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Philip Todd De Vane, M.D.
Internal Medicine
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(904) 277-4690



Gerald Burford, M.D.
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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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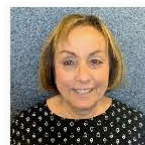
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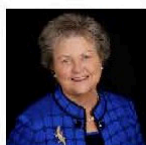
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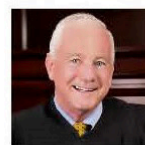
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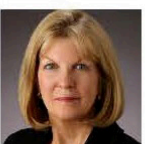
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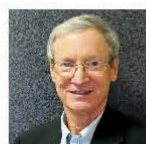
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Janice Ancrum Senior Life Center

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
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

(Currently closed to the general public for renovation)

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 Photography Buddy Price
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A Message from our President & CEO



Family caregivers are the backbone of community-based services providing more than \$450 billion in unpaid services across the nation. They provide over 90% of the care received by people with dementia and other long-term illnesses; 30% of caregivers pass away before their loved one.

These are startling, but true, statistics. In Nassau County, seniors age 60+ comprise approximately 31% of our local population. This number continues to grow each year, and along with it the number of caregivers. As a matter of fact, I am currently my father's primary caregiver, taking care of him through long-term illness. It is extremely challenging, but very rewarding and meaningful, and I wouldn't have it any other way. I count this among my greatest blessings.

Nassau County Council on Aging is on the leading edge of providing care and resources for seniors with dementia and their caregivers. Our Adult Day HealthCare program is a therapeutic day center enabling seniors age 60+ with a form of dementia or Alzheimer's disease to socialize and enjoy activities, while receiving the care they need. Social, cultural, educational, therapeutic and recreational activities are featured each week. Affectionately known as "The Club," ADHC focuses on each member as an individual and as part of the group. Our facility is safe and secure, providing worry-free respite for busy caregivers.

We have recently partnered with the Rosalynn Carter Institute for Caregiving to offer a series of workshops, titled "Dealing With Dementia." Former First Lady Rosalynn Carter became familiar with caregiving for her parents and grandparents. Mrs. Carter continues as a mentor in a field which will experience a drastic increase as Baby Boomers care for their parents, and the Boomers themselves are cared for by their spouses and children. ALL caregivers can benefit from this workshop.

If you are currently a caregiver or a caregiver-to-be – taking care of a family member or friend due to dementia, long-term illness or recuperation – we hope you join us for an upcoming workshop. Please contact Emily Kunzelmann, 904-775-5472, for more information. According to the U.S. Department of Health and Human Services, approximately 1 billion people will be over 65 worldwide in 2030. Chances are either you or a family member is included in this compelling statistic.

Take care of each other – during the holidays and beyond.



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 (Currently closed to the general public for renovation)

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**

NASSAUTRANSIT

With the recent announcement of paratransit service expansion, effective Oct. 1, NassauTRANSIT will offer a more flexible Monday-Friday schedule for people with limited or no personal transportation options, allowing more access to work, recreation, shopping and medical appointments. In addition, Saturday paratransit service will begin on Amelia Island, effective Oct. 2, and later on the west side of the county including Callahan and Hilliard. The state of Florida requires registration for paratransit service through NassauTRANSIT. Following a drop in public transportation ridership, scheduled pick-ups and drop-offs at public bus stops will discontinue, as well as service through the *Island Hopper*, effective Sept. 30 (with the exception of *Nassau Express Select*). All NassauTRANSIT bus operators and vehicles are credentialed to federal and state requirements, and all vehicles are wheelchair accessible.

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

Thanks to NCCOA's Adult Day HealthCare Program . . .

"My wife is more like the woman I married 33 years ago"

BY LIZ DUNN, NCCOA MARKETING
AND COMMUNICATIONS

The following article features anonymous, real-life comments from caregivers and their loved ones as they continue life's journey with the help of Nassau County Council on Aging's Adult Day HealthCare program, also known as "The Club." Currently more than 6 million Americans are living with Alzheimer's and other age-related dementias. Alzheimer's, specifically, kills more people than breast cancer and prostate cancer combined. Over 11 million Americans provide unpaid care for people with Alzheimer's and other forms of dementia.

NCCOA's Adult Day HealthCare (ADHC) program has one primary mission...Enrich the lives of our Club members and their loved ones. On a daily basis, Monday – Friday, this is accomplished through a therapeutic program of activities, all designed to maximize each Club member's level of functioning in a safe, secure environment.

"The Club"

The bright, airy and stimulating space provides an encouraging environment for seniors age 60+ with a form of dementia or Alzheimer's disease to socialize and enjoy activities, while receiving the care, supervision and assistance they need. This "safe space" allows busy caregivers time to tend to their responsibilities and wellbeing.

