

# Prime Times

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PUBLISHED BY THE HERALD-TRIBUNE  
FOR FRIENDSHIP CENTERS

YOUR GUIDE TO AGING WELL

FRIENDSHIPCENTERS.ORG

## Living Better Together

**INSIDE:**

Find New Love At Any Age

Heart Health

Exploring Intimacy Through Drama

Friendship  
Centers  
People Helping People



**IN THIS ISSUE:** Love is in the air in February. At Friendship Centers, you'll find couples in love, fast friends and caring families. On a more serious note, this month we also focus on heart disease. Learn about prevention and advances in treatment.

## COUPLE FIND NEW LOVE AND COMMITMENT

Nearly eight years after they met at Friendship Centers' Venice campus, Eve Hill and Don Cameron were "married in the eyes of God." They said their vows in December before their pastor at Venice Presbyterian Church and held a reception afterward at their home.

The only part of the wedding they skipped was the official marriage certificate.

"We couldn't get (legally) married because of my children, my pensions and everything, so we talked to our pastor about being married in the eyes of the church," says Hill.

"As far as I'm concerned, I'm his wife. That's good enough for me. It makes me feel better in my heart."

*"I remember Don walking in, I half turned, I looked and I thought, 'wow, that could be for me.'"*

A week after the ceremonial wedding, at the Venice Friendship Center's holiday party, Center Manager Tom Harlow introduced "Mr. and Mrs. Cameron" to the crowd, asked them to speak and everyone cheered. The band played "The Anniversary Waltz."

"It was lovely because we know so many people there," Hill says.

"They recognized our marriage," Cameron says.

Hill and Cameron met at Friendship Centers in February 2010 after both had lost their spouses, in 2009 and 2007 respectively.



Eve Hill and Don Cameron, who met at the Friendship Centers in Venice, held a wedding ceremony at their church in December.

"I remember Don walking in, I half turned, I looked and I thought, 'wow, that could be for me,'" Hill said about seeing husband Don Cameron for the first time.

A friend asked Cameron to dance with Hill. "So he asked me to dance and everything else is history."

It turned out that they attended the same church, where Cameron was head usher. When Hill saw him there, she asked him to lunch at her home.

Cameron says he originally visited the Center to hear the music, but he didn't know how to dance, so he took lessons there. Then he danced with all the women, including Hill.

"It was a big thing for me that she went to my church. That had a lot to do with it. And we have a lot in common."

"Not the language," he says, laughing. "She's English and I'm American, and from Massachusetts."

Cameron, 94, sold his house and moved into Hill's Venice home in 2012.

They are both big supporters of Friendship Centers, which brought them together. Hill has joined the Legacy Society, which recognizes donors who have included the Centers in their estate planning. She also donates \$50 a month.

"One reason that I wanted to become a Legacy member was because of my late husband."

Denis Hill played the saxophone in the band for many years. Everyone at the Venice Friendship Center was very good to him when he had cancer, she says.

Hill and Cameron still dance at the Center on Tuesdays and Fridays when they are able. Hill, 78, has had spine, hip and shoulder operations and, just after Christmas, had a knee replacement. Through all the surgeries and the recovery, her partner has been by her side.

"The reason we had the ceremony was, even as old as I am, I felt strange not being married," Hill says. "The ceremony has made a difference to the way I act and feel." 🌟



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**Our Mission:**  
 To promote health, dignity  
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 the journey of aging.

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# VOLUNTEERING ALSO CREATES GREAT FRIENDSHIPS

Susan Sherman and Vicki Dworski have become fast friends since they began manning the reception desk together at Friendship Centers in Sarasota.

"Our friendship has been cemented by coming here to volunteer," Dworski says.

The two women met three years ago when Dworski moved into Sherman's condo building, Central Park. They soon agreed to volunteer at Friendship Centers' Sarasota campus, across the street.

"We get more from it than they do sometimes," says Sherman, 75. "It's a real reaching out, not just sitting at a desk doing paperwork or filing."

The pair take the Balance Movement class, assisting the teacher, and also take Rhythm & Moves. And they are members of the What's Happening

Discussion Group, which gathers every Friday to exchange sometimes-heated opinions about the issues of the day.

"We have fun together," says Dworski, 74.

The friends socialize outside the Center, too, going to lunch before their volunteer shift, catching a movie or having dinner at each other's homes. They live only one floor apart.

"Not only are we friends, but being on the desk every Wednesday, a lot of people here think of us as friends," says Dworski. "They tell us their stories. We know their history."

"We know their lives," says Sherman. "The same people come at the same time every week, so you get to know them, and they know you, and they feel good that the same people are there at the reception desk."



Susan Sherman, left, and Vicki Dworski assist a visitor at Friendship Centers' Sarasota Activity Center.

Friendship Centers' Activity Center is where many lonely people come for companionship and friendship, says Dworski.

