



**February 2026**

**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](http://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*

## **It's Tax Time!**

Do you need help filing your taxes? Here are two organizations that assist individuals with tax preparation at no cost.

### **AARP Foundation Tax-Aide**

**Free Income Tax Service in Bay County**  
[www.FL6.taxaide.aarpfoundation.org](http://www.FL6.taxaide.aarpfoundation.org)



**Panama City Beach Library** - Mondays & Saturdays  
12500 Hutchison Blvd., Panama City Beach

**Trinity Lutheran Church** - Thursdays & Fridays  
1001 West 11th Street (corner of 11th Street and Balboa Avenue),  
Panama City

**The Arc of the Bay** - Wednesdays  
1804 Carolina Avenue, Lynn Haven

The taxpayer must have an appointment to attend the site. Appointments may be scheduled by calling (850) 583-4606. Leave a voicemail with your name and phone number with area code. The greeting on that phone number should repeat those instructions. Someone will return your call to schedule and appointment at one of these sites.



### **United Way's Volunteer Income Tax Assistance (VITA)**

**For more information:**  
[www.unitedwaynwfl.org/vita-bay-county-fl](http://www.unitedwaynwfl.org/vita-bay-county-fl)  
or call United Way at (850) 785-7521

**A.D. Harris Learning Village**  
819 East 11th Street, Panama City  
No appointment needed.

Tuesdays, Wednesdays, Thursdays, & Saturdays - 9 am to 2 pm,  
through April 11th

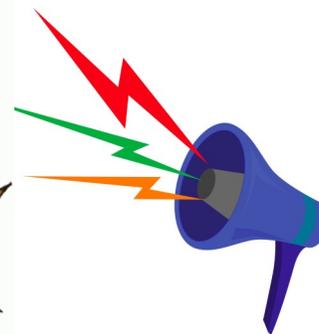
**HELP US STAY IN TOUCH!** Help us keep *The Golden Edition* mailing list updated. If you are receiving the newsletter and need to correct the spelling of your name, change your address, or eliminate duplicate copies, contact us at (850) 769-3468, ext. 102. Thank you!

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



*The Golden Edition* is edited by Lydia Vickery

# Bay County Council on Aging Volunteer Program



Transport seniors for vital need appointments.



Become an essential needs shopper.



Deliver meals to homebound seniors.

***Together we can make a difference in the lives of seniors.***

Our volunteers are great! Nothing great was ever achieved without enthusiasm. It overcomes discouragement and gets things done. It is the MAGIC quality. And the remarkable thing is - it's contagious. Catch the volunteer virus and help spread our agency's goodness throughout our community! It's a good germ to catch!

Because our Volunteer's believe in our cause, they are willing to help.

Volunteering is a vital part of community building. It brings together people who are committed to achieving a shared outcome of making their community a better place for all. Engaging volunteers is an effective way of building a connected community, with members who share similar values and goals.

## **PASS THE WORD!**

**WE NEED VOLUNTEERS!!**

**PICK UP AN ENROLLMENT FORM AND SHARE YOUR EXPERIENCE.**

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

**IT IS A VOLUNTEER'S CHOICE OF SERVICE.**

**WHERE, WHEN, AND HOW MANY HOURS THEY CHOOSE TO SERVE.**



**HAPPY BIRTHDAY!**

**VOLUNTEERS WITH FEBRUARY BIRTHDAYS**

**Amanda—Angela—Chris—David D.—David I.—Julie—Ron—  
Tamie—Vicky**



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



# **Caregiver Connections**

## **Information for Caregivers**



**Alzheimer's | Dementia Care Quotes** for Caregivers and Family Caring for a loved one diagnosed with dementia or Alzheimer's disease.

Caregiving is a journey that transforms the lives of caregivers and families in profound ways. This role brings unique challenges, as caregivers often witness changes in memory, personality, and behavior in someone they deeply care about.

