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Fernandina Beach Life Center

1901 Island Walk Way, Fernandina Beach, FL 32034
Phone: 904-261-0701 – FAX: 904-261-0704
Facebook: Nassau County Council on Aging
Website: www.nassaucountycoa.org

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
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Electric Assistance/Water Assistance – Wendy Hughes
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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

Hilliard Life Center Staff Contacts:

Administration/Case Management – Linda Rogers
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Nutrition/Meal Programs and Activities – Frances Nobles

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Phone: 904-261-0700 – Toll Free: 800-298-9122
FAX: 904-261-3940
Facebook: NassauTRANSIT Website: www.nassautransit.org
Contacts: Michael Hays and Scott Nile

Pictured on cover: NCCOA Adult Day HealthCare Director
Debra Dombkowski, LPN, CDP,
and club member Wally LeBlanc.
Cover Photo: Buz Cannon, HD360 Media

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A Message from our President & CEO

Dear Friends,

Over the course of our 45-year history, we have found ourselves in a unique position as the leading provider of services and resources to the seniors in Nassau County. According to the Florida Department of Elder Affairs, while seniors make up 22% of the nation's population and Florida's senior population is approximately 26% of our state's population, **Nassau County's older population is even higher at nearly 29% of the county population.** This presents a challenge and an opportunity to Nassau County Council on Aging: Provide the most current and timely offerings to help seniors live happy, healthy lives.

In our newly published *2018 Annual Report – Solid Foundation, New Chapter* – I'm proud to say that we are meeting this important challenge and capitalizing on the opportunity in our community with Meals, Transportation, Home Health, Adult Day HealthCare, CHORE/Small Home Repair, Support Groups, Lifelong Learning and Volunteerism. Last year alone, NCCOA reached 4,160 members through our various programs, representing a 45% increase over 2017. Our new island home at the Fernandina Beach Life Center is alive with classes, presentations and workshops on fitness, health & wellness, music & dancing, arts & crafts, technology, home & garden...and even history, healthcare and geopolitics. Truly something for everyone!

Our featured topic in this issue of *Senior Life* is our Adult Day HealthCare (ADHC) Program, the only one of its kind in Nassau County and a lifeline for many of our residents. The weekly program, licensed by the State of Florida and supervised by a licensed nurse and Certified Dementia Practitioner (CDP), specializes in Alzheimer's disease and other related dementias, and offers families an affordable alternative to the rising costs of long-term care. Also known as "The Club," ADHC provides respite for caregivers and offers their loved ones a safe and secure environment, along with social interaction, therapeutic activities and planned outings. Recently relocated to our new home at 1901 Island Walk Way, The Club is a special place which sets the stage for promoting each member's daily success, maintaining or re-establishing a sense of accomplishment and self-worth. If you have a loved one with dementia whom you feel may benefit from our program, I encourage you to reach out to our ADHC Director Debra Dombkowski, LPN, CDP, at ddombkowski@nassaucountycoa.org or 904-775-5480. Debra will be happy to make time for you.

Thank you for continuing to help us meet our challenges and capitalize on our opportunities to benefit seniors in Nassau County...

Janice Ancrum
President & CEO

P.S. See what's coming up on our calendar of classes, presentations and workshops, pp. 14-21!

Mark Your Calendar:

- ✓ **July 4** – Independence Day Holiday, Office Closed
- ✓ **September 13** – 7th Annual Senior Expo & Health Fair, Atlantic Recreation Center, Atlantic Avenue
- ✓ **October 26** – The Life Center Theatre Presents *Murder by the Book*
- ✓ **December 6** – 16th Annual NCCOA Gala, 1901 Island Walk Way

More info, call 904-261-0701

About the Nassau County Council on Aging



For additional information about NCCOA, visit www.nassaucountycoa.org/about

LIFE CENTERS

Both Fernandina Beach and Hilliard Life Centers offer those 60 and older assistance, information and support, in addition to many fun and engaging activities...plus opportunities to socialize, the key to a happy, healthy life. Meeting space is available for rental (maximum occupancy up to 320 persons) at 1901 Island Walk Way for group functions.

Contacts: **The Life Center – Fernandina Beach, 904-261-0701**
 The Life Center – Hilliard, 904-845-3331

PROGRAMS & 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 and Town of Hilliard Water Bill Assistance for qualified residents.

Contact: **NCCOA, 904-261-0701**

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” – provides respite for caregivers 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).

Contact: **Debra Dombkowski, LPN, CDP, 904-775-5480 or ddombkowski@nassaucountycoa.org**

HOME HEALTH

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

Contact: **Home Health, 904-775-5499 or homehealth@nassaucountycoa.org**

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The public transportation system in Nassau County, NassauTRANSIT provides both scheduled public bus and registered paratransit services. Our public bus service has convenient stops across the county between Hilliard and Fernandina Beach, at River City Marketplace and in downtown Jacksonville. The *Island Hopper* bus provides local public transit service around Fernandina Beach from Thursday through Monday. The fare for scheduled public bus service is only \$1 with no charge for transfers. Registered paratransit is available to all qualifying county residents. Advance reservations are required for paratransit service and the fare is only \$2. All NassauTRANSIT bus operators and vehicles are credentialed to FTA and FDOT requirements, and all vehicles are wheelchair accessible.

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NCCOA's Adult Day HealthCare Program

Members and Caregivers Find New Life Through "The Club"

By LIZ DUNN, NCCOA MARKETING AND COMMUNICATIONS DIRECTOR

Like many of us, Wally LeBlanc arrives at his destination between 8 – 8:30 a.m., Monday through Friday. He settles in and has juice and toast before beginning his day. Sometimes, Wally "works" independently – sometimes in a group. There's always a break in the middle of the morning. "Assignments" can focus on math, science or art. Conversation is key, and many times Q&A is part of the discussion. Mental stimulation is always important to keep your brain active – especially when you have dementia.

For four years, Wally has been an active participant in the Adult Day Health-Care (ADHC) Program – also known as "The Club" – one of the many offerings of Nassau County Council on Aging (NCCOA) at the new Fernandina Beach Life Center, 1901 Island Walk Way.

"The Club gets me out of the house to be with my friends," says Wally. "I have a lot of fun there and I feel healthier coming to The Club. I love singing and dancing the best. It helps me enjoy my life."

Laura LeBlanc Jones, Wally's daughter, agrees. "Dad loves coming to The Club. He doesn't even need the alarm clock...he's so excited! Dad's happy and his mind seems clearer because he has more social stimulation." Laura adds that NCCOA's Adult Day Health-Care Program helps with family communication at home where they live with her teenage daughter. "We all have time to ourselves and we make it a point to share our day with each other when we're together," Laura explains. "Dad is able to contribute since The Club keeps him busy during the week. There's always something to share since he and his friends have had lots of fun each and every day."

The only one of its kind in Nassau

County, the ADHC Program provides a safe, social and stimulating day of activities for loved ones who have Alzheimer's disease or other forms of dementia. It also offers respite for caregivers who can rest assured knowing their Mom, Dad, husband, wife, grandparent, relative or friend is cared for by trained and experienced staff. A semi-structured program of arts and crafts, gardening, music, dancing, exercise, reminiscing, outings and celebrations is provided for members to help them live their lives to the fullest.

"Dementia affects each person differently as we are all unique," says Debra Dombkowski, LPN, CDP (Certified Dementia Practitioner). "We meet each person where they are as we engage, support and help them be successful in everything they do. It's so important for our Club members to feel their own self-worth."

Debra is the Director of NCCOA's Adult Day HealthCare Program, and has served in this position for more than 13 years. "The Club" began under her leadership. "We spend a great deal of time with the families, getting to know their loved ones," Debra says, "as well as working closely with physicians and therapists to



"Club" member Miss Leigh practices her putting skills. Photo by Buz Cannon



ADHC "Club" members enjoy a game of Bingo, led by ADHC Assistant Kelly Hill, CMA. Photo by Buz Cannon

actively support and educate everyone involved as they adapt through this devastating disease.”

Including her tenure with NCCOA, Debra has been a professional nurse in the geriatric field for more than 45 years, receiving the ElderSource Luminary Award for Caregiving in 2018. At NCCOA's ADHC, Debra's team includes a Certified Medical Assistant (CMA) and Home Health Aides who help care for the members each day. Getting to know the members and their families enables the staff to support and educate them through the disease process. “The more support a family has, the better it is for everyone involved,” Debra says.

Club members are encouraged to maintain their level of functioning for as long as possible, as well as feel good about themselves. Brain games, memory stimulation and music therapy all contribute to healthy neurological retention. Each day also has a theme, such as Babe Ruth, Cherry Trees and Jelly Beans, which helps stimulate connections to people, places and things. “As the saying goes, ‘If you don’t use it, you lose it,’” says Debra. “With dementia, if you don’t use it [your brain], you lose it faster.”

Sometimes it’s helpful for each Club member to see themselves as going to work, teaching a class or volunteering at an organization. These roles create a sense of purpose and routine for Club members, and in turn the ADHC staff serves at whatever capacity is best for the individual. Most Club members live at home with their families, who are able to provide daily feedback to Debra and her staff.

“Families tell us that their loved ones enjoy the socialization with people near their age,” Debra says. “They often sleep better at night since they have been active throughout the day. Families also tell us they wish we were open seven days a week since on weekends their loved ones are up early and ready to come to The Club!”

