



November 2023

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.



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The Golden Edition

We Are Thankful...



This season of thanksgiving provides an opportunity to reflect on the past year and find gratitude for so many things. During the past five years Bay County was challenged with Hurricane Michael followed by a pandemic. This past year things have finally felt "normal" again. We are serving so many seniors in our community allowing them to remain healthy, independent, and stay in their homes.

We have continued community support from volunteers, local government organizations, businesses, civic organizations, other non-profit agencies, and private citizens. We could not do what we do each day without the help and support from this great community of Bay County which we get to call home! Thank you to all in Bay County who continue to partner with us to serve senior adults in our community. May you have a blessed Thanksgiving.

Bay County Council on Aging



SATURDAY NOVEMBER 4, 2023
1116 Frankford Avenue, Panama City

7AM till 2:30 PM

GENERAL STORE & MORE

Hot Dogs,
Chips & Soda

PANCAKE BREAKFAST
7-10 AM
\$5.00

ARTS, CRAFTS & COMMERCIAL VENDORS



Trash & Treasure's

BAKED OR BBQ CHICKEN DINNERS
11 - 1:30 pm
\$6.00 (includes drink)



CHANCE TO WIN A 2006 CHEVY IMPALA
Tickets \$1.00



SILENT AUCTION

Plants



For more information call 850 769-3468

The Golden Edition is edited by Andrea Marsh.

Don't forget to join us for our Fall Festival on Saturday, November 4th!



Thank you to our Fall Festival Sponsors!

Platinum Sponsors



BAY COUNTY
SHERIFF'S OFFICE
Sheriff Tommy Ford



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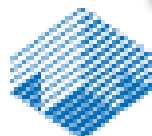
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Bay County Council on Aging Volunteer Program



Thank you

Yes, we are shouting out a BIG THANK YOU to each one of our many volunteers lending a hand at our Fall Festival. They sold tickets for drawings, pancake breakfasts, and chicken dinners. They helped in all areas setting up and arranging tables and chairs, cleaning eating areas, doing our trash detail, delivering preordered meals, selling books, transporting purchased items to the cars for seniors, helping to organize and staff our Trash & Treasures event as well as our Silent Auction. Many volunteers brought items to donate and each item contributed to the financial success of our event. We simply cannot thrive without the help of our many volunteers. Giving hearts are sharing hearts and our volunteers set the best example! THANK YOU!



Thanksgiving meal delivery slots are available.

Please contact Jannifer Neal, our Meals on Wheels Coordinator, to schedule this volunteer opportunity!

A big thank you to the **Knights of Columbus** for preparing the Thanksgiving meals for our Meals on Wheels clients.

PASS THE WORD!

WE NEED VOLUNTEERS!!

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



Happy Birthday!
Volunteers with
November Birthdays

Lynn Victor

Mike Randy

Charlie Arlena

Rhonda





Caregiver Connections

Information for Caregivers

The Book Nook

The Bay County Council on Aging has gathered quite a selection of books regarding Alzheimer's disease and other forms of dementia and memory impairment. Some of the books discuss the diseases and how they can be recognized, as well as their normal progression. Other books are aimed at providing vital information for caregivers and the amazing task they have caring for their loved one. We also have a selection of books for the children in the family to help them understand what is happening to grandma, grandpa, or another beloved family member or friend. Listed below are some of the books we have on hand. You are welcome to borrow any of them.



~Jean Warner, Respite Center Coordinator

The 36 Hour Day

Letters for the Family

Alzheimer's Disease - The Silent Epidemic

Day In, Day Out, with Alzheimer's

How to live Well with Alzheimer's

When your Loved One has Dementia

A Voice for the Caregiver

Therapeutic Caregiving

Still Alice

Helping Yourself Help Others

I'm Still Here

My Parent, My Turn

Mayo Clinic Guide to Alzheimer Disease

Somebody Tell Me Who I Am

Monthly Caregiver Support Groups

NOVEMBER

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, November 10, 2023

1:00 PM

There is no
Educational Group Meeting
in November due to the
Thanksgiving Holiday.

DECEMBER

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, December 8, 2023

1:00 PM

There is no
Educational Group Meeting
in December due to the
Christmas Holiday.

The Holidays Are Upon Us

All the busy activities of the holidays will not stop because you are caring for a loved one with dementia. There will still be shopping, decorating, cooking, family and friends visiting or wanting you to come to them. Depending on how advanced your loved one is will have a lot to do with how you pick and choose what you can manage. You must think not only of your loved one but of yourself. Do not believe that you can do everything. Your first priority has to be yourself. Because if you take on too much and wind up in a melt down, your loved one and you will both be in a difficult place.

