

NASSAU COUNTY COUNCIL ON AGING

Senior Life

CELEBRATING HAPPY, HEALTHY LIVES



Case Management How can we help?

- ☒ Life Centers
- ☒ Nutrition
- ☒ Health & Wellness
- ☒ Adult Day HealthCare
- ☒ Caregiver Support
- ☒ Home Health
- ☒ Medicare Help
- ☒ Legal Aid
- ☒ Utility Assistance
- ☒ CHORE Small Home Repair
- ☒ Support Groups
- ☒ Public Transportation



Aging in Place!!!

Case Management: Meeting Seniors' Needs Through Resources and Care

OCTOBER - DECEMBER 2022



NASSAU COUNTY

Council on Aging

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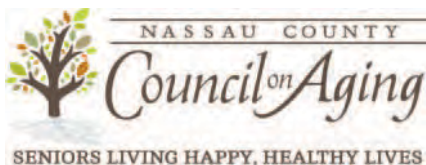
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Janice Ancrum Senior Life Center

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 - Paula Evans

Human Resources, Compliance and Facilities - Don Harley

Just Friends - Frances Nobles

Marketing and Communications - Liz Dunn

Memberships, Presentations and Classes,

Room Rentals and *Senior Life* Magazine - Melody Dawkins

Nutrition and Meal Programs - Frances Nobles

Program Operations - Donna Granieri

Transportation - Julie Cherney

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: Julie Cherney, J.B. Short and Sherry Weidenaar

On the cover:

Programs and services offered through Nassau County Council on Aging.

Photography by Buddy Price, Buddy Price Photography

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Message from our President & CEO

Case Management is the theme of this issue of *Senior Life* magazine. Nassau County Council on Aging's team of professional Geriatric Case Managers work diligently in support of the physical and emotional needs of our seniors.



As stated by the Case Management Society of America (CMSA), *the premise of case management is based on the fact when an individual reaches the optimum level of wellness and functional capability, everyone benefits: the individuals being served, their support systems, the health care delivery systems and the various reimbursement sources.*

NCCOA is truly at the forefront of helping seniors live happy, healthy lives.

To this end our case managers accomplish the following:

- Provide information on resources, programs and supportive services available to seniors and their caregivers
- Advocate for seniors in crisis, connecting them with resources to help meet their needs
- Develop strategies for seniors to maintain their safety, independence and quality of life
- Collaborate with other NCCOA programs and community partners to coordinate services
- Assist seniors with complex programs and application processes, including the Social Security Administration and Medicare

NCCOA's case managers are passionate about the care and services provided to our seniors and their loved ones. They work tirelessly to link clients with appropriate providers and resources throughout the continuum of health and human services and care settings. At the same time, they ensure that the care provided is safe, effective, client-centered, timely, efficient and equitable.

Living a happy, healthy life can be challenging for our seniors. NCCOA's geriatric case managers work tirelessly to make the challenges less daunting and the outcomes more meaningful.

We're here for you,



Janice Ancrum
President & CEO

P.S. For a copy of NCCOA's *Senior Resource Directory*, a compilation of resources, programs and supportive services available to Nassau County seniors, contact NCCOA at 904-261-0701.

Thank You

To Our Funding Partners



1235 South 10th Street
Fernandina Beach, FL 32034
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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.

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 for adults of all ages...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

"THE CLUB" ADULT DAY HEALTHCARE

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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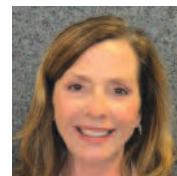
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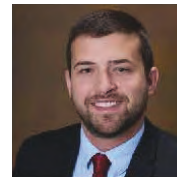
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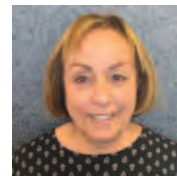
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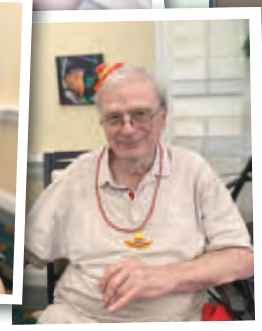
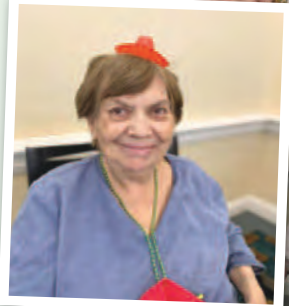
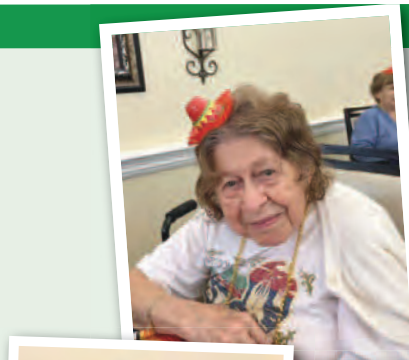


Dr. Barbara Gingher
Past Chair

NASSAUTRANSIT

With the 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, on demand. The State of Florida requires registration for paratransit service through NassauTRANSIT. All NassauTRANSIT vehicle 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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NCCOA is “On The Case” for Nassau County Seniors

Case Management:

Meeting Your Needs Through Available Resources

According to the Case Management Society of America (CMSA), case management is a *collaborative process of assessment, planning, facilitation, care coordination, evaluation and advocacy for options and services to meet an individual's and family's comprehensive health needs through communication and available resources to promote safety, quality of care and cost-effective outcomes.*

That is the daily charge of Nassau County Council on Aging's (NCCOA's) team of geriatric case managers, a group of five professionals who make it their business to provide the best guidance and counsel to seniors needing assistance with living life to the fullest.

