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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 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
Advocate Home Healthcare – Debra Jean Landolfi
Case Management – Fran Hidden
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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
Case Management – Sue VanZant
Nutrition/Meal Programs and Activities – Frances Nobles

NassauTRANSIT

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

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A Message from our President & CEO

One of the basic needs of human survival is food. Across Northeast Florida, approximately 330,000 people are food insecure, which means they do not know where their next meal is coming from. Approximately 15 percent of them are age 60 and above. In Nassau County, that percentage is double. In our own backyard, people – especially seniors – do not have enough food to live a happy, healthy life.

As you'll read in this issue, Nassau County Council on Aging (NCCOA) is a leader in combatting food insecurity for our seniors. This vulnerable population deserves nutritious food – at the very least. One of our main goals is to ensure this all-important relief for seniors who constantly ask themselves the same question, “Where will I get my next meal?”

NCCOA's commitment is to provide real-time food insecurity-related solutions for Nassau County seniors. Our *Meals on Wheels (MOW)* program is about to enter a new phase with the purchase of two MOW delivery trucks, complete with a warmer and refrigeration. In 2019, our MOW, Soup Train and congregate meals program provided 32,598 meals, representing hundreds of seniors who were able to sustain themselves with balanced nutritious meals. Beginning later this year, our MOW trucks will broaden our ability to deliver even more meals to low-income seniors and veterans throughout Nassau County. Of course, until then our current MOW drivers and volunteers will continue to deliver meals to needy seniors.

A newly formed committee – comprised of local experts from the food service industry – is busy working on recommendations for NCCOA's Nutrition Support Program. In addition to our MOW delivery trucks, we will soon have our commercial kitchen fully operational. Our goal is to prepare meals in our own kitchen at the Fernandina Beach Life Center and deliver them from our “home” at 1901 Island Walk Way to yours. We'll keep you posted on our progress.

In the meantime, support is critical to make sure food insecurity for our seniors is part of our past. Assistance comes in many forms. Volunteer MOW drivers are always in demand. We are currently looking for food service industry experts to serve on our Nutrition Support Program Committee. And we always welcome financial support – <https://www.nassaucountycouncilonaging.org/donate/supportourseniors/>

Ending food insecurity for Nassau County seniors will not happen overnight. But, together we can vow to end senior hunger.

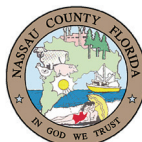
With thanks,

Janice Ancrum
President & CEO

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About 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 rent (maximum occupancy 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, Fall Prevention 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**

ADVOCATE HOME HEALTHCARE

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

Contact: **Advocate Home Healthcare, 904-775-5499 or advocatehomehealthcare@nassaucountycoa.org**

PUBLIC TRANSPORTATION – NASSAUTRANSIT

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 Delivers (More Meals) to Nassau County Seniors

Nassau County Council on Aging (NCCOA) is well aware of the issues facing seniors and is taking crucial steps to minimize the negative effects of food insecurity. In 2019 alone, NCCOA provided 32,598 meals to seniors through *Meals on Wheels* (MOW) and other programs. MOW not only delivers nutritious meals to help combat food insecurity, but through the delivery process enables NCCOA volunteers to visit with the seniors they serve. We even deliver *Meals on Wheels for Pets* after learning that seniors were sharing meals with their cats and dogs; now pet food is included in the deliveries for seniors' canine and feline companions. Some of our MOW volunteers have been delivering meals to Nassau County seniors (and their pets) for more than 20 years.

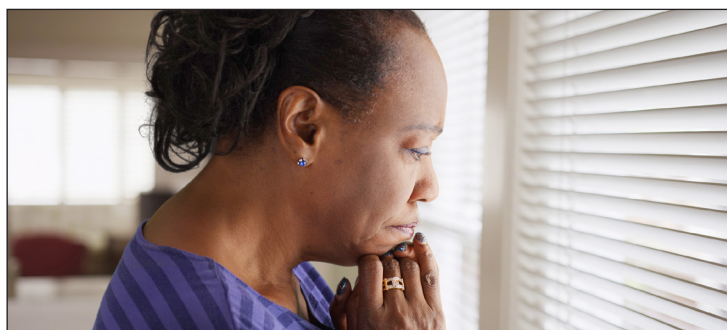
"NCCOA is at the forefront of combatting food insecurity for our seniors," said Janice Ancrum, President & CEO. "At the very least, Nassau County seniors deserve nutritious food...a very basic need we are responding to with local resources and community support."

Last year, NCCOA received a \$296,000 appropriation from the State of Florida to continue this progress in our commercial kitchen, named the Allen and Sharon Lennon Kitchen in honor of the Lennon's generous donation. Championed by Sen. Aaron Bean (R-District 4) and Rep. Cord Byrd (R-District 11), our 2019 appropriation followed additional state-approved funds for a Nutrition Support Program the previous year. In addition to a fully outfitted commercial kitchen, funding has enabled us to purchase MOW delivery trucks and a generator. The generator will provide back-up electricity in the event of any type of disaster (natural or otherwise) to convert the Fernandina Beach Life Center into a disaster response center.

NCCOA's two new MOW trucks – equipped to deliver 100 meals at a time, with built-in warmer and refrigeration – will provide food delivery to an increased number of low-income seniors and veterans in Nassau County (expected arrival in Spring 2020 with scheduled meal deliveries beginning later this year; in the meantime, our regular MOW volunteers will continue to deliver meals).

"With the addition of *Meals on Wheels* food delivery trucks, as well as existing congregate meals at both Fernandina Beach and Hilliard Life Centers, our ultimate goal is to eliminate the waiting list for seniors," Ancrum said.

NCCOA has created a special group – the Nutrition Program Support Committee – comprised of local experts from the food service industry, to conduct a feasibility study on the most effective and efficient way to operate and support the program. The committee is gathering data on the details of centralized county-wide meal delivery where NCCOA would prepare fresh meals from the commercial kitchen; the program would be supervised



by a licensed dietitian.

"As always, we are so thankful for the diverse expertise and unwavering support from Nassau County," Ancrum said. "Following the results of the feasibility study, we'll have a game plan for our Nutrition Support Program. Of course, community resources – human and financial – will continue to be a priority as our senior population increases."

In Florida, Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, participation rates are low among seniors. Only 53% of all eligible seniors in Florida participate in the SNAP program. Because of stigma, guilt, a challenging application process and limited transportation, seniors are missing an opportunity to receive a benefit provided by the Federal government. SNAP assistance and education are available at the Fernandina Beach Life Center through a volunteer well-versed in the SNAP process. To schedule an appointment, contact NCCOA at 904-261-0701; appointments are available on Tuesdays and Wednesdays from 9 a.m. – 12 noon.

"Education on the importance of healthy food options and good nutrition is the cornerstone of our effort to improve the level of food security in our community," Ancrum said. By offering educational programs through NCCOA's Life Centers about food – healthy options, dietary requirements, appropriate caloric measures – seniors experience the health benefits of what our community and local economy can offer – access to nutritional food and support from caring neighbors.

How you can help Nassau County Seniors

- Volunteer as a MOW driver
- Become a member of NCCOA's Nutrition Program Support Committee – especially if you have experience in the food service industry
- Donate to our efforts to make senior food insecurity a part of Nassau County history – <https://www.nassaucountycouncilonaging.org/donate/supportourseniors/>

Growing Number of Seniors Face Food Insecurity

BY KAREN A. ZURLO, PhD

What is the difference between hunger and food insecurity? Many people confuse these two concepts and are not aware they are different. The U.S. Department of Agriculture defines food insecurity as a lack of consistent access to enough food for an active, healthy life. This definition implies a lack of resources for obtaining food at the household level. Yet, hunger is distinct. Have you ever felt hungry? Hunger refers to a personal, physical sensation of discomfort. Although these concepts are different, they have similar, negative health and economic effects on individuals, communities and society, in general.

