

NASSAU COUNTY COUNCIL ON AGING

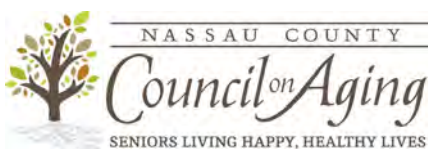
# Senior Life

CELEBRATING HAPPY, HEALTHY LIVES



***Solid Foundation, New Chapter***  
**Non-Profit of the Year**  
**Moves to 1901 Island Walkway**

OCTOBER - DECEMBER 2018



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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](http://www.nassaucountycoa.org)

*We anticipate moving to our new location in October 2018:*  
 1901 Island Walkway, Fernandina Beach, FL 32034

## Fernandina Beach Life Center Staff Contacts:

Adult Day HealthCare – Debra Dombkowski, LPN, CDP  
 Case Management – Fran Hidden  
 Circle of Friends – Frances Bartelt  
 CHORE Program – Frances Bartelt  
 Development – Mary Grace Herrington, CFRE  
 Electric and Water Assistance – Wendy Hughes  
 Finance – Kristel Bailey  
 Home Health – Debra Landolfi  
 Human Resources and Compliance – Don Harley  
 Life Center Membership and Room Rental – Melody Dawkins  
 Marketing and Communications – Liz Dunn  
 Nutrition and Congregate Meal Program – Gina Cox  
 Presentations and Classes – Melody Dawkins  
 Senior Life Magazine – Melody Dawkins  
 Transportation – Michael Hays  
 Volunteer Opportunities – Melody Dawkins

## 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](http://www.nassaucountycoa.org)

## Hilliard Life Center Staff

Office Manager and Case Management – Linda Rogers  
 Case Management – Sue VanZant  
 Nutrition & Congregate Meal/Activities Program –  
 Frances Nobles

## NassauTRANSIT

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

FAX: 904-261-3940

Facebook: Nassau Transit Website: [www.nassautransit.org](http://www.nassautransit.org)

Contacts: Michael Hays and George McKenna

*Cover feature photography –  
 Elizabeth Wilkes/[elizabethwilkesphotography.com](http://elizabethwilkesphotography.com)*

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## *A Message from our President & CEO*

Dear Friends:

I recently had the privilege to spend some time with Representative George Crady, the person responsible for the Nassau County Council on Aging. As the agency's first leader, he set the wheels in motion for much of what we do today – Meals on Wheels, Transportation, CHORE...the list goes on and on. Throughout more than four decades, other leaders have taken the helm, new programs and services have launched, and Nassau County has grown...and grown. But one thing has stayed the same. The commitment to our seniors is as strong as ever.

The doors to our new home at 1901 Island Walkway open on October 1 for classes with a full move anticipated for mid-October. If you haven't already, take a look at the more than 40 classes we're offering between now and December (more planned for 2019). You can practice yoga in a chair, tap dance with a former pro, paint with mixed media, make your own jewelry, become a technology wiz, learn about reverse mortgages...the list goes on. Our 25,500-square-foot building will provide the backdrop for all NCCOA lifelong learning opportunities.

At this time in our history, growth is critical. However, it is bittersweet to leave our building across the street from Baptist Medical Center Nassau. Representative Crady was instrumental in our move to "the yellow building" in 1987 and we have leased it for a very nominal fee ever since. Baptist Nassau has been so incredibly generous to us over the years with maintenance and repairs, grounds and landscaping, anything we have needed – truly a lifeline. As a matter of fact, we could have stayed here even longer had we not outgrown the space. Thank you to Baptist Nassau President Ed Hubel, FACHE, and his team for their generosity, goodwill and great big heart. We will miss you as our neighbors, but we will not be that far away.

We are jumping into the fall with both feet. Our *Rock 'n Roll Gala* is Friday, Oct. 19, from 6-10 p.m., at the Omni Amelia Island Plantation; visit [www.nassaucountycoa.org](http://www.nassaucountycoa.org) to purchase tickets. All proceeds benefit our seniors. Our *Grand Opening - The Event at 1901* – is scheduled for Wednesday, Oct. 24, from 12 noon – 2 p.m., 1901 Island Walkway. Watch for more information on all of our "firsts."

Please enjoy this second issue of *Senior Life*, delivering the best of news and information to our seniors and their families, friends and neighbors in Nassau County. Again, special thanks to Foy Maloy and his team at the Fernandina Beach *News-Leader* and *Nassau County Record* for their invaluable partnership. 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

## 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 Nassau County seniors and their families.

# About the Nassau County Council on Aging LIFE CENTERS

***Our new home at 1901 Island Walkway opens on October 1 for classes, with a full move anticipated in mid-October.*** This 25,500-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. 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. 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](mailto:mdawkins@nassaucountycoa.org).

***Senior Success Story...***A Nassau County senior contacted Membership Director Melody Dawkins on a Monday at 4:45 p.m., with a problem: her refrigerator had died and she was using an old cooler with ice to keep her groceries cold; she could not afford a new or used fridge. Melody posted a request for help on our NCCOA Facebook page. Within a few hours, she received a call to meet someone at the local hardware store the following morning. This generous lady purchased a brand-new fridge for the senior – a complete stranger – but unfortunately it would not be delivered for several days. However, when the store manager heard the story, the refrigerator was delivered before noon that same day. This anonymous Good Samaritan has made life easier for a very happy, deserving senior.

## PROGRAMS & SERVICES

NCCOA is the lead agency in Nassau County for state and federal funding to assist elders. The Programs and Services Department manages all funding programs, coordinating services including nutrition, food, adult day healthcare for seniors with Alzheimer's or other dementias, and home health services such as respite and personal care. Case managers provide guidance and counseling regarding senior and family concerns.

