

NASSAU COUNTY COUNCIL ON AGING

Senior Life

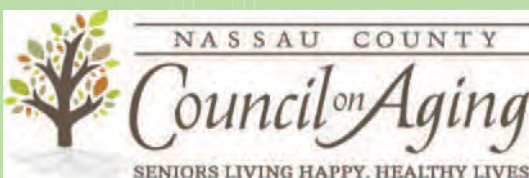
CELEBRATING HAPPY, HEALTHY LIVES



MYTHBUSTERS

Five Seniors Bust Aging Myths &
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OCTOBER - DECEMBER 2023



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Aging Stereotypes
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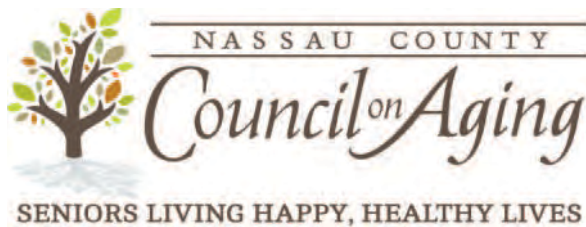
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Website: www.nassaucountycoa.org

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Advocate Home Healthcare - Donna Granieri

Caregiver Services - Emily Kunzelmann

Case Management - Donna Granieri

CHORE Program - Frances Bartelt

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Electric Assistance/Water Assistance - Case Management

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Case Management - Don Harley

Just Friends/Westie Besties - 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

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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

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On the cover:

NCCOA members (from left) Carol Lee Adams, Lee Hamer, Dr. Tom Washburn,
Marc Williams and Yvonne Scruggs bust aging myths every day!

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

Message from our President & CEO

Dear Friends:

When we are younger, we crave getting older and gaining independence to take on the world. However, there comes a point when the idea of getting older becomes less exciting and more unsettling. All of a sudden, aging becomes something to fear and avoid.

In some ways, this is true since the idea of aging is surrounded by stereotypes and myths that make aging sound negative and unpleasant. While aging does have its challenges, there are benefits and advantages of growing older. In this issue of *Senior Life* magazine, several NCCOA members share their secrets of aging and, at the same time, help bust many commonly held myths about "the golden years."

I'm excited to share the relaunch of our Friendly Visitor Program, designed to create a human connection with seniors 60 years of age or older who are isolated and homebound. Many seniors in Nassau County live far from family members, have lost old friends and would benefit greatly from the fellowship provided by this program. Friendly Visitors is the culmination of several programs over the course of our 50-year history. These include How Can We Help?, Circle of Friends and Telephone Reassurance, each iteration responding to senior isolation and loneliness. Friendly Visitor volunteers are matched with seniors based on common interests, geographic location and support needs. Volunteers visit clients weekly, keeping them company, assisting with tasks and having fun. Volunteers may also link seniors with other support services, such as home-delivered meals and home health care. Our Friendly Visitor Program helps keep seniors active and connected. Plus, it shows that someone cares. If you know a senior who would benefit from the Friendly Visitor Program or if you would like to volunteer, please email a Friendly Visitor coordinator at friendlyvisitors@nassaucountycoa.org.

As you've probably heard, NCCOA celebrates our 50th anniversary on February 15, 2024. Until then, we're focusing on highlights from each decade on the way to our Salute to Seniors 50th Anniversary Gala on Saturday, January 20 at The Ritz-Carlton, Amelia Island. Sponsorships and tickets are available at <https://nassaucountycouncilonaging.org/50thannivsalutetoseniorgala>. Contact Liz Dunn, Marketing & Communications Director, at ldunn@nassaucountycoa.org for more info.

Celebrate with us!



Janice Ancrum
President & CEO



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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

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, such as with the Just Friends (Eastside) and Westie Besties (Westside) morning programs. 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 (Meals on Wheels and MOW for Pets), Fall Prevention and CHORE small home repair. 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

TRAINING & CAREGIVER SERVICES

- 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.
 - Caregiver resources include workshops, education and training, and stress-busting forums, as well as a caregiver support group. NCCOA's Memory Café is a new offering for those living with Alzheimer's disease and related disorders and/or mild cognitive impairment. Learn how to adjust to life changes, combat stigma and isolation and develop a safe social peer group.
- 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-

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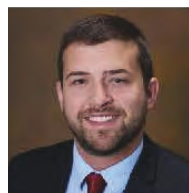
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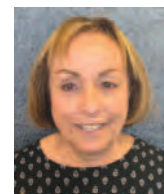
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www.nassautransit.org

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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MythBusters: Seniors Share Their Secrets

"How We Make the Most of Each Day"

BY JENNIFER GUNDLING, NCCOA MEMBERSHIP & COMMUNITY ENGAGEMENT

According to the National Institute on Aging (NIH), many people make assumptions about aging, what it is like to grow "old" and how older age will affect them. However, as we are getting older, it's important to understand the positive aspects of aging.

Research has shown that you can help preserve your health and mobility as you age by adopting or continuing healthy habits and lifestyle choices. To help us answer the age-old question – "How do we make the most of each day?" – we went directly to the experts. Five Nassau County seniors and members of the Fernandina Beach Senior Life Center, shared with us how they bust aging myths and make the most of each day.

