

NASSAU COUNTY COUNCIL ON AGING

Senior Life

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Make Us a Part of Your New Year!

NASSAU COUNTY
Council on Aging
JANICE ANCRUM
SENIOR LIFE CENTER

1901
Island Walk Way

JANUARY - MARCH 2022



Inside:
Westside Senior Life Center
Reopens Soon!
Board Member Includes
NCCOA in Estate Plan
2022 Membership: Unlimited
Classes - Fernandina Beach

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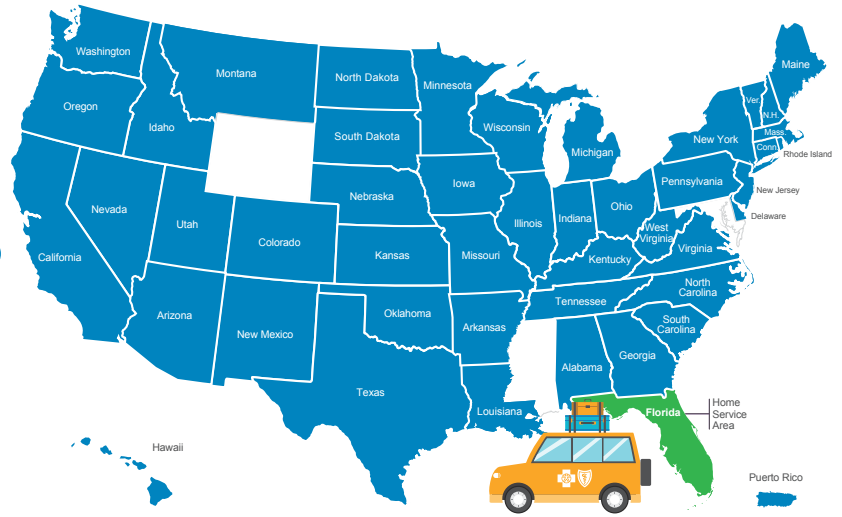
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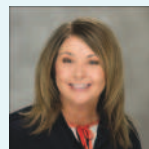
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Our Mission

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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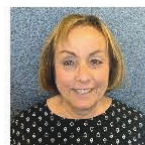
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Janice Ancrum Senior Life Center

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 – Lili High

Advocate Home Healthcare – Lili High

Case Management – Donna Granieri

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 J.B. Short

Cover: *Amelia Island Duplicate Bridge Group,*

NCCOA Members and Staff

Photography by Buddy Price, Buddy Price Photography

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A Message from our President & CEO



Our theme for this issue – **“Make us a part of your new year!”** – could not come at a better time. While 2020 will forever be known as the year of COVID, 2021 has turned out to be a year of new beginnings. Since the Fernandina Beach Senior Life Center reopened in March, class and program participants have returned – slow and steady at first. Little by little, long-term friends and new friends returned, and we are now approaching our previous high attendance of seniors, Living their happiest and healthiest life with us.

Since we opened the Life Center in December 2018, we have worked purposefully and diligently to develop meaningful offerings for our seniors, based on a program of wellness. Specifically, our classes, activities, events – really everything we offer – touches one or more of the **Dimensions of Wellness:**

Physical	Nutritional	Vocational
Emotional	Intellectual	Spiritual
Social	Environmental	Financial

For example, a painting class may seem purely Social. However, it touches at least 4-5 other wellness dimensions:

Physical – Traveling to the Life Center, and working with the art materials

Vocational – Learning a new skill or practicing an established talent

Emotional – Sparking special feelings through creativity

Intellectual – Depending on the craft, there may be decisions to make along the way

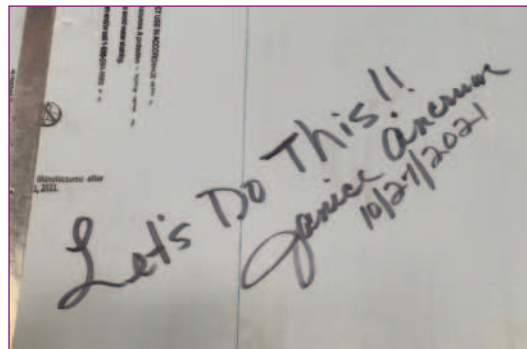
...and maybe even Nutritional if you have a healthy snack!

Hopefully, you'll find health and happiness with us...in the new year and beyond.

I am happy to report that our Westside Senior Life Center in Hilliard will reopen to the public early next year. Specifically, the renovated facility will be complete as of mid-December, and we are planning on hosting NCCOA's Annual Meeting at our “new” home on January 25, 2022. Our doors will re-open to the community in early February. Stay tuned for more information!

With anticipation of all that is yet to come,

Janice Ancrum
President & CEO



NCCOA President & CEO Janice Ancrum captured the sentiments of the “Sneak Peek Sign-in” event with her special message, in October.

