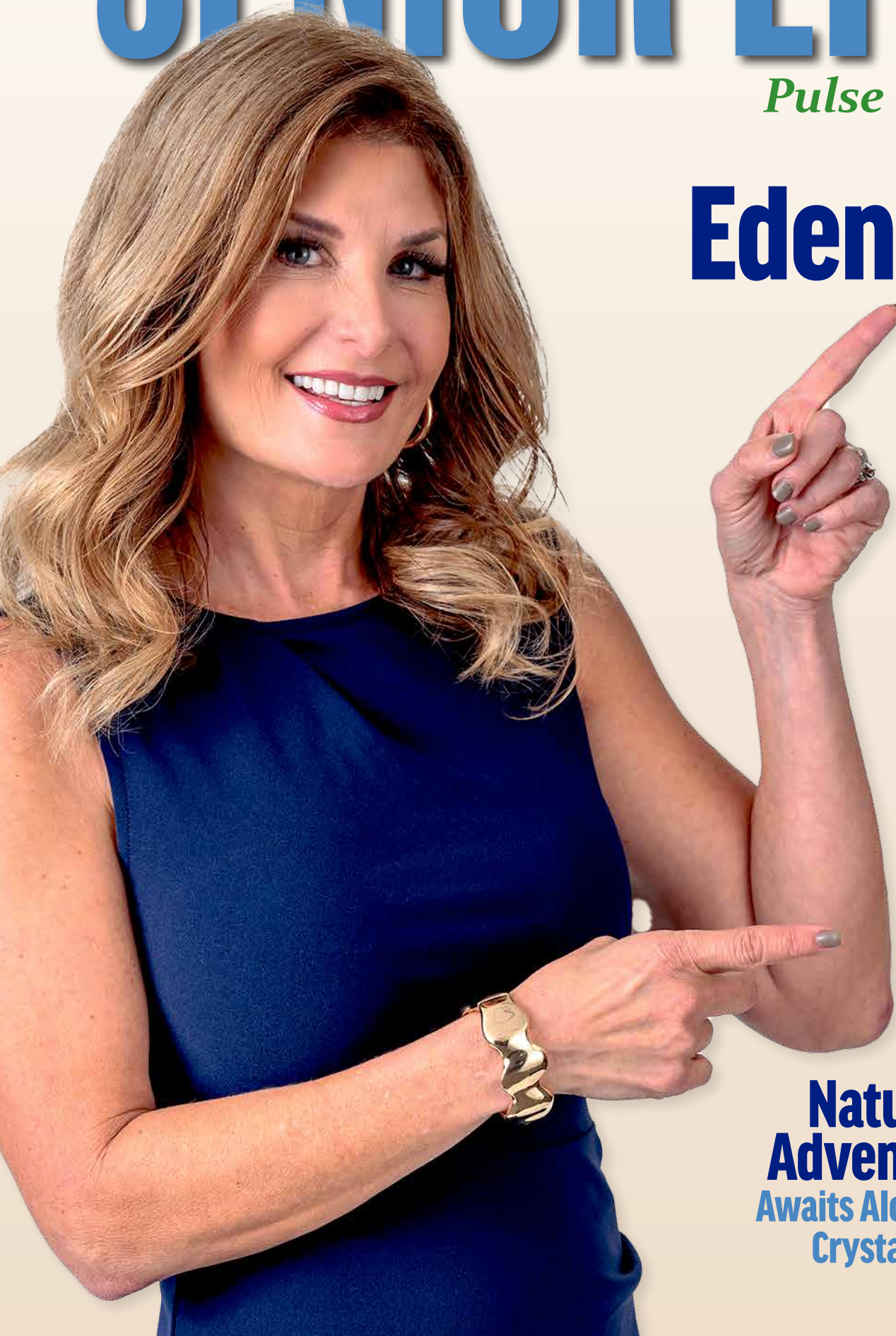


FREE

March 2025

# FIRST COAST SENIOR LIVING

*Pulse of the Good Life*



## Eden Kendall

**Drops the Mic'  
and Finishes  
Global Marathons**
























































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-  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](http://aarp.org) or the Caregiver Hotline 1-877-333-5885, en español 1-888-971-2013  
[aarp.org/caregiving/prepare-to-care-planning-guide](http://aarp.org/caregiving/prepare-to-care-planning-guide)
-   **Flagler County Senior Services:**  
[flaglercounty.org](http://flaglercounty.org) or 386-586-2324
-   **Agging True:** 904-807-1203 or [agingtrue.org](http://agingtrue.org)
-   **The Florida Area Health Education Centers (AHEC) Network:** [www.flahecnetwork.org](http://www.flahecnetwork.org) or 904-482-0189
-   **Alzheimer's Association:** [alz.org](http://alz.org) or the 24/7 helpline at 800-272-3900
-   **Jewish Family and Community Services:**  
[jfcsjax.org](http://jfcsjax.org) or 904-448-1933
-   **Alzheimer's Foundation of America:** [alzfdn.org](http://alzfdn.org) or the helpline 866-232-8484
-   **Long-Term Care Ombudsman Program:**  
[ombudsman.elderaffairs.org](http://ombudsman.elderaffairs.org) or 1-888-831-0404
-   **The Arc Jacksonville Specialized Aging Support:**  
[www.arcjacksonville.org/sas/](http://www.arcjacksonville.org/sas/) or 904-355-0155
-   **United Way 211:** Dial 2-1-1 or (1-866-318-0211)
-   **COJ, Senior Services Division:** [www.jaxseniors.net](http://www.jaxseniors.net) or call 904-255-5400
-   **Memory Disorder Clinic at Mayo Clinic:**  
904-953-7103, [mayoclinic.org/departments-centers/neurology/memory-disorder-clinic-florida/overview](http://mayoclinic.org/departments-centers/neurology/memory-disorder-clinic-florida/overview)
-   **Community Hospice and Palliative Care:**  
[www.communityhospice.com](http://www.communityhospice.com) or 866-253-6681
-   **Legal Assistance**  
**Community Legal Services of Mid-Florida, Inc.:**  
[clsmf.org](http://clsmf.org) or 800-405-1417
-   **Councils on Aging**  
Offering day programs, activities, nutrition assistance, transportation assistance and more. Call your local COA for more information.
-   **Jacksonville Area Legal Aid:** [jaxlegalaid.org](http://jaxlegalaid.org) or 904-356-8371
-   **Baker County Council on Aging:** 904-259-9315
-   **Florida Legal Senior Services Helpline:**  
1-888-895-7873 Connecting seniors with the legal resources available in Florida.
-   **Council on Aging of Volusia County:** 386-253-4700
-   **Nassau County Council on Aging:**  
904-261-0701 (Fernandina Beach) or 904-845-3331 (Hilliard)
-   **Veterans Support**  
**COJ, Military Affairs and Veterans Dept:** 904-255-5550
-   **St. Johns County Council on Aging:** 904-209-3700
-   **VA Caregiver Support Line:** 1-855-260-3274
-   **Elder Abuse Prevention Hotline:** 1-800-962-2873
-   **Veterans Crisis Line:** Dial 988 then press 1. You can also text 838255 or connect online at [www.veteranscrisisline.net](http://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.
-   **ElderCare Locator:** [www.eldercare.acl.gov](http://www.eldercare.acl.gov)  
1-800-677-1116 Monday–Friday, 8:00 a.m. – 9:00 p.m. ET
