

NASSAU COUNTY COUNCIL ON AGING

Senior Life

CELEBRATING HAPPY, HEALTHY LIVES

Introducing...

Advocate Home Healthcare

We're Aging in Place with You

OCTOBER - DECEMBER 2019



NASSAU COUNTY

Council on Aging

SENIORS LIVING HAPPY, HEALTHY LIVES

Inside:
Silver Sneakers™ is here!
100-plus classes
Event space available

We've Moved!



Eternity
FUNERAL HOME AND CREMATORY

www.eternityfuneralhome.com

1890 S. 14th St. Suite 302,
Fernandina Beach, FL 32034
(904) 261-2700



Donna & Rex D. Gill,
Owners



Brian Johnson,
Funeral Director in Charge

***Lowest Prices for cremation
and burial in Nassau County***

NO COST CREMATION OPTIONS
AT NEED CREMATION AND BURIAL SERVICES
PRE-NEED PLANNING

Call for more Information • (904) 261-2700

DAVIS

YULEE



At Davis Chrysler Dodge Jeep Ram, we only hire the most knowledgeable, skilled mechanics and service technicians, so your car repair, service and maintenance can go as smoothly as possible.

- Oil and Filter Change
- Chassis Lube
- Tire Rotation with Brake Inspection
- Tire Wear and Pressure Check



Our parts department is proud to sell genuine Mopar parts and accessories for all Chrysler, Dodge, Jeep and RAM vehicles. Genuine OEM Mopar parts allow your vehicle to perform as well as it did the day you drove it off the lot.

464037 State Rd. 200, Yulee, FL • 904.277.6969

www.daviscdj.com

www.daviscdj.com

DAVIS

YULEE



*"Serving the community
for over 24 Years."
Angelo Fanelli*



Amelia Mobility & Wellness

Give the Gift of Independence!



Come in and see our large selection of sleep & lift chairs, mobility scooters, vehicle lifts, power chairs & stair lifts.

Ask about delivery & installation options.

474274 E State Rd 200, Fernandina Beach, FL 32034 • (904) 261-2111 • ameliamobilitywellness.com

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.

2019 Board of Directors and Officers



Barbara Gingher, Chair
Geoff Clear, Vice Chair
William Gingrich, Treasurer
Carol Cason, Secretary
Bob Bolan, Board Consultant (pro bono)
Tony Baia
Laurie Byrns
Lorie Chism
Tim Eberle
The Honorable Robert M. Foster
Rick Keffer
Susan Milana
Kim Page
Pastor Jeremiah Robinson Jr.
Ken Saitow
Steve Sell
John C. Taylor Jr.
Janice Ancrum, President & CEO

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
Circle of Friends – Frances Bartelt
CHORE Program – Frances Bartelt
Development – Wallace Bennett
Electric Assistance/Water Assistance – Wendy Hughes
Finance – Monika Stamey
Human Resources and Compliance – Don Harley
Memberships, Presentations and Classes,
Room Rentals and *Senior Life* Magazine – Melody Dawkins
Marketing and Communications – Liz Dunn
Nutrition and Meal Programs – Gina Cox
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: NassauTRANSIT Website: www.nassautransit.org
Contacts: Michael Hays and Scott Nile

Pictured on cover: Marlene Spayde (left), Member,
and Denise Chatman, CNA.
Cover and Story Photo Credit:
Jimmie Stone Photography

TABLE OF CONTENTS

About Nassau County Council on Aging

Life Centers, Programs and Services	6
Adult Day HealthCare – “The Club”	6
Advocate Home Health, Transportation - NassauTRANSIT .	6

Featured Stories

With Advocate, We Age in Place With You	8
From the Home Front	11
Non-Profits Working Together	12
We Now Have Silver Sneakers	14
Free Health Screenings	14
Become A Member.	15

Buy Memories	25
Every Body Can Benefit From Yoga	26
Use It or Lose It	27
Alert Nassau	28
Wellness	28
Thanks	30
Mark Your Calendar	15
Upcoming Presentations and Classes	16-24
Support Groups	24
Assistance Programs.	25
Snapshots	31
Planning an Event?	31



A Message from our President & CEO

Dear Friends,

Close to one year ago, Nassau County Council on Aging (NCCOA) launched Advocate Home Healthcare, an independent, not-for-profit home health agency to serve as the umbrella for our in-home services. As a division of NCCOA, Advocate delivers the best services and offers the brightest caregivers for seniors in Nassau County.

Today, quality home health services are more important than ever. In the U.S., seniors are living longer and more active lives. With more than 77 million Baby Boomers turning 65 at a rate of 10,000 per day, the United States is experiencing historic growth in the 65-plus demographic. In a recent survey conducted by the National Association of Area Agencies on Aging (n4a), the National Council on Aging (NCOA) and United Healthcare, a majority of older adults had not changed residences in more than 20 years (58 percent), and 75 percent said they intended to live in their current home for the rest of their lives.

These changing perspectives are pressing communities to think more comprehensively about how seniors view housing, transportation, services, cultural and educational offerings, nutrition and wellness programs. Through our Programs and Services, Adult Day HealthCare, Fernandina Beach and Hilliard Life Centers, Volunteer Program, NassauTRANSIT and Advocate Home Healthcare, NCCOA is staying on track to meet – and exceed – the expectations of Nassau County seniors.

Advocate Home Healthcare services are provided across all populations and needs. We serve Veterans, Medicaid Long Term Care recipients and private pay members, as well as pre-approved state and federal funded services. Our caregivers – Certified Nursing Assistants (CNAs) and Home Health Aides – are trained to provide the best in home care, with kindness and compassion. Advocate is known for our “individualized care” – it’s our source of pride and what sets us apart from other providers. It’s also the foundation of our goal at Advocate: “Aging in place with you.”

Finally, I’d like to share some news with you. NCCOA is partnering with Baptist Health and other local organizations to offer a Fall Prevention Program to Nassau County. According to NCOA, one in four older Americans falls every year, and falls are the leading cause of both fatal and nonfatal injuries for people aged 65+. Proper education can help change this narrative. A case manager will help lead the Fall Prevention Program which will feature classes and workshops, beginning in the next few months. Stay tuned for more information on this new program.

Thank you for your continued support to help our seniors live happy, healthy lives in Nassau County!

Janice Ancrum
President & CEO

Our Funding Partners



Changing
Health Care
for Good.



About the Nassau County Council on Aging



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

LIFE CENTERS

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

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

PROGRAMS & SERVICES

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

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

ADULT DAY HEALTHCARE – “THE CLUB”

The only one of its kind in Northeast Florida, NCCOA's Adult Day HealthCare Program – also known as “The Club” – provides respite for caregivers and offers their loved ones a safe and secure environment. The program, licensed by the State of Florida, specializes in Alzheimer's disease and other related dementias, and offers families an affordable alternative to the rising costs of long-term care. The Club is supervised by a licensed nurse and Certified Dementia Practitioner (CDP).

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

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.

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



ALLIANCE

INTERNAL MEDICINE
& Aesthetics



Catherine Featherston, MD
Sam Featherston, MD

- See a board certified physician at every visit
- Adult Primary Care
- Annual Wellness Exams
- Flu Shots

In Network With:



Call today to schedule an appointment:

(904) 206-9354 or schedule online at:

www.AllianceIMA.com

1001 Atlantic Avenue • Fernandina Beach FL, 32034



Caring
Is what we do best



Community
Hospice & Palliative Care®



**AWARDED BEST QUALITY IN OUR
16-COUNTY REGION**

ADULT AND PEDIATRIC HOSPICE & PALLIATIVE CARE

ADVANCE CARE PLANNING

BEREAVEMENT AND GRIEF SUPPORT

SPECIALIZED CARE FOR VETERANS

FOR MORE INFORMATION

CALL 866.253.6681

OR VISIT COMMUNITYHOSPICE.COM

**Monday is
Senior
Citizen Day**

10% OFF
(excludes discounts and sale items)



Maker's Mark
750 mL
\$24⁹⁹



Wheatley's Vodka
1.75L
\$20⁹⁹



Dewar's
1.75L
\$29⁹⁹



Tito's Vodka
1.75L
\$30⁹⁹



Bacardi Rum
1.75L
\$19⁹⁹
light or dark



Bombay Original Gin
1.75L
\$28⁹⁹

5 POINTS LIQUORS

VOTED BEST LIQUOR STORE 24 YEARS!

2112 S. 8th St. • 261-3640

One Mile Past Intracoastal Bridge on the Right
Locally Owned & Operated

DRIVE THRU SERVICE



Monday-Thursday 8am-11pm • Friday & Saturday 8am-Midnight • Sunday 2pm-10pm



**Crown Plumbing
Services, Inc.**

SERVING NASSAU COUNTY

24-HOUR PROFESSIONAL
RESIDENTIAL & COMMERCIAL SERVICES



Ask for your **10% OFF**
Senior Discount Labor

261-8129

225-2323

www.crownplumbingservices.com



CFC1427610



Individualized Care – Trained Staff – Reliability – Technology



With Advocate, We Age in Place With You

It's true there are many home healthcare agencies in Northeast Florida which serve Nassau County. However, the advent of Advocate Home Healthcare, a division of Nassau County Council on Aging (NCCOA) – formerly Home Health Services – brings together the best services that seniors need and the brightest caregivers that seniors deserve.

Advocate Home Healthcare was born out of a growing need for in-home health care services to support Activities of Daily Living (such as personal care or home-making,) and allow greater access to often-needed rest for the family caregiver.

"Assistance with in-home healthcare offers greater freedom of movement for seniors to do more enjoyable things with their lives," says Debra Jean Landolfi, Director, Advocate Home Healthcare. "Also, a growing number of seniors are not able to maintain large homes, but they want to 'age in place.' In these cases, we can help with light housekeeping, grocery shopping and running errands."

She continues, "Advocate can also support seniors who may need short-term help after a hospital stay and provide assistance with bathing, dressing, medication reminders, meal prep or simply companionship."

Services are provided across all populations and needs. Advocate serves Veterans (through an agreement with the Veterans Administration), Medicaid Long Term Care recipients and private pay members, as well as those through pre-approved state and federal funded programs. "Through Advocate, we can serve more seniors in more locations across Nassau County," Debra Jean says.

