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Publisher's Note

Spring is knocking on the door, and with it comes that familiar urge to step outside and wake up with the world around us.

We're sharing a Western outdoors theme celebrating wide-open spaces and fresh-air adventure. One of our featured stories takes you inside a remarkable luxurious ranch resort that blends rustic charm with modern comfort. It instantly reminded me of one of my longtime favorite films, *Paint Your Wagon*, starring Clint Eastwood. There's something about that classic Western spirit, the camaraderie and the humor. For fun, I'm sharing this photo of myself taken at Knott's Berry Farm in Anaheim, California when I was twenty-two.

We're also spotlighting urban pole walking, a surprisingly powerful way to improve balance, and cardiovascular health. It's proof that you don't need to trek across the prairie to enjoy the outdoors.

You'll meet Barbara Darby, a dedicated community leader who is deeply committed to serving others and strengthening the place we call home.

Open the windows, dust off your tent, sleeping bag, and lace up your walking shoes. Nature is calling.

Yee-Haw!



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Florida Press Association

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Published by Longevity Media Network, LLC
245 Riverside Avenue, No. 100, Jacksonville, FL 32202

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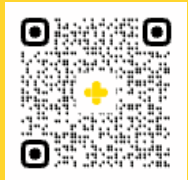
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What Was Horse Life Like in Old Jacksonville?

For many lifelong residents of Jacksonville, memories of the 1960s and '70s come with the smell of leather saddles, and pine needles under hoof. We asked four natives to share where they rode horses in their younger days and what life felt like back then.

Tommy Alvarez, 72, remembers riding off old dirt roads on the Westside. "There were open fields everywhere," he says. "We'd saddle up in the morning at Flying W Stables and be gone for hours. No cell phones. Our parents just told us to be home by supper." He recalls hitching posts outside small country stores and cooling off with grape sodas before heading back down sandy trails.

Linda Mae Johnson, 68, grew up near the Intracoastal. "We rode in Palm Valley and it felt like endless stretches of woods," she says. "Developments like Sawgrass hadn't popped up yet." Weekends meant packing sandwiches in saddle bags and exploring with friends.

"It was freedom. You learned responsibility early, taking care of your tack and your horse."

Harold 'Buddy' Greene, 75, spent his teen years riding near the Northside's rural pockets. "There were pastures where neighborhoods stand now," he says. Summer days were long and humid, but Buddy says no one minded. "After chores, we'd ride until the sun dipped low. Nights were for front-porch sitting and listening to the grown-ups tell stories."

Carla Whitfield, 70, fondly recalls boarding her horse near Mandarin in the early '70s. "We'd ride under big oak canopies draped in Spanish moss," she says. "Gas was cheap, traffic was light, and everybody seemed to know everybody."

All four agree: horseback riding wasn't just recreation it was a way of life in a slower, simpler Jacksonville, where open land felt endless, childhood stretched a lifetime and good friends and memories were made.



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By Mary S. Daniel

Isolation Has Consequences

Protecting the Right to Essential Caregiving



Mary and her husband, Steve, at Rosecastle at Deerwood.

During the COVID-19 public health emergency, nursing homes and long-term care facilities across the United States closed their doors to visitors in an effort to protect vulnerable residents. While these policies were intended to reduce viral spread, they also separated residents from their families for months at a time.

Families were no longer able to provide emotional support, assist with daily care, monitor changes in condition, or advocate in person. Across the country, many residents experienced physical decline, cognitive deterioration, depression, and profound loneliness. For families forced to witness the decline—or even the death—of a loved one through a window or video screen, the experience was heartbreaking and traumatic.

Out of that experience came the grassroots advocacy organization Caregivers for Compromise because isolation kills too, founded on a

simple principle: infection control and compassionate care do not have to be mutually exclusive. The organization has worked in states across the country since 2020 to promote legislation ensuring that residents never again endure prolonged isolation without access to an essential caregiver.

Florida emerged as an early leader in restoring visitation. In September 2020, visitation was reopened by order of Governor Ron DeSantis. In 2022, Florida enacted the No Patient Left Alone Act, guaranteeing families the right to visit loved ones receiving care in hospitals, hospices, and long-term care facilities.