-   **ElderSource:** [myeldersource.org](http://myeldersource.org) or Aging and Disability Resource Center Hotline 1-888-242-4464

**For a comprehensive list of Caregiver Coalition member resources, visit [www.CaregiverCoalition.org](http://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](http://CaregiverCoalition.org)  
Visit our website to learn more and sign up to receive email updates on resources and events.

 [@Caregiver Coalition of Northeast Florida](https://www.youtube.com/@CaregiverCoalitionofNortheastFlorida)  
Subscribe to our YouTube channel to view Virtual Caregiver Workshop recordings.

 [@CaregiverCoalitionNEFL](https://www.facebook.com/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**



# Publisher's Note

Our March issue is blooming with interesting content, and we're happy to share it with you!

This month, we celebrate the energy of spring, a time of growth, rejuvenation, and fresh beginnings. In our feature article, you'll find inspiration from Eden Kendall, a local broadcasting personality and avid runner. We provide information on a free digital tracking device for vulnerable adults, health tips and more.

In our Grand Plans department, we explore the advantages of technology in ways that are specifically designed to enhance your lifestyle. Learning to navigate the digital world with ease is necessary to simplify everyday tasks. Technology connects us to one another and provides us with the ability to thrive in this ever-evolving digital age. So, get hooked up!

We're also honoring Women's History Month with a special spotlight on Kayo Ishimaru Fleisher, the lead harpist for the Jacksonville Symphony Orchestra. From pioneers in technology to unsung heroes in every field, we acknowledge the power of women's contributions in northeast Florida.

As always, our goal is to bring you content that motivates you to be good to yourself. Enjoy your life at whatever stage you're in and go outside and play.

By the way, if you have a personal story our readers could benefit from, please reach out to us. We would be delighted to highlight it on our pages.

Cheers,



Mischelle Grant, *Publisher*  
mgrant@firstcoastseniorliving.com

## FIRST COAST SENIOR LIVING

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**FITNESS**

# Muscle Mass is the Eye of the Tiger

Age-related mobility limitations are a fact of life for many older adults. Studies have shown that about 30% of adults over age 70 have trouble with walking, getting up out of a chair, or climbing stairs. In addition to making everyday tasks difficult, mobility limitations are also linked to higher rates of falls, chronic disease, nursing home admission, and mortality.

A big culprit for losing our physical abilities as we grow older is the age-related loss of muscle mass and strength, which is called sarcopenia. Typically, muscle mass and strength increases steadily from birth and reach their peak at around 30 to 35 years of age. After that, muscle power and performance decline slowly and linearly at first, and then faster after age 65 for women and 70 for men.

## What is Sarcopenia?

Derived from the Greek root words sarx (flesh) and penia (loss), sarcopenia is defined as a decline in muscle mass, strength, and function. Sarcopenia has been connected to weakness; fatigue; lower energy levels; and difficulty standing, walking, and climbing stairs.

