

NASSAU COUNTY COUNCIL ON AGING

Senior Life

CELEBRATING HAPPY, HEALTHY LIVES

The Power of
**Memory
Exercises**

Memory, Forgetfulness and Aging:

*What's Normal
and What's Not?*

JANUARY - MARCH 2023



Inside:
Habits of Highly Successful Brains
Clarity on Brain Fog
Classes for Adults of ALL Ages



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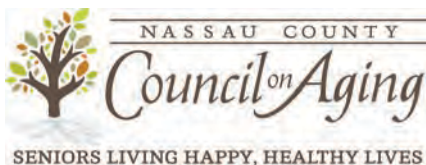
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Janice Ancrum Senior Life Center

1901 Island Walk Way, Fernandina Beach, FL 32034

Phone: 904-261-0701 • FAX: 904-261-0704

Facebook: Nassau County Council on Aging

Website: www.nassaucountycoa.org

Staff Contacts

Adult Day HealthCare - Emily Kunzelmann

Advocate Home Healthcare - Donna Granieri

Caregiver Services - Emily Kunzelmann

Case Management - Donna Granieri

CHORE Program - Frances Bartelt

Development - Scott Brown

Electric Assistance/Water Assistance - Paula Evans

Human Resources, Compliance and Facilities - Don Harley

Just Friends - Frances Nobles

Marketing and Communications - Liz Dunn

Memberships, Presentations and Classes,

Room Rentals and *Senior Life* Magazine - Melody Dawkins

Nutrition and Meal Programs - Frances Nobles

Program Operations - Donna Granieri

Transportation - Julie Cherney

Volunteer Opportunities - Margo Morlock

Westside Senior Life Center

37002 Ingham Road, Hilliard, FL 32046-1011

Phone: 904-845-3331 • FAX: 904-845-4491

Facebook: Nassau County Council on Aging

Website: www.nassaucountycoa.org

Staff Contacts

Administration/Case Management - Linda Rogers

Case Management - Sue VanZant

Nutrition/Meal Programs - Frances Nobles

Activities - Melissa Snead

NassauTRANSIT

Phone: 904-261-0700 • Toll Free: 800-298-9122

FAX: 904-261-3940

Facebook: NassauTRANSIT

Website: www.nassautransit.org

Contacts: Julie Cherney, J.B. Short and Sherry Weidenaar

On the cover:

*Graphic design by Buddy Price, Buddy Price Photography,
and Catherine Valera, NCCOA Marketing & Communications*

CONTENTS

5 | MESSAGE FROM NCCOA
PRESIDENT & CEO

6 | ABOUT NCCOA

12 - 14 | LIFELONG LEARNING

23 | SUPPORT GROUPS &
ASSISTANCE PROGRAMS

FEATURES

8 - 9 | MEMORIES, FORGETFULNESS
AND AGING:
WHAT'S NORMAL AND WHAT'S NOT?

10 | CLARITY ON BRAIN FOG

15 | 13 HABITS OF HIGHLY
SUCCESSFUL BRAINS

16 - 17 | WE ARE GRATEFUL FOR
OUR COUNCIL ON AGING

19 | 5 FACTORS THAT MAKE
GIVING FEEL GOOD

21 | WORD SEARCH

21 | SALUTE TO SENIORS
INFORMATION ON THE 17TH ANNUAL GALA

Message from our President & CEO

Dear Friends:

Many people worry about memory lapses, especially as they age. Chances are you've walked into a room and forgotten why you went there. And misplaced your keys or eyeglasses at least a few times. It is a serious condition such as Alzheimer's disease or simply occasional forgetfulness?

Our first *Senior Life* issue of the new year is focused on *Memory, Forgetfulness and Aging* – what's normal and what's not. Occasional forgetfulness is a normal part of life that becomes more common as we grow older. In most cases, it's no cause for alarm – unless it begins to hamper daily activities. Forgetting where you left the car keys is one thing; forgetting what they do is quite another.

NCCOA Senior Life Centers in Fernandina Beach and Hilliard offer a multitude of brain health-related classes and activities for **adults of ALL ages** in our community. Topic areas include arts, crafts and hobbies; cards and games; computers and technology; cooking; fitness and dance; language; legal and finance; history and culture; music; policy and government; and wellness. For more information, contact Melody Dawkins, Membership & Community Engagement Director, at mdawkins@nassaucountycoa.org. In addition, we offer a weekday morning program for seniors 60+ which focuses on health and wellness, entertainment, technology and socialization; lunch is also served.