"If we can add to that, it makes it very worthwhile." ♻️

## Interested?

**For information about volunteer opportunities at Friendship Centers, contact Director of Community Outreach Robert Rogers at 941.556.3223, or [rrogers@friendshipcenters.org](mailto:rrogers@friendshipcenters.org). Applications may be picked up at the Sarasota or Venice campus.**

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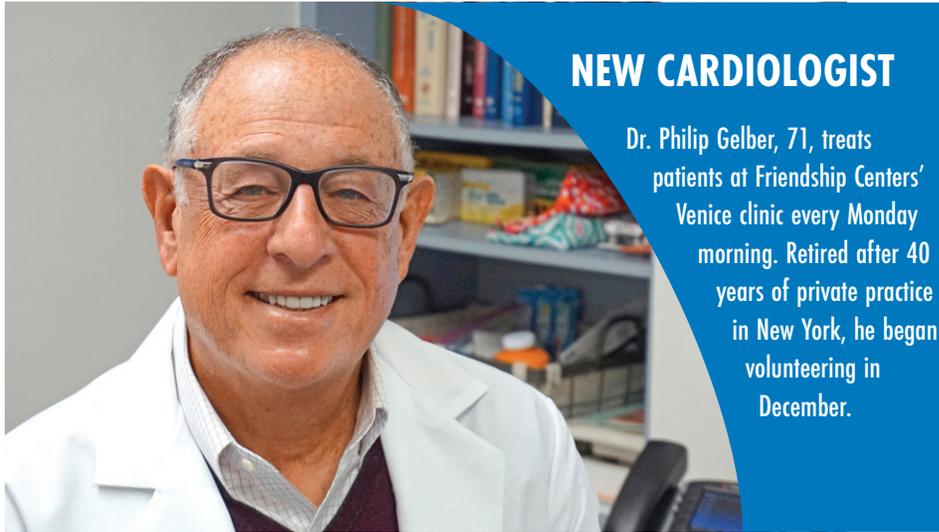
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## ADVANCES REVOLUTIONIZE SENIOR CARDIOLOGY



### NEW CARDIOLOGIST

Dr. Philip Gelber, 71, treats patients at Friendship Centers' Venice clinic every Monday morning. Retired after 40 years of private practice in New York, he began volunteering in December.

Even in your 70s, 80s or 90s, you can be successfully treated for high blood pressure or high cholesterol, reducing your risk of a heart attack or stroke.

"We formerly thought by that age, it didn't matter," says Dr. Philip Gelber, a volunteer cardiologist at Friendship Centers' Venice clinic.

Some older patients are resistant to treatment, but every study has shown increased longevity. And this is only part of the good news for seniors. In fact, senior cardiology has been revolutionized in the last 10 years," Gelber says.

For those with heart failure, new devices have been invented to make hearts beat stronger and make sick hearts last longer. An implantable defibrillator can get a weak heart going again. New drugs also help.

Preventing strokes is another advancement of particular benefit to seniors, Gelber says. Most strokes suffered by people in their 80s or 90s are caused by atrial fibrillation, an irregular contraction of the heart. The rate of strokes has been dramatically reduced by newer, safer and more convenient blood thinners and by ablation, in which a catheter delivers

a spark to the heart that causes an abnormal heart rhythm to become normal again.

"Strokes are a devastating complication for seniors," he says. "The stroke rate has been dramatically reduced by medicines and ablation."

However, recovering from a stroke is still a painful, slow process.

The best prescription is to prevent a heart attack, heart failure or stroke by changing your lifestyle. Don't smoke, exercise 30 minutes a day and eat a low-fat diet. Exercising also reduces stress, which causes high blood pressure and high blood sugar.

"Be sure to get at least seven hours of sleep," says Gelber. If you snore a lot you could be suffering from a sleep disorder. Check with your doctor.

"In conjunction with doctors, lower your cholesterol with statins, which dramatically reduce stroke and control blood pressure," Gelber says.

No matter your age, it's never too late to start living a healthier life, tilting the odds in your favor, according to Gelber.



## CLINIC UNCOVERS PATIENT'S HEART CONDITION

Douglas Duchai visited Friendship Centers' medical clinic for a checkup last year and ended up in an operating room at Sarasota Memorial Hospital.

His primary physician at the Sarasota clinic, Dr. Albert Tripodi, discovered that his heart rate was only 33 beats a minute. (A normal resting heart rate for adults ranges from 60 to 100 beats a minute.)

"They sent me right to the hospital and put in a pacemaker the next day," says Duchai. "It wasn't scary at the time, but I guess it was worse than I thought."

Duchai, 60, has turned to the clinic for his health care for the past 10 years. The medical and dental clinics on Friendship Centers' Sarasota and Venice campuses care for adults 50 and older who are uninsured or underinsured.

Duchai has no health insurance, even though he is employed at 7-Eleven.

"I came to the clinic originally because I was out of work," he says.

Tripodi has been able to bring Duchai's overactive thyroid and high blood pressure under control with medications, he says. Since the discovery of his heart condition, he is seeing another clinic volunteer, Dr. Samuel Kalush, a cardiologist. Kalush treated him a couple of years ago for an enlarged heart.

He says Kalush sent him to SMH's clinic for further examinations and recommended an echocardiogram, an ultrasound that checks the heart for abnormalities and disease.

"It's kind of depressing, but when it's over I'll be better."

He had his eyes examined at the medical clinic and was referred to an outside doctor for cataract surgery; he is also waiting to hear from the dental clinic about replacing his bottom dentures.

Duchai is very satisfied with the care he has received.

"The help has been excellent," he says. "Everyone there is nice. Dr. Tripodi is always the best. I will continue going to the clinic as long as I need it." 



Douglas Duchai's doctor at Friendship Centers' clinic found that he had a very low heart rate.