To say that NCCOA's geriatric case managers are multi-taskers is a huge understatement. At any given time, each case manager is responsible for 60 cases, each one representing a senior and his/her loved ones, as well as the full complement of physical/emotional needs and challenges.

OUR PROCESS

All clients begin with Paula Evans, NCCOA's Intake Case Manager. She conducts the initial assessment and assists the client with information and resources to address their needs regarding utility assistance, medical equipment and supplies, etc.

The client may be referred to ElderSource for programs designed to assist seniors with aging in place at home. A division of Florida's Department of Elder Affairs (DOEA) and the Aging & Disability Resource Center in Northeast Florida, ElderSource maintains a waiting list for state and federal funding. Once clients have completed the telephone assessment, they are placed on the waiting list. As funds become available, clients are removed from the waiting list and transferred to a geriatric case manager – westside (Linda Rogers or Sue Van Zant) or eastside (Fran Hidden or Samantha Webb) – for assistance. The geriatric case manager will first complete a home visit to assess the situation in person, followed by phone conversations or additional face-to-face interactions; the case manager also follows through with programs and services, and checks in with the client on a regular basis.

No matter what the situation with the clients, the goal is always to improve quality of life, maintain independence and help the person age in place. All requests are based on need, not income; confidentiality and privacy are ensured throughout the process.

OUR RESOURCES

At any given time, NCCOA's geriatric case managers work diligently to provide information, guidance, direction, advice and referrals for these local resources:

- **Life Centers in Fernandina Beach and Hilliard**
 - ✓ Congregate meal site
 - ✓ Just Friends morning program
 - ✓ Health & wellness education and activities
 - ✓ Socialization
- **Nutrition**
 - ✓ Meals on Wheels/MOW for Pets
 - ✓ Congregate meals
- **"The Club" Adult Day HealthCare**
 - ✓ Therapeutic activities, individualized care, planned outings and events for adults with dementia, chronic illness or those who need additional supervision in a secure environment
- **Caregiver Support**
 - ✓ Respite, education, support group and professional counseling
- **Home Health**
 - ✓ In-home services, including light housekeeping, personal care, respite, companion services and medication reminders
- **Medicare Help**
 - ✓ SHINE (Serving the Health Insurance Needs of the Elderly)
- **Legal Services**
 - ✓ Elder Law Attorney
 - ✓ Jacksonville Area Legal Aid
- **Home Energy & Utility Assistance**
 - ✓ Emergency Home Energy Assistance for the Elderly Program (EHEAP)
- **CHORE Small Home Repair**
 - ✓ Ramps, grab bars
- **Support Groups**
 - ✓ Caregiver Support
 - ✓ Hearing Loss
 - ✓ Low Vision
 - ✓ Mental Health (NAMI)
 - ✓ Parkinson's Disease
 - ✓ Veterans (currently on hold)
- **Public Transportation via NassauTRANSIT**
- **Safety and Security**
 - ✓ Emergency alert pendants to notify 911 in an emergency
 - ✓ Fall prevention

- **Durable medical equipment, supplies, etc. (donated to NCCOA)**

- ✓ Walkers, canes, wheelchairs
- ✓ Incontinence supplies

OUR TEAM

FERNANDINA BEACH SENIOR LIFE CENTER

Fran Hidden, Lead Geriatric Case Manager

For the past six years, Fran Hidden has served as a geriatric case manager to help connect seniors and their families with programs and services so seniors may remain in their homes as long as possible. She has been in the social work field since 1990. "After serving as a caregiver for both of my parents in their 90s, I appreciate how stressful caregiving can be. Our programs help both the client and the caregiver." Fran's tip for seniors...With one call to ElderSource – 904-391-6699 – seniors (age 60 and up) can complete a telephone assessment that adds them to the waiting list for all senior-related programs in Florida. Most programs are based on each senior's level of need, not on income level.

Samantha Webb, Geriatric Case Manager

"Serving as a geriatric case manager has given me great joy and fulfillment to help our seniors. Their appreciation and thankfulness is what makes this the most fulfilling job I have ever had in my career." Samantha has been in the case management field for 10 years, the first six as a drug addiction and mental health case manager, and four with NCCOA. Sam shares that she works with the best team of women who do not hesitate to share their own ways of helping seniors receive the services they need.

Paula Evans, Intake Case Manager

Paula is our newest addition to the team, having been with NCCOA for four months. However, she has years of experience working with individuals who have challenges and are at risk. "I'm a case manager because I love serving and impacting individuals' lives and outcomes. Making a difference is rewarding...service is universal."

