

FREE

April 2025

FIRST COAST SENIOR LIVING

Pulse of the Good Life



Wayne Wood

Local History Keeper
& Heritage Hero

Marietta
Cypress Acres
A Secluded
Rural Escape



Top 3 Dental Dangers



What Is Cancer?

Chances are that you or someone you know has been affected by breast cancer. Here is some information to help you better understand what cancer is. You are made up of trillions of cells that over your lifetime normally grow and divide as needed. When cells are abnormal or get old, they usually die. Cancer starts when something goes wrong in this process and your cells keep making new cells and the old or abnormal ones don't die when they should.

For many people, cancer can be treated successfully. In fact, more people than ever before are leading full lives after cancer treatment. Cancer is more than just one disease. For instance, breast cancer that starts in the breast is still called breast cancer even if it spreads (metastasizes) to other parts of the body.

There are two main categories of cancer:

- **Hematologic (blood) cancers** are cancers of the blood cells, including leukemia, lymphoma, and multiple myeloma.
- **Solid tumor cancers** are cancers of any of the other body organs or tissues. The most common solid tumors are breast, prostate, lung, and colorectal cancers.

These cancers are alike in some ways, but can be different in the ways they grow, spread, and respond to treatment. Some types of cancer are best treated with surgery; others respond better to drugs such as chemotherapy. Often two or more treatments are used to get the best results.

What is a tumor?

A tumor is a lump or growth that can be **benign** or **malignant** (cancer).

What is the difference between a benign and a malignant tumor?

Benign tumors usually grow slowly, don't grow into tissues around them, and don't grow into other parts of the body. If they need treatment, it is usually surgery although radiation and medications can also be used. Benign tumors are not cancer.

Malignant tumors (cancer) can grow quickly and uncontrollably. These tumors can grow and spread into areas close by. Cells from these tumors can break away, travel through blood or lymph system, and begin to grow in other parts of the body. When this happens, it is called metastasis. Malignant tumors are treated with surgery, radiation, and drugs such as chemotherapy.

What causes cancer?

Cancer cells develop because of multiple changes in their genes. Lifestyle habits, genes you get from your parents, and being exposed to cancer-causing agents in the environment can all play a role. Many times, there is no obvious cause.

What is the cancer stage?

When a cancer is found, tests are done to see how big the cancer is and whether it has spread from where it started. This is called the cancer's stage. A lower stage (such as a stage 1 or 2) means that the cancer has not spread very much. A higher number (such as a stage 3 or 4) means it has spread more.

How does cancer spread?

When cancer cells break away from a tumor, they can travel to other areas of the body through either the bloodstream or the lymph system. Most of these escaped cancer cells die or are killed before they can start growing somewhere else. But one or two might settle in a new area, begin to grow, and form new tumors.



To learn more about the various types of cancers, treatments, find support and networking groups, visit cancer.org.



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Publisher's Note

April is the perfect time to focus on renewal, not just in nature, but in our lives as well. At First Coast Senior Living, our mission is to serve and uplift our community by providing resources that encourage each of you to live a healthy and fulfilling life. Through every article we publish, our goal is to offer practical tips to increase your health, happiness, and overall well-being.

This month, we're focusing on self-care and living with intention. Within these pages, you'll find stories that encourage physical, mental, and emotional health. From tips on fitness, volunteering as a way to stay active, to ways to engage your mind and spirit, we hope to motivate you to make each day count. It's a reminder that even as we age, we can continue to nurture our bodies, our relationships, and the things we enjoy.

The work we do is about more than simply sharing information. It's about building a sense of connection. Our articles are designed not only to educate, but to spark a deeper sense of purpose in your life. As you read through this issue, we hope you're reminded of the strength and wisdom you've accumulated over the years, and how it can continue to guide you toward a more rewarding life.

As we welcome each new day, let's all take time to reflect on the good that surrounds us, and on the many opportunities for growth that still lie ahead.

