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NASSAU COUNTY
Council on Aging
**JANICE ANCRUM
SENIOR LIFE CENTER**

1901
Island Walk Way

JULY - SEPTEMBER 2021



NASSAU COUNTY

Council on Aging

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Our Mission

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

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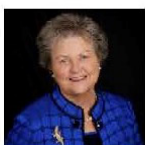
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Janice Ancrum
President & CEO
Ex officio

Janice Ancrum Senior 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

Staff Contacts:

Adult Day HealthCare – Jean Seagraves, 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 – Emily Kunzelmann

Human Resources and Compliance – Don Harley

Marketing and Communications – Liz Dunn

Memberships, Presentations and Classes,

Room Rentals and *Senior Life* Magazine – Melody Dawkins

Nutrition and Meal Programs – Gina Cox

Program Operations – Lili High

Transportation – Michael Hays

Volunteer Opportunities – Margo Morlock

Westside Senior 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

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 and Content Photos by Jimmie Stone Photography

TABLE OF CONTENTS

Message from NCCOA President & CEO 5

About Nassau County Council on Aging 6

Featured Stories

Introducing the Janice Ancrum Senior Life Center 7

Strength and Resilience 12

Lifelong Learning 13

Moving Forward in Life 17

Caring for Caregivers 18

8 Ways to Establish Bequests 21

Support Groups 23

Assistance Programs 23

A Message from our President & CEO



Dear Friends,

Like everyone, I have experienced seasons in my life. There have been times of renewal, times of growth, times of challenge and times of faith. To me, the Janice Ancrum Senior Life Center is the culmination of these many seasons. What this moment means to me is difficult to express in words or even actions. There is not a single word to express my boundless appreciation and gratitude.

While having a building named for you may seem like an ending, it's really a beginning. It's a new season for me and for Nassau County Council on Aging. Change is certainly constant. As my grandmother would tell me, 'Keep your ears to the ground and listen.' What I hear now are the seniors who want to "age in place." I hear the importance of caregiving as we continue educating spouses, children and grandchildren on what it entails, and provide resources to ease the transition.

I hear the sound of growth and expansion in Nassau County. Currently, our Life Centers provide programs and services for the eastside and westside portions of the county. However, is NCCOA within reach of where our seniors live? In addition to our Hilliard location, Yulee, Wildlight, Callahan and Bryceville represent seniors we will serve by expanding our geographic footprint.

I hear the need for education as our county and city leaders want to understand the challenges of our seniors and deliver services framed in respect and dignity.

And I hear that communication is as important as ever as we connect today's seniors' needs with timely resources. Our messaging must reach current and future seniors, as well as their families. After all, it's our mission.

Nassau County is a generous community – in time, talent and treasure. Our donors, stakeholders and volunteers are second to none. I am extremely humbled to be where we are today and promise you that we will continue to do our best to serve seniors through listening, understanding and acting to ensure they live happy, healthy lives.

Here's to the seasons in all our lives...

Janice Ancrum
President & CEO

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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 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: **Janice Ancrum Senior Life Center, 904-261-0701**
Westside Senior Life Center, 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.

Contact: **Jean Seagraves, LPN, CDP, 904-775-5480 or jseagraves@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 homehealth@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**

Introducing the Janice Ancrum Senior Life Center...

Local Community Advocate Leads with Compassion and Understanding

BY LIZ DUNN

NCCOA Marketing and Communications Director

Growing up in Fernandina Beach, Janice Ancrum realized the importance of community very early on. Many of her role models were family members – her parents, grandparents, aunts and uncles. They taught her it was important to do for people in the community who could not do for themselves, always with a kind heart.

“I learned that we are our brother’s keepers, that gratitude is everything, it’s always important to do your best and – according to my grandmother – ‘don’t burn the bridge that brought you over,’” says Janice.

Today, Janice Ancrum is President & CEO of Nassau County Council on Aging (NCCOA), the safety net for local seniors. She is also the namesake of the newly christened Janice Ancrum Senior Life Center, formerly the Fernandina Beach Life Center, at 1901 Island Walk Way. Her life’s purpose has led her to this moment as she continues to work tirelessly as an advocate for Nassau County seniors.

Geoff Clear, NCCOA Board Chair, and Rick Keffer, Board Vice Chair, conceived and shared the building naming idea with Janice in 2019. The original plan was to approach donors and raise \$1 million for building debt relief; they thought it would take a year. However, the pandemic pushed the project out another year.

“When Geoff and Rick shared their idea, I thought they were kidding,” Janice said. “When I realized they were serious, I was floored that people thought enough of me as a public servant for this type of honor. I am filled with gratitude, along with a huge dose of humility, especially knowing the full extent of the fundraising goal that we achieved. I will continue to work hard and live up to these expectations.”

The first person she shared the news with was her Dad, Hampy. Her biggest cheerleader smiled and said, “They must really like you!”

Growing Up In Fernandina Beach

A true Nassau County native, Janice was raised in a close-knit community. “Fernandina was much smaller than it is now. We had a large extended family that looked out for each other,” she said. “Like many people growing up in small communities during the 1960s and 70s, we left the doors unlocked, windows open. We were very active, playing under the street lights until late at night. Of



Honoree Janice Ancrum, NCCOA President & CEO, arrives at the celebration on the arm of her grandson, Jalen.



