

NASSAU COUNTY COUNCIL ON AGING

Senior Life

CELEBRATING HAPPY, HEALTHY LIVES

NCCOA Enrichment Classes
Paint a Multigenerational Portrait
The Gilbert-Lindsey Family



JULY - SEPTEMBER 2018



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Council on Aging

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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 Nassau County seniors and their families.



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Fernandina Beach Life Center

1367 South 18th Street
 Fernandina Beach, FL 32034
 Phone: 904-261-0701 – FAX: 904-261-0704
 Facebook: Nassau County Council on Aging
 Website: www.nassaucountycoa.org
We anticipate moving to our new location in September 2018:
 1901 Island Walkway
 Fernandina Beach, FL 32034

Hilliard 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

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Phone: 904-261-0700 – Toll Free: 800-298-9122 –
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All classes scheduled between June 1 – August 30 will be held at our current location, 1367 S. 18th St., Fernandina Beach. Please check www.nassaucountycoa.org and our Facebook page for locations of our classes starting September 1. We anticipate that classes starting October 1 will be held at our new location at 1901 Island Walkway, Fernandina Beach.



A Message from our President & CEO

Dear Friend,

Senior Life, Nassau County Council on Aging's premier publication, is here! Our quarterly magazine is designed to celebrate happy, healthy lives, and deliver the best of news and information to our seniors and their families, friends and neighbors in Nassau County. As a matter of fact, **Senior Life** has something for everyone...health and wellness, food and nutrition, community resources, and helpful tips and advice to living well.

The move-in date to our new home at 1901 Island Walkway – NCCOA's Life Center -- is getting closer. We're anticipating staff occupancy in September and program offerings in full swing soon thereafter. Our grand opening – “*The Event at 1901*” – is currently scheduled for late October. I can promise you it will be the talk of Nassau County.

Almost one year ago, Hurricane Irma threatened to block our future progress with more than \$1.2 million in catastrophic damage to our “new” building. Through the hard work, generosity and faith of so many – including donors and supporters, friends, the local community, NCCOA Board members and staff, as well as our wonderful seniors – we are literally on the doorstep of a 25,000-square-foot facility that will enable us to double and triple the number of seniors we currently serve. Our commercial kitchen will provide warm, nourishing congregate meals for homebound and nutritionally challenged seniors, including low-income veterans of all ages. The Life Center will also provide emergency assistance for Nassau County as a disaster response center with back-up generators. NCCOA's Adult Day HealthCare program will serve up to 30 seniors, doubling our current capacity. Our Life Center will offer a media lounge, game room, fitness and wellness area, arts and crafts room, and even more enrichment classes and lifelong learning opportunities. The 2,240-square-foot Grand Hall, in addition to housing senior activities, will be available for rent to outside organizations. We are so excited about all the possibilities for our seniors and our community!

Please enjoy this inaugural issue of **Senior Life**. Special thanks to Foy Maloy and his team at the Fernandina Beach *News-Leader* and *Nassau County Record* for their invaluable partnership, guidance and assistance. We hope you'll keep **Senior Life** handy in your home or office as a reference for happy, healthy living in our community.

All the best,

Janice Ancrum
President & CEO

P.S. Check out our upcoming schedule of classes on pages 18-21.



Nassau County Council on Aging is proud to be named

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Fernandina Beach Police Department

Janice Ancrum, NCCOA President/CEO

About the Nassau County Council on Aging

LIFE CENTERS

Our new home at 1901 Island Walkway will open in September. This 25,000-square-foot facility will help us provide even greater programs and services at our Fernandina Life Center, including expanded congregate meals, medical screenings, health and wellness clinics, exercise classes and even a media lounge. Enrichment classes in art, crafts, music, technology and more will be offered, as well as lifelong learning educational opportunities. Meeting space is available for rental (maximum occupancy up to 200 persons) at 1901 Island Walkway for group functions including: weddings and receptions, formal galas, fundraisers, business meetings, church services, repast, training sessions, film screenings, etc. For more information, contact Melody Dawkins, Membership Director, 904-261-0701 or mdawkins@nassaucountycoa.org.

Both Fernandina and Hilliard Life Centers offer those 60 and older assistance, information and support, as well as a variety of fun and engaging activities...plus opportunities to socialize. With the establishment of a Membership Director Position, community outreach and greater social media presence, Fernandina activities have increased in participation by 40%. New corporate partnerships have secured increased in-kind donations and volunteers.

PROGRAM & SERVICES

NCCOA's Programs & Services Department serves seniors by providing vitally important resources such as Case Management, Nutrition and Adult Day HealthCare (ADHC). 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 for qualified residents.

Case managers provide seniors, families and caretakers information on resources, programs and supportive services available to seniors and their caregivers in Nassau County. These services assist seniors to age in place and navigate local, state and federal systems necessary to the aging process.

For those seniors and their caregivers receiving state and federal grant subsidized services in Nassau County, NCCOA's case management ensures services are provided in compliance with the Department of Elder Affairs. Nutrition managers oversee the Life Centers in Fernandina Beach and Hilliard where congregate meals are offered daily. They also manage Nassau County's Meals on Wheels/Home-delivered Meals program. More than 2,200 balanced nutritious meals are delivered by volunteers each month to those who are homebound due to illness, disability or isolation. Meal delivery also allows volunteer drivers to perform regular safety and wellness checks.

In addition, these volunteers provide Meals on Wheels for Pets which ensure that homebound seniors receive necessary pet food and supplies for their companions. ADHC is available in our Fernandina Beach Life Center, and provides care to adults suffering from dementia or early-stage Alzheimer's disease who are in need of daily supervision. At the same time, family and caregivers receive much-needed respite while their seniors are at ADHC. The ADHC program is licensed by the State of Florida, managed by a licensed nurse and Certified Dementia Practitioner (CDP), and supported by a trained and experienced staff. (For more information, see *Adult Day HealthCare – The Club* on page 7.)

Contact: NCCOA at 904-261-0701



No Donation is Too Small...or Too Large!

Please consider making a donation to the Nassau County Council on Aging (NCCOA). Your donation may be earmarked to a specific area – such as Support Our Seniors (SOS), Meals on Wheels, our Life Centers in Fernandina Beach and Hilliard, Adult Day HealthCare, Home Health Services, NassauTRANSIT, the Capital Campaign – or designated to a “General” need. Naming opportunities are also available at 1901 Island Walkway. You may make a single donation or pledge through a recurring donation over a five-year period. We accept all major credit cards, and can also make arrangements through your debit checking or savings account. (Contact our Finance Department at 904-261-0701 for more information.) Gifts should be made payable to: Nassau County Council on Aging, 1367 S. 18th St., Fernandina Beach, FL 32034.

In addition, we are happy to discuss a planned gift that honors the life of a loved one through a memorial or tribute, as well as including the Council in your estate plans. For more information on gift planning for our seniors, contact Janice Ancrum, President & CEO, 904-261-0701 or jancrum@nassaucountycoa.org. Through your generosity, Nassau County seniors are better able to live happy, healthy lives. Thank you.

The Council on Aging is a 501(c)(3) status non-profit organization. All donations are tax deductible to the extent allowed by law.



