

NASSAU COUNTY COUNCIL ON AGING

Senior Life

CELEBRATING HAPPY, HEALTHY LIVES

**Caregivers
and Loved Ones
at the Forefront**



The Caregiving Issue

JULY - SEPTEMBER 2022



NASSAU COUNTY

Council on Aging

SENIORS LIVING HAPPY, HEALTHY LIVES

Inside:
Stress Relief
Respite Care
Caregiver Support



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YOUR VISION**



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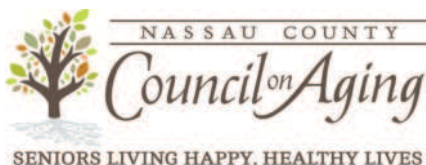
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Janice Ancrum Senior Life Center

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 - Emily Kunzelmann

Advocate Home Healthcare - Donna Granieri

Caregiver Services - Emily Kunzelmann

Case Management - Donna Granieri

CHORE Program - Frances Bartelt

Development - Janice Ancrum

Electric Assistance/Water Assistance - Fran Hidden

Human Resources, Compliance and Facilities - Don Harley

Marketing and Communications - Liz Dunn

Memberships, Presentations and Classes,

Room Rentals and *Senior Life* Magazine - Melody Dawkins

Nutrition and Meal Programs - JoVan Everette

Program Operations - Donna Granieri

Transportation - Michael Hays

Volunteer Opportunities - Margo Morlock

Westside Senior Life Center

37002 Ingham Road, Hilliard, FL 32046-1011

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

Facebook: Nassau County Council on Aging

Website: www.nassaucountycoa.org

Staff Contacts

Administration/Case Management - Linda Rogers

Case Management - Sue VanZant

Nutrition/Meal Programs - Frances Nobles

Activities - Melissa Snead

NassauTRANSIT

Phone: 904-261-0700 • Toll Free: 800-298-9122

FAX: 904-261-3940

Facebook: NassauTRANSIT

Website: www.nassautransit.org

Contacts: Michael Hays, J.B. Short and Sherry Weidenaar

*Cover: Caregiver respite activity with Robert and Janet Rendin,
Janice Ancrum Senior Life Center, Fernandina Beach, FL
Photography by Buddy Price, Buddy Price Photography*

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Message from our President & CEO



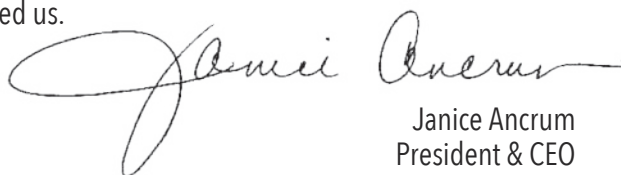
Caregiving is something I'm profoundly familiar with, and it's the theme of this issue of *Senior Life* magazine. I am the primary caregiver for my father, taking care of him through long-term illness. It's very rewarding and meaningful, and I wouldn't have it any other way. It's truly among my greatest blessings. However, it's also the most challenging role I've ever had.

Here are the "Caregiving Truths" I've experienced:

- Caregiving is likely to bring out many emotions, both positive and negative. Feeling frustrated is a common experience. You may feel like you've done too much or too little for your loved one. It never seems to be in balance. When I'm feeling challenged, my go-to's are a workout at the Y, a walk around the block or some quiet reading time.
- Taking care of mind, body and spirit is one of the most important gifts you can give yourself. Seek out family and friends who can ease your mind. Make time for regular exercise and eat healthy foods. Commune with nature to nurture your spirit - the beach is a great place to do just that. I have learned that if you don't care for yourself, no one will.
- Give yourself a break. Caregiving is not easy for anyone - not for the caregiver and not for the care recipient. There are sacrifices and adjustments for everyone. At the very least, the role reversal - a child taking care of a parent - is enough to make you second-guess everything. I'm fortunate that my father lives with me. Whether near or far, caregiving can take place.
- Share caregiving responsibilities with family and friends. Teamwork is key when caring for a loved one. Even though I'm my father's primary caregiver, my daughter and grandson help out tremendously. I have local relatives who also lend a hand, as well as other family members who provide long-distance support. We all work together for Dad.

I hope you'll find this *Caregiving Issue* helpful as you navigate or prepare to navigate the multi-faceted, life-changing role of a caregiver.

As always, we are here if and when you need us.



Janice Ancrum
President & CEO

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.

Thank You

To Our Funding Partners



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Fernandina Beach, FL 32034
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About Nassau County Council on Aging

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 in both Fernandina Beach and Hilliard locations for group functions.

Contacts: Janice Ancrum Senior Life Center, 904-261-0701
Westside Senior Life Center, 904-845-3331

PROGRAMS AND SERVICES

This department serves seniors by providing vitally important resources such as Case Management, Nutrition and Fall Prevention. 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: Donna Granieri, 904-775-5497 • dgranieri@nassaucountycoa.org

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, provides appropriate therapeutic social and health-enhancing activities for those with chronic illness, Alzheimer's disease or other cognitive deficits. The Club is supervised by a licensed nurse.

Contact: Emily Kunzelmann, 904-775-5472
ekunzelmann@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.