WESTSIDE SENIOR LIFE CENTER

Linda Rogers, Geriatric Case Manager/Manager, Westside Senior Life Center

Prior to joining NCCOA, Linda coordinated and provided care for several elderly family members. Eighteen years ago, Linda joined the agency as nutrition manager (8 years) and eventually geriatric case manager for the past 10 years. In this role, "I can support and promote wellness to the seniors in my community." Linda adds that with the changing times, being able to rely on a geriatric case manager is more important than ever. "We advocate for the client and guide family members to ensure their loved one is in good hands, alleviating some of the caregiver's stress."

Sue Van Zant, Geriatric Case Manager

The veteran of the group, Sue joined NCCOA 20 years ago; she still has a passion for seniors and their needs. "I enjoy facilitating services for our seniors to enable them to age in place with pride and dignity." Before NCCOA, Sue spent several years caring for her aging mother-in-law and then cared for her daughter with MS. After their passing, she wanted to continue providing care for others. "Clients are always glad to see and hear from their case manager. Many times, we are the only contact they have with others."

Continued on page 10



Fran Hidden



Samantha Webb



Paula Evans



Linda Rogers



Sue Van Zant

OUR STORIES

**Accounts are based on fact, and names are fictionalized*

Alice: Delivering balanced meals

Earlier this year, NCCOA received a call from Alice who is in her 70s. She is a diabetic who lives alone and does not have family living nearby to help her. Alice also has multiple medical problems that cause mobility issues. Because of her health issues, maintaining a balanced diet is essential to manage her diabetes. However, Alice is unable to stand for extended periods of time to shop and prepare meals for herself. Unfortunately, with the current inflation in food prices, she cannot buy as many groceries with her fixed income. (Most of the client's income is spent on rent, medical bills and medication.)

Through a local program, NCCOA provided Alice with home delivered meals with United Way funding. She now receives a weekly delivery of well-balanced, nutritious frozen meals which she can prepare independently in the microwave. "Thank you... I appreciate the meals so much and the visits from the Council on Aging volunteer who delivers my meals every week."

Edward: Eliminating isolation

Edward lives alone and has multiple medical issues causing decreased mobility and chronic dizziness. Once a very independent senior, he is unable to drive and prepare his meals. Edward's full-time caregiver moved to another state, leaving him struggling with daily activities and social isolation.

Unable to shop and prepare meals for himself, NCCOA provided home delivered meals each week which he can easily prepare himself. Edward's medical conditions led to unsteadiness and fall risk. However, funding from DOE programs provided Edward with an emergency pendant which notifies 9-1-1 when needed.

Edward takes advantage of NassauTRANSIT for handicapped-accessible transportation for medical appointments and errands. He is also enrolled in the Telephone Reassurance program where a volunteer contacts him every week for a phone conversation. "Sometimes, hearing a friendly voice is all I need to have a good day."

Sonja and Dolores: Keeping the pair together

Sonja is 87 years old, and suffers from multiple health conditions, including dementia and Parkinson's Disease. These conditions diminish her capacity to care for herself. Sonja's caregiver, Dolores, also has health problems, including a recent heart attack. Without assistance, the caregiver feared that Sonja would need to be placed in a nursing facility. However, they both received the assistance needed for Sonja to remain in her home. And, they both received the COVID vaccine. They're still together, as caregiver and client. Dolores says, "The services that Sonja receives through the Council on Aging have been a true blessing for both of us."

Rhoda: Seeing is believing

Rhoda lives alone and is unable to drive. Due to advanced lung and heart problems, she is a fall risk. She is also hearing impaired and legally blind due to glaucoma and macular degeneration. Rhoda shared that her vision has greatly diminished over the last few months without the use of her low vision machine (magnifier). After 20+ years, the machine broke and parts are no longer available. Out of desperation, Rhoda contacted her NCCOA case manager for assistance in purchasing a new low vision machine. Through the Community Care for the Elderly (CCE) Program (through the Department of Elder Affairs, DOE), funding was available. "Dear NCCOA Angels, thank you for all you do for me. If God is willing, with your help, maybe I can continue to live in my home. I am so grateful to you for helping me take care of myself!"

Walter: Counting on nutritious meals

Walter is 80 years old and lives alone. He has macular degeneration which rules out driving to the store and shopping for food. Meals on Wheels (MOW) in Hilliard currently delivers 10 frozen, nutritious meals each week to Walter, along with special nutritional education flyers. Walter's MOW delivery driver always spends some time with him to find out how he's doing and how we can help. Walter says that NCCOA in Hilliard has been a blessing in his life. "I highly recommend the Council on Aging to others!"

Nancy: Cooling down with NCCOA's help

Nancy found herself struggling with serious health issues and unable to pay her electric bills. On her 60th birthday, she found out her electricity would be disconnected. She contacted NCCOA and was directed to Paula Evans, Intake Case Manager. Since Nancy had turned 60, she qualified for funds that specifically benefit seniors. Paula used funding from EHEAP (home energy and utility assistance), and CHORE volunteers provided a home air conditioner. With our case manager's help, Nancy lived comfortably in her own home during record high temperatures.

Robert: Finding needed respite

Robert has been his wife Claire's sole caregiver for many years. Feeling overwhelmed providing 24/7 care, Robert reached out to the Council on Aging for help. Claire has advanced dementia, and he was nearing the end of his ability to provide care in their home. Robert shared that it would break his heart to place his wife in a care facility.

