

NASSAU COUNTY COUNCIL ON AGING

# Senior Life

CELEBRATING HAPPY, HEALTHY LIVES



APRIL - JUNE 2023



Inside:  
Senior Scams  
Aging and Attitude  
Celebrating Volunteers



We Believe Life Is All About  
YOUR VISION



**J. Russell Stackhouse, M.D.**  
*Cataract, Corneal, LASIK Surgeon*



**Capritta Roberts, D.O.**  
*Cataract and Corneal Surgeon*



**Anthony L. Stubits, O.D.**  
*Glasses, Contacts, Primary Eyecare*



**Linda Marks, O.D.**  
*Glasses, Contacts, Primary Eyecare*



**Ashley Stowe, O.D.**  
*Glasses, Contacts, Primary Eyecare*



**Leah L. Herron, O.D.**  
*Glasses, Contacts, Primary Eyecare*



**Katelyn Marks, O.D.**  
*Glasses, Contacts, Primary Eyecare*



**Tyler Willis, O.D.**  
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528 S 8th St. Fernandina Beach, FL 32034

904-853-1070

aaron@SunshineSafetySpecialists.com

www.SunshineSafetySpecialists.com

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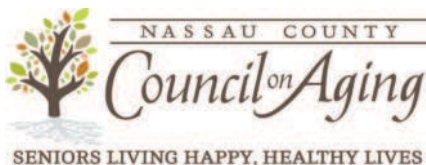
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### Janice Ancrum Senior Life Center

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](http://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 - Scott Brown

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](http://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](http://www.nassautransit.org)

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

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1901 ISLAND WALK WAY

### On the cover:

Starting at the top, Rummikub, Zumba with instructor Stacey "Sparkle" Vinson and Drawing from Observation (Ann Freeman, instructor, and Barbara Roberts, artist). Class information on pages 12-14.

Photography by Buddy Price, Buddy Price Photography; graphic design by Jessi Bryan, Marketing & Communications.

# Message from our President & CEO

## Dear Friends:

Making a difference, giving back, volunteering...all words and phrases which describe the altruistic nature of doing good for others and the community. It's really a win-win for all. Our community is on the receiving end of your time and talent, and you have a greater sense of accomplishment.

NCCOA's **Classes for Adults of ALL Ages** is the focus of this issue of *Senior Life* magazine. Most of our classes are taught by volunteers.

In many ways, Nassau County Council on Aging got its start in 1974 through the selfless contributions of local volunteers. Nassau County had a need to help our seniors, and community residents responded – without receiving anything tangible in return. But the intangibles were countless, not only to our seniors but to the volunteers themselves.

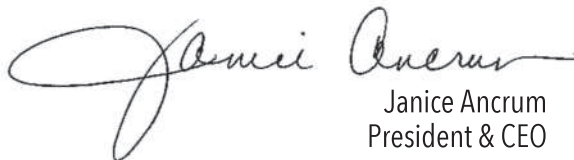
According to the United Way, "Volunteering can provide a healthy boost to your self-confidence, self-esteem and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity."

Meaningful community solutions – in Nassau County and across the state – require more than money, programs or policies. Lasting change is only possible when people come together to invest their time and talents to make a difference.

**NCCOA's volunteer program is stronger today than ever. In 2022 alone, close to 300 volunteers provided 10,274 hours of service for an in-kind value of more than \$308,000.** Our program works across all offerings, from administrative to The Club, CHORE to Meals on Wheels, support groups to daily classes and activities. Apart from the sheer number of hours spent giving back to our community through NCCOA, volunteers report there are many personal benefits:

- Provides a sense of purpose and community
- Helps you meet new friends
- Enhances your social skills
- Improves self-confidence
- Gets you out of your comfort zone

So, make a difference while you give back as a volunteer, and help our Nassau County seniors live happy, healthy lives.