**Contact: NCCOA at 904-261-0701 to discuss needs, eligibility and funding.**



***Senior Success Stories...***On a daily basis, NCCOA Case Manager Fran Hidden performs home visits to enroll seniors in various assistance programs. Many times, Fran is able to take quick action being close to a situation. After finding a senior lying in the hallway – with some obvious symptoms of a stroke – she immediately called 9-1-1. Because of Fran's quick actions, our senior is on the mend...NCCOA Volunteer Coordinator Frances Bartelt fielded a call from a Nassau County senior who needed to have the siding area in front of his home repaired right away – or his homeowner's insurance would be canceled! With the senior providing all the materials, two CHORE volunteers hit the ground running and fixed the siding. The siding is now to code, and his insurance is still in effect...During August, Programs and Services made extensive outreach efforts to reach seniors in need of assistance with electric bills. A customer in a local business related that her parents had their electricity disconnected that morning. The business contacted NCCOA. Programs and Services contacted the couple, visited their home to complete paperwork and committed to pay FPL to have services restored. Two hours after the initial call, NCCOA returned to the seniors' home. Pulling up to the house, the porch light came on and the husband exclaimed, "Honey, the lights are back on!"



# ADULT DAY HEALTHCARE – “THE CLUB”



The only one of its kind in Nassau County, NCCOA's Adult Day HealthCare (ADHC) Program – also known as “The Club” – 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](mailto:ddombkowski@nassaucountycoa.org)**

**Senior Success Story...***A husband and wife came to see ADHC Director Debra Dombkowski about their 79-year-old mother. For three years she had lived with them after being diagnosed with dementia. It was quite an adjustment, but they felt that they could care for her. When their mother started going through long periods of depression, the couple contacted*

*NCCOA. After meeting with the family, Debra saw great potential and encouraged them to have her join “The Club” three days a week. With every day full of activities and good friends, her depression soon lifted. Their mother is now a full-time Club member – five days a week – and the couple has some time to focus on each other, too.*

## HOME HEALTH SERVICES

NCCOA's Home Health provides non-medical, in-home services such as personal care, respite, home making and companion services. Certified Nursing Assistants (CNAs) and Home Health Aides serve members with a minimum of two hours of care to full 24-hour shifts, depending on the need. Members' fees for these services are paid via approved Medicaid long-term care insurance, pre-qualified state and federal programs, and/or private pay. **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.



# Solid Foundation, New Chapter



## George Crady Started Changing the Lives of Seniors in 1974 ... Today, Janice Ancrum Brings New Life to Nassau's Seniors

*Janice Ancrum and George Crady sat down for an interview in August 2018, at 1901 Island Walkway, NCCOA's new home as of October 1. Over the course of an hour, they swapped stories, reminisced about past challenges and agreed that the future of our Council on Aging is very bright.*

**Senior Life:** So, when is the last time you've had the opportunity to sit down and chat about the Nassau County Council on Aging?

**George:** Janice came to my house two years ago. For two hours, she shared with my wife and me what was happening at the COA. I was duly impressed!

**Janice:** Good things were happening at the Council, and you were so instrumental in getting it all started – getting us to where we are today. You and your wife were my guests at the Gala that year...I wanted to ask you in person. Representative Crady, I've always respected and admired you.

**George:** My head is about to explode! Nassau County's seniors were my purpose...

**Senior Life:** George, share with us how the Council started with a grant.

**George:** It was late '74, and I had just lost my second Florida House race. I received a call from the federal Department of Community Affairs, and a woman asked if I'd be interested in starting an agency in Nassau County to serve senior citizens. So, we organized local groups already helping the elderly and applied for a grant from Community Affairs. I called all the people who helped me and asked them to meet me at the community building in Callahan. To recruit even more people, I put a stocking cap over my face and walked around town with a sandwich board that said, "Guess who I am...come to the meeting and find out!" I'm not sure you could do that today...We had covered dish meetings once a month... and more and more people joined – once you start helping people, you get more and more involvement from folks. And lots of great covered dishes!

**Janice:** My start with the Council was a little different. I was 16, and I thought I was coming to a fancy office job at the building on Centre and 6th. I even wore my heels. Little did I know that I'd be sent to someone's house to pull weeds! But that's what this senior needed...I understand now that it taught me everything I needed to know

*Continued on next page*



– how to help change lives by meeting immediate needs, the importance of aging in place, and to be humble in my attitude and actions.

**Senior Life:** George, in the mid-70s, what were some of the challenges faced by seniors in Nassau County?

**George:** If you ask me, things haven't changed that much...we had three "departments:" Meals On Wheels run by Elsie Harper, Transportation run by Edgar Lindsey and "How Can We Help?" which was everything else – chores, errands, light housework, visits. We scheduled everything out of a little office with four volunteers.

**Janice:** The Council definitely had humble beginnings...everybody knew everybody. George and his wife were even certified EMTs – George was the rescue chief at Yulee – if they weren't saving seniors at the office, they were saving everybody else on U.S. 17 because there were a lot of accidents on that highway.

**George:** You're going to make me cry...it was so personal, it got into your heart.

**Janice:** As Representative Crady said, I don't believe the needs have changed – just the numbers of seniors and the resources. Our people still need meals, transportation and help with daily life. Today, we have 20,000 seniors in Nassau County – but the resources haven't kept up with the population growth. However, we are fortunate there are so many generous people and donor compa-

nies in our community. And, our state legislators work very hard for us – just look at the \$400,000 appropriation we received in this year's state budget. We have Sen. Aaron Bean and Rep. Cord Byrd to thank for our Nutrition Support Program, commercial kitchen and potential disaster response center – in case of emergency – here at 1901 Island Walkway.

**Senior Life:** Speaking of the location, we are conducting this interview in your new home. Is this a dream come true?

**George:** We started in one small building in downtown Fernandina -- 200 square feet to now more than 25,000 square feet. When you're younger, you dream about big things like this. I've watched the Council on Aging grow over the years – it's been an honor to have played a small part in our beginning. In Nassau County, we can do anything.