The emotional and physical demands of caregiving can be overwhelming, requiring patience, love, resilience, and an enduring sense of compassion.

Here is a collection of quotes about the journey of caregiving:

"Family is not an important thing; it's everything." — Michael J. Fox

"Only love and time bring the gifts we really need." — Maya Angelou

"Where there is great love, there are always miracles." — Willa Cather

"Alzheimer's caregivers are heroes, warriors, and angels." — Leeza Gibbons

"One person caring about another represents life's greatest value." — Jim Rohn

"Caring for someone with dementia is a marathon, not a sprint." — Judy Cornish

"Caregiving often calls us to lean into love we didn't know possible." — Tia Walker

"It is not how much you do, but how much love you put in the doing." — Mother Teresa

"To love and care for those who once cared for us is one of the highest honors." — Tia Walker

"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi

"The way we treat our elderly speaks volumes about who we are as a society." — Shana Alexander

"Love bears all things, believes all things, hopes all things, endures all things." — Bible

1 Corinthians 13:7

"The heart has its own memory, like the mind. And in it are enshrined the precious keepsakes that never fade." — Guy de Maupassant

Edited by: Lynn McCrory, Ph.D.

### **Monthly Caregiver Support Groups**

#### **FEBRUARY**

**At the Respite Center Building**  
**Sharing and Caring Group Meeting**

**2nd Friday, February 13, 2026**

**1:00 PM**

**Educational Group Meeting**

**4th Wednesday, February 25, 2026**

**Guest speaker**  
**Angela Warren**  
**Attorney, Trusts and Estates**

#### **MARCH**

**At the Respite Center Building**  
**Sharing and Caring Group Meeting**

**2nd Friday, March 13, 2026**

**1:00 PM**

**Educational Group Meeting**

**4th Wednesday, March 25, 2026**

**Guest speaker**  
**Hannah Bush, consultant**  
**Emerald Coast Hospice Care**

# Medicare Moments No. 18

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

## **Medicare and Senior Caregivers**

**Did you know** that as the senior population grows, there will also be a growing number of family members, friends, and neighbors engaged as unpaid primary caregivers for individuals unable to take care of themselves due to a chronic illness or disability? These caregivers often need to be present 24/7, working hard to care for their loved one while juggling housework and daily chores at the same time. All too often, caregivers are unable to care for themselves.

### **Respite Care:**

Medicare doesn't provide direct benefits to caregivers but offers respite care as part of the beneficiary's Medicare hospice benefits.

If a beneficiary is terminally ill and has qualified for hospice or end-of-life care, one covered benefit allows for short-term stays in a hospital or other facility (up to five days at a time). This allows the caregiver to enjoy a period of **respite** to care for themselves and is covered by Medicare Part A.

### **Home Health Care:**

A caregiver can also obtain temporary relief if the beneficiary they are caring for is receiving skilled nursing care from a certified home health agency while confined to the home. The beneficiary can be seen by a nurse, home health aide, and other service provider for up to 8 hours per day or 28 hours per week. This is not to be confused with hospice care. It is covered by Medicare Parts A & B.

### **If You Are Not Eligible:**

If a beneficiary is not eligible for Medicare-covered respite care, they can also call Florida's Elder Helpline (800-86-ELDER) to inquire about non-Medicare alternatives.

**Let a trained SHINE Counselor assist you with this and all your Medicare questions.**

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

## **Next Edition of Medicare Moments: Mental Health Care 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.



# Meal Site Activities - February

Callaway Fellowship Center

Tuesdays & Thursdays

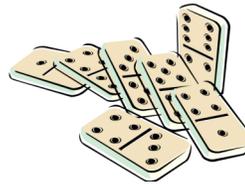
9:00 am - 12:00 noon

9:00 - 10:00 - Exercise

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

11:00 - Lunch

February 12th - 10am Karaoke w/ Frank



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo and Socialization

11:00 - Lunch

February 9th - 10am Dixie Williams with Fla. Dept. of Health

CLOSED FEB. 16TH -

PRESIDENTS DAY

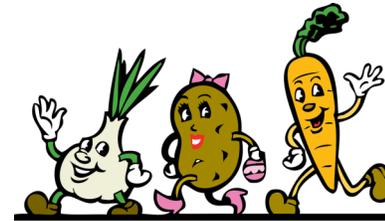


St. Andrews Towers

Mondays, Tuesdays & Wednesdays

2:45 pm - Lunch

For residents of St. Andrews Towers.



