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NASSAU COUNTY COUNCIL ON AGING

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APRIL/JUNE 2019 SENIOR LIFE **3**

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
Case Management – Fran Hidden
Circle of Friends – Frances Bartelt
CHORE Program – Frances Bartelt
Development – Mary Grace Herrington, CFRE
Electric Assistance/Water Assistance – Wendy Hughes
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Programs and Services – Robin Bogosh
Transportation – Michael Hays
Volunteer Opportunities – Lynne Starling

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: Nassau Transit Website: www.nassautransit.org

Contacts: Michael Hays and Scott Nile

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A Message from our President & CEO

Dear Friends,

What began in 1984 with a single station wagon is now NassauTRANSIT, the public transportation system of Nassau County and an integral component of regional transportation in Northeast Florida. With a current fleet of 22 modern buses – all accessible for passengers with disabilities – NassauTRANSIT connects Hilliard, Callahan, Yulee, Fernandina Beach and Jacksonville with scheduled routes and designated bus stops. And, the Island Hopper provides local transportation around Amelia Island. Our partnership with JTA recently produced Nassau Express Select, an executive-style commuter service between Nassau County and downtown Jacksonville. We are so proud to provide all of these safe, affordable and accessible transportation options for people of all ages in Nassau County. Read more about “Getting Around” in this issue!

Approximately 100 community leaders, friends, neighbors, donors and guests joined us for our 2019 Annual Meeting, and I'd like to share some data on our growth and service throughout Nassau County last year:

- We served more than 4,000 members through Home Health, Transportation, CHORE, Meals, Adult Day HealthCare, Enrichment Classes, Educational Platforms, Support Groups, Volunteerism and other areas – this represents a 45% increase over 2017
- Home Health saw an 18% increase in the hours provided inside seniors' homes, with services such as personal care, respite, bathing, grooming and homemaking – totaling more than 52,000 hours
- NassauTRANSIT's fleet of 23 vehicles – the only mode of public transportation in Nassau County – made more than 55,000 trips throughout the county and into Jacksonville
- Our CHORE program provides small home repairs for seniors so they can safely age in place; last year, our volunteer team provided hundreds of hours on projects such as wheelchair ramps, installation of grab bars, services such as electrical, plumbing, carpentry, etc.
- Meals on Wheels, Soup Train and our congregate meal program provided 33,323 meals to seniors
- Adult Day HealthCare provided more than 10,000 hours of respite care for those suffering with dementia and Alzheimer's – our program continues to be the only one of its kind in Northeast Florida
- Our membership program includes adults of all ages – in the last three months of 2018, 266 individuals purchased memberships and more than 626 people participated in 40+ classes on fitness, health and wellness, music and dancing, arts and crafts, technology, home and garden, and more
- More than 270 volunteers donated 11,066 hours for an in-kind monetary value of \$273,207, representing a 49% increase in volunteers over 2018

It is difficult to fathom how we will raise the bar in 2019 – but I can assure you we are already setting our sights very high. We continue to raise awareness, tell our story even better and help Nassau County become even more of an age-friendly community. We are asking the Florida Legislature to help us expand our Adult Day HealthCare program, as well as hire staff for our commercial kitchen. We are officially launching our own home healthcare agency, Advocate Home Healthcare, in the spring. We are focusing on raising dollars for program operations and our capital campaign. And as always, we encourage YOU to provide feedback on how we can be the very best for our seniors.

I would also like to welcome Lynne Starling to NCCOA as our Volunteer Director. Lynne brings a wealth of expertise and enthusiasm to our team, and she has already hit the ground running with some exciting initiatives. Our volunteers enable us to grow and thrive from year to year, and Lynne is now at the helm of this vital force in our organization.

With appreciation for the past and excitement for the future,

Janice Ancrum
President & CEO

P.S. Check out our upcoming schedule of classes and presentations at 1901 Island Walk Way on pages 12-19!

About the Nassau County Council on Aging



LIFE CENTERS

Our Life Center at 1901 Island Walk Way in Fernandina Beach is open! This 25,752-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. A wide variety of classes, workshops and presentations, 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 Beach and Hilliard Life Centers offer those 60 and older assistance, information and support, in addition to many fun and engaging activities...plus opportunities to socialize, the key to a happy, healthy life. Meeting space is available for rental (maximum occupancy up to 320 persons) at 1901 Island Walk Way for group functions including: weddings and receptions, formal galas, fundraisers, business meetings, church services, repast, training sessions, film screenings, etc.

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

PROGRAMS & SERVICES

NCCOA's Programs & Services Department serves seniors by providing vitally important resources such as Case Management, Nutrition and Adult Day HealthCare (ADHC). NCCOA also partners with local and state-funded programs to assist with home energy crises (EHEAP) and facilitate City of Fernandina Beach Wastewater, Refuse and/or Storm Water Fee Exemption applications and Town of Hilliard Water Bill Assistance for qualified residents.

Case Management - Case managers provide information on resources, programs and services 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 Beach and Hilliard where congregate meals are offered Monday-Friday. They also manage Nassau County's *Meals on Wheels* program where more than 2,200 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 area provides members with non-medical, in-home services related to daily living activities such as personal care, respite, home making and companion services. Certified Nursing Assistants (CNAs) and Home Health Aides may also accompany members to appointments and activities. Members receive a minimum of two hours of care to full 24-hour shifts, depending on the need. Fees for these services are paid via approved Medicaid Long-Term Care (MLTC), pre-qualified state and federal programs, and/or private pay.

Contact: Home Health, 904-515-8460 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 between Hilliard and Fernandina Beach, at River City Marketplace and in downtown Jacksonville. Other routes connect both east and west Nassau with downtown Jacksonville including *Nassau Express Select* morning and afternoon commuter express services in partnership with JTA. The *Island Hopper* bus provides local public transit service around Fernandina Beach from Thursday through Sunday. 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 and vehicles are credentialed to FTA and FDOT requirements, and all vehicles in our fleet are wheelchair accessible.

Contact: NassauTRANSIT
904-261-0700/800-298-9122
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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Making Connections with NassauTRANSIT



In 1984, a single station wagon ferried seniors to and from events and activities at Nassau County Council on Aging (NCCOA). This informal transport soon evolved into the Care-a-Van, a multi-passenger service better equipped to assist seniors with their transportation needs. Today, a fleet of 22 comfortable, modern buses – “Powered by NCCOA” – connects Hilliard, Callahan, Yulee, Fernandina Beach and Jacksonville with scheduled routes and designated bus stops. Complementing the fleet is an island-only connection and an executive-style commuter service to Jacksonville. All of these transportation options are safe, affordable, open to the public, and accessible for passengers with disabilities. This is **NassauTRANSIT**, the public transportation system of **Nassau County** and an integral component of regional transportation in Northeast Florida.

▼ Transit options and flexibility

“We’ve come a long way since the ‘Care-a-Van’ days,” says Mike Hays, Transportation Director, NassauTRANSIT. “Not only are we deeply engrained in the scope and scale of Nassau County, we partner with various local and state agencies to further transportation for people of all ages. That’s key – NassauTRANSIT is for people of every age, not just seniors – and it’s still only \$1.”

NassauTRANSIT offers public transportation to ALL residents of Nassau County, as well as tourists and visitors, and maintains 8 bus stops. Buses run Monday through Friday, 6:30 a.m. to 6:30 p.m. NassauTRANSIT also serves as the county’s paratransit provider for the elderly, ill, disabled or transportation disadvantaged. Those who register for this program and are qualified may schedule door-to-door rides in advance. Forms are available at www.nassautransit.org. Fares for registered passengers are \$2 per boarding or \$4 round trip.

Along with NassauTRANSIT buses, the recognizable **Island Hopper** provides “Hop On, Hop Off” local transportation around Amelia Island. Residents, visitors and tourists alike board the Hopper, Thursday through Monday, including holidays except Thanksgiving and Christmas. The bus makes six loops around the northern half of Amelia Island (starting at Fernandina Beach City Hall), and the fare is only \$1. And for the second year, NassauTRANSIT will be the sole provider of free public transportation at the Isle of Eight Flags Shrimp Festival, May 3-5. Watch for more info on pick-up/drop-off locations.