Contact: Advocate Home Healthcare, Donna Granieri, 904-775-5497 • dgranieri@nassaucountycoa.org

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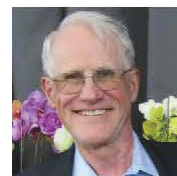
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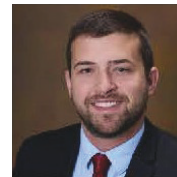
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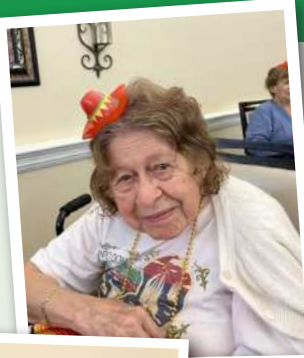
Dr. Barbara Gingher
Past Chair

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, medical appointments, etc. In addition, Saturday paratransit service is available on Amelia Island. The State of Florida requires registration for paratransit service through NassauTRANSIT. 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
www.nassautransit.org

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.



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RSVP to Britny Walker.



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*"Serving the community
for over 26 years."
Angelo Fanelli*



NCCOA is here for you...

Caregiving: A Labor of Love, A Source of Stress

Contributors - Emily Kunzelmann, Training & Caregiver Services Director, and Liz Dunn, Marketing & Communications Director

Caregiving. This simple word is a way of life for more than 53 million people in the United States who have provided unpaid care to an adult or child in the last 12 months. Providing care for relatives or friends is a full-time job, both a labor of love and a source of stress.

In simple terms, **a caregiver is a person who tends to the needs or concerns of a person with short- or long-term limitations due to illness, injury or disability.** Family caregivers play a significant role in health care, as they are often the main source of valuable information about the patient.

According to the *Caregiving in the U.S. 2020* report published by the National Alliance for Caregiving and the AARP Public Policy Institute, most U.S. caregivers are providing care to recipients age 50 or older. Here's a snapshot of caregiving today:

Caregivers

GENDER:	MARITAL STATUS:	HOUSEHOLD INCOME:
61% Female	54% Married	36% Net Income < \$50,000
39% Male	21% Single (never married)	64% Net Income \$50,000+
EMPLOYMENT STATUS:	8% Divorced	Average Income \$67,500
61% Employed	7% Living w/a Partner	
39% Not Employed	4% Widowed	

Care Recipients

GENDER:	RELATION TO CAREGIVER:
61% Female; 39% Male	89% Blood or Marriage
AGE:	42% Parent
46% - 75+ Years Old	12% Spouse/Partner
RESIDENCE:	8% Parent-in-Law
43% Own Home (26% Live Alone)	8% Grandparent/Grandparent-in-Law
40% Caregiver's Home	7% Sibling/Sibling-in-Law
11% Senior Housing Communities	

As the Baby Boom generation ages, and the number of those requiring and giving care skyrockets, NCCOA has targeted **Caring for the Caregivers** as a top priority for our community and



NCCOA's Stress-Busting for Caregivers program offers 16 hours of training and evaluation for those interested in serving as facilitators.

county. Evidence-based caregiver education and support programs and services promise to materially improve the quality of life of our Nassau County caregivers and their loved ones. Programs provide emotional and social support, as well as practical help and information on aspects of caregiving, living with chronic and incurable conditions, acquiring stress-related coping skills and more.

Emily Kunzelmann, NCCOA's Director of Training and Caregiver Services, manages all program components focused on caregivers and their care recipients. Emily is certified as a Master Trainer by the Rosalynn Carter Institute for Caregivers at Georgia Southwestern State University, and also as a Master Trainer by WellMed Foundation and the University of Texas Health Science Center for Stress-Busting for Caregivers. She facilitates the twice-monthly Caregiver Support Group meetings and oversees the Adult Day HealthCare program - "The Club" - which offers activities, socialization, exercise, and a nutritious lunch and snack to loved ones, and respite for caregivers. Perhaps most importantly, Emily served as the primary caregiver for her own mother for nine years.

"It's a sobering fact that close to 30% of caregivers die before those they are caring for," Emily says. "Caregivers often don't take care of themselves, don't find time to go to their own doctor appointments and, overall, don't give themselves a break. However, they are a lifeline for their loved ones, and often don't have a good 'Plan B' for their care receivers if they are not well. It's like what you hear when

you're on a flight... 'Put on your oxygen mask first, before helping others.' If you're not ok, those who rely on you are not ok."

Caregivers are as important as the people they care for. If they abuse or neglect their bodies, minds and spirits while caring for others, no one wins. Caregivers need education and support and a place to be themselves...share their stories, learn from each other, break

through the isolation...and find joy and reward in the journey, as well as light at the end of the tunnel. **See pages 14-18 for stories from caregivers on the unique and shared circumstances involved with caregiving for those with Alzheimer's disease or other forms of dementia, and chronic illness including Parkinson's, cancer, stroke and other conditions.**

Sources: Johns Hopkins Medicine, National Institutes of Health/National Institute on Aging, AARP Family Caregiving, National Alliance for Caregiving, Rosalynn Carter Institute, WellMed Foundation, Alzheimer's Association, Florida Department of Elder Affairs/ElderSource

"The Council on Aging has helped me become a better caregiver for Mom...I would highly recommend the Council to anyone feeling alone...I'm so thankful that you are here."

Caregiver Support Resources at NCCOA

"As a caregiver for my father, I understand firsthand the challenges facing both givers and receivers of care," says Janice Ancrum, NCCOA President & CEO. "We have created a comprehensive program to cover the bases of caregiving, including peer support, education, stress management, respite and much more. Our geriatric case managers are great resources as caregivers navigate uncharted waters, and volunteers have stepped forward to coordinate respite activities on-site while caregivers participate in our programs. Last but certainly not least, our Adult Day HealthCare program provides therapeutic activities for loved ones with chronic illness, Alzheimer's or cognitive issues who can benefit from supervised activities, socialization, exercise and stimulation, as well as respite for caregivers."

