

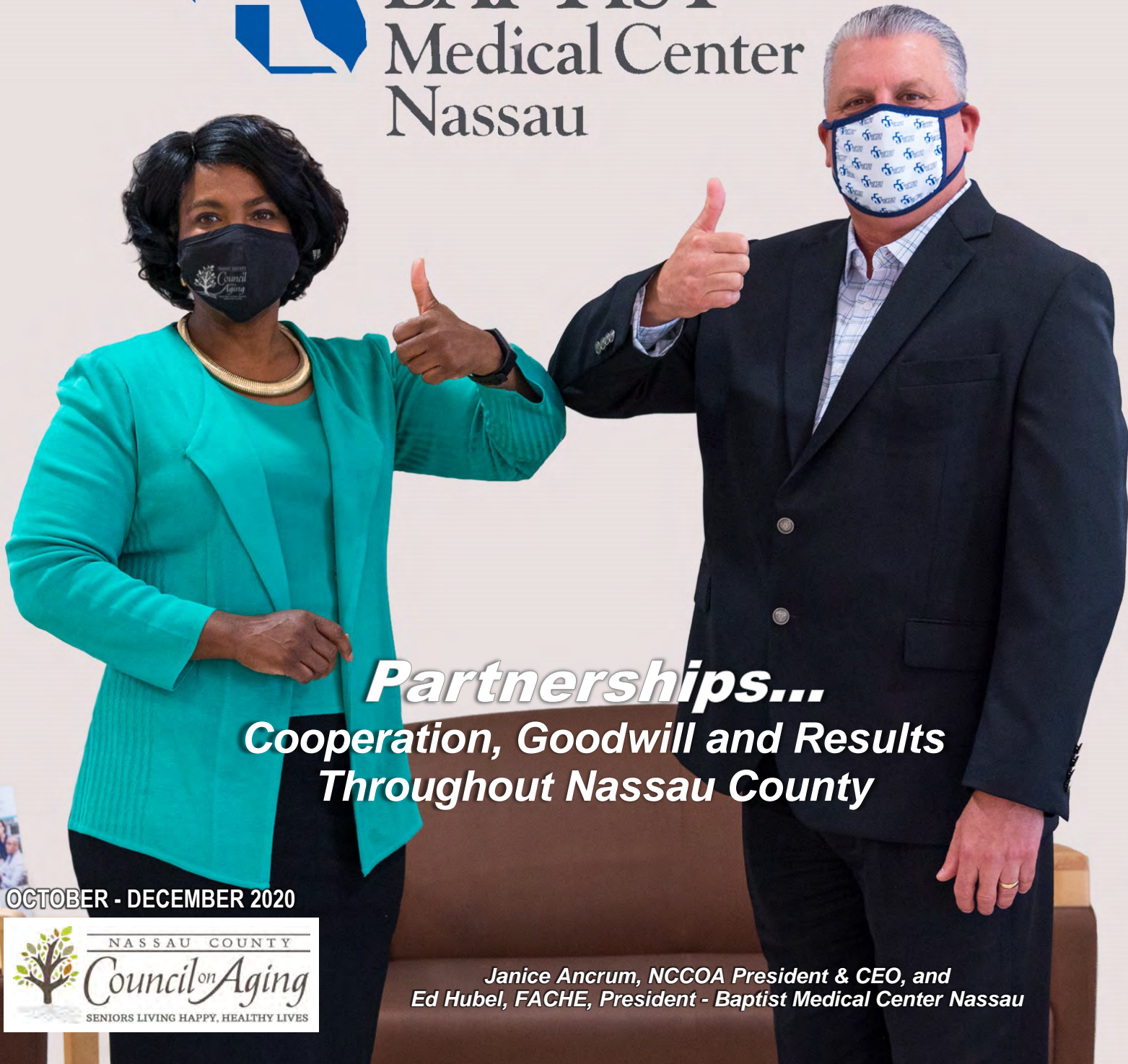
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Ed Hubel, FACHE, President - Baptist Medical Center Nassau

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Fernandina Beach Life Center

1901 Island Walk Way, Fernandina Beach, FL 32034

Phone: 904-261-0701 – FAX: 904-261-0704

Facebook: Nassau County Council on Aging

Website: www.nassaucountycoa.org

Fernandina Beach Life Center Staff Contacts:

Adult Day HealthCare – Debra Dombkowski, LPN, CDP
Advocate Home Healthcare – Debra Jean Landolfi
Case Management – Lisa Martin
Circle of Friends – Frances Bartelt
CHORE Program – Frances Bartelt
Development – Wallace Bennett
Electric Assistance/Water Assistance – Wendy Hughes
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Hilliard Life Center

37002 Ingham Road, Hilliard, FL 32046-1011

Phone: 904-845-3331 – FAX: 904-845-4491

Facebook: Nassau County Council on Aging

Website: www.nassaucountycoa.org

Hilliard Life Center Staff Contacts:

Administration/Case Management – Linda Rogers
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

Cover photo by Jimmie Stone Photography

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A Message from our President & CEO



Dear Friends,

American educator and advocate for the less fortunate Helen Keller, said, “*Alone we can do so little; together we can do so much.*” Partnerships – working together to achieve so much more – are at the heart of this issue of *Senior Life*.

Nassau County Council on Aging’s (NCCOA’s) partnership with Baptist Health has spanned more than 25 years, a tribute to the resilience of two mission-driven organizations. At NCCOA, we enhance the lives of older adults throughout Nassau County; as a result, the overall health, independence and economic security improves for all area seniors and their families. Baptist Health’s mission and core values create a healthier community through engagement, leadership and teamwork. In my opinion, a stronger community partnership would be next to impossible to find.

This sense of community is felt throughout Nassau County’s Eastside and Westside. We were fortunate to “graduate” from the little yellow building on Baptist Nassau’s campus to the Fernandina Beach Life Center. Baptist’s generosity – and that of their predecessor – allowed us to fulfill our mission for 35+ years on South 18th Street, and a new chapter has begun at 1901 Island Walk Way. That same new beginning is underway on the Westside with the renovation of our Hilliard Life Center – soon to be known as our West Nassau Life Center.