Poor nutrition and lack of exercise can increase the odds of developing it.

Such average decline of strength and power with aging can be substantially slowed down by maintaining an active lifestyle. While there is no way to fully “stop the clock,” it’s possible for many older adults to increase muscle strength with exercise, which can help maintain mobility and independence into later life.

NIA scientist Eric Shiroma, Sc.D., has studied the science of exercise for years and he said, “As we get older, there are inevitable functional and biological limitations that can cap exercise endurance, maximum strength, and fitness but some of these limitations can be slowed down through an active lifestyle that includes strength training.

By studying people’s limits and variability, researchers aim to provide older adults with evidence-based advice on how regularly moving and challenging their muscles may help increase their years of optimal health.

If you or a family member is feeling general weakness, talk with a doctor. It could be related to sarcopenia or another medical condition.

*Source: National Institute on Aging*





# A Life of Music Woven in Strings

Born in Osaka, Japan, Kayo Ishimaru Fleisher's musical path has spanned continents and captivated audiences worldwide. She is the principal harpist for the Jacksonville Symphony Orchestra, and a graduate of the prestigious Conservatoire National Supérieur de Musique de Paris in 1983. She joined the Jacksonville Symphony as principal harpist in 1987, where she continues to mesmerize audiences with her virtuosity.

Ishimaru Fleisher's personal and professional life intertwines with that of her husband, Dickie Fleisher, principal harpist of the Naples Philharmonic. Together, they've performed in harmony for numerous symphonic works requiring two harps, even sharing the stage with Dickie's father, renowned pianist Leon Fleisher.

Her career also extends to summer performances with the Grant Park Symphony in Chicago and collaborations with major orchestras in Japan, including the NHK Symphony. An advocate for chamber music, Ishimaru Fleisher boasts an extensive repertoire of two-harp arrangements and is an active member of the St. Johns Chamber Players.

From the stages of Japan to the United States, her remarkable journey in music continues to inspire harmonies that resonate across cultures. 🎵



Kayo Ishimaru Fleisher is the lead harpist for the Jacksonville Symphony Orchestra.

## Q&A

### What do you want patrons of the Symphony to know about you?

My husband, Richard Fleisher, is principal harpist in the Naples Philharmonic. His two sisters are harpists. His uncle was principal harpist in the Chicago Symphony. His grandmother was a harpist. My mother plays the harp. We own a harp which was played by Harpo Marx.

### Do you have any pre-concert rituals or routines?

I don't eat and drink.

### What would you be doing if you weren't a professional musician?

Design something. I like to make things.

### What teacher, mentor or other influencer inspired you the most?

Attending Leon Fleisher, my father-in-law's master class. You learn a lot about music, not just playing piano.

### What do you do in your spare time?

Take my dog for swims, knitting, weaving, fusing glass and fixing houses.

### What has been your favorite moment on stage?

My mother played harp in the Civic Orchestra with me.

### Do you have any pets?

Two German shepherd dogs, Momo and Gidora (brother and sister). Momo (girl) stays with me in Jacksonville, Gidora (boy) stays with my husband Richard in Naples.

### Who is your favorite composer?

Ravel, Debussy.

### Education

Tokyo University of Fine Arts and Music, Paris Conservatory.

Q&A Provided by Jacksonville Symphony Orchestra.



### March 7 & 8, 7:30 pm

Beethoven's Emperor

### March 13, 6:30 pm

Adelya & Aurica Play Bach  
Symphony in 60

### March 21, 11:00 am & 7:30 pm

Gershwin & Berlin



### March 29, 7:30 pm

Take 6

### March 30, 1:00 pm

Children's Music Festival

View the full calendar and get ticket information for the JSO's 75th Anniversary season at [jaxsymphony.org](http://jaxsymphony.org), or contact the box office at 904.354.5547.




## Serving Our Community's Seniors Since 1962

Aging True is a non-profit organization with the mission of providing essential and innovative services and care to seniors and their families in Northeast Florida. As the lead provider agency for Duval and Clay County, we deliver more choices and resources for older adults to thrive in their homes. Examples of the many support programs we provide include:

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- ◆ Adult Day Care
- ◆ Caregiver Support Services
- ◆ Home Maintenance & Modifications
- ◆ 4 Clay County Senior Centers
- ◆ And so much more!

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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# TPC RED COATS Fore Our Community



The Players Championship at Sawgrass is here! While it's an exciting and enjoyable event for guests and spectators, it's also a time of hard work for the TPC's dedicated volunteers, who put in countless hours behind the scenes and on the front lines.

The Red Coat volunteers are a big part of the annual events hosted at TPC Sawgrass, particularly during the prestigious Players Championship at Sawgrass in Ponte Vedra Beach. These dedicated volunteers play an integral role in the success of one of golf's most significant tournaments, offering their time and talent to deliver exceptional experiences for players, guests, and visitors.

The Red Coat volunteer program at TPC Sawgrass is a longstanding tradition that displays the spirit of hospitality and community service. Volunteers are selected for their knowledge of golf, dedication to the event, and commitment to maintaining the reputation of TPC Sawgrass. The name "Red Coat" comes from the distinctive red jackets worn by these volunteers, which make them easily recognizable to the public and participants.