Our Funding Partners



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About Nassau County Council on Aging



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

LIFE CENTERS

Both 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)

PROGRAMS AND SERVICES

This 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: **Lili High, Programs Operations, 904-844-2739 or lhhigh@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 cbuono@nassaucountycoa.org**

NASSAUTRANSIT

With the recent announcement of paratransit service expansion, NassauTRANSIT offers a more flexible Monday-Friday schedule for people with limited or no personal transportation options. The enhanced service provides more access to work, recreation, shopping, social engagements, and medical appointments, etc. In addition, Saturday paratransit service is available on Amelia Island, and will debut later on the west side of the county, including Callahan and Hilliard. The state of Florida requires registration for paratransit service through NassauTRANSIT. Due to a drop in public transportation ridership, scheduled pick-ups and drop-offs at public bus stops have been discontinued, as well as service through the Island Hopper (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**

Set to reopen early 2022...

Community “Signs In” During Westside Senior Life Center Event

Nassau County's westside citizens left their mark on the soon-to-be-open Nassau County Council on Aging (NCCOA) Westside Senior Life Center in Hilliard, 37002 Ingham Road, Oct. 30. Thanks to local residents and the State of Florida, the more than 50-year-old building is undergoing a major renovation to meet the expanding needs of our seniors. NCCOA's Annual Meeting is scheduled to be held at the Life Center in Hilliard, Jan. 25, 2022. We're planning on opening our doors to the community – and restarting lots of senior programs – in early February.

The “sneak peek” event attracted many community members as they left heartfelt messages and signed their names on the interior wall of the Great Hall. All signatures and messages have now been covered with drywall and paint, becoming a permanent part of the Life Center. NCCOA projects doubling seniors served from 1,500 to 3,000.

In the meantime, our seniors have been meeting each week at a local church where we offer staff-supervised programming. Home Health services, as well as *Meals on Wheels* and *Meals on Wheels for Pets*, have continued throughout the renovation process. NassauTRANSIT is also in service on the westside.



Westside community members visited the Senior Life Center, still under renovation, to sign the wall in the Great Hall.



Thanks to local residents and the State of Florida, the Westside Senior Life Center will be able to double seniors served from 1,500 to 3,000. It is set to reopen to the general public early next year. Pictured (left to right) are Melissa Snead, NCCOA Nutrition Assistant; Sylvester Ross, Hilliard resident; Dr. Bernita Dinwiddie, NCCOA Board Member and Hilliard resident; Frances Nobles, NCCOA Nutrition Manager; and Theodore Dinwiddie, Hilliard resident.

NCCOA Opens Doors to Health, Happiness and Growth

Make Us a Part of Your New Year!

Throughout this issue, we have highlighted activities, classes and programs which provide a healthy and happy foundation for the new year. We hope to see you soon.

BY BARBARA BRUCE,
Aging Wellness Facilitator

As we look forward to 2022, what's the most exciting news in keeping your brain fit and functioning, and what can you do about it? The answer is **YOU CAN LEARN SOMETHING NEW!**

I have been teaching about successful brain aging for several years and have been keeping up with the latest research in how to live out our senior years with living, loving and laughing.

Through my ongoing research into brain fitness, I've discovered the latest and greatest information in maintaining an active and responsive brain. As you **LEARN NEW THINGS** your brain changes. It makes so much sense!

For years I've discussed how exercise is the most important activity for you to maintain brain fitness. While I still believe physical exercise is an important factor in maintaining a healthy brain, I now can see that **LEARNING SOMETHING NEW** optimizes brain energy. When you learn something new – and therefore exercise your brain – you are working toward improving cognitive functions. These include concentration and focus, attention to

detail, memory recall and problem solving. A combination of exercise – both mental and physical – keeps you at the top of your game.

So, what does that have to do with you and Nassau County Council on Aging?

Flip over to pages 13-18. The answer is there on many pages of classes and activities. That's the key to maintaining a healthy brain – mentally and physically. Review the list of new adventures and amazing possibilities available to you right here, right now. Pretty amazing!

Spilling over the pages are classes on yoga, computers and technology, fitness and dance, history and culture, music and wellness – just to mention some of the categories, with classes to awaken your brain in many ways. In addition to making your brain work harder, you're participating in social activity with others. For many years we have known that isolation is detrimental to your brain. Taking classes and getting involved with folks around you helps keep your noggin' performing at optimal levels.

Take a gander at the list. Choose some old and new favorites. Register. Attend. Grow.

It's up to you!

Barbara Bruce, MS,
Aging Well Facilitator



Morning Group: “Just Friends”

Do you know someone who is 60 or older and could benefit from socialization and friendship? “Just Friends” may be just the ticket!

This morning program (8:00 a.m. – 12:15 p.m.), Monday-Friday, at NCCOA's Janice Ancrum Senior Life Center, is free for seniors. During that time we feature musicians, Bingo, wellness, technology, exercise, nutrition and much more! We also serve Continental breakfast and a hot lunch each day. Free door-to-door transportation is available via NassauTRANSIT.