## Celebrating "Firsts" During Black History Month

**Famous Protestors and Activists:** While Rosa Parks is credited with helping to spark the civil rights movement when she refused to give up her public bus seat to a white man in Montgomery, Alabama in 1955 - inspiring the Montgomery Bus Boycott - the lesser-known Claudette Colvin was arrested nine months prior for not giving up her bus seat to white passengers.

**Supreme Court Justice:** Thurgood Marshall was the first African American ever appointed to the US Supreme Court. He was appointed by President Lyndon B. Johnson and served on the court from 1967 to 1991.

**Eminent Scientist:** George Washington Carver developed 300 derivative products from peanuts among them cheese, milk, coffee, flour, ink, dyes, plastics, wood stains, soap, linoleum, medicinal oils and cosmetics.

**First Senator:** Hiram Rhodes Revels was the first African American ever elected to the U.S. Senate. He represented the state of Mississippi from February 1870 to March 1871.

**First Woman Representative:** Shirley Chisholm was the first African American woman elected to the House of Representatives. She was elected in 1968 and represented the state of New York. She broke ground again four years later in 1972 when she was the first major party African American candidate and the first female candidate for president of the United States.

**First Professional Black Baseball Player:** On April 5, 1947, Jackie Robinson became the first African American to play Major League Baseball when he joined the Brooklyn Dodgers. He led the league in stolen bases that season and was named Rookie of the Year.

Reprinted from: [www.history.com/topics/black-history/black-history-facts](http://www.history.com/topics/black-history/black-history-facts)

# February



## Monday

2

9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch  
12:00 - Yoga  
1:00 - Cards



## Tuesday

3

9:30 - Exercise  
10:00 - **ACAPPELLA**  
group  
11:00 - Lunch  
1:00 - Exercise Class

## Wednesday

4

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

## Thursday

5

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



## Friday

6

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

9

9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch  
12:00 - Yoga  
1:00 - Cards

10

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

11

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



12

9:30 - Exercise  
10:00 - Games  
11:00 - Lunch  
1:00 - Exercise Class  
2:00—**STORY TELLING**  
with **PAT NEESE**

13

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



16

9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch  
12:00 - Yoga  
1:00 - Cards



17

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

18

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

19

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

20

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

23

9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch  
12:00 - Yoga  
1:00 - Cards

24

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

25

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

26

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

27

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



# February



## Monday

2

3 oz. Sweet & Sour Pork  
1/2 C. Corn  
1/2 C. Fried Rice  
1sl. Whole grain bread  
1 Margarine Cup  
4 oz. applesauce Cup  
8oz. 1% Milk

9

4oz. Apple Cherry Juice  
3oz. Manicotti w/ Tomato Sauce  
1/2 C. Mixed Vegetables  
1 sl. Whole Grain Bread  
1 Margarine Cup  
1pk. Graham Crackers  
8oz. 1% Milk

16

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

23

3 oz. General Tao's Chicken  
1/2 C. Peas & Carrots  
1/2 C. Gingered Rice  
1 sl. Whole Grain Bread  
0.75 oz. Peanut Butter  
1oz. Raisins  
8 oz. 1% Milk

## Tuesday

3

3oz. Hamburger patty  
1/2 C Carrots  
1/2 C Diced Potatoes  
1 Hamburger Bun  
1pkt. Ketchup  
1.5 oz. Cranberry Vanilla Granola Mix  
8oz. 1% Milk

