

NASSAU COUNTY COUNCIL ON AGING

Senior Life

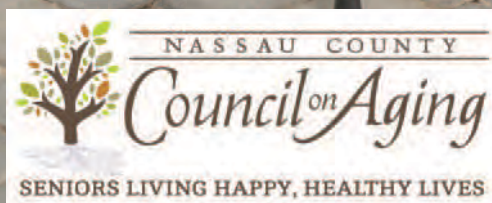
CELEBRATING HAPPY, HEALTHY LIVES

Aging in Place: The New American Dream?

Reintroducing:
Advocate Home
Healthcare



JULY - SEPTEMBER 2024



Inside:
Caregiver Tips
Hurricane Prep
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*Glasses, Contacts,
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Primary Eyecare*



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Katie Cwikla, O.D.
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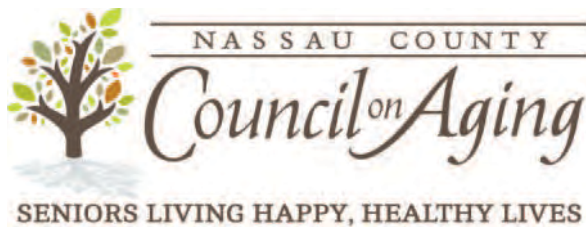
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Janice Ancrum Senior Life Center

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 - Mike Hays

Volunteer Opportunities - Margo Morlock

Westside Senior Life Center

37002 Ingham Road, Hilliard, FL 32046-1011

Phone: 904-845-3331 • FAX: 904-845-4491

Facebook: Nassau County Council on Aging

Website: www.nassaucountycoa.org

Staff Contacts

Administration/Case Management - Linda Rogers

Case Management - Sue VanZant

Nutrition/Meal Programs - Frances Nobles

Activities - Melissa Snead

NassauTRANSIT

Phone: 904-261-0700 • Toll Free: 800-298-9122

FAX: 904-261-3940

Facebook: NassauTRANSIT

Website: www.nassautransit.org

Contacts: Mike Hays and Sherry Weidenaar

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ADVOCATE HOME HEALTHCARE

On the cover:

Advocate Home Healthcare's Amy Strawn, CNA, frequently accompanies Miss Carolyn to the local grocery store and medical appointments. Miss Carolyn feels that Amy is indispensable with her goal of aging in place in her own home.

Message from our President & CEO

Dear Friends:

With this issue, we are reintroducing our home health agency, **Advocate Home Healthcare**, to the local community. While our home health services has been available to Nassau County residents for close to 40 years, Advocate now has a renewed focus and refreshed brand.



This brand complements NCCOA's "tree" logo and adds an updated perspective to the critical nature of home health. "Aging in place" is the preference for the majority of the U.S. senior population. According to the National Institute on Aging, as people age they want to maintain independence for as long as possible – in their own homes. Family, friends and local resources, such as **Advocate**, provide help with daily living and make that desire a reality.

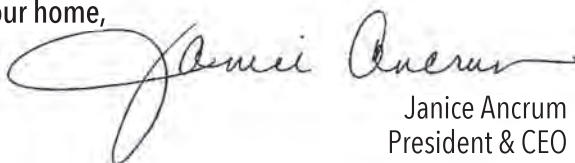
At **Advocate Home Healthcare**, a division of Nassau County Council on Aging, Inc., we strive to make every moment count. Our licensed and bonded Certified Nursing Assistants (CNAs) and Home Health Aides are specially trained and educated to understand the challenges of aging, and help ensure our members are comfortable and confident.

Through **Advocate**, we provide a wide range of in-home health services, including homemaking, meal preparation, shopping, personal care, medication reminders, companionship, respite and routine house chores. We even offer "VIP Assistant" services, such as organizing the household, making appointments, helping with correspondence, assisting with travel plans and even decorating for the holidays.

In addition, we have geriatric case management, home visitation, fall prevention and Meals on Wheels services to help you navigate the realities of aging in place. For caregivers, NCCOA offers a Caregiver Support Group, Caregiver Stress-Buster Forum and Grieving With Hope Support Group. Some of our programs even have respite care. Some of our programs even offer respite care.

You and your loved one are in good hands with **Advocate Home Healthcare**. For more information, please contact Emily Kunzelmann, Home Health, Training & Caregiver Services Director, at ekunzelmann@nassaucountycoa.org or 904-775-5472.

Thank you for welcoming us into your home,


Janice Ancrum
President & CEO

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.

Thank You

To Our
Funding Partners



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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 & SERVICES

NCCOA is the lead agency for the Florida Department of Elder Affairs state and federally funded grant programs. Programs & Services provides 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. Free legal assistance is offered through Jacksonville Area Legal Aid, and SHINE provides free one-on-one insurance information to Medicare beneficiaries and caregivers.