NCCOA Board Chair Geoff Clear toasts the Guest of Honor.



Shared via TV monitor, Janice sees the new name – the Janice Ancrum Senior Life Center – for the first time during the May 13 ceremony.

course, there was no real technology to speak of, but we kept very busy outside with family and friends and inside doing chores.”

“My parents were very supportive of us,” Janice continued. “I am the second eldest of eight children, and my Mom and Dad never missed an opportunity to tell us to be grateful and proud of who we are.”

Janice’s grandmother had a home on the corner of 8th and Broome streets, which became the gathering spot for the family and neighborhood. Her mother was a huge fan of holidays and celebrations, with food always playing a big part in their life. “My Mom worked hard to bring people together,” she added. “Everyone really appreciated that.”

In her family, hard work – and giving back to the community – were the norms. When she was 13 years old, Janice worked washing dishes at Roland’s Restaurant on 8th Street (now Dunkin’ Donuts). “I would stand on a chair to reach the sink,” Janice said. “I earned 90 cents/hour – about \$20/week. I still remember getting my pay in little tan envelopes.”

Where It All Began

Interestingly, Janice’s first job in the non-profit arena was at the then-called Council on Aging of Nassau County through a summer employment program when she was 16 years old. Her first foray into social services is well-known to many in the local community.

“Most of my friends in the program were placed in office jobs. I was so excited to work in an office, and I wore my nicest dress and heels,” Janice recounts. “The first day,

we all met at the School Board building for orientation; then, two of us reported to the Council on Aging office, located on the corner of Centre and 6th streets. “The office was next door to a dentist’s office and Waas Drugs; today, it houses First Presbyterian Church offices.” Our supervisor – Mickey Stoner – met us in the lobby and took us to our first assignment: pulling weeds at a senior’s home on South Fletcher Avenue,” said Janice. “There I was in my dress and heels working in the yard,” said Janice. “It was pretty embarrassing, but it taught me humility. We were there for the seniors – whatever they needed us to do, we would help them. The second day, we cleaned her house.”

“The COA had a very small office space for the amount of work that went on,” she says. “In addition to summer help, the COA employed three people: Ms. Elsie Harper, Miss Lightsey and Ms. Stoner. Our founder, George Crady, worked in the office from time to time. Whomever was closest to the phone answered it, ‘How can we help?’ This was the precursor to today’s CHORE small home repair program. At the time, the COA also had two station wagons, the beginnings of NassauTRANSIT.”

Janice recalls fondly the time she spent in her teens helping seniors. She especially remembers Miss Allen in Yulee who enjoyed having Janice read to her, as well as Miss Liz who needed help with household chores. “Miss Liz lived off of Broome and 9th streets and made frozen sodas for the community,” Janice said, “so that was a nice treat.”

Janice spent her entire summer working at the agency

that would become the forerunner of her career.

"My time at the COA gave me an even greater sense of community and taught me about caregiving," said Janice. "I realized that I wanted to make a difference in the social services field, especially for seniors. It seemed like the logical extension of the time I spent with my grandparents and their friends."

Following that summer, she worked at the Sears Catalog store, next to what is now Stephanie's Sugar & Spice Café on Centre Street, while attending Fernandina Beach High School. After graduation, Janice attended the University of Florida where she earned a degree in economics. Post-Gainesville, she returned home to help her parents and find a job.

Career In Full Swing

Reunited with Mickey Stoner, this time at the Job Service of Florida State Employment Services in Fernandina Beach, Janice handled programming similar to her summer employment placement. She eventually moved into her supervisor's position when Mickey retired, working at the agency (now CareerSource) in program administration, training and outreach in Nassau, Baker, Clay, Putnam and St. Johns counties for 13 years.

Her next stop was Community Connections (founded as the Young Women's Christian Association or YWCA) of Jacksonville, where she was hired by current Barnabas CEO Wanda Lanier. As Chief of Operations, Janice helped homeless families, especially women and children.

"We provided transitional housing in dorm-style accommodations at The Davis Center for these families, and corporations would "buy" and decorate the rooms. This provided a foundation to help families get back on their feet and move forward," said Janice. "We also gave employment assistance to the adults, and homework help, mentoring and a summer camp to 1,100 children at 10 locations in downtown Jax. Pat Hannan, Community Connections CEO, became an invaluable mentor for me. She died last year, but I am so thankful and appreciative



NCCOA Board Vice Chair Rick Keffer (left) and State Senator Aaron Bean (R-Fernandina Beach) congratulate NCCOA's President & CEO in the newly named Janice Ancrum Senior Life Center.

for her knowledge and guidance."

When Pat retired, Janice stayed on to help the new CEO, managing all the programs and services for the agency. However, within three months, Janice's position was eliminated, and she returned home to Fernandina Beach.

"This was a challenging time for me," Janice says. "I had felt so fulfilled helping homeless families find their feet, but when I left I felt very small. It was as if I had let people down. Coming home helped me regroup and figure out my next move."