"When my mother-in-law came to live with us almost 3 years ago, we had no idea how we could cope with this new responsibility. The Council on Aging offered us a lifeline in the middle of the turmoil of adjustment – The Club. Caring for a loved one with dementia is trying in the best of situations, and having COA and the programs they offer has given us some freedom, emotional support and a quality of life for my mother-in-law that we would otherwise be unable to accomplish alone."

Individualized Care

Each Club member receives a care plan based on individual choices, interests and preferences. Member needs and services provided to meet those needs are carefully documented, as are the resulting outcomes. Contingencies for responding to a member's emergent care needs



Individualized care plans are created for each Club member, focusing on choices, interests and preferences. Outdoor activities are included to stimulate the senses and integrate fresh air into the daily routine.



Arts and crafts are featured throughout each month, many focusing on special themes during seasons and holidays.



Volunteers play an active role in the Adult Day HealthCare program. Music therapy from a volunteer pianist helps unlock memories for many Club members.

are discussed, planned and implemented when appropriate. Plans are reviewed and updated regularly with caregivers and staff.

“ The staff meets us daily at the door with a smile welcoming Mom and assisting her. They summarize her day when I pick her up with any pertinent information I need. They call if there are concerns about Mom. They have collaborated with me to manage behaviors in positive ways. For instance, when Mom seemed resistant to some activities, we discussed alternative activities and ways to encourage Mom to participate. Nothing is a problem for the staff. They say, “We will take care of her.” And they do! ”

Staff

ADHC provides one professional staff member for every five Club members. Staff are certified in CPR and First Aid, and participate in ongoing training for dementia-related disorders. Jean Seagraves, LPN, is a Certified Dementia Practitioner, and is well-versed in the challenges of seniors with dementia and their caregivers. One staff member is in her 18th year of employment with NCCOA.

“ The staff at COA has been terrific. My wife frequently comments on ‘how nice’ everyone is. The staff has always answered any question that I

have had promptly. Overall, I am very pleased with her state of being. She is more like the woman I married 33 years ago and for that I want to thank the staff at the Council on Aging for the wonderful work they are doing. ”

Activities

Members are provided opportunities through activities that promote independence while restoring, maintaining and stimulating their abilities and capacities regardless of functional or cognitive impairments. Activity areas include social, cultural, educational, therapeutic and recreational themes. A full complement of varied activities is included on a monthly calendar, featuring arts and crafts, music, games, movement, pet therapy, birthday parties and field trips.

“ On her first day, my wife was reluctant to go. She did not see what she needed with Adult Day Care. She fussed all the way to the center, telling me that it would be a waste of time and money. When I picked her up after that first day, the first question she asked was, “When do I go back?” The first day was an unqualified success. During an early Bingo game, she won a word search puzzle book. She became hooked. We now have trouble keeping her supplied. She has been going to the center for three months now and she eagerly looks forward to each visit with an expectation and

cheerfulness that I have not seen in many months. Her neurologist was also pleased with the changes he noticed during her last visit. ”

We currently have openings for Club members! A warm, nutritionally balanced lunch is served daily, and transportation to and from The Club is available through NassauTRANSIT. Contact Adult Day HealthCare Manager Jean Seagraves at jseagraves@nassaucountycoa.org or 904.775.5480.

Hours of operation: Monday – Friday, 9 a.m. – 4 p.m., closed holidays; full and partial day rates are available. Subsidies may be available for eligible participants.

Sources:
NCCOA ADHC Program Handbook (2021); www.alz.org

“I would recommend COA to anyone seeking the best care for their elderly family members. ”



Pet therapy has been proven to aid seniors with forms of dementia. Through *Soft Touch Pet Therapy*, Club members are visited by furry friends of all shapes and sizes.

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Communicating and Interacting With People Who Have Dementia

BY CHRISTOPHER W. BOGOSH, RN-BC, BTh

While training to be a pastor, I was assigned a nursing home ministry. It was a weekly Bible study with a brief message, prayer and hymn singing. I was in my early 30s, and at the same time, I worked as a registered nurse in home health care – it was a good match.

As I set up the cassette player in 2001 in the recreation room, the residents, most of whom pushed walkers, greeted me with hugs and handshakes. Others were wheeled in by the staff. “John” was wheeled in the room in a high-back Geri chair with a table on the front. He was in the later stages of dementia, which meant he could not interact and communicate – or so we thought!