Here's to good health, renewed energy, and bright possibilities. Go for it!

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Concerned About Your Heart Attack Risk?

Lp(a), which can be genetically elevated, plays a crucial role in heart health. Elevated levels heighten your risk for heart disease, and it's not included in standard cholesterol tests.

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**Prissy Dartez works one-on-one
with her clients at Del Webb's
Sweetwater community.**

At sixty two, Prissy Dartez is not just a personal trainer and fitness instructor. She's proof that a person can stay active and healthy at any age. Dartez trains and teaches fitness classes at Del Webb Sweetwater, a fifty-five plus community in Jacksonville.

Before joining Del Webb, she worked for twelve years as the full time group director at First Coast YMCA, and at Deerwood Country Club on the southside of town. Her career began long before the term "active aging" became mainstream, and she's always had the desire for helping others maintain strength, flexibility, and mental clarity.

For Dartez, teaching fitness is more than just a job, it's a way of life. "My big deal is, honestly, it's

about making time for yourself and getting in the door. Once you're in the door of the gym you're going to talk to someone, and go visit the equipment. I tell my class that you made a choice to walk in the door."

"I've always been drawn to movement and wellness," Dartez explains. "When you feel good in your body, it affects everything else, your mood, your relationships, your outlook on life."

She tailors her classes to meet the unique needs of the community. She understands that the challenges of aging can include joint pain, reduced mobility, and changes in endurance. She designs her fitness routines with those factors in mind. From gentle exercises to increase flexibility and reduce stress, to strength-building moves that improve balance and bone density, Dartez offers a variety of classes catering to all levels.

Her approach to fitness isn't just about the physical aspect. She focuses on mindfulness and encourages her students to be present and listen to their bodies. Her classes have become more than just a workout; they are a space where people come together, support each other, and build friendships. "I love seeing the transformation in my students. It's about more than just getting stronger; it's about gaining confidence."

Dartez says, "If you're eighty eight or seventy one, it doesn't matter. When a person comes to me I see that wellness is obtainable."

Through her work, Prissy Dartez is showing everyone that fitness doesn't have an expiration date. d



Great Music Podcasts for Mental Explorations

Music has always been the soundtrack to our lives, and for listeners in our population, podcasts are a fantastic way to relive musical memories, discover new favorites, and sink into the stories behind the tunes. Classic rock enthusiasts, R&B fans or jazz aficionados, there's a podcast for you! Here are some top picks from northeast Florida locals to get you grooving and learning.

Song Exploder

Ever wondered what goes on behind the scenes of your favorite hits? "Song Exploder" pulls back the curtain, letting artists break down their songs piece by piece. From The Beatles to Beyoncé, this podcast will have you hearing music in a whole new light. Perfect for those who love a good behind-the-scenes peek into the making of timeless tunes.

The Classic 21 Podcast

If you love the elegance of classical music, this one's for you! "The Classic 21 Podcast" is like taking a front-row seat to a concert hall without leaving your chair. Get lost in the masterpieces of Bach, Mozart, and Beethoven,

or discover lesser-known gems from classical composers. It's the ideal soundtrack for those peaceful afternoons when you just want to unwind and soak in the music.

All Songs Considered

Love staying up to date with new music, but don't want to lose touch with your classic faves? "All Songs Considered" offers the perfect balance. Hosted by the ever-charming Bob Boilen, it explores everything from fresh indie bands to rock legends. Expect lively discussions, deep dives into music culture, and the perfect playlist for your next road trip.

Jazz at Lincoln Center

For those who feel the swing of a good jazz tune, "Jazz at Lincoln Center" is a real treat. Hosted by jazz legend Wynton Marsalis, this podcast brings incredible performances, interviews with the best in the biz, and an inside look at the genre's evolution. Seasoned jazz lovers and those just starting to explore will love this toe tapping show.

