



September 2022

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
www.baycouncilonaging.org

The 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.



Inside this issue:

Fall Festival News	1
Volunteer News	2
Caregiver News	3
Turning 60	4-5
Site Activities	6
September Menu	7
Meal Site Info	8



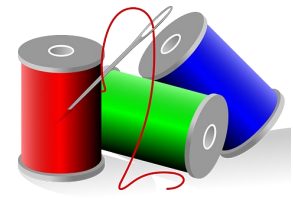
The Golden Edition

Fall Festival - Saturday, November 5th

Preparations for our annual Fall Festival are underway...



♦ We are accepting donations for The Treasure Chest (one man's trash is another man's treasure...), The Book Nook, Silent Auction, General Store (craft items) and flower pots and plants for our Plant Store. Start your fall cleaning and put those gently used items to good use!



- ♦ Craft booths (\$30) and vendor booths (\$40) are available for the day of the festival. Booth spaces are the size of a parking space. You must provide your own table and chairs.
- ♦ Raffle tickets (\$1.00 per ticket) are on sale for the 2006 Chevrolet Impala which was donated by Bay County Sheriff's Office.



Advance ticket purchases are available for breakfast and lunch for the day of the Fall Festival:

- ♦ Pancake Breakfast (all you can eat) for \$5 each
- ♦ Chicken Dinner (includes a drink) for \$6 each



Donations can be dropped off and all tickets can be purchased at:

1116 Frankford Avenue, Panama City

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

Friday from 7:30 am - 2:30 pm

HELP US STAY IN TOUCH! Help us keep *The Golden Edition* mailing list updated. 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 Andrea Marsh.

Bay County Council on Aging Volunteer Program



ATTENTION, ATTENTION, ATTENTION

ALL VOLUNTEERS!!!

Fall Festival preparations are underway.

This will be an ongoing effort up until the Festival.

We need help sorting, pricing, and boxing items for sale.

Helping us **can** fit in your schedule.

Have a little time to spare?

Just show up and we will put you to work!



SILENT AUCTION

**Now accepting
donations!**

**HELP MAKE OUR
FALL FESTIVAL
A SUCCESS!**

Bring in your empty
baskets and we fill
them with goods
to be auctioned.
The Fall Festival will
be held on
Saturday,
November 5, 2022

Remember to check our SignUpGenius software to sign up for your preferred service. Meals on Wheels substitutes, shoppers, transporters, telephone operator, and kitchen assistants are a few of the choices where your volunteer help will serve clients in need.



**HAPPY BIRTHDAY TO
VOLUNTEERS WITH
SEPTEMBER
BIRTHDAYS!**

Myron - Judy -
Kathrina - Johnathan
Deborah - Hamilton -
Robin - Bob

**THANK YOU FOR
HELPING US SERVE
OUR SENIORS!**

PASS THE WORD!

**WE NEED
VOLUNTEERS!!**

**PICK UP AN
ENROLLMENT
FORM - SHARE
YOUR EXPERIENCE**



**PICK UP
A TIME
SHEET -
RECORD
YOUR
SERVICE**

VOLUNTEER OFFICE HOURS 9 am - 2 pm Monday-Friday (850) 769-3468 ext. 119 - email: lydia.vickery@bccoa.net



Caregiver Connections

Information for Caregivers



HOW TO HAVE A SUCCESSFUL APPOINTMENT WITH THE DOCTOR

Taking your loved one to see the doctor can be a trying experience. Here are some tips to help make the visit successful.

1. Schedule an appointment to see the doctor alone so you can explain to them what is going on with your loved one. Let the doctor help you determine the best way to manage the first appointment for your loved one.
2. Prepare for the visit. Make a list of the behaviors that are concerning to you. Be prepared to give a copy of your list to the doctor.
3. Try to include approximate dates or time periods when these behaviors first started, including how long they have been occurring and if they are getting worse.
4. Write down any family history you know of or can find out about others in your loved one's family who may have had memory issues. Again, provide a copy for the doctor.
5. Bring a list of all the medications your loved one takes. Remember to include any over the counter meds, vitamins, and/or herbal supplements.
6. Often times a person with memory impairment difficulties observed at home is able to "pull themselves together" for the short length of a doctor's visit. The more the doctor already knows the better the visit will be.
7. Don't try to tell the doctor, in front of your loved one, what problems they are having. This can sometime create an argument. This is why having an "alone" appointment with the doctor is beneficial.
8. Let the doctor talk to your loved one and directly ask them questions.
9. Good luck!