Come to find out, John’s favorite hymn was, “It Is Well With My Soul.” After I pushed the play button and the piano started, John would lift his head and start singing. Not only did this happen, but when I held John’s hand during prayer, he clasped mine. His worshipful spirit brought all of us great joy. Caregivers can interact and communicate with people who have dementia; below are a few suggestions on how to do so, focusing on interaction and communication.

Interaction

It is important to remember two fundamental points when interacting with people who have dementia. First, the older adult with dementia is still an adult who needs to be treated that way. No matter how reduced an older adult’s mental faculties are, baby talk and childish treatment don’t help! It’s degrading. Older adults should be treated with honor, dignity and respect. Interact with them as adults who are forgetful, disoriented and confused.

Second, it is crucial to remember the older adult has a brain disease. So “keep your cool!” This disorder affects memory, ability to think and behaviors, so try not to take things personally. The movie, “The Father,” with Anthony Hopkins and Olivia Colman, captures struggles with dementia well. It is difficult when a loved one forgets who you are, expresses no appreciation for your care and may even become assaultive. Selfless love, patience and maturity on the caregiver’s part are indispensable, which means taking a break, talking to another person and practicing self-care.

Communication

When communicating, speak slowly, clearly and calmly. Use simple sentences and positive instructions. Stand or sit at a comfortable distance and look the older adult in the eye when talking. Use non-verbal gestures to assist with communication. For example, a son wants his confused



When communicating with someone who has dementia, speak slowly, clearly and calmly – looking the older adult in the eye.

father to stay out of the kitchen and sit in the living room. The son stands in front of his father in a non-threatening way and looks him in the eye. He points to the living room and says calmly, “Dad, please go to the living room and sit on the couch.” He does not say, “Dad! Stay out of the kitchen!” Concrete, descriptive, repetitive and friendly communication is the most effective way to communicate. It might be more helpful to come alongside Dad, put a hand on the shoulder and escort him to the living room while talking.

If the older adult is stubborn or restless, change the subject. Return to the original issue a few minutes later (use the short-term memory loss to your advantage). If agitation continues, suspect an underlying problem such as fatigue, hunger, pain, the need to go to the bathroom or an illness. Knowing the older adult, studying body gestures and possessing insight are crucial caregiver skills. For example, suppose Dad is “dancing” in place. In that case, an escorted trip to the bathroom may be necessary before addressing the original issue, and it will save a lot of extra work!

Communicating and interacting with older adults with dementia can be challenging, but it is not impossible. Above all, laugh – a lot. Laughing helps maintain caregiver sanity. While dementia itself is no laughing matter, exercising a spirit of joy amid the struggles will pay off with huge dividends. If all else fails with interaction and communication, sing to those with dementia and to yourself – old songs, new songs and, above all, meaningful and happy songs.



Christopher Bogosh is a board certified psychiatric mental health nurse. He will be facilitating the NCCOA Support Group: Transitions in Life.

Caregiving 101: Resources You Can Count On

BY EMILY KUNZELMANN,
NCCOA CASE MANAGEMENT

While a greater percentage of seniors are living longer – not only in the U.S., but worldwide – the number of caregivers is growing exponentially. Take a look at the following statistics:

- Average age of a care recipient = 66
- Average length of time care is needed = 3 years
- Percentage of caregivers who use their retirement savings to pay for long-term care = 63%
- Percentage of caregivers who missed some time at work due to caregiving = 70%

Source: 2020 U.S. Department of Health and Human Services

Any surprises? Most likely, the numbers alone will make you stop and think how it will impact both you and your family. Chances are it will.

Nassau County Council on Aging (NCCOA) is taking a proactive approach to address the current and future state of caregiving in our area. Our Adult Day HealthCare program (“The Club,” see pages 7-9) and Caregiver Support Group are just two resources for seniors with a form of dementia and their caregivers. Our Caregiver Support Group enables past and present caregivers to share experiences; what we learn from each other is invaluable. Although medical and other experts can give us facts, as the saying goes, no one really knows what you are going through until they have “walked in your shoes.” Talking out awkward or potentially embarrassing issues faced by themselves and their loved ones can be extremely helpful.

Have you ever felt as if you have too much to do and not enough time to do it all? Too many people needing your time and energy, and there is only one of you to tend to all their needs? This is the daily life of many caregivers – fraught with many competing priorities. Do these scenarios sound familiar?

“Carol’s” mother recently sold her home and moved in with Carol and her husband for a time, but eventually found her own home nearby. Carol’s sister helps care for their mom, but has her own health issues. So, Carol shops, runs errands and helps with transportation to doctors’ appointments. Carol’s mother-in-law sold her home and moved in with them. She has many health issues so there are multiple sets of doctors’ appointments, hospitalizations and



other health care duties. Carol currently keeps her granddaughter after school and helped her with virtual school in 2020. Whereas “Sandwich Generation” generally refers to people in their 30s and 40s caring for aging parents and young children, Carol is representative of another Sandwich Generation – older adults caring for their aging parents and their young grandchildren.