Plug in those headphones, turn up the volume, press play, and let these podcasts keep you entertained and dancing through the decades! d

JAZZ AT LINCOLN CENTER ORCHESTRA WITH WYNTON MARSALIS



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Beware of Pig Butchering Financial Fraud

In today's digital age, older adults are increasingly targeted by scammers who use deceptive tactics to steal hard earned savings. One such scam that has gained traction is called "pig butchering".

What is a Pig Butchering Scam?

A pig butchering scam begins innocently enough. The scammer typically reaches out through social media where they slowly build a trusting relationship with the victim. They may pose as someone seeking a romantic connection or a friendly conversation. Over time, the scammer wins the victim's confidence and starts discussing an investment opportunity that promises significant returns often in high-risk ventures.

Once the victim shows interest, the scammer presents a fake online trading platform, showing the victim that their initial investments are yielding returns. These small gains are just enough to encourage the victim to invest more, often leading them to pour in larger sums of money. They may even suggest that the victim take out loans, sell valuables, or use their savings to invest more.

At first, the victim may see small profits,

which seems to confirm the legitimacy of the scheme. But as the victim continues to invest more, the scammer begins to ask for larger amounts of money, creating a sense of urgency and fear. Eventually, the scammer disappears with all the funds, leaving the victim with no way to recover their money.

It's important to be cautious of any unsolicited investment opportunity. If someone you've never met online starts a conversation and then quickly shifts to discussing investment opportunities, be cautious.

High returns with little or no risk are often a clear sign of a scam.

No investment can guarantee profits without risk. Scammers often pressure victims to make fast decisions or to send money urgently. If someone is rushing you to invest, take a step back. Always check the legitimacy of any online trading platform. If the website looks suspicious or doesn't offer contact details or customer service support, it's likely a scam.

It's essential to stay informed and skeptical of any investment offers that come through unsolicited channels. Your financial well-being is worth the effort it takes to stay safe from these scams.



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Aging Smiles: The Top Three Concerns

Individuals are seeking more dental care to maintain oral health and overall well-being. The top three issues older patients face in dentistry are oral health complications, access to care, and the financial burden of treatments.

1. Oral Health Complications

One common issue is dry mouth (xerostomia), which can result from medication use, reduced saliva production, or health conditions like diabetes. Saliva plays a critical role in protecting teeth and gums, so its reduction can lead to tooth decay, gum disease, and discomfort. Older adults may also struggle with gum recession, worn-down teeth, and tooth loss, requiring complex restorative treatments like crowns, dentures, or implants.

2. Access to Care

Access to dental care is another significant issue. Many seniors experience mobility challenges, making it harder for them to visit a dental office. In addition, cognitive impairments like dementia can affect their ability to communicate needs or follow post-treatment



instructions. Some are isolated and may lack transportation, making it even more difficult to schedule regular check-ups. These barriers can lead to untreated dental issues and ultimately compromise their oral health.

3. Financial Burden of Treatments

Medicare generally does not cover routine dental services, including check-ups, cleanings, or restorative treatments like fillings or implants. As a result, many are left to cover these costs out of pocket.

Addressing these issues requires greater awareness and improved dental care access to maintain a healthy and functional smile well into your later years. Stay ahead of your dental health and schedule an appointment with your dentist every six months. d

Average Costs for Dental Procedures

Cleaning: \$130
Dentures: \$1,986
Crowns: \$1,213

Root Canal: \$1,246
Implants: \$4,000

The costs shown here are estimates based on national and local averages. Contact your dental provider for exact pricing and additional information.

Confused About Your Dental Options? Don't Know Where to Start?

We clearly explain all options—along with the pros and cons—so you can make the best decision for your health and smile.



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FIRST COAST
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Wayne Wood & Lana Shuttleworth

CREATING HISTORY AND ART

By David Patterson

In Jacksonville, Florida, one name stands out when it comes to historic preservation: Dr. Wayne Wood. A lifelong advocate for safeguarding the city's architectural gems, Wood has dedicated decades of his life to preserving Jacksonville's history for future generations.