“Here in Florida, we recognize that family and human connection is one of the most important aspects of physical, mental, and emotional well-being, and we are ensuring Floridians are never again denied the right to see their relatives and friends while in hospitals or nursing homes,” said Governor DeSantis.

At the federal level, Caregivers for Compromise is advocating for the Essential Caregivers Act of 2025, a bipartisan and bicameral bill introduced in Congress in December. The legislation would require skilled nursing facilities, intermediate care facilities for individuals with intellectual disabilities, and inpatient rehabilitation facilities nationwide to permit in-person access to at least one designated essential caregiver during periods when regular visitation is restricted.

The Essential Caregivers Act seeks to ensure that patient rights are not suspended during emergencies and that compassion, dignity, and human connection remain central to our healthcare system. The bill would also direct the Centers for Medicare & Medicaid Services (CMS) to establish clear and uniform safety guidelines to allow essential caregivers to continue supporting residents responsibly while safeguarding the health of residents and staff during public health emergencies.

Northeast Florida Congressmen John Rutherford and Aaron Bean are cosponsors of the bill.

For more information about the legislation and advocacy efforts, visit www.caregivers4compromise.com.

Mary Daniel is the founder of Caregivers for Compromise and CEO of Daniel Advocacy Group, a healthcare advocacy firm specializing in medical billing management, supplemental insurance claims filing, and denial resolution services. Learn more at DanielAdvocacyGroup.com. 



The Dark Side of Vacation Ownership and Timeshare Scams

Owning a timeshare you rarely use but still paying rising maintenance fees is a common frustration for vacation property owners in Florida. “We bought it thinking we’d retire and travel,” says one owner on a public forum, “but ten years later, we haven’t been back once and the fees just keep climbing.”

Understand your options first. The first step is reviewing your original contract. Many Florida timeshares include a short rescission period (often about ten days after purchase) when you can cancel outright but after that window closes, you can’t just cancel on a whim.

Some resort developers offer deed-back or surrender programs for owners who are current on fees, meaning you formally return the ownership to the resort. It’s worth calling your resort’s owner services or “exit” department to ask about this option.

Real owners share their experiences: One local timeshare owner shared on Reddit that they tried using the resort’s internal resale agent and listed the week, but it generated no interest, a common story since resale value is usually far below the original purchase price.

Because contracts are legally binding, many owners explore professional help.



“I just want out of this timeshare,” he says. “Every company I call wants thousands upfront and makes big promises, but I can’t tell who’s legitimate. I feel stuck, overwhelmed, and worried about being scammed again.”

– Mark Cashman, Nocatee

Timeshare Exit and Legal Help Scams

People trying to get out of timeshares can be targeted by companies claiming they guarantee a timeshare exit or cancellation for thousands upfront but they provide no real service and disappear once paid.



Legitimate attorneys or licensed real estate professionals often work on contingency or affordable billing structures instead.

Reputable timeshare exit firms with transparent pricing and documented successes can assist, but avoid any that demand large upfront fees or guarantee quick exits.

Common scam tactics:

- Scammers say they already have a buyer lined up and can sell the timeshare quickly often at an attractive price.
- They claim your contract violates consumer law.
- They pressure you to stop making payments.
- They claim unexpected last-minute fees (foreign taxes, transfer fees, anti-money laundering fees).

A licensed real estate attorney in Florida experienced with timeshare law can review your contract and advise on negotiation or cancellation strategies.

Before signing anything, verify credentials (e.g., Florida Bar for attorneys) and get written details of the process. With the right strategy and expert help, you can stop paying maintenance fees and finally close that chapter of your vacation ownership experience. 🐞



LEA TH

Barbara Darby

At seventy-seven, service remains at the heart of Dr. Barbara Darby's philosophy. "Service is giving of yourself because you are able to. You don't do it for what you can gain," she says.

