

FREE

August 2026

FIRST COAST SENIOR LIVING

Pulse of the Good Life

Forever Young

Act Your Age?

**A Mother & Daughter
Who Would Rather Not**



Mission Resort & Club

**An Old Resort Built
in Another Era**



Zombie Debt
**The Scam That
Just Won't Die**





PLEASE JOIN US FOR A

Healthcare Network Event

 **Al's Pizza – Riverside**
1620 Margaret Street
Riverside, FL 32204



**Wednesday,
August 26**



**4:30 PM –
6:30 PM**

This is an opportunity for healthcare professionals
to meet and greet each other, build connections,
and strengthen our community.



PIZZA, SALADS, BEER AND WINE

≡ *will be provided!* ≡



PLEASE RSVP TO:

Pam Montemurno

pmontemurno@mqshealth.com

PUBLISHER'S NOTE

It's Okay to Ask

August is recognized as **National Wellness Month**, a time to focus on caring for our whole self. But this month, I'd like to ask you to think about something even more important.

Hope.

Over the years, too many families in our community have experienced the heartbreak of losing someone they love to suicide. Sometimes it's a neighbor. Sometimes a coworker. Sometimes it's the person who everyone thought was "doing just fine."

The truth is that pain doesn't always announce itself. It often hides behind a smile, a joke, a busy schedule, or the words, "I'm okay."

If you've ever found yourself in a season where you couldn't see a way forward, please hear this: **You are not alone.** Every one of us has faced moments that felt overwhelming. Times when the future seemed uncertain or the burden felt too heavy. Those moments do not define your story. They are chapters, not the ending.

There is no shame in asking for help. In fact, it may be the bravest thing you'll ever do.

Take a walk. Sit by the water. Exercise. Pray. Call your best friend. Reach out to a counselor. Visit your doctor. If you're in crisis, call 988 or contact your local Sheriff's Office. There are people, real people, whose purpose is to help you through your darkest day until you can see the light again.

And for the rest of us, let's become better listeners.

Pay attention to the people you love. Trust your instincts. If something feels different, it probably is. Don't worry about saying the perfect thing. A simple, "I've been thinking about you. How are you—really?" can open a door that someone has been waiting for.

This issue also includes mental health resources and organizations on the pages that follow, because sometimes knowing where to turn is the first step toward healing.

In memory of those we've lost, let's honor them by caring more deeply for those who are still with us.

Before this day ends, tell someone you love them. Put down your phone. Make the call. Stay for coffee. Listen a little longer. Offer a hug. Sometimes the greatest gift we can give another person is our time and our presence.

And no matter how difficult today may feel, there is always hope for tomorrow.

With gratitude,

Mischelle Grant, *Publisher*
mgrant@firstcoastseniorliving.com

FIRST COAST SENIOR LIVING

Mischelle Grant, *Publisher*

Chris Ramaglia, *Partner*

Al Bagocius, *Business Development*

Karen Davis, *Client Liaison*

Carolyn Bell Audije, *Creative Director*

Contributing Writers

Susanna Barton

Andrew Calvin, M.D.

Doug Filaroski

Jan Hirabayashi

David Patterson

Miriam Stansbury

Betsy Waltrip

Digital Solutions by BroadBased Communications

For editorial inquiries, email editorial@firstcoastseniorliving.com

For general media, advertising or sponsorship inquiries,
email partners@firstcoastseniorliving.com

For print copies, email info@firstcoastseniorliving.com



Florida Press Association

©2026 First Coast Senior Living The content of this publication, including but not limited to text, graphics, photographs, and layout, is the property of *First Coast Senior Living* and is protected by copyright laws. Reproduction or distribution of any part of this newspaper without prior written permission from *First Coast Senior Living* is strictly prohibited. Requests for permission or inquiries regarding reproduction should be directed to info@FirstCoastSeniorLiving.com

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

FirstCoastSeniorLiving.com

STEPS FOR LIFE



SATURDAY, SEPTEMBER 19TH

Every step helps someone choose to stay
and build a life worth living.

Join us for the inaugural **Here Tomorrow Community 5K:
Steps for Life**, a community event dedicated to hope,
connection, and suicide prevention.

heretomorrow.org



here tomorrow

need help?

Call or Text (904) 222-6988
910 3rd Street, Neptune Beach, FL 32266



SOUTHERN
TRANSITION
SERVICES

Betsy Waltrip
Realtor® | Right-Sizing Advisor

REAL ESTATE | ESTATE SALES | NOTARY | PERSONAL PROPERTY SOLUTIONS

904-397-4748

Brokered by NextHome Endless Summer

NextHome
ENDLESS SUMMER



Caring for Someone with Dementia?

Explore Free Support & Respite

Many Medicare A and B beneficiaries don't know that if they are caring for loved ones with dementia, they may qualify for additional free support through their Guiding an Improved Dementia Experience (GUIDE) program.

As the Area Agency on Aging for Northeast Florida, ElderSource offers complimentary evaluations and enrollment support, so you can begin benefiting from:

24/7 Clinical Support Helpline	Short-Term Respite Services	Care Coordination Assistance	Caregiver Training and Support
--------------------------------	-----------------------------	------------------------------	--------------------------------

See if you qualify today!