NCCOA’s partnership with JTA recently produced **Nassau Express Select**, an executive-style commuter service between Nassau County and downtown Jack-



***I love Nassau Express Select.** I’m a full-time student at FSCJ [downtown campus] and I don’t have to worry about traffic. I get two extra hours of study time each day, I can charge my phone, use the free Wi-Fi – and the drivers are really nice.*

Devin Cooper, Yulee

sonville. Buses are equipped with complimentary Wi-Fi and USB charging ports at the seats. Operating Monday through Friday, the bus leaves twice from the Winn-Dixie parking lot in Yulee (96125 Lofton Square Court) at 6:40 a.m. and 7:10 a.m., and returns at 4:45 p.m., 5:15 p.m., and 6:15 p.m. (40-minute ride). Fares for the bus trip are \$3 one-way, \$5 for a one-day pass and \$90 for a 31-day pass; based on income eligibility, residents of Nassau County may qualify for a reduced fare.

▼ A safe, comfortable ride

At NassauTRANSIT, safety is job one. “There’s safety and there’s everything else,” Mike says. “On an annual basis, we are certified by the Florida Department of Transportation and earn Federal Transit Administration (FTA) credentials. Our Bus Operators are trained and retrained in vehicle safety and passenger service.” The average length of service for NassauTRANSIT Bus Operators is 5-6 years.

Vehicles are equipped with video cameras for passenger safety, along with a GPS tracking system to monitor location, speed, timeliness and vehicle efficiency of each route.

“We are always looking out for our passengers, as well as our Bus Operators,” says Mike. “Having a positive NassauTRANSIT experience is tracked from the time we pick you up to the time we drop you off. Customer feedback is constantly gathered and always welcome.”

All vehicles are outfitted with lifts or ramps for accessibility. Bus Operators are also trained to help passen-

gers who may need extra assistance boarding and exiting the bus.

What should a NassauTRANSIT passenger expect? "That's easy...every passenger should be welcomed by a friendly Bus Operator onto a clean and well-maintained vehicle," says Mike. "Your ride should be safe, comfortable and on time. If we do not meet those standards, we count on you to let us know. Likewise, if we meet or exceed those expectations, we count on you let us know."

▼ Community transportation partner

As the State of Florida-designated community transportation coordinator for our county, NassauTRANSIT has partnered with the Nassau County School District and the Florida Department of Health, as well as Barnabas Center, Starting Point Behavioral Healthcare, Salvation Army, Hope House and the YMCA, to meet transportation needs.

NassauTRANSIT is a member of the Partnership for Healthier Nassau Steering Committee, an initiative of the Florida Department of Health. Through this collaborative community-based group, county health and wellness priorities are developed and implemented. These include affordable housing, nutrition programs and child care.

"Transportation plays a huge role in the successful implementation of wellness priorities," says Mike. "You do not have to be transportation- or income-disadvantaged to be challenged in this area. This county is growing exponentially and much-needed resources may become more and more scarce for parents, caregivers and the elderly."

▼ Into the future

NassauTRANSIT is a vital part of a regional transportation system, creating the infrastructure for the next generation of public transportation. For the past few years, Northeast Florida counties have formulated future plans for a regional bus fare system and scheduling, with inter-county connections across the region.

"We've already made great strides in our regional focus with technology through Trapeze, an 'intelligent'



*I'm 91. If it wasn't for NassauTRANSIT I wouldn't be able to come to the Life Center Community Room and be around other people. **NassauTRANSIT is amazing.***

Miss Marge, NCCOA member

transportation management system fully utilized by Nassau, Baker, Clay, Duval, Putnam and St. Johns counties," says Mike. Trapeze enables the counties' public transportation systems to be fully integrated, easy-to-use and designed to provide passengers with optimal service and an improved customer experience.

NassauTRANSIT chaired the Northeast Florida Regional Transit Coordinating Committee (RTCC), the 2018 recipient of the Excellence in Transportation Award presented by the Northeast Florida Regional Council (NEFRC). The award recognizes the collaboration of Northeast Florida public and paratransit agencies to provide an efficient and coordinated public transit system throughout the region.

"This type of recognition is significant," says Mike. "Collaborative teamwork in the area of regional mobility will help ensure that communities – and people – stay connected. At NCCOA and NassauTRANSIT, we've worked this way for years to provide leadership in this important area."

**For more info, visit
www.nassautransit.org or
call (904) 261-0700/(800) 298-9122.**

The Island Hopper is a godsend! I don't drive, and I used to pay a fortune for a cab. Now I can go to the beach or shopping for \$1. Without it, I was kind of stranded downtown where I live.

Joseph McHale, Fernandina Beach



NCCOA Team and Island Hopper, 2018 Shrimp Festival

Give Your Brain a Boost

By Barbara Bruce, MS, Aging Well Facilitator

Your brain is the command post for your entire body. According to a recent study, more people are afraid of getting some form of dementia than of death.

However, what we do know is that we can maintain a great deal of brain health (think “fit and functioning”) by following some important strategies. A large part of these strategies happen within your grasp on this very island at Nassau County Council on Aging (NCCOA).

The new Life Center at 1901 Island Walk Way in Fernandina Beach offers many classes to help adults of all ages be “lifelong learners.” The courses vary to meet the needs and explore the curiosity of most adult learners. Several considerations:

1. Use it or lose it. Your brain thrives on learning and mental challenges. To put this concept in layman’s (mine) terms, your brain essentially learns in one of two ways: 1. Learning more about something you already know strengthens neural pathways; and 2. Learning new information sparks the formation of new dendrites and neurons. “Use it or lose it” does not mean crossword puzzles or Sudoku every day... it means challenging your brain often with

fundamentally new activities. Discover the wealth of classes offered at NCCOA’s Fernandina Beach Life Center and get going. Your brain will appreciate the effort.

2. Your brain thrives on stimulation and interaction. At NCCOA you have the opportunity to develop and maintain stimulating friendships. We are “herd creatures.” We thrive on personal social interaction (as opposed to constant social media and texting). Socialization is the key to a happy, healthy life – especially for seniors.

3. Laughter is the best medicine. Laughter stimulates the body and brain by providing positive endorphins (and it feels so good). And, laughter is often a byproduct of social interaction. Sharing thoughts and ideas in a fun way keeps your brain active.

4. Exercise is necessary for both brain and body, and it is critical to keep fresh blood flowing throughout. There are varied opportunities to exercise both your brain and body. Find one – or two! – that fits your time and ability.

Barbara Bruce, MS, speaks locally and nationally on the many faceted aspects of living fully and celebrating aging. Visit her at agingwellfacilitator.com



Planning an Event? Come to 1901 Island Walk Way!

Clear Grand Hall



Henderson Hall



Keffer Board Room



Our new home at 1901 Island Walk Way is open to the public with more than 100 classes such as *Tai Chi* and *How to Use an iPhone and/or iPad*. We are also proud to announce that newly refurbished rental space is available to the community. An assortment of rooms with maximum occupancy of 320 persons can be rented for a variety of occasions, including holiday parties, weddings and receptions, formal galas, fundraisers, business meetings, church services, repast, training sessions, film screenings, etc.

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

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

My Active Center: Access Course Information Via the Web

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

Class enrollment info:

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

Important reminders...please:

- Arrive 5-10 minutes early for check-in
- Keep in mind that parking may be limited due to



Fun with Gardening: Orchids

other classes and activities

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

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

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Lifelong Learning at The Life Center, 1901 Island Walk Way

Topics to Broaden Your Horizons

◆ Intro to Spanish

Maria Solomon, Spanish as First Language, Volunteer
Tue, Apr 2-May 14, 10:30-11:30 am ★ (Series of 7 Classes)
Member: \$25 Non-Member: \$30

Spanish is one of the most common languages in the world, and it's one that is relatively easy for English speakers to master. Whether you are studying formally or just want to pick up enough Spanish to make your travels more enjoyable, start your journey here!