~Jean Warner, Respite Center Coordinator

Monthly Caregiver Support Groups

SEPTEMBER	OCTOBER
At the Respite Center Building <u>Sharing and Caring Group Meeting</u> 2nd Friday, September 9, 2022 1:00 PM <u>Educational Group Meeting</u> 4th Wednesday, September 28, 2022 1:00 PM Program TBA	At the Respite Center Building <u>Sharing and Caring Group Meeting</u> 2nd Friday, October 14, 2022 1:00 PM <u>Educational Group Meeting</u> 4th Wednesday, October 26, 2022 1:00 PM Jason White, Esquire Elder Law

For Those Who Are 60 Years Old and Older...

I will start by saying I am not a big user of social media. However, the below came to my attention through Facebook and I thought it worth sharing. And, while some of the suggestions will not apply to all senior adults, it certainly made me stop and think about how I might live my later-in-life years. I hope you find some or all of the suggestions worthwhile. I do not know who the authored the piece.

~ Andrea Marsh, Editor

- Between 60 and death. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a child or their spouse with big ideas for your hard-earned capital.
- This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.
- Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs to earn their own money.
- Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well, and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor and do tests even when you're feeling well. Stay informed.
- Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then. Enjoy it together.
- Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.
- Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."
- Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
- Don't lose sight of fashion trends for your age, but keep your own sense of style. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.
- Always stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of the social media networks. You'll be surprised at what old friends you'll meet.

- Respect the younger generation and their opinions. They may not have the same ideas as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time.
- Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people. It'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you feel older and harder to be around.
- Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. Even then, do so only if you feel you really need the help or do not want to live by yourself
- Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a kitchen garden, play cards, checkers, chess, dominoes, golf.
- Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). The important thing is to leave the house from time to time. Go to museums, or walk through a park. Get out there.
- Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are.
- Pains and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of life.
- If you've been offended by someone – forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget, and move on with your life.
- Laugh. Laugh away your worries. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life.
- Enjoy a peaceful life at this point in your life. Don't worry...be happy.



Meal Site Activities - September

Coulliette Senior Center Programs & Activities

Monday - Friday 9:00 am - 12:00 noon

9:30 - 9:45 - Exercise

9:45 - 11:00 - Bingo, Games & Socialization

11:00 - Lunch



September Programs

September 20th - Presentation from the Library



September Activities

Mondays & Wednesdays - 1:00 - 4:00 pm Cards

Thursdays - 12:00 - 1:00 pm Line Dancing



Callaway Fellowship Center

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

9:00/9:30 - 10:00 - Exercise

10:00 - 11:00 - Bingo, Games & Socialization

11:00 - Lunch

September Programs

September 15th - Music with George Arthur

September 22nd - Presentation from the Library



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo & Socialization

11:00 - Lunch



Did You Know...



That September 5th is not only Labor Day but also National Cheese Pizza Day? Enjoy some cheese pizza while not laboring on Labor Day!

September



Monday

Tuesday

Wednesday

Thursday

Friday

- ♦ All meals served with bread and low fat milk.
- ♦ Low sodium meals contain less than 1,400 mg of sodium.
- ♦ Breaded meats contain 1 oz. breading.
- ♦ Meals subject to change without notice.



5

**Closed for
LABOR DAY**



12

4 oz. Apple Juice
3 oz. Southern Style Fish Fillet
1/2 c. Cheesy Potatoes
1/2 c. Broccoli
1 sl. Whole Grain Bread
8 oz. 1% Milk

19

4 oz. Orange Juice
8 oz. Garden Egg Scramble
1/2 c. Breakfast Potatoes
1/2 c. Cranberry Apples
1 sl. Whole Grain Bread
8 oz. 1% Milk

26

4 oz. Orange Juice
3 oz. Hamburger
1/2 c. Mashed Potatoes
1/2 c. Carrots
1 Hamburger Bun
1 Margarine Cup
8 oz. 1% Milk

6

4 oz. Pineapple Juice
8 oz. Twisted Mac n Cheese
1/2 c. Carrots
1 sl. Whole Grain Bread
1 Margarine Cup
8 oz. 1% Milk

13

4 oz. Blended Juice
8 oz. Three Bean Beef Chili (3 oz. Beef w/ 1/2 c. Beans and Sauce)
1/2 c. Squash Medley
1 sl. Whole Grain Bread
8 oz. 1% Milk

20

4 oz. Blended Juice
3 oz. Grilled Pork Chop w/Gravy
1/2 c. Brussels Sprouts
1/2 c. Diced Sweet Potatoes
1 sl. Whole Grain Bread
1 Margarine Cup
8 oz. 1% Milk