Please check the monthly calendar of events on our website: <https://nassaucountycouncilonaging.org> – Classes & Calendars – Just Friends Calendar.

Stop by 1901 Island Walk Way and check us out – no reservation required. For more information, contact Gina Cox, Nutrition Manager, at gcox@nassaucountycoa.org or 904-775-5498.

Furry Friends Perk up Seniors

BY DICKIE ANDERSON,
Soft Touch Pet Therapy Program

NCCOA's Soft Touch pet therapy program is a highlight for seniors in both our "Just Friends" group and Adult Day HealthCare ("The Club"). Not only is it an enjoyable part of the day, but beneficial to the health and well-being of our seniors.

Fifteen years ago, local resident Dickie Anderson created the pet therapy program, called Soft Touch, which offers pet visits to Nassau County care facilities. Once a week, volunteers and their dogs visit with seniors, including those with Alzheimer's and other forms of dementia, to add a new perspective to what may be a challenging situation. Not only do the seniors benefit, but the volunteer pet owners have satisfaction in knowing they are providing some happiness and fun. The dogs look forward to the visits and the attention they receive, and often remember individuals they see each week. COVID changed visiting opportunities, but our fingers are crossed that the program will resume to its previous frequency in the new year.

Dickie says that many of the care facility managers, as well as the volunteers, notice a change in the seniors during a Soft Touch visit. Seniors with dementia light up when the dogs arrive, and smiles replace previously vacant expressions. Frail hands reach out to pat the soft fur;



Seniors in our "Just Friends" morning program benefit from weekly Soft Touch visits. Simply stroking a dog's soft ears brings a smile, while providing health and healing – physically and psychologically.

smaller dogs jump up to settle in laps. Some dogs even coax a handshake from the seniors.

Since the first NCCOA visits 10 years ago, the Soft Touch pet therapy group has spent precious one-on-one time with seniors – in both The Club and "Just Friends" morning program – and looks forward to participating in special events such as "Santa Paws" during the holidays. Some dogs have even been known to arrive in costumes year-round – without the need for a special occasion!

Dickie Anderson is a well-known writer, author, speaker and community volunteer on Amelia Island.



Seniors' Pets Have Meals Delivered Too!

In addition to our *Meals on Wheels* program for seniors, we also have *Meals on Wheels* for Pets!

The brainchild of Deborah Watford, *MOW for Pets* was established when we discovered that *MOW* recipients were sharing their own food with their pets (an unsafe and unhealthy practice for both people and their pets). Created in response to the efforts of the *Meals on Wheels* Association of America, "We All Love Our Pets" (WALOP) initiative, now provides nutritious pet food for the companion animals of local homebound seniors who receive *Meals on Wheels*.

Research has proven the health benefits of having a pet, especially for those people who are sick or alone. Oftentimes, these pets are the only "family" of homebound



seniors. The first *MOW for Pets* Nassau delivery was July 27, 2009. The number of pets served is dependent on the number of clients enrolled in the *MOW* program. At a given time, we serve from 65 to 120 pets per week.

For more info on *MOW* or *MOW for Pets*, contact MOW4PetsNassau@yahoo.com.



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2022 Membership Program: Unlimited Classes!

We are incredibly thankful for the support of Nassau County during the pandemic and the transition back to our “new normal.” For most of 2020 and all of 2021, we have offered all classes and programs held at the Janice An-crum Senior Life Center at no charge. Going forward, as promised, we will have a new and improved membership program. Here are the particulars:

1. What memberships are available?

Beginning on January 3, 2022, we will offer two memberships:

- o Individual membership for \$125.00 per year.
- o Couples membership (two people per household) for \$195.00 per year.

These membership fees include unlimited classes. For example, if you join as an individual or couple, you may attend as many classes as you'd like.

2. How do I pay for a membership?

Payment for membership can be made online at www.nassaucountycoa.org/online-payment/ or pay in person with our receptionist at 1901 Island Walk Way.

3. For how long is a membership valid?

Memberships are valid one year from the date enrolled. For example, if you enroll on January 3, the membership is valid through January 2, 2023. Memberships paid in 2021 will begin on January 3, 2022.

4. Is there a nonmember rate?

Yes. The nonmember rate is \$5 per class or activity, payable at the time of registration.

5. What about fees for class supplies?

If supplies are required for a class, a separate fee may be required (apart from the membership fee and non-member rate).

6. How far in advance may I book a class?

Individual classes may be booked 7 days before the start date, at 8:00 am online through www.myactivecenter.com. When you reserve a series of classes (such as a 3-day computer class), you will automatically be booked for all of the classes in that series.

With MyActiveCenter, you can manage your class schedule (booking and canceling) once you are enrolled in our class database. When signing up, enter your phone number without any hyphens when asked for your MySeniorCenter Key Tag number if you have not received your key tag.

