

FREE

February 2025

FIRST COAST SENIOR LIVING

Pulse of the Good Life



**Self Care
Reflections**

**Dating
After
60**



**Soulful
Getaways
on Hilton
Head Island**



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.
Your journey to better hearing should start with us.



JACKSONVILLE AREA LOCATIONS

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5960 Beach Blvd., Suite 1, Jacksonville, FL 32216

640 3rd Street North, Suite 1, Jacksonville Beach, FL 32250

13820 Old St Augustine Rd., Unit 153, Jacksonville, FL 32258 (Opening November 11, 2024)

Publisher's Note

As I sit down to write this, I can't help but think about how important this month is for reflection, especially when it comes to love and care. This issue is close to my heart, and I'm happy to share it with you.

We're focusing on self-love, a theme that is often overlooked but so essential, especially as we age. In a world that demands so much from us, it's easy to forget to take care of ourselves. But this issue is a reminder that self-love isn't just about pampering yourself. It's about showing up for your own health, happiness, and emotional well-being. I hope you find something that gives you a new way to care for yourself.

Also, we're diving into heart health, which couldn't come at a more fitting time. After all, we celebrate Valentine's Day on the 14th.

For many of you, caregiving is a central part of your life. If you're caring for an aging parent or family member, I know how overwhelming it can feel. I'm doing this, too. That's why we've dedicated a section to help you navigate the delicate balance of giving care while also caring for your own needs. It's a tough, but important role, and we want to support you with advice and stories from others walking that same path.

If you're craving a getaway, we take you on a trip to Hilton Head Island. It's the perfect place to recharge and indulge in a little self-care.

I hope this issue motivates you to take great care of yourself.

With love,



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A Soulful Getaway on Hilton Head Island

Perhaps you're a first-time visitor to Hilton Head Island. Or, maybe you've spent so much time in the Lowcountry it feels like your second home. With one of the top 10 family beaches in the U.S., an array of world-class golf courses, abundant natural beauty, and a spirit you won't find anywhere else, Hilton Head Island offers a relaxing, laid-back, and welcoming vibe that makes it a perfect year-round vacation destination.

An Eco-Tourism Destination

Nature lovers will fall in love with the mental escape in the region. As America's first eco-planned community, the island emphasizes environmental preservation while offering personal outdoor experiences. The Coastal Discovery Museum is a must-see, featuring a beautiful sixty-eight acre property that showcases the region's unique ecosystems, including marshlands and moss-draped Live Oaks. If



The hardest decision you'll have to make when you arrive is what to do first. If you enjoy lounging on the sand, golf, pickleball or aquatic sports, the island offers plenty of options.

The Hilton Head Island Seafood Festival happens February 17th-23rd, The Gullah Celebration in the spring, the island's event calendar is packed with activities.

Hilton Head Island is the perfect place to recharge and practice self-care. The island features a variety of spas, such as the Ocean Tides Spa and Indigo Spa, where you can enjoy rejuvenating treatments. After your spa day, treat yourself to a delicious meal at one of the island's renowned restaurants, offering everything from seafood to classic Lowcountry dishes. Hilton Head's food scene is sure to delight if you're dining by the water or exploring local markets.

With so much to see and do, it's truly a vacation destination that caters to every interest.

you're visiting between May and October, don't miss the sea turtle nesting season, where you can witness the incredible efforts to protect endangered loggerhead turtles.

Arts, History, and Culture

Hilton Head Island is rich in culture and history with opportunities to explore its past and present. History enthusiasts can visit the Gullah Museum to learn about the unique Gullah culture and its profound influence here. Art lovers will appreciate the scene at the Art League Gallery, where you can view works from both established and emerging artists, or take one of their many painting classes.

With a one of a kind performing arts calendar, featuring Broadway-style shows to intimate jazz performances, cultural enrichment is never far away.

Increase your vitamin D level this month. Relax in the sun, enjoy exciting events, and prioritize some much-needed self care because fun and relaxation go hand in hand on this beautiful island! ☞

WHERE TO STAY ON HILTON HEAD ISLAND

Hampton Inn

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Hilton Head Island, SC 29926
hamptoninn/hiltonhead.com
843.485.0280
\$104 per night

Palmetto Dunes

4 Queens Folly Road
Hilton Head Island, SC 29928
palmettodunes.com
888.909.9566
\$ Varies per owner

Sonesta Resort Hilton Head

130 Shipyard Drive
Hilton Head Island, SC 29928
sonestahiltonhead.com
843.842.2400
\$179 per night

Sea Pines Resort

32 Greenwood Drive
Hilton Head Island, SC 29928
seapines.com
843.785.3333
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Bluffton, SC 29910
hiltonheadrv.com
\$109 plus per night