After the initial evaluation, the case manager provided a home health aide so Robert would have a much-needed break from round-the-clock care and home-delivered meals to address his wife's nutritional needs. Since their funds were limited, the case manager provided daily hygiene supplies; the couple even received financial assistance for a past-due electric bill.

Robert says that NCCOA has been a true blessing to both himself and his wife. Their home health aide has bonded with Claire, who looks forward to spending time with her.

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NCCOA Life Center Presents ... Halloween Music & Pizza Party – Friday, October 28, 5:30 - 8:30 pm

Come join us for pizza and entertainment. Musical performances by Lane Mashburn, the 2J's (Julia and Jim Black) and Bruce Beville. Admission: \$5 – pizza and drinks available for sale. Limited to 100 attendees – do not have to be a member – call 904-261-0701 or email mdawkins@nassaucountycoa.org to make a reservation.

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Arts, Crafts & Hobbies

*Supply Fees May Apply

Crocheting Circle: All Levels

Patricia Kennedy

Every Tue • 1 - 2:30 pm

Casual Knitting: Beginners

Welcome

Marcia Foshee Duffy and Heidi Nicol

Every Thu • 1 - 3 pm

Mixed Media on Canvas

Piper West

Sat – Oct. 1 • 10 am - 12 pm

Guided Impromptu

Abstract Art Workshops

Julie Delfs

Tue – Oct 3, Nov 7, Dec 5 • 3 - 5 pm

Origami for Beginners

Catherine Paradise

Tue – Oct 4, 11, 18, 25 • 3 - 4 pm

Art with Lilly Pinkston

Soap Making

Thu – Oct 6 • 3 - 5 pm

Bath Salts

Tue – Nov 22 • 3 - 5 pm

Watercolor Bookmarks

Thu – Dec 29 • 9 - 10 am

Crafts with a Purpose

Linda Mills & Robyn Padgett

Witches Hat Door Wreath

Wed – Sep 28 • 9 - 11 am

Fall Wreath

Tue – Oct 11 • 9 - 10 am

Greeting Cards

Tue – Nov 8 • 9 - 10 am

Cigar Treasure Boxes

Tue – Nov 29 • 9 - 10 am

Cork Creations

Tue – Dec 13 • 9 - 10 am

Drawing from Observation:

Beginning (Series of 5)

Ann Freeman

Tue – Oct 18, 25, Nov 1, 8, 15 •

1 - 3 pm

Watercolor for Beginners

Harry Atkins

Thu – Nov 3, 10, 17, Dec 1, 8, 15 •

3 - 4 pm



Cards and Games

Wheel of Fortune

Michelle Shock

Fernandina Beach Rehab & Nursing

Tue – Oct 4, Nov 1, Dec 6 • 9 - 10 am

Pinochle

Geof McKisson

Every Thu • 8:30 - 10 am

Chess: For All Ages

Bob Duffy

Every Thu • 3 - 5 pm

Jeopardy

Glenda Young

Fri – Oct 21, Nov 18, Dec 9 • 9 - 10 am

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

Bridge: For Beginners and Those

Seeking Review

Myra Swinson

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Bridge: Open Play

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Computers & Technology

Apple

iPhone/iPad (Series of 3)

Mon-Tue-Wed – Oct 3, 4, 5 •

9:30 - 11:30 am

Mon-Tue-Wed – Dec 12, 13, 14 •

9:30 - 11:30 am

Apple iPhone & Mac Q & A

Tue – Oct 11 – Tuesday •

9:30 - 11:30 am

Tue – Nov 22 – 9:30 • 11:30 am

Tue – Dec 20 – 9:30 • 11:30 am

Apple Mac (Series of 3)

Mon-Tue-Wed – Nov 14, 15, 16 •

9:30 - 11:30 am

Beginning Computer Class

(Series of 3)

Dave Wilson

Thu – Oct 6, 13, 20 • 11:30 - 12:30 pm

Windows Q&A

Jack Casto

Fri – Nov 11, 18 • 9 - 10 am



Cooking

Cooking with April

April Blue Moseley

Fri – Oct 7, Nov 4, Dec 2 • 9 - 10 am



Fitness & Dance

Core Strengthening

Janice Clarkson

Every Mon • 8:30 - 9:30 am

Enerchi

Mary Bleck

Every Mon • 10 - 11 am

Lifelong Learning

Fitness & Dance continued

Standing Yoga

Mary Bleck

Every Mon • 11:30 am - 12:30 pm

Happy Tappy Boot Camp 1

(Series of 5)

Maggie Comey

Mon – Oct 12, 19, 26, Nov 3, 10 •
2 - 3 pm

Happy Tappy Boot Camp 2

(Series of 6)

