

NASSAU COUNTY COUNCIL ON AGING

Senior Life

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David Berkman's Legacy Lives On



David Berkman
February 5, 1931 - September 3, 2021

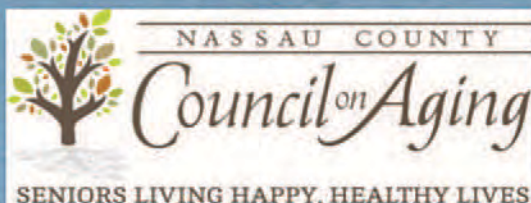
Berkman Pavilion & Memorial Garden

In honor of David Berkman
and his rich legacy of
community, compassion and caring.

Dedicated February 5, 2024
Janice Anselmi Senior Life Center
Forsyth Beach, FL

Berkman Pavilion & Memorial Garden Is Dedicated

APRIL - JUNE 2024



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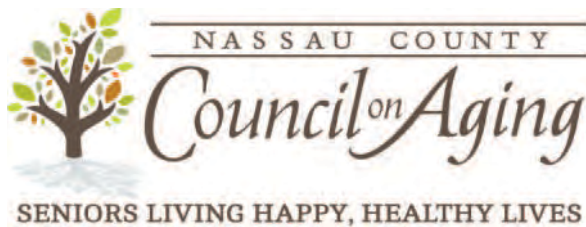


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Janice Ancrum Senior Life Center

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 - Kerrie Slattery

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/Meal Programs - Frances Nobles

Activities - Melissa Snead

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Facebook: NassauTRANSIT

Website: www.nassautransit.org

Contacts: Julie Cherney and Sherry Weidenaar

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On the cover:

Photography by Stan Cottle, Cottle Communications

Graphic design by

Jessi Bryan, NCCOA Marketing & Communications

Message from our President & CEO

Dear Friends:

The Berkman Pavilion & Memorial Garden is finally here and what a sight it is to behold!

More than 8 years ago, I thought that a beautifully developed outdoor space would fit perfectly on our property at 1901 Island Walk Way. Well, through the generosity of the Berkman Family and the hard work of now-U.S. Congressman Aaron Bean through the state legislature, that dream is a reality.

Close to 100 people were on hand – including David's beloved wife Betty, children Sherry Berkman Jennings and Steven Berkman, grandchildren and great-grandchildren – as we dedicated the new addition on February 5, David Berkman's birthday. A man of great character and an inspiration to many, David passed away in 2021 after a hard-fought battle with lung cancer. Through Betty's love for her husband and generosity of spirit, she is ensuring that his legacy continues.

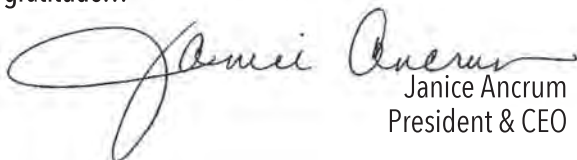
To be honest, the Berkman Pavilion & Memorial Garden surpassed my greatest expectation. The pavilion is the centerpiece of the memorial garden area, featuring a combination of modern and classic architecture. The ceiling is inlaid wood, accented with rope lighting. Three fountains keep water circulating in the pond. The venue is ADA-compliant, with three accessible restrooms. Mature trees, flowering plants, bushes and grasses surround the pavilion, with "Betty's Rose Garden" blooming near an entrance. A beautiful outdoor space for our seniors and the community!

We have unending gratitude to so many people and organizations for their dedication to this special project. First and foremost, Betty Berkman and Congressman Bean. In so many ways, they are the foundation of this beautiful greenspace and we will be forever in their debt.

I'd like to extend our thanks and appreciation to several other key players...

- Former Board Chairs Geoff Clear and Ken Saitow supported the project from Day 1
- Then-Development Director Wallace Bennett gathered a team of landscape architects to envision the pavilion and garden
- Former City Manager Dale Martin worked with us on permitting
- Cotner Associates Inc. created greenscape plans
- Robbins Design Studio architects designed the pavilion space
- ShayCore's Steve Wetherell and his team served as general contractor
- Board member Tim Eberle worked as project manager from start to finish
- Human Resources, Compliance & Facilities Director Don Harley and his team coordinated the project and now manage the space

As with so many important projects, it takes a team of dedicated and enthusiastic individuals to bring us over the finish line. With unending gratitude...


Janice Ancrum
President & CEO



Thank You

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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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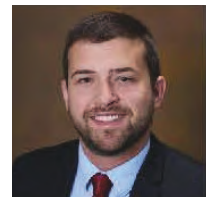
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Note: Secretary to be appointed at a later date.