## FRIENDSHIP CENTERS VOLUNTEER NEEDS

**Medical And Dental Clinics** - CNA, CMA, RMA, LPN, and RNs and Dentists

**Friendship At Home** - Caring volunteers needed for telephone reassurance, friendly visitor program and supportive intervention.

**Volunteer Gardener** - Gardener wanted to manage Friendship Centers' Friendship Garden Program.

**Volunteer Driver** - Volunteer needed to deliver the Prime Times newspaper to locations throughout Sarasota County each month.

For more information about volunteering at Friendship Centers and to view a full listing of volunteer opportunities, visit [friendshipcenters.org](http://friendshipcenters.org)



# CARING FOR ONE FAMILY THROUGH THE GENERATIONS



Nadine Lennox, right, cares for her mother, Serena Lennox, with the help of Friendship Centers.

Friendship Centers has served three generations of Nadine Lennox's family.

The story begins with her grandmother, Mary Accardi, who developed dementia in her 90s. Her family moved her to Sarasota to become a client of The Caregiving Place's Adult Day Service.

Lennox's mother, Serena Lennox, regularly visited the Sarasota Friendship Center for live music and dancing. That's where she met her boyfriend, Jack. He was physically handicapped, but they took care of each other – she helped take off his shoes, he reminded her to take her pills.

"Since he couldn't dance, the men would ask if they could borrow my mom. They could tell she wanted to dance," says Nadine.

Serena and Jack were together for three years. He died two years ago.

Serena, 82, is now well cared for four days a week at Friendship Centers' adult day program, like her mother before her, but she hasn't stopped dancing. A caregiver takes her next door to the Activity Center once a week.

"She remembers music and dancing," says her daughter, 56.

Because of her mother's love of

dancing, Nadine recently made a Friendship Centers donation earmarked for the Activity Center.

"They said that's the area where they need money most. Perfect, 'cause that's what my mom uses."

Her mother also loves The Caregiving Place's day program, which takes place in the part of the building known as the "Living Room," eagerly taking part in activities involving expression or entertainment. She has been a client since 2015. She learned she had Alzheimer's in 2007.

"She has so much energy. She wears everybody out," says Nadine.

Nadine is sold on the program, too. The staff knows how to handle dementia, which some caregivers do not, she says.

"The Living Room is fabulous. If they didn't have that I don't know what I'd do. I couldn't keep her at home."

Nadine, a French-English translator of art history and documents, lived in Paris for 21 years, but moved back to the states a year ago to take care of her mother, with her brother's help.

"I'm glad the Living Room is here. I hope I won't need it, but at least I know it's a great place." ☺

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# SARASOTA

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## LUNCH AT FRIENDSHIP CAFÉ

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## Friendship Center Activity Schedule

Health & Fitness

Classes

Entertainment

Dance Lessons

Groups

Games

	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM
MONDAY	Balance Movement 9—9:55 AM	Balance Movement 10:10—11:05 AM	Balance Movement PLUS* 11:15 AM—12:10 PM	Lunch 11:45 AM—12:30 PM	Live Music and Dancing: Joe Bruno & Friends 1—3 PM		Ballroom and Latin Dance Lessons 3—4:30 PM	
		Wisdom Group 10 AM—12 PM			Beginners Mahjong 1—3 PM			
		Ceramics 9:30—11 AM	Silver Sneakers 11:15 AM—12:15 PM		Duplicate Bridge 1—4 PM			
TUESDAY	Intermediate Tap Dance 9—10 AM	Rhythm & Moves 10—11 AM	Silver Sneakers YOGA 11 AM—12 PM	Lunch 11:45 AM—12:30 PM	Live Music and Dancing: Skip's Dixie Mix 1—3 PM		Karaoke 3—4 PM	
	Absolute Beginners Harmonica 9—10 AM		Guitarist: Tom Kaiser 11 AM—12 PM		Duplicate Bridge 1—4 PM			
		Intermediate Harmonica 10—11:30 AM			Party Bridge 1—4 PM			
		Bingo 9:30—11:30 AM				Intermediate Yoga* 2—3 PM		
			Writing From Memory 10:30—11:30 AM					
WEDNESDAY	Balance Movement 9—9:55 AM	Balance Movement 10:10—11:05 AM	Balance Movement PLUS* 11:15 AM—12:10 PM	Lunch 11:45 AM—12:30 PM	Live Music and Dancing: Pure Gold Band 1—3 PM		Friendship Chorale 3—4:30 PM	
		Beginners Yoga* 10—11 AM	Silver Sneakers 11:15 AM—12:15 PM					
		Beginning Chinese Language 10—11 AM	Watercolor 11 AM—1 PM					
		Basic Computer/Laptop Survival Class 10—11 AM	Hula 11 AM—1 PM					
		Have Fun With Spanish 10—11:30 AM						
THURSDAY		Rhythm & Moves 10—11 AM	Silver Sneakers YOGA 11 AM—12 PM	Lunch 11:45 AM—12:30 PM	Live Music and Dancing: Nancy & Keith 1—3 PM		Senior Theater Tap 3:30—4:30 PM	
		Acrylic Painting 10 AM—12 PM			Double Pinochle 1—2 PM	Intermediate Yoga* 2—3 PM		
		Friendship Dancers 10 AM—12 PM			Duplicate Bridge 1—4 PM			
		Intermediate Italian 10—11:30 AM			Mahjong 12:30—1:30 PM			
			Weight Loss and Healthy Eating 11 AM—12 PM					
FRIDAY		Tai Chi* 10—11 AM		Lunch 11:45 AM—12:30 PM	Live Music and Dancing: Just Sweet Jazz 1—3 PM		Beginning Tap Dance 3—4 PM	
	Balance Movement UPBEAT 9:30—10:30 AM	Advanced Computer/ Laptop Class 10—11 AM			Duplicate Bridge 1—4 PM			
		Wisdom Group 10 AM—12 PM			Beginners Mahjong 1—2 PM			
	Bingo 9:30—11:30 AM				What's Happening Discussion Group* 1—2 PM			
		Chess Group 10 AM—12 PM						
		Buffalo Swing Band 10 AM—12 PM						