In Our Own Backyard

With the number of adults age 65 and older in the U.S. expected to increase from 56 million in 2020 to 73.1 million in 2030, older adults experiencing hunger and living in food insecure households will simultaneously increase, while unique sectors of society will be adversely affected. Racial and ethnic minorities experience a greater prevalence of food insecurity than non-Hispanic Whites. Additionally, low-income couples and older adults living alone are more likely to be food insecure than their counterparts. The confluence of these factors presents challenging circumstances to a concerned community.

Across Northeast Florida, approximately 330,000 people are food insecure, which means they do not know where their next meal is coming from. About 15 percent of them are age 60 and above. In Nassau County, that percentage is double. Senior hunger due to food insecurity is prevalent in our own backyard.

Related to Access and Public Health

Many people do not have the resources to meet their basic needs, which increases a family's risk of food insecurity. Though food insecurity is closely related to poverty, all people living below the poverty line do not experience food insecurity. Food insecurity is a social and economic condition where access to food is limited for a variety of reasons.

Food insecurity is also a barrier to public health. Among the senior population, food insecurity is associated with increased risk of developing negative health conditions, such as diabetes, high blood pressure and asthma. Food-insecure seniors are 53% more likely to report a heart attack, 52% more likely to develop asthma and 40% more likely to report an experience of congestive heart failure. Moreover, 22% of seniors are more likely to have limited ADLs (Activities of Daily Living), which are fundamental activities that include walking, eating,



and dressing, bathing, toileting and transferring.

Help Through SNAP

By gaining access to the Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, seniors receive a benefit that could have a significant impact on their health and well-being. Some research indicates that SNAP participants have better physical health outcomes, are less depressed and have a longer life expectancy than eligible seniors who do not participate in the program. It is also noted that Federal SNAP dollars can improve the local economy through the assistance that is provided to seniors for the purchase of food.

The co-occurrence of food insecurity, chronic conditions and limited functional abilities occurs in households where there is a shift away from eating healthy, more expensive nutritious foods and a shift toward purchasing cheaper, processed foods that are low in nutrients and high in calories. Moreover, seniors with limited incomes often have large out-of-pocket expenses for medications and general medical expenditures. This limits their disposable income that can be used to purchase food. Despite the national discourse on innovative programs and services that address food insecurity in America among older adults, there has been little improvement in the national experience of many seniors.

Sources:

U.S. Census Bureau, U.S. Department of Agriculture and J.D. Wright.

Karen Zurlo, PhD,
Associate Professor,
Rutgers University



Falls: NOT a Normal Part of Aging

According to the CDC, each year the U.S. spends approximately \$50 billion on non-fatal fall injuries and close to \$754 million on fatal falls. The State of Florida alone spends roughly \$4.6 billion each year in costs related to falls. The Florida Department of Health reports that each week Floridians age 65 and over make more than 3,000 emergency room visits resulting in almost 980 hospitalizations and 50 deaths due to injuries from falls. Nationally, one out of every four people age 65 and older has fallen.

Other important fall-related information:

- One out of every five falls results in serious injury such as a broken bone or a head injury.
- Falls are the number one cause of injury/death in adults over 65.
- Falling one time doubles your chance of falling again.
- Falls can result in physical injuries, as well as a loss of confidence, and a reduction of physical activity and community participation.

These statistics are not meant to scare you but inform you. Falls are not a normal part of aging! Here are some steps to lessen your chance of falling:

- Speak with your doctor about health concerns and speak with your pharmacist about medications.

Advocate for your health! Communicate your needs to



those who care about you.

- Exercise and move to improve your balance and strength. Find an activity you enjoy and stick with it. As the saying goes, "Use it or lose it!"
- Have your eyes, ears and feet checked regularly. Your vision changes over time, affecting your ability to see fall risks.
- Hearing and balance are linked in your inner ear and may affect safety.
- Proper footwear and healthy feet are important to provide the best connection to the ground beneath you.

Through a partnership with Baptist Medical Center Nassau, a Fall Prevention Case Manager position has been established at Nassau County Council on Aging (NCCOA) to provide information and resources to seniors in Nassau County. Laura O'Reilly is NCCOA's Fall Prevention Case Manager, and she holds a certification from Age Safe America as a Senior Home Safety Specialist. Laura also has a bachelor's degree in Gerontology and Aging Studies. Her goal is to help you age in place, keeping you safe and independent. She is available to visit you in your home and perform a non-clinical personal home assessment, discuss fall prevention tips and recommend community resources. This service is at no cost to you and can be scheduled at your convenience. Please contact Laura at loreilly@nassaucountycoa.org or 904-775-5529 to answer your questions and schedule a visit.

Remember...Falls are not a normal part of the aging process. Protect yourself from this all-too-common occurrence.

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Laura O'Reilly is NCCOA's Fall Prevention Case Manager



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The SECURE Act: How Did It Change Charitable Giving?

SOURCE: *The Stelter Company*

The Setting Every Community Up for Retirement Enhancement (SECURE) Act was enacted Jan. 1, 2020. This legislation marks the most significant changes to retirement security since the Pension Protection Act of 2006.

Here's a summary of what changed, what stayed the same, and what it means for those planning for retirement and those who have retired.

What Changed

1. You can contribute to your IRA longer. You can now contribute to your IRA past the age of 70½, allowing you more time to save.

2. The required minimum distribution (RMD) age changed. The SECURE Act changed the age at which you must start taking RMDs from your retirement account from 70½ to 72. This change gives your account additional time to grow. (Notably, for those born BEFORE July 1, 1949, the previous rules apply. Donors who turned 70½ in 2019 or earlier will have to continue to take required minimum distributions.)

3. IRA rules changed for most non-spousal beneficiaries. If you name someone other than your spouse as the beneficiary of your IRA, they now have to withdraw the entire amount within 10 years (previously, they could stretch this over their lifetime). The law takes effect for deaths of IRA owners after Dec. 31, 2019, so IRAs inherited before then still benefit from prior law.

What Stayed the Same

1. You can still withdraw funds starting at age 59½ with no penalty. You can still access your retirement savings prior to 59½, but there is a 10% early penalty withdrawal. The new law allows for an aggregate amount of \$5,000 to be distributed from a retirement plan without a 10% penalty in the event of a qualified birth or adoption.

2. Spouses can still take distributions throughout their lifetime. When you name your spouse as the beneficiary of your IRA, they can continue to take distributions from the account throughout their lifetime.

3. IRA owners age 70½ and older can still make qualified charitable distributions (QCDs) to qualified charities.

What It Means for Charitable Giving

1. More interest in testamentary life income gifts. Donors may not want their non-spousal beneficiaries to receive their IRA proceeds within 10 years. A testamentary charitable gift annuity (CGA) or a testamentary charitable remainder trust (CRT) may be a solution. An individual can name a CGA or a CRT as a beneficiary. The IRA proceeds will then be used to fund a testamentary



CGA or CRT.

With a CRT, for example, not only is this a great tax strategy, but the non-charitable beneficiaries would receive payments from the CRT over one or more lives or a term of up to 20 years from the trust. At the end of the term, the remainder will go to one or more charitable organizations or to a donor advised fund.

2. For donors between ages 70½ and 72: Donors don't have to wait to make their QCDs until age 72. By starting at 70½, they can make a difference today, while receiving benefits in return.

These benefits include:

- The gift not counting as income, so donors benefit whether or not they itemize their taxes.