In 1998, Dr. Darby was named president of Florida State College at Jacksonville's North Campus and Nassau Center. Under her direction, enrollment grew exponentially through a community outreach plan that included mobile registration events at local malls, a partnership with the Jacksonville Airport Authority, and various other community initiatives to recruit new students.

She led the development of twenty-one academic programs, expanded the college's nursing program, making it second in the state behind Miami-Dade's, and introduced a bachelor's degree for graduates seeking to continue their studies. Darby oversaw the construction of major facilities, including the Nassau Campus, to support the college's physical growth and academic reach.



Barbara and former Jacksonville Mayor, Alvin Brown.

Her life story is one of leadership, and lifelong service. When her family moved to Brooklyn, New York, in the early 60s from Panama, she entered a new world full of opportunity that sparked her drive to succeed.

"As a little girl, I watched how my parents gave of themselves and treated others in our community and that was the impetus for me to live my life giving back and doing what I do," Darby said.

As a nursing student, she recalls a moment that became a defining spark. "I remember my maternity

**BY
KEVIN M.
BRISCOE**

LEADERSHIP THAT LASTS

Didn't Wait For Change, She Became It.

nursing class, and I was looking at my professor, and I said to myself, 'I can do that.'" That simple realization planted the seed for a lifelong career in nursing and, eventually, education.

Starting her career as a staff nurse at a Veterans Affairs hospital in New York, she worked in the surgical intensive care unit with patients recovering from open-heart surgery. That experience left her grounded with skills that guided her throughout her professional life.

It was during her time at the VA that she met her former husband, Tom, now deceased, through one of her patients. Their long-distance romance brought her to Jacksonville where she joined Baptist Medical Center as a critical care nurse, following her passion caring for open-heart patients.

After a rotation in psychiatric nursing and working on additional medical projects, Darby pursued a master's degree in education from Florida A&M University and taught classes part-time at what is now known as Florida State College (FSCJ). Eventually, she left the hospital position and devoted herself to education.

"Of course, through my experiences and administration, I've had challenges," she says. "Some thought I shouldn't have been in my roles, but I knew in my heart I had all of the necessary qualifications and the credentials."

Those include a Bachelor of Science in Nursing from Hunter College, a Master of Education (Adult Education) from Florida A&M University, a Master of Science in Nursing from the University of Florida, and a Doctor of Education from the University of North Florida. More than that, she had the drive, and the mentality to never quit.



“BE ABOUT THE BUSINESS OF HELPING OTHERS.”



of Delta Sigma Theta Sorority, Inc., president of The Links, Inc. Bold City Chapter, chair of Leadership Jacksonville, and former board member for numerous community organizations, Darby lives by a principle that guides her service: "We're planting the seeds for trees under whose shade we shall not rest. I serve with the understanding that I might not see the impact, but I can still make a difference." ∞

Darby continues to move with intention and motivates others even after retiring in July of 2015, and she shows no signs of slowing down. She currently offers consulting services to organizations in the healthcare and education industries, and loves spending precious family time with her husband, John, and their children and adult grandchildren.

When asked what advice she would give to those in their later years about staying active and purposeful, she adds, "Be about the business of helping others. They can benefit from your involvement, and I think that's so important."

As a two-time president of the Jacksonville Alumnae Chapter



Build a Stronger Core with a Pole in Your Stroll



The shaded trails of Betz-Tiger Point Preserve are located in north Jacksonville at 13990 Pumpkin Hill Road.

If you’ve ever watched cross-country skiers glide across snowy trails and thought, That looks like a full-body workout, you’re absolutely right. Now imagine bringing that same powerful, rhythmic movement to your neighborhood sidewalks and park paths with no snow required.

Also known as Nordic or fitness pole walking, this activity is quietly becoming a favorite among older adults and for good reason. It’s safe, effective, social, and yes... genuinely fun.

A Full-Body Workout You Can Feel

Unlike regular walking, urban pole walking actively engages the core, arms, shoulders, and upper back. Each time you plant a pole and push back, your abdominal muscles stabilize your torso, while your arms and chest help propel you forward. The result?