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\$233 per night

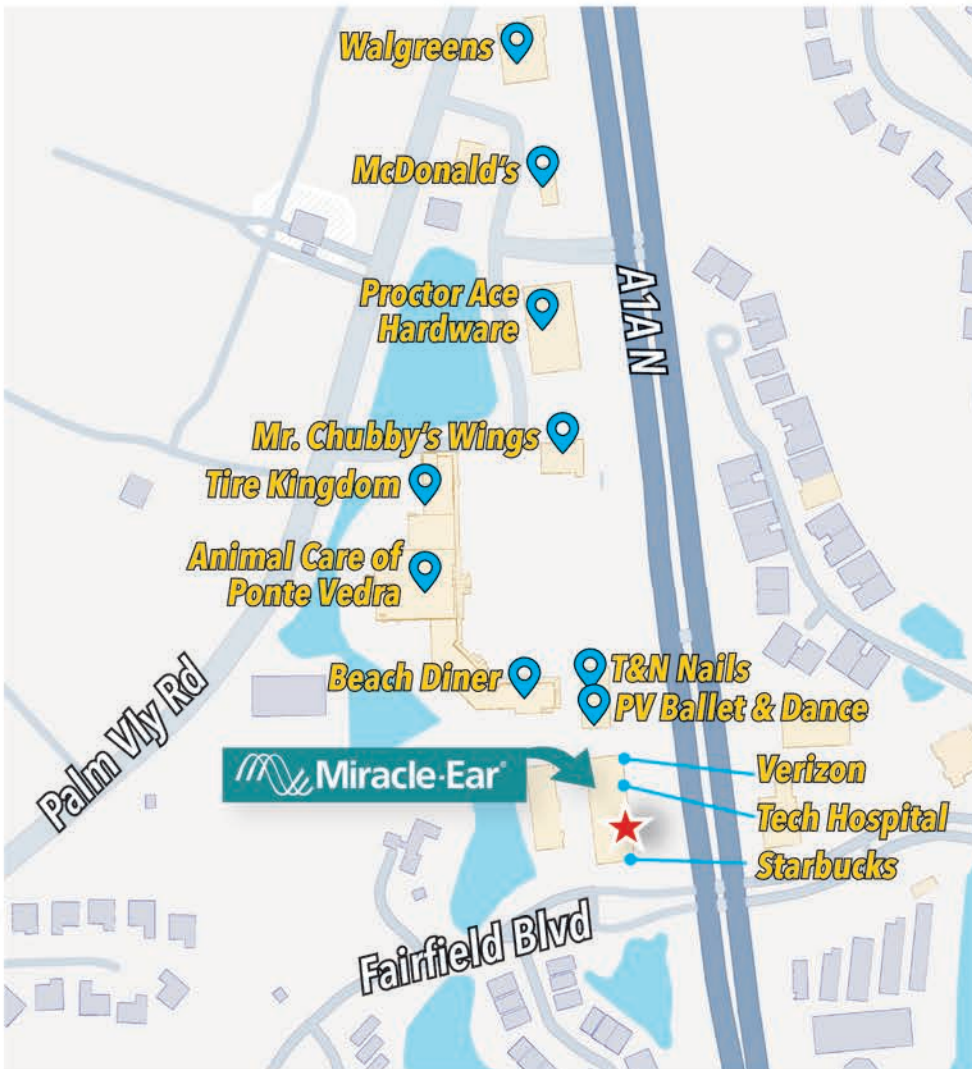
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155 Blanding Blvd, Ste 7
(904) 579-2335

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Mayo Clinic Minute: A Cardiologist's Tips for a Healthy Heart

By Deb Balzer

Today's age of quick access to information, constant updates on medical advancements and health recommendations make it easy to get overwhelmed. But when it comes to maintaining a healthy heart, Dr. Francisco Lopez-Jimenez, a Mayo Clinic cardiologist, has some important and simple tips he'd like to share with everyone.

"An ounce of prevention is worth a pound of cure" is an adage that Mayo Clinic cardiologist Dr. Francisco Lopez-Jimenez says remains true today.

"No matter how difficult prevention might look, it is way better than treating heart disease."

Francisco Lopez-Jimenez, M.D.

And prevention, he says, can start small by focusing on the simple things, like diet and exercise.

"Trying to eat healthier a little bit at a time, to move around through the day, avoiding sitting for too long," says Dr. Lopez-Jimenez.