“Mom has always been very creative and ‘The Club’ brings out the best in her,” says Claudia Haddock.



Therapy dog Molly and owner Linda Pesante visit with “Club” member Miss Lois. Photo by NCCOA

“She’s inspired to paint, sing and dance and enjoy others her age in the lovely relaxed environment. The Club is Mom’s ‘Happy Place.’”

For the family members – the caregivers – ADHC offers respite, time to recharge and take care of themselves. Having a much-needed break makes them better caregivers, with more support and guidance as is needed through this journey.

“Simply put, the Adult Day Health-Care Program at the Nassau County Council on Aging has made it possible for us to extend our parent’s quality of life,” says Buz Cannon, “making it more possible to retain a quality of life of our own.”

The newly opened ADHC facility at the Fernandina Beach Life Center enables program growth as The Club can now expand to a greater size for more members. When a family first visits ADHC, Debra conducts an on-site assessment to ensure a good fit. Overall, the loved one must feel comfortable at NCCOA's ADHC. While the potential “new member” engages with the group, Debra speaks with the family members to understand the stage of the dementia, current routine and history. Then, a mutual decision is made regarding the individual joining The Club.

Professional dementia counseling

is also available. Fees for ADHC services are paid via approved Medicaid Long-Term Care (MLTC), pre-qualified state and federal programs, and/or private pay.

The ADHC of 35 years ago is a mere shadow of today’s comprehensive program. In addition to weekday care, activities and socialization for loved ones, The Club provides pet and music therapy, and even supervised senior outings as a group. Club members have celebrated Flag Day on the beach, trick-or-treated on Centre Street and bowled strikes at a local lane. Caregivers benefit from weekday respite, counseling and daily support as needed. A Caregivers Support Group meets monthly to provide education, resources and, of course, support from those with current or past experience. Debra has served as group facilitator for the past 8 years. Annual caregiver seminars are offered to provide education and support in our community.

An anonymous caregiver shared: “The NCCOA gave us hope...the hope we needed to continue on the confusing and devastating spiral of dementia with our Mother. Debra and her experienced staff provide a loving place with fun activities for those with dementia. Nowhere is there better help.”

With NCCOA's new home and larger facility, the ADHC Program will continue to be an invaluable resource to the Nassau County community.

“I’m very proud to be a part of the Adult Day HealthCare Program at Nassau County Council on Aging,” Debra says. “Through our background, education and experience – both personal and professional – we understand ‘living this disease’ and we take special care of your loved ones. We have the whole package here.”

For more info on NCCOA's Adult Day HealthCare Program, contact Debra Dombkowski, LPN, CDP, ADHC Director, 904.775.5480 or ddombkowski@nassaucountycoa.org.

“Your Mother, Father, Husband, Wife, Brother, Sister . . . Has Dementia”

During an interview with Timothy D. Lucey, DO, neurologist on staff at Baptist Nassau, we discussed the challenges of dementia for both loved ones and family members, as well as how to best move forward after a diagnosis.

Q *When you hear these words, as a family member what is the first thing you should do?*

A These are very difficult words to hear. As a family member and now-caregiver, you will probably have many questions. However, take a breath and first and foremost be there for your loved one. Provide comfort in a way that he or she can understand.

Q *What is the difference between dementia and Alzheimer’s disease?*

A Dementia is not a specific disease; it is an overall term that describes a group of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person’s ability to perform everyday activities. Alzheimer’s disease is a form of dementia that currently accounts for 60 to 80% of cases. This may be due to the fact that Alzheimer’s is more commonly diagnosed and/or more commonly researched. Other forms of dementia include, but are not limited to, vascular, Lewy body and Pick’s disease. A recent article (*Scientists Identify New Type of Dementia That Mimics Alzheimer’s*, Emily Woodruff, *being-patient.com*, May 1, 2019) suggests that Alzheimer’s may more commonly be misdiagnosed in favor of a newly described “LATE Dementia.”

Q *How is each form of dementia unique?*

A All dementia is characterized by loss of a cognitive skill or rationale within a social norm resulting in memory impairment and/or confusion. For example, a person with dementia may know how to feed himself/herself, but will not remember when it’s mealtime.



ADHC Assistant Kelly Hill, CMA, tosses a balloon with “Club” member Miss Melva. Photo by Buz Cannon

Therefore, a caregiver must prepare the food, remind and help the person to eat. Each type of dementia has very unique symptoms. For example, vascular dementia may include impaired judgment and difficulty concentrating. Lewy body dementia symptoms include trouble sleeping, hallucinations and mobility issues.

Q *Dr. Lucey, what forms of dementia are most prevalent in your practice?*

A Approximately 40% of my clients have cognitive memory loss – no dementia; 20-25% of my clients have some form of dementia, and half of those have Alzheimer’s. We are finding that dementia is becoming more diagnosed in Nassau County due to the prevalence of sub-standard nutrition and resulting obesity, risk factors for heart disease and diabetes – and precursors to dementia.

Q *What is the most common misinformation about dementia?*

A When a person says, “I don’t have dementia. I have Alzheimer’s.” Alzheimer’s is dementia, but dementia is not necessarily Alzheimer’s.

Q *Help us understand the dif-*

ference between normal aging and dementia.

A First, it is important to understand that dementia can impact anyone of adult age. But, as we get older, we’re bound to notice changes in our abilities. What we need to be most aware of is our loss of ability to perform routine tasks. If you’ve performed the same task over and over, and all of a sudden you are not able to – seek medical advice. For example, if you walk to the mailbox every day and one day you get lost. Or you forget what you came to the mailbox to do. Make an appointment to see your primary care physician. Some other warning signs might be excessive examples of the following:

- Trouble recalling the right words
- Forgetting names of family members
- Misplacing objects
- Moods that don’t match the situation
- Repetition...telling the same stories over and over again

Q *Is dementia curable?*

A No. There is no cure for any form of dementia. However,

medications are available that may slow down the progression to some extent.

Q *Has treatment for dementia changed?*

A Yes. There are new and better medications that result in the reduction in the speed of disease progression. Check with your physician on the latest in studies and drug trials.

Q *What is the best way to “live this disease?”*

A Knowledge is important. Be aware of the three stages of dementia:

- *Early stage* – memory still pretty much ok
- *Mid-stage* – beginning to noticeably lose abilities
- *Late stage* – caregiver needed for activities of daily living

Stay on top of the disease progression. Early intervention is best. Be an advocate for your loved one. Have a “provider team,” including a neurologist, primary care physician, necessary specialists (cardiologist, endocrinologist, etc.), therapists, caregivers, etc. Keep all paperwork and test results in order; work with the provider team to create the best care plan for your family.

Q *What is important for families/caregivers to know?*

A Become as educated as possible on the disease itself. Each stage presents its own challenges; keep your expectations – and the expectations of your loved one – realistic.

Take advantage of community resources. Nassau County Council on Aging (NCCOA) offers an Adult Day HealthCare (ADHC) Program (see pp. 8-9) – ‘one-stop shopping’ for families faced with dementia. Phenomenal program...I highly recommend it – two thumbs up. A Caregivers Support Group is also offered. No one should have to go through this by themselves. Start making plans. Too many families wait until it's too late to know what the “next chapters” will look like, according to the wishes of your loved one. Involve the right people and document those next steps. Call me anytime. For my clients, I am a member of your team. I'm there for you whenever you need me.

Q *Anything else you'd like to share?*

A Yes, an interesting statistic...92% of seniors want to die at home – only 12% actually do. Again, become and stay knowledgeable about this disease – for your loved ones and you.



Timothy D. Lucey, DO, PLLC, is a patient-centered neurological practice in Fernandina Beach. Dr. Lucey and his staff keep abreast of the newest technologies available to accurately diagnose and treat patients with neurological disorders, seizures, TIAs and strokes. A Persian Gulf War Veteran, he completed his neurology residency at the University of Florida, Shands Jacksonville, has served on many committees in the Jacksonville area and has received multiple awards and honors.



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5 Tips to Be a Better Caregiver

BY BETH STAMBAUGH, BAPTIST HEALTH

There are ways to keep your sanity while caring for an older loved one. Here's how.

Did you know caregivers are more at-risk for stress-related illnesses, such as depression, anxiety, heart disease and stroke? Ignoring their own needs, many caregivers are so focused on caring for an older loved one that they put themselves last.

"I tell caregivers 'Go along to get along,'" said Lynda Gridley, a speech-language pathologist at Baptist AgeWell Center for Senior Health who provides strategies for caring for loved ones with cognitive issues like dementia. "Resist the urge to challenge what they are saying and that will help relieve frustration."

Here are some more tips to become a stronger and healthier caregiver.

Let go of the guilt. Caregivers often feel guilty when they take time for them-



selves, but you can't care for an older loved one if you are neglecting your own care. Find a healthy activity you love – whether it's going for a walk, reading, working on a project or gardening, and promise yourself you will take 30 minutes each day for an activity that brings you joy.

Try to get more sleep. Even if it's just 15 or 30 minutes more a night, try to get more rest. Exhaustion wreaks havoc with your emotions, so if you aren't

getting enough sleep, you are setting yourself up for frustration.

Don't argue. Especially in situations where there are memory issues, don't try to argue your point even if the person you are caring for is wrong. Instead, try to refocus the person on something else by changing the subject.