- The opportunity to leverage the most highly taxed assets. When IRAs are passed to loved ones, distributions from these accounts are subject to income taxes at the beneficiary's ordinary income tax rate, which can be as high as 37%. Rather than leaving these heavily taxed assets to family, donors may consider giving from these accounts now and let the value of other assets grow and eventually pass to loved ones.

3. Larger retirement plan account balances. Donors can now save and contribute to their retirement accounts for a longer period of time.

Next Steps

If you have questions about the impact the SECURE Act will have on your retirement plans, we suggest making an appointment with your financial advisor. The advisor can review your plans (including your beneficiary designation) and ensure that your wishes are documented.

Wallace Bennett, NCCOA
Development Director



Planning an Event?

Come to 1901 Island Walk Way!

Our home at 1901 Island Walk Way features rental space 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/memorial services, training sessions, film screenings, etc.

Clear Grand Hall	2,240 square feet	\$150.00/hour
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For more information, contact Melody Dawkins,
Membership & Community Engagement Director,
at 904-775-5477 or mdawkins@nassaucountycoa.org.



Clear Grand Hall



Henderson Hall



Keffer Board Room



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Angelo Fanelli

A portrait of Angelo Fanelli, a man with a beard and mustache, wearing a blue shirt.

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STRESS ... What Stress?!?!?

BY BARBARA BRUCE, Aging Well Facilitator

April has been designated National Stress Awareness Month! This important topic has been the special focus of every April since 1992 to increase public awareness about both the causes and strategies to deal with stress factors encroaching on our lives.

Technically, stress is any outside event that has an effect on body, mind or spirit. So, to put it simply, stress has an effect on most aspects of our health – it is a force to be reckoned with. The next question heard around the world is, “How can I do one more thing? I’m already overwhelmed!” I am suggesting a 3-step program:

STEP 1. Make the strategies listed part of your life-style. Hint: The strategies work better if you actually do them – even just one of them at a time.

Tried and True Strategies to Deal with Stress

- Be still and breathe deeply – deep breathing is a quick and easy way to minimize stress.
- Listen to your favorite music and sing along!
- Give your cape away. “NO” is a complete sentence; the world will not stop spinning.
- Whine. Throw yourself a “pity party” - stamp your feet - punch a pillow - then move on.



- Take a bubble bath (the bubbles are important).
- Declutter. Clear space is soothing – admire and applaud yourself.
- Meditate or pray – the silence is soothing.
- Create white space. Do only what you want to do – especially if it is doing nothing.

- Keep a Gratitude Journal...write 3 things you are grateful for every day.
- Talk with a trusted friend (one who loves you “warts and all”).
- Laugh every day...laughter produces positive endorphins – good stuff.

STEP 2. Look through this issue of *Senior Life* to find a class (or 2 or 6) that will help you relax. Make wise choices from a whole range of games, wellness training, arts and crafts, etc. Being with like-minded people brings good vibes and helps re-focus.

STEP 3. Give yourself permission to take time for you. YOU (and your health) ARE WORTH IT!!!

Barbara Bruce, MS,
Aging Well Facilitator



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Class Listings

Complete descriptions, new classes and registration are available at www.MyActiveCenter.com

Classes booked on MyActiveCenter.com are reserved but not confirmed. To confirm your reservation, payment must be made prior to the day of the class (if still available).

Monthly calendars are available at www.nassaucountycoa.org

Please register for classes; if cancellations occur due to unforeseen circumstances all registered participants will be notified.



Arts, Crafts & Hobbies

Sample pictures are available on our Nassau County Council on Aging Facebook event page.

Needlepoint

Patti Boxler, Hobbyist

Apr 2, 9, 16, 23, Thu, 9:00–10:30 am ★ Member: \$15 Non-Member: \$20 (Series of 4 classes)

Learn basic needlepoint stitches such as Continental and basket weave. Each student will make a coaster with a design. Supplies included.

Art with Susi – Alcohol Ink on Photo Paper

Susi Sax, Mixed-Media Artist

Apr 2, Thu, 12:30–2:00 pm ★ Member: \$15 Non-Member: \$20

Learn to control alcohol inks with free-form results to create an underwater scene on photo paper. Supplies provided.

Flamingo Dance in Watercolor

B. Elliott, Hooked by Faith, Artist

Apr 6, Mon, 3:00–5:00 pm ★ Member: \$15 Non-Member: \$20

Create a beautiful painting on watercolor paper of whimsical flamingos. Make your own 9x12 creation with a flamingo representing each member of your family...your "flock!" Supplies provided.

Beginning Continental Knitting

Nancy Bullen, Volunteer

Apr 6–May 11, Mon, 10:00–11:00 am ★ (Series of 6 Classes) Member: \$15 Non-Member: \$20

Learn how to knit using the Continental method, a faster technique which requires less hand movement (great for people with arthritis). Make a great beginner project. Yarn and knitting needles provided.

Drawing Workshop

Ann Freeman, Volunteer

Apr 7–May 12, Every Tue, 10:00 am–12:00 pm ★ (Series of 6 Classes): Member: \$20 Non-Member: \$30

Discover the art of careful observation inspired by nature and found objects. Enhance your understanding of shape, texture, shadow, light and composition. All experience levels welcome. Each week bring a subject of your choice. Bring your own materials, such as pencil, ebony, graphite sticks, colored pencils, etc.

Wood Burning

B. Elliott, Hooked by Faith, Artist

Apr 13, Mon, 3:00–5:00 pm ★ Member: \$15 Non-Member: \$20

Craft a custom wood piece of your choice. The class will provide the wood cigar box and equipment. You may customize your creation by bringing a cutting board, serving tray or any other wood item.

MajicMixx – Fluid Art – Sunset

Christy Hickey, Artist/Crafter

Apr 16, Thu, 2:00–3:30 pm ★ Member: \$15 Non-Member: \$20

Learn a new technique creating a beach sunset using the swipe method. No experience necessary. All supplies included.

Ready Set SEW

Chris Morrelli, Professional Seamstress

Participants are required to bring their own sewing machine for Beginner (B) and Advanced (A) classes. Patterns will be provided or alternate patterns can be used. Please refer to our Facebook page (Nassau County Council on Aging) under Events to see a picture of the pattern. Limited to 10 participants.

Ready Set SEW – B1 – Getting to Know Your Machine

Apr 18, Sat, 9:00–10:30 am ★ Member: \$15 Non-Member: \$20

Learn basic sewing terminology and how to read a pattern, and practice stitching while making a decorative pillow.

Ready Set SEW – A1 – Alterations & Hemming

Apr 18, Sat, 10:30 am–12:00 pm ★ Member: \$15

Non-Member: \$20

Everyone has something that can use an alteration; if you don't, check with a friend! We will be learning how to make minor alterations and hem a garment.

Ready Set SEW – A2 – Jacket and Blouse Alterations

Apr 25, Sat, 10:30 am–12:00 pm ★ Member: \$15

Non-Member: \$20

Make alterations to an unlined jacket or a blouse.

Ready Set SEW – B2 – Mothers Day Gift Project

Apr 25, Sat, 9:00–10:30 am ★ Member: \$15 Non-Member: \$20

Use a pattern supplied by the instructor to make a bag or bring a simple pattern of your own. Bring one yard of your choice of fabric for the instructor's pattern; if you chose to bring your own pattern check the yardage.

Ready Set SEW – B3 – Beach Cover-Up

Jun 20, Sat, 9:00–10:30 am ★ Member: \$15 Non-Member: \$20

Use a pattern supplied by the instructor to make a beach cover-up or bring a simple beach cover-up pattern and one yard of fabric (unless your pattern calls for more).