Membership scholarships are available. If you're interested, please contact the Life Center at 904-261-0701 to speak with a case manager. Other questions? Contact us at 904-261-0701.

...

We'd like to take this opportunity and recognize three seniors who have attended more than 100 classes since our reopening in April 2021. Nanette Autry, Dolores Myers and Steve Rude have each attended 100+ classes and have been excellent ambassadors for our Life Center. As a thank you for above-and-beyond participation, we are providing Nanette, Dolores and Steve with a free individual membership in 2022.

“NCCOA is my happy place; a place where I look forward to going each day. I have met new people, nourished friendships and have been introduced to new activities. Through exercise classes, I have improved strength, balance and agility. Tap dancing, belly dancing and line dancing have provided me with laughter, skills and passion. Arts & crafts and Spanish have opened up new interests. NCCOA is a place where I strongly recommend seniors stop in and take a class that introduces them to a new adventure.” – Dolores Myers



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- Katherine Connors
RN, BSN

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Arts, Crafts & Hobbies

Classy Jewelry Design

Sandy Craig

Jan 5 - 19 - Feb 2 - 16 - Mar 2 - 16 - 30 - Wed - 1:00 - 2:00 pm

**Each date a separate class. May have additional fee for supplies*

Crocheting Circle – All Levels

Patricia Kennedy

Every Tue - 10:00 - 11:30 am

Casual Knitting – Beginners Welcome

Marcia Foshee Duffy

Every Thu - 1:00 - 3:00 pm

Drawing from Observation – Series of 6

Ann Freeman

Series of 6 - Jan 18, 25, Feb 1, 8, 15, 22 - 1:00 - 3:00 pm

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

Art with Faith

Faith Elliott

Dot Art

Jan 4 - Tue - 3:00 - 4:00 pm

Acrylic Dutch Pour Painting

Jan 11 - Tue - 3:00 - 4:00 pm

Abstract Layers

Jan 18 - Tue - 3:00 - 4:00 pm

Welcome Sign Rock Art

Feb 8 - Tue - 3:00 - 4:00 pm

Painted Rock Checker Board

Feb 15 - Tue - 3:00 - 4:00 pm

Garden Globe

Feb 22 - Tue - 3:00 - 4:00 pm

Watercolor Flamingo

Mar 8 - Tue - 3:00 - 4:00 pm

Acrylic Pour Color Split

Mar 15 - Tue - 3:00 - 4:00 pm

Watercolor Crab

Mar 22 - Tue - 3:00 - 4:00 pm



Cards & Games

Bridge – Basic Review Class

Myra Swinson

Every Fri - 12:30 - 2:30 pm

Bridge Open Play

Myra Swinson (available for assistance)