Myth: Seniors Are Too Old to Learn New Hobbies

MythBuster: Carol Lee Adams

As a first grader, Carol Lee Adams loved art. One of her early works – a bird bath with birds hovering above it – was chosen for a school display. Her interest in art was born. But it wasn't until many years later that it became a passion.

In 2011, Carol Lee retired from being a massage therapist at The Ritz-Carlton, Amelia Island. Now at 81, Carol Lee paints on a regular basis, always using a full spectrum of color. Photography has become a natural offshoot, and helps inspire her paintings.

"I purchased a camera in 2013, and began photographing a neighborhood cat, Sebastian," she says. "I developed a bond with him for 10 years as he became my photography muse and a wonderful companion." She fine tunes her newest hobby by capturing nature; birds, flowers and clouds are popular subjects of her creations.

Each morning, Carol Lee starts with a blank slate, and ends each day with a gratitude list. People are a big part of that process; if she's alone one day, she makes a point of coming to the Fernandina Beach Senior Life Center the next day. "The 'Just Friends' morning group has been so welcoming to me," Carol Lee says. "I also love the art classes, and try to sign up for all of them!"

Carol Lee's positive energy is contagious. Many people often comment that she has a "sweet soul" which is difficult to find today. "I choose to be positive," Carol Lee says with a smile. "There's so much to be grateful for in this life."



Carol Lee Adams

Myth: Older Adults Have to Cut Back on Activities

MythBuster: Yvonne Scruggs

Daily exercise is a big part of Yvonne Scruggs' life. She plays pickle ball 4 to 5 times each week at Central Park. She'll play with anyone to help fine tune her skills. "I played basketball when I was younger," Yvonne says. "If it weren't for the guys I played with, I never would have improved my game."

Yvonne has two passions: Praying and Volunteering. Her friends call her the "Praying Woman," and she has dropped everything for those close to her to offer up a prayer. Volunteering keeps her involved in the local community; she is a go-to resource for folks who want to get involved.

At a time when people may cut back on their activities, Yvonne is moving full speed ahead. A good portion of each week is spent at the Fernandina Beach Senior Life Center where she focuses on both participating in activities and listening to seniors. "Recently, a woman came into the center and shared with me she had just lost her husband," Yvonne says. "I spent some time with her and told her about all the resources we have to help her...support groups, activities, etc., to help her move forward."

When she is not volunteering at the Senior Life Center or playing pickle ball, Yvonne participates in a traveling poker league. She makes it clear they play for points. She also rides her bike to the beach and is wanting to fly fish. She keeps her stress level down by following her personal motto, "The least I know, the least I have to be opinionated about."

Yvonne's personal fountain of youth is getting involved. She encourages everyone to "Get up off your booty and move...there's so much to do here!"

Myth: You Should Avoid Exercise and Take it Easy

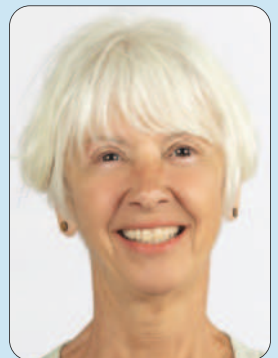
MythBuster: Lee Hamer

Lee Hamer begins each day looking ahead, knowing that receiving another day is a good thing.

Volunteering has always been her passion. "I take advantage of opportunities that come my way and pique my interests," she says. So far, these opportunities include Nassau



Yvonne Scruggs



Lee Hamer

County Public Library, Community Hospice, Holiday Home Tour and the USO. In the past, she transported children to adoptive placements and traveled by plane to accompany soldiers back home. Her latest volunteer stint is as CPR assistant trainer and Meals on Wheels with her husband, Robert. Giving back is very important to Lee; her daughter and granddaughter are following in her footsteps.

Since age 60, exercising is paramount to her well-being. "I had never really exercised, and we had a trip planned to Australia," Lee says. "All the people going on the trip were good swimmers and were looking forward to snorkeling. One problem...I didn't know how to swim."

She got busy and learned how to swim and snorkel at the Atlantic Recreation Center. (The trip was a blast!) While spending time at the Rec Center, Lee signed up for aerobic classes. That was 10 years ago. During COVID, she became involved with classes offered at NCCOA. "The exercise classes have introduced me to a caring community that uplifts and supports each other," Lee says. Exercise has certainly improved Lee's health. An original diagnosis of osteoporosis was recently downgraded to osteopenia which is now undetectable.

Lee exercises 5 days a week, and is now a strong proponent of most any activity that keeps you moving. "Listen to your body, then get up, get out and move," she says. "The quality of your life depends on it!"

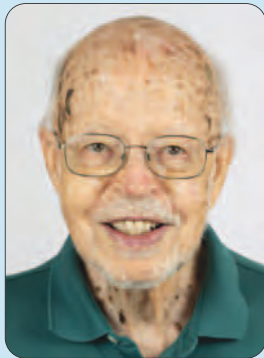
Myth: Your Career Ends When You Get Old

MythBuster: Dr. Thomas Washburn

Dr. Tom Washburn is a husband, father, teacher, humanitarian and medical doctor. A graduate of Harvard Medical School, Dr. Tom received further training in Internal Medicine in Chapel Hill, NC, and in Pediatrics in Baltimore, MD. He served communities in Baltimore, Denver and Florida, coming to Fernandina Beach in 2004. During his 55 years of medical service, Dr. Tom served children and adults, both in private and public practices. He conducted his practice based on a motto learned on his first day of medical school: "The secret in the care of the patient is to care for the patient."