While Governor Ron DeSantis’s FY 2020-2021 budget included more than \$1 billion in vetoed spending requests, NCCOA’s request to renovate our Life Center on the Westside survived the cuts (part of only 4% of requests approved). The approved appropriation is \$600,000, and we truly thank the hard work and dedication of Sen. Aaron Bean (D-4) and Rep. Cord Byrd (D-11). With a renovated facility in Hilliard, NCCOA can easily double the number of seniors served each year from approximately 1,500 to more than 3,000. Specific improvements will be based on priorities and need, including the following: building renovation (new roof, flooring, plumbing and paint); parking lot repair and resurfacing; septic system connection to the Town of Hilliard’s infrastructure; updated kitchen equipment; and perhaps more if the budget allows. We are in the process of securing an additional \$50,000 (required by the state of Florida as a match to receive the grant appropriation), for a total of \$650,000. If you are interested in helping us meet this goal, please contact Wallace Bennett, Development Director, 904-775-5481 or wbennett@nassaucountycoa.org.

Due to the COVID-19 pandemic, our Life Centers continue to be closed to the general public. However, we have a core staff busy keeping our operations running – including delivering *Meals on Wheels* to local seniors, providing home health and case management assistance, transporting seniors and checking in with telephone reassurance calls – until we re-open, most likely sometime in January 2021. In addition, our annual fundraising Gala will be on hold until December 2021. However, be on the lookout for an extra-special end-of-year campaign to help us continue to meet the challenges posed by the pandemic and serve our seniors, one of the most vulnerable populations.

Thank you for your enduring support,

Janice Ancrum
President & CEO

Our Funding Partners



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About Nassau County Council on Aging



Please visit www.nassaucountycoa.com and [Facebook.com/nassaucountycoa/](https://www.facebook.com/nassaucountycoa/) for information and updates on NCCOA's facilities, programs and services.

LIFE CENTERS

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

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

PROGRAM OPERATIONS

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

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

ADULT DAY HEALTHCARE – “THE CLUB”

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

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

ADVOCATE HOME HEALTHCARE

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

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

PUBLIC TRANSPORTATION – NASSAUTRANSIT

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

Partnerships: Senior Safety Net Benefits From Diverse Collaborations

BY LIZ DUNN,
NCCOA Marketing & Communications Director

Partnership: A “business” relationship where two or more entities share ownership of a program, product or service for mutually beneficial results. Synonyms include affiliation, collaboration, connection, union and... **Nassau County Council on Aging (NCCOA) and Baptist Medical Center Nassau.**

This longtime partnership between Baptist Medical Center Nassau – a highly advanced community hospital – and NCCOA – the senior safety net for the community – has forged a solid relationship over the past 25+ years. What began as hosting the agency in the “little yellow building” on Baptist’s campus and steadily aligning community resources evolved into a rock-solid partnership based on shared values.

“NCCOA provides a solid alignment with our core values and a sense of cohesiveness in our vision for the future of this county,” said Ed Hubel, FACHE, President – Baptist Medical Center Nassau. “We are both firmly committed to those we serve in Nassau County, advocating for the health and well-being of seniors and their community.”

NCCOA President & CEO Janice Ancrum wholeheartedly agrees. “We continue to work closely together to ensure the best outcome for seniors in Nassau County, including nutrition, programming, transportation and operational support.”

Baptist-sponsored offerings (from both Baptist Nassau and Baptist Health System based in Jacksonville) include programs and services based on the results of a community health needs assessment. These include training and certification for Advocate Home Healthcare Certified Nursing Assistants (CNAs) and Home Health Aides, a fall prevention program through a dedicated case manager, transportation to medical appointments via

NassauTRANSIT, and financial and volunteer support of NCCOA endeavors such as the opening of the Fernandina Beach Life Center at 1901 Island Walk Way and the agency’s first development director. Baptist support outfitted the Breen Health & Fitness Room with mirrors and exercise equipment, and the Clear Grand Hall with a large flat screen smart TV. Baptist is also a perennial sponsor of the Senior Expo & Health Fair. Most recently, Baptist Health System provided critical support for NCCOA’s *Meals on Wheels (MOW)* program and a temporary commercial freezer truck when requests increased close to 500% due to the COVID-19 pandemic.

“We can always count on Baptist to be there for our seniors,” Janice said. “Ed and his team are especially there for us when times are challenging – the glass is always half full.”

Ed adds, “Our partnership is still going strong after 25 years and I would say it’s even stronger now. We look forward to another 25...at least.”

Program Partners

Baptist is not alone in its program support of NCCOA. Other community mainstays provide sustained support of new and/or established senior-focused programs with human and/or financial resources. Partners such as **Nassau County Board of County Commissioners** and the **City of Fernandina Beach** provide ongoing resources to fund MOW and NassauTRANSIT (including the *Island Hopper*). Our 485% MOW increase during the height of the pandemic was met with county and city funds. The **Towns of Hilliard** and **Callahan** are also instrumental in funding meals and programs on the Westside. **Rayonier** and **Rayonier Advanced Materials Foundation** are staunch program partners with funding for

Continued on page 8



In addition to financial support, WestRock donated 21,000 boxes for meal delivery to seniors not able or afraid to leave their homes during the height of the pandemic. Pictured are (left to right) Wallace Bennett, NCCOA Development Director; Janice Ancrum, NCCOA President & CEO; Bryan Graves, General Manager, WestRock Corrugated Container Plant; and Eric Schmidt, WestRock Training/Communications.



Nassau County's safety net for seniors is now powered by two brand-new *Meals on Wheels* delivery trucks, thanks to state of Florida appropriations. NCCOA President & CEO Janice Ancrum and HR & Compliance Director Don Harley show off one of the new Ford F-250 vehicles.

Continued from page 7

MOW and the Fernandina Beach Life Center. NCCOA's Fernandina Beach Life Center is the former Rayonier facility; this generous partner also donated office furniture to this new home. **WestRock**, one of the first financial supporters of the *Island Hopper*, most recently came through with *MOW* funding and 21,000 boxes to package meals for seniors during the pandemic.

Corporate Partners

Well-known corporations are behind substantial financial support of NCCOA programs and services. These include **Bank of America, First Federal Bank, First Port City Bank, Florida Blue, Omni Hotels & Resorts, Publix, The Ritz-Carlton, Walmart Foundation** and **Wells Fargo**. Whether their Nassau County presence is large or small, our corporate partners provide sponsorships and critical funding year-round for programs such as financial literacy for seniors, nutrition, Adult Day HealthCare, home health and transportation. During the COVID-19 pandemic, these corporate entities – and others – helped ensure that seniors too vulnerable or scared to venture outside their homes received food through *MOW*.