"As Florida's senior population grows, Advocate is poised to provide even more needed healthcare services to Nassau County's seniors," says Janice Ancrum, President & CEO, NCCOA. "We have planned our growth according to the needs of our community, considering county population and the home care industry. Given the rising cost of assisted living facilities and the abundance of home health options, more and more seniors are choosing to age in place. Advocate is helping our seniors make the choice that is right for them and their families."

The foundation of Advocate Home Healthcare is Individualized Care, Trained Staff, Reliability and Technology. "These four pillars represent the all-important foundation of everything we do for our members," Debra Jean says.



Miss Shirley's son contacted Advocate for home health services and Chalene, a Home Health Aide, is now providing her personal care. Chalene came to Advocate through a referral from a fellow Aide; we offer a \$50 referral bonus to staff members.

Photo by Jimmie Stone Photography

"Each service we provide is based on these principles – we don't take this responsibility lightly."

Individualized Care – Before Advocate begins providing care, our Registered Nurse conducts an assessment which includes the member's abilities and medications lists. For example, if the member is a fall risk, our RN scans the home for obstacles to a safe living space. If nutrition is deemed an area of focus, the nurse will

discuss the member's ability to prepare healthy choices or recommend that a Home Health Aide assist at mealtime. For mobility issues, grab bars may be recommended to be installed in the bathroom and/or shower. "We are also prepared to communicate with other NCCOA departments if a wheelchair ramp should be considered for safer access to and from the home," Debra Jean added.

Trained staff – "Staying up to date with skills training is paramount for our CNAs and Aides to ensure the best in care for our members," says Debra Jean. Advocate offers a comprehensive continuing education and skills training program to our caregivers. "In addition, we recently received a generous donation to fund 10 Home Health Aides to attend CNA classes and test for their CNA certification," she says. "Our goal is to provide this opportunity to all Aides, and for our current CNAs to stay up to date with CEUs for their certification renewals."

Reliability – "Strong two-way communication is critical with both our members, our Aides and CNAs," Debra Jean says. "It creates stronger caregiving relationships." When both groups told us independent of each other that they would like to know more about each other in order to have more productive visits, we took action. "We created a Member Preference Sheet, documenting what is important to each member in his or her home. These preferences can be large or small, such as placing beverages on the right side of the chair since a recent stroke has left the right arm stronger than the other," she said. "Little things mean a lot when you're caregiving in someone's home."

The preference sheet also captures background data and current information on both members and caregivers to help ensure "a good fit," such as common interests, hometowns, pets, etc. An "alternate" program allows more than one caregiver to provide services if the "regular" CNA or Aide is not available. The result is a back-up who is already familiar with the member and where things are in the home.



Miss Chadna enjoys listening to American history with Elizabeth, Advocate Home Health Aide. Elizabeth, a mother of five, has lots of experience reading aloud to her family. Photo by Jimmie Stone Photography

Technology – Part of the 21st Century CURES Act requires Electronic Visit Verification (EVV). The Act mandates that states implement EVV for all Medicaid personal care services that require an in-home visit by a provider; Florida's deadline is October 1, 2019. EVV enables GPS tracking to verify arrival and delivery of authorized services performed. It also contains a HIPAA-compliant services database for all Medicaid Long Term Care members, allowing real-time access to potential additional client services. "Our entire Advocate team is trained, a full three months before the state-mandated EVV deadline," says Debra Jean. "Advocate caregivers will access the

Continued on page 10

The Advocate Home Healthcare team is at your service (from left to right): Holly Bushy, Administrative Assistant/Home Health Aide; Elizabeth Cantwell, R.N.; Debra Jean Landolfi, Advocate Home Healthcare Director; Carla Beverly, Home Health Supervisor; and Jessica Barnette, Home Health Office Assistant.

Photo by Jimmie Stone Photography



portal on iPhones installed with the EVV app.”

Our services expand with every member’s need. Think of Advocate as a one-stop shop for resources helping more seniors in more ways at our Fernandina Beach Life Center through the In-Home Health connection and referrals from citizens in Nassau County. Advocate’s capacity is evolving to future assistance with medications management, help with home care-related legal questions, navigation through the Medicare maze and additional Adult Day HealthCare (ADHC) respite options to support family caregivers.

Advocate has ushered in a more holistic approach to home healthcare: from the individualized care and treatment of every senior to the hands-on training and education for all Advocate staff; to the renewed reliability focus between Advocate staff and members to the ease and accuracy of technology that informs the home healthcare guidelines. Advocate’s comprehensive approach also enables increased interface between NCCOA areas, such as ADHC, NassauTRANSIT and our Life Centers in Fernandina Beach and Hilliard.

“Advocate orchestrates seamless, compassionate care that loved ones can count on,” says Debra Jean. “We do it every day.”

That is an understatement. On any given day, approximately 120 members are matched with 50 caregivers, serving over 1,200 hours per week, which can span 2 - 24 hours per visit. Scheduling logistics for these service hours might be compared to building a 1,000-piece puzzle. Logistical planning is repeated weekly by the Administrative team in Fernandina Beach and Hilliard locations, as well as oversight in field visits to further ensure excellent quality and standards of service.

“If you think about it, the nature of home healthcare work is very personal and very intimate,” Debra Jean says. “We take care of many people when they are at their most vulnerable, and they put their trust in us. What could initially be thought of as an invasion of privacy is truly a work of compassion...once our members receive our help and experience the benefits of greater ease in their lives, we create a connection that benefits the member and their caregivers.”

She shares that there are also times when Advocate is alerted by Adult Protective Services to assist in situations where seniors are found in unsafe conditions. In these cases, Advocate provides necessary services when



Barry (left), a Home Health Aide, came to Advocate requesting to be of service with one individual who would benefit from social interaction and conversation. After being matched with Mr. Thor, Barry not only became his social companion, but he also built a small threshold at the shower entrance for easier access.

Photo by Jimmie Stone Photography

needed to protect and support these at-risk seniors.

Advocate boasts staff tenure of 19 years, 10 years, 5 years. What’s the secret? “We have a reputation of being really good at what we do,” Debra Jean states simply. “It’s passion for service and caring that drives us to achieve quality care.”

Advocate Home Healthcare offers a competitive hourly wage, weekly schedules in advance, paid time off, continuing education and training (organization paid), gas allotment and medical benefit options. Plus, Advocate is backed by the resources offered by both NCCOA Fernandina Beach and Hilliard Life Centers.

“Our reputation is important to us, and we constantly strive to meet and exceed that expectation” says Debra Jean. “We continuously ask for feedback from our members and from the field. We know in-home healthcare is a growing need in our senior population and we will meet that need with individualized care, training, reliability and technology – so we may age in place with you.”

Advocate Home Healthcare Services

- Personal Care
- Homemaking
- Medication Reminders
- Respite
- Companion Services
- Transportation

For more information on Advocate services, call 904-775-5499 or email advocatehomehealthcare@nassaucountycoa.org

From the Home Front

Advocate Home Healthcare Certified Nursing Assistants (CNAs) and Home Health Aides provide services, sometimes 24/7, to our members. This personal, sometimes very intimate, arrangement provides a unique perspective of how seniors in Nassau County depend on us and how we are grateful to get to know them and their families. Here are some of our stories...

Community Creates a Link to Home Healthcare

We learned about the need in one member's home through a local church pastor. An ankle injury prevented the member from being able to walk her dog – or take care of her home which may have also caused some depression – and consequently her Activities of Daily Living suffered. Advocate informed her Humana case-worker, our Home Health Aide and her church, and set about a coordinated effort. Her neighbor helped with dog walking and our Aide did much-needed home cleaning, both of which worked to reconnect her with the community. After some rest and relaxation, the member is now back to walking her dog, going on shopping trips and lunch outings, and exercising (including chair yoga) with her neighbor and Home Health Aide.

Family Makes the Connection

A senior's son contacted us, asking for personal care and homemaking services for his father. The senior's home was a very busy place, with his granddaughter, her husband and 2 young children under the same roof. The Home Health Aide assigned to the senior noticed the member's strong personality and how it upset the balance in the home; the Aide asked for some support and her supervisor paid a visit. Through healthy conversation, the member was very emotional about missing his wife – and in the process became much more open to opportunities for receiving help. His family also began including him in their daily activities, and eventually were able to care for him themselves.

Personal Interests Spark Communication and Caring

Advocate Home Healthcare field staff develop close relationships with our members. It became clear to a Home Health Aide that a member was depressed and giving up on life. She took the time to learn about her interests and soon they were going shopping, getting their nails done and watching Friday night football at the local high school. At home they began preparing meals together. At one point, her Aide would even be credited with saving her life when she called Rescue upon noticing the member did not look well.



Miss Cheryl (right) receives hands-on instructions from Aimee, Advocate Home Health Aide, on how to use her medical alert pendant. They had just finished their morning yoga and exercise routine.

Photo by Jimmie Stone Photography

Options, Solutions, Peace of Mind – The Advocate Way

The Registered Nurse on the Advocate team was called to a home where the father/husband had passed, and the family needed help addressing how to continue caring for their mother. She had recently suffered a stroke and could no longer live alone. One family member was the primary caregiver for both parents and was exhausted; the other family member was handling the finances and lived out of town. Their mother wanted to age in place in her own home. Acting as a sounding board for the family, our Registered Nurse offered home health-care assistance options, starting at 4 hours per day; we are currently serving 12 hours per day in this member's home. Today, their mother is receiving the care she needs, and her family is enjoying some respite and peace of mind.

For information on Advocate Home Healthcare and how we may help you, contact us at 904-775-5499 or advocatehomehealthcare@nassaucountycoa.org



FSS students paint bowls for Barnabas' "Empty Bowls" fundraising event, left. NCCOA "Just Friends" Member Sophie Zmudsinski and L'Shawn Bermudez from the Community Action Agency's Summer Youth Program create masterpieces for "Empty Bowls," right.

Power to the (Non-profit) People

Earlier this summer, six local non-profits came together for one event at Nassau County Council on Aging (NCCOA): Family Support Services of North Florida, Barnabas Nassau, Community Action Agency, Community Hospice and Palliative Care, and Nassau Humane Society

Family Support Services of North Florida (FSS) contacted our Volunteer Director Lynne Starling inquiring if a group could do a volunteer project with our seniors at the Fernandina Beach Life Center. FSS is the recipient of the "Honor Rows" grant from the Jacksonville Jaguars with a provision that participants perform volunteer work in their community.