Contact: Donna Granieri, 904-775-5497

dgranieri@nassaucountycoa.org

THE CLUB/TRAINING & CAREGIVER SERVICES

- The only one of its kind in Northeast Florida, NCCOA's Adult Day 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, 904-775-5488

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

Board of Directors



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Keith Meyer | Vice Chair



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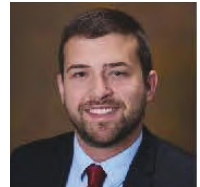
Mark R. Bridwell



Susan Crawford, PhD, RN



Tim Eberle



Urban Fleming



Dr. Orsula V. Knowlton



Kathy McDonagh, PhD



James Staton Jr.



Dr. Pedro L. Tamayo IV



Ken Saitow | Past Chair

(CNAs) and Home Health Aides may also accompany members to appointments and activities. Fees for these services are paid via private pay, and/or pre-qualified state and federal programs.

Contact: Emily Kunzelmann, 904-775-5472

ekunzelmann@nassaucountycoa.org

NASSAUTRANSIT

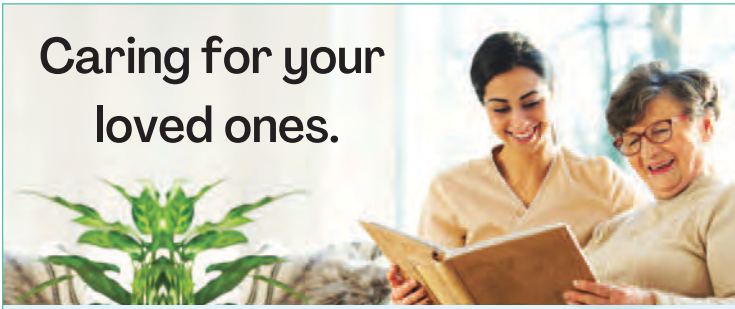
NassauTRANSIT offers paratransit service, including a flexible Monday-Friday schedule. Also, Saturday paratransit service is now available on Amelia Island. Registered paratransit is available to all qualifying county residents and provides curb-to-curb service for medical appointments, social engagements, 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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Aging in Place: The New American Dream?



Advocate Home Healthcare's Amy Strawn, CNA, provides companionship to Miss Marlene, as well as light housekeeping.

By Emily Kunzelmann, Home Health, Training & Caregiver Services Director
Photography by Buddy Price, Buddy Price Photography

Some may remember when the American Dream was "a chicken in every pot and a car in every garage" or "a white picket fence, station wagon in the driveway and 2.2 kids." As the Baby Boom Generation ages, is there a new American Dream?

According to Pew Research, there are roughly 62 million adults age 65 and older in the United States, and by 2054 that number will be 84 million. A March 2023 U.S. News & World Report survey of 2,000 U.S. adults age 55 and older found that 93% identify "aging in place" as an important goal. The Centers for Disease Control (CDC) defines aging in place as "the ability to live in one's own home and community safely, independently and comfortably regardless of age, income or ability level."

If aging in place is considered an important part of the American Dream, how do we make that dream a reality?

When we're younger it is easier to assume we will remain healthy for our entire lifetime and require no assistance. However, as we age roadblocks to this assumption are increasingly evident. Accord-

"Caring for clients is a calling I love because it provides comfort to families. Sometimes a simple smile can bring joy to their day."

- Advocate caregiver

ing to the National Institutes of Health (NIH), 85% of Americans over 65 years of age have at least one chronic health condition and 60% have at least two. The "Big Four" NCDs (non-communicable diseases) are Cardiovascular Diseases (CVD), Cancer, Chronic

Respiratory Diseases and Diabetes...all leading causes of disability.

Don't be discouraged! A productive way to lessen these challenges is to be proactive and take steps needed to age in place well. The NIH's National Institute on Aging (NIA) emphasizes that planning ahead before we need a lot of care. Identifying local resources, making necessary changes in an orderly fashion, speaking with family and friends and having support services in place can help prepare us to age in place successfully.

Nassau County Council on Aging (NCCOA) is Nassau County's leading resource for successful aging in place. Here are some important questions to ask yourself:

"I do this type of work because I find caring for people rewarding. I find joy in helping those in need."

- Advocate caregiver

Is my home safe and accessible?

"Nursing home look" grab bars are a thing of the past. NCCOA's Caregiver Support Group guest speaker Mary Lee Byrd, a Certified Aging in Place Specialist (CAPS) and member of the American Society of Interior Designers (ASID), is an expert on the "Universal Design Home," a home that is attractive, safe and accessible regardless of disabilities and mobility issues. Designer grab bars that function as towel racks and toilet paper holders are in! Technologies are now available to make our homes more convenient and accessible. Assistive smart home technologies are available. At NCCOA, our caregiver resources include a list of products and technologies that make life easier for all...automated locking pill boxes, automatic shut-off kitchen appliances, GPS finders, gadgets to make fine motor tasks doable despite arthritis and other conditions. A handy NIH Home Safety Checklist is available to help you identify priorities for your own home. CHORE (small home repair) volunteers are also available to assess your home for a ramp or other conveniences if you are wheelchair bound.