Community Partners

In the truest sense of the word, Nassau County is a community. Smaller-scale support in the form of both human and financial resources is greatly appreciated and maintains our area's status as a large neighborhood. NCCOA's restaurant partners – **Ciao Italian Eatery, Garden Street Bistro, POGO's Kitchen** and **Stephanie's Sugar & Spice Café** – cooked up thousands of meals for delivery throughout the county during our "boots on the ground" initiative. **Community Hospice & Palliative Care**



POGO's Kitchen Executive Chef Alan Heckman seals freshly prepared meals for local seniors during NCCOA's "boots-on-the-ground" initiative. Nassau County Board of County Commissioners and City of Fernandina Beach support helped make this happen.

shares our mission and our facility in Fernandina Beach. This valuable partner facilitates senior-focused programming and provides financial support for NCCOA events and activities. **River City Rehabilitation Center, Brooks Rehabilitation** and **Fernandina Beach Rehab** (formerly Quality Health) are providers of programming and financial support. **The Lakeside at Amelia Island, Osprey Village** and **Savannah Grand** supply our seniors with fun programs, socialization opportunities and holiday gifts. Local businesses such as **P5 Productions, Harbor Wear of Amelia Island** and **Top Quality Concrete** support NCCOA programs and services. Recently, we received a generous check from the **UPS Store** in Fernandina Beach



Left, Nassau County's Public Works crew members provided much of the heavy lifting during the offloading of 6,000 frozen meals from Independent Living Systems (ILS), NCCOA food supplier. Nassau County's Board of County Commissioners also provided financial support. Right, the City of Fernandina Beach, WestRock and Baptist Medical Center Nassau are instrumental in funding the *Island Hopper* and NassauTRANSIT's fleet of vehicles. Pictured are (left to right) Maria Solomon, *Island Hopper* bus operator; Mike Hays, NCCOA Transportation Director, NassauTRANSIT; and Dale Martin, City Manager, Fernandina Beach.

to help support seniors during this challenging time. In addition, the **Amelia Island Duplicate Bridge Club (AIDBC)** provides year-round financial support. **FarmShare** delivers fresh and packaged food to supplement senior meals. **RPM Lumber** is instrumental in building ramps for seniors in need. Senior Health & Expo and Gala supporters are plentiful and represent the local and Northeast Florida area. And, where would we be without the partnership of Publisher Foy Maloy and his staff at the Fernandina Beach **News-Leader** and **Nassau County Record**? We are so grateful for their support of our mission through *Senior Life* magazine, local coverage and event sponsorship.

Agency Partners

We are fortunate that a myriad of agencies and organizations provide expert guidance, volunteer support and financial assistance to fund NCCOA programs and services. We depend on guidance from the **Florida Department of Elder Affairs** and **ElderSource** to help navigate the home and community-based social services offerings in our state and region. Like NCCOA, these state agencies partner to promote the well-being, safety and independence of Florida's seniors, their families and caregivers. **United Way of Northeast Florida** is a long-time supporter of NCCOA, and is also a recipient of employee contributions – a true partnership. **Florida's First Coast Relief Fund** helped ensure that seniors received meals during the pandemic. **The Nassau County Chamber of Commerce** partners with resources and expertise for our county-wide initiatives. **The Florida Department of Transportation (FDOT)** and **Jacksonville Transportation Authority (JTA)** help secure the success and sustainability of NassauTRANSIT, the public transportation system in Nassau County.

NCCOA appreciates the ongoing support of the state of Florida, our governor and legislators, including **Sen. Aaron**



Baptist Medical Center Nassau funds NCCOA's fall prevention program, in addition to many other programs and services for seniors.

Bean (D-4) and Rep. Cord Byrd (D-11). Our commercial kitchen, outdoor freezer, generator and MOW trucks are a reality due to generous funding. Hilliard's Life Center renovation will also come to fruition as a result of recently appropriated state funds.

Countless community groups and charities, volunteers, veterans organizations, churches, associations, foundations and family funds help NCCOA continue to provide targeted services with comprehensive, compassionate care that not only foster independence, but also help our seniors remain active, valued members of their community. We thank you.

Editor's Note: NCCOA's partnerships are numerous and we are extremely appreciative for the generous support. In this article we tried our best to mention them all. We apologize for any omissions. NCCOA truly appreciates you.

NCCOA's Unsung Partners

By Wallace Bennett

Some of the best partners we have are behind the scenes, but they deliver award-winning performances every day. We would not exist without them, and their gifts and involvement with Nassau County Council on Aging have been difference-makers over the years. We thank these private individuals for what they do for us. As the present is more vivid than the past, we thought we would look to the last few months during the pandemic to highlight their generosity, and in some cases see how we have supported each other. Here we go...

One of our recent donors wrote, "The enclosed check is intended to contribute to your essential help to vulnerable members of our community during this crisis and to thank you for the continuing assistance you are providing throughout this trying period. I am sure that our community as a whole shares in this gratitude to you."

Many friends and family members of our organization have chosen to recognize us with gifts when a loved one dies. Recently one of our volunteer *Meals on Wheels* (MOW) drivers passed away. He had been a volunteer for nearly 20 years. Because everyone loved him, we have been blessed with 22 gifts to honor his legacy. We are so very grateful to him and the people he has helped on our behalf.

One gift we received was to honor someone's emotional support dog who recently passed on.

One couple from our community gave us a check to kick off the campaign to renovate our West Nassau Life Center; one of them is a weekly volunteer for us.

Not long ago we launched our Summer Campaign for giving, and in a difficult year we have been amazed at the community's generosity.

One local resident honored us in her legacy with proceeds from her annuity.

A local retail establishment has for years contributed to our Adult Day HealthCare program for those who have a form of dementia.

We continue to get numerous gifts to support the MOW program. We are grateful as this year has seen the most need and greatest demand for delivering meals to homes than ever before.

A local manufacturing company has a group of employees who donate to NCCOA...and their employer matches part of their donations.

Our CHORE program includes a team of volunteers



who do small home repairs for those with specific needs. Recently we received a donation to help with installation of grab bars, a favorite home improvement which helps seniors around the house.

One check came in to honor the memory of a friend who "so enjoyed everything about the Council on Aging – thank you for being so kind to her."

Someone walked into our office and donated \$10.00 in cash, another walked in and donated \$40.00 in cash.

A kind family donated shares of stock in multiple companies, which we turn into funding for our senior programs.

A nonprofit foundation focused on "Empowering Organizations Dedicated to Improving the Quality of Life of Older People" gave us a significant gift based specifically on the challenges associated with the COVID-19 virus.

One gentleman made a donation and wrote, "I want to thank you for all of those delivered meals and to all of the delightful volunteers who are always cheerful. You all have made it so much better for me since going shopping is almost next to impossible..."

One woman wrote with her check, "Thank you for the meals you delivered to me, by some very nice people."