**Janice:** Without Representative Crady, I doubt there would be a Council on Aging in Nassau County. The accumulation of all the good work since the mid-70s has led us to this point in our history. Even before we have officially opened the doors to our new home, I'm so appreciative to many people who are helping our seniors with meals, shelter, transportation, education, friendship...many needs we may take for granted. But there's much work left to do...many more seniors to serve. I wonder what the next 40+ years will bring...

## PLANNING AN EVENT? COME TO 1901 ISLAND WALKWAY!

Our new home at 1901 Island Walkway opens to the public on Oct. 1, with Tai Chi and How to Use an iPhone and/or iPad, and the grand opening is scheduled for Oct. 24 (be on the lookout for more info). With classrooms up and running for NCCOA members and staff settling in to the facility later in October, we are proud to announce that newly refurbished rental space is also available to the community. An assortment of rooms with maximum occupancy of 200 persons can be rented for a variety of occasions, including holiday parties, weddings and receptions, formal galas, fundraisers, business meetings, church services, repast, training sessions, film screenings, etc.

Grand Hall	2,240 square feet	\$150.00/hour
Heritage Hall	1,100 square feet	\$75.00/hour
Conference Room	440 square feet	\$50.00/hour
Kitchen	620 square feet	\$200.00/half day

Discounts are offered to nonprofit 501(c)(3) organizations. For more information, contact Melody Dawkins, Membership Director, 904-261-0701 or [mdawkins@nassaucountycoa.org](mailto:mdawkins@nassaucountycoa.org).

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# Connection is Key to Senior Well-Being

By Judy Prokopiak, R.N.



A few questions for you...

- What do you do when your friends and support group members move away or pass away?
- What if your health suffers, your hearing or vision is impaired and you don't feel empowered to get out with other people?
- What if you are isolated in an apartment and have limited mobility?
- What if you are not able to interact with your children or grandchildren because they are grown, busy or live far away?
- What if your caregiver is so exhausted that he/she does not have the energy for meaningful conversations with you?
- What if you have more worth than money?

These are just a few situations our seniors deal with as they age. Many elder folks are really struggling to feel connected and appreciated, and feel like they are not a burden to their family. Of course we know that research is showing that although we are more "connected" than ever, we are all feeling more lonely and disconnected. This is especially true for our seniors. Aging brings on so many challenges and those issues can bring on the loneliness that is either self-imposed (burden or embarrassment) or imposed by society norms. We all know that unmanaged stress can create toxic issues for our bodies; loneliness can create the same kind of health issues (true for any age).

Loneliness can increase the risk of disability and even death, and can accelerate decline in activities of daily living performance. Like stress, loneliness can reduce immune function, and can raise cortisol levels which affects symptoms of mental illness, depression, Alzheimer's, heart disease and diabetes.

According to AgingCare.com, psychologists from the University of Chicago analyzed data from an ongoing multi-generational cardiovascular study that began in 1948, and discovered another remarkable characteristic of loneliness: It is contagious. Older adults who feel lonesome are more prone to behave in ways that may cause other people to not want to be around them. Researchers found that solitary seniors have a tendency to further isolate themselves by pushing people away and not making efforts to engage with others. Furthermore, the few people that lonely seniors interact with are likely to become lonely themselves and follow the same path to the outskirts of their social networks. This has serious implications on the health and social lives of family members who are caring for lonely seniors.

## A few tips to help combat loneliness (not just for seniors) from AgingCare.com:

- ❖ **Practice compassionate listening** by taking a few moments to make sure older adults feel seen and heard...this can go a long way to increase feelings of connection.
- ❖ **Try to find some activities or hobbies** that they used to like and could still do, such as working with puzzles, knitting, painting and reading. They may have challenges with arthritis or access; however, figuring out what would bring them joy can help

with sense of purpose and belonging.

❖ **Reach out** by sending a card or letter, or by calling every few weeks. This can give seniors hopefulness and anticipation for the next note or call. My husband's aunt moved here a few years ago when her son did. We invite her over for dinner or take her to breakfast or lunch every month or so. This is great for both of them as my in-laws are both passed and she lives in an apartment alone. We get books from the Barnabas thrift store so she can still enjoy the mysteries she loves reading for little or no money. We also help her Facetime at our house with her grandchildren in New York; she talks on the phone regularly but this is a bonus way to connect.

❖ **Bridge the generation gap.** Find ways to share their stories and experiences with grandchildren and other young people. Helping them maintain mental stimulation and connection can work to slow their cognitive decline. Perhaps they could also read to young people at the library.

❖ **Consider senior living or find your local senior center** (such as Nassau County Council on Aging's Life Centers in Fernandina Beach and Hilliard). Many varied community events and activities are offered for seniors at these locales, including BINGO, live music, art classes, educational workshops...the list goes on and on!

❖ For seniors, the chance to **tell their stories** improves cognition, lessens depression and improves behavioral functioning. "Writing shakes people out of their same old stories and makes them think differently about their lives," says Hope Levy of There's Always Hope, a San Francisco-based geriatric consulting firm. "Writing one's story not only boosts self-esteem and reduces stress and anxiety, it is also a powerful tool for a senior—or anyone—to visualize and create their future." You can print out fill-in-the-blank Life Story Sheets from Legacy Project here – [www.legacyproject.org/activities/lifestory.pdf](http://www.legacyproject.org/activities/lifestory.pdf). These prompts will help create a book with stories and memories that you may not even remember or know about...and these can last a lifetime.



Judy Prokopiak, R.N., is a certified life, health and wellness coach.



# Lifelong Learning Begins at NCCOA's Life Center

Mark October 1 on your calendar...the date that lifelong learning begins at 1901 Island Walkway.