Scan here or visit did.short.gy/GUIDE

 **ElderSource**
start here for help

(888) 242-4464 | MyElderSource.org

Serving Baker, Clay, Duval, Flagler, Nassau, St. Johns and Volusia Counties Since 1974

By David Patterson

FITNESS

Your Muscles Don't Know Your Birthday

Your muscles don't know your age. They don't know the year you were born, the number on your driver's license, or how many candles were on your last birthday cake. They only respond to one thing: the work you ask them to do.

That's why building muscle may be one of the most important things we can do as we get older.

Adults naturally begin losing muscle mass, a process that can accelerate with inactivity. But aging does not mean accepting weakness. Our muscles are living, adaptable tissue that can grow stronger through resistance training, movement, and proper nutrition.

Some muscles deserve special attention because they power so much of what we do every day.

The **gluteus maximus**, the largest muscle in the body, is the powerhouse behind walking, climbing, standing, and generating strength from the hips. Strong glutes help support the entire body.

The **quadriceps**, the large muscles on the front of the thighs, are essential for movement, stability, and everyday activities like walking, cycling, and getting up from a seated position.

The **hamstrings**, located along the back of the thighs, work with the glutes and quadriceps to provide balance, power, and coordination.

The **core muscles**, including the **abdominals**, **obliques**, and deeper muscles surrounding the spine, act like the body's internal support system, helping with posture, balance, and efficient movement.

The **back muscles**, including the **latissimus dorsi** and **spinal erectors**, help maintain strength, posture, and the ability to lift and carry.

The **chest**, **shoulders**, and **arm muscles**, including the **pectorals**, **deltoids**, **biceps**, and **triceps**, allow us to push, pull, reach, and maintain upper-body strength.

Muscle is more than appearance. It is the foundation for an active life. It helps us travel, play with grandchildren, enjoy hobbies, and keep doing the things we love.

The goal isn't to look younger. It's to stay stronger. 



Akia Uwanda

A First Coast Voice with Global Reach

Jacksonville native Akia Uwanda has taken her rich, expressive voice from Northeast Florida to stages around the world, but the First Coast remains at the heart of her music.

A classically trained vocalist, songwriter, actress and producer, Uwanda moves smoothly among jazz, soul, gospel, blues, funk and R&B. Her remarkable range extends from low alto to high soprano, giving her the versatility to make a familiar standard feel entirely new. If performing an intimate ballad or an energetic soul number, she knows how to engage an audience and bring a song to life.

Uwanda introduced her debut album, *Lift*, at the 2017 Jacksonville Jazz Festival. The recording blends original compositions with enduring favorites such as “Autumn Leaves” and “Motherless Child,” creating an inspirational musical trek. Her career has since taken her to Carnegie Hall and international destinations including Italy, Dubai and South Korea. Along the way, she has opened for Earth, Wind & Fire and Avery Sunshine and shared stages with acclaimed jazz artists Gregory

Porter and Kamasi Washington.

Despite those far-reaching accomplishments, Uwanda continues to bring her music home. In 2026, she presented her 15th annual Valentine Jazz & Soul Dinner Party in Jacksonville and performed at St. Augustine’s Romanza Festivale and Lincolnville Museum and Cultural Center. Her Lincolnville appearances are especially fitting, pairing her contemporary artistry with one of the region’s most important centers of African American history and culture.

For Uwanda, music is more than entertainment. It is a way to celebrate heritage, lift spirits and bring people together. Her performances invite listeners to relax, lean in and enjoy music.

Keep an eye out for Akia Uwanda’s upcoming performance dates, because she delivers bold sounds and entertainment you don’t want to miss!

Follow Akia Uwanda Entertainer on Facebook and @akiauwanda on Instagram for announcements, music and more. ∞



Support for Every Step of the Journey

Haven Hospice has provided compassionate hospice care for patients and families across North Florida since 1979. Our specialized **Dementia Care Program** offers an added layer of support, bringing comfort, understanding and guidance every step of the way.

*Let us share how we can
help you and your family.
When health becomes a challenge,
we will be your haven.*



800.HOSPICE (467.7423) | HavenHospice.com

Serving advanced illness needs in North Florida since 1979. Licensed as a hospice since 1980. Haven does not discriminate on the basis of race, color, national origin, age, disability, or sex. Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800.727.1889. Si w pale Kreyol Ayisyen, gen sèvis ed pou lang ki disponib gratis pou ou. Rele 800.727.1889.

BERG BRYANT

ELDER LAW GROUP, PLLC.

ELDER LAW | MEDICAID PLANNING & APPLICATIONS
ASSET PROTECTION | ESTATE PLANNING | WILLS & TRUSTS
ADVANCE DIRECTIVES | PROBATE | GUARDIANSHIP

JACKSONVILLE OFFICE (MAIN)

7545 Centurion Parkway, Suite 108, Jacksonville, FL 32256

ORANGE PARK OFFICE

1929 Park Avenue, Orange Park, FL 32073

ST. AUGUSTINE OFFICE

145 Land Grant, Suite 6, St. Augustine, FL 32092

PHIL BURKETT

Public Relations Specialist

904.679.6475 (Call, Fax, Text)

pburkett@bbelderlaw.com

Free Monthly Webinar



BBELDERLAW.COM

Heartburn or Heart Attack?



