

NASSAU COUNTY COUNCIL ON AGING

Senior Life

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JANUARY - MARCH 2024



Inside:

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Barnabas Center Board of
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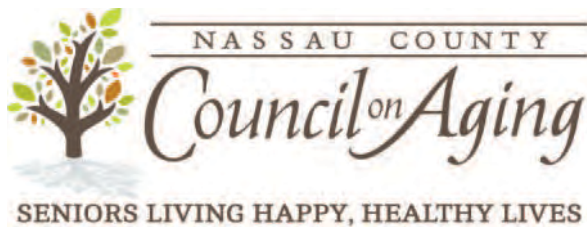
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Janice Ancrum Senior Life Center

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, The Club - Jennifer Gundling,
Emily Kunzelmann

Advocate Home Healthcare - Emily Kunzelmann
Caregiver Services - Emily Kunzelmann, Jennifer Gundling

Case Management - Donna Granieri

CHORE Program - Frances Bartelt

Development - Janice Ancrum

Electric Assistance/Water Assistance - Case Management

Human Resources, Compliance and Facilities - 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

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/M 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 and Sherry Weidenaar

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On the cover:

Graphic design by
Jessi Bryan, NCCOA Marketing & Communications

Message from our President & CEO

Dear Friends:

On February 15, 2024, Nassau County Council on Aging will officially be 50 years YOUNG. As the saying goes, "Time flies when you're having fun." Yes, time has flown since George Crady founded our organization in a tiny office off Centre Street in Fernandina Beach. And yes, there have been many opportunities for fun. There have also been challenges that we've faced head on and became a stronger organization along the way.

In the early days, we focused on Meals on Wheels, transportation through the Care-a-Van and all kinds of assistance with the "How Can We Help?" program. The 1980s continued to pave the way for increased programs and services for a growing number of Nassau County seniors. We opened the Nassau County Multipurpose Senior Center - our first senior life center - on 14th Street. Local legend Joan Bean even taught exercise classes at the center! The Westside Council on Aging hosted the first health fair and offered free classes to seniors.

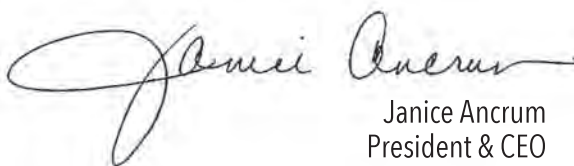
Budget challenges permeated the late 1990s, as Nassau County's 50 to 64 age group (pre-seniors and seniors) became the fastest growing demographic in our area. Due to local, state and federal cutbacks, NCCOA's broader fundraising outreach through Gala-sized events (our first at the Palace Saloon!) and private donations helped seniors remain independent and avoid premature nursing home placement.

The new millennium brought new growth to the county and renewed energy to our mission. The Baptist Nassau campus had hosted our agency since the late 1980s. Once again, the growing Nassau County senior population spurred us to seek larger accommodations. The former Rayonier property became our new home in 2017, and 1901 Island Walk Way now houses a broader menu of programs and services, along with the staff to make them happen. Our Westside Senior Life Center received a much-needed facelift on a larger footprint in Hilliard.

The 2020s represent the current chapter to a story that continues to unfold. We're prepared for any challenge and we'll take on any opportunity that helps local seniors. Over the years, we've successfully weathered hurricanes and tropical storms, rode out a pandemic and pivoted when our seniors required it - at the same time, we kept our fingers on the pulse of our community, helping seniors live happy, healthy lives.

From my very first summer job in 1977 to the CEO position I hold now, I remain motivated and humbled to serve the seniors of Nassau County. Thank you for your continued commitment and generosity.

Here's to the next 50 years!



Janice Ancrum
President & CEO

Plan to join us as we celebrate our golden milestone at the **Salute to Seniors 50th Anniversary Gala on Saturday, January 20 at The Ritz-Carlton, Amelia Island**. For tickets and more information, visit <https://nassaucountycouncilonaging.org/50thannivsalutetoseniorsgala>.