Returning To Her COA Home

As soon as she started looking for work, her neighbor, Carol Cason, shared a lead for an executive-level opening at a not-for-profit on the island. Janice decided to take the interview, unsure of the organization's identity. Waiting to meet with her at CBC Bank was NCCOA's then-Board Chair Fran Shea and Board members Annette Calfee, Joe Murphy and Mary Pitcher. They offered her the job



Guest of Honor Janice Ancrum shares her happiness and pride with former co-workers at Community Connections, a former Jacksonville-based organization which helped homeless women and families.



The Honorable Robert M. Foster, NCCOA Board Member, and Janice Ancrum, NCCOA President & CEO, both have namesake facilities in Nassau County.

as executive director the very same day; however, she mulled it over for a week. If Janice accepted, she would become the Council on Aging's fifth executive director over the past eight years.

At the time, NCCOA was having challenges, organizationally and financially. Janice's program management and fundraising expertise were sorely needed at the agency, then located on the Baptist Nassau campus. She knew it would most likely be the greatest undertaking of her career.

"At the time, the executive director had been asked to leave and I would be inheriting an organization in need of a turnaround," Janice said. "As the new leader, it was incumbent upon me to create a workable plan for improvement in just about every area and execute it to the best of my ability. And we did."

NCCOA's turnaround began immediately. Some operations were inefficient and staff changes had to be made. The culture of the agency also had to change. Janice put a stake in the ground to hire more professional staff with needed expertise, focus on a business mindset and allow her commitment to seniors guide NCCOA's forward motion.

"Early on, we spent a lot of time building relationships with the people who believed in our mission, including community leaders, potential donors and, most importantly, seniors," Janice explained. "I have always felt close to the seniors in our community," Janice said. "They shaped me when I was growing up and continue to influence my actions to this day."

Years of Growth

Since November 2012, Janice has led NCCOA, a 501(c)(3) nonprofit agency, in providing programs and services to seniors in Nassau County, including nutrition support/*Meals on Wheels*, Advocate Home Healthcare, Adult Day HealthCare, Life Center offerings in Fernandina Beach and Hilliard, educational programs and the county's only public transportation – NassauTRANSIT.

During her tenure, NCCOA opened the Fernandina Beach Life Center, a 25,500-square-foot facility that houses a host of classes and workshops, educational programs, wellness clinics and special events, all geared to help seniors in Nassau County live "happy, healthy lives." A nutrition support program offers seniors a hot lunch, Monday-Friday. The Life Center also features NCCOA's Adult Day HealthCare program (for seniors with a form of dementia) and administrative offices for Advocate Home Healthcare.

In 2018, 2019 and 2020, respectively, NCCOA received three substantial appropriations from the State of Florida: one to equip a commercial kitchen at the Life Center in Fernandina Beach; one to fund two *Meals on Wheels* delivery trucks and two outdoor freezers; and one to renovate the Westside Senior Life Center (Phase 1). NCCOA's 2021 appropriation request, if approved, will complete the renovation for expansion on the westside of the county.

Due to the COVID-19 pandemic, NCCOA's Life Centers in Fernandina Beach and Hilliard closed to the general public in March 2020. However, through a boots-on-the-ground initiative, NCCOA continued full steam ahead with *Meals on Wheels*, case management, home health and transportation services. Under Janice's leadership in 2020, NCCOA delivered 93,332 meals to seniors, an increase of 286 percent (triple previous numbers); reached out to close to 700 seniors through the Telephone Reassurance Program; enrolled more than 2,300 people in NCCOA's My Senior Center database to take advantage of hundreds of virtual learning opportunities; and assisted seniors through our CHORE program with grab bars, ramps and small household projects. NCCOA has also been instrumental as a partner with the Nassau County Department of Health and Baptist Health Nassau to help hundreds of seniors receive the COVID-19 vaccination.

With Janice at the helm, NCCOA was named Bank of America's 2018 Neighborhood Builders® award recipient for Northeast Florida, becoming the first area nonprofit located outside Duval County (Jacksonville) to win the bank's most prestigious philanthropic honor. The award included a \$200,000 grant and leadership training, with a portion of the funding directed toward NCCOA's *Meals on Wheels* and Adult Day HealthCare programs, and other services critical to the health and well-being of Nassau County's seniors. Janice cites numerous donors, large and small, without whose help none of this would be possible. She also gives credit to her mentors.

"There are so many people who mentored and guided me throughout my career, in addition to Pat Hannan at Community Connections," Janice says. "In my younger years, I thank Mrs. Alice Card, my fourth-grade teacher, and Mr. Eugene Grant, my sixth-grade science teacher. Today, local publisher Foy Maloy, Bob Bolan on Board Governance and all Council on Aging Board members (including the late Charles Albert) and Board Chairs...so many people have touched my life...they deserve a spot



NCCOA's Janice Ancrum Senior Life Center is now open for business with programs and services for seniors and adults of all ages.

on the Life Center, too.”

Janice currently serves on the Florida Department of Elder Affairs Advisory Board (gubernatorial appointment), Board of Trustees for the Florida Council on Aging and Board of Directors for Baptist Medical Center Nassau. Awards and honors include Nonprofit of the Year from the Nassau County Chamber of Commerce (2017) and the Community Service Award (2018) from the Fernandina Beach Police Department.

