

NASSAU COUNTY COUNCIL ON AGING

Senior Life

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APRIL - JUNE 2025



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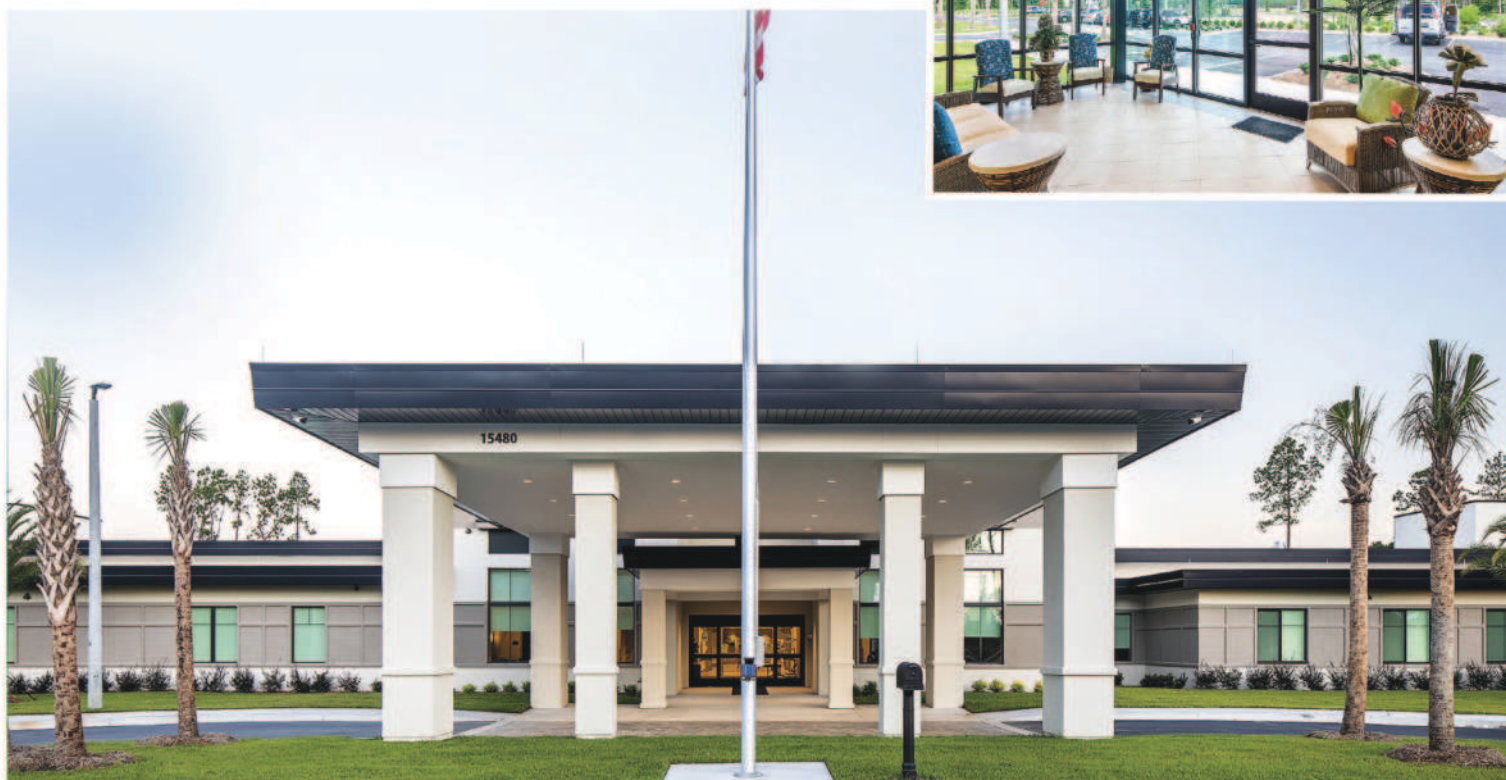
River City Rehab Center is committed to providing quality services and programs that are accessible and responsive to the long and short term nursing care and rehabilitative health care needs of our community.

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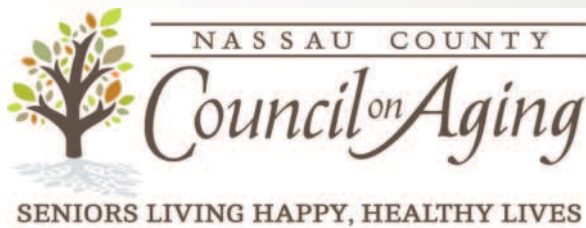


OUR EXPERTISE

- Physical, Occupational & Speech Therapy, Cardiac, Neurological & Orthopedic Programs
- Open communication between therapy, families and physicians



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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

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 - Emily Kunzelmann

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

Volunteer Opportunities - Chris Fournier

Westside Senior Life Center

37002 Ingham Road, Hilliard, FL 32046-1011

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

Website: www.nassaucountycoa.org

Staff Contacts

Administration/Case Management - Linda Rogers

Nutrition/Meal Programs - Frances Nobles

Activities - Melissa Snead



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Cover photos by Buddy Price, Buddy Price Photography
Cover design by Jessi Bryan, NCCOA Marketing &
Communications

Message from our President & CEO

The Golden Years. This phrase may bring a smile, smirk or frown to your face. Defined as "the advanced years in a lifetime," this phase is usually accompanied with long-awaited retirement and lots of free time. Vacations, trips, hobbies, quality time with grandchildren.

You might be interested to know that the actual phrase "the golden years" was coined in 1959, as the tagline for an advertising campaign for America's first large-scale retirement community in Sun City, Arizona. The campaign encouraged folks in their golden years (55 and older) to embrace an active life on a \$2 million golf-resort development in the middle of the Arizona desert. The campaign attracted 100,000 people to tour Sun City's model homes and see for themselves if this retirement lifestyle would be a good fit. Retirees of the late 50s had financial support of pensions, savings and Social Security, but what about their health?