Don't take things personally. This bit of advice actually works in many areas of life, not just with caregiving. People you are caring for may lash out in frustration, but try to remember they are not angry with you, but with their situation.

Keep things in perspective. When you are in the midst of caregiving, it may seem like it will never end, but of course, there will come a time when it will. Keep the big picture in mind.



Beth Stambaugh is a Marketing and Communications Specialist for Baptist Health.



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Making Gifts Productive for You and NCCOA

By WALLACE BENNETT, NCCOA
DEVELOPMENT DIRECTOR

A Tax-Saving Way to Help Nassau County Council on Aging

If you are 70½ years old or older, you can take advantage of a simple way to benefit NCCOA and receive tax benefits in return. You can give up to \$100,000 from your IRA directly to a qualified charity such as ours without having to pay income taxes on the money. This law no longer has an expiration date so you are free to make annual gifts to our organization this year and well into the future.

▼ Why consider this type of gift?

- Your gift will be put to use today, allowing you to see the difference your donation is making.
- You pay no income taxes on the gift. The transfer generates neither taxable income nor a tax deduction, so you benefit even if you do not itemize your deductions.
- If you have not yet taken your required minimum distribution for the year, your IRA charitable rollover gift can satisfy all or part of that requirement.

▼ Frequently Asked Questions

Q. I've already named Nassau County Council on Aging as the beneficiary of my IRA. What are the benefits if I make a gift now instead of after my lifetime?

A. By making a gift this year of up to \$100,000 from your IRA, you can see your philanthropic dollars at work. You are jump-starting the legacy you would like to leave and giving yourself the joy of watching your philanthropy take shape. Moreover, you can fulfill any outstanding pledge you may have made by transferring that amount from your IRA as long as it is \$100,000 or less for the year.

Q. I'm turning age 70½ in a few

months. Can I make this gift now?

A. No. The legislation requires you to reach age 70½ by the date you make the gift.

Q. I have several retirement accounts – some are pensions and some are IRAs. Does it matter which retirement account I use?

A. Yes. Direct rollovers to a qualified charity can be made only from an IRA. Under certain circumstances, however, you may be able to roll assets from a pension, profit sharing, 401(k) or 403(b) plan into an IRA and then make the transfer from the IRA directly to Nassau County Council on Aging. To determine if a rollover to an IRA is available for your plan, speak with your plan administrator.

Q. Can my gift be used as my required minimum distribution under the law?

A. Yes, absolutely. If you have not yet taken your required minimum distribution, the IRA charitable rollover gift can satisfy all or part of that requirement. Contact your IRA custodian to complete the gift.

Q. When do I need to make my gift?

A. We must receive your gift by Dec. 31 for your donation to qualify this year. If you have check-writing privileges on your IRA account, please mail your check by Dec. 20 in order to give us time to process your gift before the end of the year.

Q. Do I need to give my entire IRA to be eligible for the tax benefits?

A. No. You can give any amount under this provision, as long as it is \$100,000 or less this year. If your IRA is valued at more than \$100,000, you can transfer a portion of it to fund a charitable gift.

Q. I have two charities I want to support. Can I give \$100,000 from my



IRA to each?

A. No. Under the law, you can give a maximum of \$100,000. For example, you can give each organization \$50,000 this year or any other combination that totals \$100,000 or less. Any amount of more than \$100,000 in one year must be reported as taxable income.

Q. My spouse and I would like to give more than \$100,000. How can we do that?

A. If you have a spouse (as defined by the IRS) who is 70½ or older and has an IRA, he or she can also give up to \$100,000 from his or her IRA.

▼ Next Steps

1. Contact Wallace Bennett, wbennett@nassaucountycoa.org or 904.775.5481 for additional information on giving an IRA gift.
2. Seek the advice of your financial or legal advisor.
3. Ask your IRA administrator about making a direct transfer to NCCOA or have the administrator send a check from your account to us. (To be tax free, the donation must go directly from your account to NCCOA without passing through your hands.)

Legal Name:

Nassau County Council on Aging, Inc.

Address:

1901 Island Walk Way,
Fernandina Beach, FL 32034

Federal Tax ID Number: 23-7375273

The information in this article is not intended as legal or tax advice. For such advice, please consult an attorney or tax advisor.



Wallace Bennett has joined the NCCOA team as Development Director. Wallace spent much of his personal life in Northeast Florida, while his professional life has traversed a wide variety of corporate roles in sales, development and marketing with IBM, the Kansas City Chiefs Football Club and several firms.

Lifelong Learning at Fernandina Beach Life Center, 1901 Island Walk Way

Aviation and Space

◆ Aviation – From the Wright Brothers to the 21st Century: The Development of Passenger Air Transportation

RADM S. Frank Gallo, USN Retired, Smithsonian National Air & Space Museum Docent

Sep 20, Fri, 10:00-11:30 am ★ Member: \$3 - Non-Member: \$5

The progression of air travel from the development of the Wright Flyer in 1903 to the start of airmail to the airliners of today.

◆ Aviation – America's Entry into the Manned Space Program: Apollo to the Moon

RADM S. Frank Gallo, USN Retired, Smithsonian National Air & Space Museum Docent

Oct 18, Fri, 10:00-11:30 am ★ Member: \$3 - Non-Member: \$5

From Mercury to Apollo, a description of the fundamentals of orbital space flight to the start of the U.S. space program leading to the first human landings on the moon.

History and Culture

◆ State of the State Department and Diplomacy

Bob Bolan, PhD, Volunteer & Professor Richard Scribner

Sep 10, Tue, 1:30-3:00 pm ★ Member: \$3 - Non-Member: \$5

During the Trump administration, the usual ways of conducting diplomacy have been upended. Many positions in the State Department have never been filled, and meetings with foreign leaders such as Kim Jong-un and Vladimir Putin have been undertaken with little advance planning. What effect are these changes having now, and how will they affect ongoing relationships between the United States and its allies and adversaries?

Cuba

◆ Cuba – Filibusters, The Spanish-American War & Amelia Island!

Berta Isabel Arias, EdD & Prof. Emeritus, NCCOA Volunteer

Sep 11, Wed, 2:00-3:30 pm ★ Member: \$3 - Non-Member: \$5

Born in Cuba, Dr. Arias is an expert on the history and culture of Cuba, as well as a local author. This session focuses on the 1890s when Jose Marti led the "Cuba Libre" movement with its offices in Florida, through the Spanish-American War, to the naming of "Villa Las Palmas" on Alachua Street in Fernandina after Tomas Estrada Palma, the first President of Cuba. This session will also explain the term "filibuster" as it applies to irregular soldiers in military conflicts.

◆ Cuba – A Brief Overview of History and Current Government

Berta Isabel Arias, EdD & Prof. Emeritus, NCCOA Volunteer

Sep 18, Wed, 2:00-3:30 pm ★ Member: \$3 - Non-Member: \$5

Dr. Arias, a Cuban-American local author, will provide an overview of Cuban history. Starting with the Mesoamerican cultures and the arrival of the Spanish in 1492 with its ensuing colonialism, through independence from Spain in 1898 and the 1959 Cuban Revolution. The session ends with a discussion of 2019 Cuban politics with a new Cuban president and constitution.

◆ Cuba – Off the Beaten Path

Alwynne Lamp, Volunteer and Traveler

Sep 25, Wed, 2:00-3:30 pm ★ Member: \$3 - Non-Member: \$5

Alwynne Lamp traveled to Cuba with an organized tour group, and then returned to the lightly populated eastern shore area to view the culture, people and places seldom visited by non-native people. She will present her experience in obtaining permissions and documents, as well as photos and descriptions of her independent travel, on the "other side" of Cuba.

◆ Cuba – Havana in Your View

Steve Leimberg, Volunteer and Photographer

Oct 2, Wed, 2:00-3:30 pm ★ Member: \$3 - Non-Member: \$5

Steve Leimberg is a local resident of Amelia Island and is widely known for his photography. At this session he will present his photos and describe his recent travel to Cuba.

Italy

This is a series of 4 seminars whose aim is to investigate not so much the "who, when, where" of a specific historical site, but rather the reflective "why's" across time, exploring the intersections of History - Art - Literature, and using Italy as a case study for projections and reflections into the present. A reading list will be provided prior to the start of class.

◆ Italy – Rome: Stories on a Hill

Judy Raggi Moore, Senior Faculty Fellow, Emory Center for Ethics

Sep 18, Wed, 6:00-7:30 pm ★ Member: \$3 - Non-Member: \$5

For this introductory class we will be taking a virtual stroll on the Gianiculum hill of Rome.

◆ Italy – Rome's Foundation Myths: Honor, Beauty, Violence

Judy Raggi Moore, Senior Faculty Fellow, Emory Center for Ethics

Oct 2, Wed, 6:00-7:30 pm ★ Member: \$3 - Non-Member: \$5

We will be taking a virtual class in the Capitoline Museums of Rome, the museum of the people of Rome, exploring epigraphy, sculpture, architecture, tapestries, paintings, and discussing how narrative and art forge and project a collective civic identity.



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◆ Italy – Assisi & Padova: Rebirth of Continuous Narrative

Judy Raggi Moore, Senior Faculty Fellow, Emory Center for Ethics
Oct 16, Wed, 6:00-7:30 pm ★ Member: \$3 - Non-Member: \$5
Through Dante, St. Francis and Giotto we will explore the late medieval return to a focus on the human narrative in God's divine providence. We will conduct a virtual tour of Giotto's al fresco cycles in the Basilica of St. Francis in Assisi and in the Scrovegni Chapel in Padova.

