Many happy returns for Celebration of Freedom

Financially, the red, white and blue event is really in the black.

ISAAC BABCOCK
The Voice

Five years after the Winter Springs Celebration of Freedom was forced to shut down due to a funding panic, it’s projected to net a nearly 50 percent profit on an estimated $22,310 worth of fireworks, music and manpower. According to Mayor Charles Lacey, it’s the most firmly in the black the event has been in years.

The resurrection of Winter Springs’ Celebration of Freedom wasn’t always given. Back in 2008 when the city was forced to cancel the event in the depths of a recession, officials weren’t promising anything. But they knew the city’s 50th anniversary was only a year away. In the fall of 2008, a group of volunteers banded together to save Winter Springs’ events. Pam Carroll, who would go on to save Winter Springs’ events.

The image of the Oviedo Veterans Memorial is beginning to take shape as the Oviedo Veterans Committee has released images of how it would fit into the city’s Oviedo on the Park development. In rendering, the memorial serves as a focal point for the promenade area in the new downtown.

The monument will include the names of fallen soldiers, veterans and active soldiers from around the area. “It’s being funded mostly by Oviedo tax dollars, but we don’t want it to be just the city of Oviedo,” Committee Chair Lars White said.

Local fight to stop tuition hikes

Amid national upward trends of both tuition costs and student debts in colleges across the U.S., some colleges in Central Florida are fighting to keep student costs down. But they may be sacrificing employees to do it.

As of 2011, Florida ranks 45th in average tuition costs for public universities at $5,626 per year, according to a survey done by College Board. But those numbers haven’t stopped Florida from trying to keep those costs from rising, at least this year. After allowing an 8 percent jump in 2011 and 5 percent in 2012, Gov. Rick Scott vetoed a 3 percent tuition increase for Florida colleges last May.

“Higher education in Florida should be affordable so it is accessible to as many Florida families as possible,” Gov. Rick Scott wrote in a news release. “The increase in tuition and fees have demanded an increasing percentage of Florida’s household income, and saddled many Floridians with tens of thousands of dollars in debt.”

That statement comes at odds with Scott’s former stance on tuition increases. In 2012, after allowing another increase in tuition, he said that colleges should be allowed to decide how to “weigh the needs of their institutions against the burden of increased student costs.”

The recent change in his stance has been bolstered by moves by Central Florida colleges.

Last month, Seminole State College’s District Board of Trustees voted to keep current tuition costs the same for the second consecutive year, holding their ground at $79.78 per college credit hour for most students.

“I am not in favor of a tuition increase,” President E. Ann McGee said. “Student loan debt is troubling both nationally and also here at Seminole State.”
CELEBRATION | Volunteers drove it

To become a city commissioner, helped organize the funding arm to become the city’s big three events. It took a lot of legwork.

“Back then, the smaller businesses would say ‘Thanks for in- vitng us, but we can’t afford it,’” Carroll said.

But some of the larger busi- nesses stuck around, and with the help of a few local merchants, they persevered. And despite changes to the guard in Winter Springs’ Parks and Recreation department, the city’s big three events — the Celebration of Freedom, Home- town Harvest Festival and Holiday Parade and Tree Lighting — have all grown.

The struggles that Winter Springs’ signature event has fought through have been felt elsewhere in recent years. In Oviedo, an annual Oktoberfest that started in 2005 with Budweiser, Bud Light and Michelob on tap was quietly retired a few years later. An annual Mardi Gras pa- rade by the Winter Springs-based Krewe of Leaders was canceled in 2013 days before it was to hit the streets.

But in Winter Springs, after a steady push for more advertisers and sponsors, the Celebration of Freedom appears more solid than ever, despite organizers intention- ally avoiding turning it into a re- gional event.

“We don’t advertise it a whole lot like Altamonte Springs or Oviedo,” Lacey said. “Our prior- ity isn’t to get the most people out there, it’s to have the highest qual- ity event possible. We’re doing it mostly for our residents. If other people want to come out, they’re welcome to.”

Thousands are again expected for the event, which kicks off at 5 p.m. on July 4 in Central Winds Park.

“It’s not going to be as big as the huge ones in the past,” Carroll said. “But it’s going to be another great event.”

TUITION | Jobs could be lost in wake of tuition raise fight

Rollins College has slowly in- creased its tuition over the past 10 years, but has reduced how rap- idly they’ve increased it.

The college increased its tu- ition by 5.7 percent in the 2008- 2009 academic year, but has since trimmed it down to 3.9 percent during the 2012-2013 academic year.

“Back in 2009-2010, we started ed a large portion of enrollment and decrease in revenue that continued through 2011,” Carroll said.

But low tuition costs could come back to haunt em- ployees. At Seminole State, staff cuts are projected to be $100,000 each month, even as the college rapidly expands its student body. In just the past four years that school has increased its student body by more than 50 percent to an estimated 32,000.

“Rollins is actively trying to keep our tuition increases as low as we possibly can every year,” Carroll said.

“Though tuition at Rollins Col- lege is going up, so is the financial aid available to students, Short said. The university raised their financial aid from 44 percent to 43 percent prior to the 2012-2013 academic year.

“We’re actually giving away more tuition than we actually in- creased,” Short said.

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**Calendar**

**JULY 4**
Winter Springs' Celebration of Freedom will light up the night from 5 to 9:30 p.m. on Thursday, July 4, in Central Winds Park. The celebration kicks off with Winter Springs' Got Talent on the main stage, with local talent competing for prizes. At 5:30 p.m. the Kids Area opens up with games, bounce houses and more. Starting at 7:20 p.m., Ennis Prüdt and the Breakers will rock the stage until it’s fireworks time just after 9 p.m. For more information, visit winterspringsfl.org

Take part in Geneva's 4th of July Parade! Festivities begin at 9 a.m. with a classic car show to get you in a nostalgic mood. The parade starts at 10 a.m. and antique aircrafts will roar over the crowd at 10:30 a.m. For more information, contact Richard Credeon at 407-349-1296 or rtcredeon@netzero.com

This 4th of July, join the city of Oviedo at the Oviedo Mall for their annual Independence Day Celebration and to be a part of the 1,000-person American Human Flag Project! Participants will also enjoy live entertainment from Lake and Eola Blues Revue, Motown Madness, and Da Boys. Other highlights include inflatable games, carved gnomes, food trucks, craft vendors, and of course a wonderful fireworks display. Join us for this family fun event at 1700 Oviedo Mall Blvd. from 4 to 10 p.m. For more information, please call 407-971-5575 or 407-971-5568.

**JULY 9**
AARP will be offering 55 Alive driving courses at the city of Casselberry Recreation Center. Each course will include two days from 9 a.m. to noon. The next course will be on July 9 and 10. Seniors 50 and older are eligible to attend. Only 18 students per course, so sign up today! The Casselberry Recreation Center is located at 200 N. Tripoli Lake Drive. For more information, contact Betsey Teagle at betteagle@casselberry.org or call 407-262-7700, ext. 1575.