A positive outlook also can go far in your physical well-being. Enjoy a walk with a friend, for instance.

"Trying to find purpose every day, and

trying to give love every day, because those are some of the emotional things that we don't take care of (that) also affect the heart," he says.

And finally, he says if you are prescribed medication for high blood pressure or high cholesterol, avoid the risk of a heart attack and follow your doctor's orders.

"Take those medications, check your numbers and be sure that all those factors are well under control," Dr. Lopez-Jimenez says.



TIPS AND STRATEGIES FOR A HEART-HEALTHY DIET

Eat more vegetables and fruits for vitamins, minerals, and heart health.

Select whole grains for fiber and nutrients.

Choose healthy fats, such as monounsaturated and polyunsaturated options.

Opt for low-fat proteins, including lean meat, poultry, fish and legumes.

Reduce salt intake to lower blood pressure.

Control portion sizes to manage calorie intake.

Plan daily menus emphasizing vegetables, fruits, whole grains, lean proteins and good fats.

Enjoy occasional treats in moderation without derailing your healthy eating plan.



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- ◆ Adult Day Care
- ◆ Caregiver Support & Respite
- ◆ Case-Managed Services
- ◆ Home Maintenance & Modifications
- ◆ Affordable Senior Housing



Programs and services funded in part by DOEA, DCF, COJ, LSF, Clay County and ElderSource



Vibrant & Engaging Senior Centers

Our senior centers in Green Cove Springs, Keystone Heights, Orange Park, and Middleburg offer those 60 and older an enriching environment with activities focused on education, wellness, and social interaction. The activities and programs are custom-selected for each senior center according to the local needs and interests of its attendees.



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Are you interested in learning more about the services Aging True offers or looking to enroll in one of our programs? Contact us at the information below.

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Our services wouldn't be possible without the support we receive from our funding partners and the community. If you want to support Aging True and our mission by joining our team, volunteering, or making a gift, please visit agingtrue.org/get-involved or scan the code to the left.



HIP JOINT

All You Need Is Love

Billboard's Top 20 All-time Hits

Songs have been written about every topic imaginable, but the best ones from swooning '50s ballads to contemporary club bangers have been penned about the ups and downs of being in love. We are counting down the top 20 Hot 100 hits with a form of the word "love" in the title. The romantic tunes cover every era of the Hot 100's history, ranging from 1958's "To Know Him Is to Love Him" by the Teddy Bears to 2019's "Someone You Loved" by Lewis Capaldi. Love is a many-splendored thing and this list has all types of love songs. It's sonic proof that while musical fads and fashions will change with every generation, love and the songs inspired by it will never go out of style. And we have the numbers to prove it: 9.6% of all Billboard Hot 100 No. 1s feature the word "love" in the song

title. Billboard's Top Love Songs of All Time ranking is based on actual performance on the weekly Billboard Hot 100 chart from its inception (on Aug. 4, 1958, through Feb. 10, 2024). Songs are ranked based on an inverse

point system, with weeks at No. 1 earning the greatest value and weeks at lower spots earning the least. We hope this list motivates you to sing out loud to these favorite love songs. ♪

Top 20 Love Songs

- | | |
|---|---|
| #1 Endless Love , Diana Ross & Lionel Richie, 1981 | #10 Best of My Love , The Emotions, 1977 |
| #2 I'll Make Love to You , Boyz II Men, 1994 | #11 I Can't Stop Loving You , Ray Charles, 1962 |
| #3 How Deep Is Your Love , Bee Gees, 1997 | #12 My Love , Paul McCartney, 1973 |
| #4 We Found Love , Rihanna, 2011 | #13 Bleeding Love , Leona Lewis, 2007 |
| #5 Silly Love Songs , Wings, 1976 | #14 Because You Loved Me , Celine Dion, 1996 |
| #6 I Will Always Love You , Whitney Houston, 1992 | #15 Crazy Little Thing Called Love , Queen, 1980 |
| #7 Let Me Love You , Mario, 2005 | #16 To Know Him Is to Love Him , The Teddy Bears, 1958 |
| #8 Because I Love You , Stevie B, 1990 | #17 Love Is Blue , Paul Mauriat, 1968 |
| #9 I Love Rock n' Roll , Joan Jett & the Blackhearts, 1982 | #18 Someone You Loved , Lewis Capaldi, 2019 |
| | #19 Woman in Love , Barbra Streisand, 1980 |
| | #20 Love Yourself , Justin Bieber, 2016 |



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Dating After 60

By David Patterson

For many, turning sixty can feel like the beginning of a new chapter, one filled with retirement plans, personal reflection, and the hope of finding love again. Widowed, divorced, or simply having never met the right person, many people are learning that romance has no expiration date.