Part of his secret to long life is service – not only through community organizations, but through intentional actions, compassion and kindness. Leading a life of service is an inherited trait. His father was a pediatrician who was internationally recognized in the creation of the height and weight charts now commonly used in doctors' offices. Tom's mother served as a trained nurse during WWII. With his parents' guidance, Tom spent much of his time gathering experiences from all walks of life. He completed his internship in Chapel Hill, where he experienced segregation for the first time. His time with the Sinai Hospital and Johns Hopkins in Baltimore, opened his eyes to inequitable treatment between races and cultures.

Tom's continued interest in equal rights, mental health and afford-



Dr. Thomas Washburn

able housing led him to touch many community organizations around Nassau County. His well-rounded education even included theology school to better understand the integration of mind, body and spirit in medical practice. Tom continued to work as a physician and retired in 2015 from primary care at the age of 83.

In 2005 he founded the Samaritan Clinic in Barnabas Center near Fernandina's Central Park. Through this program, the needy receive nutritious food, routine health care and counseling. The clinic receives assists the underserved members of the community with free medical and mental health care provided by volunteer physicians and nurses.

Tom was also instrumental in founding the Coalition for the Homeless in Nassau County.

"I pay attention to the here and now, and make sure I'm present and have purpose," Tom says. "I'm simply grateful to be here on Earth."

Myth: Older Adults Can't Keep Up with the Times

MythBuster: Marc Williams

Marc Williams' "to do" list is on his phone...thanks to an iPhone app. "I make a list of things I'd like to accomplish and enjoy checking them off throughout the day," Marc says. "Since I retired in 2011, I don't follow a daily routine – but I do like to record my accomplishments. I'm a Type A after all."

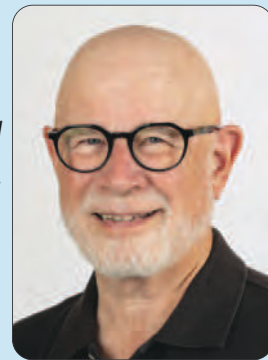
Naturally an early riser, coffee and the *Wall Street Journal* (iPad version) kick off each day. He also checks his emails every morning, preparing for what's ahead – sometimes teaching or volunteering, sometimes both.

"Teaching is my passion," Marc says. "I enjoy the research behind preparing for a lesson and witnessing the moment when it all clicks and the lightbulb goes off." A student once shared, "This [lightbulb] moment was worth coming to the entire class series!" At NCCOA, coupling teaching and volunteering is a way for Marc to share his skills and help others improve their understanding of technology.

He began his career in telephony engineering before settling in to an Internet/data networking concentration. Marc retired from Cisco Systems as a systems engineering manager. Technology has provided a solid foundation and platform to help other seniors keep up with the changing times. "Sharing this knowledge in a volunteer capacity has given me a sense of accomplishment and usefulness," Marc says. "I spend a lot of time researching technology to stay up to date on all the changes."

As a student of lifelong learning, Marc is a role model for staying current with the times. "Stay active – both physically and mentally – and be curious," Marc says. "As American astronomer and astrophysicist Carl Sagan said, 'It pays to keep an open mind, but not so open your brains fall out.'"

Source: <https://www.nia.nih.gov/health/10-myths-about-aging>



Marc Williams

OLD STEREOTYPES



Don't Let Fear of Aging Hold You Back

What does getting older mean?

In a society that often celebrates youth, many older people tiptoe into their golden years rather than embracing them. Anjali Gupta, MD, an internist at Baptist AgeWell Center for Health, said she often hears worries about aging from her patients—or their family members. Many believe:

- Dementia will be part of aging
- Old age is lonely
- Exercise is unsafe
- Activities you used to enjoy are just too hard to keep doing

But these things aren't necessarily so. Here's what is true.

Most seniors won't get dementia. It's true that as we get older, we lose some cognitive skills, but only about 5% of adults or so suffer from dementia, Dr. Gupta said, with the most common type of dementia being Alzheimer's disease.

"You might forget a name here or there, but that doesn't amount to dementia," she said. "It just sounds scary when you know somebody who's had it. It's much more common to end up with diabetes or with heart problems."

Also, dementia isn't necessarily genetic. Lifestyle choices such as smoking, alcohol overuse and lack of exercise, as well as conditions like high blood pressure and diabetes, play a bigger role.



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Loneliness isn't inevitable. When the kids move away and friends and family are lost, it may seem like the next stage of life is destined to be a lonely one. But for many, that isn't what happens. People who move into senior living communities often make new friends and stay connected to others for the rest of their lives, Dr. Gupta said.

"The people who suffer the worst are the ones who are not willing to leave their homes to improve their situation," Dr. Gupta said. "The ones who keep an open mind and move in their sixties and seventies tend to adjust better. If a person has reached their eighties and still hasn't done anything about it, that's when it becomes really hard for them to change."