NCCOA Membership & Community Engagement Director Melody Dawkins arranged for FSS student participants to attend a Life Center painting party for **Barnabas Nassau's** "Empty Bowls Luncheon," scheduled for November 8. A student attending from the **Community Action Agency's** summer youth program also attended the event.

The students also joined "Just Friends," our morning social group for those 60 and older, to participate in *Coffee & Karaoke Lost in the 50's with Charles and Patty Boyer*. Jodi Anderson Collins, *Edward Jones*, provided sandwiches for lunch and **Community Hospice and Palliative Care** provided ice cream.

The **Nassau Humane Society** brought a special guest – an 8-year-old American Staffordshire Terrier named Juliet looking for a forever home. Juliet was extremely loveable and well behaved with our guests, young and old. The Nassau Humane Society received Juliet in October 2018, and was recently transferred to Your Humane Society SPCA, Sumter County Humane (Lake



Harper Hiott shows off her finished painted bowl.



Nassau Humane Society's special guest Juliet charms NCCOA seniors.

Photos by
Jimmie Stone Photography

Panasoffkee, FL) in late summer to increase her likelihood of adoption. If you're interested in adopting Juliet, call 352-793-9117 or complete an application online at YHSSPCA.org; adoption fee is \$50. (P.S. both Nassau County and Sumter County are no-kill shelters). Let's help make sure she's adopted by her 9th birthday on November 7!

A big Thanks! to *Jimmie Stone, Jimmie Stone Photography*, for capturing these special moments.



Amelia Urgent Care

and Occupational Medicine

**The Best Place to GO for Prompt Care for
Illness & Injury – including Summer
“Conditions” (bites, sunburn, allergies)
*Plus, Wellness Services***

Walk-In or book online

All Ages * Lab & X-Ray Onsite

**Most Insurance including Tricare & Medicare -
Self-Pay, starts at \$95**

Mon-Fri 7:30am-7pm * Sat 9am-5pm * Sun 9am-2pm

904-321-0088

Location: Fernandina-Over-the-Bridge

96279 Brady Point Rd – on SR 200/A1A – west of Shave Bridge

***Offering Bio-Identical Hormone Replacement
For Women & Men**

Feel younger and happier again

*Increased quality of life while preventing age-related illness
Call for an appointment*

www.ameliaurgentcare.com

New Lives Begin at Starting Point



Don't face the challenges of substance abuse and mental illness alone. Starting Point Behavioral Healthcare has the help you and your family need to recover and start living your life again.

- Mental Health Counseling for Adults, Teens, Children & Families
- Drug & Alcohol Abuse Treatment for Adults, Teens & Children
- Medication Management
- Mental Health First Aid classes
- Parenting Programs
- Women's Empowerment Program
- 24-Hour Emergency Services

Walk-ins Available Monday - Friday

STARTING POINT
Behavioral Healthcare
www.spbh.org • 904.225.8280

On Medicare? Have Questions?

Call Us!
**Average wait
time: 3 rings**



**Or Call
Social Security
Average wait time:
21 Minutes**



**National
Plans
Local
Agents**

 **CompassGroup**
INSURANCE

**11 South 11th Street
Fernandina Beach, FL (904) 746-4648**

Coastal
HOME FURNISHINGS

WE HAVE AN ASSORTMENT OF LIFT CHAIRS



**NEW
SHIPMENTS OF
APPLIANCES**



COASTAL HOME FURNISHINGS AMELIA

1112 South 14h Street • Fernandina Beach, 32034 • 904-261-5556
Conveniently located in the 8 Flags Shopping Center

We Are Now Offering SilverSneakers™ Classes!

NCCOA's Fernandina Beach Life Center is the place for SilverSneakers™ classes: EnerChi and Just Dance!

SilverSneakers™ is a fitness program for seniors that's included with many Medicare Advantage plans.



Check your eligibility to see if you qualify for free classes at www.SilverSneakers.com.

If you do not qualify for free SilverSneakers™ classes,

you can still join us for \$3 (Life Center Member) and \$5 (Non-Member).

EnerChi combines principles of the ancient arts of Tai Chi and Qigong, involving a series of movements performed in a slow, focused manner accompanied by deep breathing. It is low impact, puts minimal stress on muscles and joints, and can help decrease stress, anxiety and depression; improve mood; expand aerobic capacity; increase energy and stamina; improve flexibility, balance and agility; prevent falls; and develop muscle strength and definition. EnerChi is offered Mondays and Wednesday, 10:30 – 11:30 am.

Just Dance! is low-impact exercise focusing on agility, balance, coordination, reaction time and strength. It



EnerChi class, presented by SilverSneakers™, instructed by Christy Hickey

improves your range of motion, balance, strength and rhythm. Move to the beat, and twist and shout with 50s and 60s music. You won't even notice how hard you're working because you'll be having so much fun! Class is offered Fridays, 10:30 – 11:30 am.

Free Health Screenings, Medication Management and Flu Shots Now Available

Have your blood pressure checked and blood sugar tested free once a month at NCCOA's Fernandina Beach Life Center through a partnership with SimplyWell Specialty Pharmacy. Debra Bailey, BSN, PHN (Public Health Nurse), is on site the second Tuesday of each month from 9:00 – 10:00 am. Each month, you may also bring in your medication bottles and/or a list for a compatibility review.



Be prepared for flu season and get your flu shot! A representative from SimplyWell will be administering flu shots on Tuesday, Oct. 8 from 9:00-11:00 am. The cost is free for Medicare, Medicaid and private insurance. If you do not have insurance, the cost is \$34. Please bring your insurance card with you. Call 904-261-0701 to reserve your spot!



SimplyWell is a community pharmacy dedicated to transforming lives by delivering medication treatment, clinical excellence, accessibility and accommodations to patients with acute to chronic conditions. It is located at 463128 FL-200, Yulee, FL 32097. For more information, call 904-468-3020 or visit <https://www.simplywellrx.net/>



Belly Dancing



Cupcake Decorating

Become a Member Fernandina Beach Life Center

Fernandina Beach Life Center at 1901 Island Walk Way, with 25,500 square feet of space, is bustling with activities for our members and others in the community. Become a part of all that is going on by joining our membership program. Members receive discounts for our many exciting presentations, classes and activities, and free use of our Lounge, Library, Computer Lab, Game Room and Fitness Area. You will also receive invitations to special events throughout the year.

Becoming a member is easy! Please contact Melody Dawkins, Membership & Community Engagement Director, for additional information or to join, at mdawkins@nassaucountycoa.org. Your membership fees defray the cost of activities at The Life Center and help support services offered to seniors in our community. Pay yearly, quarterly or monthly.

Individual:	Yearly \$100	Quarterly \$35	Monthly \$15
Couple:	Yearly \$160	Quarterly \$40	Monthly \$20

Sign Up For Classes



You have the opportunity to sign up for 100+ exciting classes, workshops and presentations at the Fernandina Beach Life Center. **Signing up online is easy on MyActiveCenter.com.** If you do not have access to the internet, call **904-261-0701** to register.

Please let us know you are coming. Signing up in advance reserves your spot in the class or activity. Once you are signed up, we will contact you if there are changes to schedules or other information you need to know before class.

If you are unable to register in advance, walk-ins are welcome on a space-available basis. Please call The Life Center before coming to make sure that there's room for you. See you soon!

Mark Your Calendar

- ✓ **October 12** – Fernandina Beach Interact Club Donation Car Wash, 10 am – 12 pm at Zaxby's
- ✓ **November 11** – Closed: Veterans Day
- ✓ **November 28 & 29** – Closed: Thanksgiving
- ✓ **December 6** – The 16th Annual NCCOA Gala, Omni Amelia Island Plantation Resort
- ✓ **December 24 & 25** – Closed: Christmas Eve, Christmas Day

More info, call 904-261-0701

Lifelong Learning

Fernandina Beach Life Center, 1901 Island Walk Way

Class Listings

Complete Descriptions Available: www.MyActiveCenter.com



Arts & Crafts

Beginning Continental Knitting

Nancy Bullen, Volunteer

Oct 1, 8, 15, 22, 29, Tue, 10:00 am–12:00 pm ★ (Series of 5 Classes)

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

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

Drawing – Direct Observation: The Magic of Nature

Ann Freeman, Volunteer

Oct 2, 9, 16, 23, 30, Wed, 10:00 am–12:00 pm ★ (Series of 5 Classes)

Member: \$20 Non-Member: \$30 Discover the art of careful observation inspired by nature. Enhance your understanding of shape, texture, shadow, light and composition. All experience levels welcome. Each week bring a subject of your choice. Pencil, ebony, graphite sticks, colored pencil provided.

Introduction to Modern Calligraphy

Shannon Thomas, Art Instructor for Michaels Stores

Oct 22, 29 Thu, 5:00–7:00 pm ★ (Series of 2 classes) Member: \$15

Non-Member: \$20

Review the essentials: tools, basic pen strokes and uppercase/lowercase letters. Practice the techniques and create a beautiful card for someone special. You will need to bring: 1 Speedball Oblique Pen Set, 1 Zig Cartoonist Highly Opaque Pen Ink, Sumi, 1 Calligraphy Paper Pad, lined or unlined.

Multigenerational Thanksgiving Cupcake Decorating

Monica Nettles, Professional Baker, Owner, Lee Cake Artistry

Nov 9, Sat, 10:00–11:30 am ★ Member: \$5 Non-Member: \$8

Learn holiday cupcake decorating and work on your own cupcake. Come alone or bring your child or grandkids! Ages 13 and younger must register and participate with an adult (18 years or older). Members' children/grandchildren receive the member price. Supplies included.

Introduction to Brush Calligraphy

Shannon Thomas, Art Instructor for Michaels Stores

Nov 14, Thu, 5:00–7:00 pm ★ Member: \$10 Non-Member: \$15

Review the essentials: tools, basic pen strokes and uppercase/lowercase letters. Practice the techniques and create a hand-lettered quote to hang on your wall! You will need to bring: a Tombow Dual Brush Pen.