NCCOA's Adult Day HealthCare program, affectionately referred to as The Club, is a therapeutic day center for seniors age 60+ who need assistance due to dementia and Alzheimer's disease, chronic illness and age. As Club members, seniors benefit from a holistic approach to maximize quality of life in a safe, secure environment. Members, regardless of functional or cognitive impairments, enjoy activities that promote independence while restoring, maintaining and stimulating their abilities and capacities. For more information, contact Emily Kunzelmann, Training & Caregiver Services Director, at ekunzelmann@nassaucountycoa.org.

Scott Brown, Development Director, is the newest member of our leadership team. Scott joins NCCOA with more than 30 years of nonprofit management and fundraising experience, working with boards of directors, developing strategic plans, establishing fundraising benchmarks, marketing and managing finances. On the fundraising side, he has extensive experience in direct solicitations, and a proven ability to run capital campaigns, develop major gift relationships, encourage planned giving, grow memberships, write grants and manage special events. Most recently, Scott served as Executive Director for the Ashe Memorial Hospital Foundation in Jefferson, NC. Prior to this position, he was Director of Major Giving for the Chesapeake Bay Foundation in Annapolis, MD, and Director for Special Gifts for the Colonial Williamsburg Foundation, Williamsburg, VA. Welcome, Scott!

Here's to a healthy and happy new year,


Janice Ancrum
President & CEO



Thank You

**To Our
Funding Partners**



1235 South 10th Street
Fernandina Beach, FL 32034
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Our Mission

Our mission is to enhance the lives of older adults through services and compassionate care designed to improve the health, independence and economic security of all Nassau County seniors and their families.

About Nassau County Council on Aging

LIFE CENTERS

Both Life Centers offer those 60 and older assistance, information and support, in addition to many fun and engaging activities for adults of all ages...plus opportunities to socialize - the key to a happy, healthy life. Meeting space is available for rent in both Fernandina Beach and Hilliard locations for group functions. Contacts: Janice Ancrum Senior Life Center, 904-261-0701; Westside Senior Life Center, 904-845-3331

PROGRAMS AND SERVICES

This department serves seniors by providing vitally important resources such as Case Management, Nutrition and Fall Prevention. NCCOA also partners with local and state-funded programs to assist with home energy crises (EHEAP) and facilitate City of Fernandina Beach Wastewater, Refuse and/or Storm Water Fee Exemption applications and Town of Hilliard Water Bill Assistance for qualified residents.

Contact: Donna Granieri, 904-775-5497
dgranieri@nassaucountycoa.org

"THE CLUB" ADULT DAY HEALTHCARE

The only one of its kind in Northeast Florida, NCCOA's Adult Day HealthCare Program - also known as "The Club" - provides respite for caregivers and offers their loved ones a safe and secure environment. The program, licensed by the State of Florida, provides appropriate therapeutic social and health-enhancing activities for those with chronic illness, Alzheimer's disease or other cognitive deficits. The Club is supervised by a licensed nurse.

Contact: Emily Kunzelmann, 904-775-5472
ekunzelmann@nassaucountycoa.org

ADVOCATE HOME HEALTHCARE

Advocate Home Healthcare, a division of Nassau County Council on Aging, provides members with non-medical, in-home services related to daily living activities such as personal care, respite, homemaking and companion services. Certified Nursing Assistants (CNAs) and Home Health Aides may also accompany members to appointments and activities. Members receive a minimum of two hours of care to full 24-hour shifts, depending on the need. Fees for these services are paid via private pay or approved Medicaid Long-Term Care (MLTC), pre-qualified state and federal programs.

Contact: Advocate Home Healthcare, Donna Granieri, 904-775-5497 • dgranieri@nassaucountycoa.org

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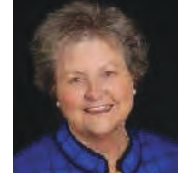
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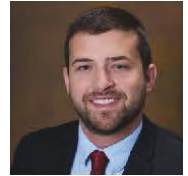
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With the announcement of paratransit service expansion, NassauTRANSIT offers a more flexible Monday-Friday schedule for people with limited or no personal transportation options. The enhanced service provides more access to work, recreation, shopping, social engagements, medical appointments, etc. In addition, Saturday paratransit service is available on Amelia Island, on demand. The State of Florida requires registration for paratransit service through NassauTRANSIT. All NassauTRANSIT vehicle operators and vehicles are credentialed to federal and state requirements, and all vehicles are wheelchair accessible. Contact: NassauTRANSIT, 904-261-0700 • 800-298-9122
www.nassautransit.org

Please visit www.nassaucountycoa.com and [Facebook.com/nassaucountycoa/](https://www.facebook.com/nassaucountycoa/) for information and updates on NCCOA's facilities, programs and services.