One local organization which has suspended many of their activities due to the pandemic made us the "Charity of the Month" anyway, and sent a generous check.

One family donated saying that they are a member of "a local small group of families serving other families. We would like to help elderly people in need during this difficult pandemic time..."

To all of these partners and many more not mentioned, we are grateful for your continued generosity and inspiration.

Wallace Bennett is NCCOA's Development Director. You may help us support seniors by contacting Wallace at 904-775-5481 or wbennett@nassaucountycoa.org



Mental Health: A Pressing Community Need

BY JOHNNY WOODHOUSE

What if I told you that cancer, diabetes and heart-related diseases aren't the most pressing health needs in our community? Well, it's true. According to a recently released survey by the Jacksonville Nonprofit Hospital Partnership, 64 percent of survey respondents said mental health and mental health conditions top the list of 14 pressing community health needs. Cancer, by the way, ranked sixth.

To address this pressing need, the five-hospital partnership, which includes Baptist Health, came up with a goal in 2016 to train 10,000 members of our community in Mental Health First Aid by 2020. Mental Health First Aid is a free, eight-hour training course that teaches participants how to identify, communicate with and connect people suffering with mental health issues to local resources.

I recently took the training at Baptist Medical Center Beaches and I'm officially certified by the National Council for Behavioral Health for three years. (I have a certificate to prove it.)

Mental Health First Aid was created in 2000 by Betty Kitchener, a nurse specializing in health education, and her husband, a college professor. Realizing the lack of understanding of mental health issues in their community, the couple came up with a first responder-style course that trains everyday people in how to recognize and help others suffering with a mental health problem or crisis.

Today, Mental Health First Aid classes are taught in more than 20 countries, including the U.S., where more than 1.5 million Americans have been trained. My top takeaways from the training were:

- Make a person experiencing a mental health issue feel respected, accepted and understood.
- Listen non-judgmentally to what they have to say.
- Encourage them to seek help.

Our instructor, Katrina Robinson-Wheeler, a licensed mental health worker, said she has trained nearly 3,000 people in Mental Health First Aid since 2016. She is also certified to teach the course to police officers and firefighters.

Like any first-aid course, we learned an action plan using the mnemonic ALGEE®, which stands for:



MENTAL
HEALTH
FIRST AID®

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

The second thing we learned was how to apply the action plan to a number of mental health problems, including depression, anxiety disorders, substance-use disorders, eating disorders and psychosis. The latter was of particular interest to me because a member of my family has suffered from schizophrenia for decades.

Over the years, I've learned not to offer counsel because that's for the experts. Instead, it's important to listen attentively and sympathetically to what a person with a mental illness has to say and accept the illness for what it is – a disability that is not going away.

Enrolling in Mental Health First Aid was another way for me to further educate myself about the disease. If I learned anything from the course, it was to be even more of an empathic listener. Said Rachel Naomi Remen, a clinical professor at the University of California, San Francisco, "A loving silence often has far more power to heal and to connect than the most well-intentioned words."

Baptist Health is offering free Mental Health First Aid training to Florida residents throughout the Jacksonville area. To find a class, contact Baptist Health Social Responsibility at 904.202.3360.

Mental Health First Aid USA will soon be offering a virtual Mental Health First Aid course where participants complete a two-hour, self-paced class, and then participate in a four-hour, instructor-led class via videoconference. The virtual training will include expanded content on trauma, addiction and self-care. For more details, visit mentalhealthfirstaid.org.

Johnny Woodhouse
Marketing and Communications Specialist
Baptist Health



How to “Cottle” Your Relationships During Challenging Times

BY DEB COTTLE

According to AARP, “The COVID-19 pandemic has created a patchwork of crises across America.” Now more than ever it is important that we nurture our relationships – whether it be with family, friends, neighbors or those in need of assistance.

Having suddenly been caught up in this multi-generational, once-in-a-lifetime hodgepodge, seniors find themselves vulnerable not only to the virus but everything that comes with it, including how to maintain healthy relationships. Human connections are a basic need, especially when it comes to the senior population. Building positive relationships with others can help to squelch the overwhelming feelings of apprehension and nervousness. By fostering these relationships in a positive way, the rewards become boundless.

The CDC recommends that if your household includes one or more vulnerable individuals – such as seniors – then all family members should act as if they, themselves, are at risk. This can result in less socialization and more “alone time.” SocialPro, a publication that summarizes statistical data from major surveys on loneliness and isolation in America, reveals the following 2019 results – all increased over the previous year:

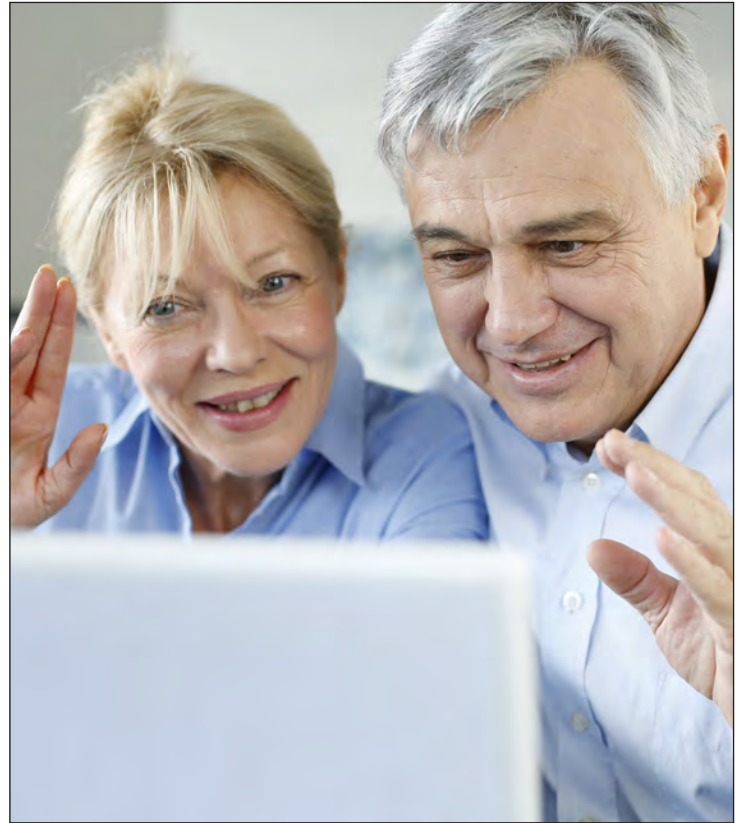
- 61% of Americans reported being lonely
- 52% sometimes or always felt alone
- 47% sometimes or always felt that their relationships were not meaningful
- 21% had no close friends
- 58% sometimes or always felt like no one knew them well
- 49% sometimes or always felt as though they lacked companionship
- 53% said it was difficult to make friends because they are shy

Furthermore, loneliness among those age 60-70 (Baby Boomer Generation) looks like this:

- 44% sometimes or always felt lonely
- 16% had no close friends
- People with a high degree of loneliness were twice as likely to develop Alzheimer’s

Since relationships are key during these times, here are a few tips and suggestions that can help all of us cope and thrive:

❖ **Gratitude.** It’s important that we give thanks for what we DO have in our lives right now. What can we be grateful for? Even if it is just having a roof over our heads. If we start giving thanks, we open ourselves up to receiving more experiences in our lives that we can also appreciate. We give thanks for our family and friends, and make plans to further



“Cottle” (pardon the pun!) those relationships.