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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. Learn how to adjust to life changes, combat stigma and isolation, and develop a safe social peer group.
- Contacts: Jennifer Gundling, 904-775-5496
jgundling@nassaucountycoa.org
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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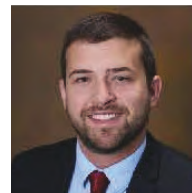
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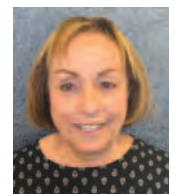
Dr. Orsula V. Knowlton



Keith Meyer



Dr. Pedro L. Tamayo IV



Dr. Barbara Gingham
Past Chair

Term Care (MLTC), pre-qualified state and federal programs. Contact: Emily Kunzelmann, 904-775-5472
ekunzelmann@nassaucountycoa.org

NASSAUTRANSIT

NassauTRANSIT offers paratransit service, including a flexible Monday-Friday schedule. Also, Saturday paratransit service is now available on Amelia Island. Registered paratransit is available to all qualifying county residents and provides curb-to-curb service for medical appointments, social engagements, recreation, shopping, etc. In addition, NassauTRANSIT offers on-demand public transportation anywhere on Amelia Island, Monday through Saturday (excluding holidays). 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
<http://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 50 Years Young!

BY LIZ DUNN, NCCOA Marketing & Communications

Five decades of serving Nassau County seniors...diverse programs and services, challenge and opportunities, celebrations and milestones...we've experienced them all, and continue to have an impact today and beyond. Read about the many highlights of our 50-year history, as well as how we're preparing for the next 50...

Our Past

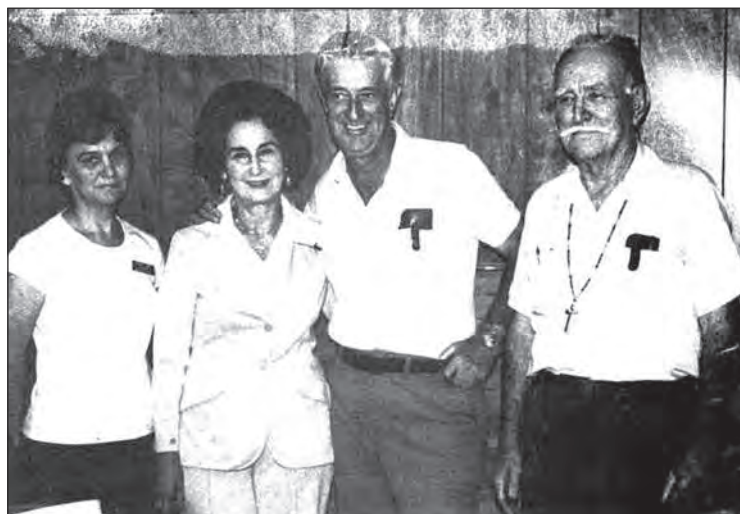
From humble beginnings in 1974, Nassau County Council on Aging has grown to be the premier provider of programs and services to seniors in Nassau County. Many local figures played a part in our past, and figure prominently in our present; no doubt there will be others in our future.

George Crady had run for the Florida House of Representatives in 1970 and again in 1972, for the 12th District (Nassau, Baker, Union and Duval counties). While he did not win, his name was gaining widespread recognition. Several representatives of the federal government called George to ask if he would be interested in starting a service organization for the elderly. He agreed and called a meeting with other interested parties. **Edgar Lindsey** and **Elsie Harper** volunteered to become advocates for the elderly, offering their time and service.

The organization was named the "Council On Aging (COA)," and the community pulled together to support the fledgling group. The Council elected George as its chair, and **Buddy Jacobs**, a local attorney, provided pro bono services and filed for exemption and nonprofit status. (As "payment," he received lemon meringue pies on a regular basis.) The COA began to acquire donations to fund operations, and started a pick-up and delivery service to take the elderly to the doctor or shopping.

Elaine Steere served as the first director. She started answering the telephone with, "How can we help?" and thus named another Council-provided service. The third year found the organization delivering meals (Meals On Wheels), with a van called the Care-o-Van.

In 1977, George was elected to the Florida House of Representatives, and worked to acquire a more permanent location for COA. A building across from Baptist Nassau became home for more than 30 years, until we relocated in 2018 to the former Rayonier facility at 1901 Island Walk Way.



1970s: Jim Libby (center right), early president of NCCOA.

We're Going Your Way!

Fernandina Shoppers' Shuttle
is starting a 25¢ ride to the major shopping areas. CARE-A-VAN, operated by the Nassau County Council on Aging, Inc., is providing service for anyone who needs a ride to go shopping. This service will operate on a fixed route every Thursday morning, yet will be flexible for home pick-up and drop-off. Just call ahead for a reservation!