SAFE is a personal awareness and educational program designed to teach women basic safety and awareness skills. Class size is limited to 25 participants. The deadline for each class is one week before it starts. The next class will be 6 to 8 p.m. on Tuesday, July 9, at the Altamonte Springs Community Office, located at 120 W. Pineview St. If you have questions, contact Kali Austin in the Public Affairs Division at 407-665-6700 or via email at kaustin@seminolecoastal.org.

**JULY 10**
The Central Florida Employment Council Job Fair is coming to the Central Florida Fair Exposition Park from noon to 4 p.m. on Wednesday, July 10. Registrations are still being accepted for employers. Visit cfec.org for more information.

**JULY 13**
Seminole County Watershed Management & the SEPN Program invite you to participate in a shoreline restoration project from 9 a.m. to noon on Saturday, July 13. Join us and help plant shoreline vegetation to improve ecosystem function and beauty. North Horseshoe Lake! Please plan to get muddy and wet during planting. For information about kick-off location and to register, please call Elizabeth Stephens at 407-665-2457 or email service@semicolonty.gov

"Tropic Fury" reveals the immense strength of hurricanes and tropical cyclones from around the world with the Seminole State College Planetarium's full-dome projection system. The presentation is from 8:15 to 9:30 p.m. on July 13, 20 and 27. Visit seminolestate.edu/planet for more information.

**Notes**

**Shining scholars**
Springfield College has named Brennon L. Ramsey of Geneva to the dean’s list for academic excellence for the spring 2013 term. Ramsey is studying applied exercise science.

David Wernick of Winter Springs, a fifth-year student in the mechanical engineering technology program at RIT’s College of Applied Science and Technology, was named the dean’s list for the spring 2013 quarter.

**The future of keyboards**
SnapKeys, creators of the revolutionary Si Evolution alphabet keyboard, and Asian Elementary School successfully conducted a pilot Android keyboarding project with a class of second graders. Despite the distance between the company headquarters and Orlando, SnapKeys has returned to workshop with ODCPs in a variety of ways through the Partners in Education program each year since.

**Soccer stadium fan**
The Central Florida Sports Commission (CFSK) Board of Directors voted to fully support the city of Orlando, Orange County, and the Orlando City Soccer Club in their combined efforts to win an MLS franchise and construct a new soccer stadium. The City of Orlando has agreed to contribute to the stadium’s construction.

**Sharp shooter**
Danielle Barlow of Oviedo has received the 2013-2014 Civilian Marksmanship Program Youth Scholarship. She participated in the Oviedo High School Navy Junior Reserve Officer Training Corps and will receive a one-year, $1,000 scholarship from CMP based on marksmanship participation, grade point average and merit, to be used towards the pursuit of higher education.

**I believe healthcare isn’t just about treatment. It’s about caring.**

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Rakesh Parekh, MD — South Seminole Hospital

As part of Orlando Health, South Seminole Hospital is dedicated to putting the residents of Seminole County first. By connecting patients to everyday services and emergency care through inpatient and outpatient offerings, same-day surgery and even critical helicopter transport, we provide expert care right at home, right when it’s needed. Because we believe quality healthcare should be at everyone’s fingertips. It’s just one way Orlando Health is bringing our commitment to putting patients first to your neighborhood.

South Seminole Hospital is the only hospital in Seminole County to have received an “A” Hospital Safety Score™ by The Leapfrog Group.
H is face lit up at the cemetery. Inching his car along the trail, the man with the off-white beard and thin glasses pointed at tombstones like they were stars on Hollywood Boulevard.

“There are just so many famous people here,” he said. “My wife tells people our first date was to the cemetery.”

For Jim Robison, history is alive. His love of history started at an early age. Possibly with a childhood trip to Williamsburg, Va., where his fascination with the colonial era began.

Now, a small shelf in his Casselberry home holds books on colonial America. In the same room, the Selberry home holds books on colonial Florida history. Robison has authored 11 books on Central Florida history. On June 15 he held a book signing for “Around Oviedo,” another addition to the collection.

Robison spent nearly 30 of his 63 years working for the news industry, despite history’s allure. He received his bachelor’s in journalism at the University of Florida in 1979, working for its newspaper right around the time it became independent from the school.

He studied the history of the South as an outside concentration, but went on to become the mailroom circulation/truck driver for the Gainesville Sun. Wanting more, he made the leap into the newsroom, working as a journalist for the Orlando Sentinel, Leeburg Daily Commercial and the Sentinel again in 1979, where he stayed until retiring in 2004. But history never went away.

Robison has led a couple of historical societies and joined more than a dozen. In 1988, Seminole County celebrated its 75th anniversary and Robison started a weekly history column: Seminole’s Past. His column ended in 2005, but his work accumulated to more than 1,600 columns on Central Florida history, legend and lore.

Over the years, the phone would ring. People would tell him, “you got this right, you got that right, and did you know…” “Have you ever read this book, wrote this story?”

He rememberd with a laugh a fan who clipped out his columns and put them in notebooks, even though they could all be digitally obtained to the collection.

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Now, a small shelf in his Casselberry home holds books on colonial America. In the same room, a shelf carrying a collection on Florida history almost takes up the whole wall.

A few of them he wrote himself. Robison has authored 11 books on Central Florida history. On June 15 he held a book signing for “Around Oviedo,” another addition to the collection.

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**HISTORY** | Lincoln assassin gained infamy before his family started Oviedo church

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Accessed.

A retired history teacher was part of his fan base.

“Well,” Desta Horner said, “I still have my first encounter with Jim — it was more like when you meet a rockstar.”

Horner was elected president of the Oviedo Historical Society in April, but when she met Robinson, she discovered he was the daughter for the Lewton House, built in 1989 by one of the founding families of Oviedo, and the current home of the Oviedo Historical Society.

She was giving her talk to someone told her Robinson was in the tour group.

“I was just awed,” she said. “I just got big-eyed and shook his hand vigorously. He just smiled shyly.”

Since then the two became friends and worked on projects to-gether. Robinson used Oviedo His-torical Society’s photo library for his latest book, “Around Oviedo.”

He praised the community for surviving decades of develop-ment.

“You have old Oviedo and the old Oviedo and you have the new Oviedo,” he said.

The car stopped at First Bap-tist Church of Oviedo. Its founder also started the original First Bap-tist Church of Orlando. At that time, many considered Orlando a lawless town.

A few minutes earlier, Robinson had asked a question: “How much do you know about the Lincoln assassination?”

The Powell family knows a bit. George Powell attended Oviedo’s first church in 1869, back when its wooden frame housed Orange Grove Baptist Church. His son, Lewis, would go on to kill a president.

John Wilkes Booth led the group, and it set its sights on more than Abraham Lin-coln. The plan was to cripple the entire U.S. government.

They plot-ted to assas-sinate Vice President An-drew Johnson, Secretary of State William H. Seward and Lincoln’s expected successor: Ulises S. Grant.

Lewis attempted to sell Seward the night Lincoln was shot. He failed and was sentenced to death by hanging.

But the story doesn’t stop there. Seward went on to negoti-ate the purchase of Alaska from Russia in 1867.

Robinson grinned.

“But Lewis Powell had killed Seward, you would have never heard of Sarah Palin.”