ADULT DAY HEALTHCARE - "THE CLUB"

The only one of its kind in Northeast Florida, NCCOA's Adult Day HealthCare Program – also known as "The Club" – provided 13,057 hours of on-site respite for caregivers in 2017 and offers their loved ones a safe and secure environment. The program, licensed by the State of Florida, specializes in Alzheimer's disease and other related dementias, and offers families an affordable alternative to the rising costs of long-term care.

The Club is supervised by a licensed nurse and Certified Dementia Practitioner (CDP), and promotes each member's daily success, maintaining or re-establishing a sense of accomplishment and self-worth. The program provides therapeutic activities and individualized care, as well as planned social outings and events. Professional dementia counseling is also available.

Contact: Debra Dombkowski at 904-261-0701 or ddombkowski@nassaucountycoa.org

HOME HEALTH SERVICES

NCCOA's Home Health service area experienced a significant increase in the number of hours provided in the homes of Nassau County seniors in 2017. Non-medical, in-home services include personal care, respite, home making and companion services. In the past year, services provided have doubled from 400 hours to more than 800 hours on average per week. Members' fees for these services are paid via approved Medicare long-term care insurance, pre-qualified state and federal programs, and/or private pay.

With our continued standard of the highest quality care, our Home Health Department has broadened its reach, doubling our staff with additional Certified Nursing Assistants (CNAs) and Home Health Aides. We serve members with a minimum of two hours of care to full 24-hour shifts, depending on the need. Tri-annual training sessions designed to further individualize the client experience continue to elevate the quality of care in members' homes.

Contact: Home Health at 904-515-8460



TRANSPORTATION SERVICES - NASSAUTRANSIT



NassauTRANSIT is the only public transportation system in Nassau County. We provide both scheduled public bus and registered paratransit services. Our public bus service has convenient bus stops across the county from Hilliard to Fernandina Beach. Commuter express routes connect both east and west Nassau to River City Marketplace and downtown Jacksonville. The Island Hopper bus provides local transportation in Fernandina Beach. The fare for scheduled public bus service is only \$1 with no charge for transfers. Registered paratransit is available to all qualifying county residents and provides curbside service for medical appointments, social engagements, recreation, shopping, etc. Advance reservations are required and the fare to board is only \$2. All NassauTRANSIT bus operators are certified to FTA and FDOT requirements, and all vehicles in our fleet are wheelchair accessible.

Contact: NassauTRANSIT at 904-261-0700/800-298-9122 or visit www.nassautransit.org.

For additional community resources, visit our website at <https://www.nassaucountycouncilonaging.org/resources/>.

Aging is no Excuse to Give Up Exercise

Senior health means staying active... it can only improve the way you feel

By JANICE CLARKSON, EdD, LMHC, CAP

Getting older should be about relaxing and taking it easy, right? Not exactly. Exercise is a necessary part of healthy aging.

Individuals 55 and older will benefit from just about any type of exercise as you age, as long as you're not at risk of injury. Low-impact exercises are often the best choice, especially when coupled with weight-bearing exercises.

Here are some options to keep you fit, flexible and feeling energized.

Cardiovascular exercise. Cardio gets the heart pumping and blood flowing, and may leave you a little sweaty and breathless. Good cardio exercises to try are:

- Swimming
- Walking or light jogging
- Water aerobics or other water classes or exercise
- Biking
- Hiking
- Tennis
- Golf (minus the carts)

Balance training. Keeping muscles stretched, flexible and limber will help you feel better, and working on balance can prevent falls. Strengthen balance and flexibility with:

- Pilates
- Frequent stretching
- Chair Yoga
- Tai Chi

Strength training. You don't need to become a bodybuilder, but strengthening muscles can make everyday chores and activities easier. Plus it helps your bones. Boost muscle strength using:

- Elastic resistance bands
- Light free weights or dumbbells
- Weight machines
- Pieces of furniture or walls at home for resistance

How Exercise Helps Overall

Exercise keeps you moving, healthy and feeling energized. But staying active also benefits your mind, spirit and body by:

- Keeping you independent and able



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to take care of yourself at home

- Helping you stay strong and fit so you can play with grandchildren
- Helping you sleep better
- Preventing weight gain and contributing to the loss of extra pounds
- Reducing the risk of falls and broken bones
- Improving your self-confidence and feelings of happiness and self-worth
- Lowering your risk of serious illnesses like heart disease and diabetes
- Keeping your brain and memory functioning well

Making Exercise Part of Your Schedule

It can be tough to make exercise a habit and a regular part of your day, but the benefits are well worth the effort. Make a commitment to exercise, and use these tips to help you ease into a workout program:

- **Talk to your doctor.** Make sure it's safe for you to start an exercise routine, and learn which exercises are best and how much you can push yourself.
- **Get equipped.** You'll need sturdy, supportive shoes for whatever exercise you choose, whether it's walking or biking. Also make sure you have clothing that's comfortable and will help wick away sweat.
- **Make the time.** Set aside time every day for exercise, even if you start just by taking the stairs instead of the elevator, or with a walk around the block. Gradu-

ally work your way up to longer workouts on most or every day of the week.

- **Turn chores into exercise.** You don't have to hit the gym for it to count as exercise. Scrub your house from top to bottom, mow the lawn or tackle big projects like cleaning out clutter in closets, the basement or garage.


- **Get motivated.** Consider getting a workout buddy to keep you on track or hiring a personal trainer to develop a program. A trainer will encourage you to stick with it and help you chart your progress.

- **Make it fun.** Exercise doesn't have to be an exhausting, sweaty chore that you dread. Enjoy your workout! Go dancing, swimming, bike with your friends, or take up a new sport or game. While you're exercising, listen to music, chat with a friend or just escape into your own thoughts.

You'll be amazed at how easy it is to work in small bits of exercise each day and how you'll come to enjoy it and look forward to it. Many of these ways to exercise can be found at the Nassau County Council on Aging Life Center. Everyone wants to stay healthy, active and independent as they age, and regular exercise is the key.



Janice Clarkson is a Licensed Mental Health Counselor, Certified Addiction Professional and Certified Pod Yoga Instructor.



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The Gilbert- Lindsey Family:



Three generations of the Gilbert-Lindsey Family – Joyce, Cindy and Charity – learn from Lamar Miles as he teaches the finer points of his characteristic painting style. Lamar is a Fernandina Beach native and his artwork is featured on local buildings in Northeast Florida and Georgia.

Painting a multigenerational portrait through NCCOA

Three generations of the Gilbert-Lindsey family love taking art classes together. Not unusual. What is unusual is the venue: the Nassau County Council on Aging.

This issue's cover feature is a testament to the power of family and the surprisingly far-reaching interest of NCCOA's enrichment class offerings. The Gilbert-Lindsey family has lived in Fernandina Beach for the past 27 years. Joyce Gilbert is a grandmother with eight children, 24 grandchildren, 27 great-grandchildren and six great-great grandchildren. Cindy Lindsey, Joyce's daughter, has seven children and 10 grandchildren. Cindy's daughter, Charity, is a rising 11th grader with lots of friends and diverse interests. Togetherness is the norm for the Gilbert-Lindsey family. Their homes are within walking distance, most special occasions are celebrated as one unit and the Community Baptist Church in Yulee is home away from home. As a matter of fact, Cindy's husband, Carl, is the pastor and she is the church secretary.