What support can help me at home to live independently when I have trouble with the activities of daily living?

Home-based care can help with short-term needs – such as regaining activity following illness – as well as long-term needs – such



Miss Susan loves to cook, and Amy pitches in to help make soup for dinner. Amy is especially helpful with a variety of tasks since Miss Susan hurt her arm.

as recovering from major surgery. Personal, hands-on care needs may include bathing, dressing, grooming, using the toilet, eating and transferring/moving about your home. Sometimes we may not need hands-on help, but may feel safer with someone around in case we fall in our home or simply need some company.

Discussions with family members, friends, neighbors and community leaders can give you an idea of what you can or cannot count on. Gaps in or the unavailability of help from family and social circles can be filled with professional caregivers from **NCCOA's Advocate Home Healthcare**. Our trained caregivers – specifically, Certified Nursing Assistants (CNAs) and Home Health Aides – must pass a rigorous written and practical skills test, as well as a Level 2 background screening and drug test. They are also required to complete ongoing training in important areas of competency such as infection control, confidentiality, understanding dementia, Alzheimer's disease, diabetes and more. All **NCCOA Advocate Home Healthcare** caregivers have a current American Heart Association CPR/Basic Life Support certification which requires 4 hours of training every 2 years. Those with a CNA License maintain additional requirements.

What support can help me at home to continue my daily lifestyle and routines when tasks become overwhelming, tiring or difficult?

Personal hands-on care may not be needed. Rather, as we age, even if we have been the perfect host, the "bed and breakfast" for family and friends, or the one to celebrate every holiday in style, those very tasks may become exhausting and stressful. Profession-

al helping hands can help us maintain our activities, routines and lifestyle. Advocate Home Healthcare VIP Assistants are ready, willing and able to tackle a variety of tasks to help you continue life as it was – or nearly so. Our VIP Assistants are trained and vetted, and can help with shopping, errands, chores, organizing, preparing for special celebrations and more.

What programs are available when I'm lonely and feel isolated?

Cognitive decline as we age is directly linked to the amount of isolation versus socialization we experience. Socialization is one of a very few types of activities that use both left and right sides of our brain. Family, friends and social groups can help; however, as physical and/or cognitive health challenges appear, our prior social circles tend to disappear. Sometimes, this is the beginning of a downward spiral. NCCOA provides both paid and volunteer companionship and socialization despite physical and cognitive limitations through our Friendly Visitor Program and The Club, a day program for adults needing assistance.

Friendly Visitors are volunteers who connect with seniors who are isolated and homebound. Interested volunteers are matched with seniors according to common interests; they connect in person and by phone each week. The goal is socialization by doing a craft together, working on a puzzle, writing letters, playing a game or even enjoying a cup of coffee or tea together. There is no cost to participate in this program.

The Club, NCCOA's adult day program, offers a full daily schedule of activities and outings, Monday – Friday, geared toward social interaction; physical, cognitive and emotional wellness including exercise classes, group physical therapy, speech language cognitive therapy and occupational therapy; music, dance, bands and entertainment; art and language classes; support groups and more. Cost is based on days scheduled.

**"Advocate Home Healthcare
is a great organization to work for,
and it provides needed services
to those in our communities."**

- Advocate caregiver



Amy helps Mr. Chris from his front door down the ramp for some fresh air. He also shares some of his spicy cooking tips as they prepare meals together.

What if my support needs change over time? Do I need different professionals for my varying needs?

Not necessarily. It can be an adjustment welcoming helpers into your home. Having them understand your preferences and needs takes time. Once they learn your routines, everything works more smoothly. Sometimes it may take a few "tries" to find helpers that suit your needs and personality. Through **Advocate Home Healthcare**, The Club and Friendly Visitors, many of our professionals and volunteers are cross trained in many different roles. As your needs increase or decrease, the same caregivers can often stay with you and meet your new expectations.

How much does it cost to age in place?

Planning ahead includes thinking about how we will pay for the help we need. Home-based services can be costly, but may be less expensive than moving into an assisted living facility or nursing home. Plus, home care may provide better one-on-one support than an institutional setting. Assistance from caregivers you personally select, especially if you start early before you need lots of care, can be a more satisfying experience with you in control. In addition, risk of infection is higher in an institutional setting, as evidenced during the COVID pandemic.

"We fulfill many basic needs which, in turn, improves our clients' physical and emotional well-being."