Amelia Plantation Chapel
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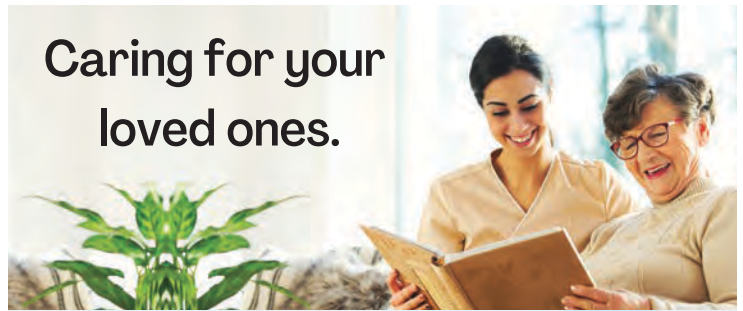
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Memory, Forgetfulness and Aging:

What's Normal and What's Not?

Many older adults worry about their memory and other thinking abilities. For example, they might be concerned about taking longer than before to learn new things or they may sometimes forget to pay a bill. These changes are usually signs of mild forgetfulness – often a normal part of aging – not serious memory problems.

WHAT'S NORMAL FORGETFULNESS AND WHAT'S NOT

What's the difference between normal, age-related forgetfulness and a serious memory problem? It's normal to forget things once in a while as we age, but serious memory problems make it hard to do everyday things like driving, using the phone, and finding your way home.

Talk with your doctor to determine whether memory and other cognitive problems, such as the ability to clearly think and learn, are normal and what may be causing them.

Signs that it might be time to talk to a doctor include:

- Asking the same questions over and over again
- Getting lost in places a person knows well
- Having trouble following recipes or directions
- Becoming more confused about time, people and places
- Not taking care of oneself – eating poorly, not bathing or behaving unsafely

TIPS FOR DEALING WITH FORGETFULNESS

People with some forgetfulness can use a variety of techniques that may help them stay healthy and deal with changes in their memory and mental skills. Here are some tips:

- Learn a new skill.
- Follow a daily routine.
- Plan tasks, make to-do lists, and use memory tools such as calendars and notes.
- Put your wallet or purse, keys, phone and glasses in the same place each day.



- Stay involved in activities that can help both the mind and body.
- Volunteer in your community, at a school or at your place of worship.
- Spend time with friends and family.
- Get enough sleep, generally seven to eight hours each night.
- Exercise and eat well.
- Prevent or control high blood pressure.
- Don't drink a lot of alcohol.
- Get help if you feel depressed for weeks at a time.

MILD COGNITIVE IMPAIRMENT

Some older adults have a condition called mild cognitive impairment, or MCI, meaning they have more memory or other thinking problems than other people their age. People with MCI can usually take care of themselves and do their normal activities. MCI may be an early sign of Alzheimer's disease, but not everyone with MCI will develop Alzheimer's. Signs of MCI include:

- Losing things often
- Forgetting to go to important events or appointments
- Having more trouble coming up with desired words than other people of the same age

If you have MCI, visit your doctor every six to 12 months to track changes in memory and other thinking skills over time.

There may be habits and behaviors you can change and activities you can do to help you maintain memory and thinking skills.

DEMENTIA AND AGING

Dementia is not a normal part of aging. It includes the loss of cognitive functioning – thinking, remembering, learning and reasoning – and behavioral abilities to the extent that it interferes with a person's quality of life and activities. Memory loss, though common, is not the only sign of dementia. People with dementia may also have problems with language skills, visual perception or paying attention. Some people have personality changes.

While there are different forms of dementia, Alzheimer's disease is the most common form in people over age 65. The chart below explains some differences between normal signs of aging and Alzheimer's.

WHEN TO VISIT THE DOCTOR FOR MEMORY LOSS

If you, a family member or friend has problems remembering recent events or thinking clearly, talk with a doctor. He or she may suggest a thorough checkup to see what might be causing the symptoms. You may also wish to talk with

your doctor about opportunities to participate in research on cognitive health and aging.

At your doctor visit, he or she can perform tests and assessments, which may include a brain scan, to help determine the source of memory problems. Your doctor may also recommend you see a neurologist, a doctor who specializes in treating diseases of the brain and nervous system. Memory and other thinking problems have many possible causes, including depression, an infection or medication side effects. Sometimes, the problem can be treated and cognition improves. Other times, the problem is a brain disorder, such as Alzheimer's disease, which cannot be reversed.

Finding the cause of the problems is important for determining the best course of action. Once you know the cause, you can make the right treatment plan. People with memory problems should make a follow-up appointment to check their memory every six to 12 months. They can ask a family member, friend or the doctor's office to remind them if they're worried they'll forget.