So, when the opportunity arose to attend art class at NCCOA as a trio, Joyce, Cindy and Charity didn't hesitate. "We just really like doing things together," Joyce said. "It's second nature."

Cindy had originally reached out to Melody Dawkins, NCCOA Membership Director, regarding volunteer opportunities. Through conversation, they soon realized their sons knew each other. In sharing their own family news, Melody spoke with her about the many classes offered at NCCOA.

The art classes struck a chord.

"I've always been art-inclined," said Joyce. She even created a mural on her living room wall, complete with a lighthouse, waterfalls and church. Cindy teaches a co-op cake decorating class, and Charity is involved with the art program through the Christian Homeschool Support Group, Nassau County Home Educators (NCHE). More than 200 families in and around Nassau County comprise the high school group. Photography and acrylic painting are two of her favorites.

Even though NCCOA programs tend to skew much higher in age than her Generation Z school classes, Charity doesn't see any downside to learning about new visual and aesthetic art forms in a group of folks usually more than triple and quadruple her years. "They're all people," she says, "and part of our community."

So far, Joyce, Cindy and Charity have enjoyed watercolor, clay, intro to drawing and pen, pencil and color classes together at the Council's current location across from Baptist Medical Nassau. They admit they've had fun socializing in the cozy little building, but are really looking forward to the grand opening of The Life Center at 1901 Island Walkway.

"The time spent bonding with family is priceless," Cindy says. "Socializing with each other is important, as well as getting to know our community even better."

"It's more fun with people you know and care about," adds Charity.

And, Joyce chimes in, "If you like people, join us!"

On behalf of the Council, we certainly hope you do.

Care and Feeding of Your Brain

By BARBARA BRUCE, MS, AGING WELL FACILITATOR

"Everyone wants a longer, richer life, but no one wants to get old." Too true! One of the ways to accomplish a longer, richer life is to care for your brain. (I can't help the chronological aspect – sorry.)

Your brain is the most amazing organ in the universe! It has been the subject of study and fascination for hundreds of years. We are learning more about the functioning of the human brain now than in any other time in our history. Your brain is responsible for many of the ways you age. Take care of it.

Many folks are more fearful of losing brain function than they are of death.

Good news: Behavioral modification is the key factor in keeping your brain fit and functioning optimally. Brain research informs us that changing behaviors can change your life. With that in mind (pun intended), listed here are 13 habits, that if done faithfully, will constitute a major part of care and feeding of your brain. These strategies are the keys to maintaining a fit and well-functioning brain. Fasten your seat belt – here we go...

Exercise is by far the most important thing you can do to keep your brain healthy. Exercise will keep your brain supplied with rich, oxygenated blood. Plan to exercise at least 30 minutes a day. This is not as daunting as it seems. You don't have to run marathons. Simply walking at a brisk pace will help. Hint – Park at the back of the Publix parking lot and walk! Just do it!

Eat smart – Read labels. If you can't pronounce the ingredients do NOT put them in your body. Hint – Avoid the 5 Whites and a T – White: sugar, salt, flour, rice, fat in red meat and trans fats (not good)...A great place to start your journey of healthy eating is simply by including dark-colored vegetables and fruits as a primary source of nutrition. Hint – Think "Mediterranean Diet."

Challenge your mind – Do something each day to make your brain work harder...crossword or jigsaw puzzles, learning a new language or dance step. Hint – "Use it or lose it."

Do something novel – Read a paragraph upside down, find a new route to a favorite place, try a new food. Hint – Avoid "same old, same old."

Connect each day – We are "herd" creatures. We need to keep in touch with others to stimulate brain functioning. Hint – Connect in person, not on line.

Minimize stress – (I can hear you saying "right.") Deep breathing, exercise, singing and laughter all help to keep



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stress levels to a minimum. Hint – Focus on including these habits in your daily life.

Think positive – Seeing the glass ½ full helps to create positive endorphins in your body. Hint – List 3 things each day you are thankful for – do not record the same items for a week – find new things to be thankful for.

Incorporate all senses – Taste, touch, smell, hear and see whenever it is appropriate to anchor what you want to remember. Hint – Focus on heightening your senses – each is housed in a different part of the brain.

Sing and play – It's good for you – just do it! Hint – Try singing "You Are My Sunshine" with a frown.

Laugh Think about what makes you laugh and incorporate that into every day. Laughter has been called "internal jogging." Hint – Laughter really is the best medicine and there is no need for a prescription and no side effects.

Get adequate sleep – Your brain does not function optimally without sleep. Hint – Try breathing in for a count of 3 and out for a count of 6 several times to relax your body and prepare for sleep.

Reflect – Take time each day to consider all of the blessings you have had in your life. It is a great mind healer. Seen on a tee shirt here - "If you are lucky enough to walk a beach, you are lucky enough." Hint – Focus on how lucky you are and put your troubles away for a bit.

Pay attention! – In our multi-faceted world, we often forget to pay attention, much to our detriment. Hint – Several times each day close your eyes, take a deep breath and focus on ONLY the task at hand.

Practicing these habits will contribute greatly to the care and feeding of your brain. Please note I said "practicing." You have to do it! Hint – No one can do your pushups for you!



Barbara Bruce speaks locally and nationally on the many faceted aspects of living fully and celebrating aging. She is the author of 10 books and countless articles. Barbara has a BS in Education, an MS in Creative Studies and a Certificate in Gerontology. She is blessed to live most of each year on this wonderful island. Visit her website Agingwellfacilitator.com



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Debunking Popular Myths About Hospice Care

By Jay Magee, APR
Community Hospice & Palliative Care

For people who live with an advanced, life-limiting illness and those who love them, hospice care offers much-needed comfort, relief and peace of mind. Born out of European care traditions from the Middle Ages, the modern American hospice movement began in the 1970s, and it has taken root in a big way. In 2016, the National Hospice & Palliative Care Organization reported nearly 4,400 Medicare-certified hospices provided approximately 1.5 million Medicare beneficiaries with this special kind of care, which focuses on helping people find comfort and the best possible quality of life.

While hospice care has been available in the U.S. for nearly 50 years, numerous popular myths persist even today about what hospice is...and what it isn't. Here in Northeast Florida, Community Hospice & Palliative Care® has served more than 200,000 patients and families since our founding nearly 40 years ago. Below is just a small sampling of the more prevalent myths we have heard over the years, along with the truths you need to know.

MYTH: Hospice is a place.

A CLEARER PICTURE: Instead of being a place of care, hospice is a unique kind of care for people with advanced illness and those who love them. It is an approach to care that accepts dying as a natural part of life when death is inevitable, seeking neither to speed up the dying process nor avoid it.

Community Hospice & Palliative Care is available wherever you reside – in your private home, in a nursing home, assisted living community or in the hospital. At times, pain or symptoms may become too difficult to manage at home. For those situations, we offer a higher inpatient level of care at our homelike inpatient centers. In Nassau County, the Community Hospice Jane and Bill Warner Center for Caring, on the campus of Baptist Medical Center Nassau, provides this special kind of care when needed most.