◆ Italy – Roma, Firenze, Milano, Michelangelo as Sculptor, Painter and Poet

Judy Raggi Moore, Senior Faculty Fellow, Emory Center for Ethics
Oct 30, Wed, 6:00-7:30 pm ★ Member: \$3 - Non-Member: \$5
Through the artistic genius of Michelangelo Buonarroti, we will explore the rise and fall of the Italian Rinascimento in art, literature and history.

◆ Italy – Matera, the Shame of Italy: Plight of the Italian South

Judy Raggi Moore, Senior Faculty Fellow, Emory Center for Ethics
Nov 13, Wed, 6:00-7:30 pm ★ Member: \$3 - Non-Member: \$5
Taking a virtual walk through the "Sassi" of Matera and using Carlo Levi's paintings in the Lanfranchi Museum as a link between narrative and historical facts, we will conduct a conversation on the debated unification of Italy that led to the inevitable mass emigrations of the late 19th and early 20th centuries.

Community Conversations

◆ Lunch and Learn: Honoring Choices

Cindy Newman, Facilitator, Community Hospice & Palliative Care
Jul 24, Wed, 11:00 am-1:00 pm ★ FREE
Honoring Choices Florida is a community-wide advance care planning program supported by area hospitals and health systems. This presentation provides an overview of the importance of advance care planning for all adults, not just the elderly. We will define advance care planning and offer ways to reflect on your own values, beliefs and experiences, which can help you discuss, decide and document your health care preferences for health providers to honor them.

◆ Suicide in Special Populations

Dawn Forbes & Katrina Robinson Wheeler, Starting Point Behavioral Health
Aug 19, Mon, 5:30-7:30 pm ★ FREE
This event will focus on special populations that have the highest rates of suicide: youth, the elderly and the LGBTQ+ community.

◆ Lunch and Learn: Honoring Choices

Cindy Newman, Facilitator, Community Hospice & Palliative Care
Sep 25, Wed, 11:00 am-1:00 pm ★ FREE
See July 24 Honoring Choices listing for additional information

Financial

◆ Finance – Investing in Today's Financial Markets

Steve Nicklas, CRPC®, Financial Advisor/Columnist/Author and Adjunct Instructor
Jul 9, 16, 23, 30, Tue, 5:00-6:30 pm ★ (Series of 4 Classes) Member: \$12 - Non-Member: \$20
This popular adult education class has been offered at Florida State College of Jacksonville's (FSCJ's) Yulee campus, local businesses and non-profit organizations since 2001. More than 1,000 area residents have taken the classes, which explore and explain the financial markets, including stocks, bonds, ETFs, mutual funds, fixed and variable annuities, life insurance, IRAs and 401(k)s, and financial/retirement planning. Each class also involves lively and timely conversations about current financial issues, economic developments and market/investment trends – and what they mean for investors.

◆ Finance – Boost Your Credit Score

Jarrett Delly, Loan Originator, Vystar Bank
Aug 6, Tue, 5:00-6:30 pm ★ Member: \$3 - Non-Member: \$5
This class will cover everything you need to know about credit as well as going over how to boost your credit score and what you can do to get on the right path of credit.

◆ Finance – Lunch & Learn: Nuts & Bolts of Stocks

Crystal Henning, Edward Jones AAMS® Financial Advisor
Aug 13, Tue, 11:30 am-12:30 pm ★ Member: \$3 - Non-Member: \$5
This session looks at common versus preferred stock, dividends, investment strategy and different ways to own stock.

◆ Finance – Breakdown of Credit Score

Jarrett Delly, Loan Originator, Vystar Bank
Aug 22, Thu – 5:00-6:30 pm ★ Member: \$3 - Non-Member: \$5
This class will review the breakdown of your credit score and what makes up the number you see when it gets pulled.

◆ Finance – Investing in Today's Financial Markets

Steve Nicklas, CRPC®, Financial Advisor/Columnist/Author and Adjunct Instructor
Sep 9, 16, 23, 30, Mon, 5:00-6:30 pm (Series of 4 Classes) ★ Member: \$12 - Non-Member: \$20
See July listing for additional information.

◆ Finance – Outsmart the Scammers

Kim R. Boylan, CFP®, Edward Jones
Sep 12, Thu, 10:00-11:00 am ★ Member: \$3 - Non-Member: \$5
Incidents of fraud are on the rise and scammers' tactics are becoming more complex. This presentation will help provide the information you need to help outsmart the scammers. During the program, we'll discuss how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you or your loved one is targeted and steps you can take now to help protect yourself and your loved ones.

Literature & Author Spotlight

◆ Amelia Author Spotlight

Dickie Anderson, Award-Winning Author
July 10, Wed, 10:00-11:00 am ★ FREE
Dickie Anderson will share her experiences as a columnist, author and writing coach. Her weekly column, *From The Porch*, appears in the *Fernandina Beach News-Leader*. Her articles appear in regional publications and the *Amelia Islander* magazine. Her book *Great Homes of Fernandina, Architectural Treasures from Amelia Island's Golden Age*, is in its second printing. In addition, she has published four collections of her *From the Porch* columns. Anderson encourages people to write their stories and teaches a class, *Turning Memories Into Memoirs*, at NCCOA's Fernandina Beach Life Center (June 2019).

◆ One Hundred Years of Solitude

Walter Brandt, Moderator
Jul 15, Aug 12, Sep 9, Mon, 3:00-5:00 pm
★ Member: \$3 - Non-Member: \$5
Attendees are requested to obtain *100 Years of Solitude* by Gabriel Garcia Marquez and read a chapter prior to each session starting with Chapter 1. Gabriel Garcia Márquez, (Gabo) 1927-2014, was a Colombian novelist, short story writer, screenwriter and journalist who left a legacy of masterpieces. As a Nobel-prize winner in literature in the Latin American Boom, Gabo was considered the father of Magical Realism. What is Magical Realism? Gabo was also a keen observer of the human condition. The book has 20 chapters (but are not numbered nor do they have titles) and the sessions will be based on just one chapter per month. Please read the first chapter and consider writing some notes to be shared in our sessions. We will see innocence, the birth of a town, the growth of a family, the cruelties of war and the adventures of love. Will any of these chapters relate to your life?

◆ Amelia Author Spotlight

DonnaLee Overly, From Artist to Author
Aug 14, Wed, 10:00-11:00 am ★ FREE
From nurse to sports enthusiast to adventurer to artist, DonnaLee Overly is no stranger to change and transformation. Her first novel, *Trinity Knot*, got its start from one of her paintings that expressed her experience as a breast cancer survivor. By pairing her paintings with poetry, she realized a way to connect with people on an emotional level with compassion. The power of words led her to complete her first book, and now she is planning the launch of her third book in the

series. Join DonnaLee as she describes her journey and learn the art of turning life experience into story.

◆ **Charles I, Black Tom, and the Divine Right of Kings**

Nancy Blanton

Sep 10, Mon, 10:00-11:30 am ★ Member: \$3 - Non-Member: \$5

Discover a pivotal, fascinating period in English history. Meet King Charles I, ruler of England, Scotland and Ireland from 1624 to 1649. Understand how the beliefs that governed his policies and actions led to conflict with Parliament as well as some Protestant factions. Learn about the conditions and events that led to war with Scotland, an Irish rebellion and civil war in England. Chart the rise and fall of Thomas Wentworth, Earl of Strafford, the king's most able administrator.

◆ **Amelia Author Spotlight**

J.R. Sharp, Award-Winning Author

Sep 11, Wed, 10:00-11:00 am ★ FREE

J.R. Sharp is an award-winning author whose first book, *Feeding the Enemy*, propelled him into the literary world. Since its release, he has been sought out by publishers, authors, libraries, public and private schools, colleges and countless other organizations for his insight on the European struggles during World War II. His second book, *Breaking From the Enemy*, was released in 2018 and is based on the true story of an Alpine Freedom Fighter, Gino Cartelli. J.R. lives on Amelia Island.

Multi-Generational Classes

These are great activities for grandparents or parents entertaining kids during the summer. Youth ages 13 and younger must be registered with and accompanied by an adult (18 years of age or older) during the class. Member's children/grandchildren receive the member price.

◆ **Multi-Generational Beading Memories**

Frances Peters, Volunteer Jewelry Designer

Jul 8, Mon 10:00-11:00 am ★ Member: \$5 - Non-Member: \$10

This session is more than a jewelry-making class. It is meant to be a fun time together building memories, while making a stretchy bead bracelet for yourself or a loved one. BYO Loved One would be a way to make it even more special. Together you will choose from a wide selection of semi-precious stone, crystal, glass, shell and silver plate beads provided. Participants can bring your own keepsake to incorporate into your unique piece.

◆ **Multi-Generational Chess**

Walter Brandt, Volunteer

Jul 9, 11, 16, 18, 23, 25, 30, Tue & Thu, 9:00-11:00 am

★ Member: \$5 - Non-Member: \$10

Suggested age is 9 years to adult. Learn how to play chess without any prior experience or come to play with someone who is learning.