Ben Franklin knew what he was talking about. He could have created the slate of curriculum offerings at NCCOA's Life Center. In every class, involvement is intentional, with hands-on components highlighted throughout. Our roster is filled with options to feed your pursuit of knowledge for either personal or professional reasons.

A key to "lifelong learning" is that it enhances social inclusion, active citizenship and personal development. If you are a lifelong learner, you are motivated to learn and develop because you want to: it is a deliberate and voluntary act.

So, your first step is to peruse NCCOA's multi-faceted offerings. Secondly, choose the classes which feed your own pursuit of knowledge. Third, register (classes fill up fast)! Fourth, continue on the path of lifelong learning...1901 Island Walkway is the perfect place.

P.S. Don't forget to join NCCOA...you'll learn and save at the same time!

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AND I FORGET  
TEACH ME  
AND I REMEMBER  
INVOLVE ME  
AND I LEARN**

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## Special Events

### 15th Annual Rock 'n Roll Gala

Friday, October 19, 6:00-10:00 pm

Omni Amelia Island Plantation

Tickets: \$100 per person; purchase tickets at

[www.nassaucountycoa.org](http://www.nassaucountycoa.org)

5-piece Band – Three-course Dinner – Live & Silent Auctions

All proceeds benefit Nassau County Seniors

For more info: 904-261-0701

### The Event at 1901 – Grand Opening

Wednesday, October 24, 12:00 noon -2:00 pm

Join us as we celebrate in our new home.

### Life Center Theater Presents “Every Last Dime”

Saturday, November 3, 3 pm-5 pm

★ Members \$15 – Non-Members: \$20

Written by local playwright Jane McAdams, with a cast of local actors. Addie Gaites, a recent widow, believes she's lost her enthusiasm, her interest in life and every last dime. But living resumes, when Addie and her neighbor investigate a promising discovery. Silver linings can be found in unusual places.

### Ring in the Holiday Cheer

Wednesday, December 5, 11:00 am-11:30 am ★ FREE

Come and join us to celebrate the holiday season with various musicians including Pam Bell, with her famous bell ringing, Lost in the 50's Karaoke, Dan & the Band, Bruce Beville and many others. To audition, contact Melody Dawkins at 904-261-0701.

## Wellness, Health & Fitness

### A Matter of Balance – Managing Concerns About Falls

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

★ FREE

Presented by Northeast Florida AHEC

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

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

Presented by Northeast Florida AHEC

(No class 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: \$3 - Non-Members: \$5

Chair yoga is a great alternative form of yoga for those who can-

not 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 beginning Oct 2, 2:00-3:00 pm

★ Members: \$3 - Non-Members: \$5

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: \$3 - Non-Members: \$5

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

### Coffee & Karaoke with Lost in the 50's

Every Tuesday, 9:30-11:30 am ★ FREE

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 – enjoy the entertainment.

### Dan & the Band

1<sup>st</sup> & 3<sup>rd</sup> Friday of each month, 9:00-10:00 am ★ FREE

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

### Music with Terry

3<sup>rd</sup> Thursday of each month, 9:00-11:00 am ★ FREE

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

### Line Dancing

Beginning Oct 4, Every Thursday, 5:30-7:30 pm

★ Members: \$3 - Non-Members: \$5

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.

### Beginning Belly Dancing

Fridays, Oct 5 – Nov 9, 3:00-5:00 pm

★ Members: \$20 - Non-Members \$30

Come learn belly dancing from a former pro. It's a fun low-impact way of getting exercise. This is a 6-week class that teaches the fundamentals of belly dancing. Come in comfortable loose-fitting clothing. Limited to 15 participants.

### Happy Tappy Tap Dancing

Wednesday, Oct 3 – Nov 7, 1:00-2:00 pm

★ Members: \$5 - Non-Members: \$10

Come and move your feet to the beat and wiggle your toes in a basic tap dancing class with Maggie, formerly a Roxyette, a

Class Location: **BLUE = 1367 South 18th Street** **GREEN = 1901 Island Walkway**

forerunner of New York's Radio City Rockettes. She also owned and taught dance in a studio in Catonsville, MD, as well as choreographed numerous musicals such as *Oklahoma!*, *The Music Man*, and *South Pacific* to name a few from her studio. The golden age of musicals is the source of the music – *I'm a Yankee Doodle Dandy*, *Hello Dolly*, *Mac the Knife*, etc. You can learn with hard-sole shoes or tap shoes (Lace-up shoes recommended).

### Beginning Harmonica with Susan

Fridays, Oct 5, 19 – Nov 2, 16 – Dec 7, 21, 10:30-11:30 am  
★ Members: \$3 - Non-Members: \$5

If you can breathe, you can play the harmonica. You won't just be learning an instrument, you'll be exploring your soul. Besides being easy to play, it is great for pulmonary breathing exercise. Bring a "C," 10-hole harmonica to class. Any questions, please email Susan Ralph @sralph1@bellsouth.net.

### Beginner Ukulele with Kristen

Wednesdays, Jan 2-9-16-23, 2019, 7:00-8:00 pm  
★ Members: \$5 - Non-Members: \$10

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

Tuesday, Oct 9 & 16, - Thurs, Oct 11 & 18, 1:00-3:00 pm  
★ Members: \$5 - Non-Members: \$10

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

### Beginning Canasta

Tuesday, Nov 13-20-27, 1:00-3:00 pm  
★ Members: \$5 - Non-Members: \$10

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 on December 5 and 12 from 1-4pm.

### Jeopardy

4<sup>th</sup> Thursday of each month, 10:00-11:30 am ★ FREE  
Presented by VITAS Healthcare

Come join us for a fun game of Jeopardy and win useful prizes donated by VITAS Healthcare.