261-0700

FOR MORE INFORMATION, CALL

1980s: Care-A-Van ad, News-Leader.

1970s: A Great Start for our Seniors

- The Council on Aging of Nassau County is officially launched in 1974
- *Silver Threads* is a regular newspaper article by NCCOA
- The Hilliard branch moves into a larger office space
- Two station wagons are donated to provide transportation for seniors
- "How Can We Help?" is a popular program where seniors receive help with everyday items, such as toiletries and paper goods
- Meals on Wheels begins feeding Nassau County residents in 1978

1980s: We're Going Your Way!

- NCCOA opens the Nassau County Multipurpose Senior Center in Fernandina Beach
- Meals on Wheels relocates from the First Missionary Baptist Church to the Yulee County Building
- Seniors enjoy "field trips" to Jacksonville and St. Augustine
- "Care-A-Van" begins providing rides to major shopping areas
- Free classes are offered for seniors at the Westside Senior Life Center in Hilliard

1990s: Senior Population Growth, Budget Challenges

- Council on Aging starts Alzheimer's support group for "caretakers"
- *Senior Sentinel* newsletter published
- Decade is marked with new federal regulations for nonprofit agencies—including the Council on Aging—for home care, home-delivered meals and transportation
- Westside Senior Center is hit hard with budget challenges and avoids closure through community and staff generosity

2000s: New Millennium Brings New Growth

- NCCOA relocates to Community Senior Center building across from Baptist Nassau
- Adult Day HealthCare for clients and caregivers is offered in Fernandina Beach

Continued on page 10



1990s: Hilliard Flashes Girls Basketball Team serves Thanksgiving dinner to seniors.



2000s: NCCOA's home on Baptist Nassau's campus.



2010s: NCCOA Board members celebrate our new home at 1901 Island Walk Way, including (from left) Geoff Clear, Barbara Gingham, Executive Director Janice Ancrum, Steve Sell and Rick Keffer.

- Care-a-Van program adds multiple new vans to its fleet
- Circle of Friends continues "How Can We Help?" services
- Telephone Reassurance Program begins
- First CoA Gala at Palace Saloon raises record funds

2010s: Hometown Leader Takes Charge

- Current NCCOA President & CEO Janice Ancrum is named to lead the organization in 2012
- NassauTRANSIT bus system established; Island Hopper begins service
- In search of our new home, NCCOA purchases Rayonier facility at 1901 Island Walk Way; sustains extensive damage during Hurricane Irma
- COA partners with Soup Train to supplement Meals on Wheels; MOW for Pets begins
- In-Home Service Program, precursor to Advocate Home Healthcare, helps seniors remain at home

2020s: Pandemic, Pavilion, Purpose

- COVID-19 pandemic results in NCCOA facility shutdown, boots-on-the-ground services and virtual programming
- Westside Senior Life Center in Hilliard reopens following renovation
- The Club expands offerings with proven therapies, new programming and caregiver services
- Agency breaks ground for Berkman Pavilion & Memorial Garden
- NCCOA President & CEO Janice Ancrum marks 10-year anniversary milestone; Fernandina Beach Senior Life Center renamed in her honor
- NCCOA celebrates 50 years of serving Nassau County seniors



2020s: Fernandina Beach Senior Life Center

Today

NCCOA's 50th anniversary is the culmination of the programs that have bettered the lives of our seniors, as well as the people who have delivered them. In the 2020s, our agency is able to help ensure seniors (and their pets) have nutritious meals, are able to "age in place" in their own homes, receive professional home health care, enhance their

quality of life through The Club and come to our Senior Life Centers to participate in a wide array of activities and classes for adults of all ages. Health, nutrition, wellness, education and socialization...and much more. Nassau County Council on Aging has it all for you!

Our Future: The Next 50 Years 2020s and beyond

More than 400 years ago, William Shakespeare used the words, "What's past is prologue" in his play, *The Tempest*. In the play, it is suggested that everything that has taken place in the past is preparation for the opportunities to come. If NCCOA's past is our prologue, then the future is very bright indeed.

According to the National Institutes of Health (NIH), the number of people over 65 years old will grow to comprise about 20% of the U.S. population by 2030. The number of long-term care beds is also expected to grow by about 50% over these years, but not by nearly enough to accommodate the population growth in this demographic. Of course, most seniors prefer to age in place which sets the stage for tremendous growth and opportunity for home health, accessible homes, food and medication delivery, and telehealth services.