10

1.5 oz. Egg W/Sausage Country Pepper Gravy  
1/2 C. Diced Breakfast Potatoes  
1/2 C. Maple Cinnamon Apples  
1 sl. Whole Grain Bread  
1pk. Oatmeal  
8oz. 1% Milk

17

4 oz. Blended Juice  
3 oz. Breaded Chicken w/ Country Pepper Gravy  
1/2 C. Mixed Vegetable & Squash Medley  
1/2 C Brussels Sprouts  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8oz. 1% Milk

24

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

## Wednesday

4

2.3 oz. Stuffed Pasta in Broccoli Cheese Sauce  
1/2 c. Corn  
1sl. Whole Grain Bread  
1pk. Sandwich Cookies  
4oz. Applesauce Cup  
8oz 1% Milk

11

4.4 oz. Batter Dipped Fish Nuggets  
1/2 C. Carrots  
1/2 C. Green Beans w/ Red Peppers  
1 sl. Whole grain Bread  
1 pk. Tartar Sauce  
1 pk. Sandwich Cookies  
8 oz. 1% Milk

18

3oz. Grilled Veal Chop in Mustard Sage Sauce  
1/2 C. Carrots  
1/2 C. Diced Potatoes  
1 sl Whole Grain Bread  
1 Margarine Cup  
1 pk Sandwich Cookies  
8 oz. 1% milk

25

3 oz. Mushroom Swiss Chicken  
1/2 C. Green Beans  
1/2 C. Carrots  
1 sl. Whole Grain Bread  
1 Margarine Cup  
1 pk. Sandwich Cookies  
8 oz. 1% Milk

## Thursday

5

2.1 oz. Western Style Omelet  
1/2 C Diced Breakfast Potatoes  
1/2 C. cinnamon Applesauce  
1 sl. Whole wheat bread  
2 Margarine Cups  
1 pk Oatmeal  
8oz. 1% milk

12

4 oz. Apple Juice  
8.3 oz. Twisted Mac & Cheese  
1/2 C. Mixed Vegetables  
1 sl. Whole Wheat Bread  
0.75 oz. Peanut Butter  
8 oz. 1% Milk

19

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

26

1.5 oz. Egg patty & 2 Whole Wheat Pancakes  
1 Turkey Sausage Link  
1/2 C. Strawberry Compote  
1 sl. Whole Grain Bread  
1 pk. Graham Crackers  
4 oz. Applesauce Cup  
8oz 1% Milk

## Friday

6

4 oz. Apple Juice  
3oz. Meatballs & Pasta in Marinara  
1/2 C. Green Beans  
1 sl. Whole Grain Bread  
8oz. Milk

13

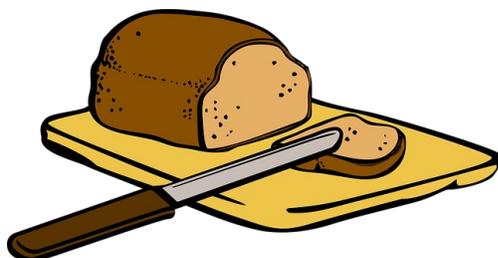
3oz. Meatloaf in Stewed Tomatoes  
1/2 C. Parslied Mashed Potatoes  
1 sl. Whole Grain Bread  
1 Lemon Cookie  
8oz 1% Milk

20

4 oz. Blended Juice  
8 oz. Oatmeal w/ Mixed Berry compote  
1/2 C. Sweet Potato Hash  
0.75 oz. Peanut Butter  
8 oz. 1% Milk

27

4 oz. Blended Juice  
3oz. NY Strip in Picadillo Sauce  
1/2 C. Green Beans  
1/2 C. Corn  
2 Margarine Cups  
1 Cherry Cookie  
8oz. 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