As some of us know now, what is thought of as the crowning achievement of a lifetime – retirement -- is not always bright and shiny. Sometimes the golden years are tarnished – mostly due to unexpected health issues.

Health issues do not always equate to in-patient care or nursing home living. "Aging in place" – in your own home – is very possible if comprehensive wellness to combat physical and cognitive challenges is part of the equation.

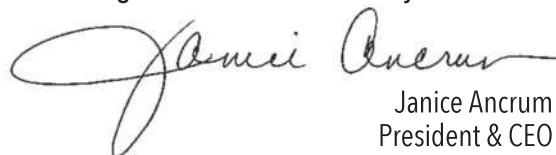
Nassau County Council on Aging provides targeted programs and services to foster independence and help seniors remain active, valued members of our community. The Club – a comprehensive day wellness program – is a program built for adults who may need a little assistance with activities of daily living.

The Club is an all-inclusive therapeutic wellness program that promotes enjoyment of life to the fullest for our members. It also simplifies life for families and caregivers by providing multiple services and activities in one location, our Fernandina Beach Senior Life Center. While group activities are available throughout each day, one-on-one interactions also help maintain skills and independence.

Skilled, licensed professionals provide a complement of therapies (physical, speech, occupational), services (podiatry, personal care), exercise, emotional wellness, intellectual stimulation, music, art and language. Aging in place is the ultimate goal.

Now in our 51st year, NCCOA's programs and services continue to meet the growing needs of Nassau County seniors – no matter what the Golden Years may mean for you or a loved one. We look forward to speaking with you, and sharing how The Club will meet your needs.

Sources: bloomerang.com, mobilize.com,
apnews.com, volunteermatch.com



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

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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 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, 904-775-5488 /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

Board of Directors



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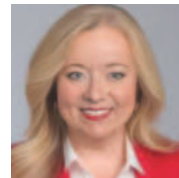
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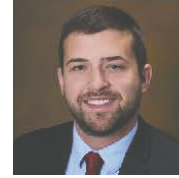
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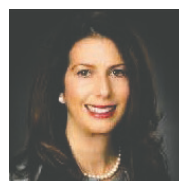
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Dr. Orsula V. Knowlton



Kathy McDonagh, PhD



Brian Rafferty



David Sharpe



James Staton Jr.



Dr. Pedro L. Tamayo IV



Ken Saitow | Past Chair

and companion services. Certified Nursing Assistants (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*

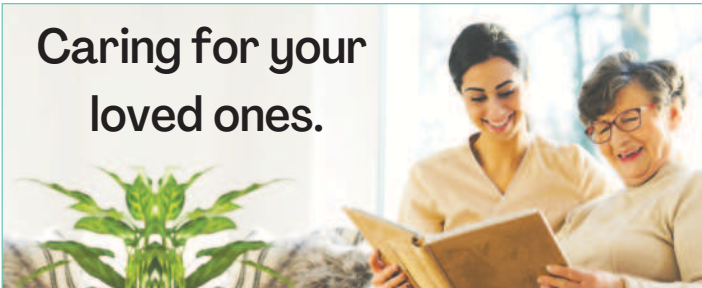
VOLUNTEER PROGRAM

If you are interested in helping seniors, there are many opportunities available at both the Fernandina Beach and Westside Senior Life Centers. Seven main volunteer support areas are offered: Administrative, The Club, CHORE, Community Room, Instructors and Presenters, Meals on Wheels Drivers, Friendly Visitors and other opportunities.

Contact: Chris Fournier, 904-775-5490/cfournier@nassaucountycoa.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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A Comprehensive Strategy for Aging WELL

By Jennifer Gundling, Training & Caregiver Services

WE ARE ALL AGING. But what will our own aging process look like? What if “the golden years” aren’t so golden? Chances are we, or someone we love, will experience physical or cognitive challenges...or both. Will we be able to “age in place” in our own home? How will we maintain our abilities for as long as possible and live our best life despite these challenges?

Fortunately, Nassau County Council on Aging, the local thought leader on aging in place, has many resources to address these issues and help craft the best solutions. One of those many resources is The Club, a comprehensive day wellness program for adults needing assistance, located at our Fernandina Beach Senior Life Center.

COMPREHENSIVE WELLNESS

Club: A group identified by some common characteristic

At Nassau County Council on Aging, The Club is much more than its definition. This all-inclusive therapeutic wellness program promotes enjoyment of life to the fullest for its members and simplifies life for members, families and caregivers by providing multiple services and activities in one central location.

The Club is designed to help adults who need assistance due to cognitive or physical limitations due to the aging process, Parkinson’s disease, Multiple Sclerosis, stroke, dementia including Alzheimer’s disease and more. The program fosters a holistic approach to maximize each Club member’s quality of life in a safe, secure environment. A full spectrum of therapies and social interactions help maintain skills and independence with activities of daily living.

According to Harvard Health, many factors affect mobility, physical and mental health, and our ability to keep our independence. Exercise, diet, preventive care and lifestyle choices will keep us stronger and steadier with fewer aches, sharper minds and more stamina. “Use it or lose it” is the mantra for maintaining our bodies and minds.

“The Club is a one-of-a-kind opportunity for adults to thrive with multi-faceted wellness activities, both cog-



A doctor of physical therapy works with Club members to help them prevent injuries, reduce pain and maximize physical functioning.

nitive and physical,” says Jennifer Gundling, Manager, Adult Day HealthCare. “Our program accommodates a broad spectrum of needs. It’s not unusual for Club members to show benefits after only one week in our program.”