◆ **Multi-Generational Beach Safety**

Haynes Cavender, Ocean Rescue Supervisor,
Fernandina Beach Fire Department (FBFD)

Jul 12, Fri, 9:30-11:30 am ★ Free

FBFD Division of Ocean Rescue Supervisor & Lifeguards will discuss important beach safety topics such as rip currents and heat safety, and demonstrate how they use various pieces of equipment on the beach. PLUS, there will be a surprise guest at the end of class! (Hint: It may or may not be Sparky the Fire Dog.)

◆ **Multi-Generational Print Making**

Kimberly Thomas, Arts Alive Nassau Instructor

Jul 16, 10:00-11:00 am ★ Member: \$3 - Non-Member: \$5

Suggested age is 9 years to adult. Using a variety of print-making techniques and inks, participants will create a print plate to create images on paper with several different ink colors.

◆ **Multi-Generational Baking: Chocolate Chip Cookies**

Mary Eberle, Volunteer

Jul 18, Thu, 1:30-3:00 pm ★ Member: \$3 - Non-Member: \$5

Come and learn the secret ingredient that makes these chocolate chip cookies the best you have ever had (as voted by NCCOA employees)!



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◆ Multi-Generational – Decorate a Giant Cupcake

Monica Nettles, Cake Decorator, Owner, Lee Cake Artistry

Jul 24, Wed, 3:00-5:00 pm ★ Member: \$10 - Non-Member: \$15

Take your celebrations to new heights! Monica, a baker with over 17 years of experience, will guide participants on the basics of cupcake decorating while each person works on their own giant cupcake.

Whether you come by yourself or tag along with your child or grand kids, you are in for a great treat.

◆ Multi-Generational: Finance – Retirement by Design

Kim R. Boylan, CFP®, Edward Jones

Aug 8, Thu, 10:00-11:00 am ★ Member: \$3 - Non-Member: \$5

This presentation caters to Millennial, Gen X, Y, Z or catching-up Baby Boomers. The session will be perfect for parents and grandparents to attend with their college-age children or grandchildren because it will “set the tone” for your own private dialogue about retirement planning. During this presentation Kim illustrates how you can translate your vision for retirement into tangible goals. You’ll learn investment strategies to help design the retirement you want. She will also discuss how you can add flexibility to your strategy to help you handle unexpected events and how you can keep your strategy on track.

◆ Multi-Generational Shell Painting

Betty Duckworth, Volunteer Jewelry Designer

Aug 16, Fri, 9:30-11:30 am ★ Member: \$3 - Non-Member: \$5

(Red, White & Blue Labor Day Theme) Our Amelia Shells painter will help you see how easy it is to paint something on a sea shell that will bring smiles to the faces of anyone who finds the hidden shell – if you chose to follow the tradition and hide them. This is a hands-on class and all the shells, paints, brushes needed to make painted shells will be provided. During our class, we will discuss how to prep your shells, paints, markers, sealers and other materials that can be used. Each participant will have five painted shells by the end of the class.

◆ Multi-Generational Sea Monster/Mermaid Acrylic Painting

Libby Chase, Arts Alive Nassau Instructor

Aug 17 & 24, Sat, 10:00 am-12:00 pm (2 Class Series) ★ Member: \$10 - Non-Member: \$15

Using acrylic paints, students will begin with instruction on how to layer their underwater scene. Then, you will create a monster or mermaid using shapes.

◆ Multi-Generational Cake Decorating

Monica Nettles, Cake Decorator, Owner Lee Cake Artistry

Sep 6, Fri, 5:00-6:30 pm (2 Class Series) ★ Member: \$15 - Non-Member: \$20

Supplies included. A great way to celebrate Grandparents Day (Sep 8) or any special day with a loved one, come to our class and decorate a cake for a special someone! We provide a “naked” 6-inch cake for each person, decorating supplies (edible, etc.) and guidance from our expert, Monica. This class is the perfect setting to build skills and make memories.

The Great Courses

Investigating American Presidents

The American president is a uniquely powerful figure on the national stage, and leader of the executive branch of our government. These presentations will show what the president can and cannot do, and how the other two branches of government carry out their responsibilities in relation to the president and the executive branch. These sessions will examine how law, policy and history can guide our response to possible presidential abuse of power. In the end, these sessions illuminate American democracy.

◆ Investigating American Presidents - Parts 1 and 2

American Presidents and the Rule of Law

Presidential Investigations through History

Bob Bolan, PhD, Volunteer, Moderator

Jul 11, Thu, 2:30-4:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Investigating American Presidents – Parts 3 and 4

Separation of Powers and the Presidency

Watergate and the Special Prosecutor

Bob Bolan, PhD, Volunteer, Moderator

Jul 25, Thu, 2:30-4:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Investigating American Presidents - Parts 5 and 6

Rise and Fall of the Independent Counsel

Can a Sitting President be Indicted?

Bob Bolan, PhD, Volunteer, Moderator

Aug 8, Thu, 2:30-4:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Investigating American Presidents - Parts 7 and 8

President Use and Abuse of Privileges

Presidents, Prosecutors, and Public Opinion

Bob Bolan, PhD, Volunteer, Moderator

Aug 22, Thu, 2:30-4:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Investigating American Presidents - Parts 9 and 10

The Pardon Power and Its Limits

Presidential Lies and Cover-Ups

Bob Bolan, PhD, Volunteer, Moderator

Sep 5, Thu, 2:30-4:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Investigating American Presidents - Parts 11 and 12

The Value of Investigative Reports

The Law and Politics of Impeachment

Bob Bolan, PhD, Volunteer, Moderator

Sep 19, Thu, 2:30-4:00 pm ★ Member: \$3 - Non-Member: \$5

Great Decisions Courses

◆ Decoding USA – China Trade

Bob Bolan, PhD, Volunteer

Jun 11, Tue, 1:30-3:00 pm ★ Member: \$3 - Non-Member: \$5

Though arguably the most advanced economy in the world, the United States still uses centuries-old numbers to measure trade. These antique numbers mangle understanding of the U.S.-China trade relationship, shrinking America’s true economic size and competitiveness, while swelling China’s. Bad numbers give rise to bad policies that ultimately kill U.S. jobs and cede market share to China. What other tools can the United States employ to counter China’s unfair trade practices? There are several available, yet they remain mostly unused.

◆ Cyber Conflict and Geopolitics

Bob Bolan, PhD, Volunteer & Professor **Richard Scribner**

Jul 9, Tue, 1:30-3:00 pm ★ Member: \$3 - Non-Member: \$10

Cyber conflict is a new and continually developing threat, which can include foreign interference in elections, industrial sabotage and attacks on infrastructure. Russia has been accused of interfering in the 2016 presidential elections in the United States and China is highly committed to using cyberspace as a tool of national policy. Dealing with cyber conflict will require new ways of looking at 21st century warfare. Is the United States prepared to respond to such threats?

◆ The United States and Mexico: Partnership Tested

Bob Bolan, PhD, Volunteer

Aug 13, Tue, 1:30-3:00 pm ★ Member: \$3 - Non-Member: \$5

The United States and Mexico have a long, intertwined history, with both countries prominently featured in each other’s politics and agendas. The war on drugs, immigration and trade issues have taxed the relationship over the years. What impact will new leadership in both countries have on this crucial partnership?

Photography

◆ Amelia Island Photographers in Focus

Jimmie Stone, Photography Collection

Jul 1, Mon, 5:30-6:30 pm ★ Member: \$3 - Non-Member: \$5

Come and see a variety of photographs and learn techniques/tips for landscapes, wildlife, long exposure, fast action, HDR and more.

Photography – Beyond Automatic

◆ Photography – Choosing a DSLR Camera

Jimmie Stone, Photographer

Jul 15, Mon, 2:00-3:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Photography – Lenses, The Basics

Jimmie Stone, Photographer

Jul 22, Mon, 2:00-3:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Photography – Understanding Exposure

Jimmie Stone, Photographer

Aug 5, Mon, 2:00-3:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Photography – Using the Aperture Mode

Jimmie Stone, Photographer

Aug 19, Mon, 2:00-3:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Photography – Using the Shutter Priority Mode

Jimmie Stone, Photographer

Sep 9, Mon, 2:00-3:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Photography – Understanding ISO

Jimmie Stone, Photographer

Sep 23, Mon, 2:00 to 3:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Photography – Shooting in Manual Mode

Jimmie Stone, Photographer

Oct 7, Mon, 2:00 to 3:00 pm ★ Member: \$3 - Non-Member: \$5

◆ Amelia Island Photographers in Focus

Logan Pierson

Oct 7, Mon, 5:30-6:30 pm ★ Member: \$3 Non-Member: \$5

Science, Technology, Engineering & Math (STEM) Discussions

◆ STEM – Perspectives & Paradigms

Tom Jordan, MBA, Professor,

High-Tech Growth Management Consultant

Sep 10, Tue, 2:00-3:00 pm ★ Member: \$3 - Non-Member: \$5

A group-led discussion about the different points of view and how to bring them to a consensus. We utilize these concepts as thinking tools.

◆ STEM – Artificial Intelligence

Tom Jordan, MBA, Professor,

High Tech Growth Management Consultant

Sep 17, Tue, 2:00-3:00 pm ★ Member: \$3 - Non-Member: \$5

What happens when machines can out-think humans? If the central nervous system manages our bodies without our intelligence and machines do our thinking for us...what are we to do?