Many people worry that heartburn-like symptoms could be a heart attack and that concern is understandable. Heartburn and chest discomfort caused by a heart problem can sometimes feel remarkably similar.

One reason the distinction is difficult is that internal organs don't signal pain the same way muscles, bones and joints do. If you stub your toe, your brain quickly recognizes where the pain is coming from. But the heart, esophagus, lungs, and even the muscles and joints of the chest can all cause discomfort in a similar area. Because those sensations overlap, it can be hard to know where the pain is coming from. Even healthcare professionals often need to get additional information from a good physical examination, an electrocardiogram (ECG or EKG), blood work and other testing to determine the source of the symptoms.

Heartburn is most commonly caused by acid reflux, which occurs when stomach acid flows back into the esophagus. It typically causes a burning sensation behind the breastbone and may leave a sour or

acidic taste in the mouth. Symptoms often develop after eating and may become worse when lying down or bending over. Certain foods and beverages, large meals, excess weight, tobacco use, and lying down soon after eating all can increase the likelihood of heartburn.

Many people describe pressure, heaviness, squeezing or tightness in the center of the chest rather than a burning sensation. A common misconception is that every heart attack causes sudden, severe chest pain. While some people experience symptoms that way, others notice milder pressure or fullness instead. The discomfort also may spread to the shoulders, one or both arms, neck, jaw, back, or upper abdomen. And it may occur with shortness of breath, nausea, lightheadedness or dizziness.

Chest pain that's very sharp, lasts only a few seconds, changes when you take a deep breath or moves from one location to another is generally less suggestive of a heart problem.

Conditions affecting the lungs, major blood vessels or digestive system also can cause chest pain and may require prompt medical evaluation.

If your chest discomfort is new, different from your usual symptoms or occurs with shortness of breath, nausea, dizziness or pain that spreads to the arm, jaw, neck or back, call 911 or seek emergency medical care right away.

Having a history of heartburn or acid reflux doesn't rule out the possibility that new chest discomfort could be related to your heart. Likewise, frequent heartburn shouldn't be ignored simply because it isn't an emergency.

Don't try to diagnose yourself. It's far better to be evaluated and learn your symptoms weren't caused by your heart than to delay treatment for a condition that could be life-threatening. 🐾



Andrew Calvin, M.D. is a Cardiologist for Mayo Clinic Health System



Zombie Debt

The Bill That Won't Die

Before you pay that collection call, know your rights.

The phone rings.

The caller claims you owe money on a credit card you haven't used in years, maybe even decades. They sound convincing. They know your name, an old address, and perhaps even the last four digits of your Social Security number.

Then comes the pressure.

"If you don't pay today, we'll file a lawsuit."

"We're sending your account to the sheriff."

"You could lose your home."

Before you reach for your checkbook, take a deep breath.

You may be dealing with what's known as "zombie debt" old debt that has been bought and sold among collection agencies for pennies on the dollar.

In Florida, there are time limits called "statutes of limitations" for filing lawsuits to collect most consumer debts. Although collectors may still contact you about an old debt, they generally cannot

successfully sue you once that legal deadline has passed if you raise the statute of limitations as a defense.

Instead, ask the collector to send written verification of the debt. Federal law requires debt collectors to provide information that helps you identify the account and who currently owns it. Never provide your bank account, Medicare number, or Social Security number during an unsolicited collection call.

Perhaps the biggest mistake consumers make is paying a small amount "just to get them off my back."

Unfortunately, scammers have also discovered that we are especially vulnerable to collection threats. Some callers impersonate law firms, government agencies, or court officials to frighten victims into making instant payments with gift cards, wire transfers, or digital payment apps.

Remember this: Legitimate debt collectors don't demand payment by gift card, threaten arrest over unpaid consumer debt, or refuse to send written documentation.

The next time an unfamiliar voice insists you owe money from twenty years ago, don't let fear make the decision.

Ask questions. Request proof. Know your rights. ☞

In Florida, the statute of limitations for most consumer debt is generally:

Written contracts
(including most credit cards):
5 years

Oral contracts:
4 years

Promissory notes:
5 years

Memory Care Committed To Compassion

LUMINATIONS®

PERSONALIZED CARE AND INNOVATIVE THERAPIES

START A CONVERSATION WITH US TODAY
904.822.3959 | GrandLiving.com


GRAND LIVING®
YOUR LIFE. UNIQUELY EMBRACED.

INDEPENDENT | ASSISTED | MEMORY CARE

3270 Tamaya Blvd, Jacksonville, FL 32246 | GrandLiving.com

ASSISTED LIVING FACILITY #13324



By Jan
Hirabayashi

Maybe Acting

My 81-year-old mother has younger friends, a busy social life and no interest in behaving like an 81-year-old. Then I found myself doing exactly the same thing.

My mother turned eighty one this year, and to celebrate, I drove to Sarasota with my best friend of thirty years.