- Improved core strength, which supports posture and protects the spine
- Increased muscle tone in the arms, shoulders, back, and legs
- A more upright, confident walking form

Many people are surprised to discover that pole walking can feel closer to cross-country skiing on dry land than to a casual stroll. The coordinated arm-and-leg motion turns walking into a smooth, flowing, total-body movement.

One of the biggest advantages of urban pole walking, especially as we age, is stability. The poles act as extra points of contact with the ground, helping you feel more balanced and secure on uneven pavement, curbs, or gentle hills.

Tucked away on Jacksonville’s northside is, Betz-Tiger Point Preserve. It offers a peaceful escape for outdoor enthusiasts. Shaded trails wind through maritime forests and along scenic

marshes, where gentle breezes and birdsong set the pace. Its flat, well-maintained paths make it an ideal setting for pole walking, relaxed hikes, and restorative nature strolls.

Cyndy Plemmons, a former practical nurse, started her pole walking experience in 2020 when a medication reaction wrecked her vestibular (balance) system. She was using a walker to keep from falling for about a year.

“A friend told me that his physical therapist recommended using walking poles and let me try his. I noticed a difference right way when I was able to stand up straight which immediately allowed me to take in more oxygen. I started using the poles for everything,” Plemmons said.

If the centenarians of the Blue Zones have taught us anything, it’s that longevity isn’t built in the gym but in the rhythm of everyday movement and urban pole walking may be one simple way to make that kind of natural, consistent activity part of our daily lives. ∞

Where to Buy Activator® Walking Poles

LOCAL CVS STORES (SELECT LOCATIONS)

152 Front St., Ponte Vedra, FL 32082

906 Blanding Blvd., Orange Park, FL 32065

50 Duval Station Rd., Jacksonville, FL 32218

4280 Southside Blvd., Jacksonville, FL 32216

AND MOST TARGET, DICKS SPORTING GOODS STORES

Various models also available on Amazon.com

When Country Was King (and Your Knees Didn't Creak)

Before playlists lived in our phones and concerts required binoculars, country music came crackling through AM radios and console stereos the size of Buicks. In the late '70s and early '80s, country wasn't just popular, it was everywhere. You could two-step to it, cry to it, or dramatically stare out a kitchen window while it played in the background.

The beauty of early country was its storytelling. These weren't vague lyrics about "vibes." They were three-minute life lessons about love, loss, trucks, trains, and questionable decisions. Take *He Stopped Loving Her Today* by George Jones, proof that if you're going to be dramatic, commit fully. Or *Coward of the County* from Kenny Rogers, which taught us that sometimes you have to stand up for yourself... preferably with a strong chorus behind you.

The early 1980s also ushered in the "Urban Cowboy" era, when mechanical bulls briefly became a personality trait. *Lookin' for Love* by Johnny Lee and *On the Road Again* from Willie Nelson became anthems for adventure — or at least for driving somewhere with the windows down.

What made this era special wasn't just the music. It was where we were when we heard it: first apartments, first real jobs, first heartbreaks, first decent pair of boots. The songs stuck because they were attached to our stories.

And the best part? Unlike our hips, they still hold up beautifully.

What were you doing in 1980? In case you forgot, here are a few toe-tappin' tunes that might help you remember. Find these on your favorite music App and turn it up!

TOP C&W SONGS IN 1980

- My Heart* – Ronnie Milsap
- Coward of the County* – Kenny Rogers
- He Stopped Loving Her Today* – George Jones
- Lookin' for Love* – Johnny Lee
- Tennessee River* – Alabama
- Dancin' Cowboys* – The Bellamy Brothers
- Theme from The Dukes of Hazzard (Good Ol' Boys)* – Waylon Jennings
- Drivin' My Life Away* – Eddie Rabbitt
- On the Road Again* – Willie Nelson
- Could I Have This Dance* – Anne Murray



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Giddy Up and Go!

Westgate River Ranch Brings the Old West to Florida

Tucked away in the tiny town of River Ranch, Westgate River Ranch Resort & Rodeo feels like one of those “how did we not know about this?” destinations for Northeast Florida locals. Just about a three hour drive from Jacksonville (close enough for a long weekend, far enough to feel like a true escape), this unexpected retreat swaps crowded beaches for open pastures and starry skies.