◆ Lunch and Learn: Honoring Choices

Community Hospice & Palliative Care

Fri, Apr 5, 11 am-12:30 pm ★ Free

Honoring Choices Florida is a community-wide advance care planning program supported by area hospitals and health systems. This presentation provides an overview of the importance of advance care planning for all adults, not just the elderly. We will define advance care planning and offer ways to reflect on your own values, beliefs and experiences in an effort to help you discuss, decide and document your health care preferences for health providers.

◆ Presentation from Our Local Treasure Hunters

Doug Pope, Managing Partner, Amelia Research and Recovery, LLC
Fri, Apr 5, 3:30-5:30 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. The TV show *Expedition Unknown* will be filming Amelia Research and Recovery for a TV documentary in early April.

◆ Nuclear Negotiations: Back to the Future?

Bob Bolan, PhD, Volunteer

Tue, Apr 9, 1:30-3:00 pm ★ Member: \$20 Non-Member: \$30
Great Decisions Course: Participants are encouraged to purchase the *2019 Great Decisions Briefing Book* for \$32.00 online at <http://www.fpa.org>.

Nuclear weapons have not gone away, and the Trump administration has brought a new urgency, if not a new approach, to dealing with them. The President has met with Vladimir Putin as the New Start Treaty with Russia comes up for renewal in 2021, the first presidential summit ever with Kim Jong-un occurred to discuss denuclearizing the Korean Peninsula and President Trump has decertified the Obama nuclear deal with Iran. To what degree should past nuclear talks guide future U.S. nuclear arms control negotiations? Can the art of the deal apply to stabilizing our nuclear future?

◆ Like Dark Chocolate, a Little Stress is Good

Barbara Bruce, Wellness Facilitator; Mind, Body, Spirit

Thur, Apr 11, 10:00-11:00 am ★ Member: \$5 Non-Member: \$10

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

◆ Discover How to Declutter

June Carter, Certified Professional Organizer

Tue, Apr 16, 10:00-11:00 am ★ Member: \$5 Non-Member: \$10

What is too much stuff? We will talk about how to get out from under the stuff and move forward. We will explore how stuff is different for varied people, spaces and circumstances. In addition, we will delve into how you the way you think, live and work is crucial to organizing your stuff, as well as the importance of respecting and addressing

those items that are of emotional importance. Typical organizing issues will be addressed ranging from space flow, paper piles, photographs and supplies.

◆ What Americans Agree on When it Comes to Health

Bob Bolan, PhD, Volunteer

Thur, Apr 18, 10:00-11:30 am ★ Free

TED Talk/Next Avenue Discussion: We may not be as deeply divided as we think – at least when it comes to health, says Rebecca Onie, co-founder of The Health Initiative. In a talk that cuts through the noise, Onie shares research that shows how, even across economic, political and racial divides, Americans agree on what they need to live good lives – and asks both health care providers and patients to focus on what makes us healthy, not what makes us angry.

◆ Team Awareness

Nassau Alcohol Crime Drug Abatement Coalition (NACDAC)

Mon, Apr 29, May 6, 13, 20, 10:00-11:30 am

★ (Series of 4 Classes) Free

This evidence-based program helps identify family, friends or co-workers who may be affected by substance abuse or behavioral health issues. This program helps touch on the motivation for seeking help or encouraging others to seek help. Team Awareness also teaches individuals how to think or evaluate their stressors and how to cope effectively. You will learn healthy alternatives to coping and how to work together as a team to solve problems. Communication is touched on in this program as a critical skill for team problem solving, team building and helping to refer those who may need to seek intervention or treatment. Lastly, this program helps participants be aware of problems in others and effectively use the different skills learned through this class.

◆ Wellness in All Its Dimensions

Bob Bolan, PhD, Volunteer

Tue, May 7, 10:00-11:30 am ★ Member: \$3 Non-Member: \$5

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

◆ 13 Habits of Highly Effective Brains

Barbara Bruce, Wellness Facilitator; Mind, Body, Spirit

Thur, May 9, 10:00-11:00 am ★ Member: \$5 Non-Member: \$10

The human brain is the most amazing organ in the universe. We need our brain to keep us functioning in every aspect of living. There are proven strategies that help keep your brain fit. Come and learn behavioral modifications to maintain the best fitness of your brain.

◆ Staging and Selling the Senior Home

June Carter, Certified Professional Organizer

Tue, May 14, 10:00-11:00 am ★ Member: \$5 Non-Member: \$10

Seniors have a lifetime of items and memories to be reviewed, managed and moved. A combination of decluttering the home and staging it to sell will bring a return on that investment. We will discuss how a team effort and a plan of action is part of the process to sell a senior home. Organizing solutions will be reviewed for the long lived-in home. We will review how the unique needs of an older person living in a house for many years can be a challenge when relocating. Respecting and addressing family treasures and emotional attachments will be discussed.

◆ The Rise of Populism in Europe

Bob Bolan, PhD, Volunteer

Tue, May 14, 1:30-3:00 pm ★ Member: \$20 Non-Member: \$30

Great Decisions Course: Participants are encouraged to purchase the *2019 Great Decisions Briefing Book* for \$32.00 online at <http://www.fpa.org>.

Mass migration, and the problems associated with it, have directly abetted the rise of populist parties in Europe. Opposition to immigration was the prime driver of support for Brexit, it brought a far-right party to the German Bundestag for the first time since the 1950s and propelled Marine Le Pen to win a third of the vote in the French presidential election. In addition to calling for stronger borders, however, these parties are invariably illiberal, anti-American, anti-NATO and pro-Kremlin, making their rise a matter of serious concern for the national security interests of the United States.

◆ **Medication Safety**

Community Hospice & Palliative Care

Fri, Jun 3, 9:00-10:00 am ★ Free

Medication-related errors are the most common type of medical errors. Most are preventable. This program will discuss ways that you can avoid medication errors.

◆ **Nurturing Parenting**

Nassau Alcohol Crime Drug Abatement Coalition (NACDAC)

Mon, Jun 10, 17, Jul 1, 8, 15, 29, Aug 5, 12, 19,
Sep 9, 9:00-10:00 ★ (Series of 10 Classes) Free

This evidence-based program focuses on strengthening parents'/grandparents' nurturing skills. The lessons offered are building trust with your family, basic understanding of what nurturing parenting means, cultural values, spirituality and family, making good choices, growth and development of children, the importance of touch, managing and communicating feelings, managing anger and stress, understanding discipline, rewards and punishments, establishing nurturing parenting routines, celebrations and assessment.

◆ **Decoding USA – China Trade**

Bob Bolan, PhD, Volunteer

Tue, Jun 11, 1:30-3:00 pm ★ Member: \$20 Non-Member: \$30
Great Decision Course: Participants are encouraged to purchase the *2019 Great Decisions Briefing Book* for \$32.00 online at <http://www.fpa.org>.

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

◆ **Discover How to Declutter**

June Carter, Certified Professional Organizer

Tue, Jun 18, 10:00-11:00 am ★ Member: \$5 Non-Member: \$10

What is too much stuff? We will talk about how to get out from under the stuff and move forward. We will explore how stuff is different for varied people, spaces and circumstances. In addition, we will delve into how you the way you think, live and work is crucial to organizing your stuff, as well as the importance of respecting and addressing those items that are of emotional importance. Typical organizing issues will be addressed ranging from space flow, paper piles, photographs and supplies.

◆ **Why the Hospital of the Future Will Be Your Own Home**

Bob Bolan, PhD, Volunteer

Thur, Jun 20, 1:30-3:00 pm ★ Free

TED Talk/Next Avenue Discussion: Nobody likes going to the hospital, whether it's because of the logistical challenges of getting there, the astronomical costs of procedures or the alarming risks of complications such as antibiotic-resistant bacteria. But what if we could get the lifesaving care provided by hospitals in our own homes? Health care futurist Niels van Namen shows how advances in technology are making home care a cheaper, safer and more accessible alternative to hospital stays.