- Advocate caregiver

People often rely on a variety of payment sources for home-based services:

- Personal funds, including savings, pension or retirement; income from investments, proceeds from the sale of a home and/or assistance from family members.
- Federal and state government programs, such as the U.S. Department of Veterans Affairs (VA). Older Americans Act programs and state general revenue programs are available for those who qualify. Visit www.benefits.gov for more information about government programs for health care and financial assistance.
- Private financing, including long-term care insurance, reverse mortgages, certain life insurance policies, annuities and trusts.

Consult your tax advisor for the scenario that makes most sense for you and your family.

Medicare has limited coverage of home health service costs. Generally, services must be short-term such as for an acute care need, e.g., after a surgery or hospitalization and/or stay in an inpatient subacute rehabilitation center, and provided by Medicare-certified agencies. These skilled home health agencies provide physical/occupational/speech therapy and nursing care in the home, but may provide limited or no home help for safe daily living and personal care, homemaking and other needs. Services to address this gap in Medicare coverage can be provided by home helpers from home health agencies, such as Advocate Home Healthcare.

Those who qualify for Medicaid may receive coverage for home health service costs. Expert advice of a Medicaid specialist or elder law attorney can be helpful since advance planning can be very important.

Most private health insurance plans and Medigap or Supplemental Health Insurance policies do not cover home care costs not eligible for Medicare. Long-term care insurance generally does cover home-based services; there are many types of policies. Make sure you know what yours covers and what is required to activate



Miss Carolyn sometimes needs a little extra help from Amy to simplify various daily tasks.

the policy. Navigating this often-complex process can be daunting; pay attention to elimination periods, per diem amounts, time limits and lifetime caps.

With careful planning and a knowledge of available resources, aging in place is an achievable goal. Start early, plan wisely. And remember that NCCOA is here to help this new American Dream become a reality.

Sources: National Institutes of Health/National Institute on Aging, Pew Research, U.S. Department of Veterans Affairs, U.S. News and World Report

Lifelong Learning



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

More Locations! • American Beach - 1600 Julia Street, FB • Atlantic Rec Center - 2500 Atlantic Avenue, FB

•FSCJ - Yulee - 76346 William Burgess Blvd., Yulee

To enroll, visit www.nassaucountycouncilonaging.org/membership-program/ Questions? Contact NCCOA at 904-261-0701.



Special Events

Patriotic Charcuterie Board

Les Diaz, Luxe Picnics by Les

Wed – Jul 3 • 5:30 - 7:30 pm

Les DeMerle Band w/ Bonnie Eisele

Les DeMerle & Bonnie Eisele

Fri – Sep 6 • 6 - 8 pm

Berkman Pavilion & Memorial Garden

Nassau's Got Talent

NCCOA and City of Fernandina Beach

Sat – Sep 28 • 2 - 5 pm

Atlantic Recreation Center



Arts, Crafts & Hobbies

* Supplies listed online - MyActiveCenter.com

Crocheting Circle:

All Levels – Free

Brenda Brubeck

Every Tue • 10 - 11:30 am

Crafts with a Purpose – Free

Linda Seng-Mills

Tue – Jul 16, Aug 20, Sep 17

10 - 11 am

Casual Knitting –

Beginners Welcome – Free

Marcia Foshee-Duffy

Every Thu • 1 - 3 pm

Calligraphy

Leeanne Saylors,

Saylors Accounting & Tax

Every Fri • 1 - 2 pm

Painting

Leeanne Saylors,

Saylors Accounting & Tax

Every Fri • 2:30 - 4:30 pm



Cards & Games

Rummikub

Janet Chatfield & Dootsie Krenach

Every Mon • 3 - 4 pm

Monopoly Auction – Free

Sabrena Bua, Medicare

Representative

4th Tue • 10 - 11 am

Trivia – Free

Nelson Insurance

3rd Tue • 9 - 10 am

Open Bridge – All Levels of Play

Lois Stewart

Every Wed • 9:30 am - 12:30 pm

Cribbage – All Levels

Shirley Green

Every Wed • 1 - 3:30 pm

Poker – Free

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 Mon • 12 - 3 pm

Bridge: Open Play – All Levels

Every Fri • 12:30 - 4 pm



Computers & Technology

Artificial Intelligence – Series of 4

Jeff Cheeney, Business Agility,

AI Coach & Trainer

Unveiling AI: From Mystery to Reality

Tue – Aug 20 • 1 - 2:30 pm

AI in Your Life:

Practical Applications

Tue – Aug 27 • 1 - 2:30 pm

The Creative Mind of AI: Creative Generative Tech

Tue – Sep 3 • 1 - 2:30 pm

Co-Creating with AI: Unleash Your Inner Artist

Tue – Sep 10 • 1 - 2:30 pm

Practical Applications of Artificial Intelligence Today Series of 4 – FSCJ-Yulee

Jeff Cheeney, Business Agility, AI Coach & Trainer

Artificial Intelligence: Friend or Foe? Demystifying AI for All!

