

NASSAU COUNTY COUNCIL ON AGING

Senior Life

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Yoga



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JANUARY - MARCH 2019



Inside:
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Helpful Resources
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Our Mission

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

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Fernandina Beach Life Center

1901 Island Walkway, Fernandina Beach, FL 32034
Phone: 904-261-0701 – FAX: 904-261-0704
Facebook: Nassau County Council on Aging
Website: www.nassaucountycoa.org
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 – Monika Stamey
Home Health – Debra Landolfi
Human Resources and Compliance – Don Harley
Memberships, Presentations and Classes,
Room Rentals, *Senior Life* Magazine
and Volunteer Opportunities – Melody Dawkins
Marketing and Communications – Liz Dunn

Nutrition and Meals Program – Gina Cox
Programs and Services – Robin Bogosh
Transportation – Michael Hays

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 – Linda Rogers
Case Management – Sue VanZant
Nutrition and Activities – Frances Nobles

NassauTRANSIT

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

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A Message from our President & CEO

By the time you receive this issue of *Senior Life* and (hopefully) are curled up in a comfy chair reading about how you can live a happy, healthy life here in Nassau County, NCCOA will be a brand-new resident of 1901 Island Walkway!

We are truly fortunate to find ourselves surrounded by a giving community that has been with us every step of the way as we begin the newest chapter for our agency. Fifteen months after Hurricane Irma caused more than \$1 million in catastrophic damage to “1901,” NCCOA’s new home is a 25,500-square-foot facility that positions us to double the number of seniors we are able to serve. Our commercial-grade kitchen is complete with state-of-the-art appliances and a serving line for congregate meals for seniors. The Nutrition Support Program will nearly double the number of meals provided to seniors by 2020, as well as provide volunteer organizations with a nutrition center to prepare meals for the homebound and serve as a learning center by offering healthy cooking classes for seniors.

Our Grand Hall, Heritage Hall and Conference Room are prepared to host numerous groups and meetings. The Media Lounge and Café is ready for small-group conversations and coffee-sipping – feel free to select a book from the Library and settle in to this friendly spot. The Health and Fitness Room has been buzzing with Yoga, Tai Chi and Tap Dancing classes, and handmade greeting cards, jewelry and ornaments have appeared from behind the doors of the Arts and Crafts Room. Our Game Room is just about ready to spring into action...a billiard table may be in the works. What makes these areas extra-special is that generous donors have “named” and furnished many of these rooms. And there are plenty of opportunities available to be a lasting part of the NCCOA legacy to our community.

Throughout January – March, we are offering more than 70 classes and lifelong learning opportunities...for adults of all ages...Wellness, Health & Fitness; Music & Dancing; Cards, Games & Social Events; Literary Arts; Arts & Crafts; Computers & Technology; Community, Security & Safety; and Health & Support. Many of our offerings are in response to your requests, others are in response to instructors who want to teach in our new facility. We could not be more proud that 1901 Island Walkway is becoming a magnet for so many segments of Nassau County...and most importantly, our seniors.

NCCOA’s Adult Day HealthCare (ADHC) Program, the only one of its kind in Northeast Florida, will relocate to 1901 Island Walkway in January. Our new home will allow us to double the number of “Club” members we serve, providing even greater respite for caregivers and continuing to offer their loved ones a safe and secure environment.

While our vision of a Life Center large enough to help take care of the seniors in our community has become a reality, this is only the beginning...our seniors truly deserve so much more.

As always, with gratitude,

Janice Ancrum
President & CEO

P.S. Check out our upcoming schedule of classes and presentations at 1901 Island Walkway on pages 10-19!

About the Nassau County Council on Aging



LIFE CENTERS

Our Life Center at 1901 Island Walkway in Fernandina is open! This 25,500-square-foot facility will help us provide even greater programs and services to seniors in Nassau County, including expanded congregate meals, medical screenings, and health and wellness clinics. More than 70 classes, a media lounge and café, computer lab, fitness and game rooms, arts and crafts offerings and music sessions, as well as lifelong learning educational opportunities, await you at our new home.

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, the key to a happy, healthy life. 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.

Contact: The Life Center – Fernandina, 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 for qualified residents.

Case Management - Case managers provide seniors, families and caretakers information on resources, programs and supportive services available to seniors and their caregivers in Nassau County. These services assist seniors to age in place and navigate local, state and federal systems necessary to the aging process. For those seniors and their caregivers receiving state and federal grant subsidized services in Nassau County, NCCOA's case management ensures services are provided in compliance with the Department of Elder Affairs.

Nutrition Management - Nutrition managers oversee The Life Centers in Fernandina and Hilliard where congregate meals are offered daily. They also manage Nassau County's Meals on Wheels/Home-delivered Meals program. More than 2,200 balanced nutritious meals are delivered by volunteers each month to those who are homebound due to illness, disability or isolation. Meal delivery also allows volunteer drivers to perform regular safety and wellness checks. In addition, these volunteers provide Meals on Wheels for Pets which ensure that homebound seniors receive necessary pet food and supplies for their companions.

Adult Day HealthCare - ADHC is available in our Fernandina Beach Life Center (next page).

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), 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, 904-261-0701 or ddombkowski@nassaucountycoa.org

HOME HEALTH

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 (MLTC), pre-qualified state and federal programs, and/or private pay.

Contact: Home Health, 904-515-8460 or homehealth@nassaucountycoa.org

PUBLIC TRANSPORTATION – NASSAUTRANSIT

NassauTRANSIT is the public transportation system in Nassau County. We provide both scheduled public bus and registered paratransit services. Our public bus service has convenient stops across the county from Hilliard to Fernandina Beach, and at River City Marketplace and downtown Jacksonville. Commuter express routes connect east and west Nassau with downtown Jacksonville via Nassau Express Select,* on a new service in partnership with JTA. The Island Hopper bus provides local public transit service 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 for paratransit service and the fare is only \$2. All NassauTRANSIT bus operators are certified to FTA and FDOT requirements, and all vehicles in our fleet are wheelchair accessible.

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

** Nassau Express Select one-way cash fare is \$3. However, based on income eligibility, some residents of Nassau County may qualify for a reduced fare. Contact NassauTRANSIT for information.*



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NCCOA is On the Move

Classes, Lifelong Learning, Presentations and Events for Adults of ALL Ages!

The Life Center in Fernandina Beach is officially open! Nassau County Council on Aging (NCCOA) has created a center dedicated to lifelong learning and wellness in a climate fostering friendship and the mutual sharing of ideas and experiences. Whether brushing up on an old favorite or learning a new skill, The Life Center is the place for you.

The benefits of adult learning are numerous. You have the opportunity to choose courses based on personal interests. Learning keeps you sharp. Research has found that learning something new, such as a hobby or skill, can help boost your memory by strengthening networks in the brain. Learning is a social endeavor; taking a class or series of classes can help build social connections by keeping us engaged in the world.

Nassau County boasts many artists, musicians, professionals and executives who are giving of their time and talents. This enables NCCOA to offer a diverse schedule of classes, workshops, lectures, discussions, seminars and hands-on-learning. In this issue of *Senior Life*, you will find 70+ offerings. We encourage you to take some time to read about what we offer. Then, sign up to brush up on your skills or learn something new. You may just become hooked on lifelong learning!