PHYSICAL THERAPY

According to Johns Hopkins Medicine, physical therapy helps prevent injury, reduce pain and maximize physical functioning. Mobility – your ability to move purposefully throughout the day – is the foundation to living an independent life. The importance of mobility becomes clear when it’s increasingly challenging to get out of bed, climb in the car, walk up the stairs or carry groceries

Physical therapist Kimberly Carroll, DPT, leads therapy in our well-equipped Fitness Center, three hours each week. During PT sessions, Club members work on balance, stability and strength. Dumbbells, resistance bands, parallel bars, balance pads and physical therapy stairs provide a solid foundation for all ranges of movement.

PT-related improvements are evident for Club members and family caregivers. Physical therapy has enabled one member to regain his strength and move

Aging Well continued on the following page

from a wheelchair to a rollator. Another member participated in the Brooks Challenge Mile at the YMCA, completing 22 unassisted laps around the gymnasium while also carrying dumbbells.

SPEECH THERAPY

Speech therapy provides support and encourages participation in communication and memory-focused activities. Research indicates that stimulation has beneficial effects on cognitive function and may even slow cognitive decline. Structured activities focus on recalling information, using nonverbal communication and supporting memory with repetition, visual aids and associations.

Members with aphasia, hearing or cognitive deficits receive support and engage in fun therapeutic activities. Some members prepare and give presentations on topics of interest. Mr. G prepared a PowerPoint presentation on his recent travels to Asia. Mr. W delivered a speech on his lifetime goal of running races in all 50 states. He also prepared a large map with markers identifying completed races and earning medals. Mr. T presented on his favorite pastime, billiards, explaining the game and its social benefits. Speech Language Pathologist Michelle Appleby, MS CCC-SLP, says, "These activities are meaningful and bring members purpose to their life with increased confidence."

OCCUPATIONAL THERAPY

While some people think occupational therapy is exclusively related to doing a job, according to the Cleveland Clinic, the main purpose of OT is to help improve your ability to perform daily tasks for living and navigate your environment to complete activities safely. Occupational therapy helps people live as independently and self-sufficiently as possible regardless of conditions caused by injury, stroke, amputation, traumatic brain injury, Multiple Sclerosis, Parkinson's, arthritis, chronic pain, dementia, cognitive deficits and more.

Occupational Therapist Brittany Kinser, MSOT, helps Club members focus on upper body gross motor skills

Aging Well continued on the following page



Many members and caregivers call The Club "The Happy Place." The power of social interaction creates a sense of support and friendship.

The Club Advisory Panel

The Club Advisory Panel consists of experts in their fields who draw on expertise and experience to further our mission to provide a safe, supportive, nurturing therapeutic environment for seniors in the areas of health maintenance, nutrition, physical, mental and emotional health, therapeutic activities and socialization.

Steve Chenoweth, PT is the CEO & Founding Partner of Therapy Partner Solutions Holdings (TPSH), a family of Therapy & Rehabilitation related companies providing clinical care as well as administrative support for providers across the country.

Terri Cunningham, LMHC is a retired Licensed Mental Health Counselor with a lifelong passion for helping the elderly. She was instrumental in pioneering the Adult Day Healthcare concept, advocating for it on Capitol Hill.

Barbara Gingher, DNP, PhD, RN has extensive experience in health care and nursing administration, having held positions including Senior Vice President Patient Services, Chief Nursing Officer, and other executive roles for institutions including a multi hospital system, Level 1 Trauma centers, and tertiary care teaching hospital.

Denise Meisburg, D.Min, RN holds a doctorate in Pastoral Counseling and has assisted numerous patients of all ages through her private counseling practice. She has 42 years of professional nursing experience in medical surgical, psychiatric, emergency stabilization, hospice and home health nursing.

Brenda Nicholson, MD is a board-certified internist and oncologist, former Director of the Breast Cancer Program at Vanderbilt University and Physician with Tennessee Cancer Specialists. Dr. Nicholson has a special interest in Alzheimer's; eight years ago, she was diagnosed with the disease. Her diagnosis has empowered her to share personal insights and experiences with research groups, advocacy groups, academic and governmental agencies, caregivers and their loved ones.

Pedro Luis Tamayo IV, MD is the Clinical Documentation Integrity Specialist at Baptist Health System. He works closely with other physicians to optimize hospital clinical documentation for completeness and compliance with regulations. He has extensive experience in operational management in the diversified healthcare industry as well as medical management/supervisory experience in hospital and clinic environments.

James Tippins, M.Div. is founder and owner of Changing Tides Bereavement Resources. In addition to being an ordained pastor, Rev. Tippins is a Certified Grief Counselor and a Board Certified Chaplain.

for strength, flexibility and balance, and fine motor skills to safely complete daily tasks including bathing, dressing, toileting and more. OT interns from three college and university programs further enhance this focus with Club members.

PODIATRY

On-site podiatry services are available to support Club members and their families who may find office visits challenging. The Club provides space free of charge to Podiatrist John G. Harris Jr., DPM, FACFAS, for the convenience of Club families.

OTHER BENEFITS

Exercise

Johns Hopkins University reports that regular exercise can reduce pain, relieve stress, improve sleep and balance, among many other benefits. In addition to therapeutic activities, Club members benefit from regularly scheduled exercise classes that incorporate fun, including “sans-aqua” aerobics, balance through dance movement (Let’s do the twist!) and more.

The Club’s therapeutic approach helps members maintain their skills and abilities, making it easier to age in place – in their own home.

The Club also provides family caregivers with worry-free respite. Members reap the benefits of highly skilled staff, professional therapists and state-of-the-art equipment. Staff members are trained in AED, CPR, Dementia, Food Safety and Nutritional Requirements. A registered nurse, certified medical assistant and certified nursing assistant support the members throughout their day.