## Literary Arts

### Turning Memories Into Memoirs

Wednesday, Jan 9-30, 2019, 3:30-5:00 pm  
★ Members: \$20 - Non-Members: \$30

Everyone has family stories to share. Why share your life stories? In addition to being a legacy for your family, the process can be educational, humorous and healing. It may seem daunting, but if approached in steps – baby steps – you can find a way to start the process. The four-week memoir-writing class will help motivate those who want to preserve their treasured memories. The class covers how to get started and offers writing tips and techniques; it is for experienced and beginning writers. Some word processing skills are required. A Memoir Writing Support Group will be established for the students of this class, as needed by Dickie.

### Chinese Folk Religion & Woodblock Printing

Thursdays, Jan 10 and 17, 2019, 10 am-12 noon ★ FREE  
This will be a two-part class. The first class will view *The Month of Hungry Ghosts* video from Singapore, an informative and colorful introduction to Chinese Folk Religion. Following this will be a hands-on experience to see and handle real woodblock prints and rubbings from Chinese temples. The second class will be a hands-on printing experience with Chinese wood blocks. Students will create their own prints to take home. Woodblocks, paper and ink will be provided.

## Arts & Crafts

### Continental Knitting

Tuesday, Oct 2-30, 10:00 am-12 noon  
★ Members \$10 - Non-Members \$15

We have a great opportunity for you to learn how to knit using the Continental method which is much faster and requires less hand movement (great for someone with arthritis). The class will be making a great beginner project. Yarn and knitting needles provided.

### Intro to Needlepoint

Tuesdays, Oct 9-16-23, 10:00-11:30 am  
★ Members \$10 - Non-Members \$15

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.

### Jewelry Basics for Beginners

Wednesday, Oct 10, 10:00 am-12:00 noon  
★ Members \$10 - Non-Members \$15

Come join us to restring your broken necklace and/or learn the basics of constructing necklaces and earrings. You will leave with a necklace and matching earrings. Instructor will teach how to string beads, attach pendant and clasps by using crimping techniques and how to construct earrings. Material charge for bead packets and all materials is an additional \$8. If you prefer to bring your own beads, there is a \$2 material fee for the stringing materials. Limited to 10 participants.

### Festive Ornaments Using Oven-Baked Clay

Wednesday, Nov 14, 10:00 am-12:00 noon  
★ Members \$10 - Non-Members \$15

This is a beginner's lesson for making simple ornaments with oven-baked clay (Sculpey, Fimo). Holiday ornaments and other designs such as a pink flamingo will be taught. Material fee of \$6; tools will be supplied. Limited to 10 participants.

### Handcrafted Greeting Cards

★ Tuesday, Oct 23-Nov 6, 1:00-3:00 pm  
Members \$20 - Non-Members \$25

Come and design your own personal greeting cards while learning the techniques of iris folding, adding dimensions, and creating Cricut designs. Limited to 8 participants.

### Acrylic Painting with Libby

Saturday, Nov 3-17, Dec 1, 10:00 am-12 noon  
★ Members \$25 - Non-Members \$30

Acrylic painting is a great medium for beginners because it is relatively inexpensive, water-soluble, quick-drying, versatile and forgiving. If you are not happy with what you have painted you can let it dry and paint over it. Learn the tricks of the trade and paint a keepsake. Supplies will be provided.

Class Location: **BLUE = 1367 South 18th Street** **GREEN = 1901 Island Walkway**





## Computers & Technology

### Making Social Media Work for You (Series):

See class schedule for the series bundle below – also priced individually (Oct 2–11)

★ Series Bundle: Members: \$40 (\$50 value) / Non-Members: \$60 (\$75 value)

#### • Class 1 of 4: Getting Started: Intro to Social Media

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

★ Members: \$5 - Non-Members: \$10

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

#### • Class 2 of 4: Kick it Up a Notch!

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

★ Members: \$10 - Non-Members: \$15

How to create video content, reach out to groups, 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.

#### • Class 3 of 4: Keeping Your Social Media Current & Safe

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

★ Members: \$15 - Non-Members: \$20

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

#### • Class 4 of 4: Promoting Your Business, Clubs & Events

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

★ Members: \$20 - Non-Members: \$30

How to engage an audience to promote your small business, organization or event. Also learn how to quantify your outreach to increase numbers and audience growth. How to stay in the social media game without a lot of effort. Advertising – to 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

Mon, Tues, Wed, Oct 1-3, 9:30-11:30 am

★ Members: \$10 - Non-Members: \$15

Class will cover physical attributes of the phone, an overview of the iOS operating system, basic 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 & 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. 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.

### Simplified Basic Excel

Tuesday and Thursday, Oct 2 & 4, 6:00-7:30 pm.

★ Members: \$5 Non-Members: \$10

Learn the fundamentals of Excel. (Target audience for this class includes those who have never used Excel and those who are beginner-level users.) Class covers the topics you would need to know to become a functional user. Participants will learn how to make columns and rows, enter and edit data, modify a worksheet, and create simple math formulas; will also learn how to

format and print the completed worksheets.

### How to Use an Apple Mac Computer

Mon, Tues, Wed, Nov 5-7, 10:00 am-12:00 noon

★ Members: \$10 - Non-Members: \$15

Students will learn how to configure and set up 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.

## Gardening & Nutrition

### Growing Succulents

Wednesday, Oct 17, 10:00-11:30 am

★ Members: \$15 - Non-Members: \$20

How to grow succulents successfully both indoors and outdoors. This will be a hands-on class. Please bring a small container; you will be taking this container home with a plant. We will be discussing the variety of succulents that are available and those which work in your garden without being winterized. Assortment of plants will be provided.

### Feeling Good with Herbs

Wednesday, Nov 7, 10:00-11:30 am

★ Members: \$15 - Non-Members: \$20

This class will explain how to use herbs in a healthy way, how to grow them and which ones to grow seasonally in our climate. We will be making bath salts to take home and discussing flavoring foods with herbs.