Dahlia’s” mother’s cancer became so debilitating that she moved to an assisted living facility on Amelia Island. Numerous doctors’ appointments, treatments and hospitalizations can mean a full-time job for a caregiver. “The hardest thing is feeling like you should be able to fix all the problems for your loved one, but of course, you can’t,” Dahlia says. Family relationships can also create stress for the caregiver. “You may feel that you are neglecting your spouse, or your spouse may feel that way, as caregiving takes up so much time,” she adds. Dahlia’s responsibilities in her husband’s business took a backseat when her mother was hospitalized. Nevertheless, Dahlia comments, “Having the utmost respect and love for a parent, doing the best you can for them, is important and rewarding.”

Emotional stress and physical demands of competing responsibilities can wear on caregivers. Family members may not fully comprehend the strain. NCCOA is now certified by the Rosalynn Carter Institute for Caregiving (RCI) to facilitate the Dealing with Dementia Caregiver Workshop, an evidence-based program specifically for caregivers. The goal of the workshop is for family caregivers to gain a better understanding of dementia, learn strategies to effectively manage dementia behaviors, and develop habits of stress management and self-care. You are not alone.

Contact Emily Kunzelmann, 904-775-5472, for more information.

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Class Listings

Complete descriptions available:
www.MyActiveCenter.com

*Series of classes; participants need to be available for all classes



Arts & Crafts

■ Crafts with Christy

Christy Hickey, Artist

❖ **Wood Candy Corn Arrangement**

October 12 – Tuesday – 2:00 – 3:30 pm

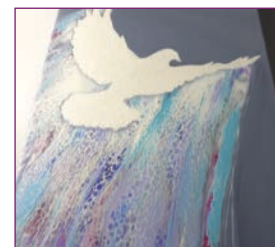


❖ **Fluid Art Reverse Technique – Fall Scene**

November 9 – Tuesday – 2:00 – 3:30 pm

❖ **Acrylic Fluid Art Dove Swipe**

December 14 – Tuesday – 2:00 – 3:30 pm



❖ **Drawing from Observation (*Series of 6)**

Ann Freeman, Artist

October 5, 12, 19, 26, 2, 9 – Tuesday – 1:00 – 3:00 pm

Supplies needed: Sketchbook (9x12 or larger), ebony or 6B drawing pencil and kneaded eraser.

❖ **Crocheting for Beginners (*Series of 2)**

Patricia Kennedy

October 7 & 14 – Thursday – 10:00 – 11:30 am
November 2 & 9 – Tuesday – 10:00 – 11:30 am

Supplies needed: 1 skein of yarn and a size H crochet hook



❖ **No Paint Decorative Candle**

November 2 – Tuesday – 2:00 – 3:30 pm

Supplies needed: Tall candle & decorative napkin



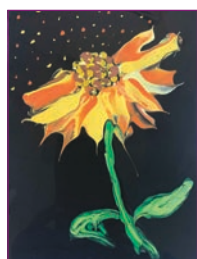
❖ **Acrylic Pour Glass Vase or Pot**

December 7 – Tuesday – 2:00 – 3:30 pm

Supplies needed: Small vase or pot & blow dryer

■ Painting with Christy

Christy Hickey, Artist



❖ **Floppy Sunflower - Acrylic “No Brush” Painting**

October 21 – Thursday – 2:00 – 3:30 pm



Community
Hospice & Palliative Care
Volunteer Services

❖ **Creative HeARTs – ‘Who Rescued Who?’ Photos**

Betsy Miller, Community Hospice & Palliative Care
(High resolution photos of owner(s) and adopted pet to be given to a senior facility for display with the pet’s first and last name.)

Photo submission sent to dtownsend@communityhospice.com no later than October 25 – Monday



Cards & Games

❖ Bridge – Beginning

Myra Swinson, Experienced Player
Every Friday – 12:30 – 2:30 pm

❖ Bridge Open Play (Instructor Available)

Myra Swinson, Experienced Player
Every Friday – 3:00 – 5:00 pm

❖ Bingo Fit

Barbara Baptista, Florida Department of Health-Nassau
October 28 – Thursday – 9:30 – 10:30 am
November 18 – Thursday – 9:30 – 10:30 am
December 23 – Thursday – 9:00 – 10:30 am