\* Center for Healthy Aging  
1900 Brother Geenen Way

# VENICE

**MONDAY—FRIDAY**  
**8:30 AM—4:30 PM**  
 2350 Scenic Drive, Venice  
 941.584.0075

## SMALL APPLIANCE REPAIR

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941.493.3065

## LUNCH AT FRIENDSHIP CAFÉ

Monday - Friday • 12—12:30 PM

Join us for a nutritious, buffet-style lunch. Suggested donation is \$3. Get menus from the Center or online at [friendshipcenters.org](http://friendshipcenters.org).

# Friendship Center Activity Schedule

Health & Fitness

Classes

Entertainment

Dance Lessons

Groups

Games

9 AM 10 AM 11 AM 12 PM 1 PM 2 PM 3 PM 4 PM

MONDAY

Senior Friendly Aerobics  
9—10 AM

Silver Sneakers  
10—11 AM

Lunch 12—12:30 PM

Live Music and Dancing: The Upbeat Gang 1—3 PM

Life History Writing 9:30—11 AM

Duplicate Bridge 1—4 PM

Hand and Foot Canasta  
9 AM—12 PM

TUESDAY

Woodcarving 9—11 AM

Lunch 12—12:30 PM

Live Music and Dancing: The Royal Aires 1—3 PM

Rummikub 9 AM—12 PM

Single Deck Progressive Pinochle 12:30—4 PM

Quilter's Group 9:30—11 AM

Bingo 10—11:30 AM

WEDNESDAY

Senior Friendly Aerobics  
9—10 AM

Silver Sneakers  
10—11 AM

Lunch 12—12:30 PM

Live Music and Dancing: Consult Venice Live Music  
Wednesdays Schedule (bottom right) 1—3 PM

TOPS: Taking Off Pounds Sensibly 9—11 AM

Original Friendly Bridge 12:15—3 PM

THURSDAY

Line Dancing  
10—11 AM

Lunch 12—12:30 PM

Live Music and Dancing: Dick Rivers 1—3 PM

Balance Movement  
3:30—4:15 PM

Art Class  
10 AM—12 PM

Mahjong 1—4 PM

Bingo 10—11:30 AM

Double Deck Progressive Pinochle 1—4:15 PM

FRIDAY

Senior Friendly Aerobics  
9—10 AM

Balance Movement  
10—10:45 AM

Lunch 12—12:30 PM

Live Music and Dancing: Al Pierce & The Let's Do It Band  
1—3 PM

Friendly Bridge 9—11 AM

Duplicate Bridge 12:50—4 PM

Yoga 10—11 AM

CENTER MEMBERSHIP: Ask at the desk for information on how you can become a Friend of the Center. Membership offers many discounts and benefits. Call 941.584.0075 to join.

## NEW COLLABORATIVE ACTIVITIES AT SARASOTA FRIENDSHIP CENTERS

Join us for a host of new programming made possible through the South Carolina Greenville Zoo and the Center for Interactive Learning and Collaboration! The Greenville Zoo program offers digital classroom experiences for long-distance learning.

**Feb. 8:** 10—11 AM, Dwyer Room, "Wild Wanders," a virtual tour of a section of Greenville Zoo. Led by Kyra Thurow, Greenville Zoo Education Program coordinator, and wildlife specialists. Experience an interactive tour and learn about the animals and their habitats.

**Feb. 20:** 10—11 AM, Dwyer Room, "Who's Who in the Zoo," a virtual classroom program about the Greenville Zoo focusing on animal care. Led by Kyra Thurow, Greenville Zoo Education Program coordinator, and wildlife specialists. Learn about diets, veterinary care, training and enrichment



## VENICE LIVE MUSIC WEDNESDAY SCHEDULE

Wednesday, Feb. 7, 21 and 28, 1—3 PM

Don Stewart & The Good Time Groove Band

Wednesday, Feb. 14, 1—3 PM

Valentine's Day Party with Just the 2 of US



**Focus on Friendship Tours: Tour our campuses and learn more about volunteering at Friendship Centers**

**SARASOTA: Feb. 20, 10—11 AM, 1888 Brother Geenen Way**

**VENICE: Feb. 6, 10—11 AM, 2350 Scenic Drive**

RSVP: Director of Community Outreach Robert Rogers, 941.556.3223 or [rrogers@friendshipcenters.org](mailto:rrogers@friendshipcenters.org).