Janice Ancrum  
President & CEO



# Thank You

## To Our Funding Partners



1235 South 10th Street  
Fernandina Beach, FL 32034  
904.261.3696 • Fax 904.261.3698  
fbnewsleader.com

## 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

## SENIOR LIFE CENTERS

Both Senior 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 - 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

## Board of Directors



Ken Saitow | Chair



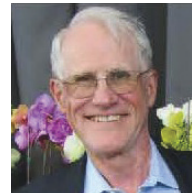
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Jerry Mathe | Treasurer



Christina Bryan | Secretary



Geoff Clear  
Immediate Past Chair



Dr. Tyrone Blue



Mark R. Bridwell



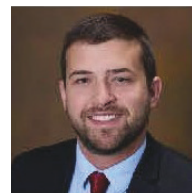
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Dr. Bernita Dinwiddie



Tim Eberle



Urban Fleming



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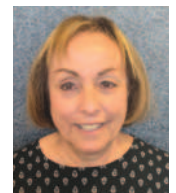
Dr. Orsula V. Knowlton



Keith Meyer



Dr. Pedro L. Tamayo IV



Dr. Barbara Gingham  
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 service is available throughout 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](http://www.nassautransit.org)

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



**Amelia Plantation Chapel**  
An Interdenominational Community Church

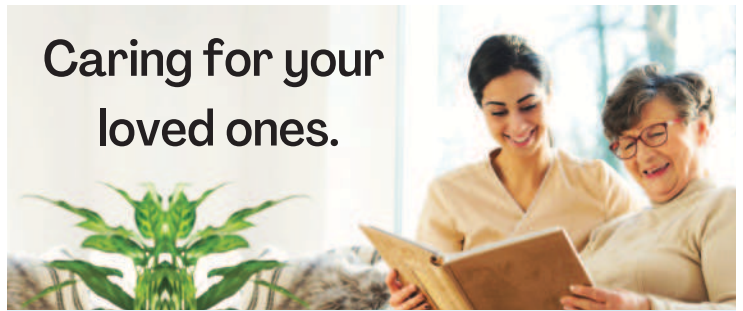
Sunday Worship Services  
9:00am & 11:15am

36 Bowman Road  
Amelia Island, FL 32034  
904.277.4414 [www.ameliachapel.com](http://www.ameliachapel.com)

We livestream our 9:00am service on our website

[Amelia.Plantation.Chapel](https://www.facebook.com/Amelia.Plantation.Chapel) 

## Caring for your loved ones.



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[www.AmeliaSpringsALF.com](http://www.AmeliaSpringsALF.com)



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for over 27 years."  
Angelo Fanelli



# Have You Heard?

## Classes for Adults of ALL Ages at 1901 Island Walk Way

If you've never walked through the sliding doors at Nassau County Council on Aging's Fernandina Beach Senior Life Center, you may be surprised to learn that we offer a huge variety of **Classes for Adults of ALL Ages**. That's right. Whether you're 18 or 80, we have something for you.

If you have a craving for creativity, come to a craft, painting or drawing class. If you want to feel more energized, join us in Enerchi or tap dancing. If you want to try your hand at cards, have a seat at the Canasta or bridge table. Add to that Mac classes, Florida history, sign language, photography, Ask the Mayor, caregiver stress-busting – and much more – and you have the secret to a healthy, happy life.

An active, healthy lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit and body. Arts and crafts stimulate both sides of the brain simultaneously, building creativity and increasing cognitive function. Fitness and dance help improve mobility, release stress, and decrease signs and symptoms of many chronic conditions. Cards and games help us improve strategic thinking, concentration and reaction time. Technology stimulates the mind, maintains memory and builds self-confidence. History and culture open our eyes to a larger world. Music has the power to actually bring back memories, slow age-related cognitive decline and improve cognitive processing speed.

Learning lasts a lifetime. Continue a happy, healthy lifestyle with your friends at NCCOA.

Source: NIH National Institute on Aging (NIA)



NCCOA's Fernandina Beach Senior Life Center is home to a huge variety of classes, from exercise to cards, photography to wellness – and everything in between. Here, a few of our instructors demonstrate how enthusiastic they can be!

### Let's hear from our members...

*I love to dance, and have had a blast taking Tap Dancing, Line Dancing and Zumba every week! The instructors are fantastic and true professionals in their field. Maggie (tap), Kathy (line dancing) and Sparkle (Zumba) are enthusiastic and motivate me to keep on dancing! Being a life-long learner is what keeps us young at heart, mentally sharp and physically fit. Thanks for providing a wonderful place where that can happen!*

Anne Jenkins

*The Senior Life Center at Fernandina Beach is a happy place! It is filled with very nice and helpful people. The many varied classes offered are appreciated and enjoyable. Seniors look forward to attending classes and visiting with friends.*

Donna R.