NCCOA is growing by leaps and bounds...new classes, new programs and services, a new Life Center! You can become an even greater part of this exciting growth by joining our membership program which offers lots of benefits:

- Priority registration and discounts for our classes, presentations and workshops
- Discounts for educational seminars and conferences
- Reduced-price tickets for Life Center events
- Free use of our Media Lounge and Café, Library, Computer Lab, Game Room and Fitness Area



Line Dancing

to support Nassau County seniors.

To view and register for classes and other offerings online, the first step is establishing membership status (member/non-member) at www.nassaucountycoa.org (Become a Life Center Member) or by calling 904-261-0701. After receiving your membership number or confirmation of enrollment number, you may register online at <https://myactivecenter.com>. Here are the instructions:

- Go to "Activate my account, click here" – press the button in the upper right of the screen.
- Select The Life Center – Nassau County Council on Aging.
 - o For Members: Enter your key tag number in the designated space (this can be found on the back of your card; it starts with an X followed by 7 numbers).
 - o For Non-Members: Type the 10 digits of your phone number without dashes.
- You will now have access to review our classes, as well as sign up for and/or cancel a class, and review the course calendar. In the near future, you will be able to make payments online.



Matter of Balance



Continental Knitting

The fee for an individual membership 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. Due to our unanticipated building move delay to early December, we are **extending our introductory class prices and discounted membership** of \$75 for an individual and \$135 for a couple through **March 31, 2019**.

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. Most importantly, the funds received for the membership and classes are used

Planning an Event? Come to 1901 Island Walkway!

Grand Hall



Heritage Hall



Conference Room



Our new home at 1901 Island Walkway opened to the public on Oct. 1, with more than 70 classes such as *Tai Chi* and *How to Use an iPhone and/or iPad*. We are proud to announce that newly refurbished rental space is also 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.

| | | |
|------------------------|-------------------|--|
| 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 | \$50.00/hour with minimum 4-hour rental of the Grand Hall |

For more information, contact Melody Dawkins, Membership Director at 904-261-0701 or mdawkins@nassaucountycoa.org.





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Giving Matters

BY MARY GRACE HERRINGTON, CFRE

The **Life Center at 1901 Island Walkway** is newly open for classes, serving more and more seniors each day from Bingo to bridge and tap dancing to Tai chi. Starting in December, it will serve as the base of operations for preparation of nutritious congregate meals and home-delivered meals. The Library will be open and full of great reads, both fiction and non-fiction; the Media Lounge & Café will have the coffee on and computers booted up. The Arts & Crafts Room will continue to magically transform paper, paint and pictures into on-trend décor and treasured keepsakes.

With generous support from the community and leadership from our board of directors, The Life Center is **literally coming to life!** Sustaining these programs and services for seniors in our community will take financial commitments of all sizes.

"With so many deserving organizations, unfortunately charitable giving to older adults usually falls to the bottom of the list after children and family services, schools and your church," says NCCOA donor, volunteer and former board member Terri Cunningham. "I am so proud



Terri Cunningham NCCOA donor, volunteer and former board president.

of NCCOA because of the range of services we provide, the passion from committed leadership and staff, and the organization's visibility and reputation in the community."

The **William C. Cunningham Memorial Meals on Wheels Fund**, named for Terri's late husband, was established to encourage donations and reduce the waiting list for home-delivered meals to seniors and remember his commitment to helping others.

It's the season of giving and we hope you can make Nassau County Council on Aging a charitable priority. There are many ways to give to the annual fund, the building fund or the legacy fund to make a lasting impact.

Donate at www.nassaucountycoa.org or call 904-261-0701.



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 or 904-261-0701.



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Special Events

◆ Life Center Theater Presents “Every Last Dime”

Co-Sponsored by **Horizon’s Restaurant**

Jane McAdams, Playwright – **Jan Côté-Merow**, Director
Sat., Jan. 26, 3:00-5:00 pm

★ Members: \$15 – Non-Members: \$20

In the first production at 1901 Island Walkway, “Every Last Dime,” was written by local playwright Jane McAdams and features 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 life eventually resumes when Addie and her neighbor investigate a promising discovery, and learn that silver linings can be found in unusual places. Intermission appetizers provided by Horizon’s Restaurant.

◆ Lunch & Learn Knit-In

Corrina Ferguson, Author & Editor,
Creative Knitting Magazine

Sat., Jan 12, 10:00 am-2:00 pm

★ Members: \$25 – Non-Members: \$30

Join us as we welcome Corrina Ferguson who will talk about knitting, her love of yarn, techniques, the fiber industry and the ‘fun madness’ that goes into the making of a magazine. Corrina will bring samples from her Florida-friendly knitting book, *Warm Days, Cool Knits* and will answer questions, and even sit down and knit with you. Bring your favorite portable knitting project for a fun day of hanging out and learning more about your favorite hobby. Check out her web page at www.picnicknits.com.

◆ Lost in the 50’s Karaoke Pizza Party

Charlie & Patty Boyer, DJs

Fri., Jan. 18, Feb. 15; Mar. 15, 5:00-8:00 pm

★ \$2: Members/Non-Members

Come and enjoy this special monthly karaoke event with pizza and drinks. There is no pressure for you to sing or dance; come and socialize to meet new friends while enjoying the entertainment. January will also feature a sock hop. Special guests performing as Elvis, Hank Williams, Ferlin Husky, Frank Sinatra and more will be on stage in February and March.

◆ Caring for the Caregiver

**Nassau County Council on Aging
& Community Hospice & Palliative Care**

Sat., Mar. 23, 9:00 am-1:00 pm ★ FREE

“Caring for the Caregiver” is a conference that will leave you empowered to take better care of yourself and those you love. You will hear from community experts on educational topics important to your role as a caregiver. You’ll also meet exhibitors who will offer community resources, products and services to help you in this role. Speakers to be announced. Attendees will enjoy a complimentary light breakfast and lunch, and the chance to win special door prizes.

Fitness, Health & Wellness

◆ 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/or 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.

◆ A Matter of Balance –

Managing Concerns About Falls

Northeast Florida Area Health Education Centers (AHEC)

Tue. & Thur., Feb 19, 21, 26, 28; Mar 5, 7, 12, 14, 9:30-11:30 am ★ (Series of 8 Classes) FREE

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.

◆ Diabetes Empowerment Education Program (DEEP)

Northeast Florida Area Health Education Centers (AHEC)

Thur., Jan. 8, 15, 22, 29; Feb. 5 & 12,
10:00 am-12:00 pm ★ (Series of 6 Classes) FREE

A highly inactive tier-three evidence-based program from the University of Illinois that aids participants with pre-diabetes and diabetes, their caregivers and relatives in understanding diabetes self-care. The program also helps participants improve and maintain their quality of life, healthcare provider relationships, as well as eating habits to ensure adequate nutrition. You will also learn ways to prevent complications and incapacities, increase physical activity, and improve goal setting, problem-solving and communication skills. Two-hour classes meet once a week for six weeks.

◆ Lunch & Learn:

Germ Fact or Fiction – Protect Thyself

Jennifer Sackett, RN, BSN, CIC

Sponsored by Community Hospice & Palliative Care

Fri., Jan. 18, 11:30 am-12:30 pm ★ FREE

Germs are found all over the world and in all kinds of environments. These tiny invaders can wreak havoc on our lives – making us sick, hurting our plants and even making our pets ill! Most germs are spread by hands, but germs can also be spread through the air and by sneezing, coughing and even talking! How can you protect yourself and keep those germs away? Join us and you’ll learn how to better avoid those pesky microbes. Once you know the facts about germs, you’ll be more germ-wary and better equipped to protect yourself and your family.