# SARASOTA | Center Activity Highlights

## February

**7 Typewriter Social** Beginning Wednesday, Feb. 7, 3–4 PM, facilitated by Dennis & Jennifer Brock. This new, fun program will be held every month.

**9 Photography Reception** Friday, Feb. 9, 2–4 PM, Travels from Real Life to Still Life Photo Exhibition with Linda Romero and Roxanne Beckman. Light refreshments will be served.

**13 Healthy Walk & Talk** Tuesday, Feb. 13, 10–11:30 AM. Join us for talk on preventing falls, light stretching and group walk on campus. Meet at the Activity Center, call 914.917.7011.

**14 Valentine's Day Party & Friendship Treasures Fashion Show** Wednesday, Feb. 14, 1–3 PM. Join us as our models showcase some of our finest articles of clothing from Friendship Treasures. Refreshments provided throughout the party and show.

**19 Pioneers of Climate Change** Monday, Feb. 19, 3–4 PM, Dwyer Room. Presented by James Eachus, member of the United Nations Association, Greater Seattle Chapter Speakers Bureau.

**20 Mardi Gras Dance Party** Tuesday, Feb. 20, 6–8 PM \$10 at door. Barry & The Boomers are coming back with the best live dance music! Appetizers provided, Beer & Wine available with ticket purchase.

**27 Celebrate Black History Month** Tuesday, Feb. 27, 1–3 PM. Let's Have A Pot Luck!! Cook and bring in your favorite recipe to share. (Crock Pots preferred) We will host our friends from Robert L. Taylor as well. See Paige or call 941.556.3265 to sign up with your dish. \$5 at door and enter to win a \$50 Publix gift card!

## Ongoing

**NEW Fitness Class – Stride, Strengthen & Stretch** Tuesdays, 9-10 AM, through March 6. Walk or jog on Friendship Centers' grounds, then head inside for strengthening with weights, resistance bands and flexibility exercises. More vigorous than balance movement, but can be adapted as needed.

**AARP Returns – Free Income Tax Preparation** Begins Thursday, Feb. 1, and continues every Tuesday and Thursday, 9:30 AM–1 PM, through April 12, 2018. Library, first come, first serve.

**FREE Brain Health Screenings** The Center for Brain Health is offering free Brain Health Screenings from 10 AM–1:30 PM on the fourth Tuesday of each month. Please call 941.556.9900 for an appointment. The Center for Brain Health combines prevention, research and ways to stabilize cognitive decline using evidence-based validation tools.

**Hair Salon** Every second Tuesday of the month, 11 AM–1 PM.

**SHINE (Serving Health Insurance Needs of Elders)** SHINE counselors can help you regarding your insurance benefits. Please call Area Agency on Aging for SWFL at 1.866.413.5337. For SHINE's office hours at Friendship Centers, call 941.556.3248.

**Weight Loss and Healthy Eating Group** Thursdays 11AM–12 PM, free – no registration required, optional \$8 book. For more information call Nancy at 941.556.3220.

**Now Offering Notary Services** Nonmembers \$7; members \$4. Call Paige Giasson at 941.556.3265 for details.

**Get your Friendship Centers T-Shirt TODAY!** T-shirts now available in men's and women's sizes. See Paige for your new Friendship Centers Tee today! Supplies are very limited! \$15



# VENICE | Center Activity Highlights

## February

**14 Valentine's Day Party** Wednesday, Feb. 14, 1–3 PM. Music by Robert Hosfeld & Doug White of Just the 2 of US. Special presentation at 1:30 PM, 2 PM, Jacque Baldelli with Belly's In Motion will perform. The 50/50 drawing will be held at 2:55 PM. \$4 for members, \$7 for nonmembers paid at the door. Thank you, to Harbor Chase of Venice for providing the cupcakes & carnations for this event!

**14 AARP Driver Safety Classes** AARP has a course that will update you on the laws and refresh your driving skills. This class will be offered Wednesday, Feb. 14, 9 AM–4 PM. The class fee is \$15 for AARP members and \$20 for nonmembers. Classes are located in the clinic, 2nd floor, in the Pat Buster Room. Please call 218.398.2585 for more information and to reserve your seat.

**28 Gulf Coast Legal Services** Wednesday, Feb. 28, 9:30 AM–4 PM, Robin L. Stover, Esq. of Gulf Coast Legal Services, will be at the Center to answer legal questions. Gulf Coast Legal Services is a nonprofit serving the legal needs of vulnerable individuals, families and communities. For information or to make an appointment, call Robin at 941.587.1646.

## Ongoing

**SHINE (Serving Health Insurance Needs of Elders)** Trained volunteers with the Florida Department of Elder Affairs will be able to answer your questions regarding Medicare insurance, prescription drug policies & supplemental insurance. Please call Area Agency on Aging for SWFL at 866.413.5337. For days and times that the SHINE office will be open on our campus, please call 941.584.0051.

**Join Us for Mahjong** Thursdays at 1 PM. Cards are required for play, copied cards are not permitted. Beginner lessons are by reservation only. Call 347.834.5786 to make your reservation for lessons at the Venice campus only. Beginners will only be assisted as time and group size allow.

**All Faiths Food Bank – Sprout Mobile Farm Market Program** Coming to Friendship Centers on the following Tuesdays, 1:30–2:30 PM: Feb. 20, Mar. 20, Apr. 17, May 15, June 19, July 17, Aug. 21, Sept. 18, Oct. 16, Nov. 20, Dec. 18. Sprout Mobile Farm Market Program provides fresh produce directly to clients in an organized format managed by AFFB staff and/or volunteers. AFFB staff create the product order, and food items vary daily; the host site does not select food items.