Today And Beyond

NCCOA agency messaging continues to capitalize on putting seniors first. Stakeholder and donor buy-in is critical, as well as capacity planning through facilities management. Like its home county, NCCOA has grown significantly. The “next frontier” is multi-faceted as the number of seniors grows, along with their specific needs.

“More and more seniors want to age in their own homes so “aging in place” is a priority, along with parallel caregiver support,” Janice says. “We are educating spouses, children and grandchildren on what caregiving entails, and providing resources to ease the transition.”

NCCOA's geographic footprint in the county is also a priority area. “We must continue to search for and create ties in the portions of the county where it makes the most sense...where our seniors live,” she continues. “We have a presence on the eastside and westside, but what about Yulee and Wildlight? Plans are underway to figure out our next location.”

Building relationships has always been one of Janice's strengths; it has been an important go-to since she arrived at NCCOA.

“Continuing to educate our county and city leaders, as well as the community at large, on the needs of our seniors is paramount to our staying power,” Janice says. “The generosity and respect of our county and community must be earned each and every day. We are so fortunate to live and work in Nassau County.”

After being closed for more than a year, NCCOA's Life

Center in Fernandina Beach reopened to the community in May with a grand reopening celebration on May 14. The entire community turned out to show their support and appreciation. In many ways, it's a new beginning for Janice and NCCOA.

“As my grandmother would tell me, ‘Change is constant...keep your ears to the ground and listen,’ Janice said. “I can assure you that we are listening, and I truly believe the best is yet to come for our seniors in Nassau County.”

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Strength and Resilience:

Supporting the Mental Well-Being of the Black Community

BY LYNN SHERMAN

Director of Community Engagement for
Social Responsibility, Baptist Health

There is an African proverb that says, “A village without the elderly is like a well without water.” During the COVID-19 pandemic, Black elders, 60 years and older, have experienced disruptions in their routines, barriers to accessing care and the loss of loved ones. These issues often are combined with managing pre-existing chronic health conditions, such as diabetes and heart disease.

Supporting Mental Well-Being in the Black Community is more important than ever. COVID-19-related loneliness, social distancing, grief and loss, and racial stress and trauma have all taken a toll. Building a toolkit of coping strategies and community resources can help boost your resilience and strength during these challenging times to help preserve your mental health, as well as your body's overall wellness.

Baptist Health's Social Responsibility Department is growing a library of resources available to all community members to address mental health and wellbeing, and in particular, in the Black Community.

Our 2021 Resilience and Strength series features diverse perspectives and includes insights from mental health clinicians, faith leaders and the lived experience of African Americans. Topics in this series include: Supporting the Mental Well-Being of our Black Elders, Supporting the Mental Well-Being of our Parents, Caregivers, and

“What happens at the intersection of mental health and one's experience as a member of the Black Community? While the experience of being Black in America varies tremendously, there are shared cultural factors that play a role in helping define mental health and supporting well-being, resiliency and healing.”

Source: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>



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Adults, and Supporting the Mental Well-being of our Black Children, Teens, and Young Adults...and more!

Check out our full library of recorded resources, available at www.youtube.com/user/BaptistHealthJax. You can also find a schedule of future events on our website: bmcjax.com/social.responsibility. For any questions about the series, please contact our Social Responsibility Department at social.responsibility@bmcjax.com.

For assistance locating a primary care physician or mental health professional to help you focus on caring for your body and mind, call 904-202-4YOU.



Lynn Sherman, Baptist Health Director of Community Engagement
for Social Responsibility



Lifelong Learning

Janice Ancrum Senior Life Center, 1901 Island Walk Way, Fernandina Beach

Class Listings

Through December 31, 2021, there will be no NCCOA membership requirement or class fees – as a thank you to our community!

Complete descriptions, new classes (added frequently) and registration are available at myactivecenter.com.

If you are already enrolled in our class database you can book classes directly at www.myactivecenter.com; if not, send your name, address, home/cell phone, email and DOB (grant purposes) to mdawkins@nassaucounty-coa.org.

We hope you have enjoyed the virtual classes we offered during our building closure. These classes are still available at <https://www.getsetup.io/partner/nassaucounty>; use code NASSAU at checkout to override any fee.



Arts & Crafts

■ Crafts with Christy

Christy Hickey

■ Coastal Plate Charger

July 13 – Tuesday – 2:00 – 3:00 pm

■ How to Gold Leaf a Vase

August 10 – Tuesday – 2:00 – 3:00 pm

■ Design Your Own Tennis Shoes

September 14 – Tuesday – 2:00 – 3:00 pm

■ Painting with Christy

Christy Hickey

■ Fluid Art Jellyfish

July 15 – Thursday – 2:00 – 3:00 pm

■ Sunset Acrylic Dirty Pour

August 19 – Thursday – 2:00 – 3:00 pm

■ Bottom Bottle Acrylic Dirty Pour

September 16 – Thursday – 2:00 – 3:00 pm

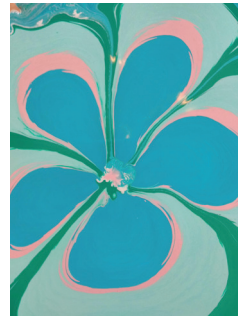


Sunset Acrylic Dirty Pour



Fluid Art Jellyfish

Bottom Bottle Acrylic Pour



Coastal Plate Charger

Design Your Own Tennis Shoes



How To Gold Leaf A Vase

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 \$21⁹⁹ light or dark	 Bombay Original Gin 1.75L \$28⁹⁹

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Betsy Miller, Community Hospice & Palliative Care

Theme: Patriotism

Submission Due: July 21 – Wednesday
(Canvas available at 1901 Island Walk Way)

Theme: Who Rescued Who?