Nassau County is no different. The growth rate for our senior population has been steadily increasing since the 1970s. Today, seniors comprise close to 30% of the population. Over the next 12 years (through 2035), the University of Florida's Bureau of Economic and Business Research predicts Nassau will be the seventh fastest growing county in the State of Florida with a projected population expansion of 44.6%, resulting in 138,500+ people calling Nassau home. A growing percentage of our county's population will be 60+.

Nassau County Senior Population Growth		
Year	Total Population	Senior Demographic
1979	32,600	3,000 - 9%
1989	42,983	4,302 - 10%
1999	56,876	7,118 - 12%
2009	70,677	11,469 - 16%
2019	88,583	20,098 - 23%
2023	95,464	27,000 - 28%

Consequently, elder care is top of mind. We are living longer, putting more pressure on elder care resources and the current healthcare models. We are seeing a growing shortage of trained, skilled elder care workers; competition for these workers is fierce. Healthcare pro-



2020s: Westside Senior Life Center, Hilliard.

fessionals skilled in care for the elderly are in great demand. Baby Boomers are creating new requirements for care, with expectations of wraparound programs and services. They are also increasingly involved as caregivers for their own parents.

As the Boomer generation ages, it shuns concepts such as retirement and nursing homes. Instead of waiting for a calamity to cause action, as many do today, they are more likely to be proactive in creating a life care plan for the entire spectrum of elder living. Retirement communities are on the rise, providing a one-stop shopping approach to living in our golden years.

So, where does NCCOA fit into this new reality? In addition to staying informed about the evolving needs and expectations of our seniors, five areas will continue to be foundational to our mission:

- Aging in Place – Being the thought leader and “go-to” resource for seniors whose goal is to live independently
- Home Health – Ensuring hands-on support for our seniors’ activities of daily living
- Wellness – Offering a strategic menu of classes, activities and programs that stimulate healthy minds and bodies
- Caregiver Resources – Providing support systems, education and outreach opportunities
- Technology – Answering the need of the increasing numbers of elder consumers of hi-tech devices and systems

While these focal areas may morph with the times, one thing is certain: NCCOA's mission of helping seniors live happy, healthy lives will remain the same. You can count on it.

Sources: Nassau County, FL Government, Florida Department of Elder Affairs, National Institutes of Health

Lifelong Learning



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

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

Questions? Contact NCCOA at 904-261-0701.



Arts, Crafts & Hobbies

*Supplies listed online-MyActiveCenter.com

Crocheting Circle:

All Levels - Free

Every Tue • 10 - 11:30 am

Crafts with a Purpose - Free

Linda Seng-Mills

Tue - Jan 16, Feb 20, Mar 19
10 - 11 am

Drawing from Observation - Beginning (Series of 6)

Ann Freeman

Tue - Jan 16, 23, 30 Feb 6, 13, 20
11 am - 1 pm

Drawing from Observation - Advanced (Series of 6)