From the moment you arrive, it feels like you’ve stepped onto the set of your favorite western TV show. If you grew up watching Bonanza, Gunsmoke, or Rawhide, you’ll instantly recognize the vibe. There’s something about the wooden fences, grazing horses, and wide-open Florida prairie that brings you right back to childhood evenings spent glued to the TV, imagining life on the frontier.

But here’s the twist. This is frontier living with serious upgrades.

Westgate River Ranch is perfect for locals who love the outdoors but don’t want to give up luxury. You can book a beautifully designed

glamping tent complete with air conditioning and plush bedding, settle into a private cabin with a rocking chair porch, or even stay in a spacious lodge room. It’s rustic charm on the outside, comfort and style on the inside.

Days here are loaded with adventure. Go horseback riding through scenic trails, try your aim at archery or skeet shooting, hop on an airboat ride, or challenge friends to a round of mini golf. As the sun sets, gather around a campfire for s’mores or unwind with a cocktail under a sky so clear it practically demands stargazing.

One of the biggest highlights? The Saturday night rodeo. It’s not just for show. This is a real-deal rodeo arena where bull riders and barrel racers bring excitement to the ranch. The cheers, the dust, and the drama; it’s the kind of experience that makes you feel like you’re part of something historic and originally Floridian.

For Northeast Florida residents looking for a getaway that’s different from the usual beach weekend or theme park trip, River Ranch delivers something unexpected. It’s close enough to Jacksonville to be convenient, yet intriguing enough to feel like you’ve traveled back in time.

Break out those boots, channel your inner cowboy or cowgirl, and rediscover that wild sense of nature. Your western-inspired vacation is only a short drive away. ☞



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- Green Cove Springs Senior Center**
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By Susanna P. Barton, MS Gero

GRAND PLANS

What Does Successful Aging Really Mean?

At 87, actress and activist Jane Fonda says she doesn't feel "like an old person," doubling down that she actually feels "younger in all the ways that matter" as she ages into her 90s.

Fonda isn't the only high profile older adult garnering attention for rocking life's second half. Across culture and media, public figures from Angela Bassett to *Grace and Frankie* co-star Lily Tomlin receive generous praise for approaching aging with passion.

Chronological age, which is the number of years lived, too often tells us very little about how people feel, act and function in later life.

In the late 1980s and 1990s, gerontologists John Rowe and Robert Kahn popularized a distinctive model of successful aging that would come to shape research and public discourse for decades. Their model emphasized three components of Successful Aging:

- Avoidance of disease and disability
- High cognitive and physical functioning
- Sustained engagement in social and productive activities



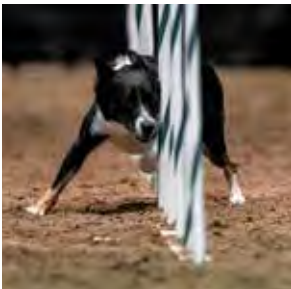
Actress Jane Fonda and Comedian Lily Tomlin in 2025.

This thinking runs counter to outdated of aging is actually decline or that getting old inevitably meant frailty and loss. Their model helped shift the cultural frame toward possibility, robustness, capability and agency in later life.

The World Health Organization's Decade of Healthy Ageing initiative emphasizes this broad, and highly diverse view of aging well, advocating for environments that foster physical, mental and social well-being across all inputs and abilities.

Media that showcases inspiring stories like Fonda's continued activism or Bassett's vibrant outlook can help us broaden our collective understanding of successful aging: getting older is full of incredible possibilities. We can have the freedom to age on our own terms because there are so many different ways to find success in aging.

Rowe and Kahn's model helped open the door to rethinking aging, challenging history's assumption that decline is inevitable. But as gerontologists increasingly unpack with more research, aging is incredibly diverse and rich beyond measure. Successful aging is more like a spectrum of experiences and inputs versus a checklist or formula. ∞



USDAA Sunshine Regional Trial March 6-8, 8am daily

The Pals & Paws Dog Agility Trials are back at the Jacksonville Equestrian Center! Watch dogs of all breeds navigate through an obstacle course in this exciting event.