People can exercise at any age. For those who develop arthritis, there may be some limitations on what they can do. But they likely can exercise more than they believe.

"Sometimes people will feel like—okay I can't walk 5 miles. So that means I can't do anything," Dr. Gupta said. "It's a misconception that exercise has to be all or none—they just have to make a start."

Begin by walking 5 minutes a day for a week. Next week, increase that to 10 minutes. Then, keep going. Many patients who don't believe they can exercise, will find themselves at 45 minutes in no time, Dr. Gupta said.

Young people may underestimate their elderly parents.

At times, younger people may think it's getting too dangerous for their elderly parents to do things like they used to, such as cooking or woodworking. In these cases, Dr. Gupta turns to the senior and asks them.

"They say, 'Yes, I can still do that,'" Dr. Gupta said. "There's this

belief that seniors have earned the right to relax. But many elderly people want to be active. And if they are forced to just sit in a recliner and watch TV all day, they're going to lose whatever capabilities they still have."

Age may bring physical changes, but also brings with it years of experience and wisdom that young people can benefit from, Dr. Gupta said. In fact, many cultures celebrate their elderly for this.

"I think people mistakenly believe being elderly automatically means that you're infirm or a burden to society. But that's not really the case. A lot of elderly people work to stay in shape and tend to their health so they can remain independent."

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Lifelong Learning



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To enroll, visit www.nassaucountycouncilonaging.org/membership-program/

Questions? Contact NCCOA at 904-261-0701.

Announcement: The Fernandina Beach Senior Life Center is undergoing a "makeover," potentially affecting classes and other activities. Visit www.nassaucountycoa.org for construction-related updates.

Nassau County Council on Aging will be closed on **November 10** – Veterans Day, **November 23 & 24** – Thanksgiving, **December 25 & 26** – Christmas Holiday and **January 1** – New Year's Day. Classes are subject to change.



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*Supplies listed online-MyActiveCenter.com

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Crafts with a Purpose – Free

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Tue – Oct 17, Nov 21, Dec 19
10 - 11 am

Drawing from Observation - Beginning (Series of 5)

Ann Freeman
Tues – Oct 3, 10, 17, 31, Nov 7
11 am - 1 pm

Drawing from Observation - Advanced (Series of 6)

Ann Freeman
Tues – Oct 3 - Nov 7 • 1:15 - 3:15 pm

Art from the Heart

Leeanne Saylor, Tax Accountant
Wed – Oct 3, Nov 8, Dec 13
1 - 3 pm

Casual Knitting – Beginners Welcome - Free

Marcia Foshee Duffy
Every Thu • 1 - 3 pm

Calligraphy for Everyday (Series of 6)

Leeanne Saylor, Tax Accountant
Fri – Oct 6, 13, 20, 27, Nov 3, 10
1 - 3 pm



Cards & Games

Rummikub

Janet Chatfield & Dootsie Krenach
Every Mon • 3 - 4 pm

Wheel of Fortune – Free

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

Monopoly Auction – Free

Sabrena Bua
Medicare Insurance Agent
4th Tue • 10 - 11 am

Cribbage – All Levels

Shirley Green
Every Wed • 1 - 3:30 pm

Pass the Parcel – Free

Chad Skomrock, New York Life
3rd Thu • 9 - 10 am

Canasta, Knee & Foot

Open Play & Instruction
Debbie Price
Every Fri • 9:30 - 12 pm

Mahjong: All Levels with a Current Mahjong Card

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

Bridge: Open Play – All Levels

Every Fri • 12:30 - 4 pm



Computers & Technology

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Marc Williams
Mon-Tue-Wed – Oct 2, 3, 4
8:30 - 10:30 am

Apple Macintosh

Marc Williams
Mon-Tue-Wed – Nov 6, 7, 8
8:30 - 10:30 am

Apple iPhone/iPad

Marc Williams
Mon-Tue-Wed – Dec 4, 5, 6
8:30 - 10:30 am

Samsung/Android – Organizing Photos

T-Mobile – Wildlight Team
Thu – Oct 26 • 9:30 - 11 am

Samsung/Android - How a Smart Watch Can Help You

T-Mobile – Wildlight Team
Thu – Nov 16 • 9:30 - 10:30 am

Samsung/Android – Q&A and Widgets

T-Mobile – Wildlight Team
Thu – Dec 7 • 9:30 - 10:30 am



Finance

I am a Trustee – Now What? Lunch and Learn

Nancy Cerra, Realtor, Keller Williams Realty & Marla Buchanan, Attorney, Blue Ocean Title
Wed – Oct 4 • 11:30 am - 12:30 pm

Lifelong Learning

Investment Property Discussions – Lunch & Learn

Nancy Cerra, Realtor, Keller Williams Realty & Financial Planner (TBA)
Thu – Oct 26 • 11:30 am - 12:30 pm

Planning for the Future and Beyond – Lunch & Learn

Nancy Cerra, Realtor,
Keller Williams Realty
Thu – Nov 9 • 11:30 am - 12:30 pm



Fitness & Dance

Pelvic Floor & Core

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

Chair Yoga

Tina LaVacca
Every Mon • 9 - 9:45 am

Enerchi

Mary Bleck
Every Mon • 10 - 11 am

Standing Yoga

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

Floor, Yoga, Stretch

Merle Sauer
Every Mon • 12:30 - 1:30 pm

Tap Dancing - Beginners (Series of 8)