Socialization

The Cleveland Clinic states, “The problem of loneliness has a surprising impact – it can drill into both mental and physical health. In fact, research shows that the impact of loneliness and feeling socially disconnected is similar to smoking 15 cigarettes a day.” Club members benefit from “soul wellness” activities. Libby Drury, APRN, a therapist formerly associated with Florida Psychological Associates, conducts Caring Club, encouraging emotional wellness of Club members.

Music, Art & Language

According to Harvard Medical School/Harvard Health, music can positively alter brain structure and function. Brain research has shown the therapeutic power of music for patients with dementia, depression,



Music and dancing positively affect brain structure and function – plus, it’s fun!

Parkinson’s and more. Music, one of the few activities that uses both the left and right side of the brain, provides cognitive enrichment daily at The Club. Members enjoy live music performances or participative music activities with local performers, including bands that appear at local restaurants and venues, talented pianists, guitarists, a harpist, harmonica player and more.

Harvard also notes that creative activities such as art can relieve stress, aid communication and help arrest cognitive decline. You don’t have to be a talented artist to reap the benefits. “It’s the process, not the product,” says Megan Carelton, art therapist at Harvard-affiliated Massachusetts General Hospital. Art instruction by members of the Plantation Artists’ Guild and Gallery, help members express their feelings in non-verbal ways.

The Cleveland Clinic recommends learning a new language as one of the activities that encourages optimal brain function. Club members benefit from elementary language lessons in Spanish, French and American Sign Language.

Enrichment activities round out The Club program. Members enjoy intellectual stimulation through photography presentations, cultural conversations, brain games and more.

JOIN THE CLUB!

The Club is a one-of-a-kind resource for adults needing assistance. Combined with NCCOA’s Advocate Home HealthCare assistance or on its own, The Club provides an ideal solution for families and caregivers. The therapeutic approach benefits members physically, cognitively, emotionally and socially. The Club is a place where individuals can connect with others having similar struggles – and feel a sense of support and friendship at the same time.

“Many of our members and caregivers call The Club “The Happy Place,” which is a huge vote of confidence,” says NCCOA President & CEO Janice Ancrum. “It truly is a special program for a generation in their Golden Years that deserves the very best care and support we can provide.”

For more information on how NCCOA’s Adult Day HealthCare program – The Club – helps our members maintain healthy, happy lives, contact Jennifer Gundling, jgundling@nassaucountycoa.org or 904-775-5488.

Taking a Journey Together...on the Surprising Road of Life

By Liz Dunn, Marketing & Communications



Tom and Becky White cross the finish line in one of many U.S. races. Running races and living with dementia has "cemented our relationship," Becky says.

American philosopher Ralph Waldo Emerson is known for stating, "It's not the destination, it's the journey." It is a popular mindfulness quote used to encourage people to enjoy the process of getting to their goals, rather than just the destination itself. Mr. Emerson could have been describing the journey of Tom and Becky White.

A U.S. Marine Corps veteran, Tom spent 33 years with the Jacksonville Sheriff's Office, working his way up from patrolman to detective. Following JSO, Tom worked in other law enforcement capacities, including fire marshal. Becky's career was spent largely in accounting, medical credentialing and more recently as a photographer for the Florida Times-Union and gallery director for the Island Art Association.

Their journey together began after meeting one Saturday night at a Jacksonville Winn-Dixie. Becky was shopping and Tom was working security. What started as a brief conversation evolved into a 25-year marriage.

Tom had been an avid runner pretty much his entire life. Becky was a novice, but she jumped in with both feet and conditioned herself for marathons and half-marathons. The idea was to do something challenging together. As a matter of fact, about 15 years ago Tom and Becky challenged each other to run road and trail races in every state.

During their racing adventures, they met some wonderful people. "The racing culture is unique," Becky said. "No matter what your ability, race organizers and participants are incredibly supportive. There is always a group of people at the finish line, cheering you on. Even when it's late and starting to get dark, the cheerleaders are there to encourage you."

With every race, it became obvious that Tom was beginning to have some physical challenges. "We both noticed physical changes first," Becky said. "During a race, Tom would tire out very quickly. He would grab trees to keep his bal-

ance or spend more time resting on a bench. He seemed to be relying on me more and more for support."

A series of doctors' visits and a battery of tests eventually uncovered the reason behind his challenges – Tom was diagnosed with dementia/Alzheimer's disease. The diagnosis became an even greater impetus to take on life together with a positive mindset.

With Tom's diagnosis, the couple looked for helpful resources on Amelia Island, now their home. A fellow artist shared that Nassau County Council on Aging (NCCOA) had a special program for adults needing additional assistance due to cognitive and/or physical challenges – The Club. The program features a variety of therapies (physical, occupational, speech, art and pet therapy), in addition to memory games, live music, outings and more to help Club members live their best life.

"We were open to anything which may help Tom," Becky said. "We were excited about The Club program which focused on maintaining and stimulating abilities, as well as promoting independence." Tom jumped in with both feet.

Jennifer Gundling, NCCOA Training & Caregiver Services Manager, gives Tom and Becky kudos for working – and living – through some difficult life changes. "Knowing that his challenges would most likely become greater, Tom has immersed himself into The Club, a therapeutic program based on maintaining current skills and socializing with peers experiencing the same," Jennifer said. "With their 'we're in this together' focus, Tom and Becky have reached out and found invaluable cognitive, physical and emotional resources. They are truly part of our Club Family."

JOURNEY continued on page 15

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/product/memberships/ • Questions? Contact NCCOA at 904-261-0701.