With longer life expectancies, improved health, and changing societal norms, folks are more open than ever to forming new relationships. In fact, research from the Pew Research Center shows that the number of people over sixty using dating apps has nearly tripled in the last decade.

The rise of online dating has significantly transformed how we connect. Sites like OurTime, SilverSingles, and even mainstream platforms like Match.com are increasingly popular. While the idea of swiping and virtual chatting may seem frightening to some, many have found it to be an accessible and effective way to meet like-minded individuals.

Community events, travel groups, and hobby based gatherings are natural ways to meet potential partners.

Society often paints an outdated picture of love that older adults are more interested in companionship than passion. But this couldn't be further from the truth.

"People over sixty experience love just as deeply, if not more so, because they understand what truly matters," says Dr. Helen Carter, a relationship therapist specializing in older couples. "They're no longer looking for

someone to build a life with from scratch. Instead, they seek a partner who enhances the life they already have."

Gone are the pressures of starting a family or building a career together; instead, relationships at this age often focus on companionship, shared interests, and emotional fulfillment.

Despite the positives, dating at an older age comes with its own set of challenges. One major hurdle is fear of rejection, fear of vulnerability, and, in some cases, fear of repeating past relationship mistakes. Sometimes those who have lost a spouse say the thought of opening their heart again can be overwhelming.

John Reade, 67, lives in Yulee. He lost his wife of 40 years to cancer. For years, he believed he would never find love again. "I thought love was a once-in-a-lifetime thing," he says. "But then I met Susan at a local art class, and we just clicked. It wasn't about replacing what I had before but embracing something new."

Adult children may struggle with the idea of a parent dating again. Open and honest conversations can help ease tensions, reassuring family members that a new relationship does not diminish past love, it simply adds to a life well lived.

Advice for Finding Love After 60

As John and Susan put it, "We may have fewer years ahead than behind us, but that just makes every moment we have together even more special."

If you're willing to take the leap, love after sixty can be just as romantic, and meaningful as it was decades before, if not more so. ☺

When you're looking to dip your toes back into the dating pool, experts suggest the following:

1. Be Open-Minded
2. Embrace Technology
3. Take It Slow
4. Stay Social
5. Be Yourself

SCAM OF THE MONTH

Got a Package You Didn't Order?



What could be better than opening the mailbox or the front door and finding an unexpected package?

Scammers are sending people fake “luxury” items like rings, beauty products, and even Bluetooth speakers. This is sometimes called a “brushing

scam.” They send you goods you never ordered and use your information to write fake online reviews about their products in your name which helps them boost sales.

If you got a package you didn't order, it means someone likely has your personal information and undoing the potential harm from identity theft could cost you time and money.

Change passwords on all your online shopping accounts. If the package comes from Amazon or another online marketplace, send the platform a message so they can investigate removing the seller.

Check your credit weekly for free at AnnualCreditReport.com to check for signs of identity theft.

Don't contact the sender. They will likely try to get more sensitive information from you to try to steal your money.

Keep the merchandise and report fake reviews and scams to the FTC at ReportFraud.ftc.gov.

Source: Federal Trade Commission

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(904) 255-6737

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Services are for seniors 60 & over.

FITNESS

The 2025 Gate River Run

Take the First Step

The Gate River Run, one of the largest 15K races in the country, will take place on March 1st. Individuals who want to challenge themselves and stay active always have a great time at this event. Held annually in Jacksonville, the race attracts thousands of runners and walkers. By running, walking, or volunteering, taking part in the 2025 Gate River Run can help you improve fitness, meet new people, and have fun.



The Gate River Run is not just for elite runners. It's for everyone, regardless of age or ability. For adults over fifty-five, it's an excellent chance to improve cardiovascular health, build strength, and enhance mobility.

Bill Moreland lives in Ortega. He has been involved in the Gate River Run for the past twenty-five years and says he looks forward to walking with his friends every year. “When we first started, I used to run it and finished in a decent time. Now, my friends and I walk with our kids and grandkids, and it's become more of a family event,” Moreland says. “It gives all of us a sense of accomplishment and an excuse to have a party in the backyard when we're done!”



Run, Walk and Keep Moving

If you've never run or walked a 15K before, don't be discouraged! The key to success is training and setting achievable goals. Walking is often a popular choice since it lets you to participate at your own pace. Walking is an excellent full body workout.