MYTH: Hospice is only for people in their last days of life.

A CLEARER PICTURE: Here in Florida, hospice care is appropriate for those who have a limited prognosis of 12 months or less (six months for Medicare eligibility) if the illness runs its normal course.

A common misconception about hospice is that it is “a last resort” and that a person must be bedridden or unable to communicate to receive help. Nothing could be further from the truth. Involving hospice care early means there's more quality time for patients to spend with the people they love and time to reflect during this meaningful time of their lives.

MYTH: Hospice care means giving up hope. Hospice involves acknowledging that an illness in its advanced stage may not be cured.

A CLEARER PICTURE: Accepting hospice services does not mean you or your loved ones need to surrender hope or ongoing medical support. You can continue to plan each day

for the best possible quality of life, even while no longer pursuing aggressive curative treatments. Your decision to receive hospice care is never final. At any time, for any reason, you may discontinue hospice care and elect to receive other kinds of care.

MYTH: Hospice means nothing else can be done.

A CLEARER PICTURE: At the core of the hospice philosophy of care is the relief of pain and symptoms, for you and your loved ones. Community Hospice & Palliative Care focuses on providing comfort when there is no cure and offers comprehensive services to enhance your quality of life and support your family members.

MYTH: Hospice is just about dying.

A CLEARER PICTURE: Hospice is about living as fully as possible and making the most of the time you have. It's about living in comfort and with dignity and helping you have a better quality of life with the support you and your family need.

MYTH: Hospice means giving up control.

A CLEARER PICTURE: Hospice care gives you choices—about where to receive care, how you want to live your life, and decisions regarding the kind of care and treatments you do and do not want. Your hospice care is individualized based on input from you, your family, your physician and the hospice interdisciplinary team.

MYTH: Hospice costs a lot of money.

A CLEARER PICTURE: Financial issues are among the greatest concerns people have about health care. Paying for doctor visits, hospitalization, equipment, medications, long-term care and more can be very expensive. Hospice care is the exception.

At Community Hospice & Palliative Care, we work to ensure families do not experience financial burden. While Medicare, Medicaid and most private insurance plans cover most costs associated with hospice care, we provide services to all who request them and are eligible, regardless of ability to pay.

MYTH: Hospice is just for cancer patients.

A CLEARER PICTURE: Hospice improves the quality of life for people with a wide range of advanced illnesses, including (but not limited to) congestive heart failure (CHF), stroke, chronic obstructive pulmonary disease (COPD), Alzheimer's disease, advanced dementia, kidney disease, liver disease, Parkinson's disease, Lou Gehrig's disease (ALS), complications of AIDS, multiple sclerosis and cancer.

MYTH: I'll have to give up my own doctor.

A CLEARER PICTURE: Every aspect of Community Hospice & Palliative Care involves teamwork, which can include your own doctor. Our professional hospice team members are experienced in coordinating and discussing with your doctor the best plan of care for you.

To request hospice care or a no-obligation information visit, contact Community Hospice & Palliative Care at 904-268-5200 or 800-274-6614 toll-free, or visit CommunityHospice.com to learn more about our comprehensive care and support.



Changing Health Care for Good.®

By R. STEPHEN LUCIE, MD

Let's face it. Most of us have no intention of growing old gracefully. In fact, many of us lead, or plan to lead, an active lifestyle well into our 60s, 70s and 80s. If you're in the Baby Boomer Generation – born between 1945 and 1965 – chances are you've recently been seen bicycling, jogging or running a 5k. This is a good thing!

Even though a sedentary lifestyle is a problem that affects most Americans and contributes to rising obesity and diabetes, the Baby Boomer Generation is the first generation that has strived to stay active. While sedentary counterparts develop the same health issues as the average American, a subset of Baby Boomers is bucking the trend by staying active and living their best.

Depending on level of activity, it's not unusual to see younger Baby Boomers, active people in their 50s, develop muscle pulls and strains common in younger athletes. Shoulder and knee problems

are some of the most common issues affecting baby boomers and producing the phenomenon known as boomeritis. These are mid-life, active people who encounter a snag in their active lifestyle. There are new ways to treat wear-and-tear problems and preserve your activity level, but prevention is the best way to keep you on top of your game. Here are some ways to keep you healthy:

- Stay active. You will feel younger and healthier than your counterparts, and you might be able to delay osteoarthritis and joint problems.
- Exercise daily, not just on weekends.
- Find a fitness coach to help you correct your posture and make sure you're moving correctly.
- Choose good footwear.
- Pay attention to your body. Don't continue working out through the pain.
- Improve your posture, and work on your strength, flexibility and balance to avoid injuries.
- See a doctor if you feel discomfort. Early intervention is best.

How can you tell when it's time to see a doctor? When your gait starts to be affected by pain, or when you develop a limp, it's probably time to talk to a doctor about knee or hip discomfort. If any other problem curtails your normal activities, it's time to get those problems checked out by a family doctor and possibly an orthopedic specialist.

If a doctor tells you that you have early arthritis, you can stay active by switching to low impact activities such as swimming, bicycling and elliptical machine workouts. These are preferred over high-impact activities like running. If you enjoy group exercise classes, you can continue by simply modifying your movements. Most instructors will accommodate your needs and help you exercise effectively and without risking injury.

The deterioration of muscle, bone strength and agility might seem like a normal part of the aging process, but you can avoid boomeritis by exercising with a new awareness of your strengths in order to preserve your active lifestyle.



Stephen Lucie is one of a few orthopedic surgeons in Northeast Florida with board certification in both orthopedic surgery and orthopedic sports medicine. He graduated from the University of North Carolina and the Medical College of Georgia, and he completed his residency in orthopedics at the University of Colorado in Denver.

Emergency Preparedness: Be in the Know

Provided by Martha Oberdorfer, MPH, CPH, FPEM,
Senior Planner/Accreditation Manager,
Nassau County Emergency Operations Center

The Nassau County Emergency Management Center has implemented a program to send alerts, warnings and critical information via the Alert Nassau/Citizen Alerts mass notification system. The processing time for residents to receive these alerts via text, e-mail or cell phone is approximately 30 days. You are encouraged to sign up now rather than waiting for a storm at website: www.NassauFL-EM.com.

Since our entire county is susceptible to flooding, it is recommended prior to a storm that you also review the "Know Your Zone" at the county website (www.NassauFL-EM.com) where you will find a map of Nassau's Evacuation Zones. The local National Weather Service Forecast Office provides local radar, information and impact warnings at <https://www.weather.gov/jax/>. Up-to-date information is also available on official social media platforms @NassauEM, NassauEM Facebook page, Twitter and NextDoor.

Once sustained winds (that's averaged over one minute,

PREPARED CONTINUED ON PAGE 16

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Prostate Cancer Detection and Therapy

BY MARK BANDYK, MD, MPH, MS

As a man ages, his prostate gland, a golfball-size organ, part of the lower urinary system, becomes more important to him. The prostate gets a man's attention when he starts developing voiding symptoms with more frequent day and night trips to the bathroom, slow stream and straining with urination. Many men live with these symptoms, because they are "getting older and that's life." However, that is not necessary nor true. There are numerous medications to open an obstructing prostate or shrink an enlarged one. If medicines fail to correct the problem, there are both minimally invasive treatments and surgery with high success rates to improve the quality of life.