Every Fri - 3:00 - 5:00 pm

Canasta – Open Play & Instruction

Debbie Price

Every Fri - 9:30 am - 12:30 pm

Mahjong – Experienced Group

Theresa Macwithey

Every Fri - 12:30 - 3:30 pm



Computers & Technology

Apple iPhone & iPad – Series of 3

Marc Williams

Jan 10, 11, 12 - Mon, Tue, Wed - 9:30 - 11:30 am

Apple Tech Talks

Marc Williams

Jan 18 - Tue - 9:30 - 11:30 am

Feb 15 - Tue - 9:30 - 11:30 am

Mar 15 - Tue - 9:30 - 11:30 am



Apple Macintosh Computer - Series of 3

Marc Williams

Feb 7, 8, 9 - Mon, Tue, Wed - 9:30 - 11:30 am



Culinary

Food Truck Fridays

Jan 7 - Fri - 11:00 am - 1:00 pm

Feb 4 - Fri - 11:00 am - 1:00 pm

Mar 4 - Fri - 11:00 am - 1:00 pm

Easy Impressive Appetizers

Courtney Thompson, Beyond Horizons Food Truck

Jan 7 - Fri - 1:30 - 2:30 pm

Cooking Healthy with Chef Shawn

Shawn Meeks

Jan 14 - Fri - 11:00 - 11:45 am

Quick Healthy Meals - Quiche

April Blue Moseley, Samahdhi Mobile Cafe

Jan 21 - Fri - 9:00 - 10:00 am

Caterer Quality Desserts

Courtney Thompson, Beyond Horizons Food Truck

Feb 4 - Fri - 1:30 - 2:30 pm

Quick Healthy Meals - Heart Shaped Fruit Tart

April Blue Moseley, Samahdhi Mobile Cafe

Feb 11 - 9:00 - 10:00 am

Unique Salads & Homemade Dressings

Courtney Thompson, Beyond Horizons Food Truck

Mar 4 - Fri - 1:30 - 2:30 pm

Instant Pot for Beginners - Sweet Potato Tortilla Soup & Cilantro Lime Rice

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

Mar 30 - Wed - 10:00 - 11:00 am

Instant Pot for Beginners - Desserts

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

Apr 6 - Wed - 10:00 - 11:00 am



Fitness & Dance

Chakra Yoga - Series of 6

Janice Messer

Jan 6, 13, 20, 27, Feb 3, 10 - Thu - 8:30 - 9:30 am

Core Strengthening

Janice Clarkson

Every Mon - 8:30 - 9:30 am

Enerchi

Mary Bleck

Every Mon - 10:00 - 11:00 am

Standing Yoga

Mary Bleck

Every Mon - 11:30 am - 12:30 pm

Happy Tappy Tap Dancing - Series of 8

Maggie Comey

Jan 24, 31, Feb 7, 14, 28,

Mar 7, 14, 21 - Mon - 2:00 - 3:00 pm

Pilates with Intro Core

Debi Senger

Every Tue - 8:30 - 9:30 am

Fall Prevention Exercises

Debi Senger

Every Tue - 10:00 - 11:00 am

Tai Chi

Robert Laidlaw

Every Tue - 1:30 - 2:30 pm

Active Stretch & Balance

Janice Clarkson

Every Wed - 8:30 - 9:30 am

Strength and Balance

Debi Senger

Every Wed - 10:00 - 11:00 am

Enerchi

Mary Bleck

Every Wed - 11:30 am - 12:30 pm

Line Dancing - Basic

Kathy Ball

Every Wed - 1:00 - 1:45 pm

Line Dancing - Intermediate

Kathy Ball

Every Wed - 2:00 - 3:00 pm

Just Dance

Heidi Freilich

Every Thu - 10:00 - 11:00 am

Dancing Queens

Lorraine Gaito

Every Thu - 12:00 - 12:45 pm

Belly Dancing

Laura Giordana

Every Fri - 11:15 am - 12:15 pm

Strength and Balance

Debi Senger

Every Fri - 8:30 - 9:30 am



Enerchi

Mary Bleck
Every Fri - 10:00 - 11:00 am



Gardening

Gardening Tips with Rosie

Rosie Davidson

Garden Prep for Spring Planting

Feb 9 - Wed - 9:30 - 10:30 am

Spring Garden Design

Mar 9 - Wed - 9:30 - 10:30 am



History, Culture & Travel

Remember Our Heritage

Peter Mullen, Historian

First North American Christmas Celebration in January 1539

Jan 11 - Tue - 9:00 - 10:00 am

FL Becomes a US Territory 1821 – Adams-Onís Treaty

Feb 8 - Tue - 9:00 - 10:00 am

The Death of the Last Documented Timucua - Juan Alonso Cavle

Mar 15 - Tue - 9:00 - 10:00 am

The Irony of the David Yulee Family

Michael Kegler, Golden Gullah Geechee Tours of Amelia Island
Feb 18 - Fri - 2:00 - 3:00 pm

Old Town Fernandina Before Fernandina Beach

Neil Frink, President, Board of Directors,
A L Lewis Museum at American Beach
Feb 25 - Fri - 2:00 - 3:30 pm



Language

Conversational Spanish (All Levels)

Walter Brandt
Every Wed - 4:00 - 5:30 pm



Finance

Finance Friday Lunch & Learn (Lunch Provided)

Steve Nicklas, Financial Advisor & Columnist

What's Next for the Markets: Optimism vs. Pessimism

Jan 10 - Mon - 12:00 - 1:00 pm

Intro to Stocks and Bonds

Feb 14 - Mon - 12:00 - 1:00 pm

The Social Portfolio – Factors in Successful Aging

Mar 14 - Mon - 12:00 - 1:00 pm



Music

Ukulele - Beginner & Intermediate

Julie Black
Every Mon - 10:00 - 11:00 am

Elvis Music with Lane Mashburn

1st Mon of Every Month - 9:00 - 10:00 am

Sing Along with Bruce Beville

1st Wed of Every Month - 9:00 - 10:00 am

Music with Terry Murphy

1st Thu of Every Month - 9:00 - 10:00 am

Music with Sal Salgado

3rd Thu of Every Month - 9:00 - 10:00 am

Sing Along with Tom Sullivan

4th Thu of Every Month - 9:00 - 10:00 am

Harp Music with Ginny Gately

Jan 18 - Tue - 11:00 - 11:30 am
Feb 14 - Mon - 11:00 - 11:30 am



Photography

Photography with Buddy

Buddy Price Photography
The Digital Camera
Jan 4 - Tue - 3:15 - 4:15 pm

The Lenses

Jan 6 - Thu - 3:15 - 4:15 pm

The Gear

Jan 11 - Tue - 3:15 - 4:15 pm

Focusing Like a Pro

Jan 13 - Thu - 3:15 - 4:15 pm

Essentials of Exposure – Part 1

Jan 18 - Tue - 3:15 - 4:45 pm

Essentials of Exposure – Part 2

Jan 20 - Thu - 3:15 - 4:45 pm

Exposure Modes

Feb 8 - Tue - 3:15 - 4:15 pm

Elements of Composition

Feb 10 - Thu - 3:15 - 4:15 pm



Exploring Light

Feb 15 - Tue - 3:15 - 4:15 pm

You Took the Picture – Now What

Feb 17 - Thu - 3:15 - 4:15 pm



Policy & Government

Truth - What Is It? - Who Decides?