### Holiday Décor

Wednesday, Dec 12, 10:00-11:30 am

★ Members: \$15 - Non-Members: \$20

Using plants and flowers from your local grocery store and greenery from your garden to decorate for the holidays. Using funky containers and having fun with designs. We will be giving away the designs for you to enjoy at home.

## Legal Chat Presentations

### The Pros and Cons of Reverse Mortgages

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

Presented by Jacksonville Legal Aid

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 ★ FREE

Presented by Jacksonville Legal Aid

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

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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 ★ FREE

Presented by Jacksonville Legal Aid

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

### Heeeeeere's Johnny! Chat with the Mayor

Tuesday, Oct 2, 4:00-5:00 pm ★ FREE

"Chat with the Mayor" is an opportunity to meet with Fernandina Beach Mayor Johnny Miller and receive community updates. He will 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](mailto:JMiller@fbfl.org).

### Protect Yourself in this Ever-Changing World

Wednesday, Oct 10, 11:00 am-12:00 noon ★ FREE

Presented by the FL Department of Agriculture

Come for this 30 minute presentation (time added for questions) and learn tips on how to protect yourself from do not call lists, scam charities, gas pump skimmers and how to check the quality of gas.

### Protect Your Money \$\$\$

Presented by Jacksonville Area Legal Aid

Thursday, Oct 11, 10:00-11:00 am ★ FREE

How to stay "consumer safe" – avoid identity theft - your rights under debt collection laws - how to protect your credit - protect your home ownership - how to avoid financing tricks in car sales - why you should beware of pay day loans - concerns with refund anticipation loans - how old debts can be time-barred. A question and answer session is included.

### AARP Driver Improvement Class

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

Presented by AARP

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

## Health and Support

### Peace of Mind

Monday, Oct 15, 10:30-11:30 am ★ FREE

Presented by Community Hospice & Palliative Care

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. For more information on the game, go to: <https://www.youtube.com/watch?v=h2SRn8WjDCg>. Limited to 20 attendees; reserve early.

### Lunch & Learn: Hope for the Holidays

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

★ Members: \$5 - Non-Members: \$10

Presented by Community Hospice & Palliative Care

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. Limited to 20 attendees; reserve early.

### Hope for the Holidays (see description above – lunch not provided)

Tuesday, Nov 13, 6:00-7:30 am ★ FREE

Presented by Community Hospice & Palliative Care

Contact Byron Beall at [BBeall@communityhospice.com](mailto:BBeall@communityhospice.com) to reserve

### Hope for the Holidays (see description above – lunch not provided)

Saturday, Dec 8, 10:00-11:30 pm ★ FREE

Presented by Community Hospice & Palliative Care

Contact Byron Beall at [BBeall@communityhospice.com](mailto:BBeall@communityhospice.com) to reserve

### Understanding Grief

Tuesday, October 16, 6:00-7:30 pm ★ FREE

Presented by Community Hospice & Palliative Care

Understanding Grief is designed to help individuals learn that healing is possible after the death of a loved one and there are effective ways to cope with grief and loss. Contact Byron Beall at [BBeall@communityhospice.com](mailto:BBeall@communityhospice.com) to reserve.

**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](mailto:mdawkins@nassaucountycoa.org) or 904-261-0701.**

**Class Location: BLUE = 1367 South 18th Street GREEN = 1901 Island Walkway**

## THANKS TO OUR PUBLISHER AND ADVERTISERS

The advertisers in *Senior Life* help defray the costs of printing this publication. The Nassau County Council on Aging expresses our appreciation to the Fernandina Beach *News-Leader*, *Nassau County Record* and the advertisers for their financial support. If you are interested in advertising in the January – March 2019 issue of *Senior Life*, the deadline for submission is Friday, November 16. Contact Candy Hammer or Meghan Miller at the *News-Leader* at 904-261-3696. Distribution date for our third issue of *Senior Life* is December 19.



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# Giving Matters

By Mary Grace Herrington, CFRE

Opening soon, Nassau County Council on Aging's Life Center at 1901 Island Walkway will nearly triple the impact on service to seniors in our community. The new 25,500-square-foot facility will host a variety of expanded programming and services – a commercial kitchen that will provide meals for homebound and nutritionally challenged seniors including low-income veterans, Adult Day HealthCare programs, a media lounge, fitness and wellness programs, arts and crafts classes, and also serve as a disaster response center to support emergency assistance for Nassau County.

These programs and services enable us to support seniors with the desire to “age in place” and live happy, healthy lives. With more than \$1.3 million pledged toward a \$3 million goal, the capital campaign continues and naming opportunities are available.



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## Leaving a Legacy

When you really believe in an organization and its cause, you may be drawn to support it with small, targeted gifts — tickets to an annual fundraiser or an annual donation. Though every dollar counts when it comes to charitable giving, planned gifts allow you to make a lasting financial difference in your chosen charities without impacting your current cash flow. Here are three simple ways to make the most out of your assets through planned giving:

**Make a charitable bequest:** You can designate a gift to the NCCOA in your will or living trust either as a percentage of your estate or based on what remains after other obligations have been met. This allows you to ensure that organization's mission continues far into the future.

**Redistribute your retirement plan assets:** Consider naming NCCOA as a beneficiary of your IRA or pension plan. This is an especially good fit for planned giving because charitable organizations

do not owe taxes on retirement plan assets they inherit. If the same assets go to family heirs, they will typically owe income and estate taxes.

**Leverage your life insurance policy:** There are a few ways to leave a life insurance policy as a charitable gift, including naming NCCOA as the beneficiary of a new or existing life insurance policy or signing over ownership of the policy to an organization so the donor receives an income tax deduction for the approximate policy value as of the transfer date.