Ann Freeman

Tue - Jan 16, 23, 30 Feb 6, 13, 20
1:15 - 3:15 pm

Candy Cane Valentines - Free

Mona Tice, Volunteer Crafter

Tue - Feb 6 • 10 - 11 am

Spring Wreaths - Free

Mona Tice, Volunteer Crafter

Tue - Mar 12 • 10 - 11 am

Jeopardy - Free

Fernandina Beach Fire Department

Thu - Feb 15 • 10 - 11 am

Casual Knitting - Beginners

Welcome - Free

Marcia Foshee Duffy

Every Thu • 1 - 3 pm

Calligraphy

Leeanne Saylor,

Saylor Accounting and Tax

Every Fri • 1 - 2 pm

Painting

Leeanne Saylor,

Saylor Accounting and Tax

Every Fri • 2:30 - 4:30 pm



Cards & Games

Rummikub Instruction

Available - Easy to Learn

Janet Chatfield & Dootsie Krenach

Every Mon • 3 - 4 pm

Monopoly Auction - Free

Sabrena Bua, Medicare

Representative

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 - Hand, Knee, Foot & Toe

Open Play & Instruction

Debbie Price

Every Fri • 9:30 am - 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

Apple iPhone/iPad

Marc Williams

Mon-Tue-Wed - Jan 22, 23, 24

8:30 - 10:30 am

Apple Macintosh

Marc Williams

Mon-Tue-Wed - Feb 5, 6, 7

8:30 - 10:30 am

Apple iPhone/iPad

Marc Williams

Mon-Tue-Wed - Mar 4, 5, 6

8:30 - 10:30 am

Computer/Mobile Device Security Workshop

Dave Wilson, Island Consulting

Thu - Feb 22 • 1 - 4 pm



Finance

How to Avoid Financial Fraud - Free

Ryan Terrell

Terrell Accounting Services

Thur - Jan 18 • 10 - 11 am

Planning for the Future Including Senior Living Options

Nancy Cerra, Realtor,

Keller Williams Realty

Thu - Feb 8 • 1 - 2 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

Beginning Ballet

Laura Giordano

Every Mon • 10:30 - 11:15 am

Standing Yoga

Mary Bleck

Every Mon • 11:30 am - 12:30 pm

Lifelong Learning

Floor Pilates

Tina LaVacca
Every Mon • 11:45 am - 12:30 pm

Floor Yoga & Stretch

Tina LaVacca
Every Mon • 1 - 2 pm

Tap Dancing - (Series of 8)

Maggie Comey
Every Mon • 12:45 - 1:45 pm

Resistance Training

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

Basic Beginner Line Dancing

Kathy Ball
Every 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

Zumba Gold - American Beach

Stacey "Sparkle" Vinson
Every Tue • 3 - 4 pm
American Beach Community Center

Stretch & Balance - Advanced

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

Weight Training & Toning

Janice Clarkson
Every Wed • 9:45 - 10:45 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

Mat & Core Class - All Levels

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

Happy Hoopers

Laura Giordano, Heidi Freilich,
Judy Desroches
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

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 Asian Cities

Alwynne Lamp
Wed - Jan 31 • 1:30 - 3 pm

Armchair Travel - Free

Nancy Cerra, Realtor, Keller Williams
Thu - Jan 4, Feb 1, Mar 7 • 9 - 10 am



Language/Literature

Writer's Workshop

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

Sign Language - (Series of 11)

Lynn Freeman
Thu - Jan 18 - Mar 28 • 10 - 11 am

Memories - How We Collect, Share and Enjoy Them

Cara Curtin, Novelist & Columnist
Thu - Jan 25, Feb 1, 8, 15
3:30 - 4:30 pm



Music

Elvis Music with Lane - Free

Lane Mashburn, Amelia Auto Mart
Mon - Jan 29, Feb 5, Mar 4, 18
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

Valentine's Day Musical Performance - Free

Courtney Russell and
Sophia Rose Loveday,
Local Actresses
Fri - Feb 9 • 9 - 10 am



Other Opportunities

Senior Self-Defense

Tom Gagne and John Cipriani
Fri - Feb 2 and Feb 16
2:30 - 3:30 pm

Retired - What Now - Ikigai

Gene Freund, Scott Moser
Tue - Feb 13 • 2:30 - 3:30 pm

The Magic Bean Magic Show - Free

Steve Bean
Wed - Feb 14 • 9 - 9:30 am

Lifelong Learning

Don't Worry Be Happy

Kim Matthews

Every Thu – 10:30 - 11:30 am



Multi-Generational Classes

Dance/Drama – Multi-Generational - After School

Juliana Baxter, Artistic Director of International Dance & Drama
Every Wed – 3:30 - 4:30 pm

Amelia Strings Learning Orchestra – Ages 11 +

Dr. Nina Knight, Exec Director, Amelia Island Chamber Music Festival

Every Wed – Jan 17 - May 15 (except Mar 13) • 3:30 - 4:45 pm



Photography

Photography Series with Buddy Price

Camera: What are the Buttons and Knobs For?

Tue – Jan 9 • 3:30 - 4:30 pm

The Lens – How Do I Know Which One to Use?

Thu – Jan 11 • 3:30 - 4:30 pm

Other Gear to Make Photography Easier

Tue – Jan 16 • 3:30 - 4:30 pm

Focusing Like a Pro

Thu – Jan 18 • 3:30 - 4:30 pm

Essentials of Exposure 1

Tue – Jan 23 • 3:30 - 4:30 pm

Essentials of Exposure 2

Thu – Jan 25 • 3:30 - 4:30 pm

Exposure Modes – Going Beyond Auto

Tue – Jan 30 • 3:30 - 4:30 pm

Elements of Composition

Thu – Feb 1 • 3:30 - 4:30 pm

Exploring Light – It's all about the Light

Tue – Feb 6 • 3:30 - 4:30 pm

You Took the Picture – Now What?