The Red Coats also oversee a Community Grants program designed to fund smaller projects for nonprofit organizations in Northeast Florida.

Being a Red Coat volunteer at TPC Sawgrass is more than just assisting at a golf tournament, it's about becoming part of a family that helps create unforgettable experiences for golfers, spectators, and the community. ∞



To inquire about becoming a Red Coat, or to volunteer for future events go to [www.theplayers.com/volunteer](http://www.theplayers.com/volunteer).



# JaxReady Provides Smart Solutions to Keep Loved Ones Safe



The Jacksonville Sheriff's Office (JSO), in partnership with the city's JaxReady Revamp program, has a commitment to supporting vulnerable individuals with its CareTrack initiative. This program is designed to help locate individuals at risk of wandering due to cognitive conditions such as Alzheimer's, Autism, or other developmental disabilities. The CareTrack system uses GPS technology to track and quickly locate individuals if they go missing, offering peace of mind to families and caregivers.

CareTrack, Jacksonville provides a range of valuable resources to further support families at no cost to individuals. One such resource is the Scent Presentation Kit, which is designed for persons who may be at risk of going missing. The kit includes a special scent collection item that can be used by search-and-rescue teams in the event of a missing person situation. This scent sample allows tracking dogs to more effectively locate the individual,

providing an additional layer of safety when time is of the essence.

The initiative includes the First Responder Awareness Sticker. The sticker, which can be placed on the home's door or window, alerts first responders that there is a vulnerable individual inside who may be at risk of wandering. The sticker serves as an important tool for emergency personnel, helping them identify that they may need to take extra care when responding to a situation at that address. This proactive approach ensures that first responders are better prepared and can provide faster, more effective assistance in emergencies.

To register for the CareTrack program and access these resources,

caregivers or family members must visit the JaxReady website or contact the Jacksonville Sheriff's Office directly. The process involves filling out an enrollment form with important details about the individual, such as medical history, care needs, and emergency contact information. Once enrolled, participants will receive the GPS tracking wristband, as well as access to the Scent Presentation Kit and the First Responder Awareness Sticker.

These tools reflect the city's ongoing commitment to safety and preparedness, providing families with critical resources to respond quickly and effectively in the event of an emergency. By offering these solutions, Jacksonville helps safeguard those who need it most, fostering a sense of security within the community.

For more information on these resources contact the Jacksonville Sheriff's Office Missing Persons Unit at 904.255.2712 or JSOMentalHealthRegistry@JaxSheriff.org. 🐾



**Jacksonville Sheriff  
T.K. Waters**

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7866 New Kings Rd. 32219  
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**Carvill Park Senior Center**  
1302 Carvill Ave. 32208  
(904) 255-6650

**Mandarin Senior Center**  
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**Charlie Joseph Senior Center**  
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**Mary L. Singleton Senior Center**  
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**Frances Padgett Arlington Senior Center**  
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(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  
(904) 255-6855

**Jim Fortuna Senior Center**  
11751 McCormick Rd. 32225  
(904) 255-6844

**Pine Forest - Coming Soon!!**  
**Lane Wiley Senior Center**  
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**Riverview Senior Center**  
9620 Water St. 32208  
(904) 255-6797

**Leroy Clemons Senior Center**  
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**Southside Community Center**  
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SCAN FOR MEDIA KIT & PRICING

## SCAM OF THE MONTH

# Fake Tickets and Toll Charges



Authorities advise the public to avoid clicking texted links and instead contact local parking entities. Scammers are using a new tactic to trick unsuspecting victims into paying money.

Criminals send text messages requesting payment for fake parking tickets that don't exist.

This scam isn't unlike other ones we've seen with physical parking tickets that are also fake.

Scammers are nothing if not innovative. Just when you think you've seen it all, they come up with new ways to part you from your cash. They've gone from working in person to using sophisticated digital methods, and now, they've decided to mix the old tricks with new technology.

Authorities are warning drivers that scammers are sending texts about unpaid tolls or parking tickets. If you receive one of these messages, here's how to avoid getting scammed.

At first glance, these scams don't look too sinister. You receive a message claiming you have an unpaid bill. In some cases, it focuses on a parking ticket. In others, it references an unpaid toll or other municipal fine or fee. The scammer might even include the amount you supposedly owe, which often seems small – just a few bucks here and there. It's a tactic designed to make you think "This isn't worth fighting over". And that's exactly what they're hoping for.

### The Simple Steps to Avoid Getting Scammed

Thankfully, the solution here is the same regardless of what sort of message one might get. First, don't respond at all. Don't send any messages back at all. Next, block the number, and finally, delete the text. If you want to take things a step further, you can report the message and phone number to the FTC to help prevent future scams at ReportFraud.ftc.gov.



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# Eden Kendall

From “Mic Drops”



**By Nancy White**

**E**den Kendall is literally running through life. Kendall jokes that she basically has two speeds: sloth or tornado. As a serious runner, she plans to run all seven world major marathons. “Last year we travelled to Australia and I ran the Sydney. I have run the Chicago, Boston and New York marathons, all over the last three years, so that leaves Tokyo, Berlin and London. That, and just being happy and healthy are my main goals,” she says.