Special Events

Book Club – Reading Between the Lines – Free

Lucy Martin & Kathy DeAngelis
Wed – Apr 2, May 7, Jun 4 • 5:30 – 7 pm

Alzheimer's Association Brain Bus – NCCOA Parking Lot

Fri – May 2 – 10 am

Ping Pong Serving Parkinson's – Atlantic Rec Center

Don Hughes
Mon – Apr 14 – May 19 • 10 – 11:30 am

After Hours Charcuterie – \$65

Luxe Picnics by Les
Fri, May 23 • 6 – 8 pm



Brain Boosters

Key Concepts About the Maturing Brain

Dr. Marc Case, Case Chiropractic Neurology Center
Fri, Apr 11 • 10 – 11 am

Socialization, Communication & Sign Language

Lynn Freeman, NCCOA Sign Language Instructor, & Michelle Christie, Clarity Hearing Aid Center
Fri, Apr 18 • 10 – 11 am

Nutrition for Cognitive Health

April Blue Moseley, Better Belly Wellness
Fri, Apr 25 • 10 – 11 am

Cognitive Brain Games

Kathy DeAngelis
Fri, May 2 • 10 – 11 am

Hearing Loss & Loneliness

Michelle Christie, Clarity Hearing Aid Center, & Lynn Freeman, NCCOA Sign Language Instructor
Fri, May 9 • 10 – 11 am

Habits & Hacks for Lifelong Mental Fitness

Dr. Marc Case, Case Chiropractic Neurology Center
Fri, May 16 • 10 – 11 am

Brain Power Smoothies

April Blue Moseley, Better Belly Wellness
Fri, May 23 • 10 – 11 am

Unlock Your Brain's Potential with Supplements

April Blue Moseley, Better Belly Wellness
Fri, May 30 • 10 – 11 am

Cognitive Brain Games

Kathy DeAngelis
Fri, Jun 6 • 10 – 11 am

Importance of Early Hearing Detection

Michelle Christie, Clarity Hearing Aid Center, & Lynn Freeman, NCCOA Sign Language Instructor
Fri, Jun 13 • 10 – 11 am

Your Aging Brain & What You Can Do!

Dr. Marc Case, Case Chiropractic Neurology Center
Fri, Jun 20 • 10 – 11 am

Exercising to Fight Parkinson's

Tifini McGill, Advanced Muscle Therapy
Fri, Jun 20 • 11 – 11:30 am

Touch Points for Brain Stimulation

April Blue Moseley, Better Belly Wellness
Fri, Jun 27 • 10 – 11 am



Cards & Games

Bingo – Free

Every Mon, Wed, Fri • 10 – 11 am

Rummikub

Janet Chatfield
Every Mon • 3 – 4 pm

Rummikub – Free

Nancy Chandler
Every Tue • 9 – 10 am

Trivia – Free

Nelson Insurance
3rd Tue • 9 – 10 am

Party Bridge

Lois Stewart
Every Wed • 9:30 am – 12:30 pm

Cribbage – All Levels

Shirley Green
Every Wed • 1 – 3:30 pm

Canasta – Hand, Knee, Foot & Toe – Open Play & Instruction

Debbie Price
Every Fri • 9:30 am – 12:30 pm

Mah Jongg – All Levels with a Current Mah Jongg Card

Every Fri • 12:30 – 3:30 pm

Bridge Open Play – All Levels

Every Fri • 12:30 – 4 pm



Computers & Technology

AI: The Linking Game

Paul Fishwick
Wed, Apr 9 • 10 – 11 am

AI: The Memory Palace

Paul Fishwick
Wed, May 7 • 10 – 11 am

Apple iPhone/iPad (Series of 3)

Marc Williams
Mon, Tue, Wed - Mar 31, Apr 1, 2
9:30 – 11:30 am

Apple Macintosh (Series of 3)

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

Apple iPhone/iPad (Series of 3)

Marc Williams
Mon, Tue, Wed – Jun 2, 3, 4 • 9:30 – 11:30 am

Digital Lifesavers: Intro to Medical Alerts

Linda Grace Farley, My Angel Alert Band
Tue, May 6 • 1 - 2 pm

Journal It!

April Blue Moseley, Tech Tidy-Up

Intro to Digital Journals

Fri, Apr 18 • 10 – 11 am

Be Creative Setting Up Your Journal

Fri, May 2 • 10 – 11 am

Fine Tune Your Journal

Fri, May 9 • 10 – 11 am

Sharing Your Journal with Family & Friends

Fri, May 16 • 10 – 11 am



Financial

Top 5 Frauds in Banking

Mike Mickler, Pineland Bank
(same presentation offered twice)
Wed, Apr 9 • 11 am – 12 pm
Thu, Jun 26 • 11 am – 12 pm



Fitness & Dance

Pelvic Floor & Core

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

Chair Yoga

Tina LaVacca
Every Mon • 9 – 9:45 am

Just Friends Exercise with Tissa – Free

Tissa Lewis
2nd & 4th Mon • 9 – 10 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

Cardio Pump

Debi Senger
Every Mon • 11:30 am – 12:30 pm

Tap Dancing

Maggie Comey & Patti Ess
Every Mon • 12:45 – 1:45 pm

Standing Core

Catherine Paradise
Every Tue • 8:15 – 9:15 am

Resistance Training – Advanced

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

Floor Yoga Stretch

Catherine Paradise
Every Tue • 9:30 am – 10:30 am

Stability Exercises

Mary Bleck
Every Tue • 10 – 11 am

Standing Pilates

Merle Sauer
Every Tue • 10:45 am – 11:45 pm

Chair Aerobics

Merle Sauer
Every Tue • 12 – 1 pm

Belly Dancing

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

Zumba Gold

Stacey “Sparkle” Vinson
Every Tue • 1 – 2 pm

Line Dancing – Basic

Kathy Ball
Every Tue • 1 – 1:45 pm

Yoga Flow

Merle Sauer
Every Tue • 1:15 – 2:15 pm

Line Dancing – Intermediate

Kathy Ball
Every Tue • 2 – 3 pm

Stretch & Balance – Advanced

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

Tighten and Tone

Merle Sauer
Every Wed • 9 – 9:45 am

Weight Training and Toning

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

Aerobic Exercise

Merle Sauer
Every Wed • 10 – 10:45 am

Pilates

Merle Sauer
Every Wed • 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

Fitness continued on the following page

Fitness continued

Advanced Chair Yoga Stretch

Catherine Paradise
Every Thu • 8:15 – 9:15 am

Mat & Core – Advanced

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

Qigong Healing – For Beginners The Art of Inhaling Life

John Cipriani
Every Thu • 9:30 - 10:15 am

Qigong Healing – Advanced The Art of Inhaling Life

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

Hoop & Holler!