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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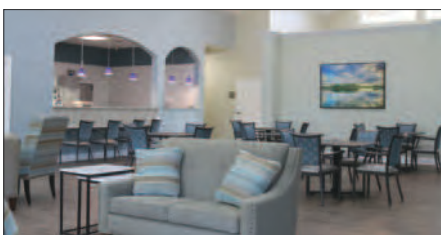
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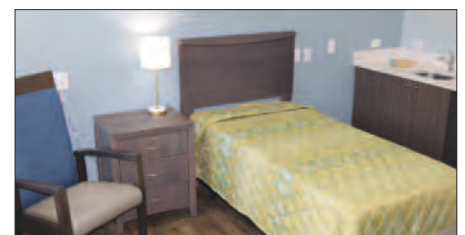
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Living Legacy...

Berkman Pavilion & Memorial Garden



STAN COTTLE, COTTLE COMMUNICATIONS

NCCOA President & CEO Janice Ancrum welcomes the overflow crowd to the dedication of the Berkman Pavilion & Memorial Garden, February 5. The date is also David Berkman's birthday. "As we celebrate the birthday of our beloved David Berkman, let us reflect on this man of great character, an inspiration to many," Janice said.

By Liz Dunn, Marketing & Communications

The idea for the Berkman Pavilion & Memorial Garden first came to NCCOA President & CEO Janice Ancrum in 2016. "As I looked out the back of our newly purchased facility at 1901 Island Walk Way, I could visualize very clearly an outdoor space dedicated to our seniors," Janice said. "Of course, at the same time, I could also envision a venue to fundraise for our senior population in Nassau County."

Today, the Berkman Pavilion & Memorial Garden is both.

"What a sight to behold... the Berkman Pavilion & Memorial Garden is finally here," Janice said during the dedication ceremony on February 5, which also happens to be David Berkman's birthday. "Dreams do come true!"

Named after David Berkman, a very successful local businessman and philanthropist who passed away in late 2021, Betty, his widow, has carried out his legacy ever since.



STAN COTTLE, COTTLE COMMUNICATIONS

A bronze plaque in memory of David Berkman welcomes people at both entrances of the memorial park. It reads, "In honor of David Berkman and his rich legacy of community, compassion and caring."

"David inspired so many people," Betty said. "His generosity extended to many, young and old, as a way to show that someone cares." She has kept all generations in their collective hearts since her husband lost his 10-year battle with lung cancer, after being married for 68 years.

The idea for the Berkman Pavilion & Memorial Garden gathered steam during the pandemic in 2020, when seniors needed more outdoor space to safely congregate due to social distancing guidelines.

"The timing was perfect to turn the idea into a reality," Janice said. "To complement the pavilion, Betty discussed creating a memorial park to honor David Berkman's great legacy."

Then-Development Director Wallace Bennett called in local landscape architects. Before we knew it, Cotner Associates Inc. submitted green-scape plans and ShayCore LLC was on board to lead the construction as GM; Robbins Design Studio architects designed the pavilion space. At the same time, then-State Senator and now U.S. Congressman Aaron Bean worked through the Florida legislature to bring home dollars for the outdoor pavilion within the memorial park. (The grant also included funding for safety and efficiency improvements at 1901 Island Walk Way.)

Consequently, through the generosity of Betty Berkman and designated appropriations from the state, we broke ground for the pavilion and garden in October 2022. Board member Tim Eberle managed the project from start to finish. The entire project, which came in on time and on budget, is an impressive undertaking by the combined efforts of state and local interests.

Studies have proven that seniors who spend time outdoors may experience both physical and psychological benefits. Specifically, green space helps eliminate fatigue, enhance relationships and diminish a sense of isolation, and fight depression and anxiety.

"While the pavilion and gardens provide green space for the health and wellness of our seniors, it is also an event venue for rental to generate income for NCCOA's many programs and services," Janice said. "We have a beautiful and functional option for local celebrations, retreats, workshops, birthday parties and so on...virtually any type of event you can imagine."

The pavilion is the centerpiece of the memorial garden area. At 1,200 square feet, the ADA-accessible pavilion features modern architecture with a nostalgic flair. An inlaid wood ceiling houses lighting, speakers and Wi-Fi; an audio system is incorporated in the structure. Overlooking the water feature, complete with three fountains, the pavilion can seat 120 guests theatre-style and 60 guests at round banquet tables; high tops are also available. Three ADA-accessible restrooms



STAN COTTLE, COTTLE COMMUNICATIONS

The centerpiece of the memorial garden, the pavilion features modern architecture with a classic feel. Overlooking the water feature, complete with three fountains, the pavilion will host a variety of events for the community.