Adult Day HealthCare Program

The only one of its kind in Northeast Florida, the ADHC program - also known as "The Club" - provides respite for caregivers and offers their loved ones a safe, nurturing and secure environment

The therapeutic program is licensed by the State of Florida, supervised by a licensed nurse, and provides appropriate therapeutic, social and health enhancements to help restore, remediate or maintain optimal functioning. A variety of activities serves to stimulate, educate and motivate those with chronic illness, Alzheimer's disease or other cognitive deficits.

Offers families an affordable alternative to the rising costs of long-term care

Caregiver Support Group

Meets the 2nd and 4th Wednesday of the month from 3:30 pm - 5 pm

Provides a non-judgmental, positive environment to share information, be known and combat negative emotions and isolation

Periodic guest speakers provide useful information on powers of attorney, health care surrogate, living will, navigating family relationships, non-verbal communication,

depression, government programs and assistance, technology caregiving aids, healthy nutrition and more

Respite activity available for loved ones on site during the sessions

Support group and respite activities are free; membership or registration not required

Stress-Busting for Caregivers Program

Provides support for caregivers of persons with all types of illnesses and needs

Nine-session series helps caregivers learn about stress and its effects, practice stress management techniques and develop problem solving skills

Respite activities during the program provided for loved ones

Facilitator training is also offered to program graduates

Evidence-based series developed by the University of Texas Health Science Center and offered in partnership with the WellMed Charitable Foundation

Program is free to caregivers and their loved ones, thanks to a generous grant from the Community Foundation for Northeast Florida

Dealing with Dementia Workshop

Four-hour seminar specifically designed for caregivers of those with dementia, Alzheimer's disease and similar diseases

Participants receive a comprehensive Dementia Guidebook with 300+ pages of practical, hands-on information

Problem-solving methods for dementia-related behaviors are explained and practiced, as well as stress management habits and self-care

Evidence-based educational program offered in partnership with the Rosalynn Carter Institute for Caregivers

Geriatric Case Managers

Participants of our Caregiver Support Group and other programs are referred to our Geriatric Case Managers for assistance and information

Assistance may include guidance with Department of Elder Affairs/ElderSource programs, such as home-delivered meals, congregate meals, home health care and on-site activity programs

Free medical equipment and supplies are available on a regular basis



"When I was a kid, my mother was very sick...I decided then that *my job* would be to relieve suffering."

Esau Laurencin, MD | Jacksonville, Florida

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Arts, Crafts & Hobbies

Crocheting Circle: All

Levels

Every Tue • 10 - 11:30 am

Casual Knitting: Beginners

Welcome

Marcia Foshee-Duffy & Heidi Nicol

Every Thu • 1 - 3 pm



Cards & Games

Chess: For All Ages

Bob Duffy

Every Thu in Aug/Sept • 3 - 5 pm

Bridge: Open Play

Every Fri • 3 - 5 pm

Canasta: Open Play & Instruction

Debbie Price

Every Fri • 9:30 am - 11:30 am

Mahjong: All Levels With a

Current Mahjong Card

Theresa Macwithey

Every Fri • 12:30 - 3:30 pm

Texas Hold 'Em: Teaching League

Chris Vaughan

Every Fri

Jul 1 - Sept 30 • 4 - 5 pm



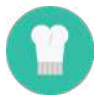
Computers & Technology

Basic Excel

Mike Fay

Mon - Wed

Sept 19, 20, 21 • 9 am - 12 pm



Culinary

Baking: For all ages!

Blondie's and Rice Krispy Treats

Chef Shawn Meeks

Fri Jul 8 • 10 - 11:30 am

Culinary^{cont.}

Italian Cooking

Frank Gallo

Pizza!

Wed Jul 27 • 3 - 4 pm

Pasta!

Wed Aug 24 • 3 - 4 pm

Meatballs!