Laura Giordano, Heidi Freilich
Every Thu • 9:45 – 10:15 am

Just Dance

Heidi Freilich & Laura Giordano
Every Thu • 10:30 – 11:30 am

Dancing Queens

Lorraine Gaito
Every Thu • 12 – 12:45 pm

Zumba Gold

Stacey “Sparkle” Vinson
Every Thu • 1:30 – 2:30 pm

Zumba Gold: Weight Training & Toning

Stacey “Sparkle” Vinson
Every Fri • 8:30 – 9:30 am

Chair Yoga

Tina LaVacca
Every Fri • 9 – 9:45 am

Aerobic Exercise

Merle Sauer
Every Fri • 10 – 10:45 am

Zumba Step Up

Stacey “Sparkle” Vinson
Every Fri • 9:45 – 10:45 am

Pilates

Merle Sauer
Every Fri • 11 – 11:45 am

Total Body Workout

Stacey “Sparkle” Vinson
Every Fri • 11:30 am – 12:30 pm

Posture and Balance

John Cipriani
Every Fri • 1 – 2 pm



History, Culture & Travel

Arm Chair Travel – Free

Nancy Cerra, Realtor, Keller
Williams Realty
First Thu Every Month • 9:15 -10 am

Photo Destination: New Zealand

Alwynne Lamp
Mon, Apr 28 • 1 – 3:30 PM

Jewish Education

Rabbi Levi Katz, The Chabad Jewish
Center of Amelia Island

The Traditions of Passover

Thu, Apr 3, 4 – 5 pm

Understanding Kosher

Thu, May 8, 4 – 5 pm

The Jewish Home

Thu, Jun 19, 4 – 5 pm



Hobbies - Arts, Crafts & Gardening

Crocheting Circle – All Levels – Free

Brenda Brubeck
Every Tue • 10 – 11:30 am

Making Cards with Loralie!

Loralie Harris
Tue - Apr 1 • 10 – 11 am
\$5.00 Supply Kit Fee

Decoupage Designs: Cigar Boxes

Chastity Harris, Décor It
Tue - Apr 8, 15 • 10 – 11:30 am

Dirt Therapy: The Joy of Gardening

Judy Ward, Libby Drury, Becky Bond
Every Wed • 9:30 – 10:30 am

Casual Knitting – Beginners Welcome – Free

Marcia Foshee-Duffy
Every Thu • 1 – 3 pm
Shell Creations
Cheryl Allen
Every Thu • 2:30 – 4:30 pm

Painting

Leeanne Saylor,
Saylor's Accounting & Tax
Every Fri • 2 – 4:30 pm

Lifelong Learning



Language/Literature

Intermediate Conversational Spanish

Francis Morrobel, Realtor
Cabana Lane & Dale Spencer
Every Mon • 1:30 – 3 pm

Basic Conversational Spanish

Lena Hoenig
Every Wed • 1:30 – 2:30 pm

Sign Language

Lynn Freeman
Every Thu • 10 – 11 am



Music

Guitar Slow Jam w/Bass – All Levels

Joyce Whorton, Musician
Every Mon • 2:30 – 3:30 pm

Elvis Music with Lane – Free

Lane Mashburn, Amelia Auto Mart
3rd Mon • 9 – 10 am

Ukulele – Open Play

Julie and Jim Black
Every Mon • 10 – 11 am

Guitar Adventures with Joyce – Free

Joyce Whorton
2nd Tue • 10 – 11 am

Celebrating with Music Sandi Haynes

April Spring Fling

Thu, Apr 17 • 10 – 11 am

Celebrating Armed Services

Thu, May 15 • 10 – 11 am

Juneteenth

Thu, Jun 19 • 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

Songs with Terry – Free

Terry Murphy
2nd Fri • 9 – 10 am

Music continued on the following page

Music continued

Amelia Island Chamber Music Quartet – Free

Thu, Jun 12 • 9 – 10 am



Other Opportunities

Hot Topic Discussions with Mayor Antun

3rd Thu, 4 pm

Honoring Choices

Cindy Newman, Volunteer,
Community Hospice

Tue, Apr 15 • 2 – 4 pm

Tue, May 13 • 2 – 4 pm

A Lifetime Gift

Shelly Halverson, Creator & Facilitator
Dan Johnson, Thrivent Financial
Advisor

Fri, Apr 25 • 11:30 am – 1 pm

The Portfolio Life – A Lifelong Process to Create Greater Meaning in our Lives

Susan Ziel

Tue, May 20 • 3 – 4 pm



Wellness

Tapping Meditation – Tapping Cafe

Jean Kerry, PhD

Amelia Island Psychology

Every Thu • 1 – 2 pm

The Art of Happiness

Jean Kerry, PhD, Amelia Island
Psychology

Get Ready for the Adventure of Your Lifetime

Tue, Apr 1 • 10 – 11 am

Lifelong Learning

Take Charge of Your Happiness with the Four Pillars of Life

Tue, Apr 8 • 10 – 11 am

The Plan, Make Your Life Meaningful

Tue, Apr 15 • 10 – 11 am

Foods for Digestive Health with April – Free

April Blue Moseley, Better Belly
Wellness

Fri, Apr 4, May 2, Jun 6 • 9 - 10 am

Choosing Shoes for Foot Health & Exercise

Robert Santrock, MD, Orthopedic
Surgeon

Tue, Apr 1 • 11:45 am – 1 pm

Lunch provided

JOURNEY continued from page 11



Tom keeps his mind sharp through interactive games, such as cards and puzzles.