27

4 oz. Pineapple Juice
3 oz. Chicken Parmesan
1/2 c. Diced Potatoes
1/2 c. Green Beans
1 sl. Whole Grain Bread
8 oz. 1% Milk

7

4 oz. Apple Juice
3 oz. Beef Patty in Teriyaki Sauce
1/2 c. Mixed Vegetables
1/2 c. Rice
1 sl. Whole Grain Bread
8 oz. 1% Milk

14

4 oz. Orange Juice
3 oz. Turkey w/Country Pepper Gravy
1/2 c. Mashed Potatoes
1/2 c. Green Beans
1 sl. Whole Grain Bread
1 Margarine Cup
1 Oatmeal Cream Pie
8 oz. 1% Milk

21

4 oz. Pineapple Juice
3 oz. Meatballs w/4 oz. Pasta & Sauce
1/2 c. Broccoli
1 sl. Whole Grain Bread
1 Oatmeal Raisin Cookie
8 oz. 1% Milk

28

4 oz. Blended Juice
3 oz. Sweet and Sour Pork
1/2 c. Fried Rice
1/2 c. Corn
1 sl. Whole Grain Bread
8 oz. 1% Milk

1

4 oz. Apple Juice
8 oz. Pasta Bolognese
1/2 c. Italian Vegetable Medley
1 sl. Whole Grain Bread
2 Margarine Cups
1/2 pkt. Graham Crackers (2 ct.)
8 oz. 1% Milk

8

4 oz. Orange Juice
3 oz. Diced Chicken
1/2 c. Green Beans
1/2 c. Yellow Rice w/ Tomatoes & Chives
1 sl. Whole Grain Bread
8 oz. 1% Milk

15

4 oz. Blended Juice
3 oz. Meatloaf w/Gravy
1/2 c. Skin-On Potatoes
1/2 c. Stewed Tomatoes
1 sl. Whole Grain Bread
8 oz. 1% Milk

22

4 oz. Apple Juice
3 oz. Batter-Dipped Fish Nuggets
1/2 c. Garlic Mashed Potatoes
1/2 c. Carrots
1 sl. Whole Grain Bread
2 Margarine Cups
8 oz. 1% Milk

29

4 oz. Apple Juice
8 oz. Pasta Bolognese
1/2 c. Italian Vegetable Medley
1 sl. Whole Grain Bread
2 Margarine Cups
1/2 pkt. Graham Crackers (2 ct.)
8 oz. 1% Milk

2

4 oz. Orange/Pineapple Juice
8 oz. Three Cheese Macaroni
1/2 c. Green Beans
1/2 c. Carrots
1 sl. Whole Grain Bread
8 oz. 1% Milk

9

4 oz. Blended Juice
3 oz. Whole Grain Breaded Fish Fillet
1/2 c. Sliced Potatoes
1/2 c. Mixed Vegetables
1 sl. Whole Grain Bread
8 oz. 1% Milk

16

4 oz. Orange-Pineapple Juice
3 oz. Pork Riblet in BBQ Sauce
1/2 c. Mashed Sweet Potatoes
1/2 c. Mixed Vegetables
1 sl. Whole Grain Bread
2 Margarine Cups
8 oz. 1% Milk

23

4 oz. Blended Juice
3 oz. Steak Patty w/ Picadillo Sauce
1/2 c. Sweet Potatoes
1/2 c. Peas
1 sl. Whole Grain Bread
8 oz. 1% Milk

30

4 oz. Orange/Pineapple Juice
8 oz. Three Cheese Macaroni
1/2 c. Green Beans
1/2 c. Carrots
1 sl. Whole Grain Bread
8 oz. 1% Milk





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

Callaway Fellowship Center

Arts & Conference Center
500 Callaway Parkway
Callaway, FL
(850) 874-0031
Open: Tuesdays & Thursdays

Panama City Beach Senior Center

423 Lyndell Lane
Panama City Beach, FL
(850) 236-3033
Congregate meal site is currently closed.

Fountain Fellowship Center

First Baptist Church of Fountain
18906 North Highway 231
Fountain, FL 32438
Open Mondays.



SENIORS for SENIORS

Seniors for Seniors is a TV talk show dedicated to topics on aging and the elderly and is produced by Bay County Council on Aging.

Taping of *Seniors for Seniors* has been postponed until further notice because of COVID 19. Visit our website or Facebook page to watch shows which were previously recorded.