Wed Sept 28 • 3 - 4 pm



Finance

Credit Advice: Support With Your

Credit Score

Chris Vaughan

Thu Jul 7, Aug 4, Sept 1 • 4 - 5pm

Basic Estate Planning

Jan Carver

Fri Jul 15 • 9:30 - 10:30 am

Probate

Jan Carver

Fri Jul 29 • 9:30 - 10:30am

Long Term Care Planning

Jan Carver

Fri Aug 5 • 9:30 - 10:30 am

Guardianship

Jan Carver

Fri Aug 19 • 9:30 - 10:30 am



Fitness & Dance

Flow Yoga/Vinyasa

Janice Messer

Thu Aug 16, 30 &

Sept 6, 13, 20 • 11:30 am - 12:30 pm

Core Strengthening

Janice Clarkson

Every Mon • 8:30 - 9:30 am

Enerchi

Mary Bleck

Every Mon • 10 - 11 am

Standing Yoga

Mary Bleck

Every Mon • 11:30 am - 12:30 pm

Pilates with Intro Core

Debi Senger

Every Tue • 8:30 - 9:30 am

Fitness & Dance^{cont.}

Stability Exercises

Mary Bleck

Every Tue • 10 - 11 am

Active Stretch & Balance

Janice Clarkson

Every Wed • 8:30 - 9:30 am

Weight Training and Toning

Debi Senger

Every Wed • 10 - 11 am

Enerchi

Mary Bleck

Every Wed • 11:30 am - 12:30 pm

Line Dancing: Basic

Kathy Ball

Every Wed • 1 - 1:45 pm

Line Dancing: Intermediate

Kathy Ball

Every Wed • 2 - 3 pm

Just Dance

Laura Giordana

Every Thu • 10 - 11 am

Dancing Queens

Lorraine Gaito

Every Thu • 12 - 12:45 pm

Belly Dancing

Laura Giordana

Every Fri in Aug/Sept

11:15 am - 12:15 pm

Weight Training and Toning

Debi Senger

Every Fri • 8:30 - 9:30 am

Enerchi

Mary Bleck

Every Fri • 10 - 11 am



Florida History

The Legacy of the Last Florida:

Timucua

Peter Mullen

Tue July 12 • 1 - 2 pm

Native American Allegiance:

North American Wars

Peter Mullen

Tue Aug 9 • 1 - 2 pm

Lifelong Learning^{cont.}

Florida History^{cont.}

The Exchange of Flags: Florida becomes a Territory of the United States

Peter Mullen

Tue Sept 13 • 1 - 2 pm



Language

Conversational Spanish

Walter Brandt

Every Thu • 3 - 4:30 pm



Other Opportunities

Journal for Generations:

Recording Your History

Lannie Kremin

You and your relatives, childhood, adulthood/working life, life today

Session 1

Thu Jul 7 - 28 • 2 - 3 pm

Session 2

Thu Aug 4 - 25 • 2 - 3 pm

Session 3

Thu Sept 1 - 22 • 2 - 3 pm

The Shocking Truth Behind Electricity

Thomas Polito, Engineer

Tue Jul 19 • 2 - 4 pm

Tue Aug 2 • 2 - 4 pm

Helping Seniors Downsize:

Series of 4

Carmen Drake

Declutter

Thu Jul 7 • 1 - 2 pm

Donate and Discard

Thu Jul 21 • 1 - 2 pm

Downsize

Thu Aug 4 • 1 - 2 pm

Applying Organizational Strategies

Thu Aug 18 • 1 - 2 pm

How to Use Self-Hypnosis to Influence Others: Series of 2

Carlos Bustabad

Part 1

Wed Jul 13 • 9 - 10:30 am

Part 2

Wed Jul 27 • 9 - 10:30 am

Intentions and Emotions:

Stepping into Potential: Series of 2

Carlos Bustabad

Part 1

Tue Aug 9 • 9 - 10:30 am

Other Opportunities^{cont.}

Part 2

Tue Aug 23 • 9 - 10:30 am

Meditation: with Singing Bowls

Valerie Brandt

Tue Sept 6, 13, 20, 27 • 3 - 4pm



Photography

Photography with Buddy

Buddy Price Photography

The Digital Camera

Tue Jul 5 • 3 - 4 pm

The Lenses

Thu Jul 7 • 3 - 4 pm

The Gear

Tue Jul 12 • 3 - 4 pm

Focusing Like a Pro

Thu Jul 14 • 3 - 4 pm

Essentials of Exposure - Part 1

Tue Jul 19 • 3 - 4 pm

Essentials of Exposure - Part 2

Thu Jul 21 • 3 - 4 pm

Exposure Modes

Tue Jul 26 • 3 - 4 pm

Elements of Composition

Thu Jul 28 • 3 - 4 pm

Exploring Light

Tue Aug 2 • 3 - 4 pm

You Took the Picture - Now What?

Thu Aug 4 • 3 - 4 pm



Wellness

Getting Healthy, Staying Healthy With Dr. Jim

Jim Auerbach, MD

Healing Your Heart

Tue Jul 5 • 10:30 - 11:45 am

Healing Your Mind

Tue Jul 19 • 10:30 - 11:45 am

Healing Your Body

Tue Aug 2 • 10:30 - 11:45 am

Healing From Trauma

Tue Aug 16 • 10:30 - 11:45 am

Healing With Nutrition

Tue Sept 6 • 10:30 - 11:45 am

Healing in the Hospital

Tue Sept 20 • 10:30 - 11:45 am

Health Checks with Katie

Katherine Connors, RN, The Care

Company of Amelia

Every Mon • 9 - 9:30 am

Wellness^{cont.}

Understanding How Medicine Works

Meg McAlpine

Food Safety in your Home Kitchen

Wed Aug 3 • 9 - 10 am

Review with Bingo Fit

Barbara Baptista, FL DOH Nassau

Wed Aug 10 • 9 - 10 am

Keeping Your Blood Pressure Down
Part 1

Wed Aug 31 • 9 - 10 am

Keeping your Blood Pressure Down:
Part 2

Wed Sept 7 • 9 - 10 am

Review with Bingo Fit

Barbara Baptista, FL DOH Nassau

Wed Sept 14 • 9 - 10 am



Music

Every week!