These legacy-defining actions can be reviewed and updated at any time, but setting them up now is the first step to leaving the exact legacy you want for yourself.

A certified fundraising executive, **Mary Grace Herrington** serves as Development Director for the Nassau County Council on Aging. A nonprofit leader for more than 14 years, Mary Grace directs all activity to generate operating and capital funding to support senior programs and services, and sustain these services for years to come. Contact her at [mgherrington@nassaucountycoa.org](mailto:mgherrington@nassaucountycoa.org) or 904-261-0701.





# Soft Touch Animals Bring Comfort to Amelia Seniors

By Dickie Anderson

Something special happens every Friday afternoon on Amelia Island. A group of volunteers and their dogs participate in Soft Touch, a pet therapy program first started in 2006. Dog volunteers and their owners visit care facilities which include Osprey Village, Quality Health and the Nassau County Council on Aging.

The concept is simple. It has been proven that dogs, kittens and other pets can be the best medicine for a person in pain or lonely for attention and stimulation. Guess what? It's great therapy for the dogs, too – not to mention the nurses and other staff members.

What makes a good therapy dog? Participant dogs must get along well with other dogs. They should not jump up or bark. All dogs should be well groomed and have their nails clipped. Care facilities require up-to-date shots. Residents also enjoy dogs dressed in special scarves or costumes on holidays.

To say the cadre of dogs is eclectic is an understatement! Many are rescues. Current volunteers include Katie, a Yorkie; Lily Rose, a Great Dane; and Cocoa, a Cocker Spaniel. When volunteers arrive it's as if the circus is in town. Residents gather and *ooh, ahh* and cuddle the furry visitors.

The most dramatic impact is when the dogs interact with residents who have memory challenges. Faces light up and hands reach out. There is no question that there is a comforting, pleasing connection. As if fairy dust has been sprinkled, there is almost an awakening among those usually lost in some faraway place when the dogs arrive. There is a spark, however weak, as each person connects with a dog. The smaller dogs settle in laps and the larger dogs thump their tails or put their heads on a welcoming knee or lap.

Many of the human volunteers will tell you the most difficult visits are at the local skilled nursing facility where many of the residents are waiting out their days and are in a fragile physical condition. As the dog's toenails click on the linoleum floor and visits are made, heads turn, eyes brighten and smiles spread.

Programs like the one on Amelia Island are popular all over the country. Soft Touch helps enrich the lives of both people and animals. For those who had pets and now no longer can, Soft Touch helps to mend some of those broken hearts.

Hard to miss with lovable dogs, committed owners and good old-fashioned volunteerism, Soft Touch provides weekly visits to island care facilities. For more information or to receive her weekly newsletter, contact Dickie Anderson at [dickie.anderson@gmail.com](mailto:dickie.anderson@gmail.com). Her books are available at local bookstores.



*Dickie Anderson is a well-known writer, author, speaker and community volunteer on Amelia Island.*

# How Can Nutrition and Weight Affect Your Breast Cancer Risk?

By Jennifer Crozier, M.D.

People who are overweight or obese have a higher risk of many serious health problems like diabetes, high blood pressure and heart disease. Extra pounds also are associated with a higher risk of cancer.

Take a quiz to see how much do you know about your breast cancer risk at <http://contests.jacksonville.com/Test-Your-Breast-Cancer-Knowledge-Baptist-2017/questions/731233?allow-full-viewport=true>  
To help you lower your risk, there are lifestyle changes you can make – different ways to eat and to exercise. Long term, one of the most important changes you can make is maintaining a healthy weight.

We're still learning how cancer develops, but there's mounting evidence that losing weight can reduce the risk of breast cancer, especially after menopause. Achieving and maintaining a healthy weight can reduce levels of hormones like insulin, estrogens and androgens that are associated with cancer risk.

Most cancer specialists agree that the following are risk factors for breast cancer:

- Obesity
- Lack of exercise
- Tobacco use
- Increased alcohol use
- Dense breast tissue
- Prolonged hormone replacement therapy
- Family history of breast cancer

While annual mammograms are still key to early detection and successful treatment, maintaining a healthy weight is important to prevention. A guideline for doctors is BMI, or the ratio of a person's weight and height. A normal BMI is between 18.5 and 24, with 25-29 considered overweight and 30 and higher considered obese. You can calculate your BMI at [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm).

A plant-based diet can contribute to lowering the risk of cancer. A plant-based diet consists primarily of fruits, vegetables, beans/legumes, nuts/seeds and whole grains. The



Jennifer Crozier, M.D., is a hematologist oncologist with Baptist Health, board certified with the American Board of Internal Medicine. Dr. Crozier attended Medical College of Georgia at Augusta, and completed her residency and fellowship at Mayo Clinic.



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Mediterranean diet is based on vegetables, fruit, fish and olive oil. Both diets have been associated with a decreased risk of breast cancer. Talk with your doctor about an eating plan that's appropriate for you.

Among things you can do to prevent breast cancer:

- Control your weight, maintain a normal BMI
- Eat a plant-based diet
- Exercise daily or at least 5 days per week
- Get an annual checkup with your family doctor, clinical breast exam
- Start annual mammograms at age 40
- Be aware of changes in your breasts

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# Depression in the Elderly

By Janice Clarkson, EdD, LMHC, CAP

While some adults have suffered from a mental illness, many seniors experience these problems for the first time... like my parents. We live in a culture that mistakenly believes it is normal for older people to feel depressed. Please memorize this message... **DEPRESSION IS NOT A NORMAL ASPECT OF AGING.**

Five years ago my father went on dialysis...he is 88 years old. He drives himself three times a week for four hours to "The Club," as he calls the dialysis center. Last summer I went home to visit my parents and sisters. While there, I noticed many interesting things. Dad's attitude was very irritable, constantly snapping at Mother and me. Dad and I were folding a sheet and he began to yell at me because I was folding it incorrectly. *Red Flag # 1.* Of course my mother couldn't do anything right. He lost pleasure in attending church. He lost pleasure in reading his daily newspapers. He lost pleasure in sitting outside and feeding the birds and regaling me with stories of my nieces and nephews. He also lost pleasure in taking rides along the shore on Route A1A, eventually stopping to enjoy an ice cream. *Red Flag #2.* He did not sleep. He went to bed at 8 p.m., and tossed and



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turned, and was constantly up. *Red Flag #3.* He hid in the bedroom and did not come out even for meals. *Red Flag #4.* You get the picture.