❖ Canasta: Instruction & Open Play All Levels

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

❖ Mahjong – Experienced Group

Theresa Macwithey
Every Friday – 12:30 – 3:30 pm

❖ Wheel of Fortune

Michelle Shock, Fernandina Beach Nursing & Rehabilitation
October 5 – Tuesday – 9:30 – 10:30 am
November 2 – Tuesday – 9:30 – 10:30 am
December 7 – Tuesday – 9:30 – 10:30 am

❖ Poker

Walter Brandt, Experienced Player
Every Wednesday – 4:45 – 8:00 pm



Community, Security & Safety

❖ Electricity 101

Tom Polito, Retired Engineer
October 18 – Monday – 2:00 – 4:00 pm

■ Protecting Your Identity & Assets

Glenda Young, Certified RealSense Counselor
❖ Recognize and Responding to Fraud and Scams
October 21 – Thursday – 9 – 10:00 am
❖ Strategies to Reduce Your Vulnerability
November 15 – Monday – 9 – 10:00 am

❖ Updated Local Fraud & Scams

G.J. “Cos” Cosgrove, Nassau County Sherriff’s Office
November 30 – Tuesday – 9:30 – 10:30 am



Computers & Technology

■ Apple Classes – (iPhone, iPad & Mac)

Marc Williams

❖ Apple Tech Talks

October 12 – Tuesday – 9:00 – 11:00 am
November 16 – Tuesday – 9:00 – 11:00 am
December 14 – Tuesday – 9:00 – 11:00 am

❖ How to Use an iPhone, iPad and/or MAC

October 4, 5, 6 – Monday, Tuesday, Wednesday – 9:00 – 11:00 am (*Series of 3)
December 6, 7, 8 – Monday, Tuesday, Wednesday – 9:00 – 11:00 am (*Series of 3)

❖ Macintosh Computer

November 8, 9, 10 – Monday, Tuesday, Wednesday – 9:00 – 11:00 am (*Series of 3)



Fitness & Dance

❖ Core Strengthening

Janice Clarkson
Bring your personal mat.
Every Monday – 8:30 – 9:30 am

❖ Enerchi

Christy Hickey
Every Monday and Friday – 10:00 – 11:00 am
Every Wednesday – 11:30 am – 12:30 pm

❖ Standing Yoga

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

❖ Dancing – Happy Tappy Tap (*Series of 8)

Maggie Comey
Monday, Oct. 4, 11, 18, 25, Nov. 1, 8, 15, 22 – 2:00 – 3:00 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