Admission and parking are free.

Dressage on the First Coast March 7-8, 8am

Admission is free, and the event is open to the public.



Dressage is a unique equestrian sport where horse and rider work together to perform a series of precise movements with minimal cues.

Florida All Breed Horse Show Series March 13-15

This exciting event supports local farms and welcomes riders of all levels, from beginners to advanced, across every division. Open to the public with free parking.



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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
- Flagler County Senior Services:**
flaglercounty.org or 386-586-2324
- Aging True:** 904-807-1203 or agingtrue.org
- The Florida Area Health Education Centers (AHEC) Network:** www.flahecnetwork.org or 904-482-0189
- Alzheimer's Association:** alz.org or the 24/7 helpline at 800-272-3900
- Jewish Family and Community Services:** jfcsjax.org or 904-448-1933
- Alzheimer's Foundation of America:** alzfdn.org or the helpline 866-232-8484
- Long-Term Care Ombudsman Program:**
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- The Arc Jacksonville Specialized Aging Support:**
www.arcjacksonville.org/sas/ or 904-355-0155
- United Way 211:** Dial 2-1-1 or (1-866-318-0211)
- Baptist AgeWell Center for Senior Health:** 904-202-4243
- Memory Disorder Clinic at Mayo Clinic:**
904-953-7103, mayoclinic.org/departments-centers/neurology/memory-disorder-clinic-florida/overview
- COJ, Senior Services Division:** www.jaxseniors.net or call 904-630-2489
- Legal Assistance**
Community Legal Services of Mid-Florida, Inc.:
clsmf.org or 800-405-1417
- Community Hospice and Palliative Care:**
www.communityhospice.com or 866-253-6681
- Jacksonville Area Legal Aid:** jaxlegalaid.org or 904-356-8371
- Councils on Aging**
 Offering day programs, activities, nutrition assistance, transportation assistance and more. Call your local COA for more information.
- Florida Legal Senior Services Helpline:**
1-888-895-7873 Connecting seniors with the legal resources available in Florida.
- Baker County Council on Aging:** 904-259-9315
- Veterans Support**
COJ, Military Affairs and Veterans Dept: 904-255-5550
- Council on Aging of Volusia County:** 386-253-4700
- VA Caregiver Support Line:** 1-855-260-3274
- Nassau County Council on Aging:**
904-261-0701 (Fernandina Beach) or 904-845-3331 (Hilliard)
- 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.
- 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

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



Things To Do



March 3, 7:30 pm

John Oates Live

Ponte Vedra Concert Hall, 1050 A1A N,
Ponte Vedra Beach, FL 32082

John Oates is celebrating twenty-five years as an accomplished solo recording artist. As co-founder of the most successful duo in rock history Hall & Oates, he is a member of the Rock and Roll Hall of Fame, The American Songwriters Hall of Fame, recipient of the prestigious BMI Icon Award as well as numerous American Music, MTV awards and multiple Grammy nominations. Tickets: \$72 and up. pvconcerthall.com



March 7, 8:00 am

Gate River Run 15K

Downtown Jacksonville
(start/finish near Jacksonville Fairgrounds)
One of the largest 15K races in the U.S., the Gate River Run, is a legendary run in Jacksonville, challenging runners with scenic river views, fierce competition, and a festive, energetic atmosphere. Registration fee: \$60 and up. gateriverrun15k.com

March 10 - 15, all day

TPC Sawgrass

Tournament Players Club, 110 Championship Way,
Ponte Vedra, FL 32082
Tee off on excitement at the 2026 The Players Championship at TPC Sawgrass! Watch golf's top stars battle for glory, marvel at the iconic Island Green, and enjoy a week of world-class action, perfect for a thrilling day out. Tickets: \$44 and up plus parking fees starting at \$24. tpc.com/sawgrass