Submission Due: August 18 – Wednesday
Send a photo of you and your pet to
mdawkins@nassaucountycoa.org

Theme: On the Wild Side (wildlife, animals, plants, etc.)

Submission Due: September 22 – Wednesday
(Canvas available at 1901 Island Walk Way)

■ **Drawing from Observation**

Ann Freeman

July 8, 15, 22, 29 – Thursday – 1:00 – 3:00 pm (Series of 4)
Sep 2, 9, 16, 23 – Thursday – 1:00 – 3:00 pm (Series of 4)



Cards & Games

■ **BINGO**

Monday with Nick Klein – 10:00 -11:45
Wednesday with Jay Frank – 10:00 – 11:45
Thursday with Judy Waters & Cheryl Bittner – 10:00 -11:45
Friday with Ron Turner – 10:00 – 11:45

■ **Canasta: Instruction & Open Play All Levels**

Debbie Price
Every Friday – 9:30 am – 12:00 pm

■ **Wheel of Fortune**

Tiffany Dillon, Fernandina Beach Nursing & Rehabilitation
July 6 – Tuesday – 9:30 – 10:30 am
August 3 – Tuesday – 9:30 – 10:30 am
September 7 – Tuesday – 9:30 – 10:30 am



Community, Security & Safety

■ **Electricity 101**

Tom Polito, Retired Engineer
July 26 – Monday – 2:00 – 3:00 pm



Computers, Technology

■ **Apple Tech Talks – Virtual Class**

Marc Williams
Every Tuesday – July – September – 9:00 – 10:00 am



Exercise –Fitness & Dance

■ **Enerchi**

Christy Hickey
Every Monday and Friday – 10:00 – 11:00 am

■ **Standing Yoga**

Christy Hickey
Every Monday – 12:30 – 1:30 pm

■ **Fall Prevention & Stability Exercises**

Christy Hickey
Every Tuesday – 10:00 – 11:00 am

■ **Active Stretch and Balance**

Janice Clarkson
Every Wednesday – 8:30 – 9:30 am

■ **Strength & Balance**

Christy Hickey
Every Wednesday – 10:00 – 11:00 am

■ **Line Dancing: Basic**

Kathy Ball
Every Wednesday – 1:00 – 1:45 pm

■ **Line Dancing – Intermediate**

Kathy Ball
Every Wednesday – 2:00 – 3:00 pm

■ **Just Dance!**

Christy Hickey
Every Thursday – 10:00 – 11:00 am

■ **Dancing Queens**

Lorraine Gaito
Every Thursday – 12:00 – 12:45 pm



Gardening

■ **Gardening Tips with Rosie**

Rosie Davidson
July 14 – Wednesday – 9:30 – 10:30 am
August 11 – Wednesday – 9:30 – 10:30 am
September 8 – Wednesday – 9:30 – 10:30 am