❖ **Beginner Belly Dancing**

Laura Giordano

Every Friday – 11:15 am – 12:15 pm



Gardening

❖ **Gardening Tips with Rosie**

Rosie Davidson, Georgia Master Gardener

November 10 – Wednesday – 9:30 – 10:30 am

December 8 – Wednesday – 9:30 – 10:30 am



History & Culture

■ **Foundational Classes for the 2022 Great Decisions Program**

❖ **China's Growth Miracle: Past, Present and Future**

Stephen Gessner, PhD

November 9 – Tuesday – 3:00 – 4:30 pm

❖ **Climate Change: Realities and National and Global Political Challenges**

Richard Scribner, PhD

November 16 – Tuesday – 3:00 – 4:30 pm

❖ **Global Populism and Authoritarian Regimes**

Robert Weintraub

November 30 – Tuesday – 3:00 – 4:30 pm

❖ **How the COVID 19 Pandemic Has Changed the World**

Facilitator & Subject Matter Expert to be named

December 7 – Tuesday – 3:00 – 4:30 pm

■ **Remembering Our Florida Heritage**

Peter Mullen, Retired College Professor, MS

October Guest Speaker: Linda Ellwood, FL Historian & Genealogist

❖ **The Exchange of Flags**

October 22 – Friday – 10:30 – 11:45 am

❖ **Correcting the Thanksgiving Myth**

November 22 – Monday – 10:30 – 11:45 am

❖ **The First Christmas Celebration in North America**

December 13 – Monday – 10:30 – 11:45 am

❖ **Pop Culture – Songs, Trivia & Games**

Nanette Autry

October 19 – Tuesday – 9:00 – 10:00 am

November 16 – Tuesday – 9:00 – 10:00 am

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



Language

❖ **Conversational Spanish (All Levels)**

Every Wednesday, 3:30 – 4:30 pm

Walter Brandt, Retired Spanish Professor



Music

❖ **Ukulele – Beginning & Intermediate**, Julie Black

Every Monday – 10:00 – 11:00 am

❖ **Elvis Music with Lane Mashburn**

October 4 – Monday – 9:00 – 10:00 am

November 1 – Monday – 9:00 – 10:00 am

December 6 – Monday – 9:00 – 10:00 am

❖ **Sing Along with Bruce Beville**

October 6 – Wednesday – 9:00 – 10:00 am

November 3 – Wednesday – 9:00 – 10:00 am

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

❖ **Music with Terry Murphy**

October 7 – Thursday – 9:00 – 10:00 am

November 4 – Thursday – 9:00 – 10:00 am

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

❖ **Banjo with Chuck Hall**

October 13 – Thursday – 9:00 – 10:00 am

November 9 – Thursday – 9:00 – 10:00 am

December 6 – Thursday – 9:00 – 10:00 am

❖ **Music with Sal Salgado**

October 21 – Thursday – 9:00 – 10:00 am

November 18 – Thursday – 9:00 – 10:00 am

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

❖ **Music with Tom Sullivan**

October 27 – Wednesday – 9:00 – 10:00 am

November 24 – Wednesday – 9:00 – 10:00 am

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





Photography

Buddy Price will continue his 10-class photography series in the first quarter of 2022

■ Specialty Photography Classes

❖ Landscape Photography

Buddy Price – November 4 – Thursday – 3:00 – 4:00 pm

❖ Creative Photography

Logan Pierson – November 9 – Tuesday – 3:00 – 4:00 pm

❖ Zoo Photography

Tyler Brooks – November 11 – Thursday – 3:00 – 4:00 pm

❖ Bird Photography

Yvonne Randolph – November 16 – Tuesday – 3:00 – 4:00 pm

❖ People Photography

Kellie Boston – November 18 – Thursday – 3:00 – 4:00 pm



Policy, Government & Finance

■ Finance Friday Lunch and Learn

Steve Nicklas, Financial Advisor/Columnist

❖ Retirement Planning 101

October 22 – Friday – 12:00 – 1:30 pm



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Budget and Bill Management

❖ Investing in Volatile Times

November 19 – Friday – 12:00 – 1:30 pm

❖ The Changing Retirement Landscape

December 10 – Friday – 12:00 – 1:30 pm

❖ First Steps-Last Steps - Long-Term Care Planning – Lunch & Learn

Mike Roberts, CPT Wealth Strategies

October 19 – Tuesday – 12:00 – 1:00 pm



Wellness

■ Chakra Yoga – Ground Into Gratitude Training

Janice Messer

❖ Intro to Chakra Yoga Flow

October 6 – Wednesday – 1:00 – 2:30 pm

❖ Root Chakra Flow

October 13 – Wednesday – 1:00 – 2:30 pm

❖ Sacral Chakra Flow

October 20 – Wednesday – 1:00 – 2:30 pm

❖ Abdominal Chakra Flow

October 27 – Wednesday – 1:00 – 2:30 pm

❖ Heart Chakra Flow

November 3 – Wednesday – 1:00 – 2:30 pm

❖ Throat Chakra Flow

November 10 – Wednesday – 1:00 – 2:30 pm

❖ Third Eye Chakra Flow

November 17 – Wednesday – 1:00 – 2:30 pm

❖ Crown Chakra Flow

November 24 – Wednesday – 1:00 – 2:30 pm

❖ Mental Health First Aid

Katrina Robinson-Wheeler, Starting Point Behavioral Healthcare & Baptist Health

October 30 – Saturday – 9:00 am – 5:00 pm

■ Unbiased Medicare Discussions

❖ Fundamentals of Medicare

Jim Mace, ElderSource/SHINE

October 5, Tuesday – 9:00 – 10:00 am

November 2, Tuesday – 9:00 – 10:00 am

❖ Medicare Q&A for Current Subscribers

Jim Mace, ElderSource/SHINE

October 5, Tuesday – 11:00 am – 12:00 pm

November 2, Tuesday – 11:00 am – 12:00 pm

❖ How Medicare Shakes Hands with Your VA Benefits

Jim Mace, ElderSource/SHINE

October 14, Thursday – 1:30 – 2:30 pm

(Guest speaker at Veterans Helping Veterans Support Group – all Veterans and families are welcome to attend.)

❖ Health Checks with Katie

Katherine Connors, RN, Care & Company

Every Monday – 9:00 – 9:30 am

■ Use It or Lose It: Strategies to Prevent Dementia

Christopher Bogosh, RN-BC

❖ Depression & Memory Loss: The Connection

September 27 – Monday – 9:00 – 10:00 am

❖ What is Dementia?