Bob Bolan

Feb 15 - Tue - 10:00 am - 12:00 pm

Great Decisions

Changing Demographics

Robert Weintraub

Jan 25 - Tue - 3:00 - 4:30 pm

Outer Space

Richard Scribner, PhD

Feb 1 - Tue - 3:00 - 4:30 pm

Climate Change

Richard Scribner, PhD

Feb 8 - Tue - 3:00 - 4:30 pm

Russia

Stephen Gessner, PhD

Feb 15 - Tue - 3:00 - 4:30 pm

Myan and ASEAN

Stephen Gessner, PhD

Feb 22 - Tue - 3:00 - 4:30 pm

The Quad Alliance

Stephen Gessner, PhD

Mar 1 - Tue - 3:00 - 4:30 pm

Industrial Policy

Robert Weintraub

Mar 8 - Tue - 3:00 - 4:30 pm

Drug Policy in Latin America

Robert Weintraub

Mar 15 - Tue - 3:00 - 4:30 pm

Biden's Agenda

Richard Scribner, PhD

Mar 22 - Tue - 3:00 - 4:30 pm



Other Opportunities

Electricity 101 – Demystifying What Happens When

You Hit the Light Switch

Thomas Polito, Engineer

Jan 25 - Tue - 2:00 - 4:00 pm



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Inventor of Pound Puppies Mike Bowling

Informative and Motivational Presentation

Mike Bowling, Pound Puppies

Mar 10 - Thu - 10:00 - 11:00 am

Sea Turtle Nesting Activity on Amelia Island

Mary Duffy, Amelia Island Sea Turtle Watch

Mar 24 - Thu - 10:00 - 11:00 am



Wellness

Health Checks with Katie

Katherine Connors, RN, The Care Company of Amelia

Every Mon - 9:00 - 9:30 am

Healthy Living for the Community

Katherine Connors, RN, The Care Company of Amelia

Strategies for Healthy Living 1

Jan 10 - Mon - 9:00 - 10:00 am

Strategies for Healthy Living 2

Jan 31 - Mon - 9:00 - 10:00 am

Diabetes Management

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

Carbohydrate Counting

Jan 11 - Tue - 9:00 - 10:00 am

Best Practices for Keeping Track of Blood Glucose

Jan 18 - Tue - 9:00 - 10:00 am

Diabetes Management - Medications

Feb 8 - Tue - 9:00 - 10:00 am

Diabetes Management - Foot Care

Feb 15 - Tue - 9:00 - 10:00 am

Fresh Conversations

Barbara Baptista, Nassau County Health Department

Beating the Silent Killer

Jan 19 - Wed - 9:00 - 10:00 am

Healthy Fat, Healthy Heart

Feb 16 - Wed - 9:00 - 10:00 am

Breaking News: Eggs are Good for You

Mar 16 - Wed - 9:00 - 10:00 am

Aging Well

Barbara Bruce, MS

Where Did I Park My Car?

Feb 21 - Mon - 1:00 - 2:00 pm

Like Dark Chocolate a Little Stress Goes a Long Way

Feb 28 - Mon - 1:00 - 2:00 pm

Care & Feeding of Your Brain

Mar 7 - Mon - 1:00 - 2:00 pm

Seeing the Glass Half Full

Mar 14 - Mon - 1:00 - 2:00 pm

Honoring Choices – Final Wishes Lunch & Learn (Lunch Provided)

Cindy Newman, Volunteer

Community Hospice & Palliative Care

Jan 7 - Fri - 11:00 am - 1:00 pm

Feb 4 - Fri - 11:00 am - 1:00 pm

Mar 4 - Fri - 11:00 am - 1:00 pm



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Each session is a separate class:

Jan 22 - Sat - 9:00 am - 5:00 pm

<https://www.eventbrite.com/e/214820101707>

Feb 5 - Sat - 9:30 am - 5:30 pm

<https://www.eventbrite.com/e/212713500807>

Mar 5 - Sat - 9:30 am - 5:30 pm

Instructor: Penny Nevins

<https://www.eventbrite.com/e/212713500807>



STARTING POINT
Behavioral Healthcare

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CAREGIVER STRESS-BUSTING PROGRAMS



Are You a (Stressed) Caregiver: NCCOA Can Help!

BY EMILY KUNZELMANN,
Programs & Services

Have you ever felt like 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? That is the daily life of many caregivers. Or maybe you are the person who is relying on someone who never seems to have enough time to meet your needs. If you are not currently a caregiver or relying on a caregiver, statistics show that sooner or later the chances are good that you will be one or the other.

NCCOA is here to help you.