Ukulele: Open Play

Every Mon • 10 - 11 am

Elvis Music

Lane Mashburn

1st Mon of every month • 9 - 10 am

Sing Along

Bruce Beville

1st Wed of every month • 9 - 10 am

Beginner Harmonica

Susan Ralph

Wed Jul 13, 27, Aug 10, 24 • 1 - 2 pm

Bring 10-hole harmonica (diatonic) in the key of C

Name That Tune

Dr. Jim Auerbach

2nd and 4th Tue • 10:30 - 11:45 am

Sing Along

Tom Sullivan

4th Wed of every month • 9 - 10 am

Music

Terry Murphy

1st Thu of every month • 9 - 10 am

Schedule Subject to Change

Caregivers Share Their Stories

Darlene Ledsinger

Darlene is a long-distance caregiver for a very good friend in Tennessee she has known for 40 years. Caring for an aging friend or relative from afar presents its own set of emotions and challenges. "I call myself a 'care friend,'" she says. "My friend has a village of people, but she also has a lot of pride. It's challenging to find the balance between helping and pushing."

Darlene makes the road trip to see her friend at least twice a month. While there, Darlene spends her time taking care of any need she may have. However, Darlene takes care not to overstep. She accompanies her to the grocery store, and makes sure she is well stocked. "I also take an inventory of any safety issues around the house which may cause falls or other mishaps," she added. "Either I fix them myself or recruit the community to help."

With each visit, Darlene creates a list of things to do for her friend. "The Stress-Busting for Caregivers program has taught me to be flexible - sometimes items will be checked off, sometimes not," she said. Usually the early morning is the best time to work on the list. "I'll try and wake up extra early - it takes some strategic planning to make the most of my visits," she said. "Sometimes a win is doing as much as you can and merely surviving each day."

Darlene regularly attends the Caregiver Support Group, graduated from the Stress-Busting program, and after completing 16 hours of training and evaluation, is now a facilitator. With her long-distance 'care-friending,' she has a unique perspective to share.

"There's a lot of back and forth between my friend, myself and her village," Darlene said. "Leaving her is

hard, and I usually feel I haven't done enough. But I've learned that everyone can't play every role. Her community can help and I can help in different ways, and that's ok."

Being kind to yourself is key. "Be there for your loved one, and do what you can do," she said. "Make your best effort...life will go on with or without you."



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Jordana McCarthy

For the past 17 years, Jordana has been the primary caregiver for her husband, Patrick, a military veteran afflicted by the after-effects of Agent Orange. Originally diagnosed with non-Hodgkins Lymphoma, he developed early-onset Alzheimer's at age 62. Now in the late stages, Jordana continues to provide continuity of care with a special touch.

"Our special communication is 'three kisses,' Jordana explains. "Earlier in the process, we'd greet each other with three kisses. That sentiment has stuck, although my kisses are probably more recognizable than my husband's. But the feeling is still there."

"Date Night with Dementia" is also a special time Patrick and Jordana share. Fort Clinch is a favorite destination. She feels it's important for him to get out and experience life as it is now.

Patrick receives in-home services through Advocate Home Healthcare. "The Council on Aging has helped us find solutions, not more problems," Jordana said. "Our focus is on 'life after the diagnosis.' We definitely have our moments, but on the bad days I make a concerted effort to push the 'reset' button."

Helping with this strategy is the Caregiver Support Group and Stress-Busting for Caregivers. Jordana graduated from the training

program and is now a facilitator.

"Stress-Busting for Caregivers was life-changing, and gave me techniques and tools for everyday life," she says. Jordana discovered the program as she researched local resources in our community. "The Council on Aging is now part of our village. It's important to remember that you're not alone while you are doing one of the hardest jobs imaginable."

She has found that people may step away, so you have to rely on yourself and the tools that work best for you. Through Stress-Busting for Caregivers, she learned to maintain early morning 'Jordana time,' when she has coffee, makes phone calls and gets ready for the day. Perception is how we respond and how we keep it under control. "Your own personal depth perception may get fuzzy...that's where the reset button comes in," she added.

"My husband and I are on a journey... sometimes smooth, sometimes bumpy," Jordana explained. "So much of what happens to us is the disease, not the person. Even with that knowledge, you need connections with family, friends, community...involve the people who matter in your decisions and solutions." "We are grateful and appreciative for the Council's programs and services," she said. "Now as a facilitator for Stress-Busting for Caregivers, I feel as if I'm getting recharged every time I come to the Life Center."



Craig Holder

Craig is currently a respite activity volunteer. His wife, Marolyn, passed away last year after he cared for her over 15 years. "After the Alzheimer's diagnosis, she was so sad," he said. "She didn't understand what was happening to her." Craig explained it was just the two of them for a while until they visited a local doctor. After hearing his story, he directed them to the Council on Aging.

"We had been traveling this path - just the two of us - and I really thought we could handle everything on our own. However, I was constantly surprised by the disease and knew we needed additional support," Craig said.

Marolyn became an Adult Day HealthCare "Club" member and started receiving in-home services from Advocate Home Healthcare. She attended "The Club" 3-4 days each week, and loved pet therapy and art therapy. "She had been a wonderful artist, but lost her mobility with the disease," Craig said. "She really enjoyed the art projects at The Club."

In addition to NCCOA, Craig found another invaluable resource in Teepa Snow. An experienced dementia care practitioner and education specialist, Teepa's life mission is to shed a positive light on dementia and better the lives of people with dementia and their caregivers. "Teepa Snow's focus is on what

Continued on page 16



Married for 50 years, Robert and Janet Rendin are a great team. Robert is appreciative of the Council on Aging for reminding them they're not alone. "The invaluable insights...and timely resources help us live this life we could not have imagined 50 years ago," he says.

Continued from page 15

people with dementia can still do - it's not about their limitations," he said. "That more positive focus meant the world to us."