◆ Seeing the Glass Half Full –

Creating an Attitude of Gratitude

Barbara Bruce, Wellness Facilitator – Mind, Body, Spirit

Tue., Jan. 29, 10:00-11:30 am

★ Members: \$5 – Non-Members: \$10

This program provides tips on how to create an attitude of gratitude which can help strengthen your immune system and lead you to a happier, healthier life.

◆ Historical Facts, Myths and Benefits of Hypnosis

Carlos Bustabad, MA, CHT,

Certified Consulting Hypnotist

Tue., Feb. 12, 10:30-11:30 am ★ FREE

After thousands of years as a healing technique, hypnosis is still not understood by people worldwide. Come and join an informative, interactive and fun presentation on the historical facts as well as the benefits and myths of hypnosis. As a former educator and mental health counselor, Carlos has helped hundreds of individuals improve the quality of their lives. Audience participation is encouraged as this adds to the interactive and fun nature of this presentation.

◆ Lunch & Learn:

Germ Fact or Fiction – Protect the One You’re With!

Jennifer Sackett, RN, BSN, CIC

Sponsored by Community Hospice & Palliative Care

Fri., Feb. 15, 11:30 am-12:30 pm ★ FREE



Staying healthy is no accident. Join us as we uncover the hidden “germ monsters” in our everyday lives and learn how you can keep yourself and your loved ones healthy!

◆ Hands-Only CPR –

Be the Difference for Someone You Love

Fernandina Beach Fire Department

Tue., Feb. 19, 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 at 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.

◆ Like Dark Chocolate.

A Little Stress is Good: Developing a Skill Set

Barbara Bruce, Wellness Facilitator - Mind, Body, Spirit

Tue., Feb. 19, 10:00-11:00 am

★ Members: \$5 – Non-Members: \$10

This program provides exercises, tips and skills for incorporating stress reduction techniques into your daily life. Too much stress can create many and varied health problems. Learn how to control the stress in your life.

◆ Making Advance Care Planning Easier

Speaker: **Ronnie Genser**, MA -

Bereavement Navigators, President/Founder
Facilitator: **Caroline H. Sheppard**, MSW - Author of *When Family Calls: Finding Hope in the Chaos of Long Distance Caregiving*

Tue., Feb. 26, 6:00-8:00 pm ★ FREE

Do you know your loved one’s “end-of-life medical wishes,” in addition to your own? Have you and your loved ones completed all five of your Florida end-of-life planning documents? Learn the differences between the Florida POLST (Physician Orders for Life Sustaining Treatment) Florida DNRO (Do Not Resuscitate Order), Living Will, Designation of a Health Care Surrogate and Uniform (Anatomical) Donor Form. Being prepared will save you stress, confusion and heartache.

◆ Where Did I Park My Car?

A Basic Session on Memory

Barbara Bruce, Wellness Facilitator – Mind, Body, Spirit

Tue., Mar. 19, 10:00-11:00 am

★ Members: \$5 – Non-Members: \$10

This program deals with issues of memory loss, its causes, and a host of tried and tested ideas to keep memory sharp.

◆ Lunch & Learn:

Germ Fact or Fiction – The Bug Stops Here

Jennifer Sackett, RN, BSN, CIC

Sponsored by Community Hospice & Palliative Care

Fri., Mar. 15, 11:30 am-12:30 pm ★ FREE

Want to stay healthy and well this year? Join us for this informative talk as we learn ways to avoid germs and sickness, and stay healthy all-year round!

◆ First Impressions – Walk Tall

Raven, Professional NYC Runway Model

Mon., Jan 7, 14, 28; Feb. 4, 11, 25;

Mar. 4 & 11, 12:30-2:30 pm

★ (Series of 8 Classes) Members: \$30 – Non-Members: \$40

Do you realize that people form an impression of you in the first 10 seconds, even before you have said one word? Your look, style, walk and mannerisms converge to create an image; but, is it the image you want to convey? This series focuses on body language, hand positions, walking to music, standing still, posture, hair styles and wigs, balance and turns. Also explore how to pose for that perfect photo.

◆ The Ultimate Image Makeover

Raven, Professional NYC Runway Model

Mon., Jan 7, 14, 28; Feb 4, 11, 25;

Mar. 4 & 11, 1:00-3:00 pm

★ (Series of 8 Classes) Members: \$30 – Non-Members: \$40

Would you like to work with a professional image consultant? This series covers building a wardrobe, accessorizing, scarf tying, hair styles and wigs, simple home facials, the perfect home manicure, applying cosmetics and regenerative skin care to create your dream image.

◆ Interview Techniques

Raven, Professional NYC Runway Model

Mon. & Tue., Mar 18 & 19, 2:30-4:30 pm

★ (Series of 2 Classes) Members: \$20 – Non-Members: \$30

We all have to interview whether for a job, college, scholarships, etc. We will cover interview techniques and wardrobe, the 10 most-asked questions, the importance of researching the target and building self-confidence. Your final results will be recorded for feedback. You will be amazed!

Music & Dancing

◆ Groovin’ to be Fit

Kait Davis, Certified Dance Instructor

Every Mon., 6:00-7:00 pm

★ Members: \$3 – Non-Members: \$5

Come and get your movin’ and groovin’ to oldies on. Instructor will teach you very low-impact movement to get your blood moving.

*Not offered on Jan 21 – Feb 18 – Mar 18.

◆ Lost in the 50’s Karaoke

Charlie & Patty Boyer, DJs

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! Bring a friend! There is no pressure for you to sing or dance – just enjoy the entertainment. You are welcome to bring food or participate in a group take-out delivery. Bring your choice of beverages.

◆ Beginning Belly Dancing

Amanda Duncan, Certified Dance Instructor

Every Tue., 5:00-7:00 pm

★ Members: \$3 – Non-Members: \$5

Learn belly dancing from a former pro. It’s a fun low-impact way of getting exercise. Come in comfortable loose-fitting clothing. Limited to 15 participants.

◆ Happy Tappy Tap Dancing

Maggie Comey, Certified Dance Instructor

Every Wed., 1:00-2:00 pm (starting Jan 9)

★ Members: \$3 – Non-Members: \$5

Move your feet to the beat in a basic tap dancing class with Maggie, formerly a Roxyette, a 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.)

◆ Music with Tom

Tom Sullivan, Musician

Every Wed., 9:00-10:00 am ★ FREE

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

◆ Line Dancing

Kathy Ball, Certified Dance Instructor

Every Thur., 5:30-7:30 pm

★ Members: \$3 – Non-Members: \$5

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

◆ Music with Terry

Terry Murphy, Musician

3rd Thur. of each month, 9:00-11:00 am ★ FREE

Come and enjoy a performance, and sing along to a variety of music from the 60s and later.

◆ Dan & the Band

Dan Dubberly, Bruce Beville, Dave Truluck and Susan Ralph, Musicians

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

Bluegrass, old country and gospel music presented by the group.