*The Senior Center is a place where you are seen, heard and respected. The classes enhance your mind, strengthen your body and nourish your soul.*

Dolores Myers

*Invaluable!!! So much to choose from.*

Beth

*I am amazed and grateful for the broad range of classes offered! It runs the gamut from art, dancing, exercise, mental health and games for recreation and....but wait....there's even more! The caliber of instructors is outstanding and the positive energy in all the classes I have taken is a great tonic for the body and soul!*

NCCOA member

*Janice Clarkson inspires us to "not let the old man or old woman in today!" And she reminds us we have completed that task by the end of the class.*

Judy Kahoe

*Tom Gagne is an excellent teacher whose passion for Tai Chi is contagious. He has an engaging presence in the classroom as he effectively communicates what he sets out for us to learn and experience.*

Johnnetta Betsch Cole, PhD

*Energy & Stability is a great class - I'm 86 - the oldest in class - and my body has much improved, including strength and balance. Mary Bleck is an excellent teacher!*

Mary R.

*Wonderful place that offers so many activities to meet everyone's needs while meeting people and socializing.*

Nancy Webb

*I'm new to COA...Love Mary Bleck's Stretch and Balance!*

Mary Ann Narayanan

*What a wonderful class! Mary Bleck is a great teacher...we absolutely love her!*

Dennis and Mary Lou

*I have taken Enerchi...Mary does a wonderful job of guiding the class through several iterations of Tai Chi postures in a relaxing way that maximizes the benefits of stretching and meditative peace - all hallmarks of Tai Chi. I come away feeling both energized and relaxed...how does Mary do that?*

NCCOA member

*I absolutely love Lorraine's Dancing Queens class! It's a fun way to dance and exercise at the same time while enjoying music and songs that go from oldies to hip hop, with a dash of Bollywood and Salsa for light seasoning! The choreography is easy to follow and there are no "mean girls" in class if you don't remember a step! LOL*

Jan Cote-Merow



Canasta brings people of all ages together.



Using modified Tai Chi to improve balance, Enerchi is quite popular for our members.



Instructor Marsha Foshee-Duffy, at left, leads a knitting group at the Fernandina Beach Senior Life Center. She formed the group, above, when she realized there were people in her circle interested in creating handmade gifts. Marsha's group spends time both knitting and discussing the news of the day.

Continued on page 10

Continued from page 9

## One Fee, Unlimited Classes NCCOA MEMBERSHIP PROGRAM!

We offer two memberships for classes at the  
Janice Ancrum Senior Life Center:

- Individual membership for  
\$125.00 per year (unlimited classes)
- Couples membership (2 people per household) for  
\$195.00 per year (unlimited classes)

If you join us as an individual or couple, you may attend as many classes as you'd like! Memberships are valid one year from the date enrolled. Payment can be made online or with our receptionist at 1901 Island Walk Way.

Non-member rate is \$5.00 per class or activity, payable at the time or registration.

NCCOA also offers a "Just Friends" morning program for seniors and "The Club" for those who require assistance with cognitive or physical challenges, both located at the Fernandina Beach Senior Life Center. Our Westside Senior Life Center in Hilliard also offers a morning program and afternoon activities. For information on all programs and services, call NCCOA at 904-261-0701 or visit [www.nassaucountycoa.org](http://www.nassaucountycoa.org).



Kathy Ball, going into her fifth year as an instructor, teaches both beginning and advanced line dancing, above. Left, weight training participants have their choice of hand weights as they move through Janice Clarkson's class.

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- + Access to Genetic Counseling and Oncology Social Workers
- + A Trusted First and Second Opinion

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Chief of Radiation Oncology  
St. Vincent's Riverside

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CANCER CENTER

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2 Shircliff Way, Suite 510, Jacksonville, FL 32204 | Located in the DePaul Building at St. Vincent's Riverside

# Lifelong Learning



To enroll, visit [www.nassaucountycouncilonaging.org/membership-program/](http://www.nassaucountycouncilonaging.org/membership-program/)

All classes are held at the Janice Ancrum Senior Life Center, 1901 Island Walk Way, Fernandina Beach