For more information about memory loss and forgetfulness go to www.nia.nih.gov/alzheimers.

Source – National Institute on Aging

DIFFERENCES BETWEEN NORMAL AGING AND ALZHEIMER'S DISEASE

Normal aging	Alzheimer's disease
Making a bad decision once in a while	Making poor judgments and decisions a lot of the time
Missing a monthly payment	Problems taking care of monthly bills
Forgetting which day it is and remembering it later	Losing track of the date or time of year
Sometimes forgetting which word to use	Trouble having a conversation
Losing things from time to time	Misplacing things often and being unable to find them



Clarity on BRAIN FOG

BY MICHAEL GEBEL, MD, BAPTIST NEUROLOGY GROUP

What's the Cause of Your Confusion?

While not a scientific medical term, "brain fog" is a common phrase used to describe difficulty concentrating. The definition can be pretty broad, but Michael Gebel, MD, a neurologist with Baptist Neurology Group, helps bring clarity to the condition.

What is Brain Fog?

The term is used to describe memory problems, lack of mental clarity, confusion or forgetfulness.

"In medicine, we call an altered mental state 'encephalopathy' or 'delirium,'" explains Dr. Gebel. "The layperson may refer to it as brain fog. These are broad terms that describe people who aren't thinking things through clearly or who have a decreased level of consciousness."

If you're experiencing any of these symptoms, you should see a doctor. Dr. Gebel emphasizes, "There is no such thing as 'normal' brain fog."

What Causes Brain Fog?

Some of the most common causes include:

- Medication side effects
- Lack of sleep
- Alcohol overuse
- Long COVID-19 or other infection
- Depression

The most important thing to remember: "If you develop brain fog for no obvious reason, seek immediate medical attention," says Dr. Gebel. "It could be an indication of something serious, so it's best to get it checked out."

If medication results in brain fog, reach out to the prescribing doctor to discuss alternatives. Never stop a medication without consulting a doctor first, Dr. Gebel cautions. Nutrition deficits can also cause encephalopathy, like low vitamin B12 and iron deficiency.

Use It or Lose It

"To help prevent brain fog and improve cognition, we go back to the timeless strategy of 'use it or lose it,'" says Dr. Gebel. He recommends good nutrition, social interaction, puzzles and reading to maintain a healthy mind. Avoidance of excessive alcohol or drug use is also paramount in preventing the fog.

In addition to Long-COVID-19 infections causing brain fog, mental health impacts from the pandemic also increase the prevalence of encephalopathy. According to the World Health Organization, the COVID-19 pandemic triggered a 25% increase in anxiety and depression worldwide. Those who experience these conditions often also have brain fog.

"Isolation during the pandemic had a significant impact on our elderly population," says Dr. Gebel. "Reintegrating into society will help exercise the brain and will help fight against depression."



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Lifelong Learning



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All classes are held at the Janice Ancrum Senior Life Center, 1901 Island Walk Way, Fernandina Beach



Arts, Crafts & Hobbies

*Supply Fees May Apply

Crocheting Circle: All Levels
Every Tue • 10 - 11:30 am

Crafts with a Purpose:

Linda Seng-Mills, Robin Padgett
Tue – Jan 10, 31, Feb. 14, Mar 14 •
9 - 10 am

Drawing from Observation:

Beginning (Series of 5)
Ann Freeman
Tue – Jan 10, 17, 24, 31, Feb 7 •
1 - 3 pm

Drawing from Observation:

2nd Level (Series of 5)
Ann Freeman
Tue – Feb 14, 21, 28, Mar 7, 14 •
1 - 3 pm

Needlepoint - Beginning

8 Flags Needlepoint Guild
Tue – Jan 10, 17, 24 • 1:30 - 3:30 pm

Casual Knitting

Beginners Welcome
Marcia Foshee Duffy
Every Thu • 1 - 3 pm

Watercolor Painting

Harry Atkins
Every Thu • 3 - 4 pm



Cards and Games

Rummikub

Janet Chatfield
Every Mon • 3 - 4 pm

Wheel of Fortune

Michelle Shock
Fernandina Beach Rehab & Nursing
First Tue • 9 - 10 am

Canasta: Open Play & Instruction

Debbie Price
Every Fri • 9:30 - 11:30 am

Mahjong: All Levels with a Current

Mahjong Card
Theresa Macwithey
Every Fri • 12:30 - 3:30 pm

Bridge: For Beginners and Those Seeking Review

Myra Swinson
Every Fri • 12:30 - 2:30 pm

Bridge: Open Play

Every Fri • 3 - 5 pm



Computers & Technology

Apple iPhone and iPad

Marc Williams
Mon-Tue-Wed – Jan 9, 10, 11 •
9:30 - 11:30 am

Apple and MAC Q&A

Marc Williams
Tue – Jan 17 • 9:30 - 11:30 am

Apple Macintosh

Marc Williams
Mon-Tue-Wed – Feb 6, 7, 8 •
9:30 - 11:30 am

Apple and MAC Q&A

Marc Williams
Tue – Feb 14 • 9:30 - 11:30 am

Apple iPhone and iPad

Marc Williams
Mon-Tue-Wed – Mar 6, 7, 8 •
9:30 - 11:30 am

Apple and MAC Q&A

Marc Williams
Tue – Mar 14 • 9:30 - 11:30 am



Fitness & Dance

Pelvic Floor & Core

(Previously Core Strengthening)
Janice Clarkson
Every Mon • 8:30 - 9:30 am

Enerchi

Mary Bleck
Every Mon • 10 - 11 am

Standing Yoga

Mary Bleck
Every Mon • 11:30 am - 12:30 pm

Tap Dancing Techniques

(Series of 8)
Maggie Comey
Mon – Jan 23, 30, Feb 6, 13, 27
Mar 6, 13, 20 • 2 - 3 pm

Advanced Mat & Core Class

Heidi Freilich
Every Tue • 8:30 - 9:30 am

Stability Exercises

Mary Bleck
Every Tue • 10 - 11 am

Belly Dancing

Laura Giordano
Every Tue • 11:15 am - 12:15 pm

Tai Chi

Tom Gagne
Every Tue • 11:30 am - 12:30 pm

Zumba Gold

Stacey "Sparkle" Vinson
Every Tue • 1 - 2 pm

Advanced Stretch & Balance

Janice Clarkson
Every Wed • 8:30 - 9:30 am

Weight Training and Toning

Janice Clarkson
Every Wed • 10 - 11 am

Enerchi

Mary Bleck
Every Wed • 11:30 am - 12:30 pm

Line Dancing: Basic

Kathy Ball
Every Wed • 1 - 1:45 pm

Just Dance

Heidi Freilich
Every Thu • 10 - 11 am

Dancing Queens

Lorraine Gaito
Every Thu • 12 - 12:45 pm

Zumba Gold

Stacey "Sparkle" Vinson
Every Thu • 1:30 - 2:30 pm

Zumba Gold

Weight Training and Toning

Stacey "Sparkle" Vinson
Every Fri • 8:30 - 9:30 am

Enerchi

Mary Bleck
Every Fri • 10 - 11 am

Full - Body Workout

Debi Senger
Every Fri • 11:30 am - 12:30 pm

Lifelong Learning

Fitness & Dance continued



History, Culture & Travel

The History of the First Christmas Celebration ... Why Was it Held in January

Peter Mullin

Thu – Jan 5 • 1 - 2 pm



Language

Beginning Sign Language

Lynn Freeman

Thu – Jan 19, 26, Feb 2, 9, 16, 23 • 10 - 11 am



Legal & Finance

Identifying and Protecting Yourself from Scams

Dave Wilson

Mon – Jan 9, Feb. 13, Mar 13 • 1:30 - 2:30 pm

Financial - Open Discussions

Don Mason & Steve Nicklas

Tue – Jan 24, Feb. 28, Mar 28 • 10 - 11 am



Music

Elvis Music with Lane

Lane Mashburn, Amelia Auto Mart
Mon – Jan 9, 30, Feb 6, 13, Mar 6, 20 • 9 - 10 am

Ukulele – Open Play

Julie and Jim Black

Every Mon • 10 - 11 am

Sing Along with Bruce

Bruce Beville

1st & 3rd Wed • 9 - 10 am

Music with Terry Murphy

Terry Murphy

1st Thu • 9 - 10 am

Music with 2J's

Julie & Jim Black

2nd & 4th Thu • 10 - 11 am



Other Opportunities

The Shocking Truth Behind Electricity

Tom Polito

Wed • Feb 1 – 2 - 4 pm



Photography

Mongolia Photography Presentation

Alwynne Lamp

Wed – Jan 18 • 1:30 - 3 pm

Photography Workshop

Jack Casto

Thu – Feb 2, 9, 16, 23, Mar 2 • 2:30 - 4 pm

Photography with Buddy Price

The Camera – What are all the buttons and knobs for?

Tue – Jan 10 • 3:15 - 4:30 pm

The Lens – How do I know what lens to use?