◆ Music and Stories with David

David Easterly, Musician

2nd & 4th Fri. of each month, 9:00-10:00 am ★ FREE

Come and enjoy the songs performed by David with his guitar, and the entertaining stories he shares about the performer, songwriter, lyrics and that era in time.

◆ Beginner Ukulele

Kristen Mandrick, Musician

Wed, Jan. 2, 9, 16, 23, 7:00-8:00 pm

★ (Series of 4 Classes) Members: \$5 – Non-Members: \$10

Beginning lessons include 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.

◆ Beginning Guitar

Rick Strickland, Musician

Thur., Jan. 10, 17, 24, 31, 5:30-6:30 pm

★ (Series of 4 Classes) Members: \$60

Non-Members: \$70

Instructor Rick Strickland (formally signed artist of Lion of Zion Records, Nashville, TN) will introduce the instrument with fresh concepts and ideas to help aid the transition from books to the sounds of music. His techniques are very different, and has personally designed exercises that will prepare participants to dive right in and enjoy the gift of making music.

Games & Cards

◆ Trivia Tuesday

Renee Stoffel

Sponsored by Community Hospice & Palliative Care



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Every 2nd Tue., 5:00-6:00 pm ★ FREE

Come and join us for this fun game of trivia. Win gift cards donated by local merchant sponsors.

◆ Jeopardy

Michelle Shock

Sponsored by VITAS Healthcare

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

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

◆ Texas Hold'em Poker

Chris Vaughan, Certified Dealer

Every Tues, 5:00-6:30 pm (starting Jan 8)

★ Members: \$3 – Non-Members: \$5

Learn how to play Texas Hold'em Poker with 30 minutes of instruction and 1 hour of practice/playtime – advance registration recommended. After completing the course, you will be invited to join a newly formed poker league. Minimum 4 – Maximum 30

◆ Beginning Bridge

Carol Kimmel, Life Master Duplicate Bridge

Thur., Jan 10, 17, 24, 31

Feb 7, 14, 21, 28, 3:00-5:00 pm

★ Members: \$3 – Non-Members: \$5

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. After the initial 8 classes, Carol will be available for instruction and guidance while the group plays.

◆ Bridge Open Play

Carol Kimmel, Life Master Duplicate Bridge

Thur., Mar. 7, 14, 21, 28 - 3:00-5:00 pm (starting Mar.7)

★ Members: \$3 – Non-Members: \$5

Join the group for open play Bridge, with guidance from Carol Kimmel.

◆ Beginning Canasta

Debbie Price, Instructor

Tue., Jan 8, 15, 22, 1:00-3:00 pm

★ Members: \$3 – Non-Members: \$5

Learn the game of Canasta, including concepts, rules and strategies.

◆ Canasta Open Play

Debbie Price, Instructor

Tues., Jan. 29 – Mar. 26, 1:00-3:00 pm

★ Members: \$3 – Non-Members: \$5

Join the group for open play Canasta, with guidance from Debbie Price.

Literary Arts

◆ Turning Memories into Memoirs

Dickie Anderson, Author

Wed., Jan. 9, 16, 23, 30, 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.

◆ Amelia Author Spotlight

Terri Clements Dean, PhD,

Clinical Psychologist and Author

Wed., Feb. 13, 10:00-11:00 am ★ FREE

Join Terri as she discusses the lessons she's learned while writing stories about life...healing and the journey of wholeness, which she draws from her experience as a therapist, a traveler and a person living life. She will talk about her love of writing and her belief in the value of "story" in all our lives. Terri's books include *Traveling Stories: Lessons from the Journey of Life*, *Traveling Stories Journal: A Guide to Discovering Your Own Life Lessons*, *Grace Notes: Traveling the Path of Wholeness* and in early 2019: *A Year of Living Creatively: 52 Weeks of Inspiring Ideas*.

◆ Amelia Author Spotlight

Nancy Blanton, Award-Winning Author

Wed., Mar. 13, 10:00-11:00 am ★ FREE

Join Nancy as she shares her research travels, experiences and challenges in writing her third historical novel, *The Earl in Black Armor*, a relentless story of loyalty, honor and betrayal in the Stuart era prior to the great Irish Rebellion of 1641. Nancy also wrote *The Prince of Glencurragh* and *Sharavogue*.

Arts & Crafts

◆ Cake Decorating – Buttercream Basics

Kim Lyons Willis, Professional Cake Decorator

To be scheduled

★ (Series of 4 Classes) Members: \$25 – Non-Members: \$30

Learn the basics of working with buttercream icing. We'll show you how to torte, fill and ice a cake smooth; how to prepare a decorating bag with couplers and piping tips; how to do simple piping techniques such as shells, beads and e-motion; and how to pipe flowers, leaves, stems and vines, as well as printed messages on a practice board. Supply list available.

◆ Basic Drawing Techniques

Libby Chase, Art Teacher

Sat., Jan. 5, 12, 19, 26; Feb. 2, 9, 10:00-12:00 noon

★ (Series of 6 Classes) Member: \$30 – Non-Members: \$40

This class uses the elements of art to develop and improve drawing skills. We will be working with basic lines with shape, value, texture and space. The subject matter will range from still life to landscape.

◆ Continental Knitting

Nancy Bullen

Tue., Jan. 8, 15, 22, 29, 10:00 am-12 noon

★ (Series of 4 Classes) Members: \$10 – Non-Members: \$15

Learn how to knit using the Continental method, a faster technique which requires less hand movement (better for someone with arthritis). The class will make a great beginner project. Yarn and knitting needles provided.

◆ Expandable Greeting Cards

Rosemary Murphy, Volunteer

Tue., Jan. 15, 1:00-2:30 pm

★ Members: \$10 – Non-Members: \$15

Make a unique, one-of-a-kind expandable birthday card during this fun session. All supplies provided.

◆ Batik Silk Scarves

Mary Libby, Artist

Wed., Jan. 16, 1:00-4:00 pm

★ Members: \$20 – Non-Members: \$25

Learn the ancient art of batik with a modern twist, and create a uniquely beautiful 100% silk scarf design. Participants will apply ink-resistant wax to the scarf using a variety of simple tools, and then brush on vibrant dyes. Scarves will be provided.

◆ Watercolor Sea Life

Mary Libby, Artist

Wed., Mar. 13, 1:00-3:00 pm

★ Members: \$15 – Non-Members: \$20

Create in a unique style of watercolor with a calligraphy-type ink pen, followed by a water-tubed brush. Will provide shrimp, seashell or a pelican design.

◆ Drawing with Perspective

Ann Freeman, Art Educator

Wed., Jan. 23, 30; Feb 6, 10:00 am-12:00 noon

★ Members: \$20 – Non-Members: \$25 (3 Session Series)

Come and explore the magic of creative lines and forms. We will begin by learning the basics of one-point perspective drawing using pencil, rulers and paper. Applying the skills and principles developed, you will have the opportunity to create new and exciting art drawings in marker and color.

◆ Modern Calligraphy

Camille Purpura, Volunteer

Sat., Feb. 2, 9, 16, 10:00 am-12:00 noon

★ (Series of 3 Classes) Members: \$10 – Non-Members: \$15

Join in a fun and relaxing class where you'll learn the basics of modern calligraphy using brush pens. You will be encouraged to develop your own unique style. Also, you will learn lots of tips and tricks to make any project look professional and neat; whether it's wedding envelopes or a simple sign. (Don't worry if your handwriting isn't neat...anyone can learn the art of beautiful writing.) Bring a calligraphy pen.