Maggie Comey

Mon – Nov 14, 21, 28, Dec 5, 12, 19 •
2 - 3 pm

Advanced Mat with Core

Debi Senger

Every Tue • 8:30 - 9:30 am

Stability Exercises

Mary Bleck

Every Tue • 10 - 11 am

Belly Dancing

Laura Giordano

Tue – Oct 4, 11, 18 – Nov 1, 8, 22, 29
• 11:15 am - 12:15 pm

Tai Chi

Tom Gagne

Every Tue • 11:30 am - 12:30 pm

Zumba Gold

Sparkle Vinson

Every Tue • 1 - 2 pm

Advanced 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

Flow Yoga/Vinyasa

Janice Messer

Every Thu • 9 - 10 am

Just Dance

Heidi Freilich

Every Thu • 10 - 11 am

Dancing Queens

Lorraine Gaito

Every Thu • 12 - 12:45 pm

ChairOne Fitness

Sparkle Vinson

Every Thu • 1:30 - 2:30 pm

Weight Training and Toning

Debi Senger

Every Fri • 8:30 - 9:30 am

Enerchi

Mary Bleck



Gardening

Gardening with Rosie Davidson

Fall/Winter Planning

Mon – Nov 7 • 9:30 – 10:30 am

Holiday Decorating

Mon – Dec 5 • 9:30 – 10:30 am



Language

Sweet Memories

Cara Curtin

Mon – Oct 3, 10, 17, 24, 31 • 11 am –
12 pm

Beginning Sign Language

(Series of 6)

Lynn Freeman

Thu – Oct 6, 13, 20, 27, Nov 3, 10 •
10 - 11 am



Legal & Finance

Legal Assistance

Jan Carver, Esq.

Basic Estate Planning

Fri – Oct 7 • 9:30 - 10:30 am

Probate

Fri – Oct 14 • 9:30 - 10:30 am

Long Term Care Planning

Fri – Oct. 21 • 9:30 - 10:30 am

Guardianship

Fri – Nov 4 • 9:30 - 10:30 am

Investing in Today's Financial Markets (Lunch & Learn)

Steve Nicklas

Investing in the Stock Market

Thu – Oct 20 • 12 - 1 pm

Investing in the Bond Market

Thu – Oct 27 • 12 - 1 pm

Investing in Mutual Funds,

Annuities & IRAs

Thu – Nov 3 • 12 - 1 pm

Developing a Financial/

Retirement Plan

Thu – Nov 10 • 12 - 1 pm



Literature, History, Culture & Travel

100 Years of Solitude by Gabriel Garcia Marquez

Walter Brandt

Every Thu • 2 - 3:30 pm

British Tea Time, Travel & Trivia

Nanette Autry

Every Fri • 9:30 - 10:30 am



Music

All about Jazz

Dr. Johnnetta Cole & John Betsch Jr.

Mon – Oct 17, 24, 31, Nov 7 •
2 - 3 pm

Ringin' in the Holidays

Pam Bell

Mon – Dec 12 • 10 - 11 am

Elvis Music with Lane

Lane Mashburn

1st & 3rd Mon • 9 - 10 am

(Exception Mon, Oct 17 • 9:30-10:45)

Coffee and Karaoke

Jill Johnson

2nd & 4th Mon • 9 - 10 am

Ukulele – Open Play

Julie Black

Every Mon • 10 – 11 am

Name that Tune

Dr. Jim Auerbach

2nd & 4th Tue • 10 – 11 am

Music with Sal

Sal Salgado

Tue – Nov 29 • 10 - 11 am

Thu – Dec 29 • 10 - 11 am

Sing Along with Bruce

Bruce Beville

1st & 3rd Wed • 9 - 10 am

Music with Tom

Tom Sullivan

Wed – Sept 28, Oct 26, Nov 23,
Dec 28 • 9 – 10 am

Music with Terry

Terry Murphy

1st Thu • 9 - 10 am

Piano Music

Becky Clark

Thu – Sept 15, Oct 20, Nov 17,
Dec 15 • 10 - 11 am

Lifelong Learning

Music continued

Music with 2J's

Julie & Jim Black

Thu – Oct 13, 27, Nov 10, Dec 8, 22 •
10 - 11 am



Other Opportunities

Implementing the Three R's for Entertaining and Gift-Giving

Sarah Flint

Reduce – Examining our Consumption Habits

Wed – Oct 5 • 12:30 - 1:30 pm

Reuse – Alternatives and Repurposing

Wed – Oct 12 • 12:30 - 1:30 pm

Recycle – Dos, Don'ts and Tips

Wed – Oct 19 • 12:30 - 1:30 pm

Recycling During the Holidays

Wed – Oct 26 • 12:30 - 1:30 pm

The Shocking Truth About Electricity

Thomas Polito

Wed – Oct 12 • 2 - 4 pm

Seniors Self Defense

Tom Gagne

Tue – Nov 22, 29 • 1:30 – 3:00 pm



Photography

Introduction to Adobe Photoshop

Jack Casto

Fri – Nov 11, 18 • 9 - 10 am

The Bhutan Photo Presentation

Alwynne Lamp

Wed – Oct 26 • 1:30 - 3 pm



Policy & Government

Foundational Classes in Preparation for 2023 Great Decisions Program:

Democracy and Autocracy:

The Winds of Change

Robert Weintraub

Tue – Oct 25 • 3 - 4:30 pm

Social Media and Democracy

Greg Doyle

Tue – Nov 1 • 3 - 4:30 pm

Global Energy Trends:

Technologies, Costs, and Investments

Paul Pierson

Tue – Nov 8 • 3 - 4:30 pm

The Global Economy: Three

Blind Men Examining an Elephant

Robert Weintraub

Tue – Nov 15 • 3 - 4:30 pm

Climate Change: Domestic and International Actions and Politics

Richard Scribner

Tue – Nov 29 • 3 - 4:30 pm

Emerging Diseases, Pandemic Lessons, and Global Health Future

Jackie Dorst

Tue – Dec 6 • 3 - 4:30 pm

China: The Good, Bad, and Ugly – PRC's Domestic and Foreign Policy and How The USA Should Respond

Stephen Gessner, PhD

Tue – Dec 13 • 3 - 4:30 pm



Wellness

Health Checks with Katie

Katherine Connors, RN, The Care Company of Amelia

Mon – 1st & 3rd • 9 - 9:30 am

Mind Over Matter

Nanette Autry

Every Fri • 11:00 am - 12:00 pm

Caregiving Stress-Buster Forum

(call 904-261-0701 to register)

Emily Kunzelmann

Wed – Sept 28, Oct 5, 12, 19, 26, Nov 2

• 1 - 2:30 pm

Getting Healthy with

Dr. Jim Auerbach

The HPA Axis

Tue – Oct 4 • 10:30 - 11:30 am

The Immune System

Tue – Oct 18 • 10:30 - 11:30 am

Inflammation & Anti-Inflammatories

Tue – Nov 8 • 10:30 - 11:30 am

Cancer

Tue – Nov 8 • 10:30 - 11:30 am

Degenerative Joint Disease

Tue – Dec 6 • 10:30 - 11:30 am

The Eye

Tue – Dec 20 • 10:30 - 11:30 am

Mindfulness Meditation

(4 week series)

Judy Elkin Michel

Thu – Oct 20, 27, Nov 3, 10 •

1 - 2 pm

Honoring Choices – Lunch & Learn

Cindy Newman

Thu – Nov 4 • 11 am – 1 pm

Common Health Issues

Jan Carver, APRN

Thu – Nov 11 • 9:30 – 10:30 am

Dealing with Dementia

(call 904-261-0701 to register)

Emily Kunzelmann

Thu – Nov 17 • 12:30 - 4:30 pm

Schedule Subject to Change

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Preventing Diabetes

WHY SCREENINGS ARE STARTING YOUNGER

BY JULIE DUBIN, BAPTIST HEALTH

According to the U.S. Centers for Disease Control and Prevention (CDC), roughly 34 million adults have diabetes, a condition in which the body doesn't use insulin properly. More than one in three adults have prediabetes, which occurs when blood sugar levels are higher than normal but the body can still produce and respond to insulin. A person is considered to have prediabetes when an A1C (the test that measures average blood sugar levels) is greater than 5.7%, while diabetes is diagnosed at a reading of 6.5% or higher.

Diabetes is a risk factor for heart attacks and strokes, and the leading cause of blindness and kidney failure. It can also lead to limb amputations.



THE SUGAR FACTOR

Often when people hear "diabetes," they think sugar overload, but it's not that simple.

"Sugar does not cause diabetes. In fact, the brain needs glucose (blood sugar) to power the body. Insulin resistance is the issue. When glucose builds up, it can affect every part of the body, which jeopardizes the body's ability to work correctly. Take the immune system, where, because of the increased glucose, infections cannot heal as well," Isaac Kinman, DO, a family physician with Baptist Primary Care, said. "Diabetes is caused by inflammation

Continued on page 20

The Diabetes Dilemma

IS THANKSGIVING OFF THE TABLE?

BY BETH STAMBAUGH, BAPTIST HEALTH



A cornucopia of choices

So what are the best food selections for those living with diabetes? "Keep foods high in protein and fiber at the top of the list," Katherine Gilsenan, a wellness coach at the Baptist Center for Healthy Living - Nocatee, recommended. "The best choices are turkey and veggies. Turkey is a great source of protein and vegetables are high in fiber, both of which help control blood sugar."

At the bottom of the list: foods high in carbs such as cranberry sauce, stuffing, breads, pies and other desserts, sweetened beverages and alcohol. Sticking to water is a great way to eliminate the vast amount of sugar in many drinks.

Here are some other easy switches for a healthier holiday:

- Whipped cauliflower instead of mashed potatoes
- Roasted vegetables like Brussels sprouts instead of green bean casserole
- Using cauliflower instead of breadcrumbs for stuffing
- Removing the crust from pie or serving your dessert in a cup or mug to control serving size

Read more on Juice, Baptist Health's news hub, at go.baptistjax.com/SLM



Changing
Health Care
for Good.

Mental Health Moment: PMS

IT'S NOT WHAT YOU THINK - IT'S BRAIN FOOD

BY JANICE CLARKSON

Want to keep your brain healthy? Here is what my good friend, the neuropsychologist, told me. Three types of activities keep our brain healthy: **Physical**, **Mental** and **Social**. You'll find a great variety of all these activities at Nassau County Council on Aging. NCCOA has everything you need to feed your brain.

Physical Activity

When you tighten your abs and buttocks, and stretch your hamstrings and lower back, you increase happy brain chemicals. This reduces stress, anxiety and depression, and boosts self-esteem. You'll notice that sleep also improves. Exercise's added health benefits include strengthening your heart, increasing energy levels, lowering blood pressure, improving muscle tone and strength, strengthening bones...helping reduce body fat so you are healthy and fit. To realize these benefits, the Centers for Disease Control (CDC) suggests a minimum of 150 minutes of moderate-intensity workout activity each week.