Thu – Jan 12 • 3:15 - 4:30 pm

Other Gear to Make

Photography Easier

Thu – Jan 19 • 3:15 - 4:30 pm

Focusing Like a Pro – Getting Sharp Photographs All the Time

Tue – Jan 24 • 3:15 - 4:30 pm

Essentials of Exposure 1 –

The Exposure Triangle

Tue – Jan 31 • 3:15 - 4:30 pm

Essentials of Exposure 2 – Why Didn't the Camera get it right?

Tue – Feb 7 • 3:15 - 4:30 pm

Exposure Modes – Going beyond Auto

Tue – Feb 14 • 3:15 - 4:30 pm

Elements of Composition – Making a more pleasing image

Tue – Feb 28 • 3:15 - 4:30 pm

Exploring Light – It's all about the light!

Tue – Mar 7 • 3:15 - 4:30 pm

You Took the Picture – Now What?

Tue – Mar 14 • 3:15 - 4:30 pm

iPhone Photography

Dawna Moore

Date and Time TBA



Policy & Government

What's on Your Mind?

Mayor Bradley Bean

Fri – Jan 13, Feb 10, Mar 8 • 9 - 10 am

Great Decisions:

Energy Geopolitics

Facilitator: Paul Pierson

Tue – Jan 24 • 3 - 4:30 pm

Great Decisions: War Crimes

Facilitator: Thomas Smith

Fri – Jan 31 • 3 - 4:30 pm

Great Decisions:

China's Foreign Policy

Facilitator: Stephen Gessner

Tue – Feb 7 • 3 - 4:30 pm

Great Decisions:

Economic Warfare

Facilitator: Robert Weintraub

Tue – Feb 14 • 3 - 4:30 pm

Great Decisions:

Elections in Latin America

Facilitator: Robert Weintraub

Tue – Feb 21 • 3 - 4:30 pm

Great Decisions: Global Famine

Facilitator: Richard Scribner

Tue – Mar 7 • 3 - 4:30 pm

Great Decisions:

Iran at a Crossroads

Facilitator: Stephen Gessner

Tue – Mar 7 • 3 - 4:30 pm

Great Decisions:

Climate Migration

Facilitator: Richard Scribner

Tue – Mar 14 • 3 - 4:30 pm



Wellness

Health Checks with Katie

Katherine Connors, RN,

The Care Company of Amelia, LLC
1st & 3rd Mon • 9 - 9:30 am

Exercising our Mind

Meg McAlpine, UF Ext

Fri – Jan 6, 13 • 9 - 9:30 am

Mon – Jan 23 • 10 - 10:30 am

Fri – Jan 27 • 9 - 9:30 am

Mon – Jan 30 • 10 - 10:30 am

Hypnosis

Carlos Bustabad

Understanding Emotions and Pain

Wed – Jan 11 • 2 - 3:30 pm

Psychological Influence on Pain

Wed – Feb 8 • 2 - 3:30 pm

Hypnosis and Pain

Wed – Mar 8 • 2 - 3:30 pm

Caregiver Stressbusters Forum

Wed – Jan 11, 25, Feb 8, 22

Mar 8, 22 • 1 - 2:30 pm

Mindful Meditation

4-week series


Judy Elkin Michel

Thu – Jan 12, 19, 26, Feb 2 • 3 - 4 pm



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Lifelong Learning

Wellness continued

Tapping Meditation

Dr. Jean Kerry

Tapping to Increase Sleep

Thu – Feb 9 • 3:30 - 4:30 pm

**Tapping – Turning Your
 Day Around**

Thu – Feb 16 • 3:30 - 4:30 pm

**Tapping – Fear and
 Worry to Peace**

Thu – Feb 23 • 3:30 - 4:30 pm

Tapping to Control Sadness

Thu – Mar 2 • 3:30 - 4:30 pm

Like Dark Chocolate a Little Stress is Good

Barbara Bruce

Fri – Feb 10 • 2 - 3 pm

Meditation with Singing Bowls

Valerie Brandt

Mon – Feb 27, Mar 6, 13, 20 •

3:30 - 4:30 pm

Power of Positive Thinking

Barbara Bruce

Fri – Mar 10 • 2 - 3 pm

Schedule Subject to Change



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13 Habits of Highly Successful Brains

BY BARBARA BRUCE, AGING WELL FACILITATOR

As we age (and we all do) we can say, "Oh well, that's what happens when we get older" or we can take control and do things to make our lives full and active. We all have this ability. Here are some pointers to take charge of our senior years...

1. Exercise. I'm not talking about running marathons or lifting weights. I am talking about dancing (line dancing or ballroom) or walking several thousand steps each day. It works and it's fun!

