



JULY

Coulliette Senior Center
1116 Frankford Avenue
Panama City, FL 32401

Hours of Operation:

Monday -Thursday
7:30 am - 5:00 pm

Friday
7:30 am - 2:30 pm

Saturday & Sunday
Closed

Visit our website at
www.baycouncilonaging.org

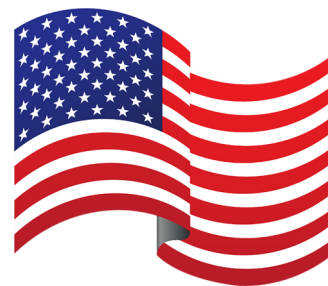
Bay County Council on
Aging is also on Facebook.
Join us there for up-to-date
information about
activities, programs, services
and news about seniors.



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The Golden Edition



Do You Know About AlertBay?



While summertime brings sunshine and warm weather, it can also at times bring heavy rain, high winds, thunder, lightening and severe weather such as tornadoes and hurricanes. If you live in Bay County, Alert Bay is a "must have" for storm alerts and other emergency notifications.

Get alerted about emergencies and other community news by joining the Alert Bay notification system. In addition to providing notifications about severe weather it also provides critical information for situations such as unexpected road closures, missing persons, evacuations of buildings or neighborhoods, and other emergency events.

Time sensitive notifications can be received on home or mobile phones, email address, text messages, and more.

Alert Bay is a free service powered by Alert Florida and serves as a community notification system for un incorporated Bay County, Bay District Schools, and the cities of Callaway, Lynn Haven, Mexico Beach, Panama City, Panama City Beach, Parker, and Springfield.

It is easy to sign up for Alert Bay notifications. Just visit AlertBay.org. For additional information call (850) 248-6040.

When you sign up for Alert Bay you will be in the know for local emergency situations as they happen.



HELP US STAY IN TOUCH! Help us keep *The Golden Edition* mailing list upated. If you are receiving the newsletter and need to correct the spelling of your name, change your address, or eliminate duplicate copies, contact us at (850) 769-3468, ext. 102. Thank you!

We welcome advertisements. Contact us for more information. Thank you for your support.



The Golden Edition is edited by Lydia Vickery

Bay County Council on Aging Volunteer Program

Volunteer of the Year



Lynne Fleming was recognized as Older American's Act Volunteer of the Year during our May celebration. She enrolled as a volunteer in May 2023. Since that time, she has served more than 400 hours.

She serves clients in many ways including transporting clients for essential need appointments, delivering meals to clients, shopping assistance, consumable deliveries, kitchen prep, clerical filing and our phone.



With her little "Ladybird" in tow, they visit our shut-ins and makes friends with everyone she meets.

As a retired Highway Patrol Officer, she has the training and persona making our clients feel safe.

We are blessed to have her!



Members from the St. Andrews Bay Quilters Guild stopped by to donate a variety of gifts for our seniors.

Totes, Quilts & Walker bags!.

Thanks to all the sewing crafters who join in to make a difference.



Have you ever heard....."I can't do that"...? How should a volunteer respond to this statement?

With encouragement!

...."Have you tried?..... I know Can't, he never could do anything."

A volunteer is willing to help a client who really can't help themselves.

Client's essential needs are our focus. Doing the "wants" for our clients is nice, but choose wisely.

Our volunteers should feel positive and purposeful in their work. Volunteers serving clients who really appreciate their efforts are reporting how the interactions are as important as the food.

HAPPY BIRTHDAY VOLUNTEERS CELEBRATING IN JULY

Billy—Charles—David—Janet—Karla—Nellie



PASS THE WORD!

WE NEED VOLUNTEERS!!

PICK UP AN ENROLLMENT FORM - SHARE YOUR EXPERIENCE

PICK UP A TIME SHEET—RECORD YOUR SERVICE

SAVE THE DATE
JULY 16TH
9AM
VOLUNTEER TRAINING

SAVE THE DATE
JULY 16TH
9AM
VOLUNTEER TRAINING

VOLUNTEER OFFICE HOURS 9am-2pm Monday-Friday 769-3468 ext. 119 - office email: lydia.vickery@bccoa.net

PLEASE POST

Medicare Moments No.12

presented by Advantage Aging Solutions
and the SHINE (Serving Health Insurance Needs of Elders) Program

Medicare Open Enrollment Part II: Choosing a New Plan

Did you know that Medicare's annual Open Enrollment Period (October 15 to December 7) is the one time of year that most beneficiaries make changes to their Coverage? If you have reviewed your present plan, are aware of coming changes that will affect you, foresee increased out of pocket expenses, and have decided to look at other plans, you'll want to know where to obtain the best healthcare coverage and at the lowest cost.