My friend and I are both in our sixties. We have the kind of history that makes conversation easy: old stories, private jokes and knowing when the other needs a cocktail, or a nap.

We were there to take Sally out for her 81st birthday dinner.

Sally is healthy, active and in good shape. She is also social. When she mentioned that most of her friends were younger than she was, we were just a little surprised.

She told us about their nightly cocktail gatherings, cruise excursions and the plans they were always making. They had become a lively little community, with friendships that seemed to have very little to do with age.

As I listened to Sally describe the people who filled her days and evenings, I began to see her a little differently. My friend was getting to know Sally as a woman with a life of her own. I was seeing her, as daughters tend to do, as my mother.

As the day went on, I started noticing her world. People would pass by and call out to her. "Whoop! Whoop!"

Sally would call back from her patio.

There was an ease to it, the familiarity of people who know you. Sally told us that if she didn't answer



Sally
Beckwith
and friends

This Is What Your Age Looks Like.



with a "Whoop! Whoop!", her friends would knock on her door to make sure she was okay.

It seemed less like younger people surrounding an older woman and more like what it really was: a community.

We had a wonderful day together and celebrated Sally's birthday over dinner. Then my friend and I continued on to St. Petersburg. We had plans of our own.

When we checked into the hotel, we had lunch, a cocktail and took a brief nap. (We knew this wasn't wasted vacation time. Given our age, it was a strategic decision.)

Later, we dressed and strolled down Beach Drive, lined with sidewalk dining and people enjoying the evening. We headed first to the Vinoy Resort for a glamorous cocktail. From there, we walked toward the St. Pete Pier, enjoying the crowds and the high-energy music coming from the top floor.

On the way back to the hotel, something shifted. The older crowd was disappearing, and the streets were filling with a younger one. There were bridal parties, couples, families and groups of friends celebrating summer.

We purposefully turned down the most crowded and energetic street, where clubs spilled music onto the sidewalks and people packed the pavement.

There were bubbles floating through the air. Music was playing, and people were dancing shoulder-to-shoulder on the sidewalk.

And somehow, we joined them.

We danced with people young enough to be our children, drank cocktails and wine, and laughed with strangers. For an hour, nobody seemed particularly interested in anyone's age.

We were part of it.

This is worth noting because my normal bedtime is 10 p.m. Midnight is not a time I typically encounter unless I am traveling or have accidentally fallen asleep on the couch.

But there we were.

At midnight.

In St. Petersburg.

Dancing under bubbles with people decades younger than us.

And suddenly, I realized that the thing I'd noticed about my mother earlier that day was happening to me.

My Mom
and I during
a recent visit.



I was the younger friend.

Maybe my friend had helped me see my mother differently. She was looking at a woman with friends, not an eighty one-year-old woman with younger friends.

And perhaps that's the point.

We talk about "acting your age" as though every birthday comes with a new set of rules. At forty, you're supposed to behave differently than you did at thirty; at sixty, differently than at forty. At eighty, the rulebook presumably gets thicker.

But who wrote it?

Age changes us, of course. Our bodies change. Our responsibilities and priorities evolve. We accumulate wisdom and vision.

But the parts of us that want to laugh, make friends, travel, dance and occasionally make questionable decisions about tomorrow morning don't necessarily disappear.

Maybe acting your age isn't about behaving according to someone else's expectations.

Maybe it means being fully present in the life you have.

My mother is eighty one.

My friend and I are in our sixties.

The people dancing around us were in their twenties and thirties.

For one night, the numbers didn't matter. We were simply people having a good time.

And thinking about Sally and her younger friends, I finally understood what had been right in front of me all day.

Maybe acting your age isn't about behaving the way people think someone your age should behave.

Maybe it's about acting like yourself at whatever age you happen to be.

Sally is eighty one. She has younger friends, nightly cocktails, cruise excursions and people who call "Whoop! Whoop!" from the street.

I'm in my sixties. I take naps before going out, stay up until midnight when the occasion calls for it, and apparently still have enough left in me to dance under a bubble machine with people half my age.

We're not acting younger than we are.

We're acting our age.

And maybe that's exactly what growing older is supposed to look like.



Celebrating
good times with
neighbors.

Mission Resort & Club

A Destination That's Still In Its Prime

Unwind with a drive to Florida's hill country. Originally built in 1917, Mission Resort & Club, about thirty-five miles northwest of Orlando, sits amid these rarely seen, rolling green high points.

The historic resort's lush, five hundred plus acres feature the legendary, century-old El Campeon golf course, memorable fine dining, a high-end personal spa, tennis and pickleball, nature walks, history and more.

Located in a town called Howey-in-the-Hills, this area of Lake County sits at the state's geographic center, situated between pockets of wooded conservations land and the Harris Chain of Lakes – far from the hustle-and-bustle of coastal resorts.

Guests relax, get a massage, swim in the pool after lounging in a cabana, take a walk along nature trails and breathe the fresh air while gazing upon wildlife and water.

Mission Resort is also a fabulous place to host weddings. There are four, all-inclusive, camera-ready venue options to choose from.