◆ **Cyber Conflict and Geopolitics**

Bob Bolan, PhD, Volunteer

Tue, Jul 9, 1:30-3:00 pm ★ Member: \$20 Non-Member: \$30
Great Decisions Course: Participants are encouraged to purchase

the *2019 Great Decisions Briefing Book* for \$32.00 online at <http://www.fpa.org>

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

◆ **The United States and Mexico: Partnership Tested**

Bob Bolan, PhD, Volunteer

Tue, Aug 13, 1:30-3:00 pm ★ Member: \$20 Non-Member: \$30
Great Decisions Course: Participants are encouraged to purchase the *2019 Great Decisions Briefing Book* for \$32.00 online at <http://www.fpa.org>.

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

◆ **Chinese Folk Art & Religion**

Jim Kemp, MA, East Asian Studies – China

Thur, Fri, Mon, Tue, Apr 4, 5, 8, 9, 8:30-10:30 am

★ (Series of 4 Classes) Members: \$15 Non-Members \$20

Class 1 – Students will view The Month of Hungry Ghosts video from Singapore, an informative and colorful introduction to Chinese Folk Religion. Class 2 – Hands-on experience of printing Chinese talismans from traditional woodblock to make prints. Class 3 – Discussion of Chinese folk deities on scrolls from Chinese temples. Class 4 – Viewing and discussion of the Singapore ghost movie, The Maid. You will be provided all materials for the woodblock printing session to make prints to keep..

Enrichment Classes

Arts & Crafts

◆ **Beginning Continental Knitting**

Nancy Bullen, Volunteer

Tue, Apr 2, 9, 16, 23, 30, 10:00 am-12 noon ★ (Series of 5 Classes)
Member: \$20 Non-Member: \$25

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

◆ **Needlepoint**

Patti Boxler, Volunteer

Tue, Apr 2, 9, 16, 23, 30, 1:00- 2:30 pm

★ (Series of 5 Classes) Member: \$20 Non-Member: \$25

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

◆ **Drawing with Perspective**

Ann Freeman, Art Educator (25+ years)

Wed, Apr 3, 10, 17, 24, May 1, 10:00 am- 12 noon

★ (Series of 5 Classes) Member \$20 Non-Member \$25

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 developed you will have the opportunity to use these principles to create new and exciting art drawings in marker and color. Class is geared for new and returning students.

◆ **Metal Reposée Boxes**

Pipar West, Art Teacher

Sat, Apr 6, 13, 20, 9:00 am- 12:00 pm

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

Repeated due to popular demand, students will use mixed media to decorate the inside and outside of a cigar box. The top of the box will be decorated with a tooled image made of aluminum. Each participant will make his/her own project.

◆ Intermediate Drawing

Libby Chase, Art Instructor

Wed, May 1, 8, 15, 22, 3:00-5:00 pm

★ (Series of 4 Classes) Member \$30 Non-Member \$40

This class employs the elements of art to develop and improve drawing skills using more advanced techniques. Students will work with basic lines using shape, value, texture and space. Subject matter from still life to landscape.

◆ Decorated Melted Record Bowls

Pipar West, Art Teacher

Sat, Jun 1, 9:00-12:00 pm ★ Member: \$10 Non-Member \$15

Students will use colored pencils to decorate a vinyl record that will be melted and shaped into a bowl. BYOR (bring your own 331/3 record) if you would like a specific recording artist on your bowl.

◆ Media & Technique Art Class

Libby Chase, Art Instructor

Wed, Jun 5, 12, 19, 26, 3:00-5:00 pm

★ (Series of 4 Classes) Member \$30 Non-Member \$40

Students will use different types of media from pen and ink, black and white into color, watercolor pencils, color pencils, pastels, color markers and alcohol-infused ink.

Community, Security & Safety

◆ Exploring the Different Organizations within City Government

Dale Martin, Fernandina Beach City Manager

Wed, Apr 3, 10, 17, 24, May 1, 8, 3:00-5:00 pm

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

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 discuss the future of Fernandina Beach? City Manager Dale Martin will share his interests and experi-

ence in the areas of Government Organization, Finance, Operations, Public Safety, Utilities and Enterprise Funds in an informal 6-week course designed to be informative as well as interactive.

◆ AARP Smart Driver Safety Class

Dee Hoerner, AARP Volunteer

Thur & Fri, May 2 & 3, 9:00 am-12:00 pm

★ (Series of 2 Classes) Free

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

◆ How Scammers Have Hit Nassau County

Richard Dodson,

FL Attorney General Seniors vs. Crime Program Manager

Fri, May 17, 10:00-11:00 am ★ FREE

An informative meeting about local fraud and scam cases that Seniors vs. Crime has been involved in throughout Nassau County. This presentation will enlighten you on how to avoid falling victim to scam.

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

Fernandina Beach Fire Department

Tue, May 21, 10:00 am-11:00 am ★ Free

"Hands-only CPR" is CPR (cardiopulmonary resuscitation) without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an "out-of-hospital" setting, such as home, work or outside. The class will teach you this lifesaving technique that could potentially help you save a life.

◆ How Scammers Have Hit Nassau County

Richard Dodson,

FL Attorney General Seniors vs. Crime Program Manager

Fri, Jun 21, 10:00-11:00 am ★ Free

An informative meeting about local fraud and scam cases that Seniors vs. Crime has been involved in throughout Nassau County. This presentation will enlighten you on how to avoid falling victim to scam.

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Computers & Technology

◆ How to Use Windows 10

David Sproul, Island Tech Support

Mon, Wed, Fri, Apr 1, 3, 5, 8, 10, 12, 15, 17, 9:30-11:30 am

★ (Series of 8 Sessions) Member \$25 Non-Member \$30

This introductory class explains all the fundamentals of Windows 10. We will discuss this operating system (OS) including the hardware and other system components, as well as some advanced features.

◆ How to Use Windows 10

David Sproul, Island Tech Support

Mon, Tues, Wed, May 6, 7, 8, 13, 14, 15, 20, 21, 9:30-11:30 am

★ (Series of 8 Sessions) Members: \$25 Non-Member \$30

◆ How to Use Windows 10

David Sproul, Island Tech Support

Tue, Wed, Thur, Jun 4, 5, 6, 11, 12, 13, 18, 19, 9:30- 11:30 am

★ (Series of 8 Sessions) Member: \$25 Non-Member \$30

◆ How to Create Stunning Websites Using Wix

David Sproul, Island Tech Support

Thur, Fri, Apr 4, 5, 11, 12, 18, 19, 25, 26, 4:00- 6:00 pm

★ (Series of 8 Sessions) Member: \$25 Non-Member \$30

Wix and Wix Editor offers a convenient way to create stunning websites. This class will not only help you in creating a website, it will also show you how to make your current site more user-friendly, increase incoming traffic and professionalize your site. Consider this the essential starting kit for anyone interested in a powerful online presence for a business, an organization or even just a personal hobby.

◆ How to Create Stunning Websites Using Wix

Thur, Fri, May 2, 3, 9, 10, 16, 17, 23, 24, 4:00- 6:00 pm

★ (Series of 8 Sessions) Member: \$25 Non-Member \$30

◆ How to Create Stunning Websites Using Wix

Thur, Fri, Jun 6, 7, 13, 14, 20, 21, 27, 28, 4:00- 6:00pm

★ (Series of 8 Sessions) Member: \$25 Non-Member \$30

◆ Facebook 101

Kathryn Bynum, Volunteer

Tue, Apr 5, 12, 19, 26, 11:00 am- 1:00 pm

★ (Series of 4 Classes) Member: \$15 Non-Member: \$20

Learn to set up a Facebook account, post to friends' Facebook walls, and send special messages, post photos, share videos, etc. Become a part of this unique social media community!