STAN COTTLE, COTTLE COMMUNICATIONS

Betty Berkman (center) closed the dedication with a few words for her husband of 68 years. "David was the most loving, kind, generous and caring person I've ever known," Betty said. "His commitment to give back and make life better for others lives on."

and concrete pads for set-up are included. A bronze sign in memory of David Berkman welcomes you at both entrances. More than 20 varieties of mature trees, flowering plants, bushes and grasses dot the landscape; "Betty's Rose Garden" brightens a nearby bed, providing a classy touch to any festivity. Picnic areas, benches and a viewing platform provide space to relax and reflect; bishops crook lamp posts light the walkway during evening events.

"The Berkman Pavilion and Memorial Garden provides a place of connection, calm and healthy outdoor activity for our seniors, as well as a venue to support our programs and services," Janice said. "To Betty and her family, thank you for entrusting this special project – in honor of David Berkman's legacy – to Nassau County Council on Aging."

For additional information on renting the Berkman Pavilion & Memorial Garden, contact Don Harley, HR, Compliance & Facilities Director, at 904-775-5485.

The Berkman Legacy Continues

By Liz Dunn, Marketing & Communications

Spending time with Betty Berkman is like being at the crossroads of Kindness and Generosity. Betty is no stranger to making the world a better place as she continues the special legacy which began during her marriage to David Berkman.

David and Betty Berkman were married for 68 years, until he passed away in 2021. A 10-year battle with lung cancer was finally lost, but not before countless lives were changed for the better. Through Betty, that kindness and generosity continues.

“My Way”

David’s favorite song, Elvis Presley’s version of “My Way,” is an apt description of his rich life.

“When we were first married, we didn’t have much... just enough to get by, really,” Betty explained. “We saved what I made and eventually David decided to buy a small piece of property. That was the start of a successful career that he was determined to do his way.”

While he had a head for business, he was constantly balancing risks and sure things. “David always had his eye on the future, but he didn’t take big risks,” she said. “Our family was the priority and he always wanted to be able to support us.”

David had a talent for identifying development-rich areas. He was one of the first to see the potential in Kingsland, GA, as well as several Atlanta suburbs. His development blueprints almost always yielded fruitful business areas and up-and-coming neighborhoods.

But that didn’t prevent him from helping others as he became more and more successful. He spent his time growing the business and at the same time figuring out ways to help friends, neighbors, anyone who was in need. “Making a difference to many people made him feel good,” Betty added.

David always said he would never retire; and he never did. “Even when he was very sick, he stayed involved with the business,” Betty said. “He was determined to be able to spread as much kindness as possible with the time he had left.”

A special community

“We knew Nassau County was special the moment we arrived,” Betty said. “There’s such a feeling of love... people put their arms



STAN COTTLE, COTTLE COMMUNICATIONS

The Berkman Pavilion & Memorial Garden is officially dedicated as Betty Berkman cuts the commemorative ribbon. Joining Betty (left to right) are Board member and project manager Tim Eberle, President & CEO Janice Ancrum, daughter Sherry Berkman Jennings and son Steven Berkman.

around you like a warm hug. Even though the county has grown, that feeling is the same. If anything it’s greater.”

Through David’s successful real estate business, the Berkmans began leaving their mark on Nassau County. Very generous with their good fortune, the couple became known for supporting local causes.

Today, the Berkman Family has ensured David’s legacy continues through many lasting memorials and tributes on Amelia Island, such as Baptist Medical Center Nassau’s hospital wing, The Betty and David Berkman Building for Patient Care; Nassau Habitat for Humanity Berkman Place; Teddy Bear Playground at Central Park; McArthur Family YMCA’s David Berkman Memorial Gym; Boys & Girls Clubs of Nassau County teen center (future) and college scholarships; Barnabas Center support and outreach; and Story & Song Center for Arts & Culture Foundation. The Berkman Pavilion & Memorial Garden on NCCOA’s Fernandina Beach Senior Life Center campus is the latest in this series of meaningful gifts to the citizens of Nassau County.

Living legacy

The Berkman Legacy is alive and well in Nassau County. It permeates all generations, all walks of life – the community as a whole.

"After David's passing, I thought of all the different ways I could to keep his name 'alive' in our community through continuing to give back," Betty explained. "Doing things for other people made David feel so good. It truly makes me smile knowing that I'm helping to continue his legacy by, hopefully, making a difference."

At every groundbreaking and dedication, you'll find the entire Berkman Family, including children, grandchildren, great-grandchildren and, of course, Betty. "Giving back has a special place in our family," Betty says. "I know that spirit of generosity will continue for generations."