Wood's road into historical preservation wasn't born overnight. After moving to Jacksonville in 1971, he became concerned that the city was gradually losing many of its beautiful historic buildings, particularly in his neighborhood of Riverside. In 1974, he founded Riverside Avondale Preservation (RAP), which has grown to be one of the largest neighborhood preservation groups in the Southeast. Over the past fifty years, he has published eighteen books and is now widely regarded as one of the foremost chroniclers of Northeast Florida's history and architecture. His best-known book is the classic, *Jacksonville's Architectural Heritage: Landmarks for the Future*, recently updated in an award-winning new edition to commemorate the city's Bicentennial year. Wayne has been called "the undisputed godfather of preservation in Jacksonville."

In addition to being an author, historian, artist, and retired optometrist, Wayne was also a founder of the Riverside Arts Market (RAM). Located under the canopy of the Fuller Warren Bridge, RAM attracts thousands of visitors every Saturday. Wayne is involved in many other civic projects, including serving as the Historian-at-Large for the Jacksonville History Center and a founder of Friends of James Weldon Johnson Park.

Along the way, Wayne found a kindred spirit in his wife, artist Lana Shuttleworth. Lana, herself an advocate for history and preservation, joined Wayne in his efforts to protect Jacksonville's architectural heritage. As self-proclaimed "arts agitators," Wayne and Lana have formed a powerful team dedicated to preserving the city's historic landmarks.



Wayne and Lana first met one another in Springfield at Klutho Park.

"We try to create something new every week," says Wayne.
"It is important to get the most out of every day, and it is important to have fun.
If something is not fun, then we probably won't do it."



Lana is one of Jacksonville's most innovative artists, and she has used her talents to inspire other artists and to educate the public about the importance of art.

Through her artwork and lectures, Lana is a champion of recycling. Her highly original art uses common plastic castoff materials, particularly traffic safety cones, to create lavish landscapes and sculptural figures that challenge the viewer's comprehension. The *Los Angeles Times* said that in her work "you find yourself looking at these everyday plastic objects in a whole new way."

After establishing herself as a highly regarded artist in Los Angeles for thirteen years, Lana returned to her hometown of Jacksonville in 2013. Her studio is in the CoRK Arts District. She has garnered national media attention with reviews in the *Los Angeles Times*, *Huffington Post*, *ArtScene*, *Florida Times-Union*, *Orange County Register*, *Art Daily*, and nationwide *Associated Press* articles.

Wayne and Lana live in a historic home in Riverside, and their yard is filled with what they call "Yard Art" – over a hundred lawn decorations that range from architectural ornaments from demolished historic buildings to large and small sculptures created by the couple. Most notable of these are Lana's eight-foot-tall "Giant Chicken" made out of over 200 traffic safety cones; a 16-foot spire also made of safety cones by Lana; a 14-foot "Buddha Tower" that Wayne created out of over 100 Lucky Buddha beer bottles; and the famous "Big Mouth," which previously resided at the Museum of Science & History (MOSH) and later at James Weldon Johnson Park.

Wayne and Lana give generously of their time to numerous nonprofits, and they regularly host house concerts, featuring acclaimed musicians and with the proceeds going to support various charities. Wayne is currently working on a new book about the famed South Florida architect, Kenneth Treister, who, at age 95, is among the only living architects who worked with Frank Lloyd Wright. Lana currently has a show of her work titled "Structural Flow: The Resonance of Stella and Wood" at Touche Gallery on Herschel Street. d

Marietta Cypress Acres Is Where Country Meets Elegance



Barbara English and Harvey Baker
enjoy sharing their scenic
property with guests who appreciate
the beauty of nature.

Marietta Cypress Acres is a hidden destination combining tranquility and luxury in a rural setting. Located just a two-hour drive from Jacksonville, it offers an uncommon experience for every guest. It is the perfect year-round retreat for families, friends, weddings and other groups seeking a peaceful place to relax and escape.