## TECHNOLOGY CLASSES Offered in Sarasota and Venice

### SARASOTA: Android Smart Phone and Tablet Class

Starting Feb. 13, Tuesdays 11 AM, Computer Lab, six-week course for \$60. Call 941.556.3265 to register, space is limited.

### VENICE: Intro to Computers, iPhone and iPad

Classes are forming now! Each class is \$40. Call 941.584.0052 for details and registration.



# EXPLORING INTIMACY THROUGH DRAMA



Matza-Haughton

Sex and intimacy should be as easy to talk about as what to eat today, says Hedda Matza-Haughton, a health educator, social worker, actor and director. Unfortunately,

for people of all ages, the topic is often difficult to broach, even with their own partners.

“Some backgrounds have made us uncomfortable in expressing our sexuality or only expressing it in the bedroom,” she says. “It needs to be expressed outside the bedroom.”

Matza-Haughton, founder of For the Health of It Consultation Services, led the “Inner Voices: Sex, Intimacy & Aging” workshop at the Friendship Center for Aging Studies in January. On February 4, she will perform a longer version of her original work at

the SaraSolo Festival, at the Historic Crocker Memorial Church in downtown Sarasota.

“Sex and intimacy are part of a good, healthy relationship,” she says. “But sex may have to be defined differently at different ages. It could be hugs and foreplay.”

In “Inner Voices,” one of her Words Not Spoken workshops, she uses characters based on true-life experiences to explore relevant issues and stimulate questions from the audience, followed by a discussion.

“We are all the same but facing different issues at different points of our lives,” she says.

Intimacy has four parts, according to Matza-Haughton: emotional, intellectual, spiritual and physical. If we don’t communicate what we are

feeling and experiencing to our partner or spouse, then we won’t get what we need and intimacy won’t be possible.

Matza-Haughton works to get people to open up, to themselves and to their partners.

“My goal is not to tell them how to become more intimate or how to have better sex. My expertise is to tap into each individual person and through drama to see the heart of it, to see the real issues, and to increase their knowledge and further explore healthy relationships.”

## Interested?

**Learn more about Friendship Center for Aging Studies at [centerforagingstudies.org](http://centerforagingstudies.org). Get tickets to the SaraSolo Festival at [sarasolo.org](http://sarasolo.org).**

## Seniors and Sex

In a study by the University of Manchester and NatCen Social Research, 54 percent of men and 31 percent of women over age 70 reported they were sexually active, with a third saying they had sex at least twice a month.

## Computer Help



- Friendly Training
- One-on-One
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**FRIENDSHIP CENTER FOR AGING STUDIES OFFERS A VARIETY OF COURSES THROUGHOUT THE YEAR, EACH FEATURING LOCAL AND REGIONAL EXPERTS WHO SHARE THEIR RESEARCH AND EXPERTISE TO ENHANCE THE SKILLS AND KNOWLEDGE OF PROFESSIONALS AND ANYONE INTERESTED IN LIFELONG LEARNING.**

### “Use Your Brain to Reduce Your Pain”

Feb. 6 & 13 • 10 AM—12 PM

What do you get when you combine groundbreaking research from the National Institute of Neuroscience and Harvard’s Medical School? Clinically proven, powerful and easy to implement tools and techniques that empower you to tap into your brain’s resources to reduce your pain and get the life that you want back again!

Presenter: Diane Alexander, president of The MindWorks, an international organization dedicated to teaching people to use their brains for better health, happiness, and well-being.

Each class \$25 • Includes light lunch

### “PTSD in Seniors”

Feb. 27 • 11 AM—12 PM

Seniors can be impacted by post-traumatic stress disorder, or PTSD, decades after trauma has occurred. We will take a look at the causes, symptoms and possible treatment options.

Presenter: Steve Brasington, MD.

\$20 • Includes light lunch

**Registration: 941.556.3263 or [centerforagingstudies.org](http://centerforagingstudies.org)**

**Location for both courses:  
1900 Brother Geenen Way, Sarasota  
Rubin Center for Healthy Aging –  
Dwyer Room**



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# THE CAREGIVING PLACE

1820 Brother Geenen Way, Sarasota  
2350 Scenic Drive, Venice

941.556.3268 • [caregiving@friendshipcenters.org](mailto:caregiving@friendshipcenters.org)

## Care for your loved one... support for you

Open to caregivers without charge, Caregiver Resource Centers in Sarasota and Venice are a community resource providing educational programs, compassionate support and access to a wealth of information of interest to anyone caring for a loved one. The Centers are a "one stop, single point of entry" for caregivers. Contact us for an appointment, 941.556.3268.

*Unless otherwise indicated, our programs and classes are free, but pre-registration is required by calling the number above.*

## Support Groups

### Sarasota

**Caregiver Therapy Group** Tuesdays, 10–11:30 AM, facilitated by Dr. Karel S. Cooperman, LMHC. The focus of this group is to help individuals deal with the transitions in their lives as a result of the caregiving journey. Please contact Paula Falk at 941.556.3268 prior to attending the group.