2. Eat smart. You are what you eat. Answer "NO" to the question, "Do you want fries with that?" Fill your plate with vegetables, fruits, whole grains, nuts and high-protein foods that provide the nutrition your body and brain need to function well. You know this, right? Work at doing this and see how your body and brain respond.

3. Challenge your brain. Learn something new, such as a board game, computer app, puzzles – anything that makes you THINK.

4. Try things in new ways. Operate your mouse or brush your teeth with your other hand or drive a new route to NCCOA. Little things can mean a lot.

5. Connect with someone every day. Isolation is hard on our brains. We NEED the physical and/or mental contact each day to keep our brains active and healthy.

6. Minimize STRESS. It's difficult but learn to see and feel the

effects of stress on your brain and body. It can take precious time off your life.

7. Think positive thoughts. What are you grateful for each day? Change your thoughts and behaviors to make this a regular part of your daily activities.

8. Involve all your senses. Focus on sight, smell, sound, taste and touch. It's amazing how much better you feel when you stop and "smell the roses" or take time to watch a colorful sunrise.

9. Listen to music. It is GOOD FOR YOUR BRAIN...listening, dancing, singing – all good.

10. Laugh. "Laughter IS the best medicine." Laugh with friends and see how good this feels.

11. Sleep. Get your 40 winks. Adequate rest is very important to healthy brains.

12. Think and reflect on special times in your life. Start a gratitude journal and learn the positive effects of how being grateful strengthens your brain.

13. Pay attention. Many of our aging issues will not be as troublesome IF we pay attention...to ourselves and others. How successful is your brain? At NCCOA, we'll help you answer that question.

Barbara Bruce
Aging Well Facilitator





WE ARE GRATEFUL FOR OUR COUNCIL ON AGING

Dancing Queens

BY BARBARA BRUCE, AGING WELL FACILITATOR

This morning at one of our favorite restaurants my husband and I were referred to as "the old couple who comes every Wednesday." We sort of laughed...we do not feel "old" (well maybe sometimes). We live a retirement life and work hard to stay fit and healthy.

We are grateful of our proximity to Nassau County Council on Aging (NCCOA). This delightful place offers a host of possibilities to keep our brain and body fit, and functioning for all ages and stages of growth in mind, body and spirit.

Creativity and learning potential are abundant, and provide activities across the board to stimulate mind and body. There is something for everyone. Classes range from Line Dancing (tones both brain and body) to Bridge (sharpens the brain). Truly, there are classes to meet virtually all ranges of interest and ability. To

Continued on page 17



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Wreathmaking Class

Continued from page 16

name just a few, NCCOA offers fitness, art, technology, photography, wellness, music and other classes for the community.

Our daily exercise classes range in skill from basic to advanced, providing an opportunity for all ability and age levels. Stop by and try one...or two. Core Strengthening, Enerchi, Standing Yoga, Happy Tappy Boot Camp, Advanced Mat and Core, Stability, Belly Dancing, Zumba Gold, Advanced Stretch and Balance, Weight Training and Toning, Line Dancing (Basic and Intermediate), Just Dance, Dancing Queens and Tai Chi, as well as new class offerings all the time.

Another highlight of participating in classes at NCCOA is the importance of gathering. As we come together, we are finding new friends and enjoying the time spent laughing and learning. Looking forward to coming together for both friendship and learning is healthy for both body and brain.

In short, we are blessed to have senior life centers in both Fernandina Beach and Hilliard. Activities are available for "adults of ALL ages," and classes help us (at most any age) to maintain health and fitness in mind, body and spirit. See you soon!



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5 Factors That Make Giving Feel Good

Source: The Stelter Company

Many of us devote our time, talents and contributions because it's the right thing to do and we want to make an impact. Sharing our generosity also provides us with an immense feeling of satisfaction.

Giving makes us feel good because it can:

1. Make a real difference. Sometimes "thank you" doesn't convey how much we truly care. Financial support of a cause enables you to make a powerful impact, and volunteering allows you to see your impact firsthand.

2. Reflect our values. We all want to be part of a community that shares our values. Showing support, either through gifts of time or finances, can extend your personal connection and give you a sense of belonging. It also reinforces your own belief system.

3. Serve as inspiration. Your generosity may inspire others to follow your lead. Engage loved ones in discussion about your passions and encourage them to join you in volunteering or raising funds.

4. Create an everlasting impact. You have an opportunity to leave your mark on the world. Planning a future gift – such as one in your will or trust – helps ensure that generations to come will benefit. It can also help protect the causes you love beyond your lifetime.

5. Recognize individuals. We are often inspired to give back by people who have touched our lives. Tribute gifts are a way to honor those individuals.