TED Talks/NextAvenue

◆ The Secret to Living Longer May Be Your Social Life

Bob Bolan, PhD, Volunteer

Jul 16, Tue, 1:30-3:00 pm ★ Member: \$3 Non-Member: \$5

The Italian island of Sardinia has more than six times as many centenarians as the mainland and 10 times as many as North America. Why? According to psychologist Susan Pinker, it's not a sunny disposition or a low-fat, gluten-free diet that keeps the islanders healthy – it's their emphasis on close personal relationships and face-to-face interactions. Learn more about super-longevity as Pinker explains what it takes to live to 100 and beyond.

◆ Digital Humans that Look Just Like Us

Bob Bolan, PhD, Volunteer

Sep 17, Tue, 3:00-4:30 pm ★ Member: \$3 - Non-Member: \$5

In an astonishing talk and tech demo, software researcher Doug Roble debuts "DigiDoug," a real-time, 3D digital rendering of his likeness that's accurate down to the scale of pores and wrinkles. Powered by an inertial motion capture suit, deep neural networks and enormous amounts of data, DigiDoug renders the real Doug's emotions (and even how his blood flows and eyelashes move) in striking detail. He also demonstrates how an entirely different image can be used instead of his DigiDoug image. His voice and image can be transmitted to an audience anywhere on earth. Learn more about how this exciting and powerful tech was built -- and its applications in movies, virtual assistants and beyond. Doug Roble has found a career combining the things he loves: math, computers, movies and imagination.

Wellness

◆ The Benefits of Physical Fitness as We Age

Kathryn Bynum, Certified Personal Trainer in Group and Senior Fitness & Exercise Therapy

Jul 9, Tues, 3:30-4:30 pm. ★ Member: \$5 - Non-Member: \$10

The aging process can have an enormous impact on your life as you age with the loss of agility, balance, endurance and strength, as well as a loss of bone density and muscle mass. Learn how physical fitness can improve your quality of life. Kathryn is a personal trainer specialized in senior fitness and exercise therapy; she can also work with individuals to make modifications to an exercise program.

◆ Traditional Hypnosis vs. Modern Hypnosis

Carlos Bustabad, MA, CHT, Certified Consulting Hypnotist

Aug 16, Fri 3:30-5:00 pm ★ Member: \$3 - Non-Member: \$5

The history of hypnosis goes back over 4,000 years to the ancient Egyptians. Used as a healing ritual, the Egyptians created sleep temples or dream temple therapy, whereby a sick individual would be confined to the inner room of a sanctuary for healing. This is considered the very first instance of hypnosis. In the late 18th century, Franz Anton Mesmer brought the use of hypnosis as a therapeutic tool to the attention of the public. His version of hypnosis was aptly called "mesmerism." The foundation of mesmerism has led to the modern-day version of suggestion hypnosis. Come and learn the difference between non-verbal hypnosis and modern hypnosis.

◆ Aging in Place with Universal Design

Mary Lee Byrd, ASID, CAPS (Certified Aging in Place Specialist)

Aug 6, Tue, 10:30-11:30 am ★ Member: \$5 - Non-Member: \$10

The vast majority of older Americans say their goal is to "age in place." This means they want to remain in their current home for the duration of their lives – or at least for as long as possible. But many traditional homes have roadblocks to aging in place that require modifications to allow for easier accessibility. This presentation offers universal design home modification solutions that create an environment for aging in place that is accessible, aesthetically pleasing and welcoming to people of all ages, sizes and abilities.

◆ Wellness in All Its Dimensions

Bob Bolan, PhD, Volunteer

Sep 17, Tue, 10:00-11:30 am ★ Member: \$5 - Non-Member: \$10

Seniors (and everyone else) lead happy, healthy lives and are able to live independently in their own homes when they include the many dimensions of Wellness in their daily lives. This seminar will provide specific topics on how to be "Well" – including intellectual, physical, nutritional, social, emotional, financial, environmental, occupational, spiritual and caregiver-related elements or dimensions.

◆ The Secrets of Breaking Negative, Limiting Beliefs

Carlos Bustabad, MA, CHT, Certified Consulting Hypnotist

Sep 27, Fri, 3:30-5:00 pm ★ Member: \$3 - Non-Member: \$5

Have you ever had that feeling or thought that no matter how hard you try to overcome negative beliefs or feelings that it seems so difficult and challenging? Do you recall using will power to try to solve these problems? Now imagine if you could learn the secret to overriding these negative thoughts and create new, life-enriching beliefs. Learn how to eliminate self-sabotaging habits like smoking and overeating as well as runaway, anxious thoughts that hamper one from enjoying a healthy and productive life. A PowerPoint presentation along with actual volunteer demonstrations will assist in learning the secrets to breaking negative, limiting beliefs and habits.

Hobbies & Special Interest

◆ Historical Metal Detecting

Chip Kirkpatrick, Metal Detectorist

Jul 12, Friday, 12:00-1:30 pm ★ Member: \$3 - Non-Member: \$5

Feel free to bring a brown bag lunch. Chip will share links to our past in the ground we walk on as well as sharing some of his finds and the stories behind them. His presentation includes the background on his most amazing find which has been published in a number of

magazines including those in Scotland and the United Kingdom. If you have seen the 1995 movie BRAVEHEART, this will be a real treat for you as he shares the real story of what happened in Scotland. The last 30 minutes has been reserved for questions.

◆ Historical Metal Detecting

Chip Kirkpatrick, Metal Detectorist

Sep 23, Mon, 12:00-1:30 pm ★ Member: \$5 - Non-Member: \$10

See July 12 listing for additional information

Arts & Crafts

◆ Jewelry Making and Beading 101

Becky Borgman,

Volunteer Jewelry Designer, Etsy Seller: Cadeauxetonnants

Jul 13, Sat, 10:00 am-12:00 pm ★ Member: \$15 - Non-Member: \$20

Class covers jewelry terms, tools and supplies, fundamental skills of basic jewelry making and beading. Students will create an 18"-necklace from start to finish. Tools will be available to use or purchase. Supplies such as wire, beads and closures will be supplied. However, feel free to bring your own beads.

◆ Basics of Acrylic Paining

Libby Chase, Artist

July 13, 20, 27 & Aug 3, Sat, 10:00 am-12:00 pm (4-Class Series)

★ Member: \$20 - Non-Member: \$30

This class will include color theory, compositional layout, understanding the elements and principles of art. The students will create a seascape picture using acrylic paint.

◆ Breast Cancer Gift of Love – Hat

Karen Medina, Volunteer

Aug 10, Sat, 10:00 am-12:30 pm ★ Member: \$10 - Non-Member: \$15

Hat decorating for breast cancer awareness. Hat and supplies provided to decorate one unique hat. Extra supplies may be purchased to decorate an additional piece if you bring the hat.

◆ Breast Cancer Gift of Love – Bracelets

Karen Medina, Volunteer

Aug 24, Sat, 10:00 am-12:30 pm ★ Member: \$10 - Non-Member: \$15

Natural stones, beads and charms will be provided as you learn to make three stretch bracelets for breast cancer awareness.

◆ Jewelry – Stretch Your Creativity

Frances Peters, Volunteer Jewelry Designer

Sep 27, Fri, 10:00-11:00 am ★ Member: \$15 - Non-Member: \$20

As you make a stretchy bead bracelet and earring set, Frances will coach you on how to choose from a wide selection of semi-precious stone, crystal, glass, shell and silver plate beads to create pieces you will wear for many occasions.

◆ Breast Cancer Gift of Love – Tee-Shirt or Bra

Karen Medina

Sep 28, Sat, 10:00 am-12:30 pm ★ Member: \$10 - Non-Member: \$15

Make for your loved ones or yourself. Decorations will be provided to create a beautiful and distinctive gift. Extra supplies will be available for purchase if you would like to create a second item, with time permitting.

Community, Security & Safety

◆ Legal Chat – Ask a Lawyer

Jacksonville Legal Aid Attorney

July 11, Thu, 9:00-10:00 am ★ FREE

This open discussion session is held in a group setting where an attorney answers questions brought by the participants.

◆ Legal Chat – Ask a Lawyer

Jacksonville Legal Aid Attorney

Aug 1, Thu, 9:00-10:00 am ★ FREE

See July listing for additional information

◆ Hands-only CPR – Be the Difference for Someone You Love

Fernandina Beach Fire Department

Aug 30, Fri, 10:00-11:00 am ★ Free

"Hands-Only CPR" is CPR (cardiopulmonary resuscitation) without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an "out-of-hospital" setting, such as home, work or outside. It consists of two easy steps: 1. Call 9-1-1 (or send someone to do that); 2. Push hard and fast in the center of the chest. This class will teach you this potentially lifesaving technique that would possibly enable you to save a life.

◆ Legal Chat – Ask a Lawyer

Jacksonville Legal Aid Attorney

Sep 5, Thu, 9:00-10:00 am ★ FREE

See July listing for additional information

Computers & Technology

◆ Transferring Pictures from Your Smartphone

David Sproul, Owner, Island Tech Support

Jul 25, Thu, 4:30-6:30 pm ★ Member: \$10 - Non-Member: \$15

You'll not only learn how to transfer your photos, you will also be able to free up space on your device. If you have a laptop, bring it along with your smartphone for a hands-on experience. Just because you have an iPhone doesn't necessarily mean you use the entire Apple system. David will also explain how to copy photos from your iPhone or iPad to a Windows laptop or PC and vice versa.