"It's a very unique property on a private sixty-seven-acre country compound with four homes and eighteen beds. It can easily accommodate forty plus people. We think the heart of the property is the stunning fifty-seven-hundred-foot main house we designed to blend modern comfort with rustic charm," said English.

"Additional housing includes a lake house, a cozy bunk house, and a one thousand square foot lodge with an oversized fireplace. Each room is thoughtfully designed with distinct decor and designer finishes to make certain every stay is a memorable one."

The property can sleep forty people comfortably but if more space is needed to accommodate guests, English says tents and recreational vehicles are welcome for a different kind of experience.

With large areas for cooking out and entertaining friends, Marietta Cypress Acres offers privacy and ample space for outdoor celebrations, making it an extraordinary venue for those seeking a special getaway in the heart of the countryside.

Imagine sitting on one of two docks, kayaking and fishing on a private ten-acre lake for a peaceful day on the water. If you're feeling more energetic, perhaps you'll enjoy an active game of tennis or pickleball, working out in the fitness center, and following up with a hot sauna. For those who prefer a more leisurely experience, there are plenty of walking paths for a casual laid-back pace.

Marietta Cypress Acres is a retreat to unwind in seclusion. With its resort-like atmosphere and complete privacy behind gated entrances, it's the ideal destination for an off-the-grid vacation experience.

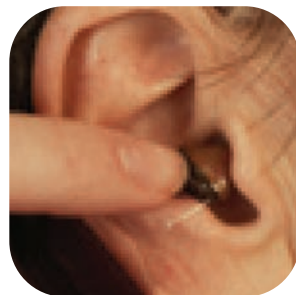
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April is Stress Awareness Month

Recognizing and Managing Symptoms

April is Stress Awareness Month, a time to increase understanding about the impact of stress on mental and physical well-being. Stress is a natural response to life's challenges, but when it becomes chronic, it can affect overall health. Recognizing stress early and managing it effectively can significantly improve quality of life. This article outlines how to identify stress and practical ways to reduce it. Stress can show up in various physical, emotional, and behavioral ways. Common signs to look out for include:

Physical Symptoms: Headaches, muscle tension, fatigue, digestive issues, and sleep problems.

Emotional Symptoms: Feelings of anxiety, irritability, sadness, or difficulty concentrating.

Behavioral Symptoms: Changes in eating, drinking, or social behaviors, such as withdrawing from loved ones.

Cognitive Symptoms: Racing thoughts, worry, or trouble focusing.

Managing Stress

Fortunately, there are many ways to manage and reduce stress. Physical activity boosts endorphins, which help reduce stress. Walking, yoga, and strength training helps because exercise can improve mood and sleep quality. Both are critical to manage and minimize mental anxiety. Practices like deep breathing and meditation help calm the



mind and improve focus. So, taking even a few minutes each day to breathe deeply can provide significant relief.

Eating a balanced diet with fruits, vegetables, and whole grains is also important. Avoiding excessive caffeine, alcohol, and sugar will keep stress levels stable. Don't overload yourself with more than you can handle. Break tasks into smaller, manageable steps and prioritize what's most important. Saying "no" when necessary, can help reduce unnecessary stress.

Speaking with friends, family, or a therapist can provide emotional support and a new perspective on your challenges. There are many mental health providers in Jacksonville that specialize in stress management. A partial listing of practitioners

in our area is listed below.

Stress Awareness Month reminds us to prioritize mental health. By recognizing stress early and using strategies like exercise, mindfulness, and therapy, we can improve our well-being and lead a healthier, balanced life. Contact your primary care physician for guidance and a recommendation for a mental health provider based on your needs.