History, Culture & Travel

■ Pop Culture – Songs, Trivia & Games

Nanette Autry

July 20 – Tuesday – 9:00 – 10:00 am

August 17 – Tuesday – 9:00 – 10:00 am

September 21 – Tuesday – 9:00 – 10:00 am



Music

■ Ukulele – Beginning & Intermediate

Julie Black

Every Monday – 10:00 – 11:00 am

■ Elvis Music with Lane

Lane Mashburn

July 19 – Monday – 9:00 – 10:00 am

August 2 – Monday – 9:00 – 10:00 am

September 13 – Monday – 9:00 – 10:00 am

■ Coffee & Karaoke

Patty Boyer

Every Tuesday – 10:30 am – 12:00 pm

■ Sing Along with Bruce

Bruce Beville

July 7 – Wednesday – 9:00 – 10:00 am

August 4 – Wednesday – 9:00 – 10:00 am

September 1 – Wednesday – 9:00 – 10:00 am

■ Music with Terry

Terry Murphy

July 8 – Thursday – 9:00 – 10:00 am

August 5 – Thursday – 9:00 – 10:00 am

September 2 – Thursday – 9:00 – 10:00 am

■ Music with Sal

Sal Salgado

July 15 – Thursday – 9:00 – 10:00 am

August 19 – Thursday – 9:00 – 10:00 am

September 16 – Thursday – 9:00 – 10:00 am

■ Music with Tom

Tom Sullivan

July 28 – Wednesday – 9:00 – 10:00 am

August 25 – Wednesday – 9:00 – 10:00 am

September 29 – Wednesday – 9:00 – 10:00 am



Photography

■ Photography with Jimmie

Jimmie Stone

Lesson 1: The Basics of Your Digital SLR Camera

July 13 – Tuesday – 3:00 – 4:00 pm

Lesson 2: Camera Lenses; Which One and Why

July 15 – Thursday – 3:00 – 4:00 pm

Lesson 3: The Essentials of Exposure

July 20 – Tuesday – 3:00 – 4:00 pm

Lesson 4: Metering for an Exposure

July 22 – Thursday – 3:00 – 4:00 pm

Lesson 5: Perfecting Your Exposure

July 27 – Tuesday – 3:00 – 4:00 pm

Lesson 6: Focusing Like a Pro

July 29 – Thursday – 3:00 – 4:00 pm

Lesson 7: How to Adjust Your ISO Setting

August 3 – Tuesday – 3:00 – 4:00 pm

Lesson 8: Aperture Priority Mode; Mastering Depth of Field

August 5 – Thursday – 3:00 – 4:00 pm

Lesson 9: Shutter Priority Mode; Control the Action

August 10 – Tuesday – 3:00 – 4:00 pm

Lesson 10: Manual Program Mode; Unleash Your Creativity

August 12 – Thursday – 3:00 – 4:00 pm

Lesson 11: Lighting in Photography

August 17 – Tuesday – 3:00 – 4:00 pm

Lesson 12: Elements of Composition

August 19 – Thursday – 3:00 – 4:00 pm

Lesson 13: Tripods, Remote Triggers and Filters

August 24 – Tuesday – 3:00 – 4:00 pm

Lesson 14: Shooting Landscapes

August 26 – Thursday – 3:00 – 4:00 pm

Lesson 15: Wildlife Photography

August 31 – Tuesday – 3:00 – 4:00 pm



Policy, Government & Finance

■ Finance Friday Lunch and Learn

Steve Nicklas, Financial Advisor/Columnist

Personal Investments

June 25 – Friday – 12:00 – 1:30 pm

Social Security Strategies

August 27 – Friday – 12:00 – 1:30 pm

Making the Most of Medicare

September 17 – Friday – 12:00 – 1:30 pm



Wellness

■ Health Checks with Katie

Katherine Connors, RN, Care & Company
Every Monday – 9:00 – 9:30 am

■ Health Connections with Dr. Jim

Dr. Jim Auerbach, MD

■ Understanding Gastrointestinal Health

June 8 – Tuesday – 9:00 – 10:00 am

■ Stress Reduction

June 22 – Tuesday – 9:00 – 10:00 am

■ Muscle and Joint Health

July 13 – Tuesday, 9:00 – 10:00 am

■ Heart Health

July 27 – Tuesday – 9:00 – 10:00 am

■ Lung Health

August 10 – Tuesday – 9:00 – 10:00 am

■ Brain Health

August 24 – Tuesday – 9:00 – 10:00 am

■ Diabetes

September 14 – Tuesday – 9:00 – 10:00 am

■ Hormonal Health

September 28 – Tuesday – 9:00 – 10:00 am

■ Medication Management

Kevin Bailey, Pharmacist, Simply Well Pharmacy

July 16 – Friday – 8:30 – 9:30 am

September 17 – Friday – 8:30 – 9:30 am

■ Geriatric Podiatry

Dr. Hany Jeffry

July 12 – Monday – 9:00 – 10:00 am

■ Honoring Choices – Get the Care You Want

Community Hospice & Palliative Care

July 12 – Monday – 1:00 – 2:00 pm

September 14 – 1:00 – Tuesday – 2:00 pm

■ Fresh Conversations with Barbara

Barbara Baptista, Nassau County Department of Health

July 21 – Wednesday – 9:00 – 10:00 am

August 18 – Wednesday – 9:00 – 10:00 am

September 15 – Wednesday – 9:00 – 10:00 am

■ Music Therapy

Carey Barwick, Music Therapist

August 11 – Wednesday – 9:00 – 10:00 am

■ Emotional Freedom Techniques – Lunch & Learn

Jean Kerry, Amelia Island Psychology

Attend One or All:

September 8 – Wednesday – 11:30 am – 12:30 pm

September 15 – Wednesday – 11:30 am – 12:30 pm

September 22 – Wednesday – 11:30 am – 12:30 pm

■ Suicide Prevention Awareness

Katrina Robinson, Starting Point Behavioral Healthcare

September 13 – Monday – 2:00 – 3:00 pm

■ Fall Prevention Presentation

Christy Hickey

September 22 – Wednesday – 9:00 – 10:00 am



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Moving Forward in Life Can be Challenging...We Can Help

BY ANNA WRIGHT, MD, MACS, FAAFP
*Nassau County Medical Director,
Community Hospice & Palliative Care*

After the death of my mother, a friend said of her, “No matter what challenges she faced, she always moved forward.” Those words were so true of my mother and this approach to life kept her moving forward despite 40 years of suffering with rheumatoid arthritis, loss of career and death of her husband after 52 years of marriage. She always kept moving forward, physically, emotionally and spiritually. She knew that getting stuck or bogged down in her life challenges would be unhealthy. She kept putting one foot in front of the other and moved forward.