No matter which option you choose, make sure to listen to your body. Start slowly and increase your mileage as you build strength

and confidence. Stretch before and after workouts to maintain flexibility and reduce the risk of injury.

Volunteer to Stay Active and Engaged

If you're not ready to run or walk, join the excitement by volunteering. Volunteering is a great way to stay involved in the fitness community while helping make the event a success. Assignments include helping with water stations, packet pickup, or assisting participants at the start and finish lines. Volunteering is a smart way to contribute to the event and keep your body moving.

Fitness is about progress, not perfection. Walk, run or volunteer. Take part in this classic event and be active, engaged, and healthy. Don't wait. Sign up and get ready to experience the benefits of being included in one of the nation's premier races!

To register as a participant, or to volunteer visit gateriverrun15k.com.

Reflections on Age: Give Yourself Permission

As we push through life, we often spend so much time caring for others and meeting the demands of daily living that we forget to appreciate who we've become. Some of us have gained peace of mind, or the strength to say no. Let's take some time to honor our own stories and realize what matters most. We asked two area residents what they love about themselves right now. Let's take a moment to honor our own stories. Here's what they had to say.

Joanelle Mulrain, Historic Avondale

"How do I love myself? Let me count the ways. Nearing 75, I'm not afraid of dying, I live with gusto and eyes wide open. Last Easter, I couldn't walk 10' without shortness of breath. Surprise – leg clots, left lung embolism, ER, CCU. Almost ran out of time. Corralled six docs to my bedside. "Tell me what to do, I'll do it. My first grand is due in six months. I plan to be here!" Graduated cardiac rehab, lost weight, (no meat or processed food), exercise and still run 10k steps daily in the warm Y pool (6a-8a). Embrace life, nature, old



and new friends, good food, and good times. Plan experiences on the spur of the moment. De-assess "things" — more than a bucket list, make a life list. Do it now, get back to basics. Give back, smile, laugh, have hope. Move, never stop moving and loving. Life is short. Enjoy the ride!"

Susan Pelter, St. Augustine

"There are a lot of things to love about being my age. I'm 63. I'm a pretty good writer at this point; I make a mean gin gimlet, and I've been blessed with some of the greatest family, friends and clients on the planet. I also have a good sense of humor and I get to read a lot, which has always been my favorite thing. The most surprising delight of aging, though, is the ability to let go of your own, and other people's expectations. It's such a joy to not to worry about what people think. It's like being on vacation every day!"



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Atlantic Eye Institute

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- CONFUSION, trouble speaking or understanding speech
- TRouble SEEING in one or both eyes
- TRouble WALKING, dizziness, loss of balance or coordination
- SEVERE HEADACHE with no known cause

THIS MESSAGE OF HEALTH IS BROUGHT TO YOU BY

Walk-Ins Accepted
Monday Through Friday 9AM to 5PM



5115 Normandy Blvd, Suite 1
Jacksonville, Florida 32205

For Health Plan Information Call (904) 304-9871



CAREGIVER RESOURCES

CaregiverCoalition.org

A program of: ElderSource
start here for help

- ✔ Caregiver Support
- ✔ In-home assistance
- ✔ Dementia Resource
- ✔ Financial Assistance

The Caregiver Coalition of Northeast Florida is a program of ElderSource created to improve the quality of life for caregivers in Northeast Florida.