Taking it in stride with their trademark flexibility – and with an ok from his doctor – Tom and Becky haven't stopped making plans and participating in races. A full-blown marathon may now be out of the question; however shorter races are doable. Time doesn't matter... just finishing.

The Whites have four states remaining on their bucket list: Connecticut, Iowa, Montana and Nebraska. Becky has already researched interesting races and

sights in each place. After the U.S., Tom and Becky plan on tackling Europe.

Running races and living with dementia has "cemented our relationship," Becky says. "Tom used to be the better runner and always went at my pace. Now with his neurological issues I go at his pace, often physically supporting him. We make it a point to finish each race together – holding hands – with a kiss at the finish line."



Last year, Tom and Becky completed the Rio Grande 5K Run/Walk in Albuquerque, NM. They have only four states remaining on their bucket list.

Tom and Becky are most definitely taking this life journey together, with a foundation of dignity, respect and love. There are still many yet unseen destinations, but nothing can stand in their way.



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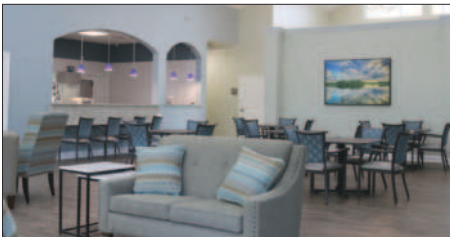
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Philanthropy: Investing in YOUR Future

As we enter a new year, many of us review our charitable giving goals. In Nassau County alone, there are many causes we can support, each having its own purpose and targeted demographic. More often than not, people support a cause or group they're familiar with and have passion for. Since you're reading Senior Life magazine, perhaps your passion is the elderly population.

It is no secret that we are ALL aging. The "silver tsunami" – the aging baby boom – is a tidal wave of seniors who require many resources to age well. Investing in those resources within our own community is investing in our future. Readily available quality programs and services for a growing senior population do not happen by chance. Careful planning and generous funding help ensure that resources are available when we need them.

Nassau County Council on Aging, the local leader in senior programs and services, embraces a cause supported by many. However, as seniors live longer it becomes more critical to direct resources to this age group. Consequently, our donor base and types of giving must keep pace with the need.

As the longest-serving nonprofit agency in Nassau County, we cannot rest on our laurels. Too many deserving seniors count on us for nutrition, home health, day programs, lifelong learning, socialization and caregiver services. Without these important offer-

ings, many seniors would be placed in assisted living facilities and removed from the mainstream of life.

"Aging in place" – in your own home – is the primary goal for the majority of seniors. Being able to remain in your own home, with the assistance of NCCOA-provided programs and services, is a lifelong aim. This issue highlights The Club, a therapeutic wellness program for adults needing assistance. The Club is one example of how donated funds help shape the program's offerings. Whether we or a loved one needs assistance due to age, physical or cognitive challenges, stroke, Parkinson's, MS, dementia, Alzheimer's or other health concerns, The Club will be there to help us, our families and caregivers live happy, healthy lives.

We could not be what we are to the local community without your support. Heartfelt thanks to all of our generous donors – individuals, organizations, corporations, foundations, etc.

There are many ways to become a part of ensuring the best resources and services are available for seniors in Nassau County. Planned giving, tax advantaged giving of appreciated securities, real estate, other assets or required minimum distributions are just some ways to invest in our future. For more information on donating to NCCOA, please contact President & CEO Janice Ancrum at jancrum@nassaucountycoa.org.



Aging Well

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

Meditation

Activities

Cognitive

Nutrition

Happiness

Wholeness

Exercise

Learning

Puzzles

Memory

Friends

Hearing

Stress

Sleep

Games

Focus

Brain

Relax

Cards

Enjoy

SOLUTION ON PAGE 22

Walk to Remember



Changing
Health Care
for Good.

Regular physical activity can cut your risk for dementia in half

Submitted by: Baptist Health Juice Staff

Regular physical activity can cut your risk for dementia in half. Like "an apple a day keeps the doctor away," some health advice sounds too good to be true – but a study found that walking can help reduce the risk of dementia in older adults.

According to the study, taking 3,800 steps a day lowers your chance of developing dementia by as much as 25%, and better yet, walking 10,000 steps a day cuts your chances in half. The analysis, published in JAMA Neurology, studied the walking habits of more than 78,000 adults over three years.

"The study found that higher step counts were related to a lower dementia risk," said Alison Bartfield, MD, medical director for Baptist AgeWell.

As a good rule of thumb, 5,000 steps equal approximately one mile.

The exercise-brain connection

Doctors believe walking helps reduce vascular dementia, which is the second-most common type of dementia after Alzheimer's disease. It develops when blood flow to the brain is impaired. This can happen when blood vessels become damaged by cholesterol and fats or from toxins, like those in cigarettes.

"Just like in your heart or other parts of your body, you need good circulation to feed your body and your brain," Dr. Bartfield said. "That's what vascular sufficiency is."

Exercise helps reduce inflammation in blood vessels and promotes better circulation by building more capillary pathways. It's one of the pillars of a brain-healthy lifestyle that also includes a healthy diet, social connections and mentally stimulating activities.

"People who live this way are much less likely to get dementia," Dr. Bartfield said. "Or if they do, it is more likely to be mild and develop at the end of life, rather than a person living with it for a prolonged period."

Maintaining your independence

The National Institutes of Health endorses the "4 M's" for older adults: medications, mobility, mentation (mental activity) and what matters most.