Aviation and Space

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

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

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

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



Cards & Games

Bingo

“Just Friends” Open Group (60 and older)

No reservation necessary

Every Mon, Wed, Fri, 10:00–11:45 am ★ FREE

Enjoy Bingo with friends and make new friends.

Canasta Open Play with Instruction

Debbie Price, Volunteer, Experienced Canasta Player

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. Learn the rules and strategies.

Chess – Multi-Generational Open Play

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

Every Tue, 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.

Texas Hold'em Poker

Walter Brandt, Volunteer

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

Open play with instruction. Learn how to play the iconic card game and enjoy playing with others of all levels.

Brain Games

Kathi Donegan, Volunteer,

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 Quality Health

1st Thu of each month, 10:30–11:30 am ★ FREE

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



Jeopardy

Michelle Shock, Sponsored by VITAS Healthcare

4th Thu of each month, 10:30–11:30 am ★ FREE

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

Chess – Open Play with Instruction

Walter Brandt, Volunteer

Every Fri through Nov 15, 3:00–5:00 pm

★ Member: \$3 Non-Member: \$5

Chess is the ideal sport to promote a healthy brain, lifelong mental health, critical thinking and strategy. Avid Chess player Walter Brandt will provide instruction.

Mahjong – Beginning and Open Play

Candy Shabez, Volunteer Instructor

Oct 3 – Dec 12, 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.



Community, Security & Safety

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. An attorney answers questions brought by the participants.

Until Help Arrives Training

Paula Sellek, Nassau County Emergency Operations Center

Oct 3, 4, Thu & Fri, 10:00–11:30 am ★ FREE

Life-threatening emergencies can happen quickly, and emergency responders aren't always nearby. You may save a life by taking simple actions immediately. Be the help until help arrives by taking this class.

Protecting Your Identity and Other Assets

Glenda Young, Volunteer, Sponsored by United Way Real Sense

Nov 1, Fri, 10:30–11:30 am ★ FREE

An informative discussion on how to identify and reduce risks to assets, the warning signs and the steps to minimize theft and fraud.

Community Emergency Response Team (CERT) Training

Paula Sellek, Nassau County Emergency Operations Center

Nov 1, 2, 8, 9, Fri: 5:30–8:30 pm, Sat: 8:00 am–5:00 pm

★ (Series of 4 Classes) FREE

Prepare for disasters our community may face. Through hands-on practice and realistic exercises, learn to safely respond to manmade and natural hazards. Topics include Fire Safety, Disaster First Aid, Terrorism and more. Complete this 24-hour training and become CERT-ified.

AARP Smart Driver Safety Class

Dee Hoerner, AARP Volunteer

Nov 8, 9, Fri & Sat, 9:00 am–12:00 pm ★ (Series of 2 Classes) FREE

Designed for drivers 50 and over. Enables participants 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

Dec 13, Fri, 9:30–10:30 am ★ FREE

An informative meeting about local fraud and scam cases that Seniors vs. Crime has been involved in throughout our county. Learn how to avoid falling victim to scams.



Computers & Technology

Fundamentals of Excel

Mike Fay, Volunteer

Oct 8, 9, Tue, Wed, 9:00–11:30 am ★ (Series of 2 Classes) Member:

\$10 Non-Member: \$15

Become a functional Excel user! Those who have never used Excel or who are beginners will learn about: making columns and rows for data entry, text and number formats on spreadsheets and basic mathematical functions, editing, sorting, filtering and printing skills.

Getting Started on Facebook

John Mason, Volunteer and Retired Software Consultant

Oct 10, Thu, 10:00–11:00 am ★ Member: \$3 Non-Member: \$5

Learn to create your own Facebook account, connect with others, share, make posts, and upload photos and images. This class will be taught in the computer lab. However, feel free to bring your tablet, phone and/or laptop, and learn on your own devices.

How to Use an iPhone and iPad

Marc Williams, Volunteer

Oct 15, 16, 17, Tues, Wed, Thurs, 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.

How to Use an Apple MAC

Marc Williams, Volunteer

Oct 22, 23, 24, Tue, Wed, Thu, 9:30–11:30 am ★ (Series of 3 Class-

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

Learn how to configure and set up an Apple Mac computer, navigate the Finder, manage folders and files, and use some native apps. This class is for the novice user and seasoned users who wish to gain additional knowledge. Please come with your Apple ID and password.

How to Use an Android Phone or Tablet

David Sproul, Owner, Island Tech Support

Oct 24, Thu, 5:30–7:30 pm ★ 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. We've pulled together some of the best Android tips and tricks! Bring your Android device.

10 Issues in Cyber Security

Mike Fay, Retired Software Consultant and Kris Meyer, Risk Manager

Nov 12, Tue, 6:00–9:00 pm ★ Member: \$3 Non-Member: \$5

Discuss 10 important issues in cyber security and how it affects you.

Sharing Your Pictures with Dropbox

David Sproul, Owner, Island Tech Support

Nov 13, Wed, 5:30–7:30 pm ★ Member: \$3 Non-Member: \$5

Dropbox is the home for all your work. Learn to store and share files, folders and photos, collaborate on projects, and bring your best ideas to life. Work alone or as part of a team. Move photos and videos from phone to PC or tablet and vice-versa. Turn receipts, whiteboards and notes into PDFs with doc scanner. Share with others even if they don't have a Dropbox account.





Finance

Lunch & Learn: Investing in Today's Financial Markets

Steve Nicklas, CRPC®, Financial Advisor/Columnist/Author and Adjunct Instructor

Oct 1, 8, 15, 22, Tue, 12:00–1:30 pm

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

More than 1,000 area residents have taken this class which explains the markets, stocks, bonds, load/no-load mutual funds, fixed/variable annuities, life insurance, IRAs and 401(k)s, and financial/retirement planning.

Retirement by Design

Kim Boylan, CFP®, Edward Jones, Columnist/Author and Adjunct Instructor

Oct 17, Thu, 10:00–11:00 am ★ Member: \$3 Non-Member: \$5

Translate your vision for retirement into tangible goals. Learn investment strategies to design the retirement you want. Add flexibility to your strategy to handle unexpected events and learn how to keep your strategy on track.

Money Habitudes – What's Your Money Personality?

Glenda Young, Volunteer, Sponsored by United Way Real Sense
Oct 21, Mon, 9:00–10:00 am ★ FREE

This card game shows you your dominant money style. If your style is helping you achieve your goal, that's great. If not, we offer strategies to help you achieve more balance in your financial life.

Investing in Today's Financial Markets

Steve Nicklas, CRPC®, Financial Advisor/Columnist/Author and Adjunct Instructor
Nov 4, 18, 25, Dec 2, Mon, 5:00–6:30 pm ★ (Series of 4 Classes)

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

This popular class has been offered at FSCJ and over 1,000 area residents have taken it to learn about the markets, stocks, bonds, load/no-load mutual funds, fixed/variable annuities, life insurance, IRAs and 401(k)s, and financial/retirement planning.

Finance: Lunch & Learn: Nuts & Bolts of Stocks

Crystal Henning, Edward Jones AAMS® Financial Advisor

Nov 6, Wed, 11:30 am–12:30 pm ★ Member: \$3 Non-Member: \$5

Learn about common versus preferred stock, dividends, investment strategy and different ways to own stock. Presented by Crystal Henning, Edward Jones AAMS® Financial Advisor

Empower, Elevate, Achieve

Carolyn Pozzi, CFP- securities offered through Woodbury Financial Services, member FINRA/SIPC

Dec 2, Mon, 9:00–10:00 am ★ Member: \$3 Non-Member: \$5

This presentation on personal finance for women covers topics from distributing wealth in your retirement years to optimizing social security and understanding tax diversification. The presentation is fun, engaging and even includes some magic tricks!



Fitness & Dance

SilverSneakers EnerChi™

Christy Hickey, Certified SilverSneakers FLEX® Instructor

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

SilverSneakers EnerChi™ combines principles of Tai chi and Qigong 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.



Kim R Boylan, CFP®
1403 Park Ave Suite A
904-321-2044

Fernandina Beach, FL

Steven G Gibb
11 North 4th Street
904-277-2466

Crystal L Henning, AAMS®
4810 First Coast Hwy
904-277-6756

www.edwardjones.com
Member SIPC

Yulee, FL

Jodi Collins
463155 SR 200 Suite 8
904-849-7722

Brian P Henning, AAMS®
95766 Amelia Concourse
904-261-9392

Edward Jones®
MAKING SENSE OF INVESTING

Flexible Fitness

Kathryn Bynum,

Certified Physical Trainer including Senior Certification

Every Tue & Thu, 9:00–10:00 am ★ Member: \$3 Non-Member: \$5
Increase muscle strength, flexibility and make activities of daily living easier. A chair is used for seated exercises and standing support. This class can be modified for any fitness level and for limitations from injuries or health restrictions.

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 and is a fun, low-impact exercise. Wear comfortable loose-fitting clothing.

Chair Yoga

Janice Clarkson, Certified Yoga Pod Instructor

Every Wed, 9:00–10:00 am ★ Member: \$3 Non-Member: \$5
Chair yoga is great for those who cannot be on their back or knees. The modified yoga postures are easy to learn and are performed seated in a straight-back chair and standing beside the chair. Chair yoga emphasizes body, mind and breath, and promotes strength, range of motion and balance.

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 Members – FREE)
Ready for a workout that's anything but work? Jump into a SilverSneakers FLEX® dance class. Upbeat, fun and easy to follow – there's nothing better than breaking a sweat through dance.



Gardening

Permaculture Garden in Paradise

Melissa Bordelon, Degree in Permaculture from
Geoff Lawton School of Permaculture

Oct 10, Thu, 11:00 am–12:00 pm ★ Member: \$3 Non-Member: \$5
Design a sustainable garden in your yard, on your balcony or roof! Discuss the elements of Permaculture: water collection, soil care, natural pest control. Turn your garden into Paradise!



History, Culture & Travel

Cuba – Havana in Your View

Steve Leimberg, Volunteer and Photographer

Oct 2, Wed, 2:00–3:30 pm ★ Member: \$3 Non-Member: \$5
Steve Leimberg is a resident of Amelia Island and is widely known for his photography. He will present his photos and describe his recent travel to Cuba.