- ✔ **AARP:** aarp.org or the Caregiver Hotline 1-877-333-5885, en español 1-888-971-2013
aarp.org/caregiving/prepare-to-care-planning-guide
- ✔✔ **Agging True:** 904-807-1203 or agingtrue.org
- ✔✔ **Alzheimer's Association:** alz.org or the 24/7 helpline at 800-272-3900
- ✔ **Alzheimer's Foundation of America:** alzfdn.org or the helpline 866-232-8484
- ✔✔ **The Arc Jacksonville Specialized Aging Support:** www.arcjacksonville.org/sas/ or 904-355-0155
- ✔✔ **COJ, Senior Services Division:** www.jaxseniors.net or call 904-255-5400
- ✔✔ **Community Hospice and Palliative Care:** www.communityhospice.com or 866-253-6681
- ✔✔ **Councils on Aging**
Offering day programs, activities, nutrition assistance, transportation assistance and more. Call your local COA for more information.
Baker County Council on Aging: 904-259-9315
Council on Aging of Volusia County: 386-253-4700
Nassau County Council on Aging: 904-261-0701 (Fernandina Beach) or 904-845-3331 (Hilliard)
St. Johns County Council on Aging: 904-209-3700
Elder Abuse Prevention Hotline: 1-800-962-2873
ElderCare Locator: www.eldercare.acl.gov
1-800-677-1116 Monday–Friday, 8:00 a.m. – 9:00 p.m. ET
- ✔✔ **ElderSource:** myeldersource.org or Aging and Disability Resource Center Hotline 1-888-242-4464
- ✔✔ **Flagler County Senior Services:** flaglercounty.org or 386-586-2324
- ✔ **The Florida Area Health Education Centers (AHEC) Network:** www.flahecnetwork.org or 904-482-0189
- ✔✔ **Jewish Family and Community Services:** jfcjax.org or 904-448-1933
- Long-Term Care Ombudsman Program:** ombudsman.elderaffairs.org or 1-888-831-0404
- ✔ **United Way 211:** Dial 2-1-1 or (1-866-318-0211)
- ✔✔ **Memory Disorder Clinic at Mayo Clinic:** 904-953-7103, mayoclinic.org/departments-centers/neurology/memory-disorder-clinic-florida/overview
- Legal Assistance**
Community Legal Services of Mid-Florida, Inc.: clsmf.org or 800-405-1417
Jacksonville Area Legal Aid: jaxlegalaid.org or 904-356-8371
Florida Legal Senior Services Helpline: 1-888-895-7873 Connecting seniors with the legal resources available in Florida.
- ✔✔ **Veterans Support**
COJ, Military Affairs and Veterans Dept: 904-255-5550
- ✔ **VA Caregiver Support Line:** 1-855-260-3274
Veterans Crisis Line: Dial 988 then press 1. You can also text 838255 or connect online at www.veteranscrisisline.net
A free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care.

For a comprehensive list of Caregiver Coalition member resources, visit www.CaregiverCoalition.org

Providing a compassionate network of support and access to critical resources, the Caregiver Coalition of Northeast Florida seeks to elevate caregiving and improve the quality of life for caregivers in Northeast Florida.

- CaregiverCoalition.org**
Visit our website to learn more and sign up to receive email updates on resources and events.
- @Caregiver Coalition of Northeast Florida**
Subscribe to our YouTube channel to view Virtual Caregiver Workshop recordings.
- @CaregiverCoalitionNEFL**
Follow us on Facebook for caregiver resources, event updates and announcements.

ElderSource is a nonprofit organization designated by the state as the Area Agency on Aging and Aging & Disability Resource Center for Northeast Florida.

- Programs for caregivers include:**
- Powerful Tools for Caregivers
 - TCARE (Caregiver Burnout Support Program)
 - Virtual Caregiver Support Group
- Call our Aging & Disability Resource Center HelpLine:**

1-888-242-4464



Early Conversations Create Trust in Caregiving



By Susanna P. Barton

Let's look at the importance of trust and distrust to good Grand Planning, starting with the kind of trust essential to productive senior caregiving relationships.

In my experience, the senior couple for whom I managed remote care several years ago demonstrated the kind of distrust that can become destructive and put healthy outcomes at risk. While both adults had willfully appointed me as their Power of Attorney and Successor Trustee should they be unable to manage their affairs, dementia led to some really horrible exchanges and responses to my applications of assistance.

Members of caregiving social media groups lament this behavior all the time. "She won't listen to me, she doesn't think she needs any help" or "He refuses to downsize even though he can't live in that house anymore" are familiar complaints. To instill trust, caregivers and loved ones must get comfortable having conversations about this



planning long before it becomes a challenge. Conversations with family and close friends should begin in midlife and continue in everyday chatter moving forward. Through this real-talking, we can all get comfortable with the relationship and trust will ensure and win the day. If we can ground ourselves in good trust, we can safeguard our relationships, strengthen our resources and move forward into our Golden Years with peace of mind.

Let's switch gears and discuss the merits of distrust during our second half. Distrust protects us from the myriad scams that can wreck our senior stroll.

Studies underscore the importance of being skeptical. According to the Institute for Healthcare Policy and Innovation National Poll on Healthy Aging at the University of Michigan, "Three in four adults age 50-80 (75%) reported that they experienced a scam attempt online or by phone, text, email, or mail in the past two years. Overall, 30% of all adults age 50-80 said they had experienced

fraud."

Financially, senior scams account for major drama. The National Council on Aging (NCOA) estimates fraud among adults 60+ results in more than \$3.1 billion in losses. That is a lot of money that could be better spent on senior living arrangements, healthcare and legacy-building!

The NCOA shared the top five financial fraud scams to avoid:

- Government impersonation scams
- Sweepstakes and lottery scams
- Robocalls and phone scams
- Computer tech support scams
- And, the grandparent scam, when a caller who sounds like your grandchild asks you to send money.