The past year has been one of losses. We’ve had threats to our physical and emotional health...loss of friends, family, jobs and leisure activities...loss of life as we know it...and loss of community. During this pandemic year, I have remembered my mother’s example and have sought to keep moving forward through losses, fears, challenges and transitions. Julian of Norwich, a 14th century English anchorite who lived during the plague and times of civil unrest, penned the following words which have been my mantra over the past year – “All things shall be well, and all manner of things shall be well.”

Are you stuck? Are you finding it difficult to reconnect and move forward in the midst of a life transition such as job loss, retirement, death, divorce, loss of health or a life-altering pandemic? Nassau County Council on Aging’s

“Moving Forward” Support Group may be just the place to begin the process. Join Rev. Jim Tippins, chaplain and grief counselor, and Dr. Anna Wright, spiritual director and medical director for the Nassau Team of Community Hospice and Palliative Care, for group discussions around the losses we have experienced during this time of the pandemic, and ways to reconnect and begin to move forward.

This support group is offered on the 1st and 3rd Thursday of each month from 1-2 p.m. If you are interested, please contact Jim Tippins, Owner, Changing Tides Bereavement Resources, changingtidesamelia@gmail.com.



Artwork by Marie Wright, painter and author’s mother



Caring for Caregivers – The Unsung Heroes

BY EMILY KUNZELMANN
NCCOA Case Management Specialist

Going to countless doctors' visits, making up Mom's pill box and wondering if she took a double dose or if a pill is missing, calming a frustrated husband's angry outburst every time he becomes confused, wheedling an unwilling wife to use the bathroom before she has an "accident," listening to the same story for the 7th time, answering the same question for the 10th time, having a family conference about taking the car keys from Dad after the latest fender bender, wishing Mom would use those expensive hearing aids, finding the emergency pendant safely stowed in the drawer...next to the hearing aids...this is the life of America's 41 million unpaid family caregivers of care recipients age 50+.

According to the joint report by the National Alliance for Caregiving and AARP on Caregiving in the U.S. 2020, nearly one in five Americans is providing unpaid care to an adult with health or functional needs. Compared to just 5 years prior, more Americans are caring for someone with Alzheimer's disease or dementia,

and more family caregivers report their own health is fair to poor. The joint report also states that caregivers experience physical, emotional and financial strain. As the Baby Boomers age, they are increasingly becoming family caregivers and care recipients. Many caregivers may have inadequate support and/or may lack affordable services. More than ever, care for the caregiver is becoming an urgent and unmet need in our nation. NCCOA is addressing this growing need through our Caregiver Support Group. Monthly meetings are held at the Janice Ancrum Senior Life Center, 1901 Island Walk Way, Fernandina Beach. In NCCOA's Caregiver Support Group, meeting with peers who have common concerns provides a safe and welcoming environment – a place where caregivers can be themselves, be encouraged, accepted and recognized. Participants benefit from useful information, support, wisdom and insight of others. The support group also provides a forum for problem solving and problem sharing; strategies to cope with stress, worries and fears; and an opportunity to combat isolation. Caregivers can often feel misunderstood or feel that family members and friends do not realize the daily challenges they face. Spending time

with other caregivers can be affirming and recharging. If you are a caregiver of a family member or friend, please join us at our monthly Caregiver Support Group Meetings. Contact Emily Kunzelmann at 904-775-5472 or ekunzelmann@nassaucountycoa.org for more information.



"There are only four kinds of people in the world - those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need a caregiver." — Rosalyn Carter, Former First Lady



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Questions? Call 904-775-5499

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It's been said that all we want to do in life is make a difference. When it comes to supporting Nassau County Council on Aging there are many ways to do just that - now and in the future. The article below explains how you plan to leave a lasting legacy.

Source: The Stelter Company

8 Ways to Establish Bequests

The gifts in your will can take various forms. They can be cash or personal and real property. They can be shares of the residue of your estate. They can be given outright or in trust. You can designate your gift for a specific purpose. A charitable gift can be unrestricted, restricted or contingent.

Here are eight generally accepted ways to make a bequest. Discuss them with your attorney as you prepare to plan or update your will.

Question

Do you really need a lawyer to draft a will?

Yes. Only attorneys licensed to practice law are qualified to draft wills; do-it-yourself kits can spell disaster.

1

Specific bequest. This is a gift of a specific item to a specific beneficiary. For example, "I give my golf clubs to my nephew John." If you no longer own the golf clubs at your death, the bequest fails and John cannot claim any other property. (In other words, John wouldn't receive cash for the value of the golf clubs instead.)

2

General bequest. This is usually a gift of a stated sum of money. It will not fail, even if there is not enough cash in your estate to pay this bequest. For example, "I give \$50,000 to my daughter, Mary." If there is only \$2,500 cash in the estate, other assets must be sold to pay the bequest.

3

Contingent bequest. This is a bequest made on condition that a certain event must occur before distribution to the beneficiary. For example, "I give \$50,000 to my son, Joe, provided he enrolls in college before age 21." A contingent bequest is specific in

nature and fails if the condition is not met. (A contingent bequest is also appropriate if you want to name a secondary beneficiary, in case the primary beneficiary doesn't survive you. For example, "I give my stamp collection to my friend Susan, provided she survives me. Otherwise, I give my stamp collection to my friend Patty.")