If you or someone you care about is in crisis, help is available. Baptist Health provides a 24-hour Crisis Hotline and support services at no cost for adults, children, and teens. If there's an immediate safety concern, don't hesitate—call 911 or go to the nearest emergency room. There are trained professionals ready to provide the care and support needed during a crisis. Remember, you are not alone, and help is always just a call or visit away. d

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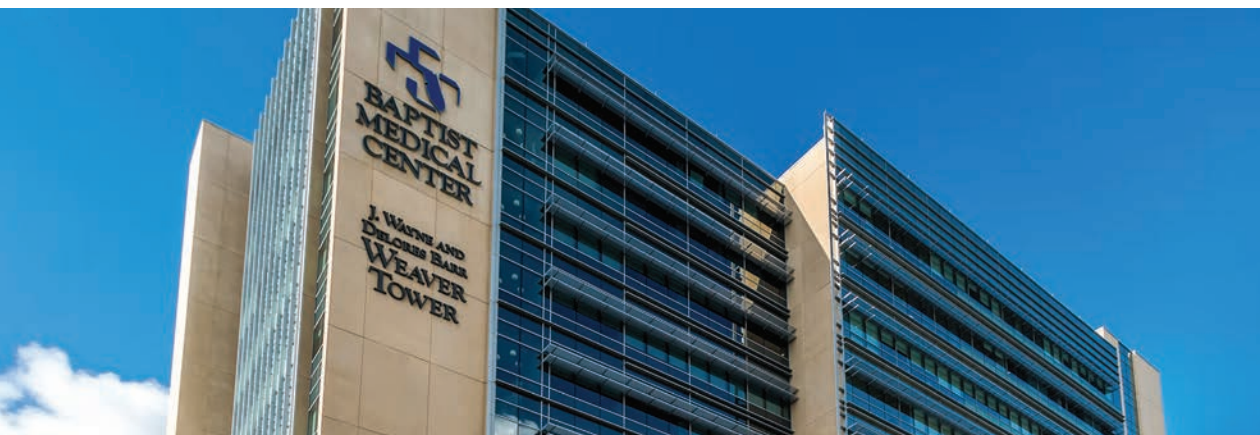
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When to Start Receiving Your Social Security Benefits

Deciding when to start taking Social Security is a big decision, especially as you approach retirement. The age at which you choose to claim benefits can impact your finances for years to come. We asked local residents about their decision-making process and what influenced their choice. Here's what they had to say.



always remind others that there's no one-size-fits-all answer. Everyone's financial situation, health, and retirement goals are different. It's important to assess your own circumstances. Maybe a person needs the income now or can afford to wait. In any case, they should consult a financial advisor to make the best choice for their situation.

– Amy Witherspoon, Springfield

“I decided to start taking Social Security at 67 because it felt like the right balance between waiting for a larger benefit and still enjoying my retirement years. I wanted to make sure I had enough to live comfortably, but also didn't want to delay too long and miss out on enjoying my time now. It just felt like the right timing for me.”

– Anonymous, Mandarin

“As a financial executive, I've carefully considered my options, and I plan to wait until I'm 70 to start taking Social Security. I'm fortunate to be in good health, and I plan to keep working for the foreseeable future. This gives me the flexibility to wait for a larger payout. I

“I've paid into Social Security since I was fifteen and I'm not going to wait around just to get a bigger check later. I don't know how much longer I've got, and I'm not going to let the system dictate when I can enjoy what's mine. No way. At 61 years old, I'm counting down the days so I can collect my money.”

– Jamie Reynolds, Orange Park

For an estimate of your Social Security benefits, visit the official Social Security website at www.ssa.gov. There, you can access your personal benefit estimates and find valuable resources to help you make informed decisions as you plan for your future. d



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Giving Away Your Gifts

By Susanna P. Barton



Statistics from the Center for Disease Control and Prevention reveal an alarming reality that makes volunteerism and intergenerational

relationships a hot priority. About one in three adults in the United States report feeling lonely or socially isolated with about one in four American adults reporting a dearth of social and emotional support. This puts a person “at risk of developing serious mental and physical health conditions,” the CDC underscored in its report.