Many of these swindles can be avoided by simply deleting or implementing a no-click or no-answer policy for all unprompted phone calls, emails or texts. One of the easiest things you can do is to just ignore it. Don't respond, don't reply and don't investigate. Just delete it. If someone official needs to get ahold of you, they'll figure it out.

Trust is complicated. Without it, senior loved ones jeopardize the Grand Plans they've worked hard to build. But trust is also essential to Grand Planning. Our relationships with one-day caregivers and life managers demand it.

Susanna Barton, a member of Jacksonville Mayor Donna Deegan'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>.

**SENIOR SERVICES DIVISION
COMMUNITY EVENTS CALENDAR**

<p>WALK FOR SENIOR WELLNESS</p> <p>March 28th Friendship Fountain <i>*Registration Required</i></p>	<p>FISH-A-THON</p> <p>April 18th Hanna Park <i>*Registration Required</i></p>	<p>SENIOR EXPO</p> <p>May 21st & May 22nd Adam Herbert Center @ UNF</p>
<p>BASH AT THE BALL FIELD</p> <p>May 7th VyStar Ballpark <i>*Registration Required</i></p>	<p>SENIOR PROM</p> <p>August 8, 2025 Prime Osborn Convention Center <i>*Ticket Purchase Required</i></p>	<p>SENIOR GAMES</p> <p>Sept 26th- Oct 4th Various Locations <i>*Registration Fee Required</i></p>
<p>Fall Festival</p> <p>October (Date TBD) Location TBD <i>*Registration Required</i></p>	<p>SENIOR EXPO</p> <p>November 19th & November 20th Adam Herbert Center @ UNF</p>	<p>HOLIDAY FESTIVAL</p> <p>December 6 Prime Osborn Convention Center <i>*Ticket Purchase Required</i></p>

DISCLAIMER: ALL DATES AND LOCATIONS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE

FOR MORE INFORMATION ABOUT SENIOR EVENTS, VOLUNTEERING, OR SPONSORSHIP OPPORTUNITIES, PLEASE CALL THE SENIOR EVENTS HOTLINE AT (904) 255-5667 OR VISIT OUR WEBSITE AT www.jacksonville.gov/seniorservices

Things To Do

February 7, 10:00 am to 2:00 pm
United Way of Northeast
Florida Volunteer Income Tax
Assistance (VITA)

Florida Blue River City Marketplace, 13249 City Square Drive, Jacksonville, FL 32218

Get one on one tax preparation by a certified tax preparer through United Way RealSense. Quickly and easily get your taxes prepared.

No cost. 904-394-2250, appointments.
floridablue.com

February 19, Noon to 2:00 pm
MOSH Book Club:

How Emotions are Made:

Museum of Science & History,
 1025 Museum Circle, Jacksonville, FL 32207

Enjoy a discussion of *How Emotions are Made: The Secret Life of the Brain* by Lisa Feldman Barrett. The MOSH Book Club is a bi-monthly MOSH Membership event. Selected books for the group are generally relevant to either one of MOSH's permanent core exhibits and/or current traveling exhibit.

Fee: Members Free; \$12 Non-members
904.396.6674, themosh.org

February 16 -23, All Day

The Florida Reining Classic

Jacksonville Equestrian Center,
 13611 Normandy Boulevard, Jacksonville, FL 32221

This equine competition features riders and horses in reining, an event that tests a horse's ability to perform precise patterns and maneuvers. Reining, which originated from ranch work, is all about speed, agility, and control. Watch top riders from around the country showcase their skills.

No Cost to Attend. 904.255.4254
jaxequestriancenter.com

February 21, 7:00 pm

Shake, Rattle & Roll

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



Enjoy a fun sing along with Theatre Troupe 1776. Get a historical flashback introduction to each tune. 1950s era

attire encouraged for a memorable evening.

Tickets: \$19.50, 904.268.1622
mandarincommunityclub.org

February 21, 7:30 pm

Zuill Bailey & Jason Vieaux
Cello & Guitar

St. Paul's by the Sea Episcopal Church,
 456 11th Avenue, Jacksonville Beach, FL, 32250

Beaches Fine Arts Series presents Grammy Award winners, cellist Zuill Bailey and guitarist Jason Vieaux bring the melodic combination of cello and guitar. Bailey is sought after for his technical wizardry and engaging personality, and Vieaux for his extensive concerto repertoire.