## THE GREAT GIVEAWAY 3.0 • FRIDAY, APRIL 7, 9 AM - 12 NOON

### Fernandina Beach Senior Life Center

**FREE mobility & medical aids, personal hygiene supplies, medical equipment & more!**



### Arts, Crafts & Hobbies

\*Supply Fees May Apply

**Crocheting Circle:** All Levels  
Every Tue • 10 - 11:30 am

#### Art from the Heart

Leanne Saylor  
Wed – Apr 19, May 17, Jun 21 •  
10 am- 12 pm

#### Crafts with a Purpose

Linda Seng-Mills, Robyn Padgett  
Tue – Apr 18, May 16, Mon – Jun 26 •  
9 - 10 am

#### Drawing from Observation

Beginners (Series of 5)  
Ann Freeman  
Tue – Apr 11, 18, 25, May 2, 9 •  
1 - 3 pm

#### Drawing from Observation

Advanced (Series of 5)  
Ann Freeman  
Tue – May 16, 23, 30, Jun 6, 13 •  
1 - 3 pm

#### Needlepoint - Beginners

Patti Boxler  
Every Tues • 1 - 2:30 pm

#### Casual Knitting

Beginners Welcome  
Marcia Foshee-Duffy  
Every Thu • 1 - 3 pm

#### Mixed Media Painting

Harry Atkins  
Every Thu • 3 - 4 pm



### Cards and Games

#### Rummikub

Janet Chatfield  
Every Mon • 3 - 4 pm

### Wheel of Fortune

Michelle Shock  
Fernandina Beach Rehab & Nursing  
1st Tue • 9 - 10 am

#### Pokeno

Jen Riesenberger  
Tue – Apr 11, Jun 20, • 9 - 10 am

#### Chess: All Levels

Bob Duffy  
Every Thu • 3 - 4:45 pm

#### Canasta: Open Play & Instruction

Debbie Price  
Every Fri • 9:30 - 11:30 am

#### Mahjong: All Levels with a Current

Mahjong Card  
Theresa Macwithey  
Every Fri • 12:30 - 3:30 pm

#### Bridge

Myra Swinson  
Every Fri • 12:30 - 2:30 pm

#### Bridge: Open Play

Every Fri • 3 - 4:45 pm



### Computers & Technology

#### Apple iPhone & iPad

Marc Williams  
Mon-Tue-Wed – Apr 17, 18, 19 •  
9:30 - 11:30 am

#### Apple Q&A

Marc Williams  
Tue – Apr 25 • 9:30 - 11:30 am

#### Apple Mac

Marc Williams  
Mon-Tue-Wed – May 8, 9, 10 •  
9:30 - 11:30 am

#### Apple Q&A

Marc Williams  
Tue – May 16 • 9:30 - 11:30 am

### Advanced Apple iPhone & iPad

Marc Williams  
Mon-Tue-Wed – Jun 5, 6, 7 •  
9:30 - 11:30 am

#### Apple Q&A

Marc Williams  
Tue – Jun 13 • 9:30 - 11:30 am



### Fitness & Dance

#### Pelvic Floor & Core

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

#### Tap Dancing - Beginners

Maggie Comey  
Every Mon • 1 - 2 pm

#### Tap Dancing Techniques - Advanced

Maggie Comey  
Every Mon • 2 - 3 pm

#### Mat & Core - All Levels

Heidi Freilich  
Every Tue - Apr, May, Jun •  
8:30 - 9:30 am

#### Stability Exercises

Mary Bleck  
Every Tue • 10 - 11 am

#### Belly Dancing

Laura Giordano  
Every Tue • 11:15 am - 12:15 pm

#### Tai Chi

Tom Gagne  
Every Tue • 11:30 am - 12:30 pm

# Lifelong Learning

*Fitness & Dance continued*

## **Zumba Gold**

Stacey "Sparkle" Vinson  
Every Tue • 1 - 2 pm

## **Stretch & Balance - Advanced**

Janice Clarkson  