Voiding problems are more likely to be related to an enlarged prostate or benign prostatic hypertrophy. It is fortuitous that a man gets these symptoms as they may lead him to seek medical attention. In most situations, there are no warning signs with the development of prostate cancer. When the prostate gland grows, it has the ability to grow with both benign and cancerous growth. Therefore, it is very important a man is screened for prostate cancer with a PSA (Prostate Specific Antigen) blood test.

PSA is protein produced by normal, as well as malignant cells of the prostate gland. The PSA test measures the level of PSA in a man's blood. As the levels

increase, there is a higher probability of having prostate cancer, though benign conditions can also affect the PSA level. With its FDA approval in 1994, PSA screening has significantly reduced the mortality of prostate cancer over the past two decades. However, it remains a significant health issue for men. In 2018, there will be about 165,000 new cases and about 30,000 deaths due to prostate cancer. It is not a perfect screening test, so an elevated PSA blood test must be further evaluated with a biopsy to confirm the diagnosis of prostate cancer.

In 2018, I am amazed that men are not adequately screened and presented with advanced stage disease. Lack of knowledge regarding PSA cannot always be blamed on a man's apathy. In the recent past, misinformation in the popular media and medical literature has given the impression that the PSA blood test has no health benefit, but significant harm to a man. In an effort to improve PSA screening and the detection of prostate cancer, the American Urologic Association guidelines have recently focused attention on younger men, under 69 years of age. A younger man would benefit the most from PSA testing and therapy if prostate cancer is diagnosed.

With new research developments, I utilize the most accurate methods of diagnosis using prostate MRI imaging, MRI-guided fusion biopsy and genetic testing. If the diagnosis of cancer is made early, the mortality rate is low.

About 1 man in 40 will die of prostate cancer. Now we know some prostate cancer grows so slowly, so low-risk cancer can be safely observed, managed with active surveillance. Intermediate or high-risk cancer can be curative with robotic surgery and proton radiation therapy. My 15-year experience with robotic surgery has demonstrated minimal side effects of incontinence and erectile dysfunction with a high probability of surgical cure. Also, nonsurgical therapy is possible with proton therapy. In my Urologic Oncology practice, I utilize all of the current modalities in the diagnosis and management of prostate cancer. In conclusion, there are important things to know about the detection and therapy for prostate cancer:

1. There are no warning signs for early stage prostate cancer.
2. Trust and obtain a PSA blood test, and physical exam for early detection.
3. If urinary symptoms develop, seek medical attention for help.
4. Early diagnosis of prostate cancer leads to more management options and optimal therapeutic outcomes.
5. It is possible to live your life as a prostate cancer survivor with excellent quality of life.



Mark Bandyk is Associate Professor of Surgery, Department of Urology, UF Health Urology – Jacksonville

PREPARED

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not just gusts) reach 39 mph, FDOT considers bridges unsafe for vehicle travel so they are closed; closures for traffic headed back onto the island once an evacuation has been ordered are not wind-speed dependent. After an evacuation, public safety officials have to clear access roads, conduct search and rescue, and eliminate life-safety risks

before the public is allowed back into evacuated areas.

More good advice for pre-storm, during a "watch:" communicate with friends and relatives to let them know your shelter/evacuation plans; keep cell phones charged; use a cell phone to take photos of all home contents and critical documents (licenses, insurance policies, receipts, etc.) pre-storm and save them electronically (to the "cloud" or email them to a friend) so you can

verify damage or losses and have quick access to those documents afterward, even if they do get damaged or lost.

Residents who think they might need to go to a public shelter during an evacuation and have special medical needs or are without personal transportation should register NOW for assistance at www.NassauFL-EM.com under "Special Needs During Evacuations" or at <https://snr.floridadisaster.org/Signin?client=nassau>.

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- Caring and compassionate assistance with selling their home, especially if they Lose a Spouse
- Registered Nurse for 35 years, so I understand the needs of aging, memory disorder, and assisted living
- Volunteer at the Council on Aging
- Parishioner at St. Michael's Catholic Church and Amelia Baptist
- Healthy Lifestyle: Barre Instructor at Amelia Fit, equestrian, golf, tennis, swimming, gardening, cycling
- Active in the community: Newcomers Club, Community Bible Study, Book Club



(863) 608-2013 Cell • eabandyk@gmail.com

Become a Life Center Member

Our move to 1901 Island Walkway later this year marks a new chapter for the Nassau County Council on Aging (NCCOA). The Life Center's 25,000-square-foot facility provides the space and services for not only our seniors we serve, but the community in which we live and work.

You can be a part of this exciting growth by joining our membership program which will offer priority registration and discounts for our presentations and classes (lots of new classes!), free use of our Media Café, Library, Computer Lab, Game Room and Fitness Area, as well as invitations to special events throughout the year. The fee for individual members is \$100.00 per year. We also offer the option of a quarterly membership for \$35.00 and monthly for \$15.00. Couples (two people per

household) may join yearly for \$160.00, quarterly for \$50.00 or monthly for \$20.00.

While you do not have to become a member to enjoy all of our services, the membership benefits will recoup more than you are paying for the one-time annual fee.

Please contact Melody Dawkins, Membership Director, for additional information or to join at 904-261-0701 or mdawkins@nassaucountycoa.org.

We are offering a special annual membership discount until Dec. 31, 2018. To celebrate our grand opening of 1901 Island Walkway later this year, we invite you to join for only \$75.00 (individual members); couples may join for \$135.00. To take advantage of this discount, you must join for the year.

Discount Membership Available Until December 31!

Upcoming Presentations, Classes and Workshops

All classes scheduled between June 1 – August 30 will be held at our current location, 1367 S. 18th St., Fernandina Beach. Please check www.nassaucountycoa.org and our Facebook page for locations of our classes starting September 1. We anticipate that classes starting October 1 will be held at our new location at 1901 Island Walkway, Fernandina Beach.

Thanks To Our Instructors

We would like to thank our instructors and coaches, many of whom are volunteers who make our calendar offerings possible. Thank you!

Do You Have A Talent To Share?

We are always looking for instructors to expand our class offerings. If you are available to share your talent and expertise, please contact Melody Dawkins at mdawkins@nassaucountycoa.org or 904-261-0701.

Wellness, Health & Fitness Classes

◆ A Matter of Balance – Managing Concerns About Falls

Free – Presented by Northeast Florida AHEC

Tuesdays & Thursdays, Oct 2-Oct 25, 9:30-11:30 am

An evidence-based interactive fall prevention and exercise program developed by Maine Health and the University of Boston. The purpose of the program is to reduce the fear of falling and increase activity levels of older adults who have concerns about falls. Participants receive practical coping and fall risk management strategies, and exercises to increase balance and strength. This class is limited to 14 participants.