October 11 – Monday – 9:00 – 10:00 am

❖ Age-Related Memory Loss

October 25 – Monday – 9:00 – 10:00 am

❖ Dementia Prevention #1 –

Healthy Diet & Supplements

November 29 – Monday – 9:00 – 10:00 am

❖ Dementia Prevention #2 – Exercise & Healthy Living

December 20 – Monday – 9:00 – 10:00 am

■ Health Connections with Dr. Jim

Jim Auerbach, MD

❖ Respiratory System

October 12 – Tuesday – 9:00 – 10:30 am

❖ Urinary Health

October 26 – Tuesday – 9:00 – 10:30 am

❖ Skin Health

November 9 – Tuesday – 9:00 – 10:30 am

❖ Circulation and Immunity

November 23 – Tuesday – 9:00 – 10:30 am

❖ Environmental Health

December 14 – Tuesday – 9:00 – 10:30 am

■ Fresh Conversations with Barbara

Barbara Baptista, Florida Department of Health-Nassau

❖ Paint Your Plate With Color

October 20 – Wednesday – 9:00 – 10:00 am

❖ Keep the Blood Flowing

November 17 – Wednesday – 9:00 – 10:00 am

❖ Give Yourself and Others the Priceless Gift of Wellness

December 9 – Thursday – 9:00 – 10:30 am

❖ Protein: Not Just a Supper Thing

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

*Series of classes; participants need to be available for all classes

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



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What Was I Going to Do?

Five Tips to Sharpen Your Memory and Improve Brain Health

BY BETH STAMBAUGH, ABC
Baptist Health

You walk into a room to do something but when you get there, you have no idea why. If this has ever happened to you, you're not alone. Memory issues affect about 40 percent of people over 65, about 16 million in the U.S.

But it's not just older folks. Today's fast-paced society, with its many distractions, makes anyone vulnerable to an occasional brain snafu.

So what can you do to sharpen your memory?

"Repetition is the key to memory," said Lynda Gridley, a speech-language pathologist at Baptist AgeWell Center for Senior Health. Surprisingly, speech-language pathologists can help patients with memory disorders due to their expertise in the connection between language and cognition.

Our 5 best memory tips

1. Repeat after me. Our brains are wired for repetition, so writing something down after thinking it or repeating it aloud (like when you meet someone new) reinforces it in your mind. While smartphones are great for making lists, the physical act of writing something down is more effective in registering names and items in your mind. Some people find that having a dry-erase board at home or work helps, even though items are eventually erased. Again, it's the physical act of writing things down that does the trick.

2. Load up on brain food. Did you know that just one serving of leafy, green vegetables a day can improve your brain aging by 11 years? Rush University Medical Center in Chicago recently released a study that proves it, showing a slower rate of decline on memory tests and thinking skills than people who rarely or never ate veggies like spinach, kale, collard greens or lettuce. Leafy greens also have plenty of Vitamin C and B, which are shown to improve memory. If you aren't a fan of leafy greens, take supplements of these vitamins. Foods high in antioxidants, like those found in the Mediterranean diet, are shown to boost memory. In fact, a study from the Alzheimer's Association shows that following the Mediterranean diet may lower your risk of developing cognitive impairment by up to 35 percent.

3. Move that body! Although we usually think of exercise being good for our bodies, it's also good for your brain. This is because getting your heart rate up appears to increase the size of the hippocampus – the area of the brain involved with memory and learning. It also releases



Enhance your memory with healthy repetition, brain food, exercise and socialization.

chemicals in the brain that promote healthy brain cells and the growth of new brain cells. And it doesn't take much; just 150 minutes of aerobic exercise a week will help. (Strength training and exercises don't have the same effect.)

4. Exercise your brain. No need to learn calculus or Chinese (unless you want to!); brain games don't have to be complicated. Try doing familiar things in a different way – like writing with your non-dominant hand or simply taking a different route on your walk or run. Or relearn an old skill like dusting off that clarinet from high school band or picking up your tennis racket again. Crossword puzzles and numbers games work, too, but make sure you are being challenged. Struggling a bit is what benefits the brain.

5. Get out there and be social. This is especially helpful for older adults. *The American Journal of Psychiatric Health* published a study that showed social support helps protect against dementia. And another study in *Psychology Today* shows that people who connect with others generally perform better on memory tests. So, volunteer, take a class, join a book club...whatever will get you interacting with others. And don't feel guilty for lingering at the coffee shop chatting away. The socialization will help you remember all those items on your "to-do" list!



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Health Care
for Good.

Beth Stambaugh, ABC, is the Senior Communications Consultant with Baptist Health in Jacksonville



The Keshens: Philanthropists for life

Business owners and art collectors Leonard and Mary Anna Keshen have a long history in Florida and a lifetime of involvement in philanthropy.

They have supported healthcare organizations, the arts and academia for many years, assisting local communities where they have had homes in Tampa, Santa Fe, NM, in the Blue Ridge Mountains in Cashiers, NC, and now on Amelia Island.