"Many of my patients tell me what matters most is being independent – being able to bathe, dress, do some light cooking, housework and go on outings," said Dr. Bartfield.

She explained that older adults' independence relies mostly on their ability to maintain their mentation (avoiding or diminishing their risk of dementia), as well as mobility (the ability to get up and be stable on their feet without the need for assistive devices like wheelchairs, canes or walkers). Daily walking addresses these important quality-of-life measures.

"Walking 10,000 steps a day may seem challenging because our society has become so sedentary, but it's certainly attainable for most people," said Dr. Bartfield.

She said people from other cultures are accustomed to walking long distances every day and they're healthier because of it. In Sardinia, Italy, where life expectancy is one of the highest in the world, walking, often up steep hills, is the primary way to get around.

Reducing hereditary risk

"My father watched as his father (my grandfather) went from being very active to sedentary when he retired. When he stopped exercising, he developed dementia," said Dr. Bartfield. "To modify his own risk of dementia, my father walked two miles a day religiously until his mid-90s. He still walks most days, but

Walk continued on page 20



Walk continued from page 19

at almost 96 years old, he has cut back to one mile a day."

She added, "He still lives independently and even works part-time. He understands that staying active is a lifeline to alter his genetic risk and maintain his independence."

Making steps routine

You can add more steps to your day with these easy tips:

- Stand and pace during a conversation, rather than sitting
- Walk the dog
- Park your car a good distance from your destination
- Find a convenient path near home or work to take a daily walk
- Take a walk during your lunch break
- Pedal a leg exercise machine while sitting (great for those who have difficulty walking)

"The more you move, the better your health will likely be," Dr. Bartfield said. "And it's not that hard to implement in your everyday life."

Sources: JAMA Neurology, Centers for Disease Control and Prevention

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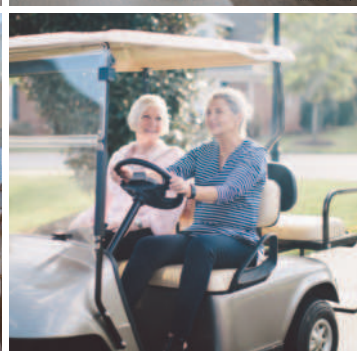
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SOLUTION FROM PUZZLE ON PAGE 18

Aging Well



| | | |
|-------------|------------|------------|
| Mindfulness | Meditation | Activities |
| Cognitive | Nutrition | Happiness |
| Wholeness | Exercise | Learning |
| Puzzles | Memory | Friends |
| Hearing | Stress | Sleep |
| Games | Focus | Brain |
| Relax | Cards | Enjoy |

NCCOA Support Groups

Fernandina Beach Senior Life Center, 1901 Island Walk Way

Knowing that support is integral to living a happy, healthy life, NCCOA facilitates and hosts various support groups, some spanning decades over our 50-year history. Our current groups include:

Grieving with Hope Support Group: Navigating Loss Together

Grief is a universal – and most often misunderstood – experience. Learn about dealing with loss on your own personal healing journey.

2nd and 4th Monday, 5:30 – 7:00 pm

Various facilitators

For more information: Jennifer Gundling, NCCOA Home Health, Training & Caregiver Services

Manager, 904-775-5488 or
jgundling@nassaucountycoa.org



Hearing Loss Support Group: Enhancing Communication and Connection

Loss of hearing can lead to feelings of isolation and frustration. Learn about assistive listening devices and/or lip-reading, hearing aids and local resources.

1st Tuesday, 12:00 pm – 1:30 pm

Facilitator: Don Eipert

For more information: Frances Bartelt, NCCOA Volunteer

Coordinator, 904-775-5484 or
fbartelt@nassaucountycoa.org



Low Vision Support Group: Adapting and Thriving

Vision challenges can significantly impact an individual's independence and quality of life. Learn how to use visual aids, modify living spaces and utilize technology.

4th Wednesday, 11:00 am – 12:30 pm

Facilitator: Krista Long

For more information: Frances Bartelt, NCCOA Volunteer

Coordinator, 904-775-5484 or
fbartelt@nassaucountycoa.org



Caregiver Support Group: Sustaining the Unsung Heroes

Caregiving has been described as both a labor of love and the most difficult job on the planet. Learn how to better deal with physical and emotional strain, and get the relief you need through validation, self-care, respite and resource sharing.

2nd and 4th Wednesday, 3:30 – 5:00 pm

Various facilitators

For more information: Jennifer Gundling, NCCOA Home Health, Training & Caregiver Services

Manager, 904-775-5488 or
jgundling@nassaucountycoa.org



Yoga for the Grieving Heart: Addressing Loss Through Movement and Mindfulness

While traditional grief support groups focus on verbal sharing and emotional support, this ancient exercise offers a complementary approach to enhance the mind-body connection. Learn how to strengthen the body, relax the mind and reduce stress.

Every Wednesday, 5:30 – 6:30 pm

Facilitator and contact: Tina LaVacca, RHT,
Certified Yoga Instructor,
570-460-0373 or
changingtidesamelia@gmail.com

Sponsored by Jim Tippins, Changing Tides
Bereavement Resources



National Alliance on Mental Illness (NAMI) Support Group: Breaking the Stigma

Unlike other medical conditions, mental illness often carries a significant stigma, making it more challenging for individuals to seek help and gain acceptance. Learn how to navigate the mental health arena, and help promote understanding and support.

Every Friday, 11:00 am – 12:30 pm

Various facilitators

For more information: Nelli Ramos, NAMI
Nassau, 904-277-1886 or
contact@naminassauflorida.org



Note: Remember that a support group is not a substitute for regular medical care. If you do not think a support group is appropriate for you, but still need help coping with your condition or situation, speak with your doctor about counseling or other types of therapy.

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