Ready Set SEW – B4 – Baby Blanket

Jun 27, Sat, 9:00–10:30 am ★ Member: \$15 Non-Member: \$20

Use a pattern supplied by the instructor to make a baby blanket. Bring two yards of fabric (your choice).

Ready Set SEW – A3 – Sleeveless Sundress

Jun 20, Sat, 10:30 am–12:00 pm ★ Member: \$15

Non-Member: \$20

Enjoy the summer with a new sundress. Bring an easy sundress pattern and material.

Ready Set SEW – A4 – Simple Sundress or Top

Jun 27, Sat, 10:30 am–12:00 pm ★ Member: \$15

Non-Member: \$20

Bring a pattern and material for a simple sundress and/or top. If you are bringing a pattern for a top, make it buttonless as we will not cover buttons in this class.

Tiger Watercolor

B. Elliott, Hooked by Faith, Artist

Apr 20, Mon, 3:00–5:00 pm ★ Member: \$15 Non-Member: \$20
Make a pencil and watercolor sketch of a tiger face. Learn the technique of blending and sketching with watercolor using tiny brushes to achieve a realistic furry detail. Supplies provided.

Sail Away with Me Watercolor

B. Elliott, Hooked by Faith, Artist

Apr 27, Mon, 3:00–5:00 pm ★ Member: \$15 Non-Member: \$20
Paint a beautiful sailboat on the coastline with a sunrise or sunset effect. Learn how to use the watercolor wash technique to enhance your painting skills. Supplies provided.

Bling and Go Beading – Memory Wire Bracelets

Kathy Tunnicliff, Experienced Beader

Apr 30, Thu, 10:30 am–12:00 pm ★ Member: \$5 Non-Member: \$10
Bring your own beads to learn how to create your own jewelry. Wire provided. Please refer to our Facebook page (Nassau County Council on Aging) under Events for examples of the jewelry.

Bird on a Wire

B. Elliott, Hooked by Faith, Artist

May 4, Mon, 3:00–5:00 pm ★ Member: \$15 Non-Member: \$20
Experiment with simply drawn character birds that are then colored with watercolor to achieve a whimsical result. Supplies provided.

Art with Susi – Alcohol Ink on Tiles

Susi Sax, Mixed-Media Artist

May 7, Thu, 12:30–2:00 pm ★ Member: \$15 Non-Member: \$20
Learn how to control alcohol inks on tiles with free-form results. Supplies provided.

Beach Signs

B. Elliott, Hooked by Faith, Artist

May 11, Mon, 3:00–5:00 pm ★ Member: \$15 Non-Member: \$20
Make your own beach sign with mixed media, sea shells, tumbled glass turtles and more. Choose your sign color base from blues, greens and reds. A perfect gift or addition to your house or yard. Supplies provided.

Chalk and Watercolor Pelican

B. Elliott, Hooked by Faith, Artist

May 18, Mon, 3:00–5:00 pm ★ Member: \$15 Non-Member: \$20
Learn to use chalk to give a wispy silhouette to a very aggressive pelican! This is a fun technique that is easy to learn. Supplies provided.

MajicMixx – Kiss Pour Art

Christy Hickey, Artist/Crafter

May 21, Thu, 2:00–3:30 pm ★ Member: \$15 Non-Member: \$20
Fluid art – Kiss Pour. Double pours, double the fun. All supplies included.

Bling and Go Beading – Necklace, Earrings, Bracelets

Kathy Tunnicliff, Experienced Beader

May 28, Thu, 1:30–3:00 pm ★ Member: \$5 Non-Member: \$10
Bring your own beads to learn how to create your own jewelry. Wiring and clasps provided. Please refer to our Facebook page (Nassau County Council on Aging) under Events for examples of the jewelry.

Abstract Acrylic Art

B. Elliott, Hooked by Faith, Artist

Jun 1, Mon, 3:00–5:00 pm ★ Member: \$15 Non-Member: \$20
Multi-Generational: On a canvas create scribbles that are blown out with a hand dryer to achieve different effects. An exciting technique for artists of any age. Bring your kids and grandkids! Supplies provided.

Art with Susi – Liquid Acrylic on Canvas

Susi Sax, Mixed-Media Artist

Jun 4, Thu, 12:30–2:00 pm ★ Member: \$15 Non-Member: \$20
Learn how to use liquid acrylic on canvas to create beautiful flowers. Supplies provided.

Animal Line Art Drawing

B. Elliott, Hooked by Faith, Artist

Jun 8, Mon, 3:00–5:00 pm ★ Member: \$15 Non-Member: \$20
Multi-Generational: Learn to draw freehand using a preprinted guide to create a dog, cat, bird, turtle or other animal...the choices are unlimited! Bring your kids and grandkids! Supplies provided.

MajicMixx – Acrylic Pour Fluid Art Clock

Christy Hickey, Artist/Crafter

Jun 18, Thu, 2:00–3:30 pm ★ Member: \$15 Non-Member: \$20
Each participant will create a one-of-a-kind clock using a technique of fluid art - flip cup pour. All supplies included.

Watercolor Splash Nautical Shell

B. Elliott, Hooked by Faith, Artist

Jun 22, Mon, 3:00–5:00 pm ★ Member: \$15 Non-Member: \$20
Multi-Generational: Learn to make a line drawing of the interior of a nautilus shell. Splash with watercolor to create a free-flowing energy. Bring your kids and grandkids! Supplies included.

Pile It On Turtle Sculpture

B. Elliott, Hooked by Faith, Artist

Jun 29, Mon, 3:00–5:00 pm ★ Member: \$15 Non-Member: \$20
Multi-Generational: Create a turtle of your very own on a board of wood and sand. Pile it on by bringing your own trinkets or meaningful objects to add to it. Bring your kids and grandkids! Basic supplies provided.



Cards & Games

Canasta Open Play with Instruction

Debbie Price, Volunteer, Experienced Canasta Player

Every Tue, 1:00–3:00 pm ★ Member: \$3 Non-Member: \$5
Learn how to play Canasta, along with rules and strategies, with guidance through each concept of the game.

Chess – Multi-Generational Open Play

Tom Rowan, Volunteer and Facilitator & The Youth Chess Club from St. Michael Academy and Fernandina Beach Christian Academy

Every Tue – Apr & May, 3:30–5:00 pm ★ Member: \$3 Non-Member: \$5
Rekindle the fun and friendship of playing on a board rather than on a screen. Learn the game or be challenged by a local experienced youth chess player.

Brain Games

Michelle Dawson, Presented by Community Hospice & Palliative Care

2nd Tue of each month, 9:00–10:00 am ★ FREE
Hangman, Trivia, Finish the Sentence and much more!

Wheel of Fortune

Chasta Moore, Sponsored by Fernandina Beach Rehabilitation and Nursing Center

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 Fernandina Beach Rehabilitation and Nursing Center.

Mahjong – Beginning and Open Play

Candy Shabez, Volunteer Instructor

Every Thu, 9:30–11:30 am ★ Member: \$3 Non-Member: \$5
Perfect for beginners and seasoned players of this popular tile game. The instructor will be available to assist during play. Requires purchase of *Official Standard Hands and Rules Card* from the National Mahjong League or from the instructor for \$8.



Community, Security & Safety

Operation Safe Workshop

FL Dept. of Financial Services, State Attorney's Office,
Nassau County Sheriff's Office

Apr 9, Thu, 10:00 am –12:00 pm ★ FREE

S.A.F.E. (Stop Adult Financial Exploitation) workshop: Be Scam Safe. Have you or someone you've known fallen victim to a scam? Unfortunately, this happens all too often, especially to seniors. You will be educated on different scam categories including telemarketing, mail, internet and repairs. Resources are also provided to help participants avoid identity theft.