◆ How to Use an Android Phone or Tablet

David Sproul, Island Tech Support

Mon, Tue, Wed, Apr 8, 9, 10, 5:00- 6:00 pm

★ (Series of 3 Sessions) Member: \$10 Non-Member: \$15

If you're holding your shiny new Android smartphone or tablet and wondering how to get the most from it, then you've come to the right class. Whether this is your first smartphone, you've just hopped over from an iPhone or you've had a number of Android handsets, we've pulled together some of the best Android tips and tricks to help you get the most from your new phone or tablet. Bring your Android device.

◆ How to Use an Android Phone or Tablet

David Sproul, Island Tech Support

Tue, Wed, Thur, May 7, 8, 9, 5:00- 6:00 pm ★ (Series of 3 Sessions)

Member: \$10 Non-Member: \$15

◆ How to Use an Android Phone or Tablet

David Sproul, Island Tech Support

Mon, Tue, Wed, Jun 24, 25, 26, 5:00– 6:00 pm ★ (Series of 3 Classes)

Member: \$10 Non-Member: \$15

◆ Twitter 101

Ari Sproul, Island Tech Support

Tue, Apr 16, 11:00 am- 1:00 pm ★ Member: \$10 Non-Member: \$15

Learn the basics of Twitter to follow everything from breaking news and entertainment to sports, politics and everyday interests. Then, join the conversation. See what all the buzz is about!

◆ Twitter 101

David Sproul, Island Tech Support

Wed, May 22, 11:00 am- 1:00 pm ★ Member: \$10 Non-Member: \$15

◆ Twitter 101

David Sproul, Island Tech Support

Mon, Jun 17, 11:00 am- 1:00 pm ★ Member: \$10 Non-Member: \$15

◆ How to Use an iPhone and iPad

Marc Williams, Volunteer

Wed, Thur, Fri, Apr 17, 18, 19 – 9:30- 11:30 am

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

Class will cover physical attributes of the phone; an overview of the iOS operating system; basic system navigation and user interface; iCloud and system preference settings; telephone voice operation, networking options (Cellular Data, Wi-Fi, Bluetooth, AirDrop); iCloud; SMS vs. iMessage; strategies for security management; battery life management; system backup and synchronization; software updates; and FindMyiPhone. We 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 to know your Apple ID and associated password, as well as the administrative password for the device. These passwords will not be shared but are needed to access certain features of the Apple devices.

◆ Snapchat 101

Ari Sproul, Island Tech Support

Wed, Apr.17,12:30- 2:30 pm ★ Member: \$10 Non-Member: \$15

Learn to exchange pictures and videos (called snaps) that are meant to disappear after they're viewed. It's like a "new type of camera" because you can take a picture or video, add filters, lenses or other effects and share them with friends. We will show you how.

◆ Snapchat 101

Ari Sproul, Island Tech Support

Wed, May 15, 12:30- 2:30 pm ★ Member: \$10 Non-Member: \$15

◆ Snapchat 101

Ari Sproul, Island Tech Support

Wed, Jun 12, 12:30- 2:30 pm ★ Member: \$10 Non-Member: \$15

◆ How to use Google Home

David Sproul, Island Tech Support

Mon, Apr 22, 10:00 am- 12:00 pm ★ Member: \$5 Non-Member: \$10

Google Home is a Wi-Fi speaker that doubles as a smart home control hub and a personal assistant for the entire family. You can use it to play back entertainment throughout your home, effortlessly manage everyday tasks and ask Google just about anything you want to know. It's essentially Google's version of Amazon's Echo (Alexa). Get answers, play songs, tackle your day, enjoy your entertainment and control your smart home with just your voice.

◆ How to use Google Home

David Sproul, Island Tech Support

Mon, May 27, 10:00 am- 12:00 pm ★ Member: \$5 Non-Member: \$10

◆ How to use Google Home

David Sproul, Island Tech Support

Mon, Jun 24, 10:00 am- 12:00 pm ★ Member: \$5 Non-Member: \$10

◆ How to Use Microsoft PowerPoint

David Sproul, Island Tech Support

Tue, Wed, Thur, Apr 23, 24, 25, 9:30- 11:30 am

★ (Series of 3 Sessions) Member: \$20 Non-Member: \$25

Microsoft PowerPoint is undoubtedly the most popular app used to give presentations. You're likely to see PowerPoint presentations used for everything from the world's largest companies to grade school teachers sharing lessons. In this class, we'll focus on working inside PowerPoint to build a presentation, covering everything you need to get comfortable with the app.

◆ How to Use Microsoft Power Point

David Sproul, Island Tech Support

Mon, Tue, Wed, May, 20, 21, 22, 5:00- 7:00 pm ★ (Series of 3 Sessions) – Member: \$20 Non-Member: \$25

◆ How to Use Microsoft PowerPoint

David Sproul, Island Tech Support

Mon-Tue-Wed, Jun 17, 18, 19, 4:00- 6:00 pm ★ (Series of 3 Classes) Member: \$20 Non-Member: \$25

◆ How to Use Cortana

David Sproul, Island Tech Support

Mon, Apr 29, 10:00 am- 12:00 pm ★ Member: \$5 Non-Member: \$10

Cortana is Microsoft's digital assistant (similar to Google Home or Alexa) which is always at your fingertips, ready to help you find anything on your Windows 10 PC, give you the weather forecast and make sure you don't miss any important dates. Learn how to get Cortana up and running, and make your life easier.

◆ How to Use Cortana

David Sproul, Island Tech Support

Tue, May 28, 10:00 am- 12:00 pm ★ Member: \$5 Non-Member: \$10

◆ How to Use Cortana

David Sproul, Island Tech Support

Tue, Jun 25, 10:00 am- 12:00 pm ★ Member: \$5 Non-Member: \$10

◆ How to Use GrandPad

Tue, Apr 30, 10:00 am- 12:00 pm ★ Member: \$5 Non-Member: \$10

GrandPad is a simple tablet for seniors that enables users to view family photos and videos, call loved ones, send voice mails, play classic games and listen to favorite tunes with the touch of a button to instantly start making and sharing memories.

◆ How to Use GrandPad

Wed, May 29, 10:00 am- 12:00 pm ★ Member: \$10 Non-Member: \$15

◆ How to Use GrandPad

Mon, Jun 10, 10:00 am- 12:00 pm ★ Member: \$10 Non-Member: \$15

Cooking, Home, Gardening & Nutrition

◆ Fun with Gardening: Pizza Gardens

Rosie Davidson, GA Master Gardener

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

This class is hands on; we will be making a pizza garden of herbs to take home. We will be talking about plant selections, potting soils, containers and how to take care of these gardens.

◆ Asian Cooking – Chicken & Peanut Lettuce Wrap

Ying Chao, Volunteer

Tue, May 7, 12:00- 1:00 pm ★ Member: \$8 Non-Member: \$12

Learn to cook healthy Asian dishes!

◆ Fun with Gardening: Camellias and Roses

Rosie Davidson, GA Master Gardener

Wed, May 8, 10:00- 11:30 am ★ Member: \$15 Non-Member: \$20

Learn about the different types of camellias and roses available in our area and how to grow them successfully.

◆ Asian Cooking – Eggroll Dumpling

Ying Chao, Volunteer

Tue, May 14, 12:00- 1:00 pm ★ Member: \$8 Non-Member: \$12

Learn to cook healthy Asian dishes!

◆ Fun with Gardening: Vegetable and Herb Growing

Rosie Davidson, GA Master Gardener

Wed, Jun 12, 10:00- 11:30 am ★ Member: \$15 Non-Member: \$20

Learn about organic vegetable and herb growing, the benefits of raised beds and keeping critters away from your produce.

Dance

◆ Beginning Belly Dancing

Amanda Duncan, Certified Dance Instructor

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

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

◆ Line Dancing

Kathy Ball, Certified Dance Instructor

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

Attend this fun class for basic line dancing instruction plus new line dances and old favorites. A social break is taken during the last 30 minutes to allow participants to socialize with the other students

or work one-on-one with the instructor. Bring finger food to share and drink(s) for yourself.