Driving through downtown Oviedo, Robinson points out his-torical sites and the wild chickens that roam near Pepper’s.

Oviedo’s mix of old and new never quite worked in other Cen-tral Florida communities.

“The population’s going to double again,” he said. “They’re going to have Florida with two times as many people. We’ll just be one long string of Orlando.”

He continued, a bit more earnest.

“There’s a dullness to that.

But, Oviedo has its strengths.

“They’re about to knock down downtown Oviedo,” he said.

And what are they replacing it with?

“Askult. Lots and lots of as-

physicist, executive director of the Oviedo Preservation Project, said there are no official plans or dates, and “a lot of people think it’s not happening.”

But she knows it will.

“And the memorial building is coming down,” she said.

“Just because nobody thought to move the road.”

But, the goal of The Oviedo Preservation Project has not been to prevent things from getting knocked over.”

“We have been photographing everything theoretically eligible for the national register. Our goal has been to document the build- ing before it gets knocked over.”

The organization helped Ro-bison with “Around Oviedo.”

The Oviedo Preservation Project Project has its own Facebook page which is now completely black and white mostly digital photos, with a few in color.

Several months later he got to us he was looking for things to capture the history of Oviedo,” Sladek said.

With more than 200 photo- graphs, “Around Oviedo” is not a routine biography. The definitive history of the town lies within the more text driven “Oviedo: Biogra-phy of a Town.”

Robinson described his book as more of a collection of family stories. He’s drawn to the people of Florida’s past; the people now nesting in cemeteries across the state.

He learns their stories and keeps them alive.

His wife and kids have long grown accustomed to his stories. He’ll “bore them to death with them,” but he tells them, nonethe- less.

Long past the cemetery, he continues driving. And parts of Florida’s past pop up.

“See that restaurant?”

“Ever had a teame orange?”

There’s a story behind that.

Sladek added.  

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THREE DATES – THREE LOCATIONS

JULY 9 WINTER PARK: Herndon Library

4324 E Colonial Drive, Orlando, FL 32803

Tuesday, July 9, 12:30 pm

JULY 11 OVIEDO: Hoppe’s Restaurant

17 Alafaya Woods Blvd., Oviedo, FL 32765

Thursday, July 11, 10, am

JULY 16 UCF Area: Alafaya Branch Library

12000 E Colonial Drive, Orlando, FL 32826

Tuesday, July 16, 2:30 pm

For more information please call 407-610-6101 to reserve your seats. Seating is limited.

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Dawgs back on track, Rats up and down

ISAAC BABCOCK
The three Daniel Sweet's double put the Diamond Dawgs in the lead, and Joshua Glick's wicked sidearm kept things that way as the Dawgs beat the DeLand Suns 3-2 in a tense game June 28.

With the help of some heads-up play by Michael Danner and aggressive running by Orlando Rivera, the Dawgs came back after being tied by the Suns after their go-ahead run, Glick struck out two in 1.1 innings in a combined nine-strikeout effort by the Dawgs' pitching staff.

Winter Park slipped a bit in the past week, but with the win narrowly avoided being caught up in a three-way tie in the middle of the Florida Collegiate Summer League ladder with the Leesburg Lightning (10-8) and Sanford River Rats.

The River Rats (11-9) have had their ups and downs the last few games, blowing out College Park 15-3 and 7-1 in back to back games, but falling to the Orlando Monarchs 3-1 on June 28.

The big blowout game was actually a 4-3 nailbiter until the top of the eighth, when the Rats' bats suddenly went hot and they scored 11 runs in the final two innings. First baseman Rock Rucker blasted two-two run homers in the game to help give the Rats a boost. Matt Dozier got an unusual save, coming in during the seventh inning to hold on to a one-run lead, only to watch the game quickly go way beyond needing a save. He closed it out on the mound with a 2.1 inning, three-strikeout performance.

Winter Park (10-8) will try to keep things going after a couple games at press time. Since this paper's on newsstands early: On Independence Day the Dawgs take on College Park Freedom at 1 p.m. at Bishop Moore High School. Sanford hosts Leesburg at 7 p.m. July 5 at Sanford Memorial Stadium. After a long road trip the Dawgs come home to Alford Field for a showdown against Sanford at 7 p.m. July 11.
Summer in Florida means an incessant risk of extreme amounts of rain from any single thunderstorm. I’ve seen plants ankle-deep in water wilting as a result of their roots drowning. Add the inherent onslaught of floods and weeds, and there is almost enough reason to take a summer break. Many of the annual vegetables of our North American cuisine just do not grow well in summer, but the perennial (forever growing) plants that we need to be planted in a way to manage their survival.

The growing beds on the ground in my garden soil are 3 feet wide with 3-foot paths between them. The Rototiller on my tractor is conveniently wide enough to cover the bed in one pass. With weeds surging the manpower available to micro-manage, I depend on tilling a bed at the end of a crop on a macro-scale. But if a perennial plant is interplanted with the seasonal annuals, the necessity of tilling is circumvented. To keep my beloved perennials safe from floods and the growing beds available for macro-tilling, I plant my perennials into separately raised growing beds and grow boxes.

Manufactured grow boxes usually have some type of resistant plastic material and some sort of watering system. A productive harvest is almost turnkey. Not to discount the fun of gardening, but the upfront purchase expense would mean years of constant production to see a break even. Risking their liminal nature of being a farmer, frugality and inim-}

### VOICES

#### Two years of farm freshness

Do you all realize that half of 2013 is gone? OK, where did it go? I guess when one is busy, time flies whether you are having fun or not. Then there is one’s lazy theory that if you didn’t intend on doing anything that day so far, one could be on schedule.

Happy two-year an-niversary to the Oviedo Historical Farmers Market! It seems like the Society just started the event but no, it has been a great and rewarding two years for the Society and the community. On July 6, do come and spend your Saturday morning with us from 8 a.m. to 1 p.m. to shop, meet and greet, and have a great time. We are at the Lawton House front yard. You’re also invited to stop in and visit the Lawton House and learn a bit of Oviedo history while you’re there.

On Sunday, July 7, the Moun-tain Dulcimer Gathering meets at 1 p.m. at the Rural Heritage Center 101 E. Main Street, by Geneva, as it does every Sunday of the month. Bring your dulci-mer and learn to become a better player, or try out one of ours to see if you might like to learn. We are all learning. If you need more information, please call 407-349-5697.

#### Happy two-year anniversary to the Oviedo Historical Farmers Market!

It seems like the Society just started the event but no, it has been a great and rewarding two years for the Society and the community.

The first, second and third Wednesdays of the month there’s a Special Needs Activity Program from 2 to 4 p.m. at the Riverside Park Complex, 1600 Lockwood Blvd. in Oviedo. The cost is $5 per session for resident members, $6 for non-resident members and $7 for non-residents. The next programming is July 10. If you have questions, please call 407-971-4575.