❖ **Mindset.** After giving gratitude, we need to adjust our mindset to focus on the positive aspects of our lives and our relationships.

❖ **Communicate.** Here’s the fun part. Decide on the best way to communicate with your family, friends or co-workers. Make a list of the people you want to reach out to. Then, consider how they best communicate – email, phone call, text, personal handwritten note, etc. Once you have that figured out, start communicating! Since we aren’t doing much (if any) socializing in person, we can still put forth effort to nurture and grow our relationships. I’ve noticed that every time I’ve made a phone call to family and friends just to see how they are doing, it is very much appreciated!

❖ **Hobbies.** Find ways to connect with like-minded people who share the same interests as you by joining a hobby-related virtual class. You can receive many benefits by connecting with others who share your same passion!

❖ **Keep Learning.** This is a great time to register for classes to expand your knowledge or earn additional credentials.

❖ **Exercise.** Keep moving! You can do this alone at home or join an online exercise class. In this way you can participate in a group, and still feel connected to others even though you aren’t in the same room together.

Nassau County Council on Aging offers many virtual learning opportunities for your further growth and enjoyment – <https://bit.ly/3hXqHv5>. Check out the class schedule and join a group or two that fits your interests. You will start to feel less isolated and become more in tune with others in your same situation.

We are all in this together, navigating our way through new avenues of communication and living our lives more virtually. The most important part of this transition is to embrace, treasure and nurture relationships to increase the feeling of belonging and lessen the feeling of loneliness.

Thanks for the opportunity to share my ideas and thoughts on how we can expand our relationships with others. Join my virtual class, titled "How to 'Cottle' Your Relationships," on Tuesday, Oct. 27, 2-3:00 pm. Zoom, <https://bit.ly/2R03cfS>; Meeting ID: 858 7779 9583, Passcode: Cottle, through Nassau County Council on Aging. In the meantime, if you would like to schedule a virtual coaching session, please feel free to contact me at 904-556-9289 or debracottle@gmail.com.

Note: Data sources include Organization for Economic Cooperation and Development, Cigna, YouGov and The Kaiser Family Foundation.



Deb Cottle
Co-owner, Cottle Communications

YOU ARE NOT ALONE

Starting Point Behavioral Healthcare is open and serving clients during the COVID-19 pandemic. We have instituted telehealth as a way to continue services and our Yulee office is still serving clients in person.

Crisis lines are open 24/7:
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904.206.1756 (Adults)
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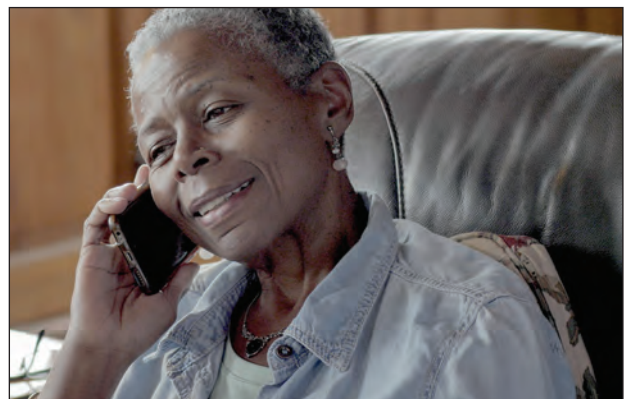
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New Partnership

▼ **GetSetUp.** Nassau County Council on Aging (NCCOA) is proud to partner with GetSetUp, an online learning platform providing free virtual classes to Nassau County's seniors (free through December 31). Classes are live, interactive and taught by seniors for seniors. Topics include Zoom, Gmail, Smartphone, iPad, Facebook, Instagram and 150+ other classes on technology, health and wellness, personal enrichment and entertainment. Visit <https://bit.ly/2ZXaOFr>, choose a class. Use "NASSAU" as your coupon code to make the class free.

Scheduled – Current Events

▼ **Tuesday Topics with Bob Bolan.** A variety of topics with a national and worldwide focus. If you're interested in participating in an online discussion, contact Bob Bolan at bolanbob@aol.com. He'll send weekly video links and related materials.

- ❖ Topic #28 - India and Pakistan, Oct 6
- ❖ Topic #29 Red Sea Security, Oct 13
- ❖ Topic #30 Yemen: A History of Conflict, Oct 20
- ❖ Topic #31 - U.S. Relations with the Northern Triangle, Oct 27
- ❖ Topic #32 - China in North and South America, Nov 3
- ❖ Topic #33 - The South China Sea and the Philippines, Nov 10
- ❖ Topic #34 - Artificial Intelligence as a Source for Global Power, Nov 17
- ❖ Topic #35 - Global Health Preventing Pandemics, Nov 24
- ❖ Topic #36 - COVID Emergency and the U.S. Federal Budget, Dec 1
- ❖ Topic #37 - Americans and the World, Dec 8
- ❖ Topic #38 - Pax Americana, Dec 15
- ❖ Topic #39 - The European Union and Eurozone, Dec 22
- ❖ Topic #40 - Russia's Foreign Policy, Dec 29

Exercise

▼ **Virtual EnerChi.** Every Monday and Friday, 10 -11:00 am (class is available for replay until 4 p.m. the following day). Christy Hickey, certified fitness instructor for SilverSneakers and Renew Active. Visit <https://bit.ly/2OGrg6s>.

▼ **Virtual Strength & Balance.** Every Wednesday, 10 - 11 am (class is available for replay until 4 p.m. the following day). Christy Hickey, certified fitness instructor for SilverSneakers and Renew Active. Visit <https://bit.ly/2OGrg6s>.

Financial

▼ **Presentations with Steve Nicklas,** local financial advisor.