In January, we are again offering the popular Stress-Busting Program for Caregivers, a 9-week FREE evidence-based program developed by the

University of Texas Health Science Center and WellMed Charitable Foundation. The program provides support for caregivers of loved ones with all types of illnesses and needs. Caregivers learn about stress and its effects, practice stress management techniques and develop problem-solving skills. A generous grant from the Community Foundation for Northeast Florida allows NCCOA to provide this program, including material, free to caregivers.

The next series begins on Thursday, January 6 from 9-10:30 am, and will meet for 9 Thursdays. Another series begins on Thursday, January 13, from 1-2:30 pm, and will meet for 9 Thursdays. Spaces are limited.

Register by calling 904-261-0701 or stop by the Janice Ancrum Senior Life Center and complete a registration form.

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.

*Thank
You*



Helping Local Seniors Through Estate Planning

A Mother's Influence Leads to Life of Service

BY LIZ DUNN,
Marketing and Communications Director

A native of Philadelphia and career healthcare executive, Barbara Gingher's role model has always been her mother, Isabelle Rose Scaran. "My mother was a huge influence in my life," Barb says. "Her legacy was very close to Nassau County Council on Aging's mission of focusing on seniors' happiness, health and independence. It became part of mine, too."

In honor of all seniors living happy, healthy lives at our Life Centers – and for the bright future of our agency – Barbara Gingher has included Nassau County Council on Aging in her estate plans.



Barbara Gingher, NCCOA Immediate Past Board Chair, says "the key to a happy, healthy life is socialization."

Barbara's first love has always been healthcare, taking the lead from her mother (psychiatrist) and aunt (public health nurse). For 30 years, Barb was employed by Geisinger Health System, a regional health care provider to central, south-central and northeastern Pennsylvania and southern New Jersey. In her final position, she served as SVP for Patient Services with responsibility for 10 hospitals. Ready for a change in scenery, she handed in her resignation.

"My husband passed away and I had weathered many, many Pennsylvania winters. So, Florida's warmer climate was especially attractive to me," Barbara said. "I moved to Amelia Island 22 years ago and have never regretted my decision."

After relocating to Nassau County, her job search began – and ended – when she received a call from a Baptist Health recruiter for a senior-level position.

"I met with then-Hospital President Jim Mayo about a Nurse Executive for Clinical Services (Laboratory, Physical Therapy, Nursing, Pharmacy)," Barb said. "My career experience at Geisinger prepared me for this role which I held for 13 years."

Her new Baptist role also led her to Nassau County Council on Aging, where she followed in the footsteps of her mother's legacy. "She was also very involved with the



Barbara's mother, Isabelle Rose Scaran, passed away in 2015. Up until the day she died at age 92, "She stayed active visiting 'elderly people,'" said Barbara.

local Council on Aging in Pennsylvania and recommended that I check it out when I moved to Nassau County," Barb said. "Little did I know that I'd become Board Chair one day!"

Barbara served as NCCOA Board Chair for five years and is currently Immediate Past Chair. She also sits on several strategic planning committees.

One significant step forward during Barb's Board tenure was the move from the Baptist Health-Nassau campus to 1901 Island Walk Way in Fernandina Beach. "This allowed NCCOA to really stretch our wings, create our own identity and come out from the shadow of Baptist," she said. The two organizations remain strong partners today.

"As soon as I stepped foot inside 1901, I felt at home," Barb said. "Seniors at our Life Centers are engaged, happy and active. The energy and joy you experience attending a class or meeting, participating in an activity or even just popping in for a cup of coffee is a testament to [NCCOA President & CEO] Janice Ancrum's Midas touch."

In addition to socialization, education and wellness, Barb points to another jewel in the NCCOA crown. "Our Adult Day HealthCare program for seniors with dementia

CONTINUED ON PAGE 20

GINGHER CONTINUED FROM PAGE 19

provides a one-of-a-kind opportunity for hands-on therapy with clients and respite for caregivers,” Barb said. “And I understand there are currently openings for new members.”

Her mother passed away in 2015, two decades after her father. Up until the day she died at age 92, “Mother volunteered visiting ‘elderly people,’” Barbara said. “Staying active kept her alive...the key is socialization.”

Barb added, “She made a point of telling me over and over again that it’s difficult to understand the loneliness until you get there. So I’ve stayed involved in my community.” Barbara is also active on the YMCA Board, Advisory Board for Community Hospice, City Planning Commission and Rotary Club of Fernandina Beach.

Barbara’s decision to include Nassau County Council on Aging in her estate plans will help ensure happy, healthy living for local seniors. “There are infinite possibilities for how we can positively affect Nassau County seniors...the true hallmark of our agency is staying one step ahead of taking the best care of our elderly, which involves time, talent and treasure.”

She also notes, “God blessed me with a family who doesn’t need my money. However, senior citizens in our community do. These are the people I truly want to help...this is where my money should go because there is – and always will be – a great need in our older population. Nassau County Council on Aging is a leader in this effort.”