Tue – Sep 17 • 9 - 10 am

FSCJ - Yulee

AI in Your Daily Life: Simplifying Tasks and Enhancing Connections

Tue – Sep 24 • 9 - 10 am

FSCJ - Yulee

Unleash Your Creativity with AI: Tools & Techniques for Lifelong Learning & Fun!

Tue – Oct 1 • 9 - 10 am

FSCJ - Yulee

Create with Confidence: Your Personal AI Project Workshop

Tue – Oct 8 • 9 - 10 am

FSCJ - Yulee



Fitness & Dance

Standing Core Off The Floor

Catherine Paradise
Every Mon • 7:40 - 8:20 am
Starts Sep 16

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

Aerobic Fitness

Merle Sauer
Every Mon • 10 - 11 am
American Beach Community Center

Beginning Ballet

Laura Giordano
Every Mon • 10:30 - 11:15 am

Yogalates

Merle Sauer
Every Mon • 11 am - 12 pm
American Beach Community Center

Standing Yoga

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

Floor Yoga Stretch

Tina LaVacca
Every Mon • 11:45 am – 12:45 pm

Tap Dancing

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

Pilates

Merle Sauer
Every Mon • 1 - 2 pm

Resistance Training – Advanced

Debi Senger
Every Tue • 8 - 9 am

Resistance Training – All Levels

Catherine Paradise
Every Tue • 8 - 9 am

Stability Exercises

Mary Bleck
Every Tue • 10 - 11 am

Qigong Healing – Advanced

John Cipriani
Every Tue • 10 - 11 am

Full Body Toning

Debi Senger
Tue – Sep 3 – Oct 22 • 11 am - 12 pm
FSCJ - Yulee

Belly Dancing

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

Tai Chi

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

Line Dancing – Basic

Kathy Ball
Every Tue • 1 - 1:45 pm

Line Dancing – Intermediate

Kathy Ball
Every Tue • 2 - 3 pm

Zumba Gold

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

Stretch & Balance – Advanced

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

Zumba Gold

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

Tighten and Tone

Merle Sauer
Every Wed • 9 - 10 am

Weight Training & Toning

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

Aerobic Exercise

Merle Sauer
Every Wed & Fri • 10 - 10:45 am

Pilates

Merle Sauer
Every Wed & Fri • 11 - 11:45 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

Catherine Paradise
Every Thu • 8 - 9 am

Mat & Core Class – Advanced

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

Photo Presentation of Cuba

Alwynne Lamp
Thu – Sep 26 • 1 - 2:30 pm

Armchair Travel – Free

Nancy Cerra, Realtor, Keller Williams
Thu – Aug 1, Sep 5 • 9 - 10 am



Lifelong Learning



Language/ Literature

Intermediate

Conversational Spanish

Dale Spencer

Every Mon • 1:30 - 3 pm

Basic Conversational Spanish

Irene Alvarado-Vander

Every Wed • 1:30 - 3 pm

Multigenerational Media

Journalism – Write like A Pro

Steve Gibbs, Author

Every Tue – Jul 2 – Aug 6 • 10 - 11 am

Lip Reading (Series of 5)

Sherry Shayne, Audiologist

Thu – Jul 18 – Aug 1, 15 –

Sep 5, 19 • 2:30 - 3:30 pm



Legal

Legal Aid: Advanced Directives

Aaron Irving

Mon – Aug 12 • 2:30 - 3:30 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

Music with John

John Thomas

Mon – Jul 29 • 10 - 11 am

Guitar Adventures with Joyce – Free

Joyce Whorton

2nd Tue • 10 - 11 am

Sing Along with Bruce – Free

Bruce Beville

1st & 3rd Wed • 9 - 10 am

Tunes with the 2J's – Free

Julie & Jim Black

2nd & 4th Thu • 10 - 11 am



Other Opportunities

Amelia Island's Sea Turtles

Mary Duffy, Amelia Island

Sea Turtle Watch

Thu – Aug 15 • 10 - 11 am

Cake Decorating

Breakable Hearts LLC

Tue – Aug 13 • 11 am - 12:30 pm



Photography

Photography (Series of 8)