◆ Happy Tappy Tap Dancing

Maggie Comey, Certified Dance Instructor

Wed, Mar 6, 13, 20, 27, Apr 3, 10, 17, May 8 (Series of 8 Classes)

1:00- 2:00 pm ★ Member: \$25 Non-Member: \$35

Move your feet to the beat and wiggle your toes 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.) Class size limited to 15.

Finance

◆ Extreme Couponing

Chris Vaughan, Volunteer

Every Thur, 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 through couponing. 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 (can be used 6 months past the expiration date).

◆ Lunch & Learn: Investing in Today's Financial Markets

Steve Nicklas, CRPC®,

Financial Advisor/Columnist/Author and Adjunct Instructor

Tues, Apr. 2, 9, 16, 30, 11:00 am- 12:30 pm

★ (Series of 4 Classes) Member: \$15 Non-Member: \$20

This popular adult education class has been offered at FSCJ's Yulee Campus, local businesses and non-profit organizations. More than 1,000 area residents have taken the class which explores and explains the markets, including stocks, bonds, load/no-load mutual funds, fixed and variable annuities, life insurance, IRAs and 401(k)s and financial/retirement planning. Important aspects of the stock and bond markets, including common investment vehicles such as mutual funds, IRAs and annuities, as well as financial and retirement planning, are also covered.

◆ Navigating Through Transitions

Debra Cottle, Seniors Real Estate Specialist

Tue, May 21, 3:00- 4:00 pm ★ Member: \$3 Non-Member: \$5

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!

◆ Investing in Today's Financial Markets

Steve Nicklas, CRPC®,

Financial Advisor/Columnist/Author and Adjunct Instructor

Mon, Jun 3, 10, 17, 24, 5:30- 6:30 pm

★ (Series of 4 Classes) Member: \$15 Non-Members: \$20

This popular adult education class has been offered at FSCJ's Yulee Campus, local businesses and non-profit organizations. More than 1,000 area residents have taken the class which explores and explains the markets, including stocks, bonds, load/no-load mutual funds, fixed and variable annuities, life insurance, IRAs and 401(k)s and financial/retirement planning. Important aspects of the stock and bond markets, including common investment vehicles such as mutual funds, IRAs and annuities, as well as financial and retirement planning, are also covered.

Fitness

◆ Chair Yoga

Janice Clarkson, Certified Yoga Pod Instructor

Every Wed, 9:00-10:00 am ★ Member: \$3 Non-Member: \$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 other yoga classes and can be performed seated in a straight-back chair and standing beside the chair. Chair yoga emphasizes body, mind and breath, as well as promotes strength, range of motion and balance. The movements are uncomplicated and easy to learn.

◆ Gentle Stretch

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

Mon & Fri, Apr – May, 9:30- 10:30 am ★ Member: \$3 Non-Member: \$5

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

◆ Life Fit – April & May (dates follow below)

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

Dates follow below:

APRIL

◆ Life Fit – Tuesdays

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

Tue, Apr 2, 9, 16, 23, 8:30- 9:30 am

★ (Series of 4 Classes) Member: \$15 Non-Member: \$20

◆ Life Fit – Thursdays

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

Thur, Apr 4, 11, 18, 25, 8:30- 9:30 am

★ (Series of 4 Classes) Member: \$15 Non-Member: \$20

◆ Life Fit – Saturdays

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

Sat, Apr 6, 13, 20, 27, 9:30- 10:30 am

★ (Series of 4 Classes) Member: \$15 Non-Member: \$20

MAY

◆ Life Fit – Saturdays

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

Sat, May 4, 11, 18, 25, 9:30- 10:30 am

★ (Series of 4 Classes) Member: \$15 Non-Member: \$20

◆ Life Fit – Tuesdays

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

Tue, May 7, 14, 21, 28, 8:30- 9:30 am

★ (Series of 4 Classes) Member: \$15 Non-Member: \$20

◆ Life Fit – Thursdays

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

Thur, May 9, 16, 23, 30, 8:30- 9:30 am

★ (Series of 4 Classes) Member: \$15 Non-Member: \$20

Health & Wellness

◆ Mindset Coaching

Monica Dubay, Life Coach, Speaker, Author

Tue, Apr 2, 9, 16, 30, May 7, 14, 11:00 am- 12:00 pm

★ (Series of 6 Classes) Member: \$15 Non-Member: \$20

“Mindset Coaching” is a powerful way to enhance your emotional and mental wellbeing. The mindset is the set of beliefs and thoughts you hold about yourself, others and the world. Stress comes from a fixed mindset, and peace comes from a growth mindset. When you challenge yourself toward growth, you experience more inner peace and freedom. Take this class if you would like to learn how to harness the power of your mind and create a shift in your consciousness resulting in more emotional freedom and well-being.

◆ Mindfulness Meditation

Julie Dobinski, MA, Certified Health & Wellness Coach

Every Thur, Apr 4-Jun 27, 10:00- 10:45 am

★ Member: \$3 Non-Member: \$5

Join us for a relaxing and rejuvenating time of meditation practice. Beginners welcome! You will learn techniques for staying in the present moment in order to increase your focus and clarity.

◆ Signs of Opioid Misuse

Northeast Florida Area Health Education Centers (AHEC)

Mon, Apr 15, 9:00- 9:20 am ★ Free

Discussion topics include: Identification of Opioids/Opiates; scope of the opioid epidemic in Florida and the nation; individuals at risk for opioid use disorder; common signs/symptoms of opioid use disorder; and opioid misuse red flags.

◆ Overdose Prevention, Naloxone Use & Florida's Good Samaritan Laws

Northeast Florida Area Health Education Centers (AHEC)

Mon, Apr 15, 9:20- 9:40 am ★ Free

Discussion topics include: Scope of the Opioid problem locally (Nassau County); overdose prevention legislation; Florida 911 Good Samaritan Act; Florida Naloxone Law; harm reduction; what happens in an opioid overdose; risk factors for an overdose; who is at risk for opioid overdose; signs of Opioid overdose; myths of overdose reversal; and responding to an Opioid overdose. Pre/post-assessment requested.

◆ Safe Storage and Disposal of Prescription Drugs

Northeast Florida Area Health Education Centers (AHEC)

Mon, Apr 15, 9:40- 10:00 am ★ Free

Discussion topics include: Prescription responsibility and accountability; ways to store medications safely; and types of materials and methods used to safely dispose of medications. Participants receive a safe disposal product. Pre/post-assessment.

◆ Pet Peace of Mind

Community Hospice & Palliative Care

Mon, May 6, 9:00- 10:00 am ★ Free

Statistics show that pet therapy provides patients with numerous psychological benefits, such as reduced stress, increased sensory stimulation and relaxation, and diversion from pain. Spend some time and discuss this important topic with us.

◆ Chronic Pain Self-Management Program

Northeast Florida Area Health Education Centers (AHEC)

Mon, May 6, 13, 20, Jun 3, 10, 17, 9:30 am- 12:00 pm ★ Free

Participants of this interactive program learn techniques to manage chronic pain, pace activities and rest, evaluate new treatments, and deal with problems such as fatigue, frustration, isolation and poor sleep. Learn healthy eating tips to improve pain management, as well as exercises to maintain and improve strength, flexibility and endurance. You will also receive a copy of the book Living a Healthy Life with Chronic Pain.

◆ Wellness Coaching – Self Compassion

Julie Dobinski, MA, Certified Health & Wellness Coach

Thur, May 9, 11:00 am- 12:00 pm ★ Member: \$5 Non-Member: \$8

Join us to learn new ways of reducing stress from everyday life demands and those we put on ourselves. Learn how to treat yourself like a best friend and why it's important for your health to do so.