Monday to Friday, now though Aug 2., there’s Sum-mer Adventure Eco-Camp at the Ed Yarbrough Nature Center, located 3485 N. County Road 426 in Geneva. At the Eco-Adven-ture Camp you’ll have fun while learning about the natural world. Seminole County Greenways, and Natural Lands is offering the ultimate experience for children interested in nature, science, the environment and preservation. You’ll go hiking, fishing, and have fun with nature crafts and hands-on experience with plants and animals, plus lots of fun and games. The camp runs daily from 9 a.m. to 4 p.m. The extended day available from 7:30 a.m. to 5:30 p.m. The cost is $132 per week, and an extra $15 per week for extended day. Weekly themes are as follows: July 8-12 Hidden Gems; July 15-19 Planet Patrols; July 22-26 Nature Hunters; and July 29-Aug. 2 Creepy Crawler. Call 407-349-0559 or email bark-sock@seminolecountyfl.gov for more information.

Summer Family Tours Tues-days are running through Aug. 30 at the Charles Hosmer Morse Museum of American Art, lo-cated at 145 N. Park Ave. in Winter Park. There is a 45-minute guided muse-um tour and a hands-on home-art related activity related to the exhibition “Lifelike-ness: Form and Imagery in Art Nouveau” for elementary-school-aged children and their parents or guardi-ans. Tours are free, but a $5 refundable deposit per child is required as a security for the program. For more information, call 407-495-5333, ext. 136. To the Oviedo City Council Mayor and members of Oviedo, I want you to save our chickens on your new logo; the chickens draw tourists to our community.

I recently had a very cordial chat with a Winter Springs resident who called to encourage me to join New York City Mayor Bloomberg’s group Mayors Against Illegal Guns. We had a good exchange of viewpoints but ultimately agreed to disagree – I’m not exactly malleable on the issue. Our discussion came down to a debate of freedom versus safety.

Government, by its very nature and at every level, is an instrument to provide some level of safety for the collective good of the community, but at the expense of individual rights. Stay tuned to see where on the spectrum the City Commis-}
Everyone loves a field trip, no matter their age. There’s something about leaving the routine behind and exploring something new that never gets old.

A group of 10 Winter Park seniors gathered as eager as any gaggle of third graders for their final field trip together as members of the most recent Leadership Legends program last month.

Former strangers greeted each other as friends as they readily discussed the details of the day ahead. Steady steps up into a bus, and a passed out bagged lunch, they group was ready and off to spend the day sightseeing the best of what Winter Park has to offer.

The Leadership Legends program makes a point that learning new things isn’t an activity reserved just for kids or young adults. Coordinators say the program is designed to encourage lifelong learning, introducing older adults to their community in a brand new way.

Based on the popular Leadership Winter Park program – a community-awareness project for business leaders – Leadership Legends incorporates the best of the original program in a package designed for seniors said Jana Ricci, Leadership alumni council member and marketing director for the Mayflower retirement community.

Each Leadership Winter Park class takes on a project that will become their legacy, and for class 20 it was Leadership Legends. At the time, the Winter Park Chamber of Commerce was offering Leadership Winter Park for adults and Youth Leaders for teenagers, but nothing for seniors.

“We thought it would be a wonderful way to engage older adults in the community,” said Winter Park Chamber President Patrick Chapin.

Legend participants said they were grateful for the Leadership program’s new offerings to include seniors.

“The idea of including us old people is very flattering!” participant Barbara Elrod said, her smile wide.

With the help of a $4,000 grant from the Winter Park Health Foundation in 2011, Leadership Winter Park class 20 kicked off the...
Senior builds homes for Habitat

A 71-year-old Orlando woman hasn’t let age stop her from volunteering. Beryl Wiltshire has helped build homes for Habitat for Humanity Greater Orlando for three years.

Beryl Wiltshire is a crew leader with Habitat for Humanity of Greater Orlando, but the 71-year-old prefers to be hands on with construction projects that build people new homes.

Life’s A Trip — Enjoy it with us!

Thursday, July 11
Capone’s Dinner & Show
Enjoy laughs, toe tapping music and kosher action while sharing an authentic Italian feast. $66 per person.

For more information, please call 407-855-9732 or visit www.lifes-a-triptours.com.

Friday, August 23
StarLite Sapphire
Cruise Florida’s beautiful waters, enjoy a gourmet lunch and tropical themed live music. $79 per person.

Central Florida Senior
July 2013
Published by Turnstile Media Group
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PHOTO BY BRITTNI LARSON — CENTRAL FLORIDA SENIOR

Beryl Wiltshire walks around Stag Horn Villas community, proudly pointing at “that one, and that one and that one.” The yellow, blue and green townhouses that surround her, with their freshly painted white picket porches, are ready for families. And Wiltshire has helped build half of them in the Habitat for Humanity community in Orlando.

Wiltshire has run the gamut of Habitat building tasks: painting, siding, building walls, and her personal favorite, doing work on the roof. She’s definitely not the typical person anyone would imagine climbing ladders to reach the top of two-story buildings and throwing up drywall in her spare time. Wiltshire is petite, and she wears baby pink construction boots to the worksite. But her enthusiasm for the work surprises other volunteers, especially because she does it all at 71 years old.

“She’s just so fearless and genuinely excited about everything,” said Jennifer Gallagher, director of community outreach for Habitat. “I was terrified. I was so nervous,” she said. “She’s irreplaceable,” said John Douglas, construction supervisor for Habitat. “You will never meet anyone like her.” The one thing Wiltshire is possibly more passionate about – even more than roofing, she said – are the people she gets to work with. At a breakfast hosted by Habitat, homeowners told their stories, and these stories helped Wiltshire cross the line between just signing a check and working at a construction site.

Many people have inspired and humbled Wiltshire over the years, but last year, on Elizangela Dos Santos’ first day of volunteering, Wiltshire vital to the organization. “You will never meet a Saturday building day. When she’s supervising, she has to re- sist the itch to do the work herself. When she hears that they’ve got roof construction days ahead, a smile spreads across her face and she throws her hands into the air in excitement.

Construction manager Mark Myrick said that this is how she always is. “She’s irreplaceable,” said John Douglas, construction supervisor for Habitat. “You will never meet anyone like her.”

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program to offer seniors a look behind the scenes of their community. Chapin said the grant from the Winter Park Health Foundation was instrumental in getting the program off the ground.

The Legends program costs $50 and meets once a week for four weeks. The band for your buck, participant Berta Hall said, made the program irresistible. “I could not have done all these things myself for $50,” participant Mary Daniels added.

They discuss mental and physical health as it pertains to seniors and offers opportunities to explore diet, exercise and wellness best practices.

Week four wraps up the program with content that’s all about health as it pertains to seniors and some of the unique things it has to offer. Participants heard updates from Rollins Provost and Vice President Dr. Carol Bresnahan, Executive Director of the Winter Park Institute Dr. Gail Sinclair, and Director of the Cornell Fine Arts Museum Dr. Ena Heller. Following lunch they enjoyed a tour of the new wing at the Morse Museum by Curator Donna Climenhage. “It is an educational journey, really,” Daniels said.
In a report titled “Supporting Retirement for American Families,” the Council of Economic Advisors to the President noted the trend that traditional defined benefit (DB) pension plans—the type of plans that provide guaranteed lifetime income—have become less prevalent. The lifetime employer provided pensions are becoming a thing of the past.