4

Residuary bequest. This is a gift of all the "rest, residue and remainder" of your estate after all other debts, taxes and bequests have been paid. For example, let's say you own property worth \$500,000 and you intend to give a child \$50,000 by specific bequest and leave \$450,000 to your spouse through a residuary bequest. If the debts, taxes and expenses are \$100,000, there would only be \$350,000 left for the surviving spouse.

Therefore, most attorneys agree that the preferred method to ensure that your beneficiaries receive the proportions you desire is to divide your estate according to percentages of the residue (rather than specifying dollar amounts).

The previous four methods can apply to bequests for individuals or charitable organizations. The following four items are special considerations when you plan a charitable bequest.

5 Unrestricted bequest. This is a gift for the charitable organization's general purposes to be used at the discretion of its governing board.

A gift like this—without conditions attached—is frequently the most useful because it allows the charity to determine the wisest and most pressing need for the funds at the time of receipt.

Here is sample language that your attorney could include in your will when making this type of bequest: "I give to [legal name and address of charitable organization] [dollar amount, percentage of residuary estate or description of property] to be used as determined by its governing board."

6 Restricted bequest. This type of gift allows you to specify how the funds are to be used. Perhaps you have a special purpose or project in mind. If so, it's best to consult with the charitable organization when you make your will to be certain your intent can be carried out according to your wishes.

7 Honorary or memorial bequest. This is a gift given "in honor of" or "in memory of" someone. Charitable organizations normally have many ways to grant appropriate recognition.

8 Endowed bequest. This bequest allows you to restrict the principal of your gift, requiring the charity to hold the funds permanently and use only the annual investment income or a small percentage of the total fund each year. Creating an endowment in this manner means that your gift can continue giving indefinitely, and you can leave a lasting legacy.

Watch Out!

Be very careful to accurately name your beneficiaries. No one receives anything from your will unless complete and accurate names are used.

For more information on how you can leave a lasting legacy for Nassau County Council on Aging, contact Wallace Bennett, Development Director, 904-775-5481 or wbennett@nassaucountycoa.org.

quiz

Select the answer you believe is correct. You'll find the key below.

- 1. A self-proving affidavit**
 - a. simplifies proof of the witnesses' signatures.
 - b. lets a testator witness his or her own will.
 - c. establishes a testator's competence.
- 2. If you have minor children, your will should name a**
 - a. testator.
 - b. guardian.
 - c. probate attorney.
- 3. Witnesses to a will must be present**
 - a. when the testator decides on its terms.
 - b. when it is signed.
 - c. only when requested by an attorney.
- 4. When a person moves to another state,**
 - a. his or her will is invalidated.
 - b. a new will must be executed.
 - c. a revised will is advisable.
- 5. If a person passes without a will,**
 - a. probate is simplified.
 - b. all assets become state property.
 - c. state law determines how the estate will be divided.
- 6. Jointly owned property with rights of survivorship generally**
 - a. passes by will.
 - b. passes to the surviving joint owner.
 - c. passes to the named beneficiary.

Answers: 1. a; 2. b; 3. b; 4. c; 5. c; 6. b

Support Groups

All support groups are sponsored by Nassau County Council on Aging, and held at the Janice Ancrum Senior Life Center, 1901 Island Walk Way. Please reserve your spot in advance with the coordinator listed for each group. As always, there is no charge to attend support group meetings.

▲ Moving Forward

(formerly Starting Over and Reconnecting)

1st and 3rd Monday of each month, 1:00 p.m.-2:00 p.m.

Contacts: Anna Wright, MD, MACS, FAAFP

Jim Tippins, MDiv, BCC, CT -

changingtidesamelia@gmail.com

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

▲ Hearing Loss Support Group

1st Tuesday of each month, 12:00 p.m.-1:30 p.m.

Contact: Frances Bartelt, 904-775-5484 or

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.

▲ Caregiver Support Group

2nd Wednesday of each month, 3:30 p.m.-5:00 p.m.

Contact: Emily Kunzelmann, 904-775-5472 or

ekunzelmann@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.

▲ Veterans Helping Veterans

2nd Thursday of each month, 1:30 p.m.-2:30 p.m.

Contact: Joe Murphy, mudguard.1@gmail.com

The mission of this support group is to provide socialization, compassionate support, education and assistance to retired, active-duty or honorably discharged veterans and their families.

Bob Sullivan, Nassau County Veterans' Service Officer, and other guest speakers may attend.

▲ Low Vision Support Group

4th Wednesday of each month, 11:00 a.m.-12:30 p.m.

Contact: Frances Bartelt, 904-775-5484

or fbartelt@nassaucountycoa.org

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

▲ National Alliance on Mental Illness (NAMI) Support Group

Every Friday, 11:00 a.m.-12:30 p.m.

Contact: Nelly Ramos, ramos@flpsy.com

NAMI Nassau: 904-277-1886

Support group for individuals, family members and friends impacted by mental illness.

Assistance Programs

Please contact NCCOA at 904-261-0701 for 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 Area 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, unbiased one-on-one insurance information to Medicare beneficiaries and caregivers.

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Gwenette, Imaging Technologist at Baptist Nassau

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