◆ Cake Decorating – Borders

Kim Lyons Willis, Professional Cake Decorator

To be scheduled

★ (Series of 4 Classes) Members: \$25 – Non-Members: \$30

Expand your skills and learn different coloring techniques; how to perfect your knowledge; and practice borders with shells, reverse shells, vertical and layered ruffles, rope and basket weave on cupcakes. Bring 12 iced cupcakes and white buttercream frosting. Same supplies used from Buttercream Basics.

◆ Expandable Greeting Cards

Rosemary Murphy, Volunteer

Tue., Feb. 5, 1:00-2:30 pm

★ Members: \$10 – Non-Members: \$15

Make a unique, one-of-a-kind expandable Valentine's Day card during this fun session. All supplies provided.

◆ Mixed-Media Keepsake Box

Linda Green, Artist

Thur., Feb. 7, 10:00 am-12:00 noon

★ Members: \$10 – Non-Members: \$15

Construct and decorate a keepsake box using various types of art-quality paper and Mod Podge®.

◆ Hand-Painted Wine Glasses

Rosemary Murphy, Volunteer

Tue., Feb. 12, 1:00-2:30 pm

★ Members: \$10 – Non-Members: \$15

Create your own set of two hand-painted wine glasses using a special technique. Theme: Valentine's Day. Bring 2 wine glasses.

◆ Decorated Melted Record Bowls

Pipar West, Art Teacher

Sat., Feb. 16, 9:00 am-1:00 pm

★ Members: \$10 – Non-Members: \$15

In this fun and unusual art class, we will use colored pencils to decorate a vinyl record which will be melted and shaped into a bowl. BYOR (Bring Your Own 33 1/3 Record) if you would like a specific recording artist/song on your bowl.

◆ Handcrafted Greeting Cards

Jill Fallecker

Tue., Feb 26; Mar 5, 12, 1:00-3:00 pm

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

Come and create greeting cards for many occasions. Learn how to use die cut shapes to fashion layers, dry emboss to add interest and make shape cards for variety.

◆ Painted Wooden Signs

Pipar West, Art Teacher

Sat., Mar. 2, 9:00-12:00 noon

★ Members: \$15 – Non-Members: \$20

You will customize a wooden pallet board sign with images and/or sayings to create a piece of home décor.

◆ Cake Decorating – Colorful Designs

Kim Lyons Willis, Professional Cake Decorator

To be scheduled

★ (Series of 4 Classes) Members: \$25 – Non-Members: \$30

Learn how to create beautifully decorated cupcakes with half and full carnations, and cursive writing. Bring two unfrosted layer cakes and white buttercream frosting. Same supplies used from Buttercream Basics.

◆ Hand-Painted Wine Glasses

Rosemary Murphy, Volunteer

Thur., Mar. 14, 1:00-2:30 pm

★ Members: \$10 – Non-Members: \$15

Create your own set of two hand-painted wine glasses using a special technique. Theme: Sea Life. Bring 2 wine glasses.

◆ Metal Repoussé Boxes

Pipar West, Art Teacher

Sat., Apr. 6, 13, 20, 9:00-12:00 noon

★ (Series of 3 Classes) Members: \$25 – Non-Members: \$30

Back by popular demand, we will use mixed media to decorate a cigar box, the top crafted with a tooled image of aluminum.

Photography

◆ Amelia Island Photographers in Focus

Steve Leimberg – Travel Photography

Mon., Jan. 7, 5:30-6:30 pm

★ Members: \$5 – Nonmembers: \$10

Come and enjoy a presentation of Steve Leimberg's photographs captured during his many travels and adventures. He will also share photography tips for the novice shutterbug. An award-winning professional fine art photographer, Steve is acclaimed for his stunning photos of birds and other Amelia Island wildlife, people and landscapes.

◆ Amelia Island Photographers in Focus

Pam Bell – Lifestyle Photography

Mon., Feb. 4, 5:30-6:30 pm

★ Members: \$5 – Nonmembers: \$10

Pam Bell specializes in lifestyle photography, capturing special moments for a lifetime of memories. An award-winning photographer, Pam takes stunning shots wherever she is while utilizing natural and available lighting techniques. Come view her work and learn new techniques from Pam during this session.

◆ **Amelia Island Photographers in Focus**

Mike Fay – Underwater Photography

Mon., Mar. 4, 5:30-6:30 pm

★ Members: \$5 – Nonmembers: \$10

Mike Fay has 30 years of diving experience, 10 years as a diving instructor, and 10 years of underwater photography instruction. See what is beneath the waves and learn how to capture the action. Take the 15-minute underwater photography class on land following his presentation (included with the session).

Computers & Technology

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

Marc Williams, Volunteer

Mon., Tues., Wed., Jan. 7-8-9, 9:30-11:30 am

★ Members: \$10 – Non-Member: \$15 (3 Session series)

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; and 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.

◆ **Take Better Photos with Your Phone**

Susan Ryan, Artist

Wed., Jan. 9, 10:00 am-12:00 noon

★ (Series of 3 Classes) Members: \$10 – Non-Members: \$15

Higher mega pixel cameras are making it easier than ever to snap professional photos. Learn tips on how to be a better cell phone photographer and capture those special moments on the first take.

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

Marc Williams, Volunteer

Mon., Tues., Wed., Jan. 14, 15, 16, 9:30-11:30 am

★ (Series of 3 Classes) Members: \$10 – Non-Members: \$15

Students will learn how to configure and set up an Apple Mac 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.

◆ **Basic Microsoft Windows & Office Word 2013**

Arayna Hamilton, Instructor

Mondays, Feb 4, 11; Mar 4, 11, 10:00-11:00 am

★ (Series of 4 Classes) Members: \$10 – Non-Members: \$15

The Microsoft Office suite is used by 80% of computer own-

ers. There are several reasons to be familiar with MS Office. First is popularity; it is the most commonly used program for communications. Second, it increases productivity and efficiency. Third, it is simple to use! Come and learn basic techniques from an instructor with 15+ years of experience.

◆ **Simplified Basic Excel**

Mike Fay, Volunteer

Mon., Tue., Feb 25, 26, 5:30-6:30 pm

★ (Series of 2 Classes) 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. Students will also learn how to format and print the completed worksheets.

Home, Gardening & Nutrition

◆ **Raising & Releasing Butterflies**

Charlie Park, Butterfly Enthusiast and Avid Gardener

Tue., Mar. 12, 5:00-6:00 pm ★ FREE

Come and learn everything you need to know about breeding butterflies in a simple environment and releasing them into your garden.

◆ **Simple Home Repairs**

Larry Beman, Community Volunteer

Tue., Feb. 5, 12, 19, 10:00-11:30 am

★ (Series of 3 Classes) Members: \$15 – Non-Members: \$20

Have you ever wondered how to change a broken light switch? Or how to fix the thing-a-ma-jig that no longer stops the toilet from running? This 3-week hands-on course will introduce you to some of the basic home repairs people often encounter. You will learn how to fix things yourself and/or you will better understand what the repair person is doing.