Volunteering is a great place to start mitigating the risk. Not only is it good for your health, it’s good for the universe! Plus, it can actually slow your biological aging. The Corporation for National and Community Service (CNCS), the federal agency responsible for the nation’s volunteer and service efforts, released a report in 2019 indicating consistent volunteering can improve the health and well-being of older adults.

Now that we know volunteering is good for us, how do we take the



steps to become more involved?

- Volunteer your time or talent with an organization that means something to you.
- Look in your closest family and friend circles and see where you can be a resource.
- Donate to missions or organizations that are important to you and the people you love.
- Be a Meals on Wheels volunteer.
- Adopt a homeless pet with careful consideration.

Thwarting loneliness through heightened community service efforts is a gamechanger. And so is establishing relationships with people of all ages.

In a 2019 article in *Greater Good Magazine*, author Marc Freedman explains the critical nature of intergenerational interactions.

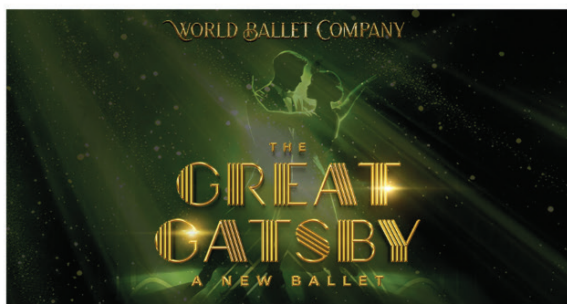
Freedman suggests connecting with younger people, including combining purpose and a paycheck, getting proximate, listening up, finding creative ways to connect, and living on by letting go. That’s a powerful promise! d

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>.



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Things To Do

April 3 through May 11, Various Times Beautiful! The Carole King Musical



Alhambra Theatre
12000 Beach Blvd.,
Jacksonville, FL 32246

Enjoy the musical
hits of Pop legend
Carole King featuring

hits like So Far Away, Will You Love Me
Tomorrow, I Feel the Earth Move, and The
Locomotion and others. Tickets: \$70 plus.

alhambrajax.com

April 4 through 6, Noon to 10:00 pm Springing the Blues

Seawalk Pavilion, 75 1st St North,
Jacksonville Beach, Florida 32250

Every spring, the air fills with the electrifying
sounds of blues music, amazing food, cold
drinks, and good vibes. With live performances,
art, and beachside fun, it's the ultimate way to
groove into the season! Tickets: VIP Tickets \$140
plus for seats; Free admission for lawn area.

springingtheblues.com

April 11, 7:00 pm

Air Supply

Florida Theatre, 128 East Forsyth Street,
Jacksonville, FL 32202

Founded in 1975 in Sydney, Australia, seven
top-five singles later, Air Supply at that time
had equaled The Beatles' run of consecutive
top five singles. Do you remember singing
their hit song, "All Out of Love"? The albums
Lost in Love, The One That You Love, Now &
Forever, and The Greatest Hits sold more than
twenty million copies. Tickets: \$59 plus
floridatheatre.com

April 12, 3:00 pm

Menopause: The Musical 2, Cruising through the Life Change

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

See a hilarious,
empowering sequel
that continues the
journey through
menopause with
laughter and catchy
tunes. The all-female
cast navigates the

ups and downs of midlife with humor, offering
relatable moments and sassy songs. Tickets:
\$44 plus. fscjartistseries.org



April 13, Noon to 2:00 pm

Blessing of the Fleet

St. Augustine Municipal Marina, A111 Avenida
Menendez, St. Augustine, Florida 32084

The Blessing of the Fleet, a historical
ceremony dating back to the city's earliest
days of Spanish colonial occupation,
happens annually on Palm Sunday,
beginning at noon. All vessels,
commercial and pleasure, are
invited to receive a blessing
from the Bishop of the Diocese
of St. Augustine. The tradition
has roots in the Spanish Colonial
days when seafaring vessels were
blessed, so they would have a safe



journey. All watercraft from trawlers to yachts
are welcome. Each vessel is encouraged to
decorate with flags and bunting as well. No
Admission Fee. visitstaugustine.com/events