Same Classic Resort, Far More Sparkle

Then, at night, enjoy a cocktail, or mocktail, before a scrumptious dinner at the recently renovated Conquistador Bar & Restaurant. In 2022, Mission Resort went under the ownership of MMI Hospitality Group, which has managed to retain the charm of a Spanish-style resort while updating features, polishing its look, and adding a bit of refinement.

On-site food options abound, ranging from short ribs, pork chops, salmon and shrimp, French onion soup and decadent desserts served at Conquistador; to bountiful breakfasts and the truly-worth-the-



Serenity at its finest on the greens.

trip Sunday brunch at La Hacienda; to lunch salads and sandwiches and an English tea, at Grove House overlooking the golf courses.

Yes, its golf "courses." Florida golfers with not much out-of-state experience definitely enjoy El Campeon's uniquely-for-Florida hilly terrain, featuring elevated tee boxes. They also like the water challenges on the flatter and more traditional El Campeon course. Both are championship courses that host many tournaments.

Come for Golf. Stay for the Experience.

Visitors easily spend a fun, delicious and stress-relieving week at the resort, which also has bikes for rent, rec rooms, basketball courts, a one-mile hiking trail, a fitness room, and many other exercise options. Know you're in a quaint town near other small communities, such as Mount Dora that are worth a look-see.

In fact, please don't go home without stopping at Yalaha Bakery, even if it's on your way out of town. Its glass cases are stuffed with a couple dozen choices of over-sized, eye-popping pastries to take home or enjoy on site with a coffee or tea. The German bakery's selection of fresh-baked breads is reason alone to venture a few miles down County Road 48.

While you're there, you should also visit Howey Mansion, the home in the 1920s of citrus magnate and developer William John Howey responsible for establishing this idyllic area.

The bad news is the millionaire failed to get the state capital moved to Howey-in-the-Hills, which was named after him. The good news is the area remains largely untouched by Florida's craziness, allowing Mission Resort + Club to remain a little secret! 🐾

Life on the water is welcome here.



Enjoy a cocktail on the courtyard patio.



Dine and discover five star cuisine.



Explore the Howey Mansion.

JUST ASKIN'

If Your Body Could Send You A Text Message, What Would It Say?



For many of us, the notifications would be rough. And many would opt to silence them.

Meanwhile, your brain would be frantically searching for the name of the actor from that movie you loved in 1987, and your hips would be filing a formal complaint about the mattress.

The human body is an amazing machine, but let's be honest, after a certain age, it becomes a very chatty one. We asked three people a question: If your body could send you a text message, what would it say?

Let's hear from them...

"Dear Linda, we need to renegotiate our relationship. We can still garden for three hours, but we're going to need a heating pad, comfortable shoes and a nap. We gotta talk about these midnight trips to the bathroom."

— *Linda McNeal, 67*

"My body would send a group text. My knees would complain about stairs, my eyes would demand brighter lights, and my back would text, 'Seriously?' Meanwhile, my stomach would remind me that tacos at 10 p.m. are no longer a good idea, no matter how I feel at the time."

— *Mark Halvern, 58*

"I would probably send a message that says, 'We're doing alright, but we need to change some things. Stretch more, drink more water, and stop trying to carry all the grocery bags in one trip. We heard that crackling sound when you stood up.'"

— *Evelyn Bass, 74*



UPCOMING EXPOS

WED. SEPT 16
CLAY COUNTY
 11 am to 3 pm
 Orange Park Mall
 1910 Wells Rd.,
 Orange Park, FL 32073

SAT. SEPT 26
PALM COAST
 10 am to 2 pm
 Palm Coast Community Center
 305 Palm Coast Pkwy NE
 Palm Coast, FL 32137

FREE TO ATTEND!

Standard Booth \$500
 Plus Special Perks!

Discounts for multi-show registration and non-profit organizations.

EXHIBITOR & SPONSORSHIP OPPORTUNITIES

- Dedicated Exhibitor Space
- Direct Engagement with an Active 50+ Audience
- Opportunity to Showcase and Sell Products, Services
- Inclusion in Event Promotions
- 1/8th Page Full Color Ad in First Coast Senior Living News

REGISTER NOW to ATTEND or EXHIBIT!
at ActiveAfter50Expo.com

POINT MEADOWS dentistry





Dr. Sarah Danser



Dr. Hanna Mularkey

(904) 373-1187
 7741 Point Meadows Dr #102
 Jacksonville, FL 32256
pmdentistry.com

ALTERATIONS JAX

HEM • ZIPPER • PATCHES • UNIFORMS • RESIZING CLOTHES
 FORMAL & CASUAL • TUXEDO • PROM • BRIDAL DRESSES

SAME DAY ALTERATIONS • SENIOR DISCOUNT

CALL OR TEXT (904) 370-9178
 605-1 New Berlin Road, Jacksonville, Florida 32218
www.alterationsjax.com



A Mighty Fine Example of Aging



Left to right: Tom Kimbrough, Margaret Barton, Quinn Barton III, Lindsey Barton, Quinn Barton Jr., Ellis Barton, Stacey Barton, David Barton, Susanna Barton

Our Papa, my husband's father Quinn R. Barton Jr., member of the Bolles Class of 1946, Princeton grad, expert reciter of Shakespeare and namer of family vehicles, passed away this Father's Day, June 21 at the age of 98. As an homage to this deeply thoughtful gentleman of all gentlemen and a shout out to the increasing number of Super Agers and Centenarians like him out there, I'd like to share a few words about how, from a gerontological standpoint, Papa is a "mighty" fine example of successful aging and articulate a few reasons why, and what we can learn from him.