Every Wed • 8:30 - 9:30 am

## **Weight Training & Toning**

Janice Clarkson  
Every Wed • 10 - 11 am

## **Enerchi**

Mary Bleck  
Every Wed • 11:30 am - 12:30 pm

## **Meet Me at the Barre**

Linda Giordano  
Every Wed • 1 - 1:45 pm

## **Line Dancing: Basic**

Kathy Ball  
Every Wed • 1 - 1:45 pm

## **Line Dancing: Intermediate**

Kathy Ball  
Every Wed • 2 - 3 pm

## **Chair One**

Phyllis Rowley  
Every Thu • 8:30 - 9:30 am

## **Happy Hoopers**

Linda Casto  
Every Thu • 9:45 - 10:15 am

## **Just Dance**

Heidi Freilich  
Every Thu • 10:30 - 11:30 am

## **Dancing Queens**

Lorraine Gaito  
Every Thu • 12 - 12:45 pm

## **Zumba Gold**

Stacey "Sparkle" Vinson  
Every Thu • 1:30 - 2:30 pm

## **Zumba Gold**

## **Weight Training & Toning**

Stacey "Sparkle" Vinson  
Every Fri • 8:30 - 9:30 am

## **Enerchi**

Mary Bleck  
Every Fri • 10 - 11 am

## **Full Body Workout**

Stacey "Sparkle" Vinson  
Every Fri • 11:30 am - 12:30 pm



## **History, Culture & Travel**

## **The History and Culture of "La Florida"**

Peter Mullen  
Fri - May 19 • 9 - 10 am

## **Juneteenth Presentation**

Avis Miller, Coast One Tours LLC  
Mon - Jun 19 • 10 - 11 am



## **Language**

### **Sign Language**

Lynn Freeman  
Every Thu - Apr & May • 10 - 11 am

### **Conversational Spanish**

Rona Garfield  
Every Friday in April • 3:30 - 4:30 pm



## **Legal & Finance**

### **Medicare Fraud**

Kerry Anne Petesch, ElderSource  
SHINE (Servicing Health Insurance  
Needs of Elders)  
Wed - Apr 12 • 9 - 10 am

### **Hands-on Workshop - Debug Your Computer**

Dave Wilson, Island Consulting  
Mon - May 8 • 1:30 - 2:30 pm

### **Top 3 Scams in Nassau County & NE FL**

Steve Sherman Sr., Researcher,  
Seniors vs Crime  
Mon - Jun 12 • 1:30 - 2:30 pm



## **Music**

### **Elvis Music with Lane**

Lane Mashburn, Amelia Auto Mart  
1st & 3rd Mon • 9 - 10 am

### **Ukulele - Open Play**

Julie & Jim Black  
Every Mon • 10 - 11 am

### **Sing Along with Bruce**

Bruce Beville  
1st & 3rd Wed • 9 - 10 am

### **Music with Terry**

Terry Murphy  
Thur Apr 6, Jun 1 • 9 - 10 am

### **Piano Music**

Becky Clark  
3rd Thu • 10 - 11 am

### **Music with 2J's**

Julie & Jim Black  
2nd & 4th Thu • 10 - 11 am



## **Other Opportunities**

### **The Shocking Truth Behind Electricity**

Tom Polito  
Wed - May 3 • 2 - 4 pm

### **Washed Up - Beach Preservation**

Amy Beach, Founder of Non-profit  
Beach Junkie  
Mon - May 8 • 9 - 10 am  
Mon - Jun 26 • 2 - 3 pm



## **Photography**

### **Yunnan, China Photography Presentation**

Alwynne Lamp  
Wed - Apr 26 • 1:30 - 3 pm

### **iPhone Photo Workshop**

Series of 3  
Bill McKenna & Thomas Morris  
Tue - Apr 11, 18, 25 • 2:30 - 3:30 pm