Maggie Comey
Every Mon • 1 - 2 pm

Tap Dancing - Advanced (Series of 8)

Maggie Comey
Every Mon • 2:15 - 3:15 pm

Resistance Training

Debi Senger
Every Tue • 8:30 - 9:30 am

Tai Chi - Free

Charles Macabasco, Conviva
2nd Tue • 10 - 11 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

Zumba Gold

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

Aerobic Circuit

Merle Sauer
Every Tue • 3 - 4 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

Beginning Ballet

Laura 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

Mat & Core Class – All Levels

Debi Senger
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

Qigong Healing – The Art of Inhaling Life

John Cipriani
Every Thu • 10:30 - 11:30 am

Zumba Gold

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

Aerobic Circuit

Merle Sauer
Every Thu • 3 - 4 pm

Zumba Gold

Weight Training & Toning

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

Chair Yoga

Tina LaVacca
Every Fri • 9 - 9:45 am

Zumba Step Up

Stacey "Sparkle" Vinson
Every Fri • 9:45 - 10:45 am

Total Body Workout

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

Posture and Balance

John Cipriani
Every Fri • 1 - 2 pm



History, Culture & Travel

Photography Presentation of Ladakh, India

Alwynne Lamp
Wed – Oct 25 • 1:30 - 3 pm

Armchair Travel - Free

Nancy Cerra, Realtor, Keller Williams
Thu – Oct 5, Nov 2, Dec 7 • 9 - 10 am



Language/ Literature

Writer's Workshop

Steve Gibbs, Author
2nd and 4th Tue • 10 - 11 am

Story Telling - Free

Chip Kirkpatrick, Author
2nd and 4th Wed • 9 - 10 am

Sign Language – (Series of 7)

Lynn Freeman
The – Sep 14, Oct 26 • 10 - 11 am



Legal & Finance

Fraud - Everything About Passwords

Jeff Fatora, Secure Amelia LLC
Thu – Sep 28 • 2:30 - 3:30 pm

Fraud - Multi-Factor Authentication

Jeff Fatora, Secure Amelia LLC
Wed – Oct 4 • 2:30 - 3:30 pm

Fraud – Privacy and Social Media

Jeff Fatora, Secure Amelia LLC
Wed – Oct 18 • 2:30 - 3:30 pm

Fraud – Browsers and Search Engines

Jeff Fatora, Secure Amelia LLC
Wed – Nov 8 • 2:30 - 3:30 pm

Fraud – Elder Fraud Scams

Jeff Fatora, Secure Amelia LLC
Wed – Nov 15 • 2:30 - 3:30 pm

Fraud – Think Before You Click

Jeff Fatora, Secure Amelia LLC
Wed – Dec 6 • 2:30 - 3:30 pm



Lifelong Learning

Fraud - Protecting Your Mobile Device and Computer

Jeff Fatora, Secure Amelia LLC
Wed - Dec 20 • 2:30 - 3:30 pm



Music

Elvis Music with Lane - Free

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 - Free

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

Music with Terry Murphy - Free

Terry Murphy
2nd & 4th Mon • 9 - 10 am

Tunes with 2J's - Free

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

Musical with Honky-Tonk Angels - Free

Courtney Russell and
Sophia Rose Loveday
Fri - Oct 27 • 9 - 10 am



Other Opportunities

Senior Self-Defense

Tom Gagne and John Cipriani
Fri - Nov 3 and Nov 17
1:30 - 3:30 pm

Veterans Celebration

Bill Cimino, Co-Director,
Cross the Line
Thu - Nov 9 • 9 - 11 am

Retired - What Now? -

Ikigai Class - Free
Gene Freund
Fri - Dec 15 • 9 - 10 am



Multigenerational Classes

Dance/Drama - After School - Ages 4-8

Juliana Baxter, Artistic Director of
International Dance & Drama
Every Wed - Dec 13 (except Nov 22)
2 - 3 pm

Dance/Drama - After School - Ages 9-14

Juliana Baxter, Artistic Director of
International Dance & Drama
Every Wed - Dec 13 (except Nov 22)
3:15 - 4:15 pm

Amelia Strings Learning

Orchestra - Ages 11+
Dr. Nina Knight, Exec Director,
Amelia Island Chamber Music Festival
Every Wed - Dec 13 (except Nov 22)
3:30 - 4:45 pm



Photography

Photography - Florida - For the Birds

Len Messineo, Nature & Wildlife
Photographer
Thu - Oct 12 • 1 - 2 pm

Photography - Exotic Everglades in Progress

Len Messineo, Nature & Wildlife
Photographer
Thu - Nov 9 • 1 - 2 pm

Photography - Creating Clarity Out of Chaos

Len Messineo, Nature & Wildlife
Photographer
Thu - Dec 14 • 1 - 2 pm



Policy & Government

Mayor Bradley Bean - What is on Your Mind?