Legal: What Happens During Probate

Jan Carver, Elder Law Attorney, Wills, Trusts & Estate Planning

Apr 16, Thu, 4:00–5:00 pm ★ Member: \$5 Non-Member: \$10

Find out what you need to know about how probate works and what steps you can take to make sure your intentions are carried out.

Legal: Is Your Estate in Order?

Jan Carver, Elder Law Attorney, Wills, Trusts & Estate Planning

Apr 30, Thu, 4:00–5:00 pm ★ Member: \$5 Non-Member: \$10

Estate planning can be an emotionally and financially complex task; a well-informed plan can make a big difference in what is left for your loved ones. Learn about basic estate planning techniques.

Legal: Long Term Care Planning

Jan Carver, Elder Law Attorney, Wills, Trusts & Estate Planning

May 14, Thu, 4:00–5:00 pm ★ Member: \$5 Non-Member: \$10

Most of us don't want to think about the day when we can no longer take care of ourselves or when our loved ones can no longer live on their own. Learn how to better prepare yourself should you or your loved one need long term care.

Legal: Types of Guardianship

Jan Carver, Elder Law Attorney, Wills, Trusts & Estate Planning

May 28, Thu, 4:00–5:00 pm ★ Member: \$5 Non-Member: \$10

Guardianship is a legal process used to protect individuals who are unable to care for themselves due to age, incapacity or disability. This discussion will provide an overview of factors to consider.

Legal Chat – Ask a Lawyer

Jacksonville Legal Aid Attorney

1st Thu of the month, 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.

AARP Smart Driver Class

Cindi McDaniel, Volunteer

Apr 25, Sat, 9:00 am–3:30 pm ★ FREE

Designed for drivers 50 and over to enable participants to receive a discount on auto insurance premiums. AARP Certificates \$15 - AARP members and \$20 - non-AARP members.

World Elder Abuse Awareness

Elder Affairs and Nassau County Health Department

Jun 15, Mon, 1:00–5:00 pm ★ FREE

The community is invited to a free Elder Abuse Prevention and Education program to help prevent elder abuse, neglect and exploitation.



Computers & Technology

Using an iPhone and iPad

Marc Williams, Volunteer

Apr 6, 7, 8, Mon, Tue, Wed, 9:30–11:30 am ★ (Series of 3 Classes)
Member: \$15 Non-Member: \$20

Get the most out of your iPhone or iPad, whether you are a newbie or an experienced user. Learn set-up and operation of the device as

well as useful information about some native apps. You will need to know your Apple ID and associated password, as well as the administrative password for your device.

iPhone, iPad and Mac Help Desk

Marc Williams, Volunteer

Apr 14, Tue, 9:00–11:00 am ★ FREE – First Come, First Served

Are you confused about how to use your Apple Mac or want to know how to use more features on your iPhone or iPad? Come to our help sessions and ask an expert. This is not a class setting and is designed for quick show-me/how-to questions.

How to Use Your Android Phone, Tablet or Device

Joe Sproul, Retired Sourcing Engineer, Medtronic

Apr 20, 21, 22, Mon, Tue, Wed, 9:30–11:00 am ★ (Series of 3 Classes)
Member: \$15 Non-Member: \$20

Learn how to get the most out of your Android phone, tablet or device 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 device password.

Fundamentals of Excel for Beginners

Joe Sproul, Retired Sourcing Engineer, Medtronic

Apr 27 & 28, Mon & Tue, 9:30–11:00 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 how to make columns and rows for data entry, create text and number formats on spreadsheets and calculate basic mathematical functions, as well as editing, sorting, filtering and printing skills.

Excel for the Intermediate Level User

Joe Sproul, Retired Sourcing Engineer, Medtronic

May 4, 5, Mon & Tue, 9:00–10:30 am ★ (Series of 2 Classes)
Member: \$10 Non-Member: \$15

You may already be reasonably familiar with Excel, but are you really making the best use of your time? This class will provide the skills needed to enhance your spreadsheets by creating charts, diagrams and pivot tables. You will learn how to manage your data with conditional formatting. You may wish to bring your own laptop.

How to Use Your Android Phone, Tablet or Device

Joe Sproul, Retired Sourcing Engineer, Medtronic

Jun 1, 2, 3, Mon, Tue, Wed, 9:30–11:00 am ★ (Series of 3 Classes)
Member: \$15 Non-Member: \$20

Learn how to get the most out of your Android phone, tablet or device 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 device password.



Fitness & Dance

SilverSneakers Stability and Fall Prevention™

Christy Hickey, Certified SilverSneakers FLEX® Instructor

Every Mon & Fri, 9:00–10:00 am ★ Member: \$3 Non-Member: \$5
(SilverSneakers & Renew Active Members – FREE)

Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.

SilverSneakers EnerChi™

Christy Hickey, Certified SilverSneakers FLEX® Instructor

Every Mon & Wed, 10:30–11:30 am ★ Member: \$3 Non-Member: \$5
(SilverSneakers & Renew Active Members – FREE)

SilverSneakers EnerChi™ combines principles of Tai Chi and Qi-gong and involves slow, focused movements with deep breathing. It can help with the following: decrease stress and depression, expand



aerobic capacity, increase energy and stamina, improve flexibility and balance, prevent falls and develop muscle strength.

SilverSneakers Strength & Balance™

Christy Hickey, Certified SilverSneakers FLEX® Instructor
Every Tue & Thu, 9:00–10:00 am ★ Member: \$3 Non-Member: \$5 (SilverSneakers & Renew Active Members – FREE)
Strength and balance are important in everyday life. This class will help you improve your ability to feel strong and stable. Strength exercises may include lifting hand-held weights, stretching resistive tubing and using your own body's resistance while also employing your core muscles to improve balance and stability.

SilverSneakers Strength & Balance – Chair Based™

Christy Hickey, Certified SilverSneakers FLEX® Instructor
Every Tue & Thu, 10:30–11:30 am ★ Member: \$3 Non-Member: \$5 (SilverSneakers & Renew Active Members – FREE)
This class is the same as Strength & Balance (listed previously) modified with chair exercises.

Tai Chi

Robert Laidlaw, Experienced Tai Chi Instructor
Apr 7, 14, 21, 28, Tue, 12:30–1:30 pm ★ Member: \$3 Non-Member: \$5
Tai Chi is a gentle exercise with many health benefits. Work toward decreased stress, anxiety and depression; improved mood and aerobic capacity; increased energy and stamina; improved flexibility, balance and agility; and improved muscle strength and definition.

Pilates for Beginners

Donna Breeland, Certified Pilates Instructor
Every Tue & Thu, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
Pilates provides a successful formula to help prevent injuries and help the body heal from old and new injuries, surgeries, stroke and the effects of aging. It strengthens weak or injured muscles

and joints without neglecting the body as a whole. Pilates remains gentle on joints to prevent stress, which makes it a perfect form of exercise for a recovering body.

Advanced Strength & Cardio

Janice Clarkson, Certified Yoga Pod Instructor
Every Wed except May 6 and 13, 9:00–10:00 am ★ Member: \$3 Non-Member: \$5 No Reservation - First Come, First Served
This class will focus on total body and core strength while incorporating moderate cardiovascular work. It is the perfect way for active seniors to increase strength and cardio in the same workout. This class combines intense body workout while standing and using a chair that will challenge your balance, coordination and core strength while working up a sweat. Participants must be able to engage in upright activities that require many different systems in the body.

Line Dancing

Kathy Ball, Certified Dance Instructor
Every Thu, 5:30–7:30 pm ★ Member: \$3 Non-Member: \$5
Learn basic line dancing, new line dances and old favorites. A social break during the last 30 minutes allows participants to socialize or work one-on-one with the instructor. Bring finger food to share and drink(s) for yourself.