## **Policy & Government**

### **Mayor Bradley Bean What's on Your Mind?**

2nd Fri • 9:30 - 10:30 am



## **Wellness**

### **Bystander CPR**

Jim Bollenbacher,  
AHA-certified instructor  
Tue - Apr 25, Jun 6 • 2:30 - 4 pm

### **Tips for Healthier Skincare as you Age**

Susan Dowling, Esthetician,  
Amelia Island Skincare  
Wed - Apr 19 • 2 - 3 pm

### **Caregiver Stressbusters Forum**

Emily Kunzelmann  
Wed - Apr 26, May 10, 24, Jun 14, 28  
• 1 - 3 pm

### **The Impact of Substance Abuse & Addiction in Nassau County**

Susan Pendergrass, NP, FL Dept of  
Health - Nassau  
Wed - May 10 • 2 - 3 pm





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# Lifelong Learning

Wellness continued

## Tapping Meditation

Dr. Jean Kerry

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Memory Improvement**

Thu – Apr 13 • 11 am - 12 pm

**Tapping Your Way Through  
Struggling Memories**

Thu – May 5 • 11 am - 12 pm

## Cooking with April

April Blue Moseley, Samahdhi Foods

**Spring Smoothie**

Fri – Apr 7 • 9 - 10 am

**Veggie Stir Fry**

Fri – May 5 • 9 - 10 am

**Spring Wrap**

Fri – Jun 2 • 9 - 10 am

## Honoring Choices - Lunch & Learn (lunch provided)

Cindy Newman, Community Hospice  
& Palliative Care

1st Fri • 11 am - 1 pm

Schedule Subject to Change

# 5 POINTS LIQUORS

## Monday is Senior Citizen Day



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**Dewar's**  
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**Bacardi Rum**  
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**\$22<sup>99</sup>** light or dark



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**Bombay  
Original Gin**  
1.75L

**\$29<sup>99</sup>**

# SCAM ALERT



# DON'T Dump Your Computer To Avoid Scams

BY GEOFF CLEAR, NCOAA IMMEDIATE PAST BOARD CHAIR

A few weeks ago I spent some time with a representative from local law enforcement discussing the problem of scams and fraud. After agreeing that it is a terrible problem and getting worse, I asked him what he thought we should do about it. His response, only half in jest, was, "Take away everyone's computer." His perspective was that the internet was the primary source for most hacks and fraud, and without computer access to the internet many problems might be avoided.

Turns out national statistics support the "it all starts with the internet" theory. According to the Federal Trade Commission (FTC), in 2019 there were 3.2 million consumer problems reported to that agency, including identity theft, imposter scams, and phone and mobile service issues. This included financial losses of \$1.9 billion. Over the last several years, one in every five Americans has been a victim of fraud with 13% of these cases being individuals 70-79 years old. For this last group, the data indicates that "social isolation" is a key factor. One particularly serious problem is "government imposter scams," i.e., scams claiming to be from the IRS, Social Security Administration and similar agencies. From 2018-2019, these scams increased by 53%.

Nassau County Council on Aging (NCCOA) recently convened a gathering of several different organizations to further discuss these issues, many of which affect seniors. Organizations included representatives from Amelia Island Plantation Community Association (AIPCA), Nassau County Sheriff's Department and Seniors vs Crime. Established in 1989, Seniors vs Crime is a special project of the Florida Attorney General. It began as a crime prevention program utilizing senior volunteers in educating their peers and encouraging fellow seniors to become involved in their own protection. The project has now grown into a statewide organization that provides direct services to senior victims, as well as continues the educational component to help protect seniors. Over three decades, Seniors vs Crime has handled thousands of cases for victimized seniors and recovered millions of dollars.

After sharing personal scam stories for an hour, the four organizations decided to mobilize and form the "Citizens Coalition Against Scams." This collaboration is centered primarily on a



## Seniors vs Crime

*A Special Project of the Florida Attorney General*

relationship between NCCOA and Seniors vs Crime. Both of these organizations focus much of their attention on our community's senior citizens, which now comprise over 30% of the county's residents. NCCOA has been serving seniors for close to 50 years; Seniors vs Crime has been providing its services for 30+ years. In the coming year, look for Coalition-sponsored educational programs geared toward senior scams, increased communications in local media and NCCOA-sponsored publications, and more transparency in how seniors can avoid becoming victims.

So, given the abundance of scams, frauds and hacks targeted to our seniors, should you dump your computer to protect yourself? No, please don't. The computer is a good thing. It can educate you to safeguard your health, your money and your peace of mind. Is there a risk that the computer can be used to steal your money? Sure. But please keep your computer. There's a lot of good information out there. Work with us to learn how to avoid being cheated or becoming a victim of fraud – through your computer or even your phone. Attend the upcoming education programs and workshops at NCCOA's Fernandina Beach Senior Life Center such as Medicare Fraud, Hands-on Workshop: Debug Your Computer and Top 3 Scams in Nassau County and NE FL (see page 13).

Contact information:

For scam-related issues, Seniors vs Crime at 904-310-3226 or [nassau@svcproject.org](mailto:nassau@svcproject.org)

For workshops and programs, NCCOA, 904-261-0701.