◆ **Fun with Flowers**

Jan Sillik, Master Flower Show Judge and Design Instructor

Beverly Williams, President, Bartram Garden Club

Thu., Jan 17, 10:00-11:30 am

★ Members: \$25 – Non-Members: \$30

Join us at this informative floral design and demonstration workshop. It will be a basic introduction to flower arrangement... no experience necessary! You will even take your floral design home to share with family and friends. All materials included in the fee, but participants need to bring clippers.

◆ **Fun with Gardening: Orchids**

Rosie Davidson, Master Gardener

Wed., Jan. 16, 10:00-11:30 am

★ Members: \$15 – Non-Members: \$20

Everything you wanted to know about growing orchids and caring for them, such as the different varieties including the native orchids that will grow in our Florida gardens. This class will be taught by one of our local orchid experts.

◆ **Fun with Gardening: Pollinators**

Rosie Davidson, Master Gardener

Wed., Feb. 13, 10:00-11:30 am

★ Members: \$15 – Non-Members: \$20

Learn about the importance of the pollinators in our gardens, including which ones will attract certain varieties of butterflies, insects and birds. Rosie will remind us why we need our pollinators, explain to us where to plant them in our garden and/or pots, and discuss the beauty they bring to our Florida landscape.

◆ Fun with Gardening: Container Gardening

Rosie Davidson, Master Gardener

Wed., Mar 13, 10:00-11:30 am

★ Members: \$15 – Non-Members: \$20

Even if you do not have a garden you can still plant some beautiful containers to put on your deck or patio. Rosie will discuss the three rules of planting in containers, how to choose your plants, and the best vegetables, sun and shade plants to grow in our climate. This will be a hands-on class, and the pots will be provided for you.

Community, Security & Safety

◆ Lunch & Learn: How to “Cottle” Your Relationships

Debra Cottle, Seniors Real Estate Specialist

Tue., Jan. 15, 11:30 am-1:00 pm ★ FREE

Learn how to captivate, engage and build stronger relationships with your customers, friends and/or family. This inspirational presentation will help you improve your communication skills, reduce stress, and provide tips and techniques for success in 2019.

◆ Extreme Couponing

Chris Vaughan, Volunteer

Thur., Starts Jan. 24, 5:00-6:00 pm ★ FREE

Do you want to seriously save with coupons but don't know how? This class will teach you how to maximize your budget with the use of coupons. Participants should save all Sunday newspaper coupons to use and share with others. Donations of coupons are appreciated. If the coupons are out-of-date, they will be sent overseas to military families (still valid 6 months past the expiration date).

◆ Navigating Through Transitions

Debra Cottle, Seniors Real Estate Specialist

Tue., Feb. 19, 3:00-4:00 pm ★ FREE

Learn and share views on the various transitions of senior living. Whether it's downsizing to an assisted living community, aging in place, living with family or just retiring, change can be difficult to navigate. There are many options to consider. Find out what is involved in each stage, and how to better cope with the correlating emotions and tasks involved with going through transitions. A question and answer session is included. Presentation will be lively and informative!

◆ Exploring the Different Organizations within City Government

Dale Martin, Fernandina Beach City Manager

Wed., Jan. 9, 16, 23, 30; Feb. 6, 13, 3:00-5:00 pm

★ Members: \$3 – Non-Members: \$5

Are you civic minded and interested in learning about your local government and its daily operations? Are you curious about how your tax dollars are spent? Do you want to learn and discuss the future vision of Fernandina Beach? City Manager Dale Martin will share his interests and experience in the areas of Government Organization (1/9), Finance (1/16), Operations (1/23), Public Safety (1/30), Utilities (2/6) and Enterprise Funds (2/13) in an informal 6-week course designed to be informative as well as interactive.

◆ AARP Smart Driver Safety Class

Dee Hoerner, AARP Instructor

Thur., Jan. 17, 9-11:30 am & Fri., Jan. 18, 9am-12:00 noon

★ 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)

This class is designed for mature drivers (50 and over).

Driving improvement course can help senior drivers keep driving knowledge fresh and get the most out of the 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. Please bring your AARP card for discount eligibility. This course is limited to 50 participants.

◆ How Scammers Have Hit Nassau County

Richard Dodson, Deputy, Seniors vs. Crime

Tue., Feb. 5, 9:00-10:00 am ★ FREE

Join us for an informative meeting about local fraud and scam cases that Seniors vs. Crime has tackled in Nassau County. You will hear some very interesting and creative attempts to get you hooked. This presentation can enlighten you on how to avoid falling victim to scam.

Legal Chat Presentations

◆ The Pros and Cons of Reverse Mortgages

Jacksonville Legal Aid

Thur., Jan. 3, 10:00-11:00 am ★ FREE

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.

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

Jacksonville Legal Aid

Thur., Feb. 7, 10:00-11:00 am ★ FREE

The Fair Housing Act protects people from discrimination when they are renting, buying or securing financing for any housing. The prohibitions specifically cover discrimination because of race, color, national origin, religion, sex, disability and familial status (children residing in the household). Learn how Fair Housing laws can require modifications to rental units if needed to accommodate wheelchairs, walkers or other medical needs.

◆ Wills & Basic Estate Planning

Jacksonville Legal Aid

Thur., Mar. 7, 10:00-11:00 am ★ FREE

Do you need a will? How do they work? Gain a better understanding of the type of arrangements you need in order to accomplish your goals for the future of your estate.

Lifelong Learning

◆ Chinese Folk Religion & Woodblock Printing

Jim Kent, MA, East Asian Studies – China

Thur., Jan. 10 & 17, 10 am-12 noon ★ FREE

This will be a two-part presentation. 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. Woodblocks, paper and ink will be provided.

◆ Presentation from Our Local Treasure Hunters

Doug Pope, Managing Partner,

Amelia Research and Recovery, LLC

Fri., Jan. 11, 2:00-4:00 pm ★ FREE

Florida is considered a global center for underwater shipwreck exploration and salvage. Amelia Research and Recovery, LLC has deployed the “Polly-L” lift boat looking for colonial shipwrecks and significant archaeologist sites near and around Amelia Island. Doug Pope will present the current findings and samples of relics recovered. Additional artifacts, treasures and items of interest can be found at The Maritime Museum of Amelia Island at 115 S. 2nd Street, Fernandina Beach.

Great Decisions Courses

Participants are encouraged to purchase the *2019 Great Decisions Briefing Book* for \$32.00 online at <http://www.fpa.org>. However, it is not a prerequisite for the courses.

◆ Refugees and Global Migration

Bob Bolan, PhD, Volunteer

Tue., Feb. 12, 1:30-3:00 pm

★ Members: \$5 – Non-Members: \$10

Today, no countries have open borders. Every state in today's global system has its own laws and policies about who is permitted to cross its borders, and how they will do so. Who determines whether someone is a refugee or a migrant? How have different countries, including the United States, reacted to migration? How effective are the international laws, policies and organizations that have evolved to assist and protect refugees and migrants? Come and be a part of this relevant discussion.

◆ The Middle East: Regional Disorder

Bob Bolan, PhD, Volunteer

Tue., Mar. 12, 1:30-3:00 pm

★ Members: \$5 – Non-Members: \$10

As the presidency of Donald J. Trump passes the halfway point, the Middle East remains a region in turmoil. The Trump administration has aligned itself with strongmen in Saudi Arabia, the United Arab Emirates and Egypt, which along with Israel have a common goal of frustrating Iranian expansion. What will be the fallout from policy reversals such as withdrawing from the Iranian nuclear accord and moving the U.S. embassy in Israel to Jerusalem? Does the United States see a path forward in troubled states such as Syria, Yemen, Libya and Iraq? Is the United States headed toward war with Iran?