◆ Tai Chi for Arthritis

Free – Presented by Northeast Florida AHEC

Mondays & Fridays, Oct 1-Nov 30, 9:00-10:00 am

(Closed Nov 12 – Veterans Day and Nov 23 – Day After Thanksgiving)

An evidenced-based program from the Arthritis Foundation designed by experts to create a safe, easy to learn and effective form of Tai Chi for people with Arthritis. The program incorporates exercises that improve muscular strength, flexibility and fitness. The program includes mind and body integration,

fluid movements and controlled breathing. It also focuses on weight transference, which improves balance and prevents falls. Based on the Sun style of Tai Chi, the one-hour class meets twice weekly for eight weeks. This class is limited to 20 participants.

◆ Chair Yoga

Every Wednesday, 9:00-10:00 am

Members \$5.00 / Non-Members \$15.00

Chair yoga is a great alternative form of yoga for those who cannot be on their back or knees. The postures have been modified from the other yoga classes so that they can be done seated in a straight-back chair and standing beside the chair. Chair yoga emphasizes body, mind and breath, and promotes strength, range of motion and balance. The movements are uncomplicated and easy to learn.

◆ Gentle Yoga with Eliza

Every Tuesday starting Oct 2, 2:00-3:00 pm

Members \$5.00 / Non-Members \$15.00

A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Poses are linked together at a slow pace with attention to alignment and detail. Recommended for all levels.

◆ Mindfulness Meditation

Tuesday, Oct 16, 3:30-5:00 pm

Members \$15.00 / Non-Members \$25.00

Navigate through daily life and times of stress including health crises using mindfulness, breathing techniques, positive visualization and meditation. Come experience a way to move forward, reduce stress and improve your health.

Music & Dancing Classes & Presentations

◆ Coffee & Karaoke with Lost in the 50's

Every Tuesday, 9:30-11:30 am

Members Free / Non-Members \$5.00

Singing makes you feel good, releases endorphins, and exercises your heart and lungs. You never know who you might find performing or how popular you may become in the community if you agree to a Facebook post! Come and bring a friend. There is no pressure for you to sing – we welcome you to come and enjoy the entertainment.

◆ Dan & the Band

1st & 3rd Friday of each month, 9:00-10:00 am

Members Free / Non-Members \$5.00

Bluegrass, old country and gospel music presented by Dan Dubberly, Bruce Beville, Dave Truluck, Susan Ralph and Sam Taylor.

◆ Music with Terry

3rd Thursday of each month, 9:00-11:00 am

Members Free / Non-Members \$5.00

Sing along to a variety of music from the 60s to the present presented by Terry Murphy and occasionally a guest.

◆ Line Dancing

Beginning Oct 4: Every Thursday, 4:00-6:00 pm

Members \$5.00 / Non-Members \$15.00

Basic line dancing instruction plus new line dances and old favorites. A social break halfway; bring finger food to share and drink(s) for yourself.

◆ Beginner Ukulele with Kristen

Wednesdays, Jan 2-9-16-23, 2019, 7:00-8:00 pm

Members \$20.00 / Non-Members \$30.00

Beginning ukulele lessons on tuning, picking, strumming, technique, theory and more. You will be able to perform simple songs by the end of this four-week class. Ukulele (soprano, tenor or concert) and tuner required.

Cards, Games and Social Events

◆ Beginning Bridge

Tuesdays, 1:00-2:30 pm, Oct 9 & 16, 1:00-3:00 pm &

Wednesdays, Oct 11 & 18, 1:00-2:00 pm

Members \$30.00 / Non-Members \$40.00

Learn the basics of the game of Bridge and start playing in no time. These lessons are designed for players with little or no previous knowledge of the game.

◆ Beginning Canasta

Tuesdays, 1:00-3:00 pm, Nov-13-20-27, 1:00-3:00 pm &

Wednesdays, Nov 28-Dec 5-12-19, 1:00-4:00 pm

Members \$30.00 / Non-Members \$40.00

Learn the game of Canasta with guidance through each concept of the game while teaching you the rules and strategies. The first three classes will be instructional, followed by two practice classes with an invitation to play two classes with an established Canasta group.

◆ Wheel of Fortune

4th Thursday of each month, 10:00-11:30 am

Presented by Vitas Healthcare

Members Free / Non-Members \$5.00

Come join us for a fun game of Wheel of Fortune and win useful prizes donated by Vitas Healthcare.

◆ AARP Driver Improvement Class

Tuesday, Oct 30, 10:00 am-4:00 pm

Presented by AARP

Members Free / Non-Members \$5.00

This class is designed for mature drivers (50 and over). Driving is a skill that can and should be continually improved. A driver improvement course can help senior drivers keep driving knowledge fresh and get the most out of your vehicle, while reducing risk to you, your passengers and others on the road. AARP driver improvement courses will enable you to receive a discount on insurance premiums. This course is offered by AARP free; however, to obtain the certification for the insurance discount there is an AARP fee of \$15.00 (AARP members) or \$20.00 (non-AARP members). Please bring your AARP card for discount eligibility.

Arts & Crafts Classes

◆ Acrylic Painting with Lamar

Saturday, Aug 3, 10:00 am-1:00 pm

Saturday, Oct 6, 10:00 am-1:00 pm

Saturday, Nov 3, 10:00 am-1:00 pm

Saturday, Dec 1, 10:00 am-1:00 pm

Members \$30.00 / Non-Members \$40.00

Come and paint an acrylic masterpiece with local artist Lamar Miles. Jump-start your artistic journey with step-by-step guidance from blank canvas to an acrylic work of art! This is a fully guided painting class for beginner to advanced artist. You will leave with a completed project masterpiece. The class fee covers all supplies. Each class will offer two different subjects concentrating on special requests, seasons and holidays. Special requests are considered prior to a month of the class date.

◆ Mixed Media Art with Pipar

Sat, Sep 22-29-Oct 13-20, 10:00 am-12:00 pm

Members \$30.00 / Non-Members \$40.00

Students will combine various materials with traditional painting techniques to create their own unique mixed media artwork. Supplies will be furnished to complete a box or canvas; however, you may want to personalize the artwork with your own collection of treasures and media images or photos.

◆ Intro to Chalk Pastels with Libby

Thursday, July 5-12-19-26, 3:00-5:00 pm

Members \$35.00 / Non-Members \$45.00

Create composition from the three components of art: Subject, Form and Content. Subjects covered range from still life to landscape, seascape to abstract art. Pencil outline of shapes created and base color applied for shadow shapes in composition. Layering of pastel pencil colors, working from dark to light. Different techniques of application creating wonderful textures. Students are required to bring a high-resolution/quality print out of imagery you want to work with to the first class. All supplies for first class are included.

◆ Exploration of Pen & Ink & Color Mediums with Libby

Thursday, Aug 2-9-16-23, 3:00-5:00 pm

Members \$35.00 / Non-Members \$45.00



Outlined light sketched images such as palm trees, sunset landscape and sea creatures will be provided on watercolor paper with a colorful handout. Micron black archival pens are used to create various types of lines, hatching, cross-hatching, stippling, thick/thin line variation, scribbling and invented textures. Color mediums and techniques are used to add a layer or more of vibrant color to enhance the black and white composition. Exploration of watercolor pencils, watercolors and/or color inks is also demonstrated. Handouts, paper and tape will be provided. Materials needed for the first class: Micron Black Pens – sizes .005, .01, .02 and .03.