Like most of us, Papa did not plan for aging with any enthusiasm or precision — or even any acceptance that it was actually something that might happen to him. Aging and death were non-existent in his life perspective. He was forever young! He may not have been aging or "old, like those old people over there," but he was seeing the very best in everyone and everything — which, ironically, was a strength of being old and aging well.

Many qualities that came naturally to Papa are now linked to healthier,

happier aging. He was relentlessly positive, rooted in his Catholic faith, surrounded by family, committed to his community and generous with his time. He found comfort in familiar places and routines, slept well, ate carefully, rarely drank and took daily walks. He remained curious, reciting

Shakespeare, solving Jumbles, watching classic movies and reading great books. He also maintained a gentle sense of humor, memorialized in such family-car names as Brigadoon, Eucalyptus Windermere and The Phantom.

Gerontological research connects these habits with longevity, resilience and well-being. Optimism helps people recover from stress and

remain engaged. Faith offers meaning, hope and community. Close relationships are among the strongest predictors of health and happiness, while purpose and intergenerational connections support cognitive and emotional health. Sleep,

movement and nutritious food strengthen the body; reading, puzzles and conversation build cognitive reserve. Humor lowers stress and strengthens social bonds.

No single quality explains a life that stretched nearly a century. Together, however,

Papa's habits created a life rooted in purpose, connection, curiosity, gratitude and delight. He never studied the science of successful aging. He lived it.

That's a legacy worth carrying forward. The science shows it. Thank you, Papa, for being an example of this for all of us! Cheers to 98 years of successful aging and living! 🍷



Quinn Barton Jr., David Person, Ben Barton



Ben Barton, David Barton, Marley Barton, Quinn Barton Jr.



Quinn Barton Jr. and Ben Barton

Grandma's Furniture's Midlife Crisis

Some furniture gets old. Other furniture earns bragging rights.

You know the pieces I'm talking about, the solid wood dresser that has survived three generations, the dining table that has hosted decades of holidays, or Grandma's china cabinet that is still standing strong while newer furniture has already called it quits.

There's a reason.

Older furniture was often built to last. Solid wood, dovetail drawers, sturdy joints, substantial hardware, and craftsmanship you can actually feel. Pick up an old drawer and then pick up one from some newer pieces. Enough said.

But quality doesn't mean it has to look like it's still living in 1954.

Think that old dresser can't be fabulous again?

Hold my paintbrush.

A beautiful old dresser can absolutely rock a bold new color and fabulous hardware. A traditional china cabinet can lose the china and become a coffee bar, bookcase, cocktail station, or showpiece for your favorite treasures. An old desk can become a

vanity, and that little side table nobody knew what to do with? Give it some personality and suddenly everyone wants it.

And please mix old with new! A vintage table with modern chairs, an antique dresser beneath contemporary artwork, or a beautifully refinished cabinet in a bright, fresh room can make a home feel collected, interesting, and completely your own. Those unexpected combinations are often what give a room warmth, personality, and a story you simply can't buy straight off a showroom floor.

Before painting or permanently changing an older piece, though, make sure it isn't something rare or valuable in its original condition. Sometimes those scratches and that gorgeous patina are part of the charm.

The best thing about old furniture? It has already proven itself. Does it need to act or show its age?

Absolutely not.

Keep the quality. Keep the character. Add some color, creativity, and attitude.

Good bones deserve a fabulous new outfit. ☞



Le Renard Lux is a boutique refinishing company in Fernandina Beach owned by Jon and Maria Cummins. They hand select vintage pieces to restore for new life.



AgeWell helps you keep doing what you love, with the people that matter most

Personalized health care tailored to help seniors thrive



AgeWell is the premier destination for senior care in Northeast Florida.

We're here to support older adults in living their best, healthiest lives. Specializing in proactive health care for those 65 and older, we provide a unique approach to primary care designed to enhance well-being and independence while managing the needs of senior adults.

To learn more about our four offices in the area and primary care that helps people 65+ thrive in their golden years, visit BaptistJax.com/AgeWell or give us a call at **904.202.4AGE** (4243).



44800



Call To Review Your 2026 Benefits
Sandie's Healthcare Solutions
 LICENSED CONSULTANT & AGENT
 904-524-0048 SandraSanoske@gmail.com



Discover Exceptional Senior Living at Discovery Commons San Pablo

- Personalized Care. Vibrant Living. Peace of Mind.
- Located directly across from Mayo Clinic's Main Campus
- Experience the Discovery Difference where every resident is treated like family.

Schedule your personal tour today.

*Mention this ad upon inquiry.