For decades, scientists have debated whether the birth of new neurons – neurogenesis – was possible in an area of the adult brain that is responsible for learning, memory and mood regulation. Backed by the March 2022 study in *Nature Medicine*, researchers report an overwhelming case for neurogenesis throughout life in humans. The research from the University of Sao Paulo in Brazil compared brain cell, or neuron, growth in either active or passive rats. Not surprisingly, the active rats showed two to three times more neuron growth, plus they had better memory skills than the passive rats.

Do not stop working out after you have achieved your ideal size. Researchers examined what happens to memory when exercise is suddenly halted, and the results were dramatic. After one week, all the health and memory benefits declined in the rats who had been exercising. After 10 weeks of inactivity, the previously active rats' brains were almost indistinguishable from those of the sedentary rats.

What does this mean for us? It means get off your couch and shake your booty. Take a walk or hike, ride your bike, attend aqua fit, spin a hula hoop, practice yoga, dance or Pilates. Get physical!

Mental Activity

If you cannot exercise due to physical limitations, do one brain game daily. Pull out a Scrabble board, jigsaw puzzle, Backgammon or Monopoly game, or set up a round of poker or bridge. Start simple



with easy puzzles. These activities will not only provide entertainment but will also promote brain fitness. Another excellent way to boost your brainpower is to play specially designed brain games. If practiced regularly, brain games can target and improve specific areas of brain function such as memory, concentration, language skills, visual-spatial abilities, logic and organization. For an added brain stretcher, read words backward, write with your non-dominant hand or play word games.

Hobbies stimulating your spatial-temporal reasoning include knitting and sewing, wood crafts, painting, sculpting and pottery. As your abilities improve, you can take on increasingly more complex challenges. Playing a musical instrument is another way to stimulate your spatial-temporal reasoning. Learn a language – this can include computer code. This increases neuroplasticity allowing your brain to grow cells, reorganize and rewire itself. In other words, "Use it or lose it." Anything that requires some concentration and extra thought can do the trick. If you have one of those days when you do not have the physical energy for a workout, take some time to give yourself a mental workout.

Social Activity

The activities you engage in alter our brain health and affect our vulnerability to neurodegenerative disease. People who isolate or segregate themselves are at greater risk of developing dementia

Continued on page 20

Mindful Meditation: A Way of Life



BY JUDY ELKIN MICHEL

Mindfulness is a familiar and perhaps over-used and misunderstood word in our modern "sound-bite" culture. You might think, "My mind is already FULL... why would I want to learn mindFULLness?" In fact, the practice of mindfulness is the ability to recognize when our present moment gets clouded, by thoughts of the past or fears of the future, and to clear space to help us make decisions from a place of clarity, calm and confidence.

Mindfulness Meditation has been studied extensively in the past 40 years, and the benefits are numerous and significant in the areas of physical and mental health. New research in neuroplasticity has shown that meditation can remodel the brain to strengthen the qualities that psychologists say are crucial components of happiness: resilience, even-mindedness, calm and a sense of compassionate connection to others. Brain scan studies have shown that mindfulness meditation strengthens areas of the brain involved in memory, learning and emotional flexibility. Meditation has also been shown to:

- Increase cognition, attention, creativity, sleep, immune system function, and ability to cope with losses
- Decrease depression, anxiety, pain, blood pressure and inflammation in the body

So, what are you waiting for? An *Introduction to Mindfulness Meditation* 4-week series begins October 20, Thursdays from 1-2 pm at the Janice Ancrum Senior Life Center, 1901 Island Walk Way in Fernandina Beach:

- Oct. 20: What is Mindfulness and How is it Helpful?
- Oct. 27: Stress Reduction – Working Wisely with Thoughts and Emotions
- Nov. 3: Building Resilience – Mindfulness as Self-Care
- Nov. 10: Bringing Mindfulness into your Daily Life

Each session will encourage you to learn and practice simple everyday ways to use mindfulness skills, and give your body and mind the gifts of calm, centeredness and resilience...all useful tools in facing life's ongoing challenges.



Judy Elkin Michel practiced for 16+ years as a licensed clinical social worker in hospital, clinic and private practice settings. In these roles, Judy provided education and support for individuals, families and groups coping with various life issues, including addiction, grief and loss, and chronic and disabling medical conditions.



Change the World Without Touching Your Income

Source: The Stelter Company

Do you want to support Nassau County Council on Aging, but feel overwhelmed by everyday living costs, such as the latest home repair, food expenses and escalating gas prices?

There's a solution that doesn't involve writing a check. You can designate a gift in your estate plan. There are two main benefits to this meaningful step:

1. *Your current income or assets remain the same.*
2. *You can change your mind at any time.*

The easiest and most popular way to support NCCOA while putting your current financial needs first is to include a gift in your will or revocable living trust. It takes as little as one sentence to complete your gift.

Best of all, you have the option to leave a percentage of your estate or an asset so that no matter how the size of your estate changes, gifts to your family and nonprofits remain proportional. Imagine how that single sentence can impact the future.