Thu – Feb 8 • 3:30 - 4:30 pm



Policy & Government

City Manager Ty Ross – What is on Your Mind?

Fri – Jan 12 • 9:30 - 10:30 am

Mayor Bradley Bean – What is on Your Mind?

Fri – Feb 9 • 9:30 - 10:30 am



Great Decisions

Mideast Realignment

Robert Weintraub

Tue – Jan 23 • 3 - 4:30 pm

Climate Technology and Competition

Richard Scribner

Tue – Jan 30 • 3 - 4:30 pm

Science Across Borders

Paul Pierson

Tue – Feb 6 • 3 - 4:30 pm

U.S. China Trade Rivalry

Mark Ericson

Tue – Feb 13 • 3 - 4:30 pm

NATO's Future

Tom Smith

Tue – Feb 20 • 3 - 4:30 pm

Understanding Indonesia

Robert Weintraub

Tue – Feb 27 • 3 - 4:30 pm

High Seas Treaty

Greg Doyle

Tue – Mar 5 • 3 - 4:30 pm

Pandemic Preparedness

Jackie Dorst

Tue – Mar 12 • 3 - 4:30 pm



Wellness

Remember When

Fernandina Beach Fire Department

Tue – Jan 9 • 10 - 11 am

Bystander CPR

Jim Bollenbacher

Wed – Jan 10, Mar 13 • 10 am - 12 pm

Identifying and Managing Diabetes

Casey Hemphill, Registered and Licensed Dietitian

Wed – Jan 10 • 9 - 10 am

Tapping Meditation – Tapping Cafe

Dr. Jean Kerry

Every Thu • 1 - 2 pm

Tapping Meditation – Fear and Worry to Peace

Dr. Jean Kerry

Thu – Feb 23 • 3:30 - 4:30 pm

Health Series: Heart Health

Sponsored by Millennium Physician Group

Understanding Your Heart

Holly Hamilton, MD

Millennium Physician Group

Thu – Jan 4 • 2 - 3 pm

Blood Pressure Check • 3 - 3:15 pm

Elizabeth Bandyk, MSN, RN, CMC
CURA Care Management

Fitness-What's Smart for Your Heart

Jessie Hoyt, PA,

Millennium Physician Group

Thu – Jan 11 • 2 - 3 pm

Barre Demonstration • 3 - 3:15 pm

Elizabeth Bandyk, MSN, RN, CMC
CURA Care Management

Stay Healthy/Eat Smart

Beth Verlinde, RDN

Thu – Jan 18 • 2 - 3 pm

Wellness and Prevention

Christopher Scuderi, DO

Millennium Physician Group

Thur – Jan 25 • 2 - 3 pm

AFIB/The Impact of Stress

Yazan Khatib, MD,

President, First Coast

Cardiovascular Institute

Thu – Feb 1 • 2 - 3 pm

Valentine's Painting Party

Michelle McCormick,

Millennium Physician Group

Thu – Feb 8 • 2 - 3 pm

Lifelong Learning

Hands-on CPR

Jim Bollenbacher
Thu – Feb 15 • 2 - 3 pm

Health Series: Brain Health

Sponsored by Millennium
Physician Group

Living to 100

Christopher Scuderi, DO
Thu – Feb 22 • 2 - 3 pm

Memory Forgetfulness and Aging-What's Normal and What's Not?

Marc Case, DC, DACNB,
Case Chiropractic Neurology Center, St. Marys, GA
Thu – Feb 29 • 2 - 3 pm

Brain Health and Testing

Presenter TBA
Thu – Mar 7 • 2 - 3 pm

Music/Dance and the Brain

Barbara Bruce, Aging Well Facilitator
Thu – Mar 14 • 2 - 3 pm

Exercising our Mind/Habits of Highly Successful Brains

Meg McAlpine, Family and Consumer Science Agent,
University of Florida, Extension Office
Thu – Mar 21 • 2 - 3 pm

Ways to Combat Memory Disorders

Cari Eyre, Dementia Director,
FL Department of Elder Affairs
Thu – Mar 28 • 2 - 3 pm

Cooking with April

April Blue Moseley, Samadhi Foods
Loaded with Goodness Oatmeal Bowl

Fri – Jan 5 • 9 - 10 am

Sweetheart Pudding Pops

Fri – Feb 2 • 9 - 10 am

St. Patrick's Day Marinated Green Kale Salad

Fri – Mar 1 • 9 - 10 am

Honoring Choices

Cindy Newman
3rd Fri – Jan 19, Feb 16, Mar 15,
Apr 19 • 1 - 3 pm

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Nassau County Council on Aging

November 19, 2012 · 🌐

...