Researchers have been trying to discover how American workers and employers offering retirement plans weathered the economy from 2007 through 2012. Although most people would expect nothing but bad news, there is also a surprising amount of good news to report. Researchers are hopeful that their findings will shed light on situations that can be further improved to help workers adequately prepare themselves for retirement. They also believe this can be achieved without massive legislation or reform measures.

While employers have had to cut raises or even staff members during the Great Recession, their retirement plans have stayed intact overall. However, the number of companies offering traditional pension plans dropped by about three percent between 2007 and 2012. Some are the traditional lifetime pension plans of the past. Many employers have stopped funding defined benefits plans and are replacing defined contribution plans with 401(k) or similar plans.

For 401(k) and similar plans, the number of employers offering such benefits increased by about 10 percent. This was especially true with smaller companies. The number of employers matching contributions also dropped by about 10 percent during this time. While this number may seem dismal, it appears many of those same employers have reinstated their policies for contribution matching. During the past five years, employers offering sponsored plans also added new features. Many have added automatic investment options or a qualified default investment alternative. Plans offering Roth features increased by about 23 percent during those years.

Many people wonder why employers continue their sponsored plans instead of giving raises or keeping more staff. This is because employers consider these plans to be useful tools for attracting and keeping good talent. When there are more workers looking for jobs, employers tend to have a much wider variety of talent to consider. Researchers found that more than 80 percent of employers felt these plans were vital for keeping their best workers on board. Employees are also taking retirement issues more seriously.

Researchers found that workers are trying harder to save money for retirement. In a recent study, they found that the number of employees who felt confident about retiring comfortably only dropped by about eight percent during those five years. With workers who were offered 401(k) or similar plans, researchers saw that rather remained steady during this time period. While this is good news, there is also a dimmer side to the statistics.

Researchers found that a considerable amount of workers had to withdraw some of their savings to compensate for economic hardships. Despite this negative statistic, overall numbers show that retirement savings were higher in 2012 than in 2007 for the average household. Although this is a step in the right direction, many consumers are not where they want to be or should be for a comfortable future. To compensate for this, many are planning to work longer. Researchers found that more than 55 percent of workers plan on working past age 65. More than 40 percent plan to work past age 70 or indefinitely. However, researchers point out that Americans need to have a way to regain their confidence when it comes to retirement planning.

One way to regain that is for employers to have the opportunity to allocate a portion of their 401(k) savings to provide their personal Lifetime Income Guarantee retirement plan. Earlier this year, The Conference of Economic Advisors to the U.S. Treasury and Labor Departments released statements that highlight the importance of workers using financial products—annuities—that provide guaranteed lifetime income.

Today’s standard retirement system, which includes employees contributing to a large funding pool, is under a great deal of criticism. However, most alternate systems that have been proposed before would probably have concluded with similar problems as the current system. Experts understand that employers cannot control the financial market’s performance. The best way for employers to contribute to a brighter future for their employees is to work together to increase access to investment fund choices, retirement plans, distributing options and education.

The following are simple but valuable tips for employers:

- Encourage plan participation by adding automatic enrollment or automatic escalation.
- Regularly offer educational resources from plan providers.
- Offer matching contributions to 401(k) plans, and encourage greater salary deferrals.
- Offer annuities with lifetime income guarantees and the protection of a personal pension by allowing a portion of the employee’s personal 401(k).

Policymakers can help by increasing tax credits for employers, which would expand qualified plan coverage. They may also provide incentives to boost participation.

Extending 401(k) repayment terms is a helpful step, and expanding the saver’s credit through a higher income eligibility will also be helpful. To learn more about plans and costs, you call us at 407-644-6646.

Bob Adams is president of A SafeHarbor, a firm specializing in assisting families in having a calm retirement when faced with stormy financial waters. Visit SafeHarbor.com or call 407-644-6646 for more information.
JULY 24

Want to avoid or manage diabetes? Alilin Family Medicine will present a program from noon to 2 p.m. on Wednesday, July 24, at the Orlando Magic Gym, 4863 N. Goldenrod Road in Winter Park. RSVP is appreciated at 407-691-3009 or visit us on the web at www.binsons.com.

WINTER SPRINGS SENIOR CENTER

The Winter Springs Senior Center offers classes and programs for seniors five days a week. Below is a list of some of our ongoing activities.

Line Dancing - Monday and Thursday mornings you will find our line dancers moving to the music all in unison. Once you see the fun they are having you’ll want to join in. They add so much to our entertain-

The Maitland Senior Center is located at 345 South Maitland Ave in Maitland. It’s open Monday through Friday from 9 a.m. to 4 p.m.. The schedule is subject to change without notice. For more information about these and any other events at the Maitland Senior Center, please call 407-539-6251 or visit us on the web at karmamaitland.com.

Join Esther every Tuesday in July at 9 a.m. for our Con-

versational French group. Spend some time chat-

ting with others and making new friends. Must be

fluent in Spanish to participate.

Join Ty every Wednesday in July at 11 a.m. for Yoga

Nidra, a sublime conscious sleep (meditation) class.

Cost of the class is $5 to the teacher. Please bring a

yoga mat, something to cover yourself with (if you

tend to get cold), and a small pillow.

Join Donna every Thursday in July at 11:30 a.m. for

Chair Yoga. Cost of the class is a $2 donation to the

teacher.

Join Ann every Friday in July for Recorder classes at

12:30 p.m. Lessons are free! Please call the Senior

Center at 407-539-6251 for specifics on this class.

The Maitland Senior Center offers programs almost

daily for seniors. It will be closed July 4-5, but will re-

open July 8. Below are some of the programs offered

during the summer.

The Tai Chi class will actually be meeting in a-

other building but not to fret, it just across the sidewalk in

our building. Tai Chi is the only class not held inside the Senior Center

building but not to fret, it just across the sidewalk in

the Civic Center each Monday at 11 a.m. During the

summer the Tai Chi class will actually be meeting in

the Senior Center as the Civic Center will be the base

point for Camp Sunshine.

For more information about the Winter Springs Senior Center, call Susie or Laura at 407-327-6554.

ON Going

The Charting the Senior Years seminar features board-certified elder law attorney Patricia Fuller and attorney Heather Kison discussing estate planning, advance directives, nursing home asset protection, Medicaid and veterans benefits. It’s free. Programs in July are 6-7 p.m. on Thursday, July 18, at the Marks Street Senior Center at 99 E. Marks St, in Orlando, and from 6-7 p.m. on Tuesday, July 23, at the Winter Park Community Center, 721 W. New England Ave. in Winter Park. Reservations requested. For more infor-

mation call 407-422-3017.

A senior seminar on Medicare education will be held from noon to 2 p.m. on Friday, July 12, Aug. 14 and Sept 20 at the Orlando Magic Gym, 4863 N. Goldenrod Road in Winter Park. It’s presented by Alilin Family Medicine. RSVP is appreciated at 407-657- 2111 or 1-855-213-0161.

MAITLAND SENIOR CENTER

The Maitland Senior Center offers programs almost daily for seniors. It will be closed July 4-5, but will re-open July 8. Below are some of the programs offered during the summer.