“I’m obviously very active, so that’s important to me, as is spending time with my husband,” she shares. Kendall and her husband Steve Thomas enjoy life together as empty nesters. “He golfs and runs, maybe more recreationally than I do, but he still attends all the 5Ks and the Gate River Run. We have a good time. Neither of us are planning to retire anytime soon.”

A mainstay of Jacksonville media for over thirty years, she recently returned to WJXT’s River City Live, a weekday morning program where she previously worked for ten years and now co-hosts with Rance Adams.

Kendall made her mark as co-host on a number of radio stations, most notably WAPE, the Big Ape Morning Zoo, and WGNE-FM Gator Country.

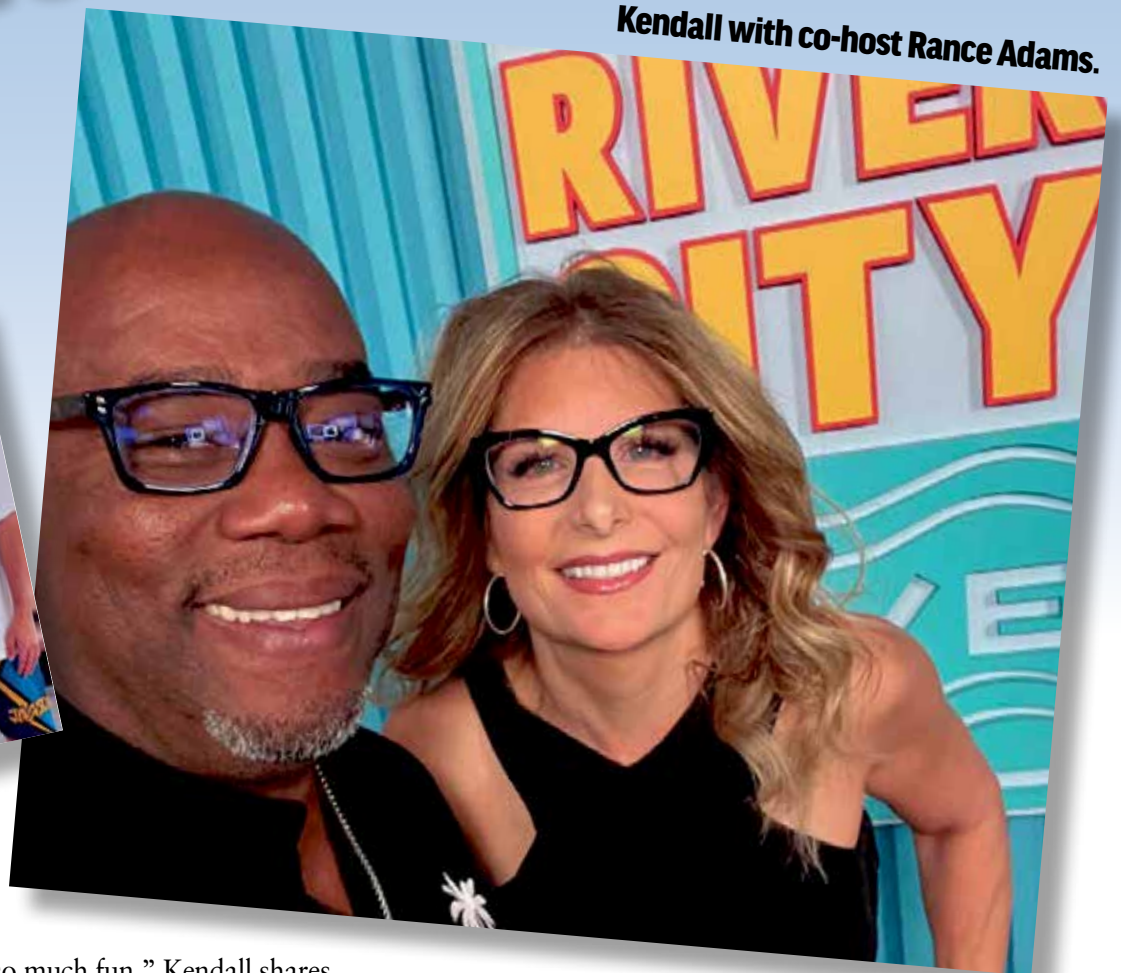
“Back then, I would leave my house at four thirty in the morning, get to the radio station, stay there for a few hours, get to the TV station and stay all day. It was an eleven-and-a-half-hour day, Monday through Friday. I did that until two and a half years ago, when I just couldn’t anymore. I decided to just do radio and keep my days free. When the opportunity arose to come back to TV, I thought, this could be a great opportunity for





# to Marathons

Kendall with co-host Rance Adams.



Enjoying family is a top priority.



a reset. And it has been. I'm having so much fun," Kendall shares.

Even a go-getter like her admits to struggling with imposter syndrome. "If I get a compliment, I'm shaking my head, like, I'm glad I'm giving that impression, but really I'm like that duck that's kicking furiously underwater. I'm stressed about my hair being frizzy, my lines showing. I'm not ashamed of my age, but at the same time, I don't want to look old. You know, when someone compliments you, then there's a 'for your age', even if it's just implied, it's difficult to hear. I know other women feel this way, which is kind of how my podcast got started," Kendall admits.