Betty's hope for the Berkman Pavilion & Memorial Garden is that seniors experience the wellness-inspired outdoor space. "This beautiful place welcomes people who want to gather – people of all ages – in memory of David and in honor of the great work of Janice Ancrum and Nassau County Council on Aging," she added.

"The community can also support NCCOA by having events and activities on the property. This revenue source is positioned to create a steady stream of income for programs and services, maintenance and upkeep," said NCCOA President & CEO Janice Ancrum. "We are so fortunate and appreciative to the Berkman Family for making a difference to our seniors."

David Berkman's commitment to give back to the community he loved is in good hands. "David was the most loving, kind, generous and caring person I've ever known," Betty said. "His commitment to give back and make life better for others lives on."

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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.



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Crafts with a Purpose – Free

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Tue – Apr 16, May 21, Jun 18
10 - 11 am

Drawing from Observation – Beginning (Series of 6)

Ann Freeman

Tue – Apr 16, 23, 30 May 7, 14, 21
11 am - 1 pm

Drawing from Observation – Advanced (Series of 6)

Ann Freeman

Tue – Apr 16, 23, 30 May 7, 14, 21
1:15 - 3:15 pm

Casual Knitting – Beginners Welcome – Free

Marcia Foshee-Duffy

Every Thu • 1 - 3 pm

Calligraphy

Leeanne Saylor, Saylor Accounting & Tax

Fri – Apr 5, 12, 19 May 17, 24 Jun 14, 21, 28 • 1 - 2 pm

Painting

Leeanne Saylor, Saylor Accounting & Tax

Fri – Apr 5, 12, 19 May 17, 24 Jun 14, 21, 28 • 2:30 - 4:30 pm



Cards & Games

Rummikub

Janet Chatfield & Dootsie Krenach

Every Mon • 3 - 4 pm

Mahjong – Instructional (Series of 4)

Kim Pertsch

Mon – Apr 1, 8, 15, 22

12:30 - 3:30 pm

Mon – Apr 29 May 6, 13, 20

12:30 - 3:30 pm

Mon – Jun 3, 10, 17, 24

12:30 - 3:30 pm

Monopoly Auction – Free

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4th Tue • 10 - 11 am

Trivia

Nelson Insurance

3rd Tue • 9 - 10 am

Open Bridge – All Levels of Play

Lois Stewart

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Cribbage – All Levels

Shirley Green

Every Wed • 1 - 3:30 pm

Poker

Morgan Brown, Sr. Living Placement

4th 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 - 4 pm

Bridge: Open Play – All Levels

Every Fri • 12:30 - 4 pm



Computers & Technology

Apple iPhone/iPad

Marc Williams

Tue-Wed-Thu – Apr 9, 10, 11
9:30 - 11:30 am

Apple Macintosh

Marc Williams

Mon-Tue-Wed – May 6, 7, 8
9:30 - 11:30 am

Apple iPhone/iPad

Marc Williams

Mon-Tue-Wed – Jun 10, 11, 12
8:30 - 10:30 am

Computer/Mobile Device Security Assistance

Dave Wilson, Island Consulting
Please email requests for appointments to: mdawkins@nassaucountycoa.org



Finance

10 Signs Your Identity Has Been Compromised

Ryan Terrell

Terrell Accounting Services

Thu – Apr 18 • 9 - 10 am

Investing Today – Stocks – Lunch & Learn

Steve Nicklas, Financial Advisor/
Columnist

Tue – Apr 2 • 12 - 1 pm

Investing Today – Bonds – Lunch & Learn

Steve Nicklas, Financial Advisor/
Columnist

Wed – May 29 • 12 - 1 pm

Investing Today – Financial Planning – Lunch & Learn

Steve Nicklas, Financial Advisor/
Columnist

Thu – Jun 27 • 12 - 1 pm

Lifelong Learning



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

Tap Dancing

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

Resistance Training

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

Line Dancing – Beginner

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 with Tom

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

Aerobic Exercise

Merle Sauer
Every Wed • 10 - 11 am

Pilates

Merle Sauer
Every Wed • 11:15 am - 12:15 pm

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

Lyrical Dance

Juliana Baxter, International Dance & Drama
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 and Laura Giordano
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