Before she lost her cognitive abilities, Craig and Marolyn traveled to New Mexico to visit the Georgia O'Keeffe Museum. "We also took a trip to Hawaii, creating more memories for the two of us...I just wanted to make her life more enjoyable."

"Marolyn had been a school teacher for 25 years at Yulee Middle School," Craig said. "We'd go to the park and she was a magnet for the kids. Marolyn was friends with all her students...they came to her about everything. After she passed away, I found letters from her students. She was an outgoing, lovely person...everyone's friend."

Along with in-home services through Advocate, The Club and eventually Hospice, Craig helped Marolyn live each day to the fullest. "If it weren't for COA, I don't know what I would have done," Craig said. He now pays it forward by helping with respite care. "It is a joy to spend time with other caregivers' loved ones...I see a lot of Marolyn in them."

Robert & Janet Rendin

The Rendins recently celebrated their 50th wedding anniversary. For the past year and a half of their love story, Robert has been Janet's caregiver. She has had several strokes and other chronic health issues, as well as aphasia - a language disorder that affects a person's ability to communicate. Approximately 1 million people - or 1 in 250 - live with

aphasia in the United States.

For Janet, the physical effects of her strokes, as well as the inability to accurately express herself in the spoken language, are constant challenges. She receives speech therapy sessions twice per week. Through Stress-Busting for Caregivers, Robert has acquired tools and skills to help meet the challenges of each day. He has also taken the next step and is now trained and certified as a facilitator. Janet joins him at the Life Center, participating in a variety of respite activities.

"The people I've met at the Council on Aging have reminded me that I'm not alone - and Janet is not alone," Robert said. "The invaluable insights - from people who know and understand - and timely resources help us live this life we could not have imagined 50 years ago."

Robert regularly attends the Caregiver Support Group, and has met people who understand his everyday challenges. He recently installed an indoor camera system in his home after another member extolled the positive difference it has made. "The peace of mind is priceless," Robert said. "If I have to run out, I can see Janet and speak with her if necessary."

Fellow caregivers are usually the best sounding board and idea source. Some have even struck up friendships. Jordana McCarthy joins Robert and Janet for a golf lesson each Wednesday. It turns out that Janet is quite the golfer!

"She loves golf, and she's pretty good," Robert said, with a big smile on his face. (*See the magazine cover for proof!*)



Michelle Skinner, Jim Cronin & Dawn Kilpatrick

Living in Bryceville, Michelle found it challenging to connect with resources to help with her father's dementia. With the advent of the reopening of NCCOA's Westside Senior Life Center in Hilliard, Michelle now has access to the Stress-Busting for Caregivers program and Jim can participate in respite activities with other loved ones. It's a win-win.

"Before Stress-Busting for Caregivers, I was approaching burnout phase," Michelle said. "My whole life revolved around his care."

Her father's diagnosis came in the middle of Covid, and she wondered how they could make it work. "One day, we saw a notice for the program in the local newspaper - it was like an epiphany."

Michelle graduated from Stress-Busting for Caregivers, completed the training and is now a certified facilitator. In addition to respite care at the Life Center, Jim receives home-delivered meals and Advocate Home Healthcare services. Jim, 88, is part of the Greatest Generation. He joined the U.S. Air Force and served in Okinawa during the Korean War. "I'm very proud of my military career," Jim said.

After being at home for so long due to the pandemic, Jim was cautious about going to the Life Center. Michelle shares that he met respite volunteer Dawn Kilpatrick during his first respite activity and soon started asking each week, 'When are we going back?' He really enjoyed it, she said.

Both Michelle and Dawn have seen Jim's recall improving. "There is a reason to remember...he got back something he had lost and is not as stuck in the past. The socialization has awakened something in him - he even talks about other people in the group."

One of Jim's favorite respite activities is playing Jenga. "Dad has an engineering background and is very analytical. One ability he has not lost is counting," Michelle said. "We have baby chicks at home and he routinely counts them every day." This strength has contributed to Jim being the Jenga champion on the westside!

"While Dad was in respite care, I could actually focus on the class and practice self-care tools," Michelle said. "I also made many friends who understood - we even exchanged phone numbers. With Advocate's services, I had the opportunity to decompress - and make doctor's appointments for myself."

Dawn participated in Stress-Busting for Caregivers and became a respite activity volunteer at the Fernandina Beach Senior Life Center and then at the Westside Senior Life Center, following years as caregiver for her husband who passed in 2020. "I quit my job to care for my husband," Dawn explained. "After he passed away, I needed something to do. The Council on Aging answered with the Stress-Busting program and respite care for loved ones."

"Dawn is terrific," Jim says. She returns the sentiment. "I've seen breakthroughs with Jim...I love to have a small part in making a difference for him. This is the best 'job' I've ever had!"

Sheri Winegeart & Marlene Anderson

When a caregiver passes away before the care recipient, what happens? This was the case with Marlene Anderson when her husband, Andy, died in March.

"Andy, my stepfather, was attending NCCOA's Stress-Busting for Caregivers and Dealing with Dementia classes to learn more about
Continued on page 18



Marlene Anderson (right) participates in NCCOA's Adult Day HealthCare program as a "Club" member, creating respite time for Sheri Winegeart, her daughter. "Mom has met some nice people and really enjoys the activities," Sheri says.

Continued from page 17

taking care of Mom," Sheri explained. "He did all the cooking, paid all the bills - he did everything. Then he ended up in the hospital for a few weeks and passed away on March 23. My daughter was getting married...we planned a wedding and a funeral in the same week. We felt like life had just hit us in the face."