FSCJ - Yulee

The Camera

Buddy Price, Photographer

Tue – Sep 3 • 10 - 11 am

FSCJ - Yulee

Focusing Like a Pro

Buddy Price, Photographer

Tue – Sep 10 • 10 - 11 am

FSCJ - Yulee

Understanding Exposure

Buddy Price, Photographer

Tue – Sep 17 • 10 - 11 am

FSCJ - Yulee

Exposure Modes and How to Use Them

Buddy Price, Photographer

Tue – Sep 24 • 10 - 11 am

FSCJ - Yulee

iPhone Photography

Dawna Moore, Photographer

Tue – Oct 1 • 10 - 11 am

FSCJ - Yulee

Apps for Cell Phone Photography

Dawna Moore, Photographer

Tue – Oct 8 • 10 - 11 am

FSCJ - Yulee

Composition and Light

Buddy Price, Photographer

Tue – Oct 15 • 10 - 11 am

FSCJ - Yulee

A Deeper Dive into Composition

Buddy Price, Photographer

Tue – Oct 22 • 10 - 11 am

FSCJ - Yulee



Policy & Government

Mayor Bradley Bean – Hot Topic Discussions

(Please submit suggestions – Topics will be conveyed one week in advance)

Fri – Sep 6 • 9:30 - 10:30 am



Wellness

Ping-Pong Serving Parkinson's

Fernandina Beach Parks & Recreation

Ping-Pong Club

Mon – Sep 9 – Oct 14 • 10 - 11:30 am

Atlantic Recreation Center

Got Muscle? (Series of 6)

Mark Nelson, MD, FACC, MPH

Healthy Muscle Benefits

Tue – Sep 3 • 11:15 am - 12:15 pm

Causes of Muscle Loss

Tue – Sep 10 • 11:15 am - 12:15 pm

Preventing Muscle Loss

Tue – Sep 17 • 11:15 am - 12:15 pm

Preserve & Build Muscle

Tue – Sep 24 • 11:15 am - 12:15 pm

Resistance Training & Protein

Tue – Oct 1 • 11:15 am - 12:15 pm

Healthy Muscle, Healthy Life

Tue – Oct 8 • 11:15 am - 12:15 pm

Cooking with April – Spring Pasta Vinaigrette – Free

April Blue Moseley, Samadhi Foods

Fri – Jul 5 • 9 - 10 am

Cooking with April – Wrap Bread Alternative w/drizzle – Free

April Blue Moseley, Samadhi Foods

Fri – Aug 2 • 9 - 10 am

Nutrition Education

Beth Verlinde, RDN

Wed – Aug 21 • 9 - 10 am

Cooking with April – Two-Ingredient Pickled Veggies – Free

April Blue Moseley, Samadhi Foods

Fri – Sep 6 • 9 - 10 am

Tapping Meditation – Tapping Cafe

Jean Kerry, PhD

Every Thu • 1 - 2 pm

Medicare – Open Enrollment Info

Carrie Petsch, ElderSource, SHINE

Tue – Sep 17 • 1 - 2 pm

Navigating Prescription Drug Interactions

Katie Kotopka - WAAS Drugstore

Tue – Sep 24 • 9 - 10 am

Nassau County Council on Aging

Amelia Island Jazz Festival

present

The Les DeMerle Band, Featuring Bonnie Eisele

Friday, September 6, 6 - 8 PM

Berkman Pavilion & Memorial Garden

1901 Island Walk Way

Fernandina Beach

Tickets - \$25 per person

To purchase tickets, visit

www.nassaucountycoa.org

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2024 • 10th Annual

SENIOR EXPO & HEALTH FAIR

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Friday,
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For info call: 904 • 261 • 0701



Nassau County Council on Aging

& City of Fernandina Beach

present

NASSAU's Got Talent

Sponsored by Steve Sell,
River City Nursing & Rehab

**Calling all Musicians,
Singers & Bands!**

Saturday, September 28

2:00 – 5:00 pm

Atlantic Recreation Center

2500 Atlantic Avenue,

Fernandina Beach

General Admission Tickets:

Adults 13-59: \$20 Seniors 60+: \$15

Children 3-12: \$10

Proceeds Benefit Nassau County Seniors



Visit www.nassaucountycoa.org for tickets.

To enter as a performer, contact:

Melody Dawkins at 904-775-5477

or mdawkins@nassaucountycoa.org

Fall Into Autumn Artisan Market

Sunday, September 29
10 am - 4 pm

1901 Island Walk Way
Fernandina Beach

Shop for jewelry, handbags, soaps and soaks,
ceramics, totes, floral wreaths, note cards,
gourmet food items, home accessories,
and much more!

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5 Tips to be a Better Caregiver

By Beth Stambaugh, Baptist Health

Did you know caregivers are more at-risk for stress-related illnesses, such as depression, anxiety, heart disease and stroke? Ignoring their own needs, many caregivers are so focused on caring for an older loved one that they put themselves last.

"I tell caregivers 'Go along to get along,'" said Lynda Gridley, a speech-language pathologist at Baptist AgeWell Center for Health who provides strategies for caring for loved ones with cognitive issues like dementia. "Resist the urge to challenge what they are saying and that will help relieve frustration." Here are some more tips to become a stronger and healthier caregiver.