SilverSneakers Just Dance™

Christy Hickey, Certified SilverSneakers FLEX® Instructor
Every Fri, 10:30–11:30 am ★ Member \$3 Non-Member: \$5 (SilverSneakers & Renew Active Members – FREE)
This fun class uses movements to help improve balance and coordination, reduce stress and boost your overall fitness level. The instructor will provide the music and the how-to for safe, low-impact movements. Simply bring your enthusiasm and a smile. Upbeat, fun and easy to follow – start your day with this class!



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Gardening

Fun with Gardening – Perennials and Native Plants

Rosie Davidson, GA Master Gardener

Apr 20, Mon, 10:00–11:30 am ★ Member: \$10 Non-Member: \$15
Learn what to plant to entice the good insects, butterflies and bees into your garden. Handouts are supplied. There will also be a drawing for plants to take home with you.

Fun with Gardening – Herbs, Vegetables and Fruits

Rosie Davidson, GA Master Gardener

May 18, Mon, 10:00–11:30 am ★ Member: \$10 Non-Member: \$15
Learn what to grow in your garden at this time of the year including herbs, fruits and vegetables. Handouts are supplied. There will be a drawing for seed packets and vegetables to take home.



History, Culture & Travel

Native American Heritage

Peter Mullen, Retired Professor, Florida State College at Jacksonville, GA Historical Society

Why do so many Americans think they have Native American heritage in their family history? The tradition of claiming Native American ancestry continues into the present. Today, more Americans claim descent from at least one Cherokee ancestor than any other Native American tribe. This series will explore the history and culture of native tribes from the beginning of European contact in the 15th century to the present and how they were influenced by the Colonial Spanish, British, French and Americans.

Native American 1: Cherokee Heritage, Blood Quantum & Genealogy

May 5, Tue, 1:30–2:30 pm ★ Member: \$3 Non-Member: \$5
Why have so many Southerners been told they have Cherokee ancestry? What are the possibilities and probabilities of this being true? What can DNA tests tell you about Native American ancestry? Part of the answers is embedded in the tribe's history, its willingness to incorporate outsiders into kinship systems and its wide migrations throughout North America.

Native American 2: Southeast Tribal Influence on the War Between the States

May 19, Tue, 1:30–2:30 pm ★ Member: \$3 Non-Member: \$5
During the American Civil War, Native American tribes had three choices: 1. Fight for the Union, 2. Fight for the Confederacy or 3. Remain neutral. This class will focus on issues related to these choices and how they affected tribal loyalties and politics.

Native American 3: A Tribute to Brigadier General Stand Watie, CSA

Jun 2, Tue, 1:30–2:30 pm ★ Member: \$3 Non-Member: \$5
Stand Watie was born in 1806 near Rome, GA. He was a Cherokee who survived the Trail of Tears in the 1830s and became the only Native American to achieve the rank of general during the Civil War. He was the last Confederate general to surrender on June 23, 1865.

Native American 4: Juan Cavale - Legacy of FL Timucua

Jun 16, Tue, 1:30–2:30 pm ★ Member: \$3 Non-Member: \$5
Juan Alonso Cavale appears to have been the last full-blooded Timucua whose parents were born in Spanish Florida. Spanish census records document Juan married a Yamasse woman named Maria Rosa Culiparca and had two sons. Maria died in March 1765 and Juan died on November 14, 1767 in Cuba, both exiled from their beloved homeland of La Florida.



Language

Spanish – Learn by Immersion

Walter Brandt, Volunteer

Every Tues, 11:00 am–12:30 pm ★ Member: \$3 Non-Member: \$5
Have fun and learn and/or improve your Spanish. The immersion technique is a popular, interactive method of learning another language.



Music

M and M Singers

Mature Methodist Singers, Presented by Memorial United Methodist Church

Apr 6, May 4, Mon, 10:00–10:30 am ★ FREE
Enjoy a performance by this talented local singing group.

Ukulele Instruction and Open Play

Kristen Mandrick, Musician

Every Tue, 10:00–11:00 am ★ Member: \$3 Non-Member: \$5
Must register for each class individually. Designed for beginner players; however, all players are welcome. You must bring a ukulele. One-on-one instruction may be arranged directly with the instructor.

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. Bring a friend. No pressure for you to sing or dance. Just enjoy the entertainment! Bring food or participate in group take-out or delivery. Bring your own beverage.

Music with Tom Sullivan

Tom Sullivan, Musician

Every Wed, 9:00–10:00 am ★ FREE
Listen to and sing along with this local guitarist-soloist as he covers jazz, rock and blues from the 1940s through today.

Music with Terry Murphy

Terry Murphy, Musician

3rd Thu of each month, 9:45–10:45 am ★ FREE
Enjoy a performance and sing along to a variety of music from the 60s and later.

Dan & the Band

Dan Dubberly, Bruce Beville and Dave Truluck, Musicians

1st & 3rd Fri of each month, 9:00–10:00 am ★ FREE
Enjoy Bluegrass, old country and gospel music.

Sing Along with Sal Salgado

Sal Salgado, Musician

Apr 9, May 28, Jun 25, Thu, 10:30–11:30 am ★ FREE
Come and enjoy lively music with Sal.



Photography

Photo 1: Understanding Your Digital Camera

Jimmie Stone, Photographer

Apr 6, Mon, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
Having a new DSLR camera can mean a steep learning curve to master it. Learn the basics of digital cameras, types, format, sensors and many key features.

Photo 2: Intro to Camera Lenses

Jimmie Stone, Photographer

Apr 8, Wed, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
Equally important to understanding your camera is learning about



the types of lenses. This will cover lens types such as wide angle to long telephoto lenses.

Photo 3: The Essentials of Exposure

Jimmie Stone, Photographer

Apr 13, Mon, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
Exposure is the foundation of your future photography. You will learn the three components of exposures and how to use them in everyday photography. A must if you are a beginner.

Photo 4: Metering

Jimmie Stone, Photographer

Apr 15, Wed, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
To meter your camera means to measure the light. Like exposure this is an essential topic if you want to advance in your photography. Learn about types of metering, how to set them and when to use them. Improve your exposure of nature, landscapes and portraits.

Photo 5: Exposure Compensation

Jimmie Stone, Photographer

Apr 20, Mon, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
Although the metering system is very accurate in our cameras, it's not always the correct exposure. Challenging subjects such as white birds, snow, deep shadows and black all benefit from exposure compensation.

Photo 6: Exposure Bracketing

Jimmie Stone, Photographer

Apr 22, Wed, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
There are times in difficult lighting situations when you may want to use exposure bracketing. Learning how to find and use this function may help you get that award-winning shot. Bracketing is also used in High Dynamic Range (HDR) photography for those interested.

Photo 7: Focus Modes and Focus Points

Jimmie Stone, Photographer

Apr 27, Mon, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
Do your shots sometimes seem not as sharp as they should be or are you unable to achieve focus at times? Using the proper focus mode and number of focus points can dramatically improve the quality of your images in wildlife, sports action, landscapes and virtually every type of photography.

Photo 8: ISO - When and How to Adjust It

Jimmie Stone, Photographer

Apr 29, Wed, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
ISO performs similarly to ASA film speeds to brighten or darken an image; however, adding more ISO comes at a cost. Learn when and how to adjust ISO in your photography. AUTO ISO will also be discussed which can greatly help when light conditions change rapidly.

Photo 9: Aperture Priority

Jimmie Stone, Photographer

May 4, Mon, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
Now that you have a foundation of skills and knowledge of camera basics, it's time to get creative. In this class you will learn about the f-stop scale and how it affects depth of field (DOF). This is essential for portraits where you want a narrow DOF to landscapes that show the vastness of your scene.