Join John every Monday, Thursday, and Friday in July from 8 a.m. to 9 a.m. for a Tai Chi class. Please bring your own mat. Cost of the class is $4 to the teacher.

Join Esther every Tuesday in July at 9 a.m. for Tai Chi classes. Cost of the class is $10 per month to the teacher. Please wear a white shirt, black pants, and comfortable shoes.

Join Ty every Wednesday in July at 11 a.m. for Yoga Nidra, a sublime conscious sleep (meditation) class. Cost of the class is $5 to the teacher. Please bring a yoga mat, something to cover yourself with (if you tend to get cold), and a small pillow.

Join Donna every Thursday in July at 11:30 a.m. for Chair Yoga. Cost of the class is a $2 donation to the teacher.

Join Ann every Friday in July for Recorder classes at 12:30 p.m. Lessons are free! Please call the Senior Center at 407-539-6251 for specifics on this class.

The Maitland Senior Center is located at 345 South Maitland Ave in Maitland. It’s open Monday through Friday from 9 a.m. to 4 p.m.. The schedule is subject to change without notice. For more information about these and any other events at the Maitland Senior Center, please call 407-539-6251 or visit us on the web at karmamaitland.com.

The Maitland Senior Center presents a program for el-

ders on the second Friday of the month that is staffed by counselors from S.H.I.N.E. (Serving Health Insur-

ance Needs of Elders). The program provides free unbiased counseling about Medicare, Medigap, HMOs, Medicaid, Prescription Drug Plans, and Long Term Care. All counseling is first-come-first-served. Bring your list of medications or Rx bottles, insurance card and red, white and blue Medicare card.

Join Ty every Wednesday in July at 11 a.m. for Yoga Nidra, a sublime conscious sleep (meditation) class. Cost of the class is $5 to the teacher. Please bring a yoga mat, something to cover yourself with (if you tend to get cold), and a small pillow.

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### July

**One Senior Place Event Calendar**

Revolutionizing the way America shops for Elder Care and Services.

715 Douglas Avenue • Altamonte Springs, FL

407.949.6733

**Presented in the VITAS Auditorium and Conference Center at One Senior Place**

<table>
<thead>
<tr>
<th>Monday</th>
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| **SENIOR CLUB - BINGO Day, 10—12**  
By Family Physicians Group & Longwood Healthcare  
The Real Estate Specialists are IN. 10-1  
Exit Real Estate Results | **Why do hearing aids cost so much?**  
By Harmony Hearing Centers  
RSVP 407.545.4098 | **Bingo Bash**  
By Orlando Family Physicians  
FREE Healthy Screening-Glucose  
By Family Physicians Group  
Why do hearing aids cost so much?  
By Harmony Hearing Centers  
RSVP 407.545.4098 |
| **SENIOR CLUB—Computer Club**  
10—12  
By Family Physicians Group  
The Real Estate Specialists are IN, 10-1  
Exit Real Estate Results | **'Un'Target Yourself!, 10-11**  
By VITAS Innovative Hospice Care  
RSVP 407.949.6733  
Health Care Reform Workshop, 12-1:30  
Presented by Medicare Plan Options  
RSVP 407.949.6723 | **Bingo Bash**  
By Orlando Family Physicians  
FREE Healthy Screening-Glucose  
By Family Physicians Group  
Why do hearing aids cost so much?  
By Harmony Hearing Centers  
RSVP 407.545.4098 |
| **SENIOR CLUB, 10-12**  
Movie Day—The Guilt Trip  
By Family Physicians Group  
The Real Estate Specialists are IN  
10-1  
Exit Real Estate Results | **Crafts & Conversation, 2-4**  
By VITAS Innovative Hospice Care  
RSVP 407.949.6733  
AARP Medicare Complete  
2:30-4  
Presented by LTC Advisors  
RSVP 407.949.6722 | **FREE Healthy Screenings**  
By Family Physicians Group  
Why do hearing aids cost so much?  
By Harmony Hearing Centers  
Presented by Estate Planning Group  
RSVP 407.398.1122 |
| **SENIOR CLUB - Casino Day**  
10—12  
By Family Physicians Group  
The Real Estate Specialists are IN  
10-1  
Exit Real Estate Results | **Health Care Reform Workshop, 3:30-5**  
Presented by Medicare Plan Options  
RSVP 407.949.6723 | **FREE Healthy Screenings**  
Presented by Medicare Plan Options  
Why do hearing aids cost so much?  
By Harmony Hearing Centers  
RSVP 407.949.6723 |
| **SENIOR CLUB, 10-12**  
Movie Day—Roman Holiday  
By Family Physicians Group  
The Real Estate Specialists are IN  
10-1  
Exit Real Estate Results | **Women’s Financial Beliefs A Workshop for Women**  
5:30-7:30  
By Price Financial Services  
RSVP 407.398.4500 | **Medicare Educational Workshop**  
Presented by Medicare Plan Options  
Why do hearing aids cost so much?  
By Harmony Hearing Centers  
RSVP 407.949.6723 |

Presented in the VITAS Auditorium and Conference Center at One Senior Place.
# 2013

## One Senior Place Event Calendar

Revolutionizing the way America shops for Elder Care and Services.

**715 Douglas Avenue**  
**Altamonte Springs, FL**  
**407.949.6733**

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<tr>
<td>3</td>
<td>3</td>
<td>We are closed for the 4th of July Holiday! Have a fun, safe day!</td>
<td>4</td>
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| 10      | 10        | The Real Estate Specialists are IN 9-12 Exit Real Estate Results  
Senior Survival Workshop 2-4 By The Law Office of Kathleen Flammia | 5       |
| 17      | 17        | The Real Estate Specialists are IN, 9 - 12 Exit Real Estate Results  
The Truth about Medicaid Planning, 9:30-12:30  
The Truth about Estate Planning Workshop, 2-4  
By The Law Offices of Hoyt & Bryan  
RSVP 407.977.8080  
Medicare Educational Workshop, 12:30-2  
Presented by Medicare Plan Options  
RSVP 407.949.6723 | 12      |
| 24      | 24        | The Real Estate Specialists are IN, 9-12 Exit Real Estate Results  
Financial Halftime Report 2013  
11-2 OR 3-6  
By Estate and Business Planning Group  
RSVP 407.389.1122 | 19      |
| 31      | 31        | ADRC Workshop: Senior Survival Issues 2-3:30  
Presented by The Law Office of Kathleen Flammia  
RSVP 407.843.1910 | 22      |

Check out our full calendar of events on our website at OneSeniorPlace.com.

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Open Monday-Friday, 8:30am to 5pm
Meet the Resident Businesses at One Senior Place Greater Orlando

- VITAS Innovative Hospice Care
- The Law Offices of Hoyt & Bryan
- AGED
- Price Financial Services
- Alzheimer’s & Dementia Resource Center
- Medicare Plan Options
- Estate & Business Planning Group
- CarePlus Health Plans
- Harmony Hearing Centers of America
- Humana
- On Target Web Solutions
- Baldwin-Fairchild
- Family Physicians Group
- The Law Office of Kathleen Flammia
- 50plusFYI.org
- Physician Associates
- Orlando Family Physicians
- WellCare Health Plans, Inc.
- LTC Advisors
- Growing Bolder Magazine
- Certified Financial Group
- Compass Research
- Long Term Care Insurance Services
- Orlando Healthcare Guide
- Exit Real Estate Results
- Community Home Health

Meet these Senior Living Communities and Resources.

