjoy flavorful, low-calorie drinks without compromising their health.

TRY THESE FROM CAMPARI!

### PALOMA

Indulge in the classic flavors of a Paloma Mocktail, a vibrant drink that exudes the essence of crisp in every sip. Perfect for those seeking a non-alcoholic alternative bursting with citrusy goodness, this recipe combines tangy grapefruit juice with zesty lime, topped off with a fizzy twist of club soda.

### BLACKBERRY PALOMA

This drink combines the sweetness of blackberries with the tang of grapefruit, offering a sophisticated flavor profile. To make one, muddle 3 blackberries in a heavy-bottomed rocks glass. Add 5 dashes of smoked bitters and 0.5 oz freshly squeezed lime juice. Top the muddled berries with a layer of crushed ice. Fill the glass with ice and finish with 4-6 oz chilled grapefruit soda.

### SPARKLING PEACH SUNRISE

The Sparkling Peach Sunrise blends the sweetness of peach with the sparkle of lemon-lime soda and a hint of grenadine for a stunning layered effect. To make one, pour 2.5 oz peach juice over ice into a highball or old-fashioned glass. Add 2.5 to 4 oz lemon-lime soda, adjusting to your taste. Finish by drizzling 0.75 oz grenadine over the top for a beautiful, layered effect.

### VIRGIN MOJITO

A non-alcoholic twist on the classic Mojito, this mocktail blends fresh mint, lime juice, and a touch of sweetness, topped with sparkling water. It’s an invigorating drink, perfect for any time of day.



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# Things To Do

## January 9 – February 9, Various Times Southern Fried Funeral

The Alhambra,  
12000 Beach Blvd., Jacksonville, FL 32246

Following the death of her husband Dewey, Dorothy Frye is left to keep the family together and all in one piece. Tickets: \$45 - \$84. 904.641.1212 [alhambrajax.com](http://alhambrajax.com)



## January 10, 11:30 am

### Greased Lightning Trivia

Osher Lifelong Learning Institute (OLLI),  
University of North Florida,  
12000 Alumni Drive, Jacksonville, FL 32224

Participate in a fun, interactive experience with diverse topics like history, pop culture, science, and more, while challenging your knowledge and having a great time with fellow enthusiasts. No Admission Cost. 904.620.4200. [unf.edu/olli](http://unf.edu/olli)

## January 11, 7:30 pm

### Coretta's Voice

Terry Concert Hall,  
2800 University Blvd. Jacksonville, FL 32211



Discover the legacy of Coretta's "Freedom Concerts" with the Ritz Chamber Players that combined poetry, storytelling, and music to vividly narrate the struggle for Civil Rights. Rodney Hurst, Taryn Wharwood and Rahman K. Johnson's words will

complement the music, creating a dialogue that bridges past and present. Tickets: \$25. 904.665.1572. [ritzchamberplayers.org](http://ritzchamberplayers.org)

## January 18, 10 am – 2:00 pm

### Active After 50

University of North Florida, Adam Herbert Center,  
12000 Alumni Drive, Jacksonville, FL 32224

Explore a wide variety of products and services tailored to adults over fifty. Vendors showcase health and wellness solutions, housing, home improvement, financial advisors and more. No Admission Fee. [Activeafter50online.com](http://Activeafter50online.com)

## January 21, 1:15 pm

### Balancing Your Blood Sugar and Preventing Diabetes

Council on Aging River House  
J179 Marine Street, St Augustine, FL 32084



Join this one-hour class to learn effective strategies for controlling blood sugar levels, improving overall health and preventing

complications. Registration is required. No cost to attend. 904.209.3700. [Coasjc.org](http://Coasjc.org)

## January 21 & 22, 7:30 pm

### Shen Yun

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

Shen Yun invites you to travel back to the magical world of ancient China. Experience a lost culture through the incredible art of classical Chinese dance, and see legends come to life. Performances showcase a unique blend of stunning costumes, high-tech backdrops, and an orchestra like no other. Tickets: \$80 plus. [shenyun.com](http://shenyun.com)

## January 23, 7:00 pm

### Dueling Pianos

Maggiano's Little Italy, 10367 Midtown Parkway,  
Jacksonville, FL 32246

Entertainment and family style dinner which includes a cocktail. Enjoy an evening of lively musical entertainment where two pianists engage in a friendly musical duel, taking song requests from the audience. Tickets: \$85. 904.380.4360. [Maggianos.com/jacksonville](http://Maggianos.com/jacksonville)



## January 24 & 25, 7:30 pm

### 7 Bridges: The Ultimate EAGLES Experience

Jacksonville Symphony Orchestra, 300 Water Street, Jacksonville, FL 32202

A tribute to the music of the Eagles with the Symphony, 7 Bridges re-creates the experience of an Eagles concert from the band's most prolific period, featuring hits including "Hotel California," "Take it Easy," "New Kid in Town" and others. Tickets: \$42 - \$102. 904.354.5547. [jaxsymphony.org](http://jaxsymphony.org)

## January 25, 7:00 pm

### Star Wars Night

Jacksonville Icemen, 300 A. Philip Randolph Drive,  
Jacksonville, FL 32202

The Force will be strong. The Rebel Forces and The Empire will unite for a night of fun, flashbacks, lighted swords with characters on hand. The Icemen will wear Star Wars themed jerseys during the game to add a twist of nostalgia. Tickets: \$30. 904.602.7825. [jacksonvilleicemen.com](http://jacksonvilleicemen.com)



## PARTING SHOT

# Arlette Heise Gerlach: Through Color and Culture



Arlette Heise Gerlach is a German-born artist who literally is the work she creates. From an early age, she was immersed in the world of visual art, guided by her father's passion for creativity. This early

introduction laid the foundation for a lifetime dedicated to exploring the world through painting, an exploration that has taken her across continents and cultures.

Her artistic training began in Italy at the Scuola di Belle Arti Napoli, where she honed her skills in classical painting. Later, she expanded her knowledge at the Kunstakademie Stuttgart in Germany, further solidifying her technical foundation. Throughout her career, she has been a member of prominent art institutions, including the Baden-Württemberg Kunstverein in Stuttgart and the Kunstverein Ludwigsburg, reflecting her continued connection to the European art scene.

However, it was her time in New York City that marked a significant turning point in her creative development. While studying at the renowned Art Students League of New York, Gerlach was fortunate to study under Robert Cenedella, a celebrated satirist whose influence helped shape her artistic voice. The energy of New York's art world, combined with her experiences abroad, enriched her work, blending technique with a strong personal narrative.

Gerlach's time in San Diego and Los Angeles deepened her appreciation for the bold colors and textures of Latin American and Southwestern cultures. Her exhibition at the Ponte Vedra Beach Library (January 5 - February 28) showcases these stunning watercolors, and her fascination with color and form. You can meet the artist on January 28, from 5 p.m. to 7:45 p.m. to learn more about life as she sees it through the lens of art and culture.

Arlette Heise Gerlach continues to explore new mediums and techniques, creating works that invite viewers to see the world in a deeper, more colorful way.

For more information about her work email [arletteheisefineart@gmail.com](mailto:arletteheisefineart@gmail.com).







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