Photo 10: Shutter Priority

Jimmie Stone, Photographer

May 6, Wed, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
This lesson will teach you how to freeze or slow the action in your photography. This mode is important for freezing birds in flight or using a long exposure to convey motion. Using Neutral Density (ND) filters as a means to make very long exposures that smooth the water and skies will be covered.

Photo 11: Manual Mode

Jimmie Stone, Photographer

May 11, Mon, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
Learning to use your camera in manual mode gives you absolute freedom to create beautiful images with all the tools learned in the previous classes. This milestone marks a new path: you've joined the ranks of great photographers with this basic skillset. From here, you can continue to learn and hone your skills to achieve true mastery.

Photo 12: Landscape Workshop – Off-Site

Jimmie Stone, Photographer

May 27, Wed, 2:00–5:00 pm ★ Member: \$9 Non-Member: \$12
This class must be prepaid. Class participants will meet at the Fernandina Beach Life Center as usual and then will proceed with the instructor to a location to be determined. This workshop is designed to help you shoot vast landscapes using the tools already learned. A tripod is recommended.

Photo 13: Building and Street Photography – Off-Site

Jimmie Stone, Photographer

Jun 1, Mon, 2:00–5:00 pm ★ Member: \$9 Non-Member: \$12
This class must be prepaid. Class participants will meet at the Fernandina Beach Life Center as usual and then will proceed with the instructor to a location to be determined. We will take our cameras to photograph architecture, structures and people.

Photo 14: Portraiture Workshop

Jimmie Stone, Photographer

Jun 3, Wed, 2:00–5:00 pm ★ Member: \$9 Non-Member: \$12
This workshop will help you visualize lighting and use it to make beautiful portraits. We will use models for portraits, natural light and simple studio lighting.

Photo: HDR - High Dynamic Range

Jimmie Stone, Photographer

Jun 10, 11, 12, Wed-Fri, 2:00–3:00 pm (Series of 3 classes)
★ Member: \$25 Non-Member: \$30
DAY 1 – Create images for your HDR photograph using the bracketing mode on your camera. This is essential in order to capture a fuller dynamic range and a dazzling photograph. Learn about related software programs, both free and for purchase, with recommendations.
DAY 2 – Bring your bracketed images to the computer lab at the Fernandina Beach Life Center. We will be using the EasyHDR software preinstalled on the computer. Learn styles of HDR from high contrast, detailed, to balanced light images. Find the style of HDR photography that suits you and tweak it as your own.
DAY 3 – Workshop continues in the computer lab. If you do not have bracketed photographs loaded, they will be provided on a thumb drive. The instructor will be available for questions and 1:1 help while you create a spectacular image.

Learn more about this class and instructor (Jimmie Stone) at <https://nccoaphotographyclass.com>.



Policy & Government

Great Decisions 7: The Philippines and the U.S.

Apr 14, Tue, 1:30–3:00 pm ★ Member: \$3 Non-Member: \$5

Bob Bolan, PhD, Facilitator

The Philippines has had a special relationship with the United States since the islands were ceded by Spain to the United States after the Spanish-American War at the end of the 19th century. However, since the election of Rodrigo Duterte, the country has pivoted more toward China, and away from the U.S. Duterte has also launched a large-scale war on drugs that many criticize for its brutality. What does the future hold for U.S. relations with the Philippines?

Great Decisions 8: Artificial Intelligence and Data

Apr 28, Tue, 1:30–3:00 pm ★ Member: \$3 Non-Member: \$5

Bob Bolan, PhD, Facilitator

Policymakers in many countries are developing plans and funding research in artificial intelligence (AI). Global growth is slowing, and not surprisingly, many policymakers hope that AI will provide a magic solution. The EU, Brazil, and other Western countries have adopted regulations that grant users greater control over their data and require that firms using AI be transparent about how they use it. Will the U.S. follow suit?

Policy Session 9: Food Insecurity – Think Globally, Act Locally

Bob Bolan, PhD, Facilitator

May 12, Tue, 1:30–3:00 pm ★ Member: \$3 Non-Member: \$5

Food insecurity can be found throughout the world, the United States and even in our local county. This session addresses the extent of food insecurity, progress that has been made in recent years and technologies that promise to continue to close gaps. We will discuss a TED talk that shows the value of delivering meals as compared to providing food.

Policy Session 10: Who's Who in Washington

Bob Bolan, PhD, Facilitator

May 26, Tue, 1:30–3:00 pm ★ Member: \$3 Non-Member: \$5

There are many think tanks, institutes, foundations, PACs, lobbyists, regulators, legislators, PR firms, expert witnesses and others in Washington all of whom seek to influence the requirements that we have to meet in our daily lives. How does this process actually work? We will look at the players and discuss the positions they seek.

Policy Session 11: The Federal Budget – Sustainable?

Bob Bolan, PhD, Facilitator

Jun 9, Tue, 1:30–3:00 pm ★ Member: \$3 Non-Member: \$5

This session will review the current Federal budget, including sources of revenue, expenditures, commitments and the budgeting process. There are several organizations that monitor and recommend policies related to the Federal budget; we will identify and discuss these recommendations. The Constitution assigns the power to appropriate funds to Congress. How does that process actually work these days?

Policy Session 12:

Foreign Trade – A Look at Our Trade Agreements

Bob Bolan, PhD, Facilitator

Jun 23, Tue, 1:30–3:00 pm ★ Member: \$3 Non-Member: \$5

The United States has trade agreements with many countries around the world. Have you ever looked at the various terms and conditions in any of these agreements? There are general terms and some very specific details to favor particular constituencies. Once agreements are in place, there can be questions about compliance. How does this process work? We will discuss the topic generally and the United States-Mexico-Canada Agreement specifically.



Wellness

Like Dark Chocolate: A Little Stress is Good!

Barbara Bruce, Wellness Facilitator

Apr 1, Wed, 1:30–2:30 pm ★ Member: \$3 Non-Member: \$5

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

Love the Skin You Are In

Community Hospice & Palliative Care

Apr 6, Mon, 9:00 am–10:00 am ★ Member: \$3 Non-Member: \$5

The skin is the largest organ of the body. It protects the body from external injury and exposure, prevents dehydration, maintains the body's temperature, synthesizes vitamin D and provides sensory feedback. This class will present how to care for your skin.

The Scoop on Poop

Community Hospice & Palliative Care

May 4, Mon, 9:00 am–10:00 am ★ Member: \$3 Non-Member: \$5

Your bowels communicate. That may sound strange but here's what it means: Signs of everything from disease to stress may show up in your bathroom habits. This abbreviated presentation is about knowing what to look for – and what the signs may mean.

Pet Therapy and Pet Peace of Mind

Community Hospice & Palliative Care

Jun 15, Mon, 11:00 am–1:00 pm ★ Member: \$3 Non-Member: \$5

Statistics show that pet therapy provides patients with numerous psychological benefits, such as reduced stress, increased sensory stimulation, and relaxation and diversion from pain.

Honoring Choices – Lunch & Learn

Cindy Newman, Community Hospice & Palliative Care

Apr 8 or May 6 (Separate Classes), Wed, 11:00 am–1:00 pm ★ Member: \$3 Non-Member: \$5

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 and family members.

Self-Hypnosis: How to Heal Yourself

Carlos Bustabad, Hypnotist

Apr 20, Mon, 2:30–4:00 pm ★ Member: \$3 Non-Member: \$5

Hypnosis is sometimes confused with meditation or other forms of alternative mind-body healing techniques. It can be the best alternative you can use daily to help reduce or even eliminate many of life's challenging issues. Learn how to use self-hypnosis for self-care and healing while engaging in interactive exercises and demonstrations.