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

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

Oct 2, Wed, 6:00–7:30 pm ★ Member: \$3 Non-Member: \$5
Take a virtual class in the Capitoline Museums of Rome, the museum of the people of Rome, exploring epigraphy, sculpture, architecture, tapestries, paintings, and discussing how narrative and art forge and

project a collective civic identity.

10 Essential Pieces for Every Trip: 10 Days in a Carry-On

Gina Taylor, Sales Associate, Evelyn Talman

Oct 9, Wed, 2:00–3:00 pm ★ Member: \$3 Non-Member: \$5
A guide to packing less and enjoying your trip more. The experts from Evelyn Talman will show you the 10 essential pieces for every trip; accessories and how to pack it all!

History and Origin of Old Southern Sayings

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

Oct 11, Fri, 9:00–10:00 am ★ FREE

Where did some of those old Southern sayings come from? Learn the history of selected sayings and customs, the original meanings, and the influence of medieval European culture in modern day America. Some sayings originated from the Revolutionary War, the War of 1812 and the War Between the States!

Italy – Assisi & Padova: Rebirth of Continuous Narrative

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

Oct 16, Wed, 6:00–7:30 pm ★ Member: \$3 Non-Member: \$5
Through Dante, St. Francis and Giotto, explore the late medieval return to a focus on the human narrative in God's divine providence. Enjoy a virtual tour of Giotto's alfresco cycles in the Basilica of St. Francis in Assisi and the Scrovegni Chapel in Padova.

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

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

Oct 30, Wed, 6:00–7:30 pm ★ Member: \$3 Non-Member: \$5
Through the artistic genius of Michelangelo Buonarroti, explore the rise and fall of the Italian Rinascimento in art, literature and history.

Presentation from Our Local Treasure Hunters

Doug Pope, Managing Partner, Amelia Research and Recovery, LLC
Nov 8, Fri, 3:00–5:00 pm ★ FREE

Florida is 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 around Amelia Island. Doug presents findings and samples of relics recovered.

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

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

Nov 13, Wed, 6:00–7:30 pm ★ Member: \$3 Non-Member: \$5
Taking a virtual walk through the "Sassi" of Matera and using Carlo Levi's paintings in the Lanfranchi Museum as a link between narrative and historical facts, learn about the unification of Italy that led to the inevitable mass emigrations of the late 19th and early 20th centuries.

Correcting Thanksgiving Myths

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

Nov 19, Tue, 9:00–10:00 am ★ FREE

How could there have been 3 "First Thanksgivings" in North America? When and where did these events take place? Who celebrated these events? Why is this NOT taught in America's schools today?

The 1919 Centennial

Sal Campanaro, Instructor

Dec 2, 9, Mon, 1:00–2:30 pm ★ (Series of 2 classes) Member: \$5 Non-Member: \$10

Learn about the factors that led to the Great War in 1914, the entry of the U.S. in 1917, the steps leading to the incredible Armistice of 1918, Woodrow Wilson's 14 Points and the creation of the Treaty of Versailles in 1919. Additional treaties and the '20 Year Intermission will also be discussed.



First Christmas Celebration in North America

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

Dec 16, Mon, 9:00–10:00 am ★ FREE

The first documented Christmas celebration in North America was January 7, 1539, in La Florida, 237 years before the Revolutionary War, 306 years before Florida Statehood, 322 years before the Civil War and 480 years before today. Let the truth be known to all!



Language

Spanish – Learn by Immersion

Walter Brandt, Volunteer

Every Tue, 10:30–11:30 am ★ 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.

Beginning American Sign Language

Robyn Nemes, Master's Degree in Education of the Deaf

Oct 11, 18, 25, Nov 1, 8, 22, Dec 13, Fri, 10:00–11:00 am ★ (Series of 7 classes) Member: \$25 Non-Member: \$35

Learn fingerspelling, general conversation, and essential words and phrases! Class includes presentation, practice, team communication, games, activities, song and poetry. Book purchase required: "Learn American Sign Language" by James Guido. Do not purchase "Learn American Sign Language All-in-One Course."



Literary Arts

Amelia Island Author Spotlight – Micah Ward

Micah Ward, Author-short stories, articles and blog posts

Oct 9, Wed, 10:00–11:00 am ★ FREE

Micah began writing after retiring from the Georgia Bureau of Investigation. In 2012, he was named Outstanding Club Writer of the Year by Road Runners Club of America. Three times he received Honorable Mention at the Lorian Hemingway Short Story Competition in Key West.

Amelia Island Author Spotlight – Andrea Patten

Andrea Patten, Award-Winning Author

Nov 13, Wed, 10:00–11:00 am ★ FREE

Are you a writer or aspiring writer? 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? Andrea has tips and tricks to help you move forward in your creative endeavors.



Music

M and M Singers

Mature Methodist Singers,

Presented by Memorial United Methodist Church

1st Mon of each month, 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 a group take-out or delivery. Bring your own beverage.

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 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

Sal Salgado, Musician

Sep 30, Oct 14, Nov 18, 22, Dec 9, Mon, 9:00–10:00 am ★ FREE

Come and enjoy music with Sal.

Music and Stories with David

David Easterly, Musician

Oct 25, Nov 8, 22, Dec 13, Fri, 9:00–10:00 am ★ FREE

Enjoy songs performed by David with his guitar, along with his entertaining stories about the performers, songwriters, lyrics and eras.



Photography

Amelia Island Photographers in Focus Presentation

Jimmie Stone, Photographer

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

Explore HDR photography. This dynamic technique can create stunning photographs with a broad range of tones and detail. Experienced photographer, Jimmie, will show examples of the exciting world of HDR. Series of HDR classes (See Below).

Photography 7 – Shooting in Manual Mode

Jimmie Stone, Photographer

Oct 7, Mon, 4:00–5:00 pm ★ Member: \$3 Non-Member: \$5

Manual mode allows you to achieve new levels of creativity. You have probably wondered how someone got that shot or effect. We will dial in on what we have learned so far by putting it all together.

Photography - HDR (High Dynamic Range Photography) Series

Jimmie Stone, Photographer

Oct 15, 16, 17 Tue, Wed, Thu, 2:00–3:00 pm ★ (Series of 3) Member: \$10 Non-Member: \$15

HDR Day 1 (Oct 15) - Introduction to HDR Photography Create images for your HDR photograph using the bracketing mode on your camera. Learn about software programs to do this.

HDR Day 2 (Oct 16) – Using Your Bracketed Images in Your HDR Software Use the bracketed images you have taken to import into your software program. Explore styles of HDR from high contrast, detailed to balanced light images. Find the style of HDR photography that suits you.

HDR Day 3 (Oct 17) – Workshop Bring a device capable of editing your photographs (laptop, some tablets). Load your own bracketed photographs, or some will be provided on a thumb drive. Those without a device can partner up. Use free downloadable software, or an HDR editor you have. Receive 1:1 help while you create your spectacular image.

Photography 8 – Metering your Exposure with Your DSLR

Jimmie Stone, Photographer

Oct 21, Mon, 4:00–5:00 pm ★ Member: \$3 Non-Member: \$5

Metering is the measurement of light in the scene that gives you the correct exposure. Learn how to meter for your subject for a more perfect exposure. Learn why in-camera light meters in your DSLR can result in incorrect exposure.

Photography 9– Exposure Compensation: What is It and Why Use It

Jimmie Stone, Photographer

Oct 28, Mon, 4:00–5:00 pm ★ Member: \$3 Non-Member: \$5

Exposure Compensation helps properly expose your image. Learn what it is and when and why you need it. Your camera's internal metering is not always correct depending on the scene.

Photography 10 – Introduction to Focusing Modes and Focus Points

Jimmie Stone, Photographer

Nov 4, Mon, 4:00–5:00 pm ★ Member: \$3 Non-Member: \$5

We've spent a lot of time covering the basics. Now start a new topic: the focusing system of your camera. Having a tack sharp image is usually the goal, though softness or blur can serve creative purposes.

Amelia Island Photographers in Focus Presentation

Logan Pierson, Photographer

Mon, Nov 4, 5:30–6:30 pm ★ Member: \$3 Non-Member: \$5

A fast-paced hour of Photoshopped images with Hummingbird and Egan's Creek wildlife shots. Discover how to easily manipulate photographs using inexpensive software. Capture the lightening-fast hummingbird with or without tripod. Q & A included in this casual, fun session.

Photography 11 – Program AUTO Mode:

The Least Understood Mode on Your Camera

Jimmie Stone, Photographer

Nov 18, Mon, 4:00–5:00 pm ★ Member: \$3 Non-Member: \$5

The Program AUTO Mode (P) on the command dial is often ignored or misunderstood, thus less used by many photographers. Learn what this mode does and how to use it.

Photography 12 – How to Use Exposure Bracketing

Jimmie Stone, Photographer

Nov 25, Mon, 4:00–5:00 pm ★ Member: \$3 Non-Member: \$5

Exposure bracketing will unlock even more creativity with your camera! Learn where to find the button/menu and how to set up bracketing your shots. This leads to the next presentation, "HDR (High Dynamic Range) Image Creation."



Policy & Government

Ask the County Manager Event

Mike Mullin, Nassau County Manager

Oct 14, Mon, 2:00–3:00 pm ★ FREE

This informal open event with the Nassau County Manager gives residents the opportunity to ask any questions they may have.

Budgets, Currencies and the Role of Central Banks

Bob Bolan, PhD, Volunteer

Oct 15, Tue, 1:30–3:00 pm ★ Member: \$3 Non-Member: \$5

Learn about our Federal Reserve and central banks serving Europe, UK, Japan and China...and their role in monetary policy, lending to support governments when fiscal policies create deficits. With crypto-currencies, how can the US retain financial control and implement our foreign policy (economic "sanctions" on nations like Iran)?

Exploring the Different Organizations within City Government

Dale Martin, Fernandina Beach City Manager

Oct 16, 23, 30, Nov 6, 13, 20, Wed, 6:00–8:00 pm ★ (Series of 6 Classes) Member: \$30 Non-Member \$40

Are you interested in your local government and its daily operations? Curious how your tax dollars are spent? Want to discuss the future of Fernandina? Dale shares his experience in Government Organization, Finance, Operations, Public Safety, Utilities and Enterprise Funds in an informal, interactive course.