Mayor Bradley Bean
2nd Fri - Oct 13, Dec 8
9:30 - 10:30 am



Critical Issues Forum

Preparing for & Mitigating the Next Pandemic

Jackie Dorst
Tue - Oct 3 • 3 - 4:30 pm

U.S. Democracy 1 - Loss of Trust in Institutions

Robert Weintraub
Tue - Oct 10 • 3 - 4:30 pm

U.S. Democracy 2 - Examining our Core Values

Paul Pierson
Tue - Oct 17 • 3 - 4:30 pm

Assessing Russian War on Ukraine - World Impact

Tom Smith
Tue - Oct 24 • 3 - 4:30 pm

AI - Understanding & Controlling It

Paul Pierson
Tue - Oct 31 • 3 - 4:30 pm

The U.S. Electrical Grid & Future Changes

Thomas Polito
Tue - Nov 7 • 3 - 4:30 pm

Our Imperiled Global Oceans

Greg Doyle
Tue - Nov 14 • 3 - 4:30 pm

Poverty in America

Robert Weintraub
Tue - Nov 28 • 3 - 4:30 pm

Taiwan Stability & Semiconductor Supply Security

Paul Pierson
Tue - Dec 5 • 3 - 4:30 pm

A Historical Perspective on China Today

Mark Ericson
Tue - Dec 12 • 3 - 4:30 pm

U.S. & Global Effective Climate Change Action

Richard Scribner
Tue - Dec 19 • 3 - 4:30 pm



Wellness

You Are Finally There - Ready for Medicare

Kathy DeAngelis, Medicare
Representative
Thu - Oct 5 • 10 - 11 am
Mon - Nov 6 • 10 - 11 am

Save a Life with Narcan! - Free

Susan Pendergrass, Nurse
Practitioner, FL Dept of Health,
Nassau County
Mon - Oct 16 • 10 - 11 am

Know Your Body to Enhance Your Health - Gut

Paola Andrea Ortiz, PT
Mon - Oct 2 • 3:30 - 4:30 pm

Know Your Body to Enhance Your Health - Liver

Paola Andrea Ortiz, PT
Mon - Oct 9 • 3:30 - 4:30 pm

Know Your Body to Enhance Your Health – Kidney

Paola Andrea Ortiz, PT
Mon – Oct 16 • 3:30 - 4:30 pm

Know Your Body to Enhance Your Health – Bladder

Paola Andrea Ortiz, PT
Mon – Oct 23 • 3:30 - 4:30 pm

Know Your Body to Enhance Your Health – Heart/Lungs

Paola Andrea Ortiz, PT
Mon – Oct 30 • 3:30 - 4:30 pm

Medicare 101

Sabrena Bua
Medicare Insurance Agent
Tue – Oct 24 • 9 - 10 am

Bystander CPR

Jim Bollenbacher
Wed – Oct 11, Nov 8, Dec 13
10 am - 12 pm

Caregiver Stressbuster Forum - Free

Emily Kunzelmann
2nd and 4th Wed • 1:30 - 3:30 pm

Love Your Brain

Barbara Baptista
Thu – Oct 12, Nov 30, Dec 14
9 - 10 am

Tapping Meditation – Tapping Cafe

Dr. Jean Kerry
Every Thu • 1 - 2 pm

Cooking with April

April Blue Moseley, Samadhi Foods
Fri – Oct 6 • 9 – 10 am
Mushroom Stir-fry w/Quinoa
Fri – Nov 3 • 9 – 10 am - Plant-based Grill Cheese w/Elderberry Syrup
Fri – Dec 1 • 9 – 10 am - Breakfast Wrap

Music and Your Brain

Barbara Bruce, Aging Well Facilitator
Fri Oct 13 • 1 - 2 pm

Cataracts: Anatomy of the Lens - FL Eye Specialist

Dr. Ron D. Norman, O.D.
Fri – Oct 20 • 9 - 10 am

Honoring Choices

Cindy Newman
Fri – Nov 13 • 2 - 4 pm

The Power of Positive Thinking

Barbara Bruce, Aging Well Facilitator
Fri – Nov 17 • 1 - 2 pm

Where Did I Park My Car?

Barbara Bruce, Aging Well Facilitator
Fri – Dec 15 • 1 - 2 pm

Schedule Subject to Change



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Salute to Seniors 50th Anniversary Gala

Saturday, January 20, 2024

6:00 pm - 10:00 pm

The Ritz-Carlton, Amelia Island

*An inspirational evening of tributes, dinner & dancing
All proceeds benefit Nassau County Seniors*

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\$250 per person

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For more information, contact NCCOA at 904•261•0701



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Council on Aging

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NCCOA is Here to Help

Vulnerable Senior Population Continues to Grow

BY SCOTT BROWN, NCCOA DEVELOPMENT DIRECTOR

The fastest-growing age group in Nassau County, and our overall population, needs our help.

More than 25 million Americans age 60+ are economically insecure and the numbers for future seniors don't look promising. According to a study from the Schwartz Center for Economic Policy Analysis, 40% of today's older middle-class workers will live at or near poverty in retirement.

While growing numbers of older adults need care and attention now, according to some studies, giving to support seniors hasn't been viewed as a high priority. One source that supports this view, Candid, conducted a study to look at where grant dollars from foundations are going. The results showed that when it comes to the most significant grants given by America's largest foundations, less than 1% of the funds go to causes related to aging.