1. Let go of the guilt. Caregivers often feel guilty when they take time for themselves, but you can't care for an older loved one if you are neglecting your own care. Find a healthy activity you love – whether it's going for a walk, reading, working on a project or gardening, and promise yourself you will

take 30 minutes each day for an activity that brings you joy.

2. Try to get more sleep. Even if it's just 15 or 30 minutes a night, try to get more rest. Exhaustion wreaks havoc with your emotions, so if you aren't getting enough sleep, you are setting yourself up for frustration.

3. Don't argue. Especially in situations where there are memory issues, don't try to argue your point even if the person you are caring for is wrong. Instead, try to refocus the person on something else by changing the subject.

4. Don't take things personally. This bit of advice actually works in many areas of life, not just with caregiving. People you are caring for may lash out in frustration, but try to remember they are not angry with you, but with their situation.

5. Keep things in perspective. When you are in the midst of caregiving, it may seem like it will never end, but of course, there will come a time when it will. Keep the big picture in mind.



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



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Hurricane Season

Are You Prepared?



June - November

By Traci Canada, Membership & Community Engagement

Hurricane season in the Atlantic starts June 1 and ends November 30. The most active hurricane months are August, September and October. According to Colorado State University, we have record high temperatures in the Atlantic which means we could have a very active season. Hurricanes are powerful storms that can bring strong winds, rains and flooding which can lead to power outages and property damage. With some planning and preparation, you can help keep yourself and your loved ones safe.

• Create a hurricane plan

Before hurricane season or in the beginning and less active months, sit down with your family and create a plan. This plan should include your evacuation route, a communication and meeting plan in case you are separated, and a plan for any family members or pets who require assistance.

• Make your hurricane kit

The kit should include a gallon of water per day for each person, non-perishable food, manual can opener, whistle, phone charger, flashlights and batteries, a first aid kit, battery-powered radio to stay updated, cash and important documents.

• Prepare your home

Windows and glass doors should have shutters up or plywood over them, secure any outdoor furniture and trim any trees with loose limbs that could cause damage.

• Keep yourself informed

Pay attention to the weather forecasts in your area from trusted sources. The National Weather Service is a good one. Sign up for emergency alerts from your local government. These alerts can provide you with important updates, especially if you have evacuated.

• Evacuate if necessary

Know your evacuation zone so if you are ordered to evacuate, you can do so promptly. Don't forget to grab your hurricane kit with your important documents.

• Stay safe during the storm

Stay indoors and away from windows, avoid using electrical appliances and candles, and keep your phones and battery packs charged.

• After the storm passes...

Wait for official clearance from local authorities to inform you if it's safe to return. Be cautious as you return as there could be hazards such as fallen power lines or debris. Take photos of any damage that you may have for insurance purposes. Restock your hurricane kit if you used anything from it so you are prepared for the next storm.

By following these simple steps, you can ensure the safety of not only your family, but others as well.

Nassau County Emergency Management is our local source for information regarding storms and weather in our area. Sign up for weather alerts on the website, www.onenassau.com; you can also find your evacuation zone and sign up for the special needs registry. If you or a loved one has special needs, please remember to register each year. This will alert the Emergency Management team when there is a storm so you will receive the help and care you need. How do you know if you should be on the special needs registry? If you need electricity for life-supporting medical equipment such as oxygen therapy, medication assistance or medical observation; or need transportation to evacuate to a shelter, you should register. If you are already on the registry, please remember to update your information as needed.

Sources:

Hurricane Preparedness | National Oceanic and Atmospheric Administration (noaa.gov)

Florida Hurricane Guide | Florida Disaster

Nassau County Emergency Management: Your Source for Disaster Preparedness (onenassau.com)



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We livestream our 9 am service on our website

Amelia.Plantation.Chapel



Creating a Legacy: The Value of Planned Giving

By Kerrie Slattery, Development

In the landscape of philanthropy, Planned Giving stands as a beacon of enduring support, offering individuals the opportunity to leave a lasting legacy while maximizing the impact of their contributions. Planned Giving involves determining donations to charitable organizations in a deliberate, thoughtful manner as part of an individual's estate planning process. While immediate donations serve critical needs, Planned Giving provides a strategic approach to philanthropy that can benefit both donors and their preferred charitable causes in profound ways.

Planned Giving allows donors to align their charitable intentions with their financial planning goals. By incorporating charitable gifts into estate plans, individuals can ensure that their assets are distributed according to their wishes, while also minimizing tax implications. This strategic approach empowers donors to support causes they are passionate about while optimizing their financial resources for the future.

Planned Giving enables donors to make a significant impact on charitable organizations over the long term. By committing to leaving bequests in their wills, individuals provide nonprofits with sustained support that empowers organizations to pursue ambitious initiatives, expand their reach, and address pressing social challenges with confidence and resilience.