Supreme Court – Its Role, Impacts, Controversies

Oct 17- Dec 12

This series traces how the Supreme Court operates in relation to the other two branches of the Federal government and the states. Learn about cases decided over the last 200 years, and examine the impact of rulings on our society. Discover strong personalities that have influenced the court over the years.

Supreme Court 1– History and Development

Bob Bolan, PhD, Volunteer

Oct 17, Thu, 2:30–4:00 pm ★ Member: \$3 Non-Member: \$5

The Supreme Court represents a balance in judgment with continuity and change, consensus and conflict, and the diversity of American Society. Review cases led by Chief Justice Marshall including Marbury v. Madison and civil rights cases including Dred Scott and Plessy v. Ferguson.

Supreme Court 2- Cases During World Wars and the Great Depression

Bob Bolan, PhD, Volunteer

Oct 31, Thu, 2:30–4:00 pm ★ Member: \$3 Non-Member: \$5

Review Supreme Court cases during this difficult period involving First Amendment freedoms, civil rights, citizenship issues, business regulations, the internment of Japanese Americans and other issues.

Supreme Court 3 – Cases after World War II

Bob Bolan, PhD, Volunteer

Nov 14, Thu, 2:30–4:00 pm ★ Member: \$3 Non-Member: \$5

Review landmark cases such as Brown v. Board of Education and the tenures of Chief Justices Warren and Burger, and the Roe v. Wade case in 1973.

Supreme Court 4 – Recent Cases

Bob Bolan, PhD, Volunteer

Dec 12, Thu, 2:30–4:00 pm ★ Member: \$3 Non-Member: \$5

Discuss the Watergate tapes case, the Bakke case re: affirmative action, the Texas flag burning case, and Bush v. Gore. Note the themes brought out by these cases: continuity and change; consensus and conflict; diversity in American society; judicial activism and restraint; and "original intent."

CIA – Its Role, Impacts, Controversies

Oct 24-Dec 19

This series will examine how the CIA came into being, how it operates, the global impact it has had and how to understand what is going on today.

CIA 1 – History, Mission, Early Personalities and Actions

Bob Bolan, PhD, Volunteer

Oct 24, Thu, 2:30–4:00 pm ★ Member: \$3 Non-Member: \$5

Learn about the CIA and early examples of intelligence gathering and covert operations. The Korean War and several "cold war" operations will be discussed, such as "Operation Rollback," the revolution in Hungary in 1956 and the U-2 incident in 1960.

CIA 2 – From Cuba to the Collapse of the Soviet Union

Bob Bolan, PhD, Volunteer

Nov 7, Thu, 2:30–4:00 pm ★ Member: \$3 Non-Member: \$5

Review the CIA's mixed results including Castro's early years and the





EVERYONE'S TALKING ABOUT... BABY BOOMER BARGAINS



Amelia's Attic

2164 SADLER ROAD • 904-277-2095 NEW & CONSIGNMENT

WAAS
DRUG STORE
"YOUR HEALTH
IS OUR CONCERN"
JIMMY PARKER, RPH

**FOR OVER
100 YEARS**

AUGUST 1893~AUGUST 2019

1551 S. 14TH STREET
FERNANDINA BEACH

904.261.3171

AMELIA ISLAND PAINT & HARDWARE
OLDEST HARDWARE STORE IN FERNANDINA!



516 Ash Street (6th & Ash)
Historic Fernandina Beach

Mon – Fri 7:30 – 5
Sat 8 – 4:30 • Closed Sunday
ameliapaint@hotmail.com

904.261.6604



DARLINGTON REALTY, INC.

*Let us help you
find your
Dream Home*

Ruth Darlington • Darlington Realty, Inc.
O: (904) 261-8030 • C: (904) 753-0366 • www.darlingtonrealtyinc.com



**JOHNNY'S
ELECTRIC, INC**

904-491-1422
ER0004148

Residential • Commercial • Industrial
24 Hour emergency Service
Office hours: Monday thru Friday - 8am-4pm
Same Low Rate
FAMILY OWNED & OPERATED • 100% SATISFACTION GUARANTEED

HARBOR LIGHTS
Custom Framing since 1982

- Historical & Natural History Prints
- Antique Maps & Charts
- Audubon Prints & Posters
- Collectibles & Ephemera

1546 South 8th Street
(904) 261-9763
www.harborlightsgallery.com
ameliaframer@gmail.com



**Downsizing, moving, planning ahead?
We're here for you.**

We'll help you finish 2019 in a comfortable and stress-free space.
Call us for downsizing, styling, organizing, packing and unpacking.
*Trustworthy, attentive to details and the willingness to go the extra mile.
That's what makes the difference.*

Coastal Home Organizers



Confidential, experienced and insured.
Free Consultations/Estimates
Kathi Donegan 904-572-1708
CoastalHomeOrganizers.com



B&B Monuments
Custom Engraving & Sandblasting
(904) 277-2742
960185 Gateway Blvd., Suite 101
Fernandina Beach, FL 32034

Bay of Pigs, Kennedy's Cuban missile crisis, Vietnam, "Iran-Contra," Afghanistan and the fall of the Soviet Union.

CIA 3 – Counterintelligence and Personalities

Bob Bolan, PhD, Volunteer

Nov 21, Thu, 2:30–4:00 pm ★ Member: \$3 Non-Member: \$5

Focus on individuals including Allen Dulles, George Kennan, "Wild Bill" Donovan, "Beetle" Smith, Frank Wisner, James Angleton, Kim Philby of MI6, Robert Hansen of the FBI, Aldrich Ames of the CIA, Edward Snowden of NSA and others. Learn about the President's Daily Briefing.

CIA 4 – The Road to 9/11 and Counterterrorism Efforts

Bob Bolan, PhD, Volunteer

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

Review the CIA's role in the 9/11 attacks, Afghanistan and the Taliban, Iraq, Osama Bin Laden and the "Arab Spring." The CIA Director has been demoted from Cabinet status, but "The Agency" has a huge budget for HUMINT, SIGINT and other expenses such as a drone fleet.

Navy, Army, Air Force, Space Force –

The Military in a Time of Robots and Artificial Intelligence

Bob Bolan, PhD, Volunteer

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

The UK was dominant 200 years ago with naval control of the seas, then Germany and Russia with large Armies traveling quickly by rail and road. Most recently the USAF is key to foreign policy. Robots, artificial intelligence, a "Space Force"...where is all this leading?

Health Care Systems Around the World – Cost, Quality & Access

Bob Bolan, PhD, Volunteer

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

Compare national health systems in developed countries, and where they are strong and weak in relation to cost, quality of care and access to care.

Presidential Elections - Does Our System Need Change?

Bob Bolan, PhD, Volunteer

Dec 16, Mon, 10:00–11:30 am ★ Member: \$3 Non-Member: \$5

Learn about the Electoral College, and how elections are funded after the "Citizens United" decision and decisions about use of union dues and PACs. Review the role of the Federal Election Commission and state and local governments. Discuss attempts to disrupt or influence elections.



Wellness

Health Screening & Medication Management

Debra Bailey, BSN, PHN, SimplyWell Specialty Pharmacy

2nd Tue of each month, 9:00–10:00 am ★ FREE

Blood pressure and blood sugar testing provided. You may bring a list of your prescriptions (or the bottles themselves) for a compatibility evaluation.

Eating Healthy on a Budget

Barb Baptista, Health Educator & **Michele Manzie**, Sr. Public Health Nutritionist, FL Dept. of Health - Nassau

Oct 1, Tue, 9:00–9:45 am ★ FREE

Everything you eat and drink matters. Learn tips for meals and snacks that are healthy and within your budget. Learn how to start with small changes.

How to Improve Your Balance by Brooks Rehabilitation

Andrea Ortiz, PT, Brooks Rehabilitation

Oct 3, Thu, 1:00–2:00 pm ★ Member: \$3 Non-Member: \$5

Learn about the body systems that control balance, simple and effective

strategies and exercises to improve standing and sitting balance, and how to perform a quick self-assessment based on age norm.

Where Did I Park My Car?

Barbara Bruce, Wellness Facilitator; Mind, Body, Spirit

Oct 7, Mon 9:30–10:30 am ★ Member: \$3 Non-Member: \$5

Learn about memory loss, its causes, and a host of tried and tested ideas to keep memory sharp.

Flu shots by SimplyWell Specialty Pharmacy

Debra Bailey, BSN, PHN, SimplyWell Specialty Pharmacy

Oct 8, Tue 9:00–11:00 am ★ FREE

Be prepared for flu season and get your flu shot. Free for Medicare, Medicaid and private insurance. If you do not have insurance, the cost is \$34. Please bring your insurance card with you. Call to reserve your spot!

Lunch & Learn: Navigating Through Transitions

Debra Cottle, Seniors Real Estate Specialist and Transition Coach

Oct 15, Tue, 11:00 am–12:30 pm ★ FREE

Whether it's downsizing to assisted living, aging in place, living with family or just retiring, transitions can be difficult. There are many options. Find out what is involved in each stage, and how to best cope. Bring your questions! Please reserve your spot for lunch.

Lunch and Learn: Honoring Choices

Community Hospice & Palliative Care

Oct 18, Fri, 11:30 am–12:30 pm ★ FREE

Honoring Choices Florida is a community-wide advance care planning program supported by area hospitals and health systems. Learn about advance care planning for all adults, not just the elderly. Reflect on your values, beliefs and experiences to decide and document your health care preferences.

Take Charge of Your Diabetes

Meg McAlpine, University of Florida, Institute of Food & Agricultural Sciences

Oct 18, 25, Nov 1, 8, Fri, 10:00–11:30 am

★ (Series of 4 Classes) FREE

Diabetes is a serious, lifelong condition. Take charge of protecting your health and learn about Keeping Track of Blood Glucose, Carbohydrate Counting, Foot Care and Setting Goals, and Diabetes Medication.

Understanding How Medicare Works

Meg McAlpine, University of Florida, Institute of Food & Agricultural Sciences

Oct 21, Mon, 3:00–5:00 pm ★ FREE

The University of Florida/IFAS Nassau County Extension Service is providing an unbiased two-hour interactive workshop to help you understand Medicare so you can make informed decisions about your healthcare.