- ❖ The Economy and Financial Markets During COVID-19. Tuesday, Oct 6, 10-10:30 am. Zoom, <https://bit.ly/2YpT9oB>; Meeting ID: 810 2885 0390, Passcode: Economy
- ❖ Immediate/Long-Term Effects of COVID-19. Tuesday, Oct 13, 10-10:30 am. Zoom, <https://bit.ly/31j3TqB>; Meeting ID: 822 7030 1167, Passcode: Effects
- ❖ Social Security and Medicare. Tuesday, Oct 20, 10-10:30 am. Zoom, <https://bit.ly/2QdVizh>; Meeting ID: 848 3054 8911, Passcode: Medicare
- ❖ Income Sources During Retirement. Tuesday, Oct 27, 10-10:30 am. Zoom, <https://bit.ly/2FIOnfn>; Meeting ID: 837 0616 8947, Passcode: Income

Legal

- ▼ **Legal Chat:** Tenants' Rights in the Time of COVID-19.
 - ❖ Time: Oct. 1, 9:00 am. Zoom, <https://bit.ly/2F1XJ5Q>; Meeting ID: 876 5369 7105, Passcode: 100120
- ▼ **Legal Chat:** Consumer Rights: Protecting Your Money.
 - ❖ Time: Nov. 5, 9:00 am. Zoom, <https://bit.ly/2GwKdrt>; Meeting ID: 828 4146 1695, Passcode: 110520

Music & Art

▼ **I Got Rhythm/History of Jazz Live Presentation,** featuring Renowned Jazz Drummer and Amelia Island Jazz Festival Artistic Director Les DeMerle. Wednesday, Oct 7, 2:00 pm. Les DeMerle has played drums and recorded with Harry James, Frank Sinatra, Tony Bennett, The Manhattan Transfer, Wayne Newton, the Les DeMerle Band and 17-piece Orchestra featuring Bonnie Eisele and more. Zoom, <https://bit.ly/2F1QGKt>; Meeting ID: 895 4470 6078, Passcode: 632616

▼ **Majic Mixx Arts & Crafts with Christy Hickey.** Three different classes on Facebook Majic Mixx:

- ❖ Floral Wood Art, Thursday, Oct 15, 2-3:00 pm
- ❖ Fluid Art, Thursday, Nov 19, 2-3:00 pm
- ❖ Swan Decoration, Thursday, Dec 17, 2-3:00 pm

Photography with Jimmie Stone

- ❖ Understanding Your Digital Camera. Tuesday, Oct 6, 3-4:00 pm. Zoom, <https://bit.ly/3btb7fp>; Meeting ID: 846 8157 8000, Passcode: Digital
- ❖ Intro to Camera Lenses. Thursday, Oct 8, 3-4:00 pm. Zoom, <https://bit.ly/32XgbVt>; Meeting ID: 896 2849 1317, Passcode: Lenses
- ❖ The Essentials of Exposure. Tuesday, Oct 13, 3-4:00 pm. Zoom, <https://bit.ly/3hZZPkZ>; Meeting ID: 883 7483 6498, Passcode: Exposure
- ❖ Shutter Priority. Thursday, Oct 15, 3-4 pm. Zoom, <https://bit.ly/359rvQS>; Meeting ID: 849 4017 1030, Passcode: Shutter
- ❖ Manual Mode. Tuesday, Oct 20, 3-4:00 pm. Zoom, <https://bit.ly/32XQ9RJ>; Meeting ID: 844 4052 6014, Passcode: Manual
- ❖ Photo Metering. Thursday, Oct 22, 3-4:00 pm. Zoom, <https://bit.ly/31Xw7aH>; Meeting ID: 815 6473 3472, Passcode: Metering
- ❖ Exposure Compensation. Tuesday, Oct 27, 3-4:00 pm. Zoom, <https://bit.ly/3buLwSZ>; Meeting ID: 823 1452 3694, Passcode: Exposure
- ❖ Exposure Bracketing. Thursday, Oct 29, 3-4:00 pm. Zoom, <https://bit.ly/3i52NVu>; Meeting ID: 893 0911 7405, Passcode: Bracket
- ❖ Focus Modes and Focus Points. Tuesday, Nov 3, 3-4:00 pm. Zoom, <https://bit.ly/3h1EIh5>; Meeting ID: 854 5345 6401, Passcode: Focus
- ❖ When and How to Adjust ISO. Thursday, Nov 5, 3-4:00 pm. Zoom, <https://bit.ly/352IxlL>; Meeting ID: 862 7286 6450, Passcode: Adjust
- ❖ Aperture Priority. Tuesday, Nov 10, 3-4:00 pm. Zoom, <https://bit.ly/2DuIN0y>; Meeting ID: 831 0873 0179, Passcode: Aperture

Wellness

- ▼ **How to “Cottle” Your Relationships.** Learn how to captivate, engage and build stronger relationships with your customers, friends and/or family. This inspirational presentation will help you improve your communication skills, reduce stress, and provide tips and techniques for success. Tuesday, Oct 27 2-3:00 pm. Zoom, <https://bit.ly/2R03cfS>; Meeting ID: 858 7779 9583, Passcode: Cottle
- ▼ **Free Virtual Diabetes Empowerment Education Program.** Thursdays, Oct 1 – Nov 5 from 1- 3:00 pm. Have fun while learning how to manage diabetes and prevent complications. Call to register: Northeast Florida AHEC at (904) 482-0189 or (877) 784-8486.
- ▼ **Free Living Healthy Workshop.** Multiple class options available:
 - ❖ Mondays, Oct 5 – Nov 9 from 1:00 - 2:30 pm
 - ❖ Tuesdays, Oct 6 – Nov 10 from 10:00 - 11:30 amLive Telephone Program (Weekly series of six live phone calls.) For people 60 years and up. Call to register: Northeast Florida AHEC at (904) 482-0189 or (877) 784-8486
- ▼ **Free Diabetes Self-Management Program Webinar.**

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▼ **Orphaned FL Panthers.** View a presentation recorded in mid-September as the White Oak Team shares a behind-the-scenes look at the daily care of 2 young, orphaned male Florida panthers, “Pepper” and “Cyprus.” Since 1986, White Oak has partnered with Florida wildlife officials to rehabilitate and release 19 sick or injured Florida panthers, many of which were struck by cars. Today, there are approximately 150 Florida panthers left in the wild. <https://bit.ly/3jLSjLI>

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- ▼ **Learn to Play Bridge.** An interactive, learn-as-you-play program powered by BridgeBase robots. This game is a safe environment for players to test and learn new skills. Visit <https://bit.ly/2COof1z>.
- ▼ **Learn How to Play Canasta.** Visit <https://bit.ly/33FMQRc>.
- ▼ **Play Canasta Online with Friends.** Visit <https://bit.ly/3a6mBor>.