Suicide Prevention & Mental Health Crisis Resources

A mental health crisis can happen to anyone, at any age, and often when we least expect it. Feelings of sadness, anxiety, isolation, or hopelessness can become overwhelming. but help is available, and no one should have to face those moments alone. Across Northeast Florida, caring professionals, crisis counselors, and community organizations are ready to provide support, guidance, and a listening ear. If you need immediate assistance or simply want to learn more about available resources, reaching out is a sign of strength. The following organizations offer confidential support, information, and hope when it is needed most.

988 Suicide & Crisis Lifeline (Nationwide)

Call or text 988 or visit 988lifeline.org

United Way 211 (Nationwide) Call 211

DUVAL

Jacksonville Sheriff's Office (Non-Emergency)	904-630-0500	jaxsheriff.org
Florida Department of Health in Duval County	904-253-1000	duval.floridahealth.gov
Here Tomorrow	904-372-9087	heretomorrow.org
Mental Health Resource Center (MHRC)	904-642-9100	mhrccflorida.com
Baptist Behavioral Health	904-376-3800	baptistjax.com
River Point Behavioral Health	904-724-9202	riverpointbehavioral.com
Wekiva Springs Center	904-296-3533	wekivacenter.com
NAMI Jacksonville	904-724-7782	namijax.org

ST JOHNS

St. Johns County Sheriff's Office (Non-Emergency)	904-824-8304	sjso.org
Florida Department of Health in St. Johns County	904-506-6081	stjohns.floridahealth.gov
SMA Healthcare	800-539-4228	smahealthcare.org
Flagler Health+ Behavioral Health Services	904-819-5155	flaglerhealth.org
Betty Griffin Center	904-808-8544	bettygriffincenter.org

CLAY

Clay County Sheriff's Office (Non-Emergency)	904-264-6512	claysheriff.com
Clay Behavioral Health Center	904-291-5561	ccbhc.org
Clay Behavioral Health Mobile Response Team	904-291-4357	ccbhc.org
Baptist Behavioral Health - Clay	904-376-3800	baptistjax.com
Florida Department of Health in Clay County	904-529-2800	clay.floridahealth.gov

NASSAU

Nassau County Sheriff's Office (Non-Emergency)	904-225-5174	nassauso.com
Florida Department of Health in Nassau County	904-875-6100	nassau.floridahealth.gov
Starting Point Behavioral Healthcare	904-225-8280	spbh.org
Baptist Behavioral Health - Nassau	904-376-3800	baptistjax.com
Barnabas Center	904-261-7000	barnabasnassau.org

EMERGENCY REMINDER:

If you or someone you know is in immediate danger, call 911. If you are experiencing thoughts of suicide or a mental health crisis, call or text 988 to connect with trained crisis counselors available 24 hours a day, seven days a week.

Things To Do *this month*

July 30–August 3, Times Vary by Performance Shepard Fest

The Waterworks, 184 San Marco, St. Augustine, FL 32084
Celebrate the life and work of Pulitzer Prize-winning playwright Sam Shepard during this five-day festival featuring lectures, author talks, panel discussions, theatrical performances, book signings, and classic film screenings. Whether you're a lifelong theater enthusiast or simply enjoy thoughtful cultural events, Shepard Fest offers an engaging way to spend a summer weekend in the nation's oldest city. Costs vary from free to \$25. shepardfest.org

August 1&2, 10:00 AM - 5:00 PM

Last Splash of Summer Adoption Event

Jacksonville Humane Society, 8464 Beach Blvd., Jacksonville, FL 32216

Animal lovers won't want to miss this heartwarming event at the Jacksonville Humane Society. Meet adoptable dogs and cats, learn about pet adoption, and support one of the First Coast's most respected animal welfare organizations. Adoption fees will be 1/2 off. Free plus adoption fees. jaxhumane.org/events



August 4, 10:30 AM - 4:30 PM

Tuesday at the Jacksonville Zoo & Gardens

370 Zoo Parkway, Jacksonville, FL 32218



Spend the day exploring more than 2,000 animals and beautifully landscaped gardens during one of the Jacksonville Zoo & Gardens' popular \$10 Tuesday promotions. Be sure to visit the Manatee River

habitat, enjoy keeper chats, and watch scheduled animal feedings for an even closer look at some of the Zoo's most fascinating residents. Tickets often sell out, so purchasing in advance is recommended. Admission: \$10. jacksonvillezoo.org

August 7, 5:00 PM - 9:00 PM

First Friday Art Walk

Historic Downtown St. Augustine, FL 32084

Take an evening stroll through St. Augustine's lively arts district as galleries open their doors for artist receptions, special exhibits, and refreshments. It's a wonderful opportunity to meet local artists, discover new works, and enjoy one of the city's most beloved monthly traditions. No cost to attend. staaa.org

August 7, 7:00 PM to August 9, 3:00 PM

Jax Beach Summer Fest

Seawalk Pavilion, 75 1st Street, Jacksonville Beach, FL 32250

Celebrate the final weeks of summer with live entertainment, local food vendors, artisan shopping, and oceanfront fun. Spend a few hours by the water, enjoy live music, and take in the lively atmosphere before the season begins to wind down. No cost to attend. visitjacksonville.com/events