Reuniting Your Mind and Body

Barb Baptista, Health Educator, FL Dept. of Health - Nassau

Oct 24, Thu, 9:00–9:45 am ★ FREE

Do you obsess over food? Learn ways to stop fighting your body and struggling with your eating.

The Dramedy of Ears

Terri Goodridge, CapTel Captioned Telephone Representative

Oct 25, Fri, 1:00–2:00 pm ★ FREE

Learn about your hearing in a fun, interactive way. If you have a diagnosed hearing issue, you qualify for a free caption home telephone (funded by a Federal program) including installation, the phone and 100% free usage. You must have internet and a landline. Also, learn about our hearing loss support group.



How to Prepare for the Best Ever Doctor Visit

Barb Baptista, Health Educator, FL Dept. of Health - Nassau

Oct 28, Mon, 9:00–9:45 am ★ FREE

Do you have to accomplish so much in so little time during your medical appointments? How well you prepare for the visit makes a big difference. Learn how.

Simple Secrets of Aging Well

Barbara Bruce, Wellness Facilitator; Mind, Body, Spirit

Nov 4, Mon, 9:30–10:30 am ★ Member: \$3 Non-Member: \$5

Aging is inevitable! Aging well means DOING some fairly simple (not always easy) behaviors to be your best at any age. Have fun and benefit from the aging well advice of experts.

Fall Risk and Prevention

Cynthia Ehardt, Community Hospice & Palliative Care

Nov 5, Tue, 9:00–10:00 am ★ Free.

Find out about the most common reason people fall, preventable fall risks, and how to create a personal fall prevention plan based on your individual risk factors.

The Other Side of Suicide

Katrina Robinson-Wheeler, Facilitator,

Starting Point Behavioral Health Care

Nov 5, Tue, 5:30–7:30 pm ★ FREE

Community Conversation Series – Author John Elliott shares his experience as a survivor of an attempted suicide and presents his book, “The Other Side of Suicide.”

How to Improve Your Balance by Brooks Rehabilitation

Andrea Ortiz, PT, Brooks Rehabilitation

Nov 7, Thu, 1:00–2:00 pm ★ Member: \$3 Non-Member: \$5

Learn about the body systems that control your balance, simple and effective strategies and exercises to improve your standing and sitting

balance, as well as how to perform a quick self-assessment based on age norm.

192 Healthy Habits: The Ultimate List of Healthy Lifestyle Activities

Barb Baptista, Health Educator & Michele Manzie, Sr. Public Health Nutritionist, FL Dept. of Health - Nassau

Nov 12, Tue, 9:00–9:45 am ★ FREE

Healthy habits such as eating well, staying active and scheduling health screenings are important. Learn how they all work together and establish some new habits.

Memories: How to Represent the Past

Carlos Bustabad, MA, CHT, Certified Consulting Hypnotist

Nov 12, Tue, 10:00–11:30 am ★ Member: \$3 Non-Member: \$5

Learn how to understand past events and how we organize our thoughts and memories to represent those events. Demonstration and exercises help explain how we can change aspects of our lives by understanding the roles memories play in our lives.

Hope for the Holidays

Community Hospice & Palliative Care

Dec 9, Mon, 9:30–10:30 am ★ FREE

Community Hospice Bereavement Specialists help attendees reflect on their loss, cope with grief reactions, restore a sense of hope for the upcoming season, and refocus energy on positive activities and rituals to honor and remember loved ones. Participants should be at least 18 years old. Maximum attendees 20, reserve early.

What Was I Imagining?

Carlos Bustabad, MA, CHT, Certified Consulting Hypnotist

Dec 9, Mon, 10:00–11:30 am ★ Member: \$3 Non-Member: \$5

Learn how to change the channels of your mind to change your behavior. Interactive exercises will be demonstrated to explore how we can live a more creative and authentic life.

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

Support Groups

Starting Over & Reconnecting Support Group

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

Contact: Greg Hershberger

greg.hershberger@vitas.com

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

NCCOA Low Vision Support Group

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

Contact: Frances Bartelt – 904-775-5484

fbartelt@nassaucountycoa.org

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

SOS: Survivors of Suicide

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

This is an open support group. It is intended for people who have lost a member of their family or a close friend to suicide.

NCCOA Caregivers Support Group

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

Contact: Debra Dombkowski, 904-775-5484

ddombkowski@nassaucountycoa.org

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

Coffee with Comrades

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

Presented by Vitas Healthcare

Contact: Vitas - William Hesse, GySgt USMC (Ret)

904-403-3812 – william.hesse@vitas.com

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

NCCOA Hearing Loss Support Group

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

Contact: Frances Bartelt – 904-261-0701

fbartelt@nassaucountycoa.org

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

Buy Memories, Not Things

By WALLACE BENNETT,
DEVELOPMENT DIRECTOR

At Nassau County Council on Aging (NCCOA) we meet some of the most kind, compassionate and considerate people on the earth. They are family members, caregivers, people who attend our programs and classes, our employees and the citizens of this community we call home. Some are recognizable in the community and honored for what they have accomplished; others are strangers, unknown to many. They are year-round and part-time residents of Nassau County. Recently someone walked into our office and handed our receptionist an envelope with 113 \$1 bills. This person asked that this be his gift, and he wanted to remain anonymous. Someone else mailed in a single \$1 bill in response to a campaign mailing. Another person had her bank send us a cashier's



Frank and Edna Swithers' 60th wedding anniversary was celebrated with donations to NCCOA.

check for a large sum of money. All of these people have donated some of their own personal treasure to seniors in Nassau County, and make a difference in the lives of those we serve.

We have a wide variety of supporters, and we are always humbled by their generosity. It is not uncommon

for donors to ask that their gift be made in honor of or in memory of a loved one, friend or someone special. Here's an interesting real-world example from our own experience. A woman stopped by the Fernandina Beach Life Center and wanted to donate in honor of a friend's 60th wedding anniversary. It turns out there was an anniversary party for the couple coming up, and in lieu of gifts they asked people to consider making a donation to NCCOA. That single request created several gifts and we are grateful for their generosity.

This selfless request reminds me that even though we like buying things, the thrill of making a purchase fades quickly; but the joy of creating experiences and making memories lasts forever. We thank our donors for making memories for the beneficiaries of NCCOA programs and services. You make a difference each and every day.



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

Assistance Programs

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

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

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

Home Health Services – Provides non-medical in-home services to homebound seniors that help them live independently in their home or the home of a loved one. Assists with homemaking and personal care.

Free Legal Assistance for Nassau County residents. Jacksonville

Legal Aid is available at no cost by appointment to assist with topics such as health care proxy, power of attorney, family law, consumer and housing issues, as well as other matters. Appointments are available at NCCOA on the second and fourth Thursday of every month, 9:30 am-12:30 pm.

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

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

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

Every Body Can Benefit



By **JANICE CLARKSON,**
EdD, LMHC, CAP

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

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

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

Yoga is truly for any and every body. Flexibility or a lack thereof can be found in anatomies of any shape. Many options for poses exist to help you find the version that works for you. Yoga props such as chairs, blocks and straps can provide support to encourage experimenting while ensuring a safe approach.

What is important is working wherever you are within your current range of motion so your body can reopen to new movements.

Maintaining a regular practice offers an opportunity for individuals living with chronic pain or undergoing cancer treatment to feel more at ease.

What is Chair Yoga?

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

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

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



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



Use It or Lose It

Seniors can actually gain back a lot of functional strength by just starting to exercise.



By JOHNNY WOODHOUSE, BAPTIST HEALTH

As they age, many people experience a loss of muscle mass, a condition called sarcopenia. This condition can lead to issues with balance, putting individuals at risk for falling, as well as a predictable downward spiral of functional strength.

Although sarcopenia is a natural part of aging, it is possible to slow its progress through regular exercise. It's not just about feeling healthier in general. It's a matter of balance and reducing your risk of a fall.

Many people aren't aware that, by far, falls are the leading cause of injury-related emergency department visits for older adults. Falls are the major cause of hip fractures, and responsible for more than half of fatal head injuries, according to the National Council on Aging.

September is Healthy Aging Month and a good time for seniors, particularly those over the age of 65, to take stock of their balance and mobility.

You've probably heard the saying "use it or lose it," when it comes to physical conditioning. The same applies to seniors who lose strength, stamina and endurance if they don't stay active. Bruce Cathcart, a specially trained geriatric physical therapist with the [Baptist AgeWell Center for Senior Health](#), says a sedentary lifestyle causes muscles to become weak and bones to become brittle.

"There is so much reaction time lost due to aging. The main thing to combat this is to maintain or enhance your exercise routine," he said. "And people who have slowed down a lot can actually gain a lot of functional strength

back by just starting to exercise."

"Because seniors have less muscle mass to work with, it can be harder for them to complete everyday tasks such as getting out of chairs, cars or bed," said [Raphael Balbino, MD](#), a family physician trained in geriatric medicine at [Baptist AgeWell](#). Some seniors also take multiple medications that may cause dizziness and contribute to their risk of falling.

"From a geriatric perspective, we try to identify if people are on more meds than they need to be, and if they are exercising regularly and paying attention to their nutrition and hydration," said Dr. Balbino.

Seniors who are actually at risk for a fall with injury or simply avoiding walking and moving can benefit from a comprehensive physical therapy assessment and treatment plan that can help maintain and even improve their safety.

Signs that you may benefit from this type of program:

- Apprehension about losing balance or falling
- Sedentary lifestyle or lack of physical activity
- Difficulty or slowness with walking
- Difficulty getting down on or up from the floor
- Complaints of fatigue, weakness or lack of energy

Cathcart said chair exercises are beneficial to the heart, but do little to enhance balance. Muscle-strengthening exercises will not only prepare seniors for sudden falls, but also help prevent them.

"Otherwise," said Dr. Balbino, "they are going to lose that muscle mass and won't be able to recruit it when they really need it."



Johnny Woodhouse is a Marketing and Communications Specialist for Baptist Health.

AlertNassau

CITIZEN ALERT NOTIFICATION SYSTEM & SPECIAL NEEDS SHELTER REGISTRATION



PREPAREDNESS GUIDE:

www.nassaucountyfl.com/DocumentCenter/View/15049.