She and her long-time friend and professional organizer, Christine Stone co-host the "Uncluttered and Unfiltered" podcast. "We cover all the things women over 50 are thinking about, you know, sex, relationships, fashion, all of it, every part of it... being an empty nester, downsizing, menopause... Nearly three years later, it's been amazing and kind of eye opening. I'm not trying to act younger than I am, but I also don't want to act my age. Like right now, I'm taking roller skating lessons, because the middle school and high school kid in me would have gotten such a huge kick to know that at almost fifty-nine years old I'm roller skating around in my kitchen."

She said they have a couple thousand ladies following the podcast on Facebook and hopes to see their audience continue to grow.

As for pearls of wisdom, Kendall offers "the next time you find yourself saying I'm too old for that, stop right there. And ask yourself, according to who? Because if it's not your doctor, then just do it!"

Watch River City Live weekdays from 9:30 am to 10:00 am on WJXT-TV. The podcast Uncluttered and Unfiltered can be found on YouTube. 🐾



# Understanding Thyroid Disease: Causes, Symptoms, and Treatments

Thyroid disease refers to a group of conditions that affect the thyroid gland, a butterfly-shaped organ located in the front of the neck. The thyroid plays a crucial role in regulating metabolism, energy levels, and hormone production, primarily through thyroid hormones T3 (triiodothyronine) and T4 (thyroxine). Thyroid diseases occur when the gland produces too much or too little of these hormones, leading to various health issues.

There are several types of thyroid disease, the most common being hypothyroidism and hyperthyroidism. Hypothyroidism occurs when the thyroid gland does not produce enough hormones, slowing down metabolism and leading to symptoms like fatigue, weight gain, depression, and sensitivity to cold. In contrast, hyperthyroidism is when the thyroid produces an excess of hormones, which can cause symptoms such as rapid heartbeat,

weight loss, anxiety, and heat intolerance.

Another common thyroid condition is Hashimoto's thyroiditis, an autoimmune disease where the body's immune system attacks the thyroid, leading to hypothyroidism. Graves' disease, another autoimmune disorder, leads to hyperthyroidism and is characterized by symptoms like bulging eyes and a racing heart.

## Treating Thyroid Disease

Treatment for thyroid disease depends on the specific condition and its severity. For hypothyroidism, the most common treatment is hormone replacement therapy with synthetic levothyroxine. This medication helps restore normal hormone levels and alleviates symptoms. In cases of hyperthyroidism, treatment options may include anti-thyroid medications, radioactive iodine therapy, or even surgery to remove part of the thyroid.

It's important for individuals with thyroid

disease to work closely with a healthcare provider to monitor hormone levels and adjust treatments as needed. With proper treatment, most people with thyroid disorders can lead normal, healthy lives. Regular check-ups and blood tests are essential for maintaining optimal thyroid function. ∞

## Risk Factors

- Thyroid disease is more likely to occur in those over 60.
- Women are more likely to develop thyroid disease because they have a more vigorous immune response.
- Type 1 diabetes, celiac disease, and other autoimmune diseases
- Genetics and family history
- Low iodine intake
- Other risk factors: stress, radiation exposure, smoking, injury, and certain medications

## GRAND PLANS

# Swiping, Streaming and Slaying Technology

By Susanna P. Barton



Getting older and better is all about change, and nothing changes more during our lives than technology and current events. First of all, technology use is essential for smart aging and most people in our demographic see the wisdom in that. According to an AARP study, technology use by older Americans is trending. The study reported eight in ten respondents said "technology has become an integral part of their life" and that they use it to communicate with caregivers, family, and friends.

Being technology-savvy during the senior experience also has financial, health and safety benefits. Technology is a part of making medical appointments, receiving health information, providing security to the home, paying bills, banking, investing,

researching and planning major life events. And perhaps most importantly, technology is a key ingredient when it comes to connecting with and staying close to younger family members and friends, the folks who are essential to managing and supporting us senior adults during our Golden Years.

## Here are a few suggestions on how to stay tech-savvy during the second half.

- Poll your friends and family about communication and social media resources they use regularly and begin your self-education in those spaces.
- Build a presence on social media.
- Discover what communication tools work best for you and master it, but be open to



learning tools that work best for others in your circle.

- Invest and stay current in home entertainment technology and digital news sourcing.
- Attend technology classes – virtual or in-person offered by local libraries, colleges and small businesses.

Each year, dictionary companies

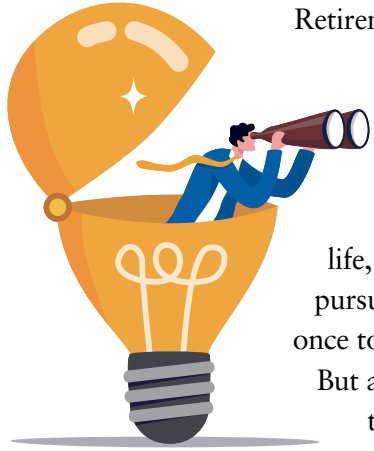
like Dictionary.com and Merriam-Webster's publish current slang words or phrases that have wormed their way into common usage. Read those and make notes and use them carefully claim your rizz!