April 19 & 20, 10:00 am to 5:00 pm

Mandarin Art Festival

Mandarin Community Club,
12447 Mandarin Rd., Jacksonville, FL 32223

The annual Mandarin Art Festival has been
an Easter weekend tradition since 1968 and
is the longest running Festival of its kind
in northeast Florida. The festival is a juried
Fine Art and Fine Craft show with over 100
artists. The event includes a Food Court, a
Green Market for local products, a Children's
Art Show, a Bake Sale, live entertainment and
more. Free parking and free shuttles. Donation
Requested. mandarinartfestival.org



April 26, 7:30 pm

The Ties That Bind

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

This concert honors the memory of Holocaust
victims on Jewish Holocaust Memorial Day.
Highlighting the deep historical connections
between the Black and Jewish communities,
the performance will feature Olivier
Messiaen's Quartet for the End of Time,
composed during his captivity in a German
POW camp during World War II. This musical
celebration illustrates the indomitable human
spirit and reaffirms the commitment to
solidarity and remembrance. Free Admission.
ritzchamberplayers.org

April 25, 10:00 am to 3:00 pm & April 26, 9:00 am to 3:00 pm

JaxReady Fest

Prime Osborn Convention Center
1000 Water Street, Jacksonville, FL 32204

This two-day event highlights, demonstrations,
and workshops to keep the community
informed and prepared in emergency
situations. Explore disaster preparedness and
response information with interactive exhibits
and giveaways. Free Admission. jaxready.com

April 27, 2:00 pm

Opening of the Beaches Parade

First & Second Streets,
Jacksonville Beach, FL 32250

Enjoy family fun at the historic
community parade that marks
the first official day lifeguards
are staffed on the sand, surf
and beaches. The parade
will start at 5th Ave North
and 2nd Street, then travel
north to 11th Avenue North
and 2nd Street. Free Admission.
jacksonvillebeach.org

PARTING SHOT

Rooted in Vision

Meet Mary Mantey, the new Doolittle Director of
Horticulture at the Cummer Museum of Art and Gardens.
With her passion for plants and a knack for cultivating
beauty, Mantey has
transformed the
museum's gardens into
a colorful masterpiece.

Her role is rooted
in a deep love for the
natural world. With
years of experience
in landscape design
and horticulture,

she brings artistry and sustainability to her role. Under her
guidance, the Cummer's lush gardens have flourished, and are
a colorful oasis that stretches two and a half acres along the
scenic St. Johns River.

"I have my dream job. I relocated to Jacksonville from Virginia
Beach. I get to care for and guide the evolution of our historic
gardens, keeping them beautiful, and true to their roots. I work
closely with a small but mighty team, many of whom juggle
multiple roles to ensure that everything, from daily maintenance
to big-picture planning, runs smoothly," Mantey says.

When she is not playing in the dirt, she is usually busy
playing tennis, biking, running, or involved in some other
activity. "Cooking is another big passion of mine, especially
when I can use fresh, local ingredients (or something from the
garden!). Staying connected to nature and good food keeps
me grounded and inspired, even outside of work."

Like many nonprofits, the Cummer Museum of Art &
Gardens is facing a challenging landscape right now, and the
need for funding and donor support has never been greater, she

noted. "We're a true gem
in the heart of the city,
and it takes a village to
keep it thriving. Every
donation, big or small,
helps us preserve the
legacy of the gardens
and continue to grow
opportunities for
learning, connection, and
beauty.

Mantey's
commitment to both
beauty and ecological
balance shines through,

as she carefully curates the plantings to highlight native
species preserving the gardens for future generations.

For more information on the Cummer Museum of Art &
Gardens visit their website at cummERMuseum.org. d





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