◆ Future Great Decisions Courses:

“Nuclear Negotiations: Back to the Future?”

Tue., Apr. 9, 1:30-3:00 pm

“The Rise of Populism in Europe”

Tue., May 14, 1:30-3:00 pm

“Decoding USA – China Trade”

Tue., Jun. 11, 1:30-3:00 pm

“Cyber Conflict and Geo-Politics”

Tue., July 9, 1:30-3:00 pm

“The United States and Mexico - Partnership Tested”

Tue., Aug. 13, 1:30-3:00 pm

TED Talks and Next Avenue Article Discussions

How to Take Charge of Our Own Health Care

Bob Bolan, PhD, Volunteer

Tue., Jan. 8, 2019, 10:00-11:30 am

★ FREE

This presentation includes a recent TED talk by Dr. Matthias Mullenbeck titled, “What if we paid doctors to keep people healthy?” Our discussion will focus on how person-centered care can help us maintain our own wellness. We need to navigate the inevitable trade off within the cost, quality and access for our own care. We should have the best quality of life if we preserve our health while we still are healthy. What are some steps we can take to do that?

◆ How Will We Survive When the Population Hits 10 Billion?

Bob Bolan, PhD, Volunteer

Tue., Feb. 12, 10:00-11:30 am

★ FREE

This presentation includes a recent TED talk by Charles C. Mann. He shows how prophets and wizards propose solutions for our worldwide population expansion, but neither is likely to help guide us. By 2050, an estimated 10 billion people will live on earth. How are we going to provide everybody with basic needs? Are we (and even more important, our children and grandchildren) doomed? Let's hear from a science journalist who calls himself “a fella who tries to find out interesting things and tells others about them.”

◆ Doesn't Everyone Deserve a Chance at a Good Life?

Bob Bolan, PhD, Volunteer

Tue., Mar. 12, 10:00-11:30 am

★ FREE

This presentation includes a recent TED talk by Jim Yong Kim, President of the World Bank Group. He says that aspirations are rising as never before across the world, thanks in large part to smartphones and the internet. Will they be met with opportunity or frustration? The World Bank works to improve the health and financial futures of people in the poorest countries by boosting investments and de-risking development. What does this imply for us and our families?

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).
- **Emergency Home Energy Assistance Program (EHEAP)** provides senior citizens 60 years of age and over with assistance in paying their electric bill once during the heating or cooling seasons. Eligibility includes senior living in the household in Nassau County, must have a past due electric bill and income determination.
- **Financial Assistance** through government-subsidized programs available through the Council on Aging. As the lead agency for the Community Care for the Elderly program, potential clients are screened, evaluated and given a risk assessment score (calculated by the Florida Department of Elder Affairs).
- **Home Health Services** – Provides non-medical in-home services to homebound seniors that helps 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, for enrollment assistance or our Nutrition Manager Gina Cox, 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, 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.
- **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 – see page 7.

Support Groups

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

Contact: Greg Hershberger, greg.hershberger@vitas.com
Provides group support help with others who 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 Low Vision Support Group

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

Contact: Frances Bartelt, 904-261-0701
fbartelt@nassaucountycoa.org

Provides information on adaptive devices and encourages members

with vision challenges to share experiences through group discussions and guest speaker presentations.

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, 904-261-0701
ddombkowski@nassaucountycoa.org

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

Coffee with Comrades

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

Presented by Vitas Healthcare

Members Free / Non-Members

Contact: Vitas - William Hesse, GySgt USMC (Ret)
904-403-3812 -- william.hesse@vitas.com

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

Parkinson's Support Group

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

Contact: Lee Collins 903-952-1682

texasskipper@att.net

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

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From the Heart

A cardiologist answers questions about your heart health

By HOUSTON MOONEY, MD

Heart disease is still the leading cause of death for both men and women in the U.S., and every year, 1 in 4 people die from heart-related conditions. With so much conflicting health information these days, it's hard to know what to believe when it comes to your heart.

Here are some common questions I get from my patients.

What type of diet is healthiest?

I believe that nutrition is the single most important factor in reducing your heart disease risk.

Stick to foods that are low in cholesterol, saturated fat and high in fiber. I am a big proponent of the Mediterranean Diet, which is full of "superfoods," like berries, broccoli and almonds, all of which are high in heart-healthy nutrients.

Most of your food should come from fruits, vegetables and complex carbohydrates like quinoa (pronounced "keen-wa"), brown rice and whole oats. For protein, fish and seafood are best, followed by poultry, eggs and cheese.

Maintaining this type of diet decreases your cholesterol and blood pressure and also helps you drop extra weight – all important factors for a healthy heart. And fresh foods actually taste better, so you're more satisfied and less likely to add unnecessary salt and sugar.

Are vitamins and supplements a good idea?

Unless you have a vitamin deficiency, you should get your vitamins from whole, fresh foods rather than supplements. These foods contain micronutrients your body needs, along with fiber and antioxidants.

Is coconut oil good for your heart?

Coconut oil is about 80 percent saturated fat, which increases your cholesterol, so I recommend you don't ingest it. Instead, eat mono-unsaturated fats like avocados, nuts, seeds and olive oil. They all have cardio-protective properties, meaning they protect your heart from disease.

Is it true that red wine is good for your heart?

I would never recommend that someone start drinking to improve heart health because too much wine – more than one glass per day – can actually weaken your heart over time. For those who drink, moderate amounts of red wine can be beneficial. It can increase your HDL, or "good" cholesterol, and contains antioxidants, which can reduce inflammation in your body. Red wine also contains resveratrol, which is theorized to have cardio-protective properties. For non-drinkers, keep in mind that the same



you can get the same benefits from red grapes.

I've heard the term "inflammation" related to heart disease lately. What is it?

Inflammation is at the root of almost every chronic disease, including heart disease. It's your body's reaction to an infection or injury, and can also be caused by stress. Your diet can help reduce inflammation greatly. The biggest culprits are simple carbs and sugar, so sticking to the Mediterranean Diet is a good way to reduce inflammation.

I tell my patients to avoid any food that comes in a box or bag, because they usually contain high amounts of sodium and artificial ingredients, which can lead to inflammation. It's best to "shop the perimeter" when you're at the grocery store where you'll find fresh, rather than processed foods.

Is it a good idea to take an aspirin a day?

The decision to take aspirin should be one you make with advice from your doctor. Aspirin is well established in helping prevent a second heart attack or stroke. However, recent studies suggest that aspirin does not prevent a primary heart condition. It has also been suggested that aspirin can lower your risk of colon cancer. Again, be sure to check with your physician before you decide whether taking aspirin daily is right for you.



Houston Mooney, MD, is a board-certified clinical cardiologist with Baptist Medical Center Nassau. For more information or to make an appointment, call 904-261-9786.