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Count Your Blessings

BY CARA CURTIN
Local Columnist

She was in her 80s when I knew her. She was well-spoken, self-educated, with a curious and analytic mind. She dressed beautifully in a classic but expensive style. Her home was filled with antiques and Persian carpets. She had not traveled much, but she read. Constantly. She was full of questions, observations and opinions.

My husband and I visited her regularly, and our conversations ranged from the day's activities to world events. Her husband joined us frequently and he, too, was well-spoken, well-dressed and well-informed.

Whenever we spoke to her alone, her main topic of conversation was her husband of some 60 years. Her comments were critical and delivered with a well-seasoned bitterness. They ranged from his table manners to his political views. She had 60 years to amass an extensive liturgy of his many blunders and infractions, and none was too small to escape her notice or too far distant in the past to be forgotten or forgiven.

She was particularly peeved on one afternoon we visited her. It seems that he had not only fallen asleep during church, but had actually snored until she jabbed him awake. She questioned whether they would be able to attend services there again after this gaffe.

I had not yet been introduced to what I now call Geriatric Insomnia – the kind that wakes you at 3 a.m., and then puts you to sleep with your lunch still in your mouth. That ignorance about changing sleeping patterns led me to stifle a chuckle at the woman's outrage at her husband's late morning faux pas. It wasn't until later that I was introduced to the darker side of her argument.

Our visit soon ended, and I failed to notice that my husband was uncharacteristically quiet as he ushered me to the car. When I finally noticed his silence, I asked if everything were all right with him.

"That woman! All she does is complain about her husband." Well, yeah, I thought, but wisely kept my mouth shut. "Does she ever look around that church of hers? How many other women her age have their husbands sitting next to them?"

The conversation that followed gave me a new perspective on life in general and married life in particular. Odds were that the majority of other women in our friend's congregation were widows. They no longer had their husbands to complain about.

I imagine any one of them would have gladly put up with his bad table manners, his questionable fashion sense, or even his snoring in church, just so she could have his help and companionship while navigating the last few years of life.

What's a food stain on a shirt compared to deciphering the latest missive from the insurance company? He could put that heavy box away for her, instead of having to figure out how to do it herself. Any woman sitting in the sanctuary would gladly overlook his driving down a wrong side street while she decorated the passenger seat.

And how about all of those pats and hugs, those glances across the way? Any one of my friend's contemporaries would forgive her husband's many imperfections for just one touch.

The older I get, the more I wonder if the people around me have told their partners how glad they are that he or she is still by their side. Stains can be removed, wrong turns lead to discovery and pats deliver lovely messages. We should all count our blessings.

Cara Curtin is a local writer, with a career spanning over 30 years. She has written for radio, television, a wide variety of print publications, and is currently a columnist with the News-Leader. She is also a veteran, having served 20+ years in the U.S. Navy.





Finish the Famous Duo

Complete these real-life fictional famous friend duos.

- | | |
|----------------------------------|---------------------------------|
| 1. Bert and _____ | 12. Winnie the Pooh and _____ |
| 2. Lucy and _____ | 13. Mickey Mouse and _____ |
| 3. Laverne and _____ | 14. Pinocchio and _____ |
| 4. Batman and _____ | 15. Dumbo and _____ |
| 5. Sherlock and _____ | 16. Happy Potter and _____ |
| 6. Fred Flintstone and _____ | 17. Calvin and _____ |
| 7. Carol Brady and _____ | 18. Sylvester the Cat and _____ |
| 8. Arthur Fonzarelli and _____ | 19. South Finch and _____ |
| 9. Sheriff Andy Taylor and _____ | 20. Betty and _____ |
| 10. Oscar Madison and _____ | 21. Archie and _____ |
| 11. Mary Richards and _____ | 22. Tom Sawyer and _____ |

ANSWERS ON PAGE 23



EVERYONE'S TALKING ABOUT... BABY BOOMER BARGAINS



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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.

▲ Hearing Loss Support Group

1st Tuesday of each month, 12:00-1:30 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, 3:30-5:00 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, 1:30-2:30 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.

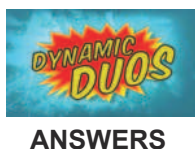
▲ Meals on Wheels & Meals on Wheels for Pets

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.

1. Ernie
2. Ethel
3. Shirley
4. Robin
5. Watson
6. Barney Rubble
7. Alice
8. Richie Cunningham



9. Deputy Barney Fife
10. Felix (The Odd Couple)
11. Rhoda Morgenstern (Mary Tyler Moore Show)
12. Piglet
13. Pluto or Minnie
14. Jiminy Cricket
15. Timothy Q. Mouse

16. Ron Weasley
17. Hobbs
18. Tweety Bird...well, they are frenemies
19. Boo Radley (To Kill A Mockingbird)
20. Veronica (Archie Comics)
21. Jughead
22. Huck Finn

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