We have the language you need

Please contact Nassau County Council on Aging today at 904-775-5481 or development@nassaucountycoa.org for the simple language to add to your estate plan. We've helped many supporters like you take this important step. We'd love to help extend your legacy as well.

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. Figures cited in any examples are for illustrative purposes only. References to tax rates include federal taxes only and are subject to change. State law may further impact your individual results.

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from a broken system. The question is, why is my body inflamed? I try to get to the root of this problem when I see my patients. The connection with obesity is that fat cells lead to more inflammation, which causes insulin resistance. Excess sugar then stays in the blood and causes damage throughout."

MOVE YOUR BODY

Some people are able to control their blood sugar levels with healthy eating and exercise, but others may need medication or insulin to manage it. No matter what, a little movement is good in any circumstance.

Ask yourself, what are some ways you can get out of the house? A good goal is 30 minutes of exercise five days a week, Dr. Kinman said. You could:

- Walk, hike, swim, dance, bike or row
- Go to the gym or check out group classes a few times a week
- Try a team sport like soccer or ultimate Frisbee

MENTAL HEALTH

 Continued from page 16

than those who remain integrated into society. Socializing with others provides an opportunity for creativity, communication, critical thought and emotional expression. It also plays a vital role in boosting personal meaning and identity. Fortunately, there are many ways to expand your social networks at NCCOA, developing new roles and purposes to ensure brain health...even as we enter retirement age.

Increasing social activity can be as easy as picking up your

- Track your steps with your phone, apps, watch or pedometer, with a goal of reaching 6,000 per day

BACK TO BASICS

Dr. Kinman tries to challenge patients to a plant-based diet for four weeks. But if that doesn't work for you, you could:

- Increase consumption of fruits, vegetables, rice, quinoa, oats, beans and seeds
- Skip processed foods and avoid extra sugars and oils
- Opt for eggs, fish, turkey or chicken
- Only eat meat in moderation and make sure it's lean and good quality

The good news is you can reverse your numbers. As we approach the Thanksgiving holiday, for the 34 million Americans with diabetes, the feast can be especially tricky, but definitely not impossible.

Read more on Juice, Baptist Health's news hub, at go.baptistjax.com/SLM



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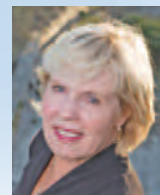
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phone. If you are having trouble getting started, begin by opening your smartphone contacts for a list of family and friends. Categorize your contacts into three groups: closest friends being the first, solid friendships as the second and casual acquaintances last. Make a plan to connect. Based on your priorities, determine whether you want to connect weekly, monthly, quarterly or yearly, and create a reminder in your scheduler. Follow through by calling or emailing on the date you have set aside. If they are not there, leave a message. Reschedule; plan another day to reconnect if your family member or friend cannot make it.

If you are not a joiner, stay socially connected by finding a club or activity that interests you, such as a book club or sports group. Make a list of your skills and talents, and find organizations closely aligned in your local area. Attend school, workplace and other types of reunions or gatherings. If you are a member of a faith group, get involved in their choir or a committee. Form a group, maybe a weekly card game, gardening group or coffee club. Scan the papers, notice boards or online announcements for cultural and other public events. Invite a friend and head out to enjoy a new experience.

Whether international travel or an excursion into a new neighborhood, leaving familiar surroundings exposes your brain to different stimuli and engages your cerebral cortex in fresh and often challenging ways. Your cerebral cortex plays a crucial role in memory, thinking, learning, reasoning, problem-solving, emotions, consciousness and functions related to your senses. Navigating the streets of a foreign city or new neighborhood or simply taking a different route to work provides excitement and bumps your brain out of the subconscious into action.

Janice J. Clarkson holds a doctorate in counseling psychology, and is a licensed mental health counselor, certified addiction professional and certified yoga pod instructor. Janice resides on Amelia Island. You may reach her at jjclarkson@earthlink.net



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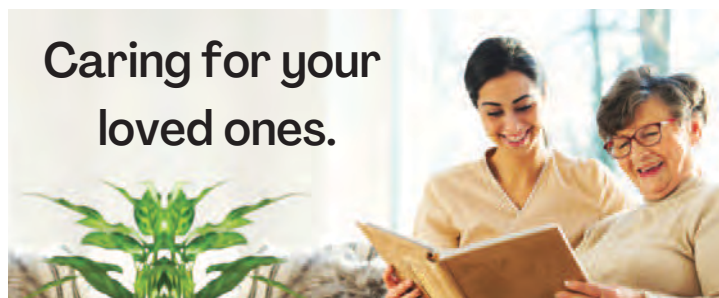
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Support Groups

- **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**

October 25, November 15,
December 20

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@

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loved ones. Guest speakers
are often featured.

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.

- **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.

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 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

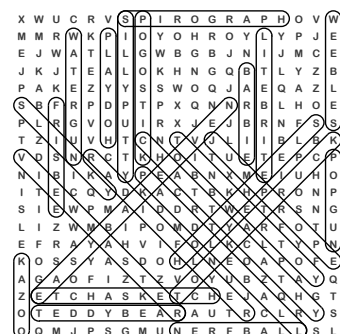
Available for
homebound seniors.

- 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.

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