- Senior Partner In-Home Care
- One Senior Place Care Management
- Orlando Senior Health Network
- Creating Divine Order
- After 55 Housing & Resource Guide
- Senior Living Guide
- Elder Move Managers
- Leigh Manor
- Serenades by Sonata
- Longwood Healthcare Center
- Arden Courts Memory Care
- Life Care Centers of Orlando and Altamonte Springs
- Savannah Court & Cottage of Oviedo
- Savannah Court & Cove of Maitland
- Brookdale Senior Living
- Winter Park Towers
- Villa Grande on Saxon
- Eastbrooke Gardens
- Grand Villa Senior Living
- Orlando Senior Services Directory
- Emeritus Senior Living
- Village on the Green

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OneSeniorPlace.com
715 Douglas Avenue
Altamonte Springs, FL 32714
Monday – Friday 8:30 am – 5 pm

Call Today for your FREE Consultation

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715 Douglas Avenue, Altamonte Springs, FL 32714  407-949-6733

You probably already know that One Senior Place is square one for seniors — a unique, one-stop resource for information, objective advice and guidance, and easy access to a wide range of senior-focused businesses — all under one roof!

But did you know that One Senior Place adds even more value with a FREE consultation and full line of professional elder care management services?

One Senior Place Care Management understands the complex issues of aging and will develop a customized plan to help you navigate the elder care maze, by coordinating resources, monitoring care and managing services.
What Can a Care Manager Do for Me?

Our accredited team brings specialized knowledge and years of experience with aging and care issues. We assist older adults in addressing concerns related to health, safety, psychological and functional status, as well as legal and financial issues. In addition, the Care Manager coordinates ongoing care and serves as an experienced resource and guide for older adults with chronic needs.

Here are some of the ways we help:

- Provide an in-depth Assessment and Care Plan to identify concerns and provide solutions
- Crisis intervention...Care Manager and Registered Nurse on call 24/7
- Coordinate medical care, accompany to doctor appointments
- Screen, arrange, and monitor in-home help and other services
- Monitor and manage medications, nutrition and safety
- Act as a liaison to families at a distance
- Ongoing monitoring and reassessment
- Help with choosing the right senior residential or care facility
- Help a spouse or family cope with Alzheimer’s disease
- Short- or long-term assistance available

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**Calendar of Events July 2013**

**We will be closed on Thursday, July 4th for the Holiday.**

- **The Real Estate Specialists are IN**
  - **Monday, July 1st, 8th, 15th, 22nd & 29th**
  - 10am-1pm
  - Presented by Exit Real Estate Results

- **Senior Club Sponsored by Family Physicians Group**
  - **Every Monday, 10am – 12pm**
  - July 1st — Bingo
  - July 8th — Computer Club
  - July 15th — Movie Day featuring The Guilt Trip
  - July 22nd — Casino Day
  - July 29th — Movie Day featuring Roman Holiday

- **FREE Health Screening - Glucose Testing**
  - **Wednesday, July 17th & 31st**
  - 1pm-3pm
  - Hosted by Family Physicians Group

- **Why do hearing aids cost so much?**
  - **Wednesday, July 3rd, 10th, 17th, 24th & 31st**
  - 3pm-4:30pm
  - Presented by Harmony Hearing Centers of America
  - RSVP 407.545.4098

- **“Un”-Target Yourself!**
  - **Tuesday, July 9th 10am-11am**
  - Hosted by VITAS Innovative Hospice Care
  - RSVP 407.949.6733

- **Health Care Reform Workshop**
  - **Tuesday, July 9th 12noon – 1:30pm**
  - Presented by Medicare Plan Options
  - RSVP 407.949.6733

- **Bingo Bash**
  - **Wednesday, July 10th 11am-12pm**
  - Hosted by Family Physicians Group

- **FREE Health Screenings – Blood Pressure**
  - **Wednesday, July 10th & 24th**
  - 1pm-3pm
  - Hosted by Family Physicians Group

- **The Real Estate Specialists are IN**
  - **Thursday, July 11th, 18th & 25th**
  - 9am-12pm
  - Presented by Exit Real Estate Results

- **Senior Survival Workshop**
  - **Thursday, July 11th 2pm – 4pm**
  - Presented by the Law Office of Kathleen Flammia
  - RSVP 407.478.8700

- **Chair Pilates**
  - **Friday, July 12th 1:30pm-2pm**
  - Hosted by VITAS Innovative Hospice Care
  - RSVP 407.949.6733

- **Memory Screenings**
  - **Friday, July 12th 2pm – 4pm**
  - Hosted by Arden Courts Memory Care Community
  - By Appointment Only – 407.949.6733

- **Crafts & Conversation**
  - **Tuesday, July 16th 2pm – 4pm**
  - Hosted by VITAS Innovative Hospice Care
  - RSVP 407.949.6733

- **AARP Medicare Complete**
  - **Tuesday, July 16th 2:30pm-4pm**
  - Presented by LTC Advisors
  - RSVP 407.949.6722

- **Bingo Bash**
  - **Wednesday, July 17th 11am-12pm**
  - Hosted by Orlando Family Physicians

- **Social Security Seminar**
  - **Wednesday, July 17th 1pm-5:30pm**
  - Presented by Estate and Business Planning Group
  - RSVP 407.949.6733

- **The Truth about Medicaid Planning Workshop**
  - **Thursday, July 18th 9:30am-12:30pm**
  - Presented by The Law Offices of Hoyt & Bryan
  - RSVP 407.977.8300

- **Medicare Educational Workshop**
  - **Thursday, July 18th 12:30pm-2pm**
  - Presented by Medicare Plan Options
  - RSVP 407.949.6733

- **The Truth about Estate Planning Workshop**
  - **Thursday, July 18th 2pm-4pm**
  - Presented by The Law Offices of Hoyt & Bryan
  - RSVP 407.977.8300

- **Health Care Reform Workshop**
  - **Tuesday, July 23rd 3:30pm-5pm**
  - Presented by Medicare Plan Options
  - RSVP 407.949.6733

- **Women’s Financial Beliefs – A Workshop for Women**
  - **Tuesday, July 23rd 5:30pm-7:30pm**
  - Presented by Price Financial Services
  - RSVP 407.339.4500

- **Financial Halftime Report 2013**
  - **Thursday, July 25th 11am OR 3pm**
  - Presented by Estate and Business Planning Group
  - RSVP 407.389.1122

- **ADRC Workshop**
  - **Saturday, July 27th 10am – 1pm**
  - Presented by The Law Office of Kathleen Flammia
  - RSVP 407.843.1910

- **Medicare Educational Workshop**
  - **Thursday, July 31st 12:30pm-2pm**
  - Presented by Medicare Plan Options
  - RSVP 407.949.6733

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See our full Calendar of Events at OneSeniorPlace.com

407.949.6733
Keep your cool this summer with these tips

Now that we’re fast approaching the hottest part of summer, it’s even more important to take steps to guard against becoming overheated.