Increasingly, technology connects and sustains all of us – in almost every area of life and in most every community around the world. ∞

*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>.*



# What Are Your Plans When Your Job Ends?



Retirement marks the beginning of a new chapter, offering the opportunity to review your life, relax, and pursue passions that once took a backseat. But as people will tell you, it is more than just

a time to step away from the workforce. It's a chance to welcome freedom, discover new purpose, and live life on your own terms. For those nearing this milestone or those already on this new path, we have gathered 10 motivational quotes about retiring that will remind you of the possibilities that lie ahead. These quotes serve as a reminder that retirement is not an end, but a new beginning filled with endless opportunities. ∞

## 10 Interesting Quotes About The Next Chapter

1. "Often when you think you're at the end of something, you're at the beginning of something else." ~ *Fred Rogers*
2. "You are never too old to set another goal or to dream a new dream." ~ *C. S. Lewis*
3. "Planning to retire? Before you do, find your hidden passion – do the thing that you have always wanted to do." ~ *Catherine Pulsifer*
4. "It's time to say goodbye, but I think goodbyes are sad, and I'd much rather say hello. Hello to a new adventure." ~ *Ernie Harwell*
5. "Don't cry because it's over – smile because it happened." ~ *Dr. Seuss*
6. "Retirement is a blank sheet of paper. It is a chance to redesign your life into something new and different." ~ *Patrick Foley*
7. "Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true." ~ *Ralph Waldo Emerson*
8. "Don't simply retire from something; have something to retire to." ~ *Harry Emerson Fosdick*
9. "What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from." ~ *T. S. Eliot*
10. "Retirement is when you stop living at work and start working at living." ~ *Unknown*

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# A Small Town & Manatee Capital of the World

Crystal River is known for its pristine water's wildlife. Dubbed the "Manatee Capital of the World," this charming town offers visitors an opportunity to interact with the gentle sea cows in their natural habitat. Crystal River provides an unforgettable vacation experience.

Crystal River's clear, spring-fed waters are the perfect environment for manatees, and from November through March, thousands of these endangered creatures flock to the warm springs to escape the colder temperatures of the Gulf. Tourists can take guided boat tours or a dip with these friendly mammals in the National Wildlife Refuge. Swimming with manatees is a once-in-a-lifetime experience that connects visitors with nature in the most magical way.

Beyond manatee watching, Crystal River is an outdoor lover's paradise. The area is rich in natural beauty, with trails, parks, and beaches to explore. Kayaking through



the waterways is a peaceful way to take in the surroundings, while hiking or biking the nearby trails provides a one-of-a-kind experience in the region's forests and wetlands.

If you're seeking a more relaxing getaway, Crystal River also has quaint shops, local seafood restaurants, and cozy accommodations, making it the ideal place to unwind. A visit to the Three Sisters Springs, with its crystal-clear waters and serene environment, is a must to truly disconnect from the hustle and bustle of daily life. It's no wonder it's called the Manatee Capital!

Crystal River is about a two-and-a-half-hour drive from Jacksonville. To learn more about this destination visit [www.crystalriverfl.org](http://www.crystalriverfl.org).



# MARCH

## AT THE FLORIDA THEATRE

 <p><b>GLADYS KNIGHT</b></p> <p><b>MARCH 8</b></p>	 <p><b>MOMIX</b> ARTISTIC DIRECTOR: MOIRA FENDELTON</p> <p><i>Alice</i></p> <p><b>MARCH 11</b></p>	 <p><b>MATTEO BOCELLI</b></p> <p><i>A Night with Matteo</i></p> <p><b>MARCH 13</b></p>	 <p>U.S. STRONG SOUTHERN PRESENTS <b>TRACY LAWRENCE</b></p> <p>WITH SPECIAL GUEST <b>MADISON</b></p> <p><b>MARCH 20</b></p>
 <p><b>THE IRISH TENORS</b> 25th ANNIVERSARY TOUR</p> <p><b>MARCH 22</b></p>	 <p><b>KEB'MO' &amp; SHAWN COLVIN</b></p> <p><b>MARCH 24</b></p>	 <p><b>LITTLE RIVER BAND</b></p> <p>WITH SPECIAL GUEST <b>JOHN WATTE</b></p> <p><b>MARCH 27</b></p>	 <p>TICKETS HERE</p>

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# Things To Do

**March 8, Noon – 10:00 pm**

## Natural Life Music & Arts Festival

Seawalk Pavillion

159 1st St North, Jacksonville Beach, FL 32250

A festival that brings friends and family together to celebrate Americana music, art and community along the shore. Check out exciting pop-ups and experiences from Natural Life and others. Food options include local and gourmet selections. No Admission Fee.