◆ **Wellness Coaching – Increase Energy**

Julie Dobinski, MA, Certified Health & Wellness Coach

Thur, Jun 13, 11:00 am- 12:30 pm ★ Member: \$5 Non-Member: \$8

Join us to learn simple daily practices for increasing energy levels throughout the day. Learn about the importance of increasing water consumption and the benefits of taking short naps, along with stretching and breathing exercises in order to increase your vitality.

Games & Cards

◆ **Bingo**

Just Friends Open Group (60 and older) – No reservation necessary
Every Mon, Wed, Fri, 10:00- 11:30 am ★ Free

◆ **Canasta Open Play with Instruction**

Debbie Price, Instructor

Every Tue, 1:00- 3:00 pm ★ Member: \$3 – Non-Member: \$5

Learn the game of Canasta with guidance through each concept of the game, while teaching you the rules and strategies.

◆ **Chess – Multi-Generational Open Play**

Youth Chess Club from St. Michaels and Faith Christian Academy

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

Rekindle the fun and friendship of playing a game on the board rather than a screen. Learn the game of chess or be challenged by a local experienced youth chess player.

◆ **Texas Hold'em Poker**

Chris Vaughan, Certified Poker Dealer

Every Tue, 5:00- 6:30 pm ★ Member: \$3 Non-Member: \$5

30 minutes of instruction – 1 hour practice/play time

Learn how to play the iconic card game, Texas Hold'em Poker. After completing the course, you will be invited to join a newly formed poker league.

◆ **Bingo with Rose**

Just Friends Open Group (60 and older) – No reservation necessary
Every Thur, 9:00- 10:00 am ★ Free

◆ **Wheel of Fortune**

Chasta Moore, Sponsored by Quality Health

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

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

◆ **Jeopardy**

Michelle Shock, Sponsored by VITAS Healthcare

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

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

◆ **Adult Chess**

Walter Brandt, Volunteer

Fri, Apr 5, 12, 19, 26, 3:00- 5:00 pm ★ (Series of 4 Classes) Member: \$10 – Non-Member: \$15

Have you always wanted to play chess? This class is for adults who would like to learn. Chess is the ideal sport for those looking to maintain healthy brains. The game promotes lifelong mental health, critical thinking and strategy.

◆ **Beginning Mahjong**

Wendy Isbell & Candy Shabez, Volunteer Instructors

Tue, Apr 16, 23, 30, May 7, 9:30- 11:30 am

★ Member: \$10 Non-Member: \$15

This is a popular tile game with the goal to remove all of your pieces. The first class will be instructional with the following three classes reserved for practice.

Literary Arts

◆ **Amelia Author Spotlight**

Andrea Patten, Award-winning Author

Wed, Apr 10, 10:00- 11:00 am ★ Free

Are you a writer – or aspiring writer – who's tired of having your brain kick your butt? That's right – until you have a new way to look at it, that Inner Critic can really stop you in your tracks. But what if it's just a misunderstood part of our make-up? What if it's really on your side? Author Andrea Patten has some tips and tricks that can help you move forward in your creative endeavors.

◆ **Amelia Author Spotlight**

Berta Isabel Arias, EdD, Professor Emeritus and Author

Wed, May 8, 10:00- 11:00 am ★ Free

Join Berta, a Cuban-American Amelia Island resident, as she shares her personal history, research and challenges in writing her novel *Mango Rain* (Spanish version *Lluvia de Mango*). She will also discuss her upcoming prequel *Mimi's Path* and sequel *Todos Vuelven*, historical novels of family, love and political upheaval in what has been the Cuban experience in the United States since the Spanish American War.

◆ **Amelia Author Spotlight – Turning Memories into Memoirs**

Dickie Anderson, Author

Wed, Jun 5, 12, 19, 26, 3:00- 4:30 pm.

★ Member: \$20 Non-Member: \$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 class will help you preserve treasured memories. It also covers how to get started and offers writing tips and techniques; it is for experienced and beginning writers. Some word processing skills are required.

◆ **Tom Hitchcock, Amelia Island Author**

Wed, Jun 12, 10:00- 11:00 am ★ Free

Is life a series of ongoing reinventions? Why not? Learn how a former advertising copywriter, a hack (in his words), decided late in life to try his hand at writing novels. The first one came out okay, so he wrote a second, and now is working on a third. *God Only Knows*, his first effort, is an entertaining, irreverent cautionary tale about God's pact with humankind. The second, *Girl in the Painting*, is a murder mystery set on Amelia Island.

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Music

◆ Music Therapy

Carey Barwick, Community Hospice & Palliative Care

Thur, Apr 11, 9:00- 10:00 am ★ Member: \$3 Non-Member: \$5

The benefits of music therapy are well documented for people with a variety of serious, chronic illnesses. Learn more about this expressive therapy, its different varieties and how it can be used to improve physical and mental health.

◆ Ukulele Instruction and Open Play

Kristen Mandrick, Musician

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

Designed for beginner players; however, all players are welcome.

◆ Coffee & Karaoke

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

Every Tue, 10:30 am-12:30 pm ★ Free

Singing makes you feel good, releases endorphins, and exercises your heart and lungs. You never know who you might find performing or how popular you may become in the community if you agree to a Facebook post! 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.

◆ Music with Tom

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

Terry Murphy, Musician

3rd Thur 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.

◆ Music and Stories with David

David Easterly, Musician

Fri, Apr 12, 26, 9:00- 10:00 am ★ Free

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

◆ Guitar – Beginning

Rick Strickland, Musician

Thur, Apr 4, 11, 18, 25, 5:00- 6:00 pm

★ (Series of 4 Classes) Member: \$50 Non-Member: \$60

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

◆ Guitar – Intermediate

Rick Strickland, Musician

Thur, Apr 4, 11, 18, 25, 6:00- 7:00 pm

★ (Series of 4 Classes) Member: \$60 Non-Member: \$70

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

◆ Creative Song Writing

Rick Strickland, Musician

Tue, Apr 2, 9, 16, 23, 5:00- 6:30 pm

★ (Series of 4 Classes) Member: \$60 Non-Member: \$70

A formally signed artist with Lion of Zion Records, Rick will share thoughts and ideas gleaned from 25+ years of songwriting, having personally written over 300 songs. He will cover tools to help aid the process, stir the gift, avoid (if possible) the dreaded songwriters block, as well as how to register and copy write your songs. Rick has also studied extensively the craft of song writing and has personally witnessed the ups and downs of the “business” side of record companies during his years in Nashville, TN.

Photography

◆ Amelia Island Photographers in Focus

Bill Birdsong, Greenway & Small Sculptures Photography

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

◆ Amelia Island Photographers in Focus

Pam Bell, Lifestyle Photography

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

◆ Amelia Island Photographers in Focus

Susan Eason, Portraits with Emotion

Mon, Jun. 3, 5:30- 6:30 pm ★ Member: \$3 Non-Member: \$5

Legal

◆ Legal Chat Presentations

To be announced; topic ideas are welcome to

mdawkins@nassaucountycoa.org



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Assistance Programs

Adult Day HealthCare (ADHC or "The Club") – Offers respite care to families and caregivers of seniors suffering from Alzheimer's and other forms of dementia. Club members enjoy a host of enrichment activities in a safe and secure environment.

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

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

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

Home Health Services – Provides non-medical in-home services to homebound seniors that 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 second and fourth Thursday of every month, 9:30 am-12:30 pm.

Meals on Wheels & Meals on Wheels for Pets are available for homebound seniors. Contact our Geriatric Case Manager Fran Hidden, fhidden@nassaucountycoa.org, for enrollment assistance

or our Nutrition Manager Gina Cox, gcox@nassaucountycoa.org, or 904-261-0701 for more information.

Friendly Visitors spend time with homebound seniors, keeping them in touch with their community. Contact Frances Bartelt, fbartelt@nassaucountycoa.org, or 904-261-0701 for additional information.

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

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.

Transportation: NassauTRANSIT – see pages 8-9.

Support Groups

Starting Over & Reconnecting Support Group

1st Tuesday and 3rd Tuesday of each month, 1:00-3:00 pm

Contact: Greg Hershberger
greg.hershberger@vistas.com

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

NCCOA Low Vision Support Group

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

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

Provides information on adaptive devices and encourage 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

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.