Language

- ▼ **Duolingo.** Free communications app that teaches Spanish, French, German, Italian, Portuguese, Japanese, Arabic, Czech, Welsh, Danish, Greek and more. <https://bit.ly/2QQFUJB>

Technology

- ▼ **All About Zoom.** Learn how to meet virtually with family members and friends – individually and in groups – using this popular videoconferencing software. Visit <https://bit.ly/3jr6xQk>.

Tours and Entertainment

- ▼ **25 Tours of Washington, D.C.** Explore the landmarks, museums, Smithsonian, National Zoo and many more important landmarks in our nation’s capital. Visit <https://bit.ly/3jr6y8Q>.
- ▼ **Expoza Travel.** If you want to travel the world, this is the video channel for you. Visit <https://bit.ly/39gUKz2>.
- ▼ **National Park Service Virtual Tours of All Parks.** <https://bit.ly/3jEg9s0>
- ▼ **Kennedy Center Digital Stage.** Watch extraordinary performances from the Kennedy Center stages and beyond with new releases daily, special series and original stories. Visit <https://bit.ly/2BjAsup>.
- ▼ **Aquarium of Pacific Online Learning Center.** Free interactive classes on Amphibians, Birds, Cartilaginous Fishes, Cetaceans, Mammals, Plants and Trees, Reptiles and much more! Visit <https://bit.ly/2YIEI55>.
- ▼ **Georgia Aquarium – Deep Sea Learning Videos.** Each week, 2 videos are added; numerous past videos to view such as Mammal Madness, Sharks Six Sense, Gnarly Nudibranch, Tsunamis and much more! Visit <https://bit.ly/2FBZRBh>.

All offerings listed are subject to availability.

The History and Origin of Some Ole Southern Sayings

BY PETER MULLEN

Where did some of these old Southern sayings come from that we've heard all our lives, but maybe never thought about their origins? They were used by our parents and grandparents and brought to North America from Medieval European cultures; after all, we know what they mean, right?

During these unprecedented times of COVID-19, many Americans are reflecting on memories of our past as we look at old family photographs and memorabilia. Let's take a close look at some selected sayings and see if their meanings have changed over the past 500 years. Many of them originated from the Revolutionary War, the War of 1812 and the War Between the States.

"IT'S RAINING CATS AND DOGS"

European houses had thatched roofs of thick straw piled high with no wood underneath. It was a good place for critters to stay warm, so all the cats, mice, rats and bugs lived in the roof. When it rained, the critters would slip and fall into the house. Originally it was referred to as "Raining cats and rats," but was later changed to "Raining cats and dogs!"

"SLEEP TIGHT"

Back in the 1500s, some people could afford to sleep on wooden-framed beds so they were off the floor. These frames had heavy ropes tied from side to side that supported the mattress. Over time the ropes would stretch, so they'd have to tighten them – hence, the saying "sleep tight." Later added to that was "don't let the bed bugs bite."

"BRING HOME THE BACON"

In olden times when people could obtain pork it would be a special occasion. When they had guests, they would hang their slab of bacon to show off. This was a sign of status when the father could "bring home the bacon."

"UPPER CRUST"

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle and guests got the top or the upper crust. The loaf was sliced lengthwise, not the way we do it today. Note: I personally always did prefer the burnt lower crust!

"PEASE PORRIDGE HOT, PEASE PORRIDGE COLD, PEASE PORRIDGE IN THE POT NINE DAYS OLD"

In older days, people cooked in the kitchen with a big



iron kettle that always hung over the fire. Every day they lit the fire and added food to the pot – mostly vegetables and some meat. They would eat the stew for dinner, leaving the leftovers in the pot and then start over the next day. Sometimes the stew had food in it for several (9) days.

"THE WHOLE SHEBANG"

This is an old Southern saying that originated during the War Between the States among prisoners of war. Many POW camps did not have adequate shelter and the men were exposed to all kinds of weather. They would often gather logs, branches and scraps of trash to build a make-shift shelter. Usually 3 or 4 prisoners would huddle together in this shelter during the rain. They called the shelter a "shebang." Since disease was rampant in prison camps and often cost prisoners their lives, the last surviving member of each group got the whole shebang.

References: Old English Sayings composed by Florence W. Deems, @TonebyTone.net; The History of Some Ole Southern Sayings – Their Meanings & Origins, Peter P. Mullen

Peter P. Mullen is a retired professor, lecturer and member of the Honorable Order of Kentucky Colonels and a resident of Callahan. These selected sayings are part of an educational and amusing one-hour presentation, "Let the truth be known to all."



Anniversary Grief

BY JANICE CLARKSON, EdD, LMHC, CAP

Those who have recently lost a loved one during this time of year often find that grief is felt particularly acutely during anniversary dates and holidays. If this is the first, second or third anniversary since the person's death, it may be especially tough, says John Welshons, a grief counselor from Little Falls, N.J., and author of "Awakening from Grief: Finding the Road Back to Joy."

The key to coping with grief is to not pretend that things are the same as they used to be. Try to bring some honesty to this difficult situation. Every family needs to find their own way of doing this, however. For some, the best approach may be to restructure the anniversary experience, by doing something different or traveling someplace new. For others, though, the opposite approach feels right.

One family I know put a photograph of the deceased in their chair at the table. Not as a way of clinging to the past, but as a way of recognizing the change in the family in the present. Other ways of memorializing the deceased include planting a tree, cooking their favorite meal or visiting the grave. Such gestures may help people find a new way to connect in their hearts with the loved one now that they are no longer with them physically.

Whatever approach is taken, family members need to accept that some sadness is probably inevitable and talk about what they are going through. Trying to create a false atmosphere of fun and frivolity just creates a sense of unreality that adds to the stress. When family members are struggling with their own grief, they may not always be open to an honest sharing of emotion. In such cases, a friend, counselor or support group can provide a sympathetic ear and much-needed emotional support.

Keep your expectations grounded in reality. Give up your fantasy of a Norman Rockwell scene around the table. Sit down and think about what would please your family as a unit. For example, you all might want to take a walk or watch a favorite movie together. If you need a good cry, I recommend watching the following movies: *Beaches*, *Steel Magnolias*, *The Notebook*, *The Bucket List* and *Philadelphia*.

Allow enough time for rest and relaxation, too. Many people overextend themselves trying to prepare for something wonderful, to the point where they deprive themselves of normal self-care. As a result, they get tired and run down.