Aerobic Exercise

Merle Sauer
Every Fri • 10 - 11 am

Zumba Step Up

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

Pilates

Merle Sauer
Every Fri • 11:15 am - 12:15 pm

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 – Apr 31 • 1:30 - 3 pm

Armchair Travel - Free

Nancy Cerra, Realtor, Keller Williams
Thu – Apr 4, May 2, Jun 6 • 9 - 10 am



Language/Literature

Intermediate Conversational Spanish

Dale Spencer
Every Mon • 1:30 - 2:30 pm

Writer's Workshop

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

Conversational Spanish

Irene Alvarado-Vander
Every Wed • 3 - 4 pm

Sign Language (Series of 13)

Lynn Freeman
Every Thu • 10 - 11 am

Lip Reading

Sherry Shayne, Audiologist
1st & 3rd Thu • 2:30 - 3:30 pm



Lifelong Learning



Legal

Basic Estate Planning

Mark Adams, Elder Law Attorney
Wed – May 1 • 1:30 - 2:30 pm

What Happens During Probate

Mark Adams, Elder Law Attorney
Wed – Jun 5 • 1:30 - 2:30 pm



Music & Dance

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 – Free

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

Tunes with 2J's – Free

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

Amelia Strings Learning Orchestra – Ages 11+

Dr. Nina Knight, Exec Director,
Amelia Island Chamber Music Festival
Every Wed – Apr 3 - May 15
3:30 - 4:45 pm

Melodies for Mothers

Courtney Russell and Sophia Rose
Loveday
Local Actresses
Fri – May 10 • 9 - 10 am



Other Opportunities

Retired – What Now – Ikigai

Gene Freund, Scott Moser
Thu – May 16 • 2:30 - 3:30 pm

Senior Self-Defense

Tom Gagne and John Cipriani
Fri – May 3 • 2:30 - 3:30 pm
Fri – May 17 • 2:30 - 3:30 pm

For the Love of Sea Turtles

Casey Jones, Founder, Florida Sea Turtle Watch
Mon – Apr 8 • 3 - 4 pm
Mon – Apr 22 • 9 - 10 am



Photography

Photo Journey to Antarctica

George Housley
Wed – Apr 10 • 1 - 2 pm

Creating Clarity out of Chaos

Video from Local Photographer Len Messineo
Fri – Apr 12 • 9 - 10 am

Florida...For the Birds

Video from Local Photographer Len Messineo
Fri – May 17 • 9 - 10 am

Exotic Everglades

Video from Local Photographer Len Messineo
Fri – Jun 14 • 9 - 10 am



Policy & Government

Mayor Bradley Bean – Hot Topic Discussions

Fri – Apr 5, May 3, Jun 7
9:30 - 10:30 am



Wellness

Garden Therapy

Debbie Ryan
Thu – Apr 4 • 2 - 3 pm

Cooking with April – Easter Deviled Eggs – Free

April Blue Moseley, Samadhi Foods
Fri – Apr 5 • 9 - 10 am

Planting Seeds of Joy in Life

Adrienne Talbert, Oasis Senior Advisors
Wed – Apr 17 • 12:45 - 1:45 pm

Identifying and Managing Diabetes

Casey Hemphill, RD, LDN
Thu – Apr 18 • 9 - 10 am

Diabetes and Your Eyes

Ron Norman, OD, Florida Eye Specialists
Fri – Apr 19 • 9 - 10 am

Honoring Choices

Cindy Newman, Volunteer,
Community Hospice & Palliative Care
Fri – Apr 19 • 1 - 3 pm

Diabetes Nutrition – Free

Casey Hemphill, RD, LDN
Thu – Apr 24 • 9 - 10 am

Cooking with April – Fresh Homemade Milk – Free

April Blue Moseley, Samadhi Foods
Fri – May 3 • 9 - 10 am

Growing with Gratitude

Adrienne Talbert, Oasis Senior Advisors
Wed – May 8 • 12:45 - 1:45 pm

Diabetes Nutrition

Casey Hemphill, RD, LDN
Thu – May 9 • 9 - 10 am

Cooking with April – Fresh Squeezed Fruit Juices – Free

April Blue Moseley, Samadhi Foods
Fri – Jun 7 • 9 - 10 am

Medication Safety – Free

Susan Pendergrass, PA, Nassau County Health Department
Wed – Jun 12 • 9 - 10 am

Changes with the Seasons

Adrienne Talbert, Oasis Senior Advisors
Wed – Jun 12 • 12:45 - 1:45 pm

Tapping Meditation – Tapping Cafe

Jean Kerry, PhD
Every Thu • 1- 2 pm

Schedule Subject to Change



Spring Artisan Market Fundraiser

Supports Meals on Wheels & Meals on Wheels for Pets



Sunday, April 21
10:00 am - 4:00 pm

Over 20 Local Artisans
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FREE Beading Workshop:
Sunday April 14 · 1:00 pm - 4:00 pm
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Did you know your fitness and wellness plan may have a reimbursable benefit for your health club membership fee? In addition to the reimbursable exercise, stretching, yoga, dance, etc., that can be used at any participating wellness facility; the NCCOA membership is all inclusive to all of their class offerings based on their membership model that allows you to attend ALL classes such as lifelong learning, social activities, arts and crafts, and more.