Low Vision: Little Changes ... Big Difference

BY NOEL GUIDRY, OTR/L

The National Eye Institute reports that approximately 3 million American adults are affected by low vision. What exactly is 'low vision?' Low vision is a loss of vision due to an eye condition that cannot be corrected by standard glasses, contact lenses, medication or surgery. It also interferes with the ability to complete everyday tasks. It may be difficult to see faces, read, see signs, view TV, write or identify colors. The majority of adults experiencing low vision are over age 65. Age-related macular degeneration, glaucoma and diabetic retinopathy account for most cases of low vision with older adults.

What can you do if you or someone you love is experiencing low vision? You can discuss the struggles you are experiencing with your eye doctor or primary care physician, and ask for a referral to see a low vision optometrist. The low vision optometrist will perform an exam and prescribe devices (such as various magnifiers), based on individual needs. Also, s/he may recommend rehabilitation with an occupational therapist, low vision therapist, vision rehabilitation therapist or orientation and mobility specialist. Low vision rehabilitation will optimize the use of the vision you have. You will be educated in usage of devices and techniques to maximize your independence during daily activities. In addition, you will learn about environmental modifications, safety recommendations and community resources.

Below are some simple environmental changes that can be made in the home to increase visibility:

- **Lighting:** The amount and type of light needed by each person is different and can be discussed with a low vision professional. If a person benefits from additional light, a gooseneck task lamp while reading or performing an activity may be needed.

- **Glare control:** If glare is bothersome outdoors, the use of proper fitting filters that reduce glare is beneficial. A low vision professional can help determine the optimal pair. If glare is an issue indoors, tilting blinds slightly upward can deflect glare but still allow light to enter the room.

- **Increase color contrast:** It may be difficult to see differences in similar colors. Making simple changes to heighten contrast, combined with proper lighting, improves visibility. For example, it may be difficult to see chicken and mashed potatoes on a white plate. Use solid-colored, dark plates while eating light-colored foods or white plates while eating dark foods.

- **Tactile markers:** It is often helpful to use bump dots (raised, self-adhesive dots) on home devices or appliances. For example, a small bump dot on the microwave can make it easier to locate a specific button.

- **Large products:** There is an assortment of products available that are enlarged to increase visibility, such as large-print books, playing cards or Bingo cards.

- **Organization is key:** Maintaining an organized home and avoiding clutter increases the ability to reliably locate needed items.

There are many options available to assist individuals with low vision. Various devices or strategies may be needed, but the result is increased independence and quality of life.



Noel Guidry, OTR/L, is an occupational therapist at the Brooks Center for Low Vision, (904) 389-9989 or Brooksrehab.org

Valentine's Day ... The Heart of the Matter

By DICKIE ANDERSON

There are romantic hearts and there are tick-tock hearts. This time of year it is all about romantic hearts. The history of Valentine's Day is very interesting.

The holiday dates way back in history and has both Christian and Roman links. With "Saint" in the name it has to be Catholic right? Actually, there is more than one St. Valentine.

There are several legends, so pick the one you find the most romantic. One legend contends that Valentine was a 3rd century priest who defied Emperor Claudius II. The emperor outlawed young men from getting married and having families. It seems he wanted all the young men for his armies. Valentine continued to perform marriages in secret and when he was caught was put to death.

Another legend, an even more romantic one, revolves around the first man who may have sent a valentine. While in prison a man named Valentine fell in love with his jailor's daughter. As the story goes, he wrote her a love letter and signed it "from your Valentine."

Most of us have clear memories of Valentine's Day celebrations of our youth. One of my strongest childhood memories is the great excitement surrounding the holiday. We planned for weeks, making our valentines. We would tape a big envelope to our desks in hopes that St. Val would soon be there. The big day arrived and valentines were secretly delivered until everyone's envelope bulged. We could not wait to open our envelope and see who had sent us cards. Most exciting were those that were not signed but indicated secret love. Even a tall gangly grade school girl with braces on her teeth could dream about her Prince Charming and the valentine he sent.

It is nice to know that there is a day once a year when we can stop and remember what a difference love makes in our lives. There are lots of ways to say "I love you" without spending lots of money on cards, flowers or candy. Best of all, don't wait until Valentine's Day. Sometimes the unexpected bouquet of flowers or love note is the best "valentine." I have a small collection of hearts. When either Big Guy or I travel we leave the hearts in unexpected places to remind the other that he or she is missed and loved.

So yes, remember this truly red letter day...but let every day have a little love in it.

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



Fernandina Life Center members Dan Dubberly and Joann Carter cut their wedding cake during an NCCOA celebration for the couple. Love can truly happen at every stage of life.



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Every Body Can Benefit from Yoga in the New Year

BY JANICE CLARKSON, EdD, LMHC, CAP

The practice of yoga is not reserved only for super-flexible folks. Benefits are available to everyone of any age or physical atype.

Many people assume that yoga requires the ability to be a contortionist or super athlete. Yoga is an internal process and can meet us wherever we are. Springing from the theory that half of our capacity to become more flexible lies less in the muscles than in the nervous system, this calming practice helps the body to release tension and achieve a suppler state.

Yoga poses do not need to be intense to have a significant effect. Regular gentle mat yoga practice can improve range of motion, flexibility and stamina; increase muscle strength; and promote circulation of the synovial fluid surrounding joints that supplies oxygen and nutrients to cartilage. When we are holding a posture and directing this focused awareness into the sensation of a stretch, we are learning to read our body.

Yoga is truly for any and every body. Flexibility or a

lack thereof can be found in anatomies of any shape. Many options for poses exist to help you find the version that works for you. Yoga props such as chairs, blocks and straps can provide support to encourage experimenting while ensuring a safe approach. What is important is working wherever you are within your current range of motion so your body can be open to new movements.

Maintaining a regular practice in the new year may even offer an opportunity for individuals living with chronic pain or undergoing cancer treatment to feel more at ease.

What is Chair Yoga?

Chair yoga is a general term for practices that modify yoga poses so they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions.

Chair yoga, popular with seniors, can introduce poses to loosen and stretch painful muscles, reduce stress and improve circulation. For seniors, chair yoga is an excellent way to foster better flexibility, even in the presence of osteoarthritis. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance. Increased body strength is important as it enables us to withstand falls and injury, and helps us with balance. Furthermore, chair yoga reduces the strain on joints and muscles, which allows individuals who are unable to stand or sit on a mat in traditional yoga an opportunity to practice too.

Yoga has taught me not only how to move and relate to my body, but how to gracefully adjust to change and the challenges of life.

Find a yoga class for your body at Nassau County Council on Aging in 2019, by calling 904-261-0701.



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



January 1 – Closed - New Year's Day

January 21 –

Closed - Martin Luther King Jr. Day

January 26 –

Life Center Theatre presents *Every Last Dime*

Co-sponsored by Horizon's Restaurant

February 18 – Closed – Presidents Day

Snapshots

2018 Senior Expo



*"Just Friends"
Halloween
Winners*



*2018 Gala, Janice
Ancrum and Don Harley
and Auctioneer Bradley
Bean with guests*



*"ADHC
Club
Members"
Halloween
Jack o'
Lantern*



*Thanksgiving
Luncheon
~ Thank You
Quality Health
& Community
Hospice*

Lola & Wally



*"Just Friends"
October
Lunch Outing
~ Miss
Carolyn's*

*"Just Friends"
November
Lunch Outing
~ Parkway
Grill*



*"Just Friends"
Field Trip To
Fernandina
Beach
Municipal
Airport*