The "Preparedness Guide" provides you information to prepare yourself, as well as your family, pets, property and business to survive and stay safe in any disaster. In addition to providing instructions on how to sign up for the county's mass notification system, it also defines the differences between a WARNING, WATCH, ADVISORY and OUTLOOK. The guide provides evacuation and special needs registration and information about public and pet-friendly shelters. You will find useful information on weather conditions (such as severe tornados, floods, thunderstorms, hail and lightening, rip currents, wild-fires); how to prepare your home; food safety; hazardous materials safe handling and disposal; and other topics. In addition, the site provides handy website links.

ALERTS: www.NassauFL-EM.com. Residents may sign-up for important alerts via text, email or cellphone by using the link. Information will also be shared on social media sites such as Facebook, Twitter and Nextdoor. You may download the Everbridge Mobile Safety App from

Google Play or iTunes App Store.

SPECIAL NEEDS SHELTER (SPNS) – PRIOR REGISTRATION IS REQUIRED: www.NassauFL-EM.com

Select "People with Special Needs" – Registration to identify yourself as Bed Ridden, Electricity Dependent, Public/Ambulance Transportation Needed or Wheelchair Dependent. You may also call 904-548-0900 and have a registration form mailed to you.

The SPNS and Evacuation program is designed for those who require daily help with their medical and/or functional needs, and those who might need government assistance to evacuate to an emergency shelter in the event of a disaster. Public Health nurses provide shelter supervision; however, their special needs assistance does not replace the services available in a skilled nursing facility or hospital (services such as dialysis are not offered).

If you go to the SPNS, your regular caregiver must stay with you. You must bring your own healthcare equipment (such as wheelchair/walker/cane, oxygen concentration, blankets, special dietary supplies, etc.), medication in original bottles with labels, a copy of your physician's orders/instructions, and personal care/comfort supplies to last 4 to 5 days. If you contract with a home health agency, it must continue to provide the same type and frequency of care in the SPNS as it does at your home.

SERVICE ANIMAL: Your service animal will remain with you; bring its food, bowls, bedding and comfort supplies as well. If your vet or trusted friend cannot keep your pet while you are in the SPNS, it can be housed in a separate wing of the shelter as long as it is a mammal or bird; and has proof of current vaccinations, a secure crate, food and water bowls, bedding, a leash, sanitary baggies or litter box, and enough food to last 4-5 days.

*Thank You! Thank You! Thank You!
Thank You! Thank You!*

**5 Times in a Row
You voted us Best of The Best
Print & Copy Center**

*Our staff works very hard to earn your vote and provide you
with the Best of The Best*

LOCAL

- Dependable Service
- Quality Products
- Competitive Pricing



Serving Nassau County
FOR OVER 25 YEARS

2162 Sadler Road • Fernandina Beach, FL 32034 (Fax) 904-261-0364
www.ameliaislandgraphics.com • shoplocal@aigraphics.net

The advertisers in *Senior Life* help defray the cost of printing and distribution this publication each quarter. Nassau County Council on Aging expresses our appreciation to the *News-Leader* and the advertisers for their generous financial support.
Thank you.



Spiritual Center for Conscious Living

Sanctuary of the Soul: A Place Within Your Being Where You
Rendezvous With Divinity



Spiritual Center for Conscious Living Offers Enlightened
Innovative Direction, Leading You to Experience Divinity:
One Source. One Truth.

*Are You Looking for Spiritual Structure that Honors Your
Choice to Express Your Unique Divine Essence?*

Discover the Power of Finding Your Own Path in a
Community of Open Hearts and Minds



(904) 775-5191

www.SpiritualCenterForConsciousLiving.org
info@SpiritualCenterForConsciousLiving.org

Spiritual Sunday Service at 10:00AM

Renee Brown, Spiritual Leader

Fernandina Beach Life Center

1901 Island Walk Way, Fernandina Beach, FL 32034



One-On-One Banking

from a Bank Trusted for Over 56 Years

With over 56 years of stability and experience,
we can help you navigate the financial decisions
of both business and everyday life.

What matters most to us is a vibrant community,
successful schools, growing businesses
& financial security.

Amelia Island
904.321.0400
1891 South 14th St.

Yulee
904.321.2337
463845 SR-200

Coming Soon
Wildlight
Branch



FIRST FEDERAL BANK

ffbf.com | f

Member FDIC | Equal Housing Lender



Fernandina Beaches Senior Living Destination of Choice!

Nestled amongst large old oak trees, Savannah Grand Assisted
Living and Memory Care Community offers gracious retirement
senior living with personalized care. Our senior living team
members make superior service a way of life.

Council on Aging Club Members are Eligible for a \$500 Discount.

Call for More Information.

1900 Amelia Trace Court | Fernandina Beach, FL 32034

(904) 321-0898 • www.slm.net



ALF# 9801

SAVANNAH GRAND
ASSISTED LIVING RESIDENCE



NASSAU COUNTY COUNCIL ON AGING

Donate at www.nassaucountycoa.org

OCTOBER/DECEMBER 2019 SENIOR LIFE **29**

Wellness in All Its Dimensions

BY BOB BOLAN, NCCOA VOLUNTEER

Management guru Warren Bennis studied leaders and concluded that the most successful of them had three elements in common. One, they had high goals – they aimed high. Two, they had passion for their work – they showed up. Three, they communicated clearly – they engaged others in their cause. We – each of us – are the leaders of our own lives. Each of us can aim high for excellent health, show up each day on our own behalf and stay engaged in the cause of our own happy, healthy lives.

What is Wellness? (Noun): The state of being in good health, especially as an actively pursued goal.

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness. It is an active process of change and growth. It is a state of complete physical, mental and social well-being.

The Dimensions of Wellness

We can translate the general notion of Wellness into specific actions for our own lives by listing activities to include in our daily living. One way to discuss our own list is to classify the activities in groups, often called Dimensions. Today, we will classify Wellness into the nine dimensions that Nassau County Council on Aging (NC-COA) has used in some of its literature:

Physical	Nutritional	Vocational
Emotional	Intellectual	Spiritual
Social	Environmental	Financial

The general idea is to do at least one activity each day from each of your nine lists below. No day should be complete without touching each Dimension of Wellness!

■ Wellness of the Body – Physical

- Do some stretching when you first wake up
- Walk on the beach, take a bike ride, breathe deeply
- Come to The Life Center for dance, yoga and similar activities

■ Wellness of the Body – Nutritional

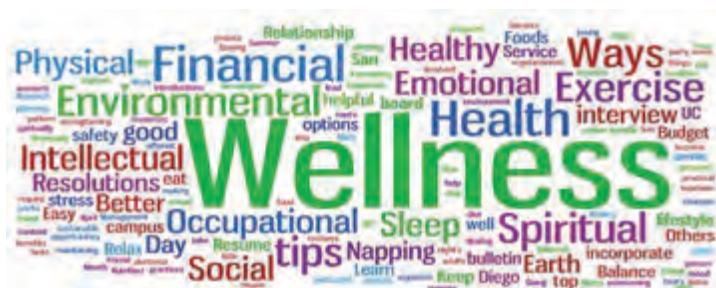
- Eat a good breakfast
- Increase fresh fruits and vegetables, tree nuts, whole grains in your diet
- Reduce or eliminate soda; drink water instead

■ Wellness of the Body – Vocational

- Take the AARP Driver Safety course at least every 3 years
- Learn CPR
- Visit the Fernandina Beach Life Center for educational classes

■ Wellness of the Mind & Spirit – Emotional

- Laugh often, think of the positives in your life
- Find contentment, express gratitude
- Contact a friend just to “catch up”



■ Wellness of the Mind & Spirit – Intellectual

- Come to The Life Center for classes and activities to “broaden your horizons”
- Read a book or learn about a new (to you) topic
- Start or continue with a hobby

■ Wellness of the Mind & Spirit – Spiritual

- Relax and reflect each day
- Get completely away from all technology for a portion of each day
- Take a walk on the beach; feel the air, sand, water, sounds

■ Wellness within our Community – Social

- Spend quality time with family and friends
- Engage in a group activity at home or at The Life Center
- Become a mentor or home companion for someone

■ Wellness within our Community – Environmental

- Join the NCCOA Circle of Friends and befriend someone in need
- Foster an environment of trust and goodwill within your community
- Be a volunteer for at least one local service organization

■ **Wellness within our Community – Financial**

- Set up a budget, prioritize and stick closely to it
- Be a financial donor at an appropriate level for you
- Come to seminars and classes at the Fernandina Beach Life Center

What Now? – Join the SWELL Group

All of us want to be in good health. Most of us are prepared to pursue Wellness as an active goal for ourselves. A group has started to Seek Wellness and Excellent Lifelong Living – the SWELL Group. It has these simple elements that all members will agree to: Join as a Fernandina Beach Life Center member; attend at least two activities per month; prepare and present at least one activity per year; and receive a weekly email blast relating to Wellness. If you are interested in joining this group, email your name and email address to bolandbob@aol.com.



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

Snapshots



Nassau County Council on Aging (NCCOA) events and activities (from left, clockwise): NCCOA President & CEO Janice Ancrum (second from right) receives a donation from longtime supporter WestRock. The “Just Friends” group celebrates Independence Day at the Fernandina Beach Life Center. NCCOA’s Adult Day Health-Care program hosted an open house event to invite the community to our new home at 1901 Island Walk Way (3 photos).

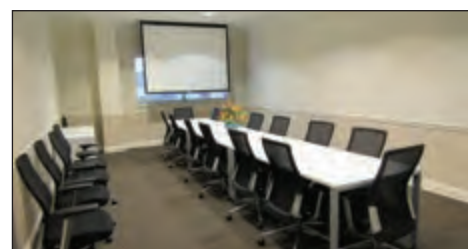


Planning an Event? Come to 1901 Island Walk Way!

Clear Grand Hall

Henderson Hall

Keffer Board Room



Our home at 1901 Island Walk Way features newly refurbished 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, 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.



A-rated health care. Trusted for 25 years.

From welcoming new babies, to providing life-saving medical care, we're the hospital you've trusted for 25 years.

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.

We're dedicated to continuing this important mission. It's a privilege to serve your health care needs and we thank you for your continued loyalty.

baptistjax.com/nassau