Aetna Medicare Advatage

will reimburse you up to \$600 (HMO) - \$800 (PPO) for fitness membership fees, fitness watches and/or trackers, yoga mats, weights, track shoes, etc.. with receipts and a completed Direct Member Reimbursement (DMR) Form



The Nassau County Council on Aging

membership fee of \$125 yearly covers 34+ fitness classes such as Line Dancing, Tai Chi, Yoga, Stretch and Balance. As an added benefit it also allows you to attend the other Lifelong Learning classes at no cost.

For additional assistance contact Kathy DeAngelis at
352-678-0080 or by email KathyD@HelpUHealth.com

Good for Your Health and Well-Being

By Margo Morlock, Volunteer Manager

In a world that often emphasizes self-care and personal growth, the surprising truth is that one of the most effective ways to enhance your well-being is by helping others. Engaging in acts of kindness and contributing to the welfare of others not only makes a positive impact on the recipients but also offers numerous health benefits for the giver. This reciprocal relationship between altruism and well-being underscores the idea that compassion is not just a virtue but a powerful tool for personal health and fulfillment.

Stress Reduction: One of the remarkable ways helping others contributes to better health is by reducing stress levels. Acts of kindness trigger the release of oxytocin, often referred to as the "love hormone" or "bonding hormone." Oxytocin has been shown to lower stress and anxiety, promoting a sense of calm and well-being. Engaging in volunteer work or supporting others during challenging times can function as a natural stress-reliever, positively impacting mental health.

Improved Mental Health: Helping others has a profound impact on mental health. Studies consistently show that individuals who engage in regular volunteer activities experience decreased rates of depression and increased life satisfaction. Helping others provides a sense of purpose and fulfillment, fostering positive emotions and contributing to a more optimistic outlook on life.

Enhanced Physical Health: The benefits of volunteerism extend beyond mental well-being, positively impacting physical health as well. Studies have found that individuals who engage in regular acts of kindness often experience lower blood pressure and improved cardiovascular health, as well as dampened chronic inflammation potentially staving off serious ailments. The stress-reducing effects of altruism also contribute to a stronger immune system, making individuals more resilient to illness.



Increased Social Connection: Human beings are social creatures, and fostering meaningful connections with others is crucial for overall well-being. Helping others often involves building and strengthening social ties, whether through volunteering, community service or simply offering a helping hand to a friend or neighbor. Social connections have been linked to increased happiness, reduced feelings of isolation and even a longer lifespan.

Sense of Purpose and Meaning: Having a sense of purpose in life is a key component of well-being. Helping others provides individuals with clear meaning as they contribute to something greater than themselves. Whether it is mentoring, supporting a charitable cause or assisting someone in need, the act of giving back adds depth and significance to one's life and contributes to a more fulfilling existence.

In the pursuit of a healthy and fulfilling life, the power of helping others should not be underestimated. The reciprocal relationship between altruism and well-being highlights the profound impact that acts of kindness can have on both mental and physical health. Embracing the principle of helping others is a powerful and accessible way to enhance overall health and create a positive ripple effect in the world. In giving we receive, creating a harmonious cycle of well-being that benefits individuals and communities alike. Volunteering can renew that sense of purpose.