Following Andy's passing, things changed quickly with Marlene. Sheri stepped in and took charge. "My sister and I found some solutions for our situation. Mom became a "Club" member [Adult Day HealthCare], and attends twice weekly in the mornings. She's met some nice people and really enjoys the activities."

One of the best investments Sheri made is a \$20 watch with date, day and time displayed. "Mom knows she can glance down at her watch and have these questions answered," she said. "It helps calm and ground her."

Marlene receives home health services through Advocate and home-delivered meals each week. Since she lives independently in Fernandina Beach, in-home cameras help Marlene's family check on her when they're not with her.

NCCOA's CHORE program recently came to Marlene's rescue. Her front steps were unstable; CHORE volunteers stepped in and built a sturdy staircase. She may soon start using transportation services through NassauTRANSIT.

Sheri credits the Dealing with Dementia class (her sister also attended) for giving their family valuable information on dealing with symptoms of the disease. "You can't continue to give if you're running on empty," she said. "The class validated our situation, and reminded me how important it is for caregivers to have 'me' time. I'm a tennis player and a rower...that time allows me to gather my thoughts and decompress."

"The Council on Aging has helped me become a better caregiver for Mom," Sheri added. "I would highly recommend the Council to anyone feeling alone...I'm so thankful that you are here."

Caregiver FAQs

● I'm new to caregiving. Where do I start?

Caregiving can be overwhelming, especially when you're starting out. Take a deep breath! Then tackle one task at a time. First, assess your loved one's needs. What types of help are needed? Find and join a support group. Ask family members and friends to share tasks. Look for resources in your community, such as home health care or adult day care centers.

● How can I help my older parents when I don't live in the same area?

If you live an hour or more away from a person who needs care, you are a long-distance caregiver. There are a number of jobs you can take on even if you live far away. You can arrange and coordinate care in the person's home or long-term care facility, help with finances, organize legal and financial paperwork, or help make the home safer. You can also research local resources - you may be surprised by the quantity and quality of local programs and services.

● My husband of 40 years fell and broke his hip. Now he is very weak and needs a lot of help around the house. I have congestive heart failure and can't help him as much as he would like. My neighbor has been a great help with meals and groceries, but neither of us can drive. How can I get help with transportation and in-home care?

Nassau County's public transportation system - NassauTRANSIT - is an offering through NCCOA. A flexible Monday-Friday schedule is available for people with limited or no personal transportation options. Registration is required for paratransit service through NassauTRANSIT. All vehicle operators and vehicles are credentialed to federal and state requirements, and all vehicles are wheelchair accessible.

● My dad is 72 and had a stroke three months ago. He's just about ready to be released from rehab and will come home. How do I make his house more accessible for his new condition?

Speak with your father's doctors, social workers and case managers about how his health might make it harder to get around and take care of himself at home. Local providers - such as NCCOA through the CHORE program - can help by adding a ramp at the front and back doors, grab bars in the bathroom and easy-to-use handles on doors and faucets.

● I'm overwhelmed and exhausted. How can I get a break from caregiving?

It's very challenging to care for a loved one and juggle work, your own family and other priorities. When you feel overwhelmed and exhausted, you can't be a good caregiver to your loved one. Consider joining NCCOA's Caregiver Support Group or participate in one of our stress management programs. Respite care is also available during caregiver meetings free of charge, and for a modest fee through NCCOA's Adult Day HealthCare program.

For more information, contact Emily Kunzelmann,
ekunzelmann@nassaucountycoa.org.

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- Katherine Connors
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Care For the Caregiver Supporting a Loved One Doesn't Mean Putting Yourself Last

Source: Baptist Health Juice Staff

Caregivers aren't always younger people helping aging loved ones. They could be a parent taking care of an ill child, a spouse supporting a partner with a chronic condition, one sibling helping another with a mental illness or a friend aiding a peer who has no one else. In short, anyone can become a caregiver.

While the people and situations might be different, one thing is the same: Many caregivers are so focused on helping a loved one, they put their own needs last.

Shari Dowd, LMHC, team lead of Clinical Oncology Social Services at Baptist MD Anderson Cancer Center, said it's important for caregivers to recognize that self-care is a priority as well.

"If you don't take care of yourself, you can't do so for someone else," she said. "It's like when the flight crew reminds passengers that if the oxygen masks drop, put one on yourself first, and then help those who need it."

A Burden of Truth

According to the American Psychological Association, self-assessment is a first step in determining how much caregiving may be impacting you.

Dowd said those caring for others are essentially living two lives: their own and someone else's. "It's not a normal situation. You are doing double what you might be doing on a normal day, and making choices based on someone else's needs, rather than just your own. It could impact you in many ways, including physically, emotionally and financially. We call it 'caregiver burden.'"



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I'm Stressed. Now What?