March 12, 5:00 pm

Movie Night at the Ritz

Ritz Theatre & Museum, 829 N Davis St,
Jacksonville, FL 32202



Watch the movie *Polar*, a faith-driven drama that follows a woman weighed down by grief and battling the unseen struggles of bipolar disorder. As she

faces moments of despair and questions her will to live, her husband remains steadfast and her daughter becomes a prayer warrior, recognizing the signs of mental illness and interceding for her mother's life. No cost to attend. theritzjaxevents.com



March 14, 9:00 am

Spring Yoga in the Park

James Weldon Johnson Park,
135 W. Monroe Street, Jacksonville, FL 32202
Unwind and stretch in nature with yoga. All levels are welcome. Breathe, move, and find calm under the open sky. Be sure to bring your yoga mat and towel. No cost to attend. dtjax.com

March 16, 1:30 pm

Journals: Using Napkins & Paper

St. John's Council on Aging River House,
179 Marine Street, St Augustine, FL 32084
Discover the art of mindful journaling using everyday materials! This creative class teaches reflection, self-expression, and storytelling on napkins and paper, turning simple surfaces into powerful tools for insight. Class fee: \$12.50. coasjc.org

March 19, 4:00 pm to 8:00 pm

Cummer Museum Free Nights

Cummer Museum, 829 Riverside Avenue,
Jacksonville, FL 32205
Art in Bloom brings together nature-inspired works of art, enhancing the dynamic dialogue between interior galleries and our historic gardens. Coinciding with the height of the spring season, Art in Bloom celebrates how today's artists are expanding the boundaries of floral art far beyond historic still-life paintings. cummermuseum.org

March 24, 1:30 pm to 3:00 pm

Charlie Chaplin: A Comedic Genius

Osher Institute of Higher Learning, UNF,
12000 Alumni Drive, Jacksonville, FL 32246



Step into the dazzling world of silent film and meet the man who made the whole planet laugh. Born into crushing poverty in London, Charlie Chaplin rose to become one of the most famous entertainers. With his iconic "Little Tramp" character. In this lively course, you uncover the secrets behind his genius: how he wrote, directed, produced, starred in, and even composed music for his film. Class fee: \$20. unf.edu/unfolli

PARTING SHOT

Because There is No Friday

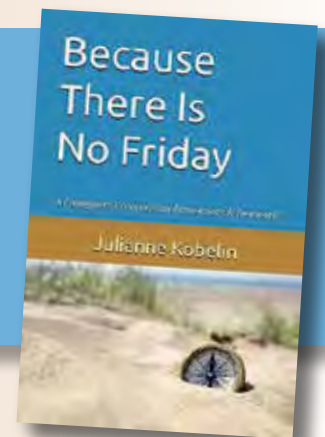


Caregiving for a loved one with dementia is one of the most demanding and emotionally complex assignments a person can undertake. In her book, author Julianne Kobelin shines a compassionate light on that experience,

offering hope and guidance to those who often feel overwhelmed and alone.

Drawing from her four-year role as primary caregiver for her beloved mother-in-law and dear friend, Donna, Kobelin shares an honest account of the realities of dementia care. Her story captures both the tenderness, trials, the quiet moments as well as the exhaustion, and grief that can accompany progressive memory loss.

"I wrote the book I couldn't find," Kobelin says. "Every journey is different. The patient goes through transitions. Abilities come and go. It's a 24/7 job for the caregiver."



Each chapter offers not only her reflections but also specific strategies, and encouragement designed to help caregivers navigate their own path. From managing difficult behaviors to preserving emotional well-being, she provides advice grounded in lived experience.

Most importantly, Kobelin consistently affirms the reader. "Build a relationship with your care team. Keep a sense of humor and try not to take things too personally." She reminds us to "put our oxygen masks on first". Her message is clear and empowering: you are a champion, and you are not alone.

For anyone currently caring for a loved one with dementia or preparing for that responsibility, Julianne Kobelin's book serves as a companion and a resource. It offers understanding, and a steady voice of encouragement during one of life's most challenging seasons. Available for \$15.95 on Amazon.com. To learn more, visit becausethereisnofriday.com.

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