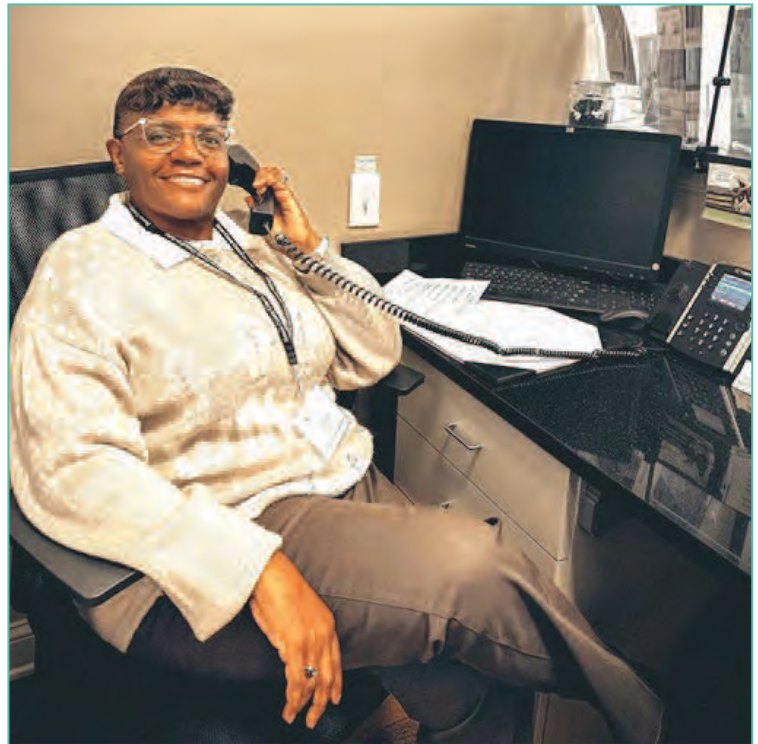
At Nassau County Council on Aging we strive to make our volunteers happy and satisfied with what they do. Volunteers are the backbone of our organization, and we welcome newcomers with our open-door policy. If you are interested in volunteering, here are some options. Please note that we are constantly adding new volunteer-related activities and programs.

Areas needed:

- Administrative support/*First impressions* – Provide front desk support and complete office tasks
- Community Room assistant/*Friend to seniors* – Help with activities during the morning program
- Class instructors and presenters/*Share knowledge and skills* – Participate in a wide variety of offerings
- CHORE/*Jack-Jill of all trades* – Small home repair, grab bars and ramps
- Friendly Visitors/*Weekly check-in* – Visit seniors in their home every week
- The Club/*Extra hands* – Help with quality-of-life-enhancing program for adults needing assistance due to physical and/ or cognitive limitations
- Meals on Wheels drivers/*Door-to-door deliveries* – Provide meal delivery to seniors throughout Nassau County

For more information on our Volunteer Program, contact Margo Morlock, 904-775-5490.

Sources: *Planning to Live to 100? Volunteer!*, by Eric J. Schneidewind, AARP President, <http://www.aarp.org>, May 31, 2017; *Why Helping Others Improves Your Health* by Marta Zaraska, WebMD, August 2023



NCCOA Volunteer Yvonne Scruggs expertly handles front desk duties at the Fernandina Beach Senior Life Center.



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All Donations Make a Difference

Make Your Gift Count for Nassau County Seniors

By Kerrie Slattery, Development

Philanthropy is defined as “the desire to promote the welfare of others, expressed especially by the generous donation of money to good causes.” Nassau County is home to many philanthropists – people who believe in helping others and provide support through financial gifts. Nassau County Council on Aging is fortunate to be the beneficiary of generous donors in our community.

As the senior population grows in our local area, the need for monetary support grows at an even higher rate. According to the latest census, there are more than 21,000 seniors in Nassau County, which is 30% of the entire population. Unfortunately, many of these seniors live at or below the poverty line.

In 2023, NCCOA served more than 7,200 seniors through a variety of programs and services, including onsite group meals and Meals on Wheels; adult day healthcare; home health; case management; home repair; transportation; senior life center offerings and much more. Financial support from our generous community is vital to continue to provide and enhance these programs and services.

With your generous support, NCCOA can fulfill its mission to help seniors live independently and thrive. Here are some of the ways you can help our seniors:

- **Online at www.nassaucountycoa.org/donate**
 - Donate a one-time gift or set up monthly payments
- **Employer Matching Gift Programs**
 - Consider listing Nassau County Council on Aging as your charity of choice, and ask your employer to match the gift
- **IRA Distribution**
 - Make a difference today and save on your taxes when you support NCCOA
- **Appreciated Stock**
 - Give and get more through stock donations; consult your tax advisor to determine the tax advantages of your gift
- **Planned Giving**
 - Include NCCOA in your will or estate plan

Whichever the type of gift, you improve the quality of life of local seniors, their families and our community.



Kerrie Slattery

For questions, please contact Kerrie Slattery, NCCOA Development, at 904-233-9022 or kslattery@nassaucountycoa.org.





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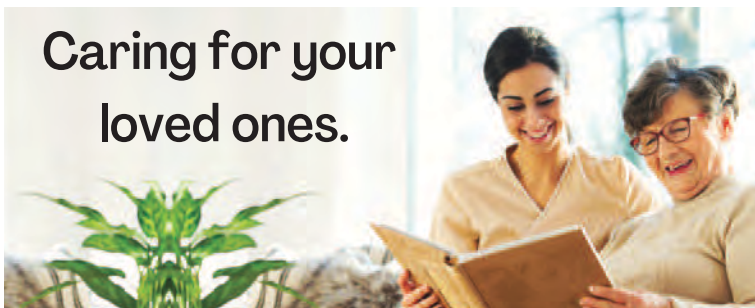
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Be Sun Smart

Avoid sun damage to your skin with these tips.