In the 1980s, the Keshens renovated and preserved the historic Maas Brothers home on Bayshore Boulevard in south Tampa, and regularly chaired and hosted events for the University of South Florida Medical Center, the Tampa Museum of Art and other charitable organizations serving the Gulf Coast of Florida. At the time, Tampa was rapidly growing into a dynamic city with the University of South Florida, a highly regarded comprehensive cancer center, and evolving into a business and cultural arts hub.

The Keshens owned textile businesses in both the commercial and residential housing industries, based in Tampa, and conducted business throughout the United States and abroad. In the late 1990s, they sold their businesses and formed a family office involved in investments with a focus on private lending in the Southwest. This business is still very active providing capital to fuel the growth of local communities.

After purchasing a home on Amelia Island more than two years ago, Leonard became acquainted with Nassau County Council on Aging and the vital community services and programs it provides to local seniors.

"I was pleasantly overwhelmed by the Council's many community-based services providing food through *Meals on Wheels*, transportation via NassauTRANSIT and home health support through Advocate Home Healthcare," Leonard said. "The aging and underserved population in Nassau County definitely benefits from this organization's critical programs and services."

In getting to know Wallace Bennett, NCCOA Development Director, Leonard began funding specific programs and initiatives that support longevity and aging. The most recent program provides tablets with memory-enhancement applications to seniors at the Janice Ancrum Senior Life Center in Fernandina Beach. This important donation helps seniors prolong quality of life by keeping their brain active and alert, while providing a new level of evidence-based technology to Nassau County seniors.

The Keshen's daughter, Anne, an investor and attorney, has continued her parents' legacy of philanthropy, chairing the Council for a major medical center development project in the Southwest, serving on the Board of Directors of UCLA's Jonsson Comprehensive Cancer



Leonard Keshen, Amelia Island resident and philanthropist



The Keshens: Mary Anna, Leonard and Anne

Center Foundation and another UCLA medical center Board dedicated to longevity. She also sits on the Board of Directors of Pepperdine University in Malibu, CA.

Leonard Keshen was drawn to Amelia Island's unique and serene environment and is delighted to continue supporting NCCOA and its important mission.

"We live in a very generous community," Leonard adds. "I'm happy and proud to be a part of it."



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Learn More About Becoming a Caring Connections Volunteer

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-Cheryl, CNA

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1. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, "Who was that masked man?" Invariably, someone would answer, "I don't know, but he left this behind." What did he leave behind?
_____.
2. When the Beatles first came to the U.S. in early 1964, we all watched them on "The _____ Show."
3. "Get your kicks, _____."
4. "The story you are about to see is true. The names have been changed _____."
5. "In the jungle, the mighty jungle, _____."
6. After The Twist, The Mashed Potato and The Watusi, we "danced" under a stick that was lowered as low as we could go in a dance called "_____."
7. "N_E_S_T_L_E_S", Nestle's makes the very best.....
_____."
8. Satchmo was America's "Ambassador of Goodwill." Our parents shared this great jazz trumpet player with us. His name was _____.
9. What takes a licking and keeps on ticking?
_____.
10. Red Skelton's hobo character was named _____, and Red always ended his television show by saying, "Good Night, and _____."
11. Some Americans who protested the Vietnam War did so by burning their _____.
12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? _____ & _____.
13. In 1971, singer Don MacLean sang a song about, "the day the music died." This was a tribute to _____.
14. We can remember the first satellite placed into orbit. The Russians did it. It was called _____.
15. One of the big fads of the late 50s and 60s was a large plastic ring that we twirled around our waist. It was called the _____.

Answers on page 23.

Source: Unknown



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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. As always, there is no charge to attend support group meetings.

▲ Transitions in Life

1st Thursday – 3:30 p.m.-4:30 p.m.

Contact: chrisbogosh@gmail.com

The group facilitator is Christopher W. Bogosh, RN-BC, BTh, a board certificated psychiatric mental health nurse. Some adjustments in life are easy; others may cause problems. Transitions in Life is a non-judgmental support group for people struggling with inevitable changes that occur in life.

▲ 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 and 4th 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 Insurance Needs of Elders) Program

provides free, unbiased one-on-one insurance information to Medicare beneficiaries and caregivers.



ANSWERS

1. The Lone Ranger left behind a silver bullet.
2. The Ed Sullivan Show
3. On Route 66
4. To protect the innocent.
5. The Lion Sleeps Tonight
6. The Limbo

7. Chocolate
8. Louis Armstrong
9. The Timex watch
10. Freddy, The Freeloader, and "Good Night, and May God Bless."
11. Draft cards (bras were also burned)

12. Beetle or Bug
13. Buddy Holly
14. Sputnik
15. Hoola-hoop

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