COA Welcomes its new Executive Director

“Janice Ancrum, a Fernandina Beach native, has been named as the new Executive Director of the Council on Aging of Nassau County,” said Fran Shea, Board President. Ms. Ancrum has 30 years of combined Government and Non Profit experience. A graduate of Fernandina Beach High School and the University of Florida, Ms. Ancrum was most recently the Chief of Operations at Community Connections of Jacksonville, where she created and managed programs and budgets for the past 16 years. During her tenure at Community Connections, she managed up to 20 programs simultaneously for the nearly \$7 million agency. “Under the phenomenal leadership of Pat Hannan, I was able to negotiate contracts, train staff, balance budgets, and always be a part of the decision-making process. It was a great experience.”

Of the many programs she has started over the years, several included initiatives for Senior Citizens, particularly, “Seniors on the Move,” which involved a partnership with the University of North Florida’s Nursing students to work regularly with the Senior Citizens in a Wellness and Fitness program. Ms. Ancrum brings a wealth of experience in grants management, program compliance, and collaborations with various community partners and agencies to promote the upward mobility and well being of others. She has managed a staff of 120 in 12 remote locations.

“My first goal is to strategize with the Board and staff to take the necessary steps to move the agency forward. I will certainly build upon the fine work done by my predecessor. We will also look for ways to diversify funding sources, while continuing the excellent services presently being provided by the current staff.”

Ms. Ancrum looks forward to working with the City, County officials, and others to do what it takes to move all services to the north 14th Street location. Over the years, Ms. Ancrum has had hundreds of hours of Leadership Training, most recently, Emerging Leaders Training, a year long course sponsored by Bank of America’s Neighborhood Partnership Initiative, where she was selected to participate along with others across the country. Some of her community involvement includes United Way, Girl Scouts of America, Hospice, YMCA, and most recently, Barnabas Center Board of Directors.

“It’s important that the senior citizens have a great quality of life and are provided the services necessary for them to live as independently and as healthy as possible. I am excited about this great opportunity to work with everyone to make life better for others. This is a wonderful community. I know that together we can create the synergy to move the agency to the next level.”





Benefits include:

- See the difference you're making today.
- Pay no income taxes on the gift. The transfer doesn't generate taxable income or a tax deduction.

You can also magnify your impact after your lifetime by naming NCCOA or another nonprofit as a beneficiary of your retirement account. This is a great option for extending support from your IRA beyond your lifetime. It costs you nothing today.

An IRA is an appealing way to save for retirement: Make a contribution and enjoy tax savings. But eventually, the tax bill comes due—when you take your annual distributions and again when you leave your assets to heirs.

As we enter our yearlong celebration of Nassau County Council on Aging's 50th anniversary in 2024, your own milestones may have you thinking of your income and taxes. If you're 70½ or older, you can make a tax-free gift (up to \$100,000 in 2023) rolling over a portion of a required minimum distribution from an IRA.

If you want to avoid the tax bite and make an impact on your favorite nonprofit organization(s), consider a gift through an IRA rollover.

An example of how this would work with a gift to NCCOA:

1. Contact your IRA administrator for a change-of-beneficiary form, or simply download a form from your provider's web site.
2. Name us and the gift percentage on the form.
3. Let us know about your plans so we can thank you.

Whether you make your impact to your favorite charity today or after your lifetime, your gift matters. For a gift to Nassau County Council on Aging, please contact us at 904-261-0701 to discuss your plans.



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Resolution Solutions

10 Ways to Keep Your New Year's Promises



Chances are you made a resolution or two to start the year off in the right direction. But if you're like most people, your resolve may not hold up.

According to *U.S. News & World Report*, the failure rate for New Year's resolutions is about 80%, with most people falling off the wagon by February.

Resolutions usually focus on healthy habits – vowing to eat better, lose weight, exercise, limit alcohol, or quit smoking are the most common. Yet year after year, many of us find ourselves starting all over again.

Why is it so Hard to Keep New Year's Resolutions?