Bingocize®

Barbara Baptista, Bingocize® Trained Instructor,
FL Dept. of Health, Nassau County

Apr 30, May 28, Jun 25, Thu, 9:00–10:00 am ★ FREE

This session is a sampling of a nationally recognized 10-week health promotion program which combines a bingo-like game with physical activity and/or health education (fall prevention and nutrition). Classes focus on exercise-only, exercise and falls prevention, or exercise and nutrition. Each unit includes "take home" cards for participants to complete exercises and tasks to reinforce the health education information. Bingocize® is approved by the National Council on Aging as an evidence-based fall prevention program.

Cancer: Not Inevitable But Preventable

Barbara Baptista & Michele Manzie,

FL Dept. of Health, Nassau County

Apr 13, Mon, 9:00–10:00 am ★ FREE

Experts estimate that Americans could avoid up to one third of all cancers by eating healthier, consuming less and moving more. One simple, delicious way to eat healthier is to include cruciferous veggies in your meals or snacks. Updates, demos and trials of other ways and choices to lower the risk of cancer will be discussed.

Stage Hypnosis: Is it Fake, Real or Just Magic?

Carlos Bustabad, Hypnotist

May 11, Mon, 2:30–4:00 pm ★ Member: \$3 Non-Member: \$5

Participants will gain insight into the process of hypnosis used as entertainment in the form of stage hypnosis. This is a fun and interactive program that will bring to life many of the secrets used by stage hypnotists in venues such as cruise ships, corporate meetings and Las Vegas comedy shows.

Dairy Case Dilemma: Is It Really Milk?

Barbara Baptista & Michele Manzie, FL Dept. of Health, Nassau County

May 11, Mon, 9:00–10:00 am ★ FREE

Consumer demand and product innovation have produced tasty milk alternatives – but they've also created confusion and conflict. During this conversation we will discuss the facts about a few products, and participants will receive tips for choosing a plant-based milk beverage. Since we are about to start hurricane season, we will discuss what is safe to eat during power outages and how to exercise in a more confined space. The group will also review the 2020 hurricane season preparedness recommendations. Participants will learn how to sign up for or guide someone who needs a backup shelter due to medical equipment requiring electricity.

The Art and Science of Happiness

Terri Clements Dean, PhD, Clinical Psychologist/Author

May 13, Wed, 1:00–2:30 pm ★ Member: \$3 Non-Member: \$5

We all hope for happiness, but it's often elusive. Learn what psychology and other sciences have recently discovered about the fundamental elements of happiness. Participants will also learn simple, proven tools that can help anyone develop the art of living more joyfully.

Summer Check-Up

Barbara Baptista, FL Dept. of Health, Nassau County

Jun 8, Mon, 9:00–10:00 am ★ FREE

We will discuss how you can fuel your commitment to health goals. Participants will receive an overview of how to prevent dehydration and protect the skin, and sample a recipe for corn on the cob (or corn kibbles for denture use) to surprise your family and friends on the Fourth of July. Leave with some tips on how to walk with ease.

World Elder Abuse Awareness

ElderSource and FL Dept. of Health, Nassau County

Jun 15, Mon, 1:00–5:00 pm ★ FREE

The community is invited to a free Elder Abuse Prevention and Education program to help prevent elder abuse, neglect and exploitation.

Classes booked on MyActiveCenter.com are reserved but not confirmed. To confirm your reservation, payment must be made prior to the day of the class (if still available).

Icons made by Pixel Buddha, Freepik, DinosoftLabs, Smalllikeart, pongsakornRed, ahref, Icon Pond, Roundicons and Pixel perfect from www.flaticon.com

It's Time to Renew... or Join!



Art class with Susi Sax

It's time to start off Spring on the right foot! Your Life Center membership may be up for renewal since many memberships expired on Dec. 31. To renew, stop by the Fernandina Beach Life Center with your payment.

If you are not a member, make the decision to join the Life Center. As a member, you can take advantage of discounted prices on our many classes and events, as well as member-only events and prize drawings.

Annual membership cost is \$100 for an individual, and \$160 for a two-person household. All proceeds help fund Life Center programming.

To join – or for more information on our memberships – contact Melody Dawkins, Membership & Community Engagement Director, at mdawkins@nassaucountycoa.org.

How to Sign up for Classes...

To sign up for classes at the Fernandina Beach Life Center:

- If you have already taken a class, go to MyActiveCenter.com and click "New Users"
 - For Members, use your key tag number
 - For Non-Members, use your 10-digit phone number without hyphens in the key tag number box
- If you are new, contact Melody Dawkins at mdawkins@nassaucountycoa.org with your name, address, phone number(s), email and birth date (for grant reporting only) to register. We will be in touch to confirm.

If you're not able to attend a class, please cancel on MyActiveCenter.com or call the Life Center at 904-261-0701.



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To Schedule an Appointment, or for more information,
contact the Barnabas main office at (904) 261-7000.

Support Groups

▲ Starting Over and 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 it be for divorce, death, depression, job loss, retirement, parenting as a grandparent, etc.

▲ Whispers Laryngectomy Support Group

2nd Monday of each month, 9:30-10:30 am

Contact: Barbara Kent
Bktours@comcast.net

Designed to help people who have had laryngectomies cope with daily challenges, exchange latest information and ideas, and provide support and encouragement for living a fulfilling life.

▲ Hearing Loss Support Group

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

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

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.

▲ SOS Survivors of Suicide Support Group

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

Contact: Bob Bolan
SOSSGAmelia@aol.com

This is an open support group intended for people who have lost a member of their family or a close friend to suicide. For emergency assistance, dial 9-1-1 or the National Suicide Lifeline at 1-800-273-TALK (8255).

▲ Low Vision Support Group

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

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

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

▲ Veterans Support Group (Formerly Coffee with Comrades)

4th Wednesday of each month, 2:00-3:00 pm

Contact: Bob Sullivan,
Nassau County Veterans Service Officer
bsullivan@nassauclerk.com – 904-548-4670

Join a group of veterans for a 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 monthly discussion provides an opportunity for veterans to be heard and receive information. Group-led topics will be featured as well as guest speakers to assist with benefits and other requested topics.

▲ Parkinson's Support Group

2nd Thursday of each month, 4:00-5:00 pm

Contact: Tifini McGill
tifmcgill25@yahoo.com – 904-491-4980

Discussions for people living with Parkinson's disease, including caregivers, spouses and their loved ones.

▲ Caregivers Support Group

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

Contact: Debra Dombkowski, LPN,
Certified Dementia Practitioner
ddombkowski@nassaucountycoa.org
904-775-5480

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.

▲ NAMI Support Group

Every Friday, 11:00 am-12:30 pm

Contact: Nelly Ramos, nells56@comcast.net
904-548-8257

Support group for individuals, family members and friends impacted by mental illness. Offered by the National Alliance on Mental Illness.

Assistance Programs

▲ Assistance Through Government-Subsidized Programs –

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

▲ CHORE (Small Home Repair Program) –

Volunteers help with small home repairs and other assistance (such as 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.

▲ Fall Prevention –

Provides free, non-medical in-home assessments and recommends community resources to help prevent falls for Nassau County seniors. Contact our Fall Prevention Case Manager Laura O'Reilly at loreilly@nassaucountycoa.org or 904-775-5529 for more information.

▲ 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.

▲ 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.

▲ 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.

▲ 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.



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Our commitment to high-quality, advanced medical care has made Baptist Nassau the award-winning hospital it is today. Baptist Nassau is an A-rated hospital and the most preferred health care provider in the region.

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