The Centers for Disease Control and Prevention has released a special report on seniors and the heat. It has suggestions that make sense — especially since we seniors are slower to sense changes in temperature. That means we can become overheated before we realize it. Here are some suggestions:

• Drink more water than usual, and don’t wait until you’re actually thirsty before having a drink. By then you’re actually overdue for water. Call your doctor’s nurse to ask how much water you should be drinking, and make a chart to be sure you get as much as you should.

• Don’t cook with the stove or oven. It makes the house hotter.

• Wear light-colored, lightweight, loose clothing.

• Cool down with cool showers or baths.

• Avoid alcohol or drinks with lots of sugar.

• Check the news for heat alerts. In some cases, cooling stations might be opened in your area, such as in schools. Or call the health department and ask if there are air-conditioned shelters near you. Libraries, movies and malls are good places to go during the heat of the day.

• Keep an eye on friends and family, and ask that they do the same for you.

• Watch for heat-related symptoms, such as nausea or vomiting, headaches or muscle cramps. Look for heavy sweating, clammy skin, weakness or fainting, which is heat exhaustion. Those are medical emergencies.

For more information, go online to cdc.gov/extremeheat/seniors.html and cdc.gov/extremeheat/warning.html.

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Send email to csaturnreply5@gmail.com.

Housing vouchers for veterans without homes

Nine thousand veterans are going to receive vouchers for permanent housing via Section 8.

A joint effort between Housing and Urban Development (HUD) and the Department of Veterans Affairs will spend $60 million at public-housing agencies across the country to provide Section 8 housing for veterans.

Called HUD-VASH, for HUD Veterans Affairs Supportive Housing, the program not only provides most of the cost of rentals, but also case management and services from nearby VA medical centers. Many homeless veterans suffer from chronic disabling conditions, such as mental health or substance abuse disorders, or physical disabilities. Veterans who are accepted into the program are expected to participate in case management, treatment recommendations and assistance for recovery. Here are some specifics:

• Veterans in the program won’t pay more than 30 percent of their income for rent.

• Both single veterans and those with families are eligible for housing.

• Veterans must be able to complete daily living activities and live independently in the community with the support services and case management.

The VA is making headway in tackling homelessness, with the goal of putting an end to veteran homelessness by 2015. Statistics show a 17 percent decline since 2009. So far, it’s put 42,557 formerly homeless veterans into housing through the VASH program. More funds will be announced this summer.

If you’re a homeless veteran, or know of one, find out if you qualify for the housing assistance program by contacting the VA’s National Call Center for Homeless Veterans at 1-877-424-3838. You might be referred to the point person for the homeless program at the closest VA facility.

If you’re unemployed, ask about the Homeless Veteran Supported Employment Program for job development and vocational assistance.

Email Freddy Groves at csaturnreply5@gmail.com © 2013 King Features Synd. Inc.
DEAR DR. DONOHUE: I’m in my 60s and never had a major illness. I take no medicines. During the past three months, I have been wakened from sleep with a dull pain in the center of my chest. My husband told me to take Mylanta. I did, and got instant relief. What do you think of this pain? — V.P.

**ANSWER:** Pain that wakens a person from sleep must be taken seriously and ought to be reported to the family doctor.

However, the response you got from taking Mylanta (an antacid) makes me think of GERD — gastroesophageal reflux disease — more commonly known as heartburn. Stomach acid and digestive juices spurt into the esophagus, a structure not equipped to deal with them like the stomach can. If this nighttime pain of yours keeps coming back, put 6-inch blocks under the bedposts at the head of your bed to keep stomach juices in the stomach when you lie down.

My first statement about nighttime pain has to be observed. You need to see the family doctor to be certain this is heartburn and not one of the many other serious possibilities. The booklet on coronary artery disease, another cause of chest pain, details its symptoms. To obtain a copy, write: Dr. Donohue — No. 101, Box 53475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for $4.75 U.S./$6 Can. with the recipient’s printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: I had two cousins, sisters who died of pancreatic cancer less than a year apart. One was two years older than the other. They grew up and lived in the same Midwestern town. I am concerned about the other sister. Could the disease run in the family? Their mother died of cancer at the age of 40, but we don’t know what type of cancer. — Anon.

**ANSWER:** Two sisters dying of pancreatic cancer makes you sit up and take notice. If a brother, sister or parent had pancreatic cancer, the risk of another family member coming down with it increases by 18 times the risk for a person without such a family history. Pancreatic cancer most often appears between the ages of 65 and 84. Aging, smoking and chronic inflammation of the gland are other factors involved in its genesis.

DEAR DR. DONOHUE: I am a very active 45-year-old female dance teacher with a surprising white blood count of 2,500. My weight and diet are excellent. I stay away from sugar. I do not feel sick. What can I take to raise my white blood count? — S.

**ANSWER:** You’re the second person in the past three weeks who is concerned about a low white blood count. The normal count is 4,500 to 10,000. The chief role of white blood cells is to battle attacking viruses and bacteria. You have no symptoms from your lower-than-normal count. Your body defenses are in fine shape. Your count might be normal for you. It bears watching. Nothing you take can raise the count. In your case, it doesn’t need to be raised.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 53475, Orlando, FL 32853-6475.
Now through July 28 – The Audience’s ‘Sleeping Beauty’

Princess Rose is celebrating her birthday and the kingdom is having a party, but a terrible curse causes our young Princess Rose to fall asleep for 100 years.

Complete with a handsome prince and a magical kiss, this retelling of “Sleeping Beauty” introduces the classic fairy tale to a new generation of kids and families. There’s an autograph session with the cast after every performance at the Shakespeare Center. Call 407-447-1700 or visit orlandoshakes.org.

Now through July 15 – The Central Florida Winery will host blues and jazz artists in a Summer Music Series outdoors each Saturday from 1 p.m. to 4 p.m. The musical lineup features a different band each Saturday, and there is no charge for admission or parking.

July 4 – Admission is free to the Morse Museum on July 4

The Morse Museum – home to the world’s most comprehensive collection of works by artist Louis Comfort Tiffany – will follow a decades-long tradition and provide free admission to its galleries on July 4, in conjunction with Winter Park’s Olde Fashioned 4th of July Celebration. The city celebration, from 9 a.m. to 1 p.m., includes a bicycle parade, horse-drawn wagon rides, patriotic music by the Bach Festival Choir and more. The museum is open from 9:30 a.m. to 4 p.m. Call 407-645-5311 or visit morsemuseum.org.

July 5 – Duo Sole & Friends

When I write to tell you about a duo-recital between Mauricio Céspedes Rivero, the Orlando Philharmonic’s principal violinist, and Alexander Stevens, the orchestra’s principal second violin, none of us would expect the unexpected is exactly what the Philharmonic offers with its Summer Series. Rivero and Stevens make up Duo Sole, and they will be joined by friends to present this tribute to American song at 7 p.m. on Monday, July 8, at the Shakespeare Center. Call 407-770-0871 or visit orlandophil.org for more information or to purchase tickets.