Changes You Can Make during Open Enrollment:

- From Original Medicare to a Medicare Advantage plan or vice versa
- From one Medicare Advantage (Part C) plan to another
- From one Medicare prescription plan (Part D) to another
- Join a Part D prescription plan (late enrollment penalty might apply)
- Drop your existing Part D coverage altogether

How to Find a Plan that is Best for you:

- Go to Medicare.gov to:
 - Learn about Original Medicare (Parts A & B) benefits
 - Use the Medicare Plan Finder and compare similar plans side by side, such as
 - * Medicare Advantage Plans
 - * Prescription drug plans
 - * Medigap (Medicare Supplement Insurance) policies
 - * Part D & Medigap
- * Seek the help of a trained SHINE Medicare Counselor, who will:
 - Research Medicare and find answers for you,
 - Assist you with plan comparisons so you can choose the best plan That fits your needs,
 - Explain programs that could save you money on premiums and Prescriptions, and
 - Guide you through enrolling in a new plan.

It is important to understand your Medicare choices and choose your coverage wisely!

To talk to a SHINE Medicare Counselor, call the
Elder Helpline 800-963-5337

Next Edition of Medicare Moments: How Medicare Works with Military Benefits

SHINE is a program of the Florida Department of Elder Affairs and is offered locally by Advantage Aging Solutions. SHINE provides free and unbiased health insurance counseling through a network of volunteers, empowering Florida seniors to make informed health choices.

Cost savings could be yours too through the Medicare Savings Programs and the Extra Help Program.



JULY

Brain Health Classroom
North side of Respite Center
Session Begins
July 29—Sept. 4
10AM-2 PM

Professional speakers
Lunch will be served
Smart Fit brain health
enhancement
Exercise



AUGUST

Brain Health Classroom
North side of Respite Center
Session Begins
Sept. 16—Oct. 23
10AM-2 PM

Professional speakers
Lunch will be served
Smart Fit brain health
enhancement
Exercise

Recognize Burnout

Knowing when you're under too much stress allows you to get the help you need. These signs have been identified by the Well Spouse Association.

Physical symptoms:

- Chronic fatigue
- Sleep disturbances
- Changes in appetite or weight
- Frequent illness
- Headaches or body aches
- Muscle pain or weakness

Emotional symptoms:

- Anxiety or depression
- Feeling hopeless
- Feeling overwhelmed
- Irritability or anger
- Suicidal thoughts

Cognitive symptoms:

- Forgetfulness
- Decision fatigue

Behavioral symptoms:

- Withdrawal from activities or social situations
- Neglecting personal needs
- Increased use of substances

Resources for Caregivers

- [AARP Caregiving Guide](#)
- [Administration for Community Living \(Lifespan Respite Care Program\)](#)
- [ARCH National Respite Network and Resource Center](#)
- [Courage to Caregivers](#)
- [Lewy Body Dementia Association](#)
- [Rosalynn Carter Institute for Caregivers](#)
- [Well Spouse Association](#)



Information for Caregivers



***Caregiver* Connections**

Monthly Caregiver Support Groups

JULY

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, July 11, 2025

1:00 PM

Educational Group Meeting

4th Wednesday, July 23, 2025

Guest speaker TBA.

AUGUST

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, August 8, 2025

1:00 PM

Educational Group Meeting

4th Wednesday, August 27, 2025

Guest speaker TBA.

Meal Site Activities – July

Callaway Fellowship Center



Tuesdays & Thursdays
9:00 am -12:00 noon



9:00 - 10:00 - Exercise, Lunch & Games

3rd—4th of July Celebration

17th—Q&A with Dixie Williams

RN Bay Co. Health

Department 9:45-10:15am



Siena Gardens

For residents of Siena Gardens

Mondays & Wednesdays
10:00-12:00



10:00—Activities & Bingo
11:00—Lunch

Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo and Socialization

11:00 - Lunch



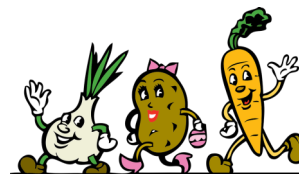
St. Andrews Towers

For residents of St. Andrews Towers

Mondays, Tuesdays & Wednesdays

2:30 pm - Late Lunch

ONLY FOR SIGNED UP CLIENTS



July

Are you 60 or older? We would love for you to join us for activities and lunch! For more information please contact Ann Farmer at (850) 769-3468.