**Caregiver Support Group** Thursdays, 10–11:30 AM, facilitated by Paula Falk. This group is for caregivers of loved ones with Alzheimer's or dementia-related diseases. Offered in conjunction with the Alzheimer's Association. Call 941.556.3268 for details.

**Journaling Group** Fridays, 1–2:30 PM, facilitated by Gail Hirsch, Ed.D. Caregivers use this powerful tool to explore and express feelings, and to heal. New participants are asked to contact Paula Falk at 941.556.3268 prior to attending this program.

### Venice

**Alzheimer's Caregiver Support Group** Tuesdays, 1:30–3 PM, facilitated by Paula Falk. Meetings are held in the Pat Buster Health Services Building, 2nd floor conference room, 2350 Scenic Drive, Venice. This group is for caregivers of loved ones with Alzheimer's or dementia-related diseases. Offered in conjunction with the Alzheimer's Association. Call 941.556.3268 for details.

## February Highlights

### Sarasota

**2 ABC: Alzheimer's Basic Course** Friday, Feb. 2, 10 AM–12 PM, Caregiver Resource Center, presented by Reva Revell, Program Specialist, Alzheimer's Association. Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**22 Clinical Research: The Process and Local Studies** Thursday, Feb. 22, 1–2 PM, Caregiver Resource Center, Presented by Lynn Drowne, Community Outreach Manager, Meridien Research. Have you ever thought about what took place before your medications were released to pharmacies? Or how they are known to work on specific diseases? Or maybe, even, who follows the development of the medications? Lynn Drowne, will answer these questions, explain the process followed in clinical research and share information on current local studies.

### Venice

**7 Memory Screenings** Wednesday, Feb. 7, 1–3 PM, at the Caregiver Resource Center. Danielle Valery, BS, CDP, with the Memory Disorder Clinic of Sarasota Memorial Hospital, will be offering memory screenings in the Caregiver Resource Center conference room at The Caregiving Place. The Memory Disorder Clinic schedules these appointments. Please call 941.917.7197 to schedule your screening.

**7 Reflexology – Foot Massage** Wednesday, Feb. 7. Do you have aches and pains because of tension and worry? Reflexology can relieve stress and tension within the body. Join Dorothy Kellum, LMT for your FREE 25-minute morning session. Call 941.556.3268. **This program is for Caregivers only, appointments are required.**

**20 Effective Communication** Tuesday, Feb. 20, 10 AM–12 PM, Caregiver Conference Room, presented by Reva Revell, Program Specialist, Alzheimer's Association. Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

## Powerful Tools FOR Caregivers

This highly interactive educational series is a must for all family caregivers. This course will help to reduce personal stress, change negative self-talk, communicate needs to others, deal with difficult emotions and cope with life changes.



### SARASOTA AND VENICE CLASSES FORMING NOW!

Please call 941.556.3268 for additional information and to be added to our wait list.

*"There was a common bond. We were all dealing with some of the same issues. We shared our stories and learned ways to cope. I learned that it was important to take care of me."*

– Testimonial of a Powerful Tools graduate



**Mindset:**  
Tools for Managing  
Memory Loss

**SARASOTA AND VENICE  
CLASSES FORMING NOW**

A series of four classes designed to help individuals and care partners manage early stage memory loss through research-based exercises. Classes offer strategies that help exercise the brain, create healthy habits through organization, and improve function in their daily lives.

**Program Fee: \$25/person**  
**To sign up for future classes call: 941.556.3268**

## CAREGIVERS BOND IN SUPPORT GROUP



Dianne Cook, left, and Carol Zehner became friends while members of the Journaling Group at the Caregiving Place.

Dianne Cook had years of experience as a caregiver under her belt by the time Carol Zehner became a fellow member of Friendship Centers' Journaling Group at The Caregiving Place.

Most of the men and women in the support group were caregivers for spouses, but Cook had cared for her late mother and Zehner was caring for her mother at the time.

"We were the children's group," says Zehner.

"I think a combination of things brought us together," says Cook. "I was in the curve ahead of her 'cause I had already cared for my mother. Mom died in 2012, but I stayed in the group to transition."

Cook is involved somewhat in the care of her quadriplegic sister, who lives in Arizona, and she fills in as facilitator of the Journaling Group. She started journaling in 2005 or 2006, while Zehner joined around 2013.

In the meetings, the facilitator, Gail Hirsch, gives the members prompts, then they write and share what they have written and learn from each other.

Writing about the caregiving experience helps to focus your thoughts, says Zehner. "It helped define what caregiving was and to care for myself, which was really important."

When Zehner's mother died in the summer of 2016, she left the Journaling Group. Two months later she joined the staff of The Caregiving Place as a resource specialist, assisting others in finding care for their loved ones.

But she and Cook have remained friends.

"We are Panera coffee people," says Cook. "We check in with each other," says Zehner.

Caregivers don't have a lot of time for socializing, but the support group members stay in touch as much as possible, Zehner says. She drove a fellow caregiver to North Carolina after the woman learned she had Parkinson's.

"We're in this together," Cook says. "If you're a caregiver you understand how much you need someone to understand what you're going through." 🔄

## Friendship Centers Satellite Locations

### Sarasota

ROBERT L. TAYLOR COMMUNITY CENTER • 1845 34th St.