Hearing Loss Support Group

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

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

Group discussions focus on hearing loss, how hearing loss impacts everyday living, your brain and your ability to keep socially engaged and live a fulfilling life.



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How to Do a Skin Cancer Body Check

Every year, about 5 million Americans are treated for skin cancer -- an abnormal growth of skin cells that most often develops on areas exposed to the sun. You can spot early signs by regularly checking your skin for changes.

Everyone is susceptible to skin cancer. However, people who have light skin that burns easily, red hair, and/or blue eyes have a higher risk. Three types of skin cancer account for nearly all cases: basal cell and squamous cell carcinomas and, the most dangerous, melanoma.

Follow the A-B-C-D-E method to help you know when a growth needs to be evaluated by your doctor. Here's what to look for when evaluating skin growths:

Asymmetry:

The two halves of the growth don't match.

Border: The edges are irregular or poorly defined.

Color: You see various shades of tan, brown, black or even white, red or blue.

Diameter: Melanomas are often the size of a pencil eraser or smaller.

Evolving: You spot a growth that's changing in size, shape or color.

To fully examine your body, start by looking straight ahead into a mirror. Check your face and torso. Next, raise your arms to see your right and left sides. Then look at your arms, including underarms, hands and palms. Check the front and back of your legs and feet as well as your soles and between your toes. Use a hand mirror to check the back of your neck. Finally, examine your scalp, parting your hair as you move across your head.

Be sure to have your doctor give your skin the once-over during your annual wellness exam, and see a dermatologist for any suspicious growths.

More information

The American Academy of Dermatology has a video on how to spot skin cancer, along with other information to help you do self-checks.

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/detect/can-you-spot-skin-cancer>

Do you know the ABCDE's of skin cancer?

A - Asymmetrical - Is it a Perfect Circle?

B - Border - Uneven Borders

C - Color - Uneven Color

D - Diameter - Larger than a Pencil Eraser

E - Evolution - Changing



Source: The American Academy of Dermatology



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Stress: Mind Matters

By Janice Clarkson, EdD, LMHC, CAP

What is stress? There are many different definitions, but one I find useful is: Stress is the amount of adaptation that a person has to undergo in response to external and/or internal challenges per unit of time.

A major complicating factor is the time frame. Short-term stress is exciting and positive. It can be thrill-seeking. We experience short-term stress when we push ourselves to be creative in finishing a work assignment, purchasing a volatile stock or doing exercise. This constructive type of stress is short term and voluntary. By contrast, stress that is involuntary and imposed from the outside is destructive.

We tend to react in the short term to real physical threat: for example, a near miss while maneuvering the car in heavy traffic or nearly slipping and then recovering balance on a steep staircase. These are adaptive, positive reactions that are necessary for our survival and evolution. In addition, these short bursts of positive excitation or stress cause a certain set of physical reactions – heart rate increases, breathing quickens, blood pressure may rise, more electrical activity in the brain, an increase in the level of hormones such as cortisol and epinephrine, a general decline in the immune system and so forth. After a few minutes, the body goes through what is called a parasympathetic rebound – that is, when the excitation ends the heart rate slows, muscle tension decreases and blood pressure goes down to compensate for previous elevations. It is important to emphasize that the cycle of short-term stress and relaxation occurs when the source of the stress is immediate, identifiable and resolvable.

Sources of stress that can be destructive to physical and emotional well-being occur when there is no immediate threat, when the threat is not easily identifiable, and when that threat may not be resolved for days, weeks or even years. It does not matter whether or not there is an actual or just a perceived threat to a person's well-being – the biological responses and destructive results are identical.

It may be surprising that a near miss in traffic provokes exactly the same biological response as the threat of a terrorist attack. However, the critical difference is that the thought of a looming attack brings on uncompensated stress. In other words, stress occurs, but the parasympathetic rebound does not. As a result, the physical and emotional responses to the stress tend to escalate. This is a cycle of responding to a situation for which there is no resolution. Without that resolution, physical reactions tend to escalate: heart rate increases, a normal increase in blood pressure changes; muscle tension causes headache; and rapid breathing results in hyperventilation. Clearly the individual has real symptoms without an actual cause.

Our mind-body system is not built to sustain such a high level of alert. Before long it responds with an involuntary rebound in the form of an acute or chronic health problem. At that stage, the body gets to a point where it has to stop



because of exhaustion, headache, insomnia or some other result of destructive stress. No one can sustain the highest levels of alert without consequences. A negative stress reaction is formed and can go on for days, weeks or months, until the effect is cumulative, making us more susceptible to depression, anxiety, heart attack, flu, back pain, intestinal problems and a host of other stress-related disease. These functional diseases indicate that the body has reached its limit.

Options to relieve stress:

Take a walk: It makes you feel better by pumping up your brain's "feel good" receptors, your endorphins. It gives you a feeling of control over your own body and mind...a form of calming meditation in motion.

Disconnect: Disconnect from technology an hour before you go to sleep. The screens of our technology can throw off circadian rhythm and make a good night's sleep impossible.

Breathe: There are a few different techniques for deep breathing, but they all have the same effect; getting a larger than normal volume of air into the lungs and holding it there for a short time. If you are feeling stressed, try this breathing technique:

- Take 5 seconds to slowly inhale a larger-than-normal volume of air.
- Hold it in your lungs for 5 seconds.
- Take 5 seconds to slowly exhale the air.
- Do this 9 more times.

In less than two minutes' time, this exercise can significantly reduce any stress and anxiety you are feeling.

Meet people at the Nassau County Council on Aging: Sometimes a little bit of time with friends and family can be "just what the doctor ordered" when it comes to stress. A little relaxation, laughter and fun can do wonders to relieve your tension and stress. Check out the activities at NCCOA's Fernandina Beach Life Center as there is something for everyone.

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



Giving Matters: Leave a Legacy

By Mary Grace Herrington, CFRE



Bob and Robin Bolan
NCCOA Legacy Society Members

Robin and I have been involved with many worthy causes during our nearly 20 years living here on Amelia Island. We selected Nassau County Council on Aging for our estate donation because it provides such vital services to the largest segment of the population, with almost no unnecessary overhead expenses. Most of our career employment involved social service non-profit work, and now that we are retired we decided to focus our attention where we believe it is most needed, and where demonstrated, high-quality results are apparent. We get a lot of joy and satisfaction when we meet the members who attend and benefit from NCCOA's many services.

Join Bob & Robin – Leave a Legacy for NCCOA Seniors
Find out more at nassaucountycoa.org/plannedgiving

If you hear “planned giving” and think it’s only for people wealthier than you—or that it’s just too confusing—you’re not alone. Planned giving is for people of varied economic statuses, and it doesn’t have to be difficult.

Check out these common planned giving misconceptions and get the answers you need.

#1. Planned gifts are complicated and confusing.

They don’t have to be. There are many types of planned gifts: Most are simple and affordable, like a gift in your will or living trust. You just need to find the one that best meets your needs.

#2. Planned gifts are only for the wealthy.

Anyone can make a planned gift—no matter if your estate is worth \$100 or \$1 million. Gifts of all sizes make a difference at NCCOA. In fact, you may even be able to make a bigger impact than you thought possible when you make a planned gift.

#3. Wills are only for older adults.

Having a plan for the future is important—no matter your age. An estate plan makes your wishes known and provides your loved ones with peace of mind.

By including a gift to Nassau County Council on Aging in your estate plans, you create a legacy of support at NCCOA. We can help you get started. Contact us at development@nassaucountycoa.org or 904-775-5488 for help finding the right gift for you.



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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March 23 – Caregiver Workshop: For Those Caring For Seniors, 1901 Island Walk Way
May 27 – Memorial Day Holiday, Office Closed
September 13 – Senior Expo & Health Fair, Atlantic Rec Center, 2500 Atlantic Avenue
More info, call 904-261-0701



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