Senior Center & Meal Site Activities

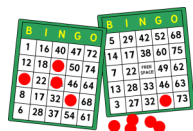
Monday

Tuesday

Wednesday

Thursday

Friday



7

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch
12:00 - Cards



14

10:00 - Bingo
11:00 - Lunch
12:00 - Cards



21

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch
12:00 - Cards



28

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch
12:00 - Cards



1

9:30 - Exercise
10:00 - Florida Public Service Commission
11:00 - Lunch



8

9:30 - Exercise
10:00 - Ukuleles of St. Andrews
11:00 - Lunch
1:00 - Exercise Class



15

9:30 - Exercise
9:45 10:15 - Q&A with Dixie Williams RN Bay Co. Health Department 9:45-10:15
11:00 - Lunch
1:00 - Exercise Class

22

9:30 - Exercise
10:00 - Games
11:00 - Lunch
1:00 - Exercise Class



29

9:30 - Exercise
10:00 - Games
11:00 - Lunch
1:00 - Exercise Class

2

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch



9

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch



16

9:30 - Exercise
10:00 - Bingo
11:00 - Site Birthday Celebration Ice Cream Social



23

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch



30

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch



3

9:30 - Exercise
10:00 - 4TH OF JULY CELEBRATION
11:00 - Lunch
1:00 - Exercise Class



10

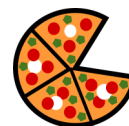
9:30 - Exercise
10:00 - Games
11:00 - Lunch
1:00 - Exercise Class

17

9:30 - Crafts
10:00 - Games
11:00 - Lunch
1:00 - Exercise Class

24

9:30 - Crafts
10:00 - Cooking with Jo PIZZA TIME
11:00 - Lunch
1:00 - Exercise Class



31

9:30 - Crafts
10:00 - Games
11:00 - Lunch
1:00 - Exercise Class



4

Closed for Independence Day

11

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch



18

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch



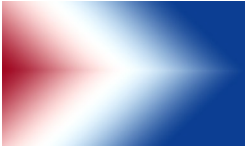
25

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch



Monday

July



7

3oz Beef Patty in Teriyaki Sauce

1/2 C Mixed Vegetables
1/2 C White Rice
1 sl. Whole Grain Bread
1 pk Graham Crackers
4 oz. Apple juice
1 Margarine Cup
8 oz. 1% Milk

14

4 oz. Blended Juice
3 oz. BBQ Pork Riblet
1/2 c. Mixed Vegetables
1/2 c. Garlic Mashed Potatoes
1 sl. Whole Wheat Bread
1 Margarine Cup
8 oz. 1% Milk

21

4 oz. Apple Juice
3 oz. Beef Patty in Brown Gravy
1/2 C. Mixed Vegetables
1/2 c. Brown Rice
1 sl. Whole Grain Bread
1 Lemon Cookie
8 oz. 1% Milk

28

4.4 oz. Battered Dipped Fish
1/2 C. Carrots
1/2 C. Green Beans w/ Red Peppers
1 sl. Whole Wheat Bread
1 Margarine Cup
1 pk Tartar Sauce
1pk Lemon Sandwich Cookies
8 oz. 1% Milk

Tuesday

1

4 oz. Blended Juice
1.5 oz. Eggs in Garden Sauce
1/2 c. Diced Breakfast Potatoes w/Onion
1/2 c. Cranberry Apples
1 sl. Whole Wheat Bread
8 oz. 1% Milk

8

3 oz. Pork Chop Patty in Sofrito Sauce
1/2 c. Green Peas
1/2 C Sweet Potatoes
1 sl. Whole Grain Bread
1 Margarine Cup
4oz Pear Cup
8 oz. 1% Milk

15

3 oz. Meatballs & Pasta in Marinara
1/2 c. Green Beans
1 sl. Whole Wheat Bread
1 Margarine Cup
1pk Graham Crackers
4 oz. Citrus Fruit cup
8 oz. 1% Milk

22

2.1 Western Style Omelet 1/2 c. Diced Breakfast Potatoes
1/2 C. Strawberry Applesauce
1 slice Whole Grain Bread
4 oz. Citrus Fruit Cup
8 oz. 1% Milk

29

3 oz. Grilled Pork Chop in Homestyle Gravy
1/2 c. Brussels Sprouts
1/2 c. Parsley Mashed Potatoes
1 sl. Whole Grain Bread
2 Margarine Cups
4 oz. Peach Cup
8 oz. 1% Milk

Wednesday

2

4oz. Apple Juice
3.5 oz. Manicotti w/ Tomato Sauce
1/2 c. Mixed Vegetables
1 sl. Whole Grain Bread
1 Oatmeal Raisin Cookie
8 oz. 1% Milk