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

**March 11-16, All Day**

## The Players Championship

TPC Sawgrass, Stadium Course,

Ponte Vedra Beach, FL 32082

Since 1974, the TPC has been a popular golf event hosted by the PGA Tour. Commonly referred to as the fifth major, the tournaments generally include the top fifty golfers in the world. Tickets: \$40 to \$400; Parking: \$45

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



**March 13, 1:00 pm & March 16, 2:00 pm**  
**Glassblowing Workshop**

Burnt Glassworks, 5105 Phillips Highway,  
Jacksonville, FL 32207

Try your hand at glassblowing to make unique glass creations from stemless wine glasses, tumblers, starfish and more. Choose colors and participate hands-on with a glassblower for a unique experience. Tickets: \$48 to \$75

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

**March 15, 9:00 am – 2:00 pm**

## Master Gardener Plant Sale

1010 McDuff Avenue, North, Jacksonville, FL 32254

This annual sale will feature native plants, trees, shrubs, perennials and vegetables. Proceeds from all plants sold go to the Duval Master Gardener Volunteer Program.

Drop your soil sample off for free pH testing.

Tickets: \$15. 904.255.7450 [duval.iafs.ufl.edu](http://duval.iafs.ufl.edu)

**March 20, 8:00 am – 10:00 am**

## St. Johns Regional Audubon Society Walk with Bill McNee

Nocatee Landing, 2015 Nocatee Landing Trail,  
Ponte Vedra Beach, FL 32081

Join a fun morning walk at Nocatee Landing in search of songbirds, shorebirds, raptors and more. Enter the gate to Nocatee Landing, with the windows down along the final 1.2 miles until you get to the parking lot next to the kayak launch. Keep your ears open and be on the lookout for nuthatches, warblers, woodpeckers, wrens, robins, and jays. Depending on the time of year, you may also catch some warblers, towhees, bluebirds, and waxwings. No Participation Fee.

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

**March 21, 11:00 am – 2:00 pm**

## BEAM Donation Pop-up

Atlantic Beach Country Club, 1600 Selva Marina  
Drive, Atlantic Beach, FL 32233

Bring your donations of gently used clothes, household items and more to our pop-up donation site and support BEAM's mission of providing emergency assistance and a bridge to financial stability to local families. Furniture or other large items cannot be accepted at this event. 904.241.7437 [jaxbeam.org](http://jaxbeam.org)



**March 22, 6:00 pm – 9:00 pm**

## Cummer Museum Spring Garden Concert Featuring the Chris Thomas Project

Cummer Museum, 829 Riverside Avenue,  
Jacksonville, FL 32204

Dance the night away with popular tunes and the award-winning sounds with one of Jacksonville's favorite bands. Bring your lawn chairs and blankets for a great time. Food and beverages available for purchase. No outside coolers, drinks or snacks allowed. Tickets: \$40 Members; \$55 Future Members. 904.356.6857 [cummermuseum.org](http://cummermuseum.org)

**March 25, 7:00 pm**

## Global Issues Evening

UNF Adam Herbert University Center  
12000 Alumni Drive, Jacksonville, FL 32224

Presented by the World Affairs Council this general lecture will feature a moderated conversation with Heather Cox Richardson and Bill Kristol on "The Future of Democracy" at the University of North Florida's Adam Herbert University Center. No Admission Fee. 904.280.8162 [worldaffairsCouncil.org](http://worldaffairsCouncil.org)



**March 29, Noon – 5:00 pm**

## Art in the Park

James Weldon Johnson Park  
133 Monroe St W, Jacksonville, FL 32202

Returning for a fifth year, this event is presented by Friends of James Weldon Johnson Park, YaYa Productions, and made possible through a generous grant from the PNC Foundation. With an art competition, guests will be invited to meet the artists and discuss their work. [jamesweldonpark.org](http://jamesweldonpark.org)

## PARTING SHOT

# Lovely Captures Nature's Beauty



Donna Lovely, a fine art photographer based in Amelia Island, has established herself as a distinctive voice in nature photography. With a career spanning several decades her work captures the beauty of the natural world, turning everyday scenes into mesmerizing pieces of art.

A Tufts University graduate,

Lovely's love for photography began early in her academic days and only deepened as she honed her craft through further education at Richmond College in London, S.U.N.Y. Purchase, and the Crelde School of Art in Winter Park, Florida. Her work has earned numerous accolades and been widely published, appearing in *The New York Times*, *Princeton Magazine*, and *The Dallas Morning News*. Her photographs are also part of permanent collections at the Orlando Museum of Art and the Tampa Museum of Art.

"So many intriguing images, so little time. Studying drawing and painting taught me to compose a picture and to really look at and see my surroundings, but I felt restricted to capturing only a small portion of what I wanted to convey. The camera allows me to capture many more beautiful and interesting views. The true test is if the viewer remembers the



picture long after he sees it," says Lovely.

As a featured artist in over one hundred and thirty group shows and more than forty solo exhibitions

worldwide, her photography continues to inspire people with the natural beauty surrounding them.

Donna Lovely's work is showcased in a solo show, "Lovely Looks at Nature," at Story & Song Center for Arts & Culture Gallery until April 30th at 1430 Park Avenue in Fernandina Beach Monday through Saturday from 10:00 am to 5:00 pm and Sunday 11:00 a.m. to 3:00 p.m.

For more information visit [DonnaLovelyPhotos.com](http://DonnaLovelyPhotos.com).





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