Changing
Health Care
for Good.

By Beth Stambaugh, Baptist Health

Just a few serious sunburns early in life can increase your risk for skin cancer, the most common type of cancer in the United States. "According to the Centers for Disease Control and Prevention, 6 million people are diagnosed with skin cancer every year in the U.S.," said Katherine Gilsenan, a wellness coach at the Baptist Healthy Living Center in Nocatee. Gilsenan offers tips and separates fact from fiction to help you avoid skin cancer, not to mention premature aging.

5 Tips to Prevent Sun Damage

1. Slather on the sunscreen.

Apply water-resistant, broad-spectrum SPF 30-50+ sunscreen 30 minutes before going outside and reapply every two hours. Be liberal with your application – a full ounce is recommended.

2. Be smart about shade.

The sun's rays are most harmful between 10 am and 4 pm, so if you're out during those times, seek shade under a tree, shelter or umbrella. Remember, you can still get sunburned in the shade, so use sunscreen.

3. Wear protective clothing.

Contrary to popular belief, white clothing isn't the best for the sun. Instead, wear dark or bright colors because they absorb more ultraviolet (UV) rays than lighter colors, like whites and pastels, according to the Skin Cancer Foundation.

4. Top it off with a hat.

A wide-brimmed hat isn't only a fashion statement, it goes a long way in protecting your face, neck, nose and ears. Baseball caps, while super cute, don't provide as much protection.

5. Sport cool shades.

Slide on a pair of sunglasses. Your eyes can also be damaged by the sun. Shades with UV protection are best for protecting your eyes.



Sun myths: fact or fiction?

You should wear sunscreen every day, even in winter.

Fact. Men, women and children over 6 months should wear sunscreen every day, no matter the season, according to the Skin Cancer Foundation.

You can't get sun inside a car.

Fiction. Car windows don't filter UV rays, so you can still get sun damage. Researchers at St. Louis University School of Medicine studied 900 people with skin cancer and found that 74% of melanomas occurred on the left side of their bodies, likely due to sun exposure through the driver's side window.

Water-resistant sunscreens won't wash off.

Fiction. According to the FDA, all sunscreens, even those labeled water-resistant, eventually wash off. Remember to reapply every two hours.

Getting a good base tan will protect your skin from sun damage.

Fiction. Unfortunately, there is no such thing as a "base tan." Tanned skin is damaged skin. Any change in the color of your skin after time outside – whether sunburn or suntan – indicates damage from UV rays. This also means that even if you have darker skin color, you still need to protect it.

You can damage your skin in as little as 15 minutes.

Fact. Even short periods of unprotected exposure can cause skin damage. If you're out during peak sun hours, it could take as little as five minutes.

Seek immediate care for severe sunburns. If you have severe sunburn accompanied by headache, fainting, facial swelling or fever, you should visit an Emergency Room. Baptist Health has ERs located throughout Northeast Florida.



Classes for Adults of ALL Ages!

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

Weight Training

Line Dancing

Chair Yoga

Just Dance

Enerchi

Mahjong

Dancing Queens

Resistance

Knitting

Drawing

Canasta

Bridge

Sign Language

Zumba Gold

Ukulele

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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: Jennifer Gundling, 904-775-5496 or jgundling@nassaucountycoa.org;
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.

• 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.

• Caregiver Support Group

2nd and 4th Wednesday of each month
3:30-5:00 p.m.
Contact: Jennifer Gundling, 904-775-5496 or jgundling@nassaucountycoa.org;
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.

• **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.

SOLUTION FROM PUZZLE ON PAGE 21



Classes for Adults of ALL Ages!

CBVYDOSEPUZELMORSYUK
IRPZXADMEIKACCROCHET
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DDKTEBICKRKKLBPUOMBN
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JEXBRUEKBNEKDOLAEFR
OUVCOSHNUGSOJSELIZC
LASDMYIZFIHQCBXYLGDH
KIXTRXSPHMTIURSHEHZI
KZUMDITQFPWTLIATTLV
EZZVAAPZPCLIAEBPTOK
MPUJJPNHAGUEUNDNRVH
CMQMJDCCRBVDVTGLSAUD
IAQIBYEXEQATDCCOXIGC
OHNVTAQKUGLQCNIANCE
PJNAJLGYZCSOMVWAGISD
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