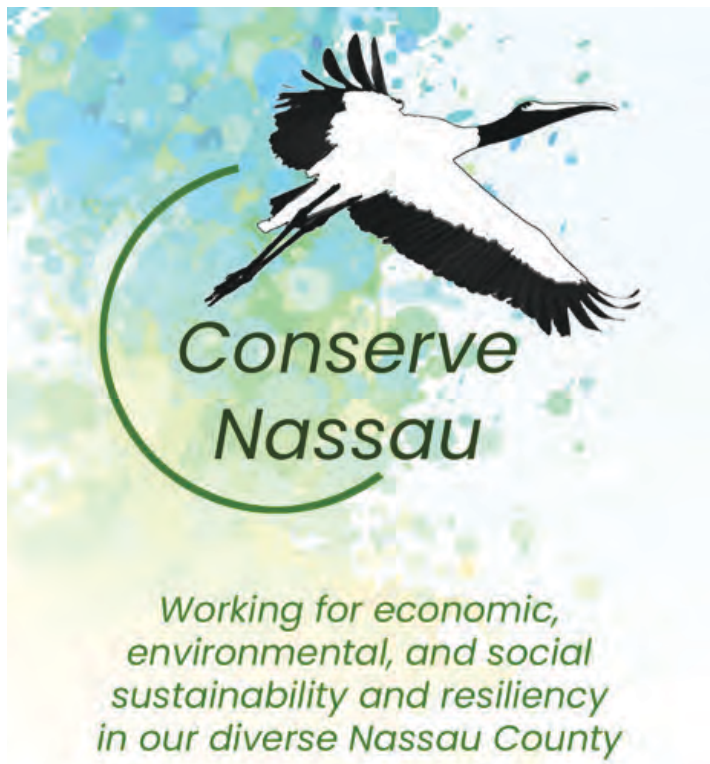
While assisted living residences are an unaffordable option for many, aging in place has become more and more challenging in recent years. Seniors struggle with rising housing costs, health care bills, inadequate nutrition, social isolation and lack of access to transportation.

Looking at transportation as an example, an AARP survey found that 22% of older drivers and 61% of seniors who don't drive reported they missed something they wanted to do because of transportation limitations. Things many people take for granted such as doctors' appointments or trips to the grocery store were missed because of the lack of a ride.

Nassau County Council on Aging is here to support seniors with many of these difficult issues. NassauTRANSIT supplies much-needed transportation. Nutrition problems and those related to social isolation are addressed through Meals on Wheels and congregate meal opportunities. Friendships begin and are nurtured at our Senior Life Centers.

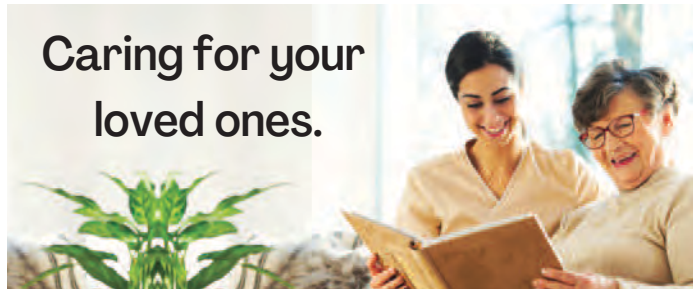
Every dollar donated to NCCOA goes toward helping seniors live happy, healthy lives. Beyond donations, it's important to recognize and care for this vulnerable population in our community. In the process of caring, we can all help prepare ourselves and the next generation for our own futures as older adults.

For more information on supporting NCCOA's work, please contact Scott Brown, Development Director, at sbrown@nassaucountycoa.org or 904-261-0701.



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Senior Life Magazine

Senior Life Center

Fernandina Beach

Meals on Wheels

Westie Besties

Silver Threads

Nassau Transit

Buddy Jacobs

Elsie Harper

Janice Ancrum

How Can We Help

George Crady

Aaron Bean

Hilliard

Care a Van

Senior Expo

The Club

Just Friends

Chore

Gala

SOLUTION ON PAGE 23

Scams, Frauds and Hacks



Seniors vs Crime

A Special Project of the Florida Attorney General

7 Ways to Protect Yourself from Fraud

In a continuing series, Nassau County Council on Aging and Seniors vs Crime, in cooperation with local law enforcement, offer information, guidance and tips to help keep yourself from becoming one of the hundreds of thousands of seniors defrauded of billions each year. Contact Seniors vs Crime at 904-310-3226 if you feel you've been scammed or if you have questions related to scams, frauds and hacks. NCCOA provides ongoing related information in Senior Life magazine, ongoing classes, monthly newsletters and www.nassaucountycoa.org.

1. Stop at the Mailbox

"Informed Delivery" is a free service from the U.S. Postal Service. The agency emails photos of letter-size mail expected to be delivered to you that day or shortly after. This is a great way to be sure that nothing is stolen from your mailbox by ID thieves. Sign up at InformedDelivery.usps.com.

2. Safeguard Your Wallet

Remove cards and information you don't need to carry (such as your Social Security or Medicare card). Make copies of the remaining cards (front and back) and store in a safe place. Audit your wallet and purse frequently. Take out any unnecessary items which could compromise your personal information if lost.