Geoffrey Clear  
Immediate Past Chair  
NCCOA Board of Directors



# VOLUNTEERISM: "ANOTHER "SILVER BULLET" FOR AGING WELL

NCCOA Club volunteers spend time with Club members – seniors with cognitive or physical challenge who need assistance – making sure they are active, both physically and mentally.

BY BARBARA BRUCE, AGING WELL FACILITATOR

## Ask yourself this question – "Why do you volunteer?"

It's a good question and one that deserves some thought. Examining the mind/body benefits of volunteering is a worthwhile exercise, and some of the benefits may surprise you.

When we choose to volunteer, we benefit at many levels. Volunteerism is a "silver bullet" for aging well. The other is physical exercise. Both are related as they promote successful aging. Let's take a look at both.

Volunteering and exercising both contribute to mental and physical health. Spending time in our community gets you moving; getting out of your house and interacting with people is good for the mind and body. Exercising – at whatever level you're capable of – speaks for itself. Pick up just about any health magazine to find the many and varied benefits of simply moving your body. As human beings, we are not meant to be sedentary.

Volunteering and exercising both provide a sense of purpose. "What is my purpose?" is a common question of seniors. Volunteering provides an opportunity to learn about different people and their needs; it also helps you learn from those you help. Exercising helps keep you in shape and ready to respond when help is needed.

Studies show that both volunteering and exercising lead to a lower rate of depression, stress and anxiety. Think about how you feel more



CHORE volunteers work together on ramp projects to help seniors age in place.

*Continued on page 17*



Left, NCCOA's "Just Friends" morning program attracts a large volunteer group to provide entertainment, health education, nutrition and of course Bingo. Volunteers work with groups and one-on-one with our seniors. Above, Volunteer Kim Matthews assists Just Friends member Larry Cochran who is visually impaired with his card during our Bingo Palooza event.



Above left, delivering nutritious meals throughout Nassau County, volunteer drivers make sure seniors receive meals and take time for conversation, especially with seniors who may live alone. Above right, several support groups cover topics such as hearing loss, low vision, caregiver support, mental health and Parkinson's disease. Here, family members discuss the challenges of living with Parkinson's and share coping strategies with each other.



At left, pet therapy is integral to senior wellness. Soft Touch Pet Therapy, led by Dickie Anderson, matches seniors with furry friends at the Life Center each week.

# VOLUNTEERISM

Continued from page 16

energized after an exercise class and the “warm fuzzies” that often come from interacting with and helping others. Both activities also promote your sense of wellness.

Volunteering and exercising both contribute to “self esteem.” You can’t help but feel a sense of purpose knowing that what you have done promotes healthy energy to those you interact with, as well as your own wellbeing.

Volunteering and exercising both promote laughter, “the best medicine.” Laughter promotes oxygen; stimulates your heart, lungs and muscles; and increases endorphins. Think about sharing laughter when you volunteer – it is a gift you give yourself and those you interact with. Think about laughter when you exercise (I have never been in an exercise class that does not include laughter). When you share laughter – it comes back to you, and all parties benefit from this incredibly healthy and perhaps unexpected habit.

Volunteering comes in many forms – as does exercise. Sometimes we sit with a group and stuff envelopes. We talk, laugh and know that we are contributing to the overall program of a church or other organization. Sometimes we deal with people on the go who need a bit or a great deal of help. Volunteering and exercising go hand in hand. You don’t have to understand the science behind either. Do it because you want to help others and help yourself.



Just Friends members Elena and Don Eipert volunteer for the Hearing Loss Support Group, securing speakers and hosting guests at the monthly meetings.



Barbara Bruce  
Aging Well Facilitator



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# HOW Attitude Affects Aging

## Reframing Your Outlook Can Lead to Better Health

By Baptist Health Juice Staff

**T**hey say age is just a number, but anyone who's elderly knows growing older brings limitations sooner or later. And while happy thoughts can't turn back the clock, a mounting body of evidence shows reframing your outlook to be more positive can actually help your physical health.

A recent study published in JAMA Network Open found people who felt satisfied with aging had a 43% lower risk of dying within four years than those who did not. The study measured aging satisfaction by asking people how they believed getting older affected quality of life, energy, happiness and feelings of usefulness.