◆ **Intro to Needlepoint with Robin & Patti**

Tuesdays, Oct 9-16-23, 10:00-11:30 am

Members \$20.00 / Non-Members \$30.00

You will learn basic needlepoint stitches such as continental and basket weave. Each student will make a coaster with a design. All materials are provided.

Computers & Technology Classes

◆ **Making Social Media Work for You (4 Class Series):**

Class Schedule Below (Oct 2–11)

4 Class Series Bundle: Members \$60.00 (\$75.00 value) –

Non-Members \$100.00 (\$115.00 value)

Classes may be taken individually.

Getting Started: Intro to Social Media

Tuesday, Oct 2, 3:00-5:00 pm

Members \$10.00 / Non-Members \$20.00

This class is an introduction to social media platforms such as Facebook, Twitter and Instagram. Learn how to create your own social media accounts, and upload photos and images.

Kick it Up a Notch!

Thursday, Oct 4, 3:00-5:00 pm

Members \$15.00 / Non-Members \$25.00

How to create video content, reach out to groups, determine when and how to schedule postings, use interactive content, add apps, share other Facebook pages, etc. How to multi-task with social media, balancing the use of your personal, group, and/or business pages and accounts. Also, how to use Messenger.

Keeping Your Social Media Current & Safe

Tuesday, Oct 9, 3:00-5:00 pm

Members \$20.00 / Non-Members \$30.00

Tips on updating your social media accounts as well as staying on top of the latest safety tools and trends. Exploring how to identify problems and issues, and what to do to correct them. Dos and don'ts of information sharing. How to choose your audience. What is an algorithm? The risks of liking and sharing posts.

Promoting Your Business, Clubs & Events

Thursday, Oct 11, 3:00-5:00 pm

Members \$30.00 / Non-Members \$40.00

How to engage an audience to promote your small business, organization or club. Also learn how to quantify your outreach to increase your numbers and audience growth. How to stay in the social media game without a lot of effort. Advertising – pay or not to pay? What do the social media

results tell me? How to find your local and outside social media resources.

◆ **How to Use an iPhone and/or iPad**

Monday, Tuesday, Wednesday, Oct 1-3, 9:30-11:30 am

Members \$30.00 / Non-Members \$40.00

Class will cover physical attributes of the phone, overview of the iOS operating system, system navigation and user interface, iCloud and system preference settings, telephone voice operation, networking options (Cellular Data, Wi-Fi, Bluetooth, AirDrop), iCloud, SMS vs. iMessage, strategies for security management, battery life management, system backup and synchronization, software updates, FindMyiPhone. Will also cover how to get the most out of native applications, including: Safari, Mail, Contacts, Calendar, Notes, Camera, Photos, iBooks, iTunes, Music, Maps, FaceTime, etc. *Note:* You will need your Apple ID and associated password, as well as the administrative password for the device. These passwords will not be shared but are needed to access certain features of the Apple devices.

◆ **How to Use an Apple Mac Computer**

Monday, Tuesday, Wednesday, Nov 5-7, 10:00 am-12:00 pm

Members \$30.00 / Non-Members \$40.00

Students will learn how to configure and setup an Apple Macintosh computer, navigate the Finder and manage files, use the networking features, employ basic system management features and learn the basic function of native apps. This class is designed for the novice user, but will also be useful for more seasoned users who wish to gain additional knowledge. *Please note:* You will need your Apple ID and associated password, as well as the administrative password for the device. These passwords will not be shared but needed to access certain features of the Apple devices.

Legal Chat Presentations

◆ **The Pros and Cons of Reverse Mortgages**

Thursday, Oct 4, 10:00-11:00 am

Presented by Jacksonville Legal Aid

Members Free / Non-Members \$10.00

Over the last decade, reverse mortgages have been aggressively pitched in ads as an easy way for seniors to cash in their home equity to pay for living expenses. However, for many, aggressive and arbitrary collection activities have led to significant problems later, resulting in foreclosure. In actuality, there are some cases where reverse mortgages can be helpful to borrowers. However, it's essential to do extensive research on these products before you sign. Many of the problems caused by reverse mortgage collections activity cannot be anticipated at the outset.

◆ **Fair Housing – My Rights as an (Aging) Tenant**

Thursday, Nov 1, 10:00-11:00 am

Presented by Jacksonville Legal Aid

Members Free / Non-Members \$10.00

The Fair Housing Act protects people from discrimination when they are renting, buying or securing financing for any housing. The prohibitions specifically cover discrimination because of race, color, national origin, religion, sex, disability and familial

status (children residing in the household).

◆ **Advance Directives**

Thursday, Dec 6, 10:00 -11:00 am

Presented by Jacksonville Legal Aid

Members Free / Non-Members \$10.00

Advance directives documents provide authorization for your trusted representative(s) to act on your behalf if you're unable to make decisions for yourself due to illness or incapacity. These documents include Durable Power of Attorney, Designation of Health Care Surrogate, Living Will and Designation of Pre-need Guardian.

Community, Security & Safety Presentations

◆ **Heeeeeere's Johnny! Chat with the Mayor**

Tuesday, Oct 2, 4:00-5:00 pm

Members Free/Non-Members \$5.00

"Chat with the Mayor" is an opportunity to meet with Fernandina Beach Mayor Johnny Miller to receive community updates. He will also be available to discuss issues and/or concerns that affect you and/or our community – all off the record. Advance questions can be sent to Johnny at JMiller@fbfl.org.

◆ **Health, Caregiver and Support Presentations**

Lunch & Learn: Hope for the Holidays

Tuesday, Nov 6, 12 noon-1:00 pm

Presented by Community Hospice & Palliative Care

Members \$5.00 / Non-Members \$15.00

This program is offered during the holiday season by Community Hospice bereavement specialists. It helps attendees reflect on their loss, cope with grief reactions and restore a sense of hope for the upcoming season, and offers ways to refocus energy on positive activities and rituals to honor and remember loved ones. Participants should be at least 18 years old. Light lunch provided. Maximum 20 attendees, reserve early.

◆ **Peace of Mind**

Monday, Oct 15, 10:30-11:30 am

Presented by Community Hospice & Palliative Care

Members Free / Non-Members \$10.00

Take time to plan ahead with your loved one now so future health care challenges don't create so many difficult questions and unnecessary worry for you and/or your family members. Peace of mind comes when you have a conversation about your goals, beliefs and experiences, and make your wishes known. This class also incorporates the "Hello Game" to bring awareness of the importance of advance care planning and talking with your loved ones about your health care wishes. The game brings some levity to these conversations while validating their importance. For more information on the game and to see how it is played, go to: <https://www.youtube.com/watch?v=h2SRn8WjDCg>. Limited to 20 attendees, reserve early.

Assistance Programs

Contact NCCOA at 904-261-0701.

◆ **Adult Day HealthCare (ADHC or "The Club")** – Offers family and caregivers of seniors suffering from dementia and Alzheimer's respite care for their loved ones. The Club mem-

bers enjoy a host of enrichment activities in a safe and secure environment.