Planned Giving fosters deeper connections between donors and charitable causes, transcending individual lifetimes to create a lasting legacy of generosity. Through legacy gifts, donors can express their values, beliefs and aspirations, leaving a meaningful imprint on the causes they champion and making a tangible mark on the world that reflects their enduring commitment to positive change.



For more information on Nassau County Council on Aging's Planned Giving program, please contact Kerrie Slattery, Development, at kslattery@nassaucountycoa.org or 904-233-9022.



Fernandina's Newest Event Space

Berkman Pavilion & Memorial Garden

1901 Island Walk Way
Fernandina Beach, FL

- 1,860+ square feet, covered pavilion
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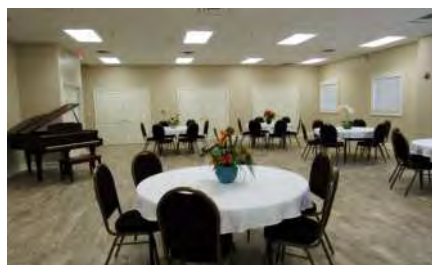
**For more information,
contact us at 904-261-0701.**

Nassau County Council on Aging is a 501(c)(3) nonprofit organization • Tax ID #23-7875273



Photo Credit: Rikky Sanders Photography

Planning an Event? Come to 1901 Island Walk Way!



Clear Grand Hall



Henderson Hall



Keffer Board Room

**We have beautiful and spacious conference rooms available to the community for rental.
An assortment of rooms with maximum occupancy of 320 persons
can be rented for a variety of occasions.**

- Holiday parties • Weddings and receptions • Formal galas • Fundraisers • Business meetings
- Church services • Repast • Training sessions • Film screenings • And so much more!

Clear Grand Hall	2,240 square feet	\$150.00/hour
Henderson Hall	1,100 square feet	\$75.00/hour
Keffer Board Room	440 square feet	\$50.00/hour

For more information, contact Melody Dawkins,
Membership & Community Engagement Director,
at 904-261-0701 or mdawkins@nassaucountycouncilonaging.org



Advocate Home Healthcare

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

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 Respectful
 Accessibility
 Advocate
 Hygiene

Companionship
 Housekeeping
 Assistance
 Caregiver
 Resources
 Errands

Meals on Wheels
 Encouraging
 Thoughtful
 Support
 Nurturing
 Patient

SOLUTION ON PAGE 22

Support Groups & Activities

• Grieving with Hope Support Group

2nd and 4th Monday of each month
5:30-7:00 p.m.
Contact: Jennifer Gundling, 904-775-5488 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 Stress-Buster Forum

2nd and 4th Wednesday of each month
1:30-3:00 p.m.
Contact: Jennifer Gundling, 904-775-5488 or jgundling@nassaucountycoa.org; or Emily Kunzelmann, 904-775-5472 or ekunzelmann@nassaucountycoa.org
Practice stress-reduction and

problem-solving techniques to be a successful caregiver.

• Caregiver Support Group

2nd and 4th Wednesday of each month
3:30-5:00 p.m.
Contact: Jennifer Gundling, 904-775-5488 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.

• Yoga for the Grieving Heart

Every Wednesday
5:30-6:30 p.m.
Contact: Tina LaVacca, RHT, Certified Yoga Instructor, 570-460-0373 or changingtidesamelia@gmail.com
Designed for those who have recently lost a loved one and those on a longer journey facing daily reminders of deep loss. Sponsored by Jim Tippins, Changing Tides Bereavement

• 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 Fernandina Beach Senior Life Center, 1901 Island Walk Way. There is no charge to attend these support groups and activities.

SOLUTION FROM PUZZLE ON PAGE 21

Advocate Home Healthcare

ACCESSIBILITY RPTBIHB
HBSSHKOSQRQNPBTHTPIFP
UHEBSLKSIBUYTRHAHLM
NQOWAUNVDTWKDOXGNEX
UGVMBGADUDTBKIUOLPAW
RGIJEHISQDJGTCGAUPLC
TXKELHVNNSXXKEGHPLBSZ
UZPRRMEBGISMISTSDOR
RZARREVAFISUDHFUBKNE
IFTAIJSKLLNTPGUACYWS
NVINSZJPTFPAPLSITHO
GOEDIFSFYHLLNOZCHEU
HCNSUSNTJCZADACROYER
VCTQPSZMCHTTICCEGLC
CAREGIVEROAFODPESISE
ZSCIVVZFFQXMUAEDCERS
CHHNYMHKRKGNXLWZMNI
AHXEAHOUSEKEEPINGEOU
ENCOURAGINGADVOCATEK
TOCOMPANIONSHIPPLAVOO

Home Health Aide	Companionship	Meals on Wheels
Aging in Place	Housekeeping	Encouraging
Respectful	Assistance	Thoughtful
Accessibility	Caregiver	Support
Advocate	Resources	Nurturing
Hygiene	Errands	Patient



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