*Continued on next page*

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The most significant factor in elder suicides is unrecognized and untreated depression. Signs and symptoms of a life-threatening depression often go undetected by the medical community. Studies show that about 20 percent of older Americans who take their own lives have seen a primary care physician that very day – 70 percent have seen a doctor within a month of suicide.

Mother informed me Dad had a check-up scheduled with the family physician, Dr. Nelson, that week. I indicated I would be accompanying him to this scheduled appointment. I reported Dad's signs and symptoms as I observed to Dr. Nelson. He was surprised to hear this information as Dad always appeared to be cheerful when he came into the office. Dad did not disagree with this information I reported. I know Dad did not even realize he was in a state of depression. Depression can and should be aggressively treated.

Dr. Nelson put Dad on an anti-depressant. **Please memorize this message...THERE IS NEVER A GOOD REASON FOR DEPRESSION.**

Older adults are at increased risk. We know that about 80 percent of older adults have at least one chronic health condition, and 50 percent have two or more. Depression is more common in people who also have other illnesses, such as heart disease, multiple sclerosis, Alzheimer's disease, rheumatoid arthritis, chronic fatigue syndrome or cancer –

or whose function becomes limited. This is by no means a complete list.

Older adults are often misdiagnosed and undertreated. Healthcare providers may mistake an older adult's symptoms of depression as just a natural reaction to illness or the life changes that may occur as we age, and therefore not see the depression as something to be treated. Older adults themselves often share this.

Two weeks later, Mother called to tell me she and Dad just returned from going out to lunch with the neighbors. She said everyone in the restaurant was giving them strange looks because they were laughing and talking so loud it sounded as though they were yelling at each other.

Here are some helpful resources:

American Association for Geriatric Psychiatry,

<http://www.aagponline.org/>

National Institute of Mental Health, [www.nimh.nih.gov](http://www.nimh.nih.gov)



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

## RETIREMENT PLANNING

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# Become a Life Center Member

Our move to 1901 Island Walkway this fall marks a new chapter for the Nassau County Council on Aging (NCCOA). The Life Center's 25,500-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 \$40.00 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 [mdawkins@nassaucountycoa.org](mailto:mdawkins@nassaucountycoa.org).

**Discount Membership Available Until December 31!**  
**\$75/Individual • \$135/Couple**

## Assistance Programs

**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 members 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 seniors 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 Nassau County 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.

**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 homemaking and personal care.

**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.

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

**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](mailto:fbartelt@nassaucountycoa.org), or 904-261-0701 for additional 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 age 55 – single and/or married couples who live alone and have no daily contact with friends or relatives – have a disability that inhibits mobility and have no daily contact with friends or family – are without a person to conduct daily checks 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 curbside 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

**Starting Over & Reconnecting Support Group** 1<sup>st</sup> Monday of each month, 11:00 am-12:00 noon

Contact: Greg Hershberger, [Greg.Hershberger@vitas.com](mailto:Greg.Hershberger@vitas.com)

Provides group support help with others that are learning how to reconnect in transitions of life whether it be from divorce, death, depression, job loss, retirement, parenting as a grandparent, pet loss, etc.

**NCCOA Hearing Loss Support Group** 1<sup>st</sup> Tuesday of each month, 1:00-3:00 pm

Contact: Frances Bartelt – 904-261-0701 – [fbartelt@nassaucountycoa.org](mailto: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.

**SOS: Survivors of Suicide** 2<sup>nd</sup> Tuesday of each month, 4:30-6:00 pm

This is an open support group meeting and all are welcome; it is intended for people who have lost a member of their family or a close friend to suicide. For more information, please send an email to [SOSSGAmelia@aol.com](mailto:SOSSGAmelia@aol.com) or contact Bob Bolan at 904-891-4302. For emergency assistance, dial 9-1-1 or the National Suicide Hotline at 1-800-273-TALK (8255).

**NCCOA Low Vision Support Group** 3<sup>rd</sup> Wednesday of each month, 11:00 am-12:30 pm

Contact: Frances Bartelt – 904-261-0701 – [fbartelt@nassaucountycoa.org](mailto: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** 3<sup>rd</sup> Thursday of each month, 2:30-4:30 pm

Contact: Debra Dombkowski, 904-261-0701 – [ddombkowski@nassaucountycoa.org](mailto: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** 4<sup>th</sup> Wednesday of each month, 1:00-2:00 pm

Presented by VITAS Healthcare

Contact: VITAS - William Hesse, GySgt USMC (Ret) – 904-403-3812 -- [william.hesse@vitas.com](mailto: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** 3<sup>rd</sup> Thursday of each month, 7:00-8:00 pm

Contact: Lee Collins, 903-952-1682, [texasskipper@att.net](mailto: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.





mark  your **Calendar**

## Snapshots

*"Just Friends" Group Outing – Beach Diner*



*Adult Day  
HealthCare  
(ADHC) Activities*



**October 19 –**  
Rock 'n Roll Gala  
Omni, Amelia Island Plantation  
**October 24 –**  
"The Event" at 1901 (Grand Opening)  
**November 3 –**  
Every Last Dime, Life Center Theater  
1901 Island Walkway



*NCCOA  
Hilliard  
Life Center  
Luau*