The principles and actions of grief carry with them three essential objectives:

- To ensure that fond memories do not turn painful
- To allow us to remember our loved ones as we knew them in life rather than in death
- To be able to have a continuing life of meaning and value even though our lives have been dramatically altered



by the death of a loved one.

The struggle to achieving those three goals is the accumulation of misinformation most of us have acquired about dealing with loss.

Janice Clarkson, EdD, LMHC, CAP is a licensed mental health counselor, certified addiction professional and certified yoga pod instructor.



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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



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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 may 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.



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Veterans Day – November 11, 2020

Veterans Day is a time for all Americans to pay our respect to U.S. servicemembers who have served our country...for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Deceased veterans are also remembered on Veterans Day, but the day is set aside to thank and honor living veterans who served honorably in the military - in wartime or peacetime.

This holiday started as a day to reflect upon the heroism of those who died in our country's service. In legislation passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" It fell on November 11 because that is the anniversary of the signing of the Armistice that ended World War I -- on the "11th hour, of the 11th day, of the 11th month" in 1918. Each year, we celebrate our servicemembers on what is now known as Veterans Day, always on the same day...November 11.

To all veterans, we thank you for your service.

Source – www.military.com

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Best Days

BY BOB BOLAN, PhD

The pandemic has created major changes around the world and in our communities during 2020. Every human being has been impacted, and we hear stories of this or that problem. At the same time, some of us are flourishing and doing very well. Some people are having “best days.”

Nassau County Council on Aging (NCCOA) maintains a large email database file, and sends out messages of hope, strength, beauty, calm and understanding every week on Thursday. Many feature TED Talks. If you aren't already receiving these messages, please send your contact information to NCCOA (send to ldunn@nassaucountycoa.org) to be included on the list for *Senior Life News*.

Personally, I've used this year to finish writing many short story segments for my family. These snippets from events and feelings in my life have given me satisfying reminders from many decades of living. I hope the stories will help future generations in my family understand my values and interests, and know what I did in the face of some specific circumstances.

Some people find other ways to achieve mindfulness – sort of a “Zen” feeling of calm and satisfaction that this moment is good. Today is a favorite day. Blood is flowing well throughout our cells, bringing the nourishment of oxygen and other necessities for the body to flourish.

The Thursday *Senior Life News* messages have been a sort of partner in the “new normal” for many of us throughout this year, featuring relevant tips, information and general food for thought. Our TED Talks have helped us with these important steps:

- Stay active, both mentally and physically
- Stay connected to people
- Stay joyful and grateful

Here's a synopsis of the speakers we have featured. Byron Wien described life lessons so many of us thought about our life lessons. Emily Esfahani Smith spoke with us about having meaning in life so we thought about the most important meanings in our own lives. Robert Waldinger described the 75-year-long study of the key element for people to live happy lives (relationships); we took steps to keep our own relationships strong.

We saw the joyful 10-minute art and talk by Oliver Jeffers on what it means to live here on earth among human beings and other living things. He says, “Use your time well, it'll be gone before you know it.” This led us to think about our own stories – how we are living here, now, on this remarkable planet of ours.

Eduardo Briceno helped us to see that sometimes we are learning new things, and sometimes we are “performing” things we already know. It is okay to experiment and

fail as part of our learning time.

Kelly McGonigal talked to us about how to make stress our friend. “One thing we know for certain is that chasing meaning is better for your health than trying to avoid discomfort,” she says.

William Falk, editor-in-chief, *The WEEK* magazine, observed that there is uncertainty about how long this pandemic and other world and national problems will continue. “One day at a time is how people survive a crisis,” he writes.

Some of our favorite TED Talks were funny and profound at the same time. Sir Ken Robinson's 2006 talk is about learning creatively. We could see that we are still learning all these decades after leaving formal schools.

Julian Treasure provided us with talks about “speaking so people want to listen” and “five ways to listen better.” We all learned that listening with understanding is one of the ways to calm a troubled mind.

Chilean author Isabel Allende's 2007 TED Talk gave us humorous and poignant stories, but the key is that it helped us to be our own storytellers. Seniors throughout Nassau County have lived well in a wide variety of circumstances and experiences. We all have so much value and it has been good to unlock some of these truths.

Neuroscientist Wendy Suzuki got us up and moving during her discussion of the brain-changing benefits of exercise. Molecular biologist Bonnie Bassler let us know how bacteria communicate with each other; we can stop “bad” bacteria from ganging up on us, and we can encourage “good” bacteria to help us be healthier.

Debbie Millman conveyed the complexity, love and hope of our current lives in seven quick minutes; the talk is called “Love letters to what we hold dear.” This motivated some of us to write our own stories or love letters.

Some of the best of these TED Talks combine visual beauty with deeply thoughtful commentary. We'll end this article with an excerpt from the 2011 talk by Louie Schwartzberg titled, “Nature. Beauty. Gratitude.”

“Do you think this is just another day in your life? It's not just another day. It's the one day that is given to you: today. It's a gift.

“I wish that you will open your heart to all these blessings, and let them flow through you, that everyone whom you meet on this day will be blessed by your eyes, by your smile, by your touch, just by your presence. Let the gratefulness overflow into blessing all around you.

“And then, today will really be a good day.”

Bob Bolan, PhD, is a wellness advocate, current pro bono consultant for NCCOA's Board of Directors, lifelong learning volunteer instructor and co-founder of the Survivors of Suicide (SOS) Support Group.



Support Groups

Please contact NCCOA at 904-261-0701 for updated information on these programs.

▲ Starting Over and Reconnecting Support Group

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

▲ Whispers Laryngectomy Support Group

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

▲ Hearing Loss Support Group

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

▲ SOS (Survivors of Suicide) Support Group

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

▲ Low Vision Support Group

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

▲ Veterans Support Group

This discussion provides an opportunity for veterans to be heard and receive information. Group-led topics are featured as well as guest speakers to assist with benefits and other requested topics.

▲ Parkinson's Support Group

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

▲ Caregivers Support Group

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

▲ NAMI Support Group

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

Assistance Programs

Please contact NCCOA at 904-261-0701 for updated information on these programs.

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

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

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

▲ **Fall Prevention** – Provides free, non-medical in-home assessments and recommends community resources to help prevent falls for Nassau County seniors.

▲ **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.

▲ **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.

▲ **Meals on Wheels & Meals on Wheels for Pets** are available for homebound seniors.

▲ **SHINE (Serving Health Information Needs of Elders) Program** provides free, one-on-one insurance information to Medicare beneficiaries and caregivers.



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