August 12, 7:00 PM

Classic Film Night:

A Tree Grows in Brooklyn

The Waterworks, 184 San Marco Avenue, St. Augustine, FL 32084

Enjoy one of Hollywood's enduring classics during a St. Augustine Film Society screening of *A Tree Grows in Brooklyn*. Based on Betty Smith's beloved novel, this timeless film offers a nostalgic evening for anyone who appreciates classic cinema. Cost: \$10 and up staugustinefilmsociety.com



August 22, 10:00 AM - 4:00 PM

Writers Day Jacksonville Main Library

303 North Laura Street, Jacksonville, FL 32202

Meet authors, attend writing workshops, and explore the craft of storytelling during this annual literary event hosted by Jacksonville Public Library. Whether you're writing your memoir or simply enjoy hearing great stories, it's an inspiring day for lifelong learners. No cost to attend. jaxpubliclibrary.org

August 6 - 27, Every Thurs. 6:00 PM - 8:00 PM

Concerts in the Plaza

Plaza de Constitución, King Street, St. Augustine, FL 32084

Bring a lawn chair and enjoy live music beneath the oak trees in the Plaza de la Constitución. The relaxed atmosphere, historic surroundings, and variety of musical styles have made this one of the First Coast's favorite summer traditions. No cost to attend.

citystaug.com

August 1 - 20, Schedule Varies

Amelia River Cruises

1 North Front Street, Fernandina Beach, FL 32034

Cruise the scenic waterways surrounding Cumberland Island while watching for dolphins, wading birds, sea turtles, and the island's famous wild horses. The comfortable pace



and beautiful scenery make this one of Northeast Florida's most relaxing summer excursions. Cost: \$38 and up. ameliarivercruises.com

August 1 - 29 (Saturdays Only), 9:00 AM - 1:00 PM

Fernandina Beach Arts Market

508 Center Street, Fernandina Beach, FL 32034

Browse fresh produce, seafood, baked goods, handcrafted artwork, jewelry, and gifts while enjoying the charm of historic downtown Fernandina Beach. Pair your visit with breakfast or lunch at one of the nearby cafés for a leisurely Saturday outing. No cost to attend. fernandinabeachmarketplace.com

August 29, 10:00 AM - 3:00 PM

Riverside Arts Market

715 Riverside Avenue, Jacksonville, FL 32202

Spend the morning along the St. Johns River browsing local artists, fresh foods, handcrafted goods, and live entertainment beneath the Fuller Warren Bridge. It's one of Jacksonville's most popular weekly destinations and always offers something new to discover. Free admission. riversideartsmarket.org



PARTING SHOT

By David Patterson

Dick Hamilton

Bringing the Coast to Canvas



R. B. Hamilton spent much of his career in the corporate world, serving as corporate vice president of public affairs for Abbott Laboratories in Chicago. A graduate of the University of North Carolina at Chapel Hill,

Hamilton later moved to North Carolina, where he became known for helping restore historic buildings in downtown New Bern and for launching CoastalNet, which grew into one of the state's largest Internet service providers.

But it was the water that ultimately inspired what he decided to do next.

A lifelong student of marine life, Hamilton began collecting antique prints of fish and shore birds years ago. Before long, he decided to create his own artwork, painting the colorful species he encountered in the creeks and coastal waters around him. His collection has since grown to include dozens of species of fish, as well as crabs, herons, egrets, and other birds that call the Southeast coast home.



Entirely self-taught, Hamilton has earned numerous honors, including Best in Show and several first-place awards for his acrylic paintings. Today, his artwork appears not only on gallery walls but also on handbags, decorative pillows, tote bags, and other home accessories designed with the help of his wife, interior designer Betsy Drake.

Hamilton is a member of the Plantation Artists' Guild and Gallery (PAGG), where visitors can view some of his work with that of other accomplished local artists. The gallery is located at 94 Amelia Village Circle, Fernandina Beach, Florida 32034, in the Shops at Omni Amelia Island.

His paintings reveal more than the beauty of the coast. They tell the story of a man who turned a passion for the natural world into a second career. 🐟



**JAX IMPLANTS
& DENTURES**

Smile with Confidence Again

Full mouth dental implants provide a permanent solution for missing teeth, giving you a secure smile that feels natural.



Our Services

- ✓ Full Mouth Dental Implants
- ✓ Single Implants
- ✓ Implant Bridges
- ✓ Implant Supported Dentures



*Actual Patient Photos

Full Mouth Dental Implant Transformation

Why Jax Implants?

- ✓ Dental Implant Focused Clinic
- ✓ 99.7% Dental Implant Success Rate
- ✓ On-site Dental Lab
- ✓ Everything Done in One Location
- ✓ Permanent Teeth in 24 Hours



The doctors and staff are great and make you feel comfortable every step of the way.

BRANDI T.



Complimentary Consultations

Schedule your **free dental implant consultation** and explore your options for a healthier smile!



JAX Dental Implants & Dentures



@jaximplantsanddentures



@jaximplantsanddentures



(904) 853-3038



www.jaximplants.com



11645 Beach Blvd STE 101,
Jacksonville, FL 32246