"By definition, a 'resolution' is an all-or-nothing proposition," said Stefanie Schwartz, PhD, a psychologist with Baptist Behavioral Health. "Either you do something or you don't."

Dr. Schwartz suggests setting small, attainable goals rather than making large pass-fail resolutions.

"For example, instead of resolving to exercise more, make a goal that's specific, like exercising for 30 minutes three times a week," she said. "Trying to change habits and behavior is hard for everyone. Change is a process – you can't just flip a switch. Rather than thinking of it as something you must do every day, look at it as making measurable progress toward your goal."

Here are 10 Resolution Solutions from Dr. Schwartz to help make it your year:

1. Be "SMART." Make your goal Specific, Measurable, Attainable, Relevant and Time-based. Rather than a vague goal, like "eat healthier," use the SMART method to create a more definable and measurable goal.

2. Set yourself up for success. Small behavioral changes can yield big results. If your goal is to exercise more, put your gym shoes and clothes where you will see them. If your goal is to eat better, place healthy snacks where you will see them first – on the first row of the fridge or at the front of the cabinet. Put unhealthy snacks out of reach so it's harder to get to them.

3. Make a plan. Some people find writing out a course of action to be motivating. Break your goal down into bite-sized pieces that don't seem daunting. For instance, first buy new running shoes, then walk/run for 10 minutes, increase it to 15 minutes, and so on.

4. Give yourself some grace. Setbacks happen. Remember, it's not all or nothing. You can still get back on course even if you didn't stick to your plan for a day or two. Don't beat yourself up.

5. Grab a friend. Don't tough it out on your own – get an accountability partner to go with you on a run or walk.

6. Celebrate success milestones, big or small. By tracking your goals, you can see your incremental progress along the way. Maybe you aren't where you want to be yet, but you've already made great progress. No victory is too small to rejoice in!

7. Have a contingency plan. Things will come up. It will rain, your kid will get sick, or you may have to work late. Have an alternate plan in place – if you can't make it to the gym, try a YouTube workout or a virtual workout. (The First Coast Y has a myriad of virtual classes you can do from home.)

8. Take advantage of technology to keep you on track. There are a wealth of phone apps to help you succeed in everything from smoking cessation to limiting alcohol. Schedule your workouts on your phone calendar so you'll be reminded of your commitment, or set your alarm when it's time to go for a walk.

9. Find your motivation. Consider why you're making a change. If the reason is to please your partner or follow your doctor's advice, you're less likely to succeed than if you're doing it for yourself. So, make the reason about you: "I am quitting smoking so I can live a longer and healthier life," rather than, "I am quitting because my wife can't stand the smell of smoke."

10. Consider the timing. There's nothing magic about January 1. You can start a new healthy habit or set new goals when the time is right for you.

Beth Stambaugh

Article Date: January 18, 2021

<https://www.baptistjax.com/juice/stories/wellness/resolution-solutions>

Happy New Year!

X P A R A D E N E W Y E A R S
 Y V S L Z Y G W K R L P L L H
 J Y K P A Y Y Z Z C H E E R S
 T Q N J A N U A R Y P H P F M
 I C I C K H K P C N B W S H I
 M O F L C H A M P A G N E J D
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 R N K N O I S E M A K E R H W
 E Q S N I T P K O M F F Y Q K
 E J J H O R N S I N Z K I S T

- Times Square
- Resolutions
- Champagne
- Prosperous
- Noisemaker
- Countdown
- Fireworks
- Celebrate
- Ball Drop
- Parade
- January
- Cheers
- Horns
- Midnight
- New Year's
- Confetti
- Clock
- Kiss



SOLUTION ON PAGE 23



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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.

Happy New Year!

SOLUTION FROM PUZZLE ON PAGE 21

X	P	A	R	A	D	E	N	E	W	Y	E	A	R	S
Y	V	S	L	Z	Y	G	W	K	R	L	P	L	L	H
J	Y	K	P	A	Y	Y	Z	Z	C	H	E	E	R	S
T	O	N	J	A	N	U	A	R	Y	P	H	P	F	M
I	C	I	C	K	H	K	P	C	N	B	W	S	H	I
M	O	F	L	C	H	A	M	P	A	G	N	E	J	D
E	U	I	O	W	C	E	L	E	B	R	A	T	E	N
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R	N	K	N	O	I	S	E	M	A	K	E	R	H	W
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E	J	J	H	O	R	N	S	I	N	Z	K	I	S	T

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