Monday – Thursday, 10 AM – 1:30 PM, Lunch at noon (suggested donation \$3), Balance Movement, Strength & Ability, Ageless Grace, Bingo, Pokeno, Crocheting, Sewing and more!

JOIN THE CONVERSATION, The North Sarasota County Caregiver Advisory Committee invites you to join this group Wednesday, Feb. 14, 10:30 – 11:30 AM at the Robert Taylor Community Complex – Friendship Center Dining Site program. This is an opportunity for caregivers to come together, ask questions, find solutions to the challenges they face and receive support. Refreshments will be served. Questions? Please call Paula Falk, 941.556.3268. Sponsored in part by the Wilson Wood Foundation.

INCARNATION CATHOLIC CHURCH PARISH HALL • 2901 Bee Ridge Rd.

Wednesdays, 10 – 11 AM, Fitness is fun! Come and enjoy line dancing, exercise and crafts.

### North Port

NORTH PORT EDUCATION CENTER • 4940 Pan American Blvd.

Monday – Friday, Buffet-Style Lunch, 11:30 AM – noon. Suggested donation \$3. Call 941.429.0734 for more information.

Bingo Wednesdays, 10:30 – 11:15 AM  
Chair Yoga with Elin, 1st Thursday, 12:15 PM

To find a Friendship Dining location near you, visit [friendshipcenters.org](http://friendshipcenters.org) or call 941.955.2122

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# Which Of These Neuropathy Symptoms Do You Suffer From?

**If You Suffer From A Single One Of These Torturous Symptoms – Numbness, Tingling, Or Sharp Nerve Pain – THEN THE FACTS BELOW MAY BE THE MOST IMPORTANT YOU HAVE EVER READ IN YOUR LIFE!**

**Sarasota, FL** - Neuropathy affects every part of your life -- walking, sitting, and even sleeping.

Maybe you've had multiple tests, only to find out no one has any idea what you have. Maybe you've even been put on a drug with heavy side effects.

**Do you have any of the following symptoms...**

- Pins and needles feeling
- Numbness in the hands or feet
- Tingling or burning sensations
- Weakness in the arms or legs
- Sharp shooting or burning pains

**If so you may have a condition called peripheral neuropathy.**

More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs.

This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

#### More Pills Are Not The Solution

A common treatment for many nerve problems is the 'take some pills and wait and see' method. While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications, and anti-depressants -- all of which have serious side effects.

Why not get help by those trained to correct the major cause of peripheral neuropathy?

The Platinum Healthcare Center has been helping people who suffer with neuropathy and nerve pain problems for more than 14 years.

Often neuropathy is caused by diabetes, cancer treatments like chemotherapy, chemical toxicity and a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

#### The Single Most Important Solution To Your Neuropathy

By using the most advance, state of the art, and Non-Invasive techniques, they are able to rejuvenate, heal, and release the pressure that has built up on the nerves. This allows the nerve to heal and the symptoms to go away. The Best part is...No Drugs...No Surgeries!

Listen to what some of their patients had to say...

Patricia B. Age 77 ~ Bradenton, FL

*"I was diagnosed and have suffered with neuropathy for 7 years I had to take tons of pain meds. and I could not do my daily activities, my life came to a Painful Stop!...Thanks to Platinum Healthcare and this new procedure I am off all my pain meds, and feel like I have a New lease on Life! I HAVE MY LIFE BACK!!!"*

Rick M. Age 66 ~ Sarasota, FL

*"... I've taken thousands of pain pills, tried physical therapy, podiatrist and a neurologist who told me I needed surgery, all with no improvement... Platinum Healthcare correctly diagnosed the root cause of my problems and developed a special treatment protocol designed for me, it was so successful it helped my low*

*back pain, neuropathy burning, and even my erectile dysfunction! My wife and I are finally making travel plans, many Thanks!"*

#### How To Find Out If This Will Work For You

To discover if you can FINALLY put an end to your problems Platinum Healthcare, as a special favor for those reading this feature, will be offering your neuropathy solution:

For 10 days only, they will be providing a Free community service screening for the first 12 neuropathy sufferers.

What does this screening offer include? Everything. Take a look at what you will receive:

- An in-depth screening about your health and well-being where they will listen... really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays to determine if a spinal problem is contributing to your pain or symptoms... (NOTE: normally at least \$280).
- A thorough analysis of your exam and x-ray findings so they can start mapping out your plan to being pain free.
- You'll get to see everything first hand and find out if this amazing treatment will be your neuropathy solution, like it has been for so many other patients.

The appointment will not take long at all. And you won't be sitting in a waiting room all day either.

#### Here's What To Do Now

The offer is only good until February 10th. Call today 941-927-1123 and they can get you scheduled for your free neuropathy screening as soon as there's an opening.



**Don't let neuropathy hold you back from enjoying life.**

The Platinum Healthcare Center is located at 5560 Bee Ridge Rd. suite 7, Sarasota. (Adjacent to Sarasota Memorial Urgent Care)

When you call, tell the receptionist you'd like to come in for the *Neuropathy Evaluation* so she can get you on the schedule and make sure you receive proper credit for this special offer.

P.S. Platinum Healthcare has specialized treatment programs for treating patients who suffer from neuropathy. Why suffer with years of misery?

That's no way to live, not when there could be an easy solution to your problem.

Don't live in pain when they may have the solution you've been looking for all along.

Call today... 941-927-1123