If you're a caregiver trying to find some relief, Dowd recommended you:

- Talk to your primary care physician (PCP) so he or she can monitor your health and offer medical solutions when warranted.
- Sleep and eat. Getting enough shut-eye and eating properly are important factors in staying healthy. Just 15 or 30 minutes more sleep a night can help.
- Acknowledge your feelings. "Anxiety, depression, fear, guilt, sadness, grief, resentment and anger are all normal emotions for a caregiver," said Dowd. "Talk about them in a safe setting with a good friend, a professional counselor or your PCP."
- Focus on the problem, not the emotion. "If you're anxious or fearful about your loved one's medical issue, learn more about it. You may feel more competent and in control. If you aren't sleeping because you're worried about your loved one getting up in the middle of the night and falling, create something that alerts you when he or she is up and moving rather than lying awake 'just in case.' You can't control or change what the person is going through, but you can change the environment to make it safer," said Dowd.
- Ask for help. Look around. Who's there to support you? Nobody can do this alone. Think about who you can ask for help. If you feel alone, reach out to friends, family or support groups.
- Do something for yourself. If you have help and can leave the house, do an activity you enjoy. If you can't leave, try to read, write or watch TV - just make sure it's something you like to do. And don't feel guilty about taking the time. You can't care for a loved one if you are neglecting yourself.

Source: American Geriatrics Society caregiver self-assessment questionnaire



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Top Philanthropists Do This

(HINT: IT'S NOT ABOUT MONEY)

Source: The Stelter Company

TAKING A BREAK TO THINK ABOUT AND DOCUMENT WHAT'S IMPORTANT TO YOU AND WHY IT'S IMPORTANT CAN HELP YOU CONNECT MORE DEEPLY WITH THE PEOPLE AND PLACES YOU HOLD DEAR.

However, few people take the time.

Did you know that top philanthropists insist on documenting personal values during their estate planning meetings? Similarly, many financial planners have added this step to their wealth management efforts, asking their clients to reflect on what they love most. It's an important moment to stop and consider your full goals for your assets—how they can protect you, your loved ones and your loved causes. Ultimately, documenting your values is a rewarding exercise that allows you to tie your hard work to the ways you hope to improve the world.

Write Your Philanthropic Autobiography

It's time to be the author of your life story. Here are some ideas for how you can forge more meaningful connections and pass along your generous spirit.

TO START, ANSWER THESE QUESTIONS:

1. What did you learn about giving or service from your parents or other loved ones?
2. Was there a time in your life when you or your family needed help? Who provided it, and what did you take away from that experience?
3. When have you benefited from large-scale philanthropy, such as a scholarship, a favorite park or a critical piece of medical research?
4. What gift have you given—to a charity or not—that you were most proud of? Why?
5. What is your earliest experience of volunteering? What sticks out from the experience?
6. Were there times when you were less active in philanthropy? Why was that?
7. Do you have any philanthropic role models?
8. What are one or two of the life experiences that have shaped who you are today? How have they influenced your values?
9. Have you done an activity recently that made you happy? Are there any causes related to that activity that may benefit from your help? For example, a local conservation group might be working to restore a hiking trail you enjoy.
10. Do you feel connected to a current event? How do your values shape how you feel about it? Tell your story by keeping a running document of the organizations that have helped you or that you've helped. Share specifics about when you were charitable: Account for which organization(s) you gave to, why you gave to that nonprofit, how it made you feel and how that nonprofit's mission fits into your overall value system.

YOUR WILL: ANOTHER EXPRESSION OF YOUR VALUES

Your will is your legacy. It dictates how you will be remembered and can be created to reflect your values. That's why, no matter your age or wealth, you should take time to consider this important document.

For example, there's an easy way for you to continue supporting our work without giving anything today - by including a gift to Nassau County Council on Aging in your will. To learn more about ways a gift in your estate plan can make an impact, contact us at 904-775-5481 or development@nassaucountycoa.org. For additional information in planned giving, visit <https://nassaucountycouncilonaging.planmygift.org/>.

Information contained herein was accurate at the time of publication, and is not intended as legal or tax advice. For such advice, please consult an attorney or tax advisor.

Support Groups

- 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.
- Parkinson's Support Group**
 3rd Tuesday of each month
 4:00-5:00 p.m.
 Contact: Tifini McGill,
 Tifmcgill25@yahoo.com
 Share information on living well with Parkinson's disease, symptom management and support for family members.
- 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. Respite care is available for loved ones. Guest speakers are often featured.
- 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: NAMI Nassau,
 904-277-1886
 Support group for individuals, family members and friends impacted by mental illness.

Note: Veterans Helping Veterans Support Group is currently on hold.

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.

Assistance 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 incomedetermination.
- 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**
 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.

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

B&B Monuments

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- Monument Sales & Installation - Laser Photo Engraving -
- Color Porcelain Portraits - Bronze and Granite
- Pet Memorials - Free Estimates -

16 North 13th Street

Fernandina Beach, FL 32034

bandbmonuments.net • 904-277-2742 

10 reasons you'll love our new MRI



You have a choice when it comes to advanced imaging in Nassau County. Our new MRI combines comfort and accuracy for a stress-free experience.


Here are some patient-friendly features we think you'll like:

1. One of the largest MRI openings available. Goodbye claustrophobia!
2. No need to hold your breath for most scans
3. Patients can ease into the MRI feet first
4. Quiet and quick scans – you spend 30-50% less time in the MRI
5. Sharper, clearer scans so you get the right diagnosis
6. Special accommodations for larger patients
7. Sound system with music
8. New technology that allows comfortable positioning
9. Uses 50% less power than traditional MRIs – better for the environment
10. Free surface-level parking at Baptist Medical Center Nassau



*Baptist Nassau's new
GE Signa™ 1.5 Tesla MRI*

You can relax in our new spacious MRI suite knowing you made the best choice. So comfortable and easy, you may forget you're having an MRI.

 **904.202.2222** to schedule your MRI.
A doctor's order is required.

 baptistjax.com/nassau