◆ Fundamentals of Excel

Mike Fay, Volunteer

Jul 29, 30, Mon, Tue, 9:30-11:30 am

★ (Series of 2 Classes) Member: \$10 - Non-Member: \$15

If you are looking to learn the fundamentals of Excel to become a functional user, we've got you covered! Target audience for this class includes those who have never used Excel and those who are beginner-level users. In this course you will learn: making columns and rows for data entry, text and number formats on spreadsheets and basic mathematical functions, as well as editing, sorting, filtering and printing skills.

◆ How to Use an iPhone and iPad

Marc Williams, Volunteer

Sep 16, 17, 18, Mon-Tue-Wed, 9:30-11:30 am ★ (Series of 3 Classes)

Member: \$15 - Non-Member: \$20

Learn how to get the most out of your iPhone or iPad whether you are a newbie or an experienced user. The class will cover set-up and operation of the device as well as useful information about some of the native apps. It will be helpful for you to know your Apple ID and password.

◆ How to Use an Apple MAC

Marc Williams, Volunteer

Sep 23, 24, 25, Mon-Tue-Wed, 9:30-11:30 am ★ (Series of 3 Classes)

Member: \$15 - Non-Member: \$20

Students will learn how to configure and set up an Apple Mac computer, navigate the Finder, manage folders and files, and learn the basic function of some 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. It will be helpful for you to know your Apple ID and password.

Cooking, Home, Gardening & Nutrition

◆ Fun with Gardening: Trees & Shrubs

Rosie Davidson, GA Master Gardener

Jul 10, Wed, 10:00-11:30 am ★ Member: \$15 - Non-Member: \$20

Explore interesting trees and shrubs for the Florida zone 9 gardens. We will discuss how to enhance your landscape with trees and shrubs to enhance your existing landscape without including invasive plants!

◆ Publix Apron Demo – Cilantro Lime Chicken

Publix Apron Chef

Jul 16, Tue, 1:00-2:00 pm ★ Member: \$3 - Non-Member: \$5

Are you looking for a tasty new idea for dinner? Join a Publix Apron



Chef as we prepare Cilantro Lime Chicken with two side dishes, egg-plant and rice. Sample-sized portions will be provided for you to try.

◆ **Cake Decorating Essentials**

Monica Nettles, Cake Decorator, Owner, Lee Cake Artistry

Aug 3, 10, 17, Sat, 10:00-11:30 am (Series of 3) ★ Member: \$30 - Non-Member: \$40

Supplies included. Learn how to decorate a beautiful cake from start to finish. Each day progressively builds your skills so you'll be ready for the next class. You will learn the fundamentals of icing consistency, mixing colors, tools needed, correct bag position and pressure control; you'll also learn how to avoid cake catastrophes and ways to fix them...while still keeping your cake looking perfect. Class participants will be practicing a simple border and flower before decorating their own cake. Monica will also share the latest cake decorating trends with you.

◆ **Fun with Gardening: Bees**

Rosie Davidson, GA Master Gardener

Aug 14, Wed, 10:00-11:30 am ★ Member: \$15 - Non-Member: \$20

Do you want to add bee-friendly perennials and annuals in your garden? Bees are important in the landscape – here's why we need them! Different types of bees you will find in our area.

◆ **Fun with Gardening: Landscape**

Rosie Davidson, GA Master Gardener

Sep 11, Wed, 10:00-11:30 am ★ Member: \$15 - Non-Member: \$20

Curb appeal. How to make your front entry more attractive to the eye and enhance what you already have planted. Good "bones" in your garden including hardscapes. Creating garden rooms and interesting seating areas in your garden.

Dance

◆ **Beginning Belly Dancing**

Amanda Duncan, Certified Dance Instructor

Every Tue, 5:30-7:00 pm ★ Member: \$3 - Non-Member: \$5

Learn belly dancing from a former pro. This class teaches the fundamentals of belly dancing and is a fun low-impact way of getting exercise. Come in comfortable, loose-fitting clothing.

◆ **Line Dancing**

Kathy Ball, Certified Dance Instructor

Every Thu, (Instructor expected to return on 7/11) 5:30-7:30 pm

★ Member: \$3 - Non-Member: \$5

Basic line dancing instruction plus new line dances and old favorites. A social break is taken during the last 30 minutes to allow students to socialize with the other students or work one-on-one with the instructor. Bring finger food to share and drink(s) for yourself.

◆ **Happy Tappy Tap Dancing**

Maggie Comey, Certified Dance Instructor

Sep 11 - Oct 30, Wed., 1:00-2:00 pm

★ Members: \$3 - Non-Members: \$5

Move your feet to the beat and wiggle your toes in a basic tap dancing class with Maggie, formerly a Roxette, 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. 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 are recommended.)

Fitness

◆ **Gentle Stretch**

Kathryn Bynum, Certified Personal Trainer, Specialist in Group and Senior Fitness & Exercise Therapy

Every Mon, 2:00-3:00 pm ★ Members: \$3- Non-Members: \$5

These stretching exercises promote flexibility, coordination and relaxation, and relieve tension. The workout targets all major muscles of the body, including those that are chronically tight such as the chest, shoulders, back, arms, hips and legs. Participants should bring a mat.

◆ **Chair Yoga**

Janice Clarkson, Certified Yoga Pod Instructor

Every Wed, 9:00-10:00 am ★ Members: \$3 Non-Members: \$5

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 and can be done seated in a straight-back chair and standing beside the chair. Chair yoga emphasizes body, mind and breath, as well as promotes strength, range of motion and balance. The movements are uncomplicated and easy to learn.

◆ **Gentle Weights (Formerly Life Fit)**

Kathryn Bynum, Certified Personal Trainer, Specialist in Group and Senior Fitness & Exercise Therapy

Every Wed, 2:00-3:00 pm ★ Members: \$3- Non-Members: \$5

This exercise program is designed to build endurance, muscle tone, core strength and is appropriate for all fitness levels from beginners to advanced. You will improve functional fitness which makes daily living easier, build your confidence and learn to exercise practically anywhere!

◆ **Gentle Stretch**

Kathryn Bynum, Certified Personal Trainer, Specialist in Group and Senior Fitness & Exercise Therapy

Every Fri, 2:00-3:00 pm ★ Members: \$3- Non-Members: \$5

See Monday listing for additional information.

◆ **Gentle Weights (Formerly Life Fit)**

Kathryn Bynum, Certified Personal Trainer, Specialist in Group and Senior Fitness & Exercise Therapy

Every Sat, 9:30-10:30 am ★ Members: \$3- Non-Members: \$5

See Wednesday listing for additional information.



Interest rates and Annual Percentage Yield (APY) are variable and may change after account opening. Interest rate of 2.05% for daily balance of \$10,000 to \$49,999.99 has 2.07% APY. Interest rate of 2.15% for daily balance of \$50,000 to \$99,999.99 has 2.17% APY. Interest rate of 2.25% for daily balance of \$100,000 and up has 2.27% APY. Minimum opening deposit of \$10,000. If daily balance falls below \$10,000 on any one day in a statement cycle, the account will be charged a \$12 maintenance fee for that statement cycle. Interest begins to accrue on the business day you deposit noncash items (for example, checks). Interest will be compounded monthly and will be credited to the account monthly. If account is closed before interest is credited, you will not receive the accrued interest for that statement cycle. We use the daily balance method to calculate the interest on the account. This method applies a daily periodic rate to the principal in the account each day. You must maintain a minimum balance of \$10,000 in the account each day to obtain the disclosed annual percentage yield. Regulation D transaction limitations and fees: Transfers from a savings or money market account to another account or to third parties by preauthorized, automatic, telephone or computer transfer or by draft or similar order and payable to third parties are limited to six per cycle. Transfers and withdrawals made in person, by mail or at an ATM are unlimited. Excessive withdrawals over the limit of six as identified in this disclosure may result in fees, account closure, change of account type, termination of transfer capability or other remedial action. Please note that the words "you" and "your" refer to you and any account that you hold individually, jointly, or on behalf of another person. This is effective as of April 22, 2019.

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Games & Cards

◆ Bingo

Just Friends Open Group (60 and older) – No reservation necessary
Every Mon, Wed, Fri, 10:00 am-1:30 pm ★ FREE

◆ Mahjong Open Play

Every Tue, 9:30-11:30 am ★ Members: \$3 - Non-Members: \$5
 Mahjong is a popular tile game with the goal to remove all of your pieces. Players of all levels are welcome.

◆ Canasta Open Play with Instruction

Debbie Price, Volunteer, Experienced Canasta Player

Every Tue (starting Sep 10) 3:00-5:00 pm

★ Members: \$3 - Non-Members: \$5

Learn the game of Canasta with guidance through each concept of the game, while teaching you the rules and strategies. Instruction is available for the beginner and more experienced players are welcome to play.

◆ Brain Games

Kathi Donegan, Volunteer, Presented by Community Hospice & Palliative Care

2nd Tue of Every Month, 9:00-10:00 am ★ FREE

Hangman, Trivia, Finish the Sentence, and much more.

◆ Bridge – Open Play

Every Thu, 3:00-5:00 pm ★ Member: \$3 - Non-Member: \$5

This class is designed for novice players, but more experienced players are always welcome.