◆ **CHORE (Small Home Repair Program)** – Volunteers assist with small home repairs and assistance (such as a ramp) providing the safety and security to help seniors remain in their home (fee based).

◆ **Low-Cost Dental Hygiene Care** is available from the Dental Hygiene Program at Florida State College at Jacksonville-North Campus, Bldg. A, Room 320, 4501 Capper Road, Jacksonville, FL 32218. Students provide services while being supervised by licensed dentists and dental hygienists. The cost for adults is \$10 and children (12 years and under) is \$6. Call 904-766-6571 for an appointment.

◆ **Emergency Home Energy Assistance Program (EHEAP)** provides senior citizens 60 years of age and over with assistance in paying their electric bill once during the heating or cooling seasons. Eligibility includes senior living in the household in Nassau County, must have a past due electric bill and income determination.

◆ **FAX and Notary Service** – Available by appointment. Financial Assistance through government-subsidized programs available through the Council on Aging. As the lead agency for the Community Care for the Elderly program, potential clients are screened, evaluated and given a risk assessment score (calculated by the Florida Department of Elder Affairs). Those with the highest scores, most at risk, are served first. At the time of publication, due to the current demand for services and budget cuts statewide, there are waiting lists.

**Monday is
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Citizen Day**

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(excludes discounts and sale items)



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Canadian Club
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\$19⁹⁹



Dewar's
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Tito's Vodka
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◆ **Free Legal Assistance for Nassau County residents.**

Jacksonville 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. Appointments are available at NCCOA on the first and third Thursday of every month at 9:30, 10:30 and 11:30 a.m.

◆ **Friendly Visitors** spend one hour per week to chat and call, keeping homebound seniors in touch with the outside world. Contact Frances Bartelt, fbartelt@nassaucountycoa.org or 904-261-0701 for additional information.

◆ **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. Assists with home-making and personal care.

◆ **Meals on Wheels & Meals on Wheels for Pets** are delivered to homebound seniors only, Monday through Friday. Contact Case Manager Fran Hidden, fhidden@nassaucountycoa.org, for enrollment assistance or Nutrition Manager Gina Cox, gcox@nassaucountycoa.org, or 904-261-0701 for information.

◆ **Prescription Discount Program Assistance** (available early 2019) provides information about special programs to lower the cost of prescription drugs for seniors.

◆ **Senior Roll Call Lifeline** is a telephone reassurance program that offers daily contact to senior citizens residing in Fernandina Beach. Residents interested in enrollment need to be over the age 55 – single and/or married couples who live alone – have a disability that inhibits mobility and have no daily contact with friends or family – are without a person to conduct daily check on their well-being.

◆ **SHINE Program** (Serving Health Information Needs of Elders) assistance provides free, one-on-one health care information, counseling and assistance to Medicare beneficiaries and caregivers to help evaluate, compare and choose a health plan that best meets their personal needs. Also assists with payment denials or appeals, Medicare rights and protections, and Medicare bills. Appointments are available at NCCOA on the second and fourth Thursday of every month at 9:30, 10:30 and 11:30 a.m.

◆ **Transportation: NassauTRANSIT** operates a fleet of 25 vehicles offering the only mode of public transportation in Nassau County. Buses travel throughout the county and into Jacksonville. The fare for scheduled public bus service is only \$1 with no charge for transfers. Registered paratransit is available to all qualifying county residents and provides curb-side service for medical appointments, social engagements, recreation, shopping, etc. Advance reservations are required and the fare to board is only \$2. The Island Hopper bus provides local transportation in Fernandina Beach for \$1.

Support Groups

◆ **NCCOA Hearing Loss Support Group**

1st Tuesday of each month, 1:00 – 3:00 pm

(Meetings resume October 2)

Contact: Frances Bartelt – 904-261-0701

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. Guest speakers introduce the latest developments in hearing aids, cochlear implants and assistive devices.

◆ **NCCOA Low Vision Support Group**

3rd Wednesday of each month, 11:00 am -12:30 pm

Contact: Frances Bartelt – 904-261-0701

fbartelt@nassaucountycoa.org

Provides information on adaptive devices and encourages members with vision challenges to share experiences through group discussions and guest speaker presentations.

◆ **NCCOA Caregivers Support Group**

3rd Thursday of each month, 2:30 – 4:30 pm

Contact: Debra Dombkowski, 904-261-0701

ddombkowski@nassaucountycoa.org

Offers support and education for caregivers. It is not suited for loved ones to attend; however all caregivers are welcome. Guest speakers are often featured.

◆ **Coffee with Comrades**

4th Wednesday of each month, 1:00-2:00 pm

Presented by Vitas Healthcare

Members Free / Non-Members

Contact: Vitas - William Hesse, GySgt USMC (Ret)

904-403-3812 - William.hesse@vitas.com

Come join a group of veterans for a (canteen) cup of coffee and snacks. This ritual dates back to times in the field or aboard ship when active-duty military personnel got together and talked about anything and everything. This is an opportunity for veterans to be heard and receive information. Group-led topics will be discussed. Guest speakers to assist with benefits and other requested topics will be scheduled.

◆ **Parkinson's Support Group**

3rd Thursday of each month, 7:00 - 8:00 pm

Contact: Lee Collins 903-952-1682

texasskipper@att.net

Offers group and guest speaker discussions focusing on Parkinson's resources, coping skills and emotional support for someone with Parkinson's, as well as caregivers.

All classes scheduled between June 1 – August 30 will be held at our current location, 1367 S. 18th St., Fernandina Beach. Please check www.nassaucountycoa.org and our Facebook page for locations of our classes starting September 1. We anticipate that classes starting October 1 will be held at our new location at 1901 Island Walkway, Fernandina Beach.

Thanks to our Publisher and Advertisers: The advertisers in **Senior Life** help defray the costs of printing. The Nassau County Council on Aging expresses our appreciation to the Fernandina Beach *News-Leader* and the advertisers for their financial support. If you are interested in advertising in the October-December issue of **Senior Life**, the deadline for submission is Aug. 24. Contact the *News-Leader* at 904-261-3696. Distribution date for our second issue of **Senior Life** is September 19-20.

mark your Calendar

July 4 – Independence Day – Office Closed

September 3 – Labor Day – Office Closed

September 4 –

Senior expo and Health Fair,

Atlantic Recreation Center, Fernandina Beach

October 19 –

Gala at the Omni, Amelia Island Plantation

Late October –

“The Event” at 1901 (Grand Opening)

Snapshots

Senior Lunch Outing - The Galley Bar & Grill - April 12



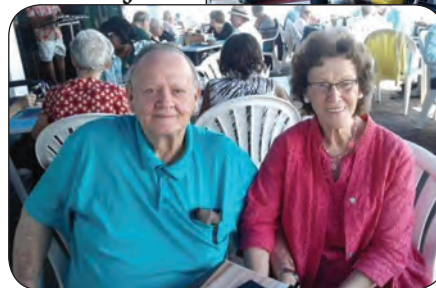
*Volunteer Luncheon
Catered by Beach Diner - April 26*



*Shrimp
Festival
Parade
May 4*



**NCCOA
Fernandina
Beach &
Hilliard Lunch
Outing**



*The Sandbar
Kitchen
May 10*