3. Protect Your Financial Accounts

Create online accounts with each of your financial institutions. Come up with a unique password for each. Then get in the habit of reviewing the transaction lists on a weekly or biweekly basis. Be sure you can account for every listed transaction. Immediately report anything odd or incorrect.

4. Secure Your Computer

Turn on two-factor authentication for all secure websites you frequent, such as financial institutions or utility companies (find out how via each site's online security center). Then only someone logged in to your phone can receive the code to access those accounts.



5. Set Limits on Social Media

Set your profile so that only your friends can see your Facebook page. To do that, click the downward arrow button in the upper right corner of your Facebook page, then click on Settings & Privacy and Privacy Checkup. This easy-to-use wizard will guide you through the settings. Never accept friend requests from people you don't know or respond to random messages from strangers.

6. Verify Online Stores

To avoid shopping scams, when typing in a URL, double and triple check the spelling to ensure you are on the correct page. Scammers often create a URL with one letter off in hopes you won't catch it. Remove your credit card number and information from restaurant delivery and retail store sites. Pay using an e-payment service that keeps credit card info on a highly secure site.

7. Change the Way You Think

Learn how to not engage. You are under no obligation in these modern times to respond to calls, emails or texts from strangers—especially given that so many of them are fraudulent. Learn to say no. If something doesn't sound right, run it by someone you trust and take extra time to think about it.

Source: AARP

NCCOA Relaunches Friendly Visitor Program

Nearly one-third of all seniors live by themselves, according to the U.S. Census Bureau. That's close to 14 million seniors aging alone who do so since the death of a spouse, lack of family nearby or the choice to age in place.

Senior isolation is both common and dangerous, and while living alone doesn't inevitably lead to senior loneliness, the two often go hand in hand. This is the main reason Nassau County Council on Aging (NCCOA) is relaunching our Friendly Visitor Program.

"No matter their living situation, isolation can be detrimental to the physical and mental health of seniors," said Janice Ancrum, NCCOA President & CEO. "Our Friendly Visitor Program helps keep seniors active and connected. Plus, it shows that someone cares."

Friendly Visitor volunteers are matched with seniors based on common interests, geographic location and support needs. Volunteers visit clients weekly (usually from 1-1 ½ hours) and assist NCCOA's case management staff by sharing observations regarding clients' needs. During a visit, volunteers keep seniors company, assist with tasks (letter writing, light organizing, paperwork) and



Friendly Visitor Program

have fun working on hobbies, taking walks or reading books. Volunteers may also link seniors with other support services, such as home-delivered meals and home health care. Confidentiality is always maintained.

If you know a senior who would benefit from the Friendly Visitor Program or if you'd like to volunteer, please contact NCCOA's Volunteer Coordinator Frances Bartelt at (904) 775-5484 or fbartelt@nassaucountycoa.org. You may also email a Friendly Visitor coordinator at friendlyvisitors@nassaucountycoa.org.

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Mary Anne Sharer
Barnabas Center Board of Directors Member & Community Volunteer



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Support Groups

- Grieving with Hope Support Group**
2nd and 4th Monday of each month
5:30-7:00 p.m.
Contact: Emily Kunzelmann, 904-775-5472 or ekunzelmann@nassaucountycoa.org
Helps those who have experienced the loss of a family member or close friend as you connect with others in similar situations. Experienced facilitators and presenters are often featured.
- 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.
- 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.
- 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.
- 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.
- 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 more information on these programs.

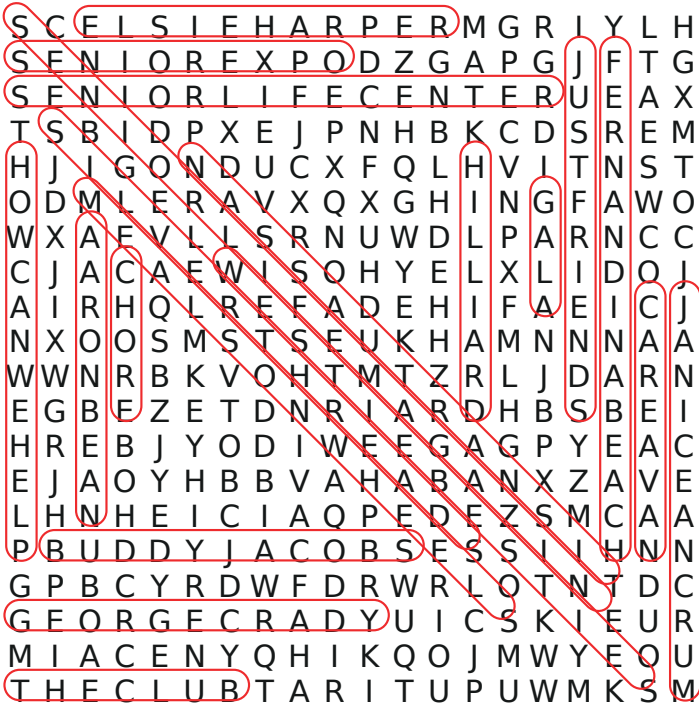




Photo courtesy of Gresham Smith

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