### FOREVER YOUNG

People who are satisfied with aging see themselves as still being young on the inside, said Raphael Balbino, MD, a geriatrician with Baptist AgeWell Center for Health. They don't think of getting older as an enormous burden.

"I've had patients who had horrible physical problems, but they were jovial and wanted to remain as connected to others as they were before," he said. "They took better care of themselves because they prized what they did have, instead of just looking at what they didn't."

Having a positive outlook is a well-known factor behind better medical outcomes, Dr. Balbino said.

On the other hand, some people believe life simply gets worse with age, and it can be hard to shake them of that belief. People have a tendency to think their own suffering is the worst because it's all they know.

"I sometimes tell my patients, 'Hey there's someone who's con-



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siderably younger than you who is going through much worse," Dr. Balbino said. "Sometimes we forget to be grateful, and we just need to be reminded."

### A NEW SEASON

Getting older often brings unwanted changes, such as a calendar filled with doctors' appointments. When people get discouraged, Dr. Balbino reminds them aging has its benefits, too. You likely no longer have a job or the demands on your schedule that came with it, he said. You get to be with your grandchildren and great-grandchildren, or you may get to travel.

"This is just a different season of life," Dr. Balbino said. "So, remember the beauty that comes with aging, and be sure to enjoy it."

People often form beliefs about age early in life, so it can be a conscious, day-at-a-time effort to think differently. On the other hand, when older people do think about aging more positively, the younger generation can benefit.

"It's a blessing for grandchildren because it can totally shape their outlook on what it is to age gracefully," Dr. Balbino said.

# Get Involved with NCCOA

Together we can do so much more to help seniors live happy, healthy lives

**VISIT** Stop by one of our senior life centers, let us show you around, introduce you to our dedicated staff and see our work in action.

**VOLUNTEER** We're always looking for amazing community members to help support our work. There's a wide range of opportunities to help out. From delivering a meal to teaching a class or doing small home repairs, we'll make sure to find the right place for your skills.

**DONATE** With your help, it's possible for NCCOA to continue fighting senior hunger and social isolation, offer health and wellness activities, support to caregivers, provide vital trips into the community for homebound senior adults and so much more!

**SPONSOR** Your local business or community group can invest in our mission and be a part of our impact on seniors in our community. We'll recognize your support at events and fundraisers, and through our communications platform.

**PARTNER** We know we can do more for less when we partner with others in our community who share our mission. If you think you can help, let us know!

**FOLLOW** Like us on Facebook. Stay posted on all of the impactful and meaningful activities NCCOA has going on in our community!



For more information on how you can support Nassau County Council on Aging, please contact Scott Brown, Development Director, [sbrown@nassaucountycoa.org](mailto:sbrown@nassaucountycoa.org) or 904-775-5481.



**Jamie Deonas**  
Founder and CEO



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# VOLUNTEERISM

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SOLUTION ON PAGE 23



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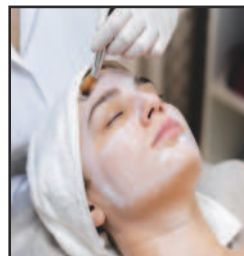


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If interested, send your resume to [dgranieri@nassaucountycoa.org](mailto:dgranieri@nassaucountycoa.org)

Questions? Call 904-775-5497

## Planning an Event? Come to 1901 Island Walk Way!

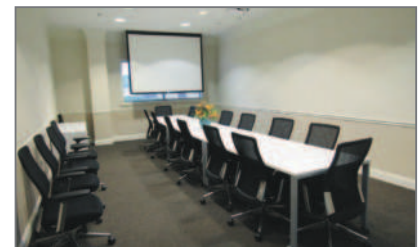
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Henderson Hall	1,100 square feet	\$75.00/hour
Keffer Conference Room	440 square feet	\$50.00/hour

For more information, contact Melody Dawkins, Membership & Community Engagement Director, at 904-261-0701 or [mdawkins@nassaucountycoa.org](mailto:mdawkins@nassaucountycoa.org).



# 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  
 Shares 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.

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 seniors 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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Solution to puzzle on page 21





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Thank you for putting your trust in us. We look forward to exceeding your expectations at Baptist Nassau.

[baptistjax.com/nassau](http://baptistjax.com/nassau)