WHY GIVE TO NASSAU COUNTY COUNCIL ON AGING?

With reductions in government funding, many of our programs remain either unfunded or underfunded. More and more seniors require support. When you give to NCCOA, you provide hope and improve the quality of life of seniors, their families and our community.

Ready to see the benefits of your generosity? Contact Scott Brown, 904-775-5481 or sbrown@nassaucountycoa.org to discuss ways to make a meaningful impact.

Scott Brown
NCCOA Development Director



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- Katherine Connors
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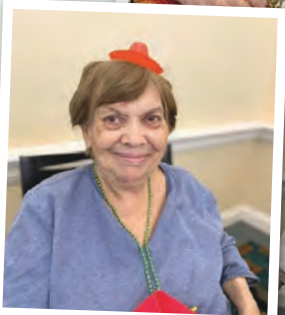
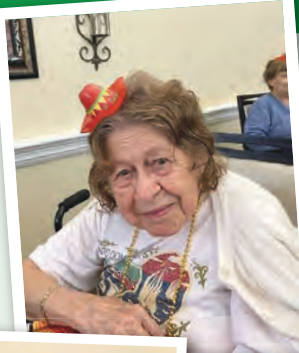
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SOLUTION ON PAGE 23




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5 POINTS LIQUORS Monday is Senior Citizen Day



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Tito's Vodka
1.75L

\$31⁹⁹



**Bombay
Original Gin**
1.75L

\$29⁹⁹

Support Groups

- Hearing Loss Support Group**
 1st Tuesday of each month
 12:00-1:30 p.m.
 Contact: Frances Bartelt,
 904-775-5484 or
 fbartelt@nassaucountycoa.org
 Group discussions focus on hearing loss, how hearing loss impacts everyday living, your brain and your ability to keep socially engaged and live a fulfilling life.
- Parkinson's Support Group**
 3rd Tuesday of each month
 4:00-5:00 p.m.
 Contact: Tifini McGill,
 tifmcgill25@yahoo.com
 Share information on living well with Parkinson's disease, symptom management and support for family members.
- Caregiver Support Group**
 2nd and 4th Wednesday of each month
 3:30-5:00 p.m.
 Contact: Emily Kunzelmann,
 904-775-5472 or
 ekunzelmann@nassaucountycoa.org
 Offers support and education for caregivers. Respite care is available for loved ones. Guest speakers are often featured.
- Low Vision Support Group**
 4th Wednesday of each month
 11:00 a.m.-12:30 p.m.
 Contact: Frances Bartelt,
 904-775-5484 or
 fbartelt@nassaucountycoa.org
 Provides information on adaptive devices and encourages members with vision challenges to share experiences through group discussions and guest speaker presentations.
- National Alliance on Mental Illness (NAMI) Support Group**
 Every Friday
 11:00 a.m.-12:30 p.m.
 Contact: NAMI Nassau,
 904-277-1886
 Support group for individuals, family members and friends impacted by mental illness.

Note: Veterans Helping Veterans Support Group is currently on hold.

All support groups are sponsored by Nassau County Council on Aging, and held at the Janice Ancrum Senior Life Center, 1901 Island Walk Way. As always, there is no charge to attend support group meetings.

Assistance Programs

- Assistance Through Government-Subsidized Programs**
 NCCOA is the lead agency for the Florida Department of Elder Affairs' state and federally funded grant programs. Potential clients are screened and prioritized according to their needs.
- CHORE (Small Home Repair Program)**
 Volunteers help with small home repairs and other assistance (such as ramps), providing the safety and security to help seniors remain in their homes.
- Emergency Home Energy Assistance Program (EHEAP)**
 Assists senior citizens 60 years of age and over in paying their past-due electric bill once during the heating or cooling seasons. Eligibility includes: senior living in the household in Nassau County; a past-due electric bill; and income determination.
- Fall Prevention**
 Provides free, non-medical in-home assessments and recommends community resources to help prevent falls for Nassau County seniors.
- Free Legal Assistance**
 For Nassau County residents, Jacksonville Area Legal Aid is available at no cost by appointment to assist with topics such as health care proxy, power of attorney, family law, consumer and housing issues, as well as other matters.
- Home Health Services**
 Provides non-medical in-home services to homebound seniors that help them live independently in their home or the home of a loved one.
- Meals on Wheels & Meals on Wheels for Pets**
 Available for homebound seniors.
- SHINE (Serving Health Insurance Needs of Elders) Program**
 Provides free, unbiased one-on-one insurance information to Medicare beneficiaries and caregivers.

Please contact NCCOA at 904-261-0701 for information on these programs.

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Solution to puzzle on page 21

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