◆ Wheel of Fortune

Chasta Moore, Admissions Director, Sponsored by Quality Health

1st Thu of each month, 10:30-11:30 am ★ Free

Join us for a fun game of Wheel of Fortune, and win useful prizes donated by Quality Health.

◆ Jeopardy

Michelle Shock, Sales Representative,
 Sponsored by VITAS Healthcare

4th Thu of each month, 10:30-11:30 am ★ Free

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

Music

◆ Coffee & Karaoke

Charlie & Patty Boyer, DJs - Lost in the 50's Karaoke

Every Tue, 10:30 am-12:30 pm ★ 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 or dance – enjoy the entertainment. You are welcome to bring food or participate in a group take-out delivery. Bring your choice of beverages.

◆ Music with Tom

Tom Sullivan, Musician

Every Wed, 9:00-10:00 am ★ Free

Listen to and sing along with guitarist-soloist Tom as he covers jazz, rock and blues from the 1940s through today.

◆ Music with Terry Murphy

Terry Murphy, Musician

Every 3rd Thu, 9:00-10:00 am ★ Free

Come sing along with Terry and have a great time!

◆ Dan & the Band

Dan Dubberly, Bruce Beville, Dave Truluck, Musicians

1st & 3rd Fri of each month, 9:00 -10:00 am ★ Free

Come and enjoy Bluegrass, old country and gospel music.



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Aging in Place with Universal Design

BY MARY LEE BYRD,
ASID, NCIDQ, CAPS

According to a recent study by AARP, more than 90% of Americans over the age of 65 have indicated a desire to “age in place,” a term that implies being able to live in the home you love, confidently and comfortably, with the best quality of life, despite changing needs as you age.

This seems like a simple decision to make, but as we age we often find that our homes are not a good fit. Many traditional homes have roadblocks to aging in place such as steps, narrow doorways and the absence of a bathroom on the first floor. If you want to stay in your home as you age, it is important to identify existing roadblocks and make necessary modifications which allow for easier accessibility.

If you are concerned that accessible features will make your home look institutional, a universal design home modification is the way to go. Universal design doesn't just make a home usable for the elderly or disabled. It is a design strategy that appeals to all



generations because it creates an environment that is welcoming to people of all ages, sizes and abilities. Accessible features are a part of universal design – but universal design is much more. Universal design creates a supportive residential environment that does not look institutional or imply “aging” or “disability.” In fact, universal design does not distinguish between those with a disability and those without a disability. If done right, accessible elements will not be obvious, and the home will be as welcoming and aesthetically pleasing as any other well-designed house.

In her book *Disrupt Aging*, AARP

CEO Jo Ann Jenkins says that asking the following questions now will help you make the most out of where you live – today and tomorrow:

How well does where you live suit you today?

Is it where you want to be as you get older?

If you broke your leg today, would your home work for you?

Are there things to do now that will make your home more age friendly?

What changes in your home would make it more age friendly?

There is no such thing as one-size-fits-all design for aging in place. But a good place to start is universal design, and the best time to do it is before you develop significant health or mobility issues. All of us know that aging is an inevitable phenomenon and, as we get older, the probability of health and physical issues is likely to increase. Unnecessary roadblocks in traditionally designed homes could force you into an institutional setting – or planning ahead and incorporating universal design features into your home can support your choice to age in place.



Mary Lee Byrd is an interior designer and certified “aging in place” specialist. She assists homeowners in modifying their places of residence to make it easier and safer to remain at home as they grow older.

Assistance Programs

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

Emergency Home Energy Assistance Program (EHEAP) assists senior citizens 60 years of age and over in paying their past due electric bill once during the heating or cooling seasons. Eligibility includes: senior living in the household in Nassau County; a past due electric bill; and income determination.

Assistance Through Government-Subsidized Programs – NCCOA is the lead agency for the Florida Department of Elder Affairs' state and federally funded grant programs. Potential clients are screened and prioritized according to their needs.

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 second and fourth Thursday of every month, 9:30 am-12:30 pm.

Meals on Wheels & Meals on Wheels for Pets are available for homebound seniors. Contact our Geriatric Case Manager Fran Hidden, fhidden@nassaucountycoa.org, for enrollment assistance or our Nutrition Manager Gina Cox, gcox@nassaucountycoa.org, or 904-261-0701 for more information.

Friendly Visitors spend time with homebound seniors, keeping them in touch with their community. Contact Frances Bartelt, fbartelt@nassaucountycoa.org, or 904-775-5484 for additional information.

SHINE (Serving Health Information Needs of Elders) Program provides free, one-on-one insurance information to Medicare beneficiaries and caregivers. Appointments are available at NCCOA on the first and third Thursday of every month at 9:30 am-12:30 pm.

Suicide Prevention in September... and All Year

By **BOB BOLAN, PH.D.**

There is growing nationwide public awareness of the 10th leading cause of death in the United States – Suicide. National Suicide Prevention Week is Sept. 8-14 this year. World Suicide Prevention Day is Sept. 10. The National Suicide Prevention Lifeline is 1-800-273-8255 (TALK), and is available 24/7 with trained counselors.

Locally, we are fortunate to have a support group for survivors of suicide (SOS) held each month in the Berkman Lounge at NCCOA's Fernandina Beach Life Center, 1901 Island Walk Way. These meetings are for people who have lost a family member or friend by suicide. There is no cost to attend and the meeting is open to anyone of any age and circumstance. Some people attend just once or twice; some several times; others regularly every month. Each person is given a packet with many helpful handouts at his/her first



SOS Support Group is similar to other groups in Jacksonville and locations throughout the United States. Those of us who attend know that the best two things we can do for our own good health are to stay connected with others and to share our story with people who understand it. Support groups are not therapy, but they are vital for our

meeting.

Meetings are the second Tuesday of each month, from 4:30 to 6 p.m. The only requirement is that we all agree to respect the privacy of the group discussions.

This

personal wellness.

Wellness has many dimensions – physical, nutritional, vocational, emotional, intellectual, spiritual, social, environmental, financial and the list goes on. Most important to living a happy, healthy life is to avoid loneliness or isolation. This risk may be particularly strong for those of us who experience traumatic events such as the death of a loved one, serious decline in the health of a close family member or a threat posed to our own health.

My wish for everyone in Nassau County is that we will live happy, healthy lives through good times and bad, never isolated or lonely, and always with the activities available at our Life Center to support our wellness.



Bob Bolan is a current pro bono consultant for the NCCOA Board of Directors, lifelong learning volunteer instructor and co-founder of the SOS Support Group.

Support Groups

Starting Over & Reconnecting Support Group

1st and 3rd Monday of each month, 9:30-10:30 am

Contact: Greg Hershberger
greg.hershberger@vitas.com

Group discussions focus on how to reconnect during transitions of life whether from divorce, death, depression, job loss, retirement, parenting as a grandparent, etc.

NCCOA Low Vision Support Group

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

Contact: Frances Bartelt – 904-775-5484
fbartelt@nassaucountycoa.org

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

SOS: Survivors of Suicide

2nd Tuesday of each month, 4:30-6:00 pm

This is an open support group and all are welcome; it is intended for people who have lost a member of their family or a close friend to suicide.

NCCOA Caregivers Support Group

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

Contact: Debra Dombkowski, 904-775-5484
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

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.

NCCOA Hearing Loss Support Group

1st Tuesday of each month, 1:00-2:00 pm

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.

Planning an Event? Come to 1901 Island Walk Way!

Clear Grand Hall



Henderson Hall



Keffer Board Room



Our new home at 1901 Island Walk Way is open to the public with more than 100 classes such as *Gentle Stretch* and *How to Use an iPhone and/or iPad*. We are also proud to announce that newly refurbished rental space is available to the community. An assortment of rooms with maximum occupancy of 320 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.

Clear Grand Hall	2,240 square feet	\$150.00/hour
Henderson Hall	1,100 square feet	\$75.00/hour
Keffer Board Room	440 square feet	\$50.00/hour
Lennon Kitchen	620 square feet	\$50.00/hour with minimum 4-hour rental of the Grand Hall

For more information, contact Melody Dawkins, Membership & Community Engagement Director, at 904-775-5477 or mdawkins@nassaucountycoa.org.

My Active Center: Access Course Information Via the Web

If you are a dedicated lifelong learner who is taking advantage of the ever-expanding educational opportunities offered at NCCOA's Fernandina Beach Life Center, you can now view course offerings (for adults of ALL ages), book/cancel classes and manage your account via the web at <https://myactivecenter.com>

Class enrollment info:

- Members: Enroll with the number on the back of your card (starts with an X)
- Non-members who have attended a class (you are already in our database): Use your 10-digit phone number without hyphens
- If you have never attended a class: Send your First/ Last Name - 10-digit Phone Number - Email Address - Mailing Address - Date of Birth with Year (used for grant purposes only) to mdawkins@nassaucountycoa.org; your information will be included in the database and you will receive an enrollment confirmation email; then, you will have access to book and cancel classes

Important reminders...please:

- Arrive 10 minutes early for check-in
- Keep in mind that parking may be limited due to



Fun with Gardening: Orchids

other classes and activities

- Remember to cancel if you're unable to attend so others may participate

If you have any questions, contact Melody Dawkins at mdawkins@nassaucountycoa.org or call 904-261-0701.