No Cost to Attend, 904.270.1771
beachesfinearts.org

February 14, Noon
& February 15, 10:00 am

Jax Auto Show

Prime Osborn Convention Center
 300 Water Street, Jacksonville, FL 32202

This showcase introduces the latest in automotive innovation and luxury. Visitors can explore new car models, cutting-edge technology, and eco-friendly options from top manufacturers. Car enthusiasts, and those who are simply in the market for a new ride, will love this piping hot experience.

Tickets: \$15, thejaxautoshow.com



February 22, 10:00 am to 7:00 pm
& February 23 10:00 am to 6:00 pm

World of Nations

Metro Tailgaters Parking Lot,
 225 Talleyrand Ave, Jacksonville, FL 32202

Travel through the World of Nations Celebration. Experience cultural foods, artistry and customs from lands near and far. Each country represented has its flag on display and at least one person speaking that country's official language. Listen to traditional music and style demonstrations of dance or related stories, plus artwork and clothing/costumes from their country.

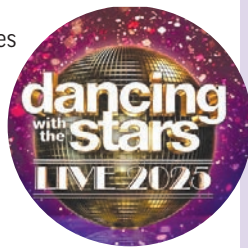
Tickets: \$9, 800.733.2668
visitjacksonville.com/worldofnations

February 27, 7:30 pm

Dancing With the Stars Live!

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

See the glitz, glam and breathtaking performances of America's favorite dance show at Jacksonville Center for the Performing Arts starring your favorite dancing pros and special guests. Experience the excitement, athleticism, and the artistry of the ballroom, live, up-close and personal. **Tickets: \$75 plus, 904.632.5000**
fscartistseries.org



February 27, 6:30 pm

The Tom Coughlin Jay Fund
Wine Tasting Gala

EverBank Stadium, 1 EverBank Stadium Drive,
 Jacksonville, FL 32202

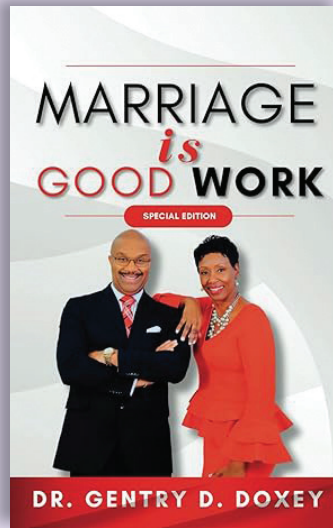
Enjoy wines from around the world and cuisine from northeast Florida's top restaurants, with flavors of the coast, southern comfort and international flair. This event supports local families battling childhood cancer. Funds raised provide financial, emotional and practical support for families.

Tickets: \$150, 904.543.2599, tcjayfund.org

PARTING SHOT

Meet Gentry Doxey and Iva Larson, two local residents who have recently released books that introduce us to their passions. One is about love, and the other is about glamour. Both offer readers a window into different experiences and worlds.

Marriage is Good Work



Marriage Is Good Work leaps into multiple concepts on fellowship, commitment, partnership, love, trust and sexual intimacy. This book will answer many questions about a marriage relationship and provoke conversations around topics not easily addressed in hurting marriages. Doxey says, success leaves clues. Marriage is a commitment that begins one step at a time. The trek of a thousand miles begins with one

step. The key is marrying someone that you love, respect, and trust with your secrets, your flaws, and fears.

"I believe marriage can and will work if you decide in your own heart that your marriage is worth fighting for," says the author.

Available on Amazon.com for \$20.

Now That I Have Your Attention

Iva "Godiva" Larson is a former fashion model and actress who made a significant impact on both the modeling and entertainment industries. Carson is now a physical therapy resident at Riverside Post Acute Care. She began her career in the 1980s, quickly becoming a prominent beauty icon.



She moved from Idaho to New York City to work with top designers and established herself as one of the most sought after models of her time.

Now in her early 60s, Larson enjoys a quieter life in Jacksonville away from the public eye, but her legacy as a model, actress, and author continues to inspire her thoughts.

Now That I Have Your Attention is a book where she shares personal stories from her career in the modeling industry, her experiences in Hollywood, and her reflections on the life of a woman who was both a muse and a trailblazer in an industry often defined by popularity and beauty.

Available on Amazon.com for \$35.



Innovative,
Compassionate
Care for
Dementia &
Alzheimer's



Creating a safe, home-like haven—
Riverside Post Acute is proud to announce the opening of their Journey's program memory unit, known as Horizon's. The unit features brand new renovations in a secure environment filled with activities.

Life, anew.



904.231.8000 / riversiderehabhc.com
1750 Stockton Street, Jacksonville, FL