9

4 oz Blended juice
8.3 oz Twisted Mac & Cheese
1/2 c. mixed vegetables
1 sl. Whole Wheat Bread
1 Margarine Cup
1pk. Strawberry Sandwich Cookies
8 oz. 1% Milk

16

3 oz. Hamburger Patty
1/2 c Carrots
1/2 c Diced Potatoes
1 Hamburger Bun
1 pkg ketchup & mustard
1pk Banana Sandwich cookies
8oz. 1% Milk

23

8 oz. Beef Stroganoff
1/2 c. Brussels Sprouts
1/2 c. Carrots
1 sl. Whole Wheat Bread
1 pk Lemon Sandwich Cookies
8 oz 1% Milk

30

3oz. NY Strip w/ Picadillo sauce
1/2 c. Green Beans
1/2 c. Confetti Corn
1 sl. Whole Grain Bread
2 Margarine Cups
1 pk. Graham Crackers
8oz. 1% milk

Thursday

3

4 oz. Apple Cherry Juice
3 oz. Hamburger Patty
1/2 c. Carrots
1/2 c. Diced Potatoes
1 Whole Grain Hamburger Bun
1 pkt. Ketchup
4 oz. Applesauce
8 oz. 1% Milk

10

3oz Chicken in Italian Sauce
1/2 C. Green Beans
1/2 C. Diced Potatoes
1 sl. Whole Grain Bread
2 Margarine Cups
4oz. Citrus Fruit Cup
8oz. 1% Milk

17

7.3 oz. Three Cheese Macaroni & Cheese
1/2 C. Carrots
1/2 C. Green Beans
1 sl. Whole Grain Bread
1 Margarine Cup
4 oz. Mixed Fruit Cup
8 oz. 1% Milk

24

3 oz. Meatballs in Orange Sauce
1/2 C. Green Beans
1/2 C. White Rice
1 sl. Whole Grain Bread
2 Margarine Cups
4 oz. Peach Cup
8 oz. 1% Milk

31

4 oz. Blended Juice
5 oz Mexican Bean Burrito w/ Southwest Sauce
1/2 C Green Bean & Red Pepper Mix
1/2 c. Papas con Chile
1 Chocolate Chip Cookie
8oz. 1% Milk

Friday

4

4 oz. Blended Juice
2.3 oz. Stuffed Pasta in Broccoli Cheese Sauce
1/2 c. Corn
1 sl. Whole Wheat Bread
1 Margarine Cup
1 Cherry Cookie
8 oz. 1% Milk

11

3oz. Classic Meatloaf Sandwich w/ Onions
1/2 C Peas & Carrots
1/2 C. Sweet Potatoes
1 Hamburger Bun
1 pkt Ketchup
1 pk Banana Sandwich Cookies
8oz 1% Milk

18

4 oz. Apple Cherry Juice
8 oz. Oatmeal w/ Mixed Berry Compote
1/2 C. Sweet Potato Hash
1 sl. Whole Wheat Bread
1 Margarine Cup
0.75 oz. Peanut Butter
8 oz. 1% Milk

25

3 oz. Manicotti w/ Tomato Sauce
1/2 C. Mixed Vegetables
1 sl. Whole Grain Bread
1 pk. Strawberry Sandwich Cookies
4 oz. Applesauce
8 oz. 1% Milk

*all meals served with 1% fat milk

*Low sodium meals contain less than 1,400 mg of sodium

*Breaded meats contain 1oz breading

*Meals subject to change w/o notice



BAY COUNTY

Council on Aging

1116 Frankford Avenue
Panama City, FL 32401

Non Profit
US Postage paid

Permit #162

Panama City, FL

Or current resident

BCCOA Meal Sites

Elizabeth Coulliette Senior Center

1116 Frankford Avenue
Panama City, FL 32401
(850) 769-3468
Open: Monday - Friday



St. Andrews Towers

24 Harrison Avenue
Panama City, FL 32401
Open: Mondays, Tuesdays & Wednesdays -
afternoons
(for residents of St. Andrews Towers)
(850) 769-3468



Callaway Fellowship Center

Arts & Conference Center
500 Callaway Parkway
Callaway, FL
(850) 769-3468
Open: Tuesdays & Thursdays

Fountain Fellowship Center

First Baptist Church of Fountain
18906 North Highway 231
Fountain, FL 32438
(850) 769-3468
Open: Mondays

Siena Gardens

901 W. 19th St.
Panama City, FL 32405
Open: Mondays & Wednesdays
For residents only