Make a list...I know everyone is always saying “make a list” but this time you really do need to do it. What things do you absolutely have to do? What things can you ask a friend or family member to do for you? Decide if it will be best if you go to others or if they come to you. But either way, you have to be really open and let them know what to expect especially if it has been a little while since they saw your loved one. Tell them that they may not be recognized. Encourage them to just introduce themselves and start a conversation. If larger numbers of people present behavior problems try having a couple of smaller get-togethers.

Use your calendar...Only plan for a day what you actually can do. If you have respite or a sitter, use that time wisely. Don't over expect of yourself. Be ready to be flexible. If it's a bad day for you or your loved one, put off the planned activity. Leave some days open with nothing planned so you can move activities to one of the empty days if necessary.

Let your loved one participate at whatever level they can. Things do not have to be perfect! Let them help decorate the tree. No one will care if the ornaments are all clumped in one spot. If they do care, let them move the ornaments. The cookies do not have to be iced just right. You can ice the cookies and let them put on the sprinkles. Music at this time of year is always nice, but for those with dementia it isn't just nice, it can be really important. Music is soothing and they often remember the old songs long after other memories are gone. Some of the traditional holiday movies might be fun to watch, but let others know that their attention span may be very short.

Remember safety and tell others that you visit what things can be a danger, such as things they may put in their mouth, candies or artificial fruits. Nuts can be a choking factor. Blinking lights can create confusion.

If people ask about gift ideas think of ones they may enjoy or ones to be helpful for you, such as music CDs, coloring books and markers, or soft, easy to put on and take off clothes. For yourself, how about a gift certificate for a day off?

Remember to breathe! Try to enjoy the time and know that there will be stress but you can control how much there will be.

~Jean Warner, Respite Center Coordinator

Meal Site Activities - November

Coulliette Senior Center Programs & Activities

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

9:30 - 9:45 - Exercise

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

11:00 - Lunch



November Programs

November 2nd - Price is Right Game



November 4th - Fall Festival

November 7th - Dog Trainers Demonstration

November 9th - VITAS Hospice - Lunch and Learn on Lung Disease

November 14th - Thanksgiving Trivia



November 15th - Thanksgiving Themed Bingo

November 17th - Thanksgiving Celebration featuring the Gulf Coast Chorale

November 21st - Movie and Popcorn



November 28th - Senior Field Day Games

November 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



November 9th - Veterans Day Celebration



November 16th - Thanksgiving Celebration



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo & Socialization

11:00 - Lunch

November 20th - Thanksgiving Celebration



St. Andrews Towers

Mondays, Tuesdays & Wednesdays

2:45 pm - Lunch

For residents of St. Andrews Towers.



November



Monday



6

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

13

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

20

4 oz. Apple Juice
3 oz. Honey Mustard Chicken
1/2 c. Carrots
1/2 c. Garlic Mashed Potatoes
1 sl. Whole Grain Bread
1 Margarine Cup
8 oz. 1% Milk

27

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

Tuesday

- ♦ 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.

7

2.1 oz. Omelet w/ Western Sauce & Sausage Links
1/2 c. Breakfast Potatoes
1/2 c. Strawberry Applesauce Crisp
1 sl. Whole Grain Bread
8 oz. 1% Milk

14

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

21

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

28

3 oz. Pollock Filet
1/2 c. Cheesy Mashed Potatoes
1/2 c. Broccoli
1 sl. Whole Grain Bread
8 oz. 1% Milk

Wednesday

1

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

8

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

15

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

22

29

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

Thursday

2

4 oz. Blended Juice
3 oz. Meatballs w/ Orange Sauce
1/2 c. Green Peas
1/2 c. White Rice
1 sl. Whole Grain Bread
8 oz. 1% Milk

9

4 oz. Orange Juice
3 oz. NY Strip Patty w/ Mushroom Gravy
1/2 c. Mixed Vegetables
1/2 c. Garlic Mashed Potatoes
1 sl. Whole Grain Bread
8 oz. 1% Milk

16

4 oz. Blended Juice
3 oz. Beef Patty w/ Brown Gravy
1/2 c. Mixed Vegetables
1/2 c. Brown Rice
1 sl. Whole Grain Bread
1 Margarine Cup
8 oz. 1% Milk

23

30

4 oz. Blended Juice
3 oz. Meatballs w/ Orange Sauce
1/2 c. Green Peas
1/2 c. White Rice
1 sl. Whole Grain Bread
8 oz. 1% Milk

Friday

3

4 oz. Orange Juice
3 oz. Chicken w/Italian Sauce
1/2 c. Green Beans
1/2 c. Garlic Mashed Potatoes
1 sl. Whole Grain Bread
8 oz. 1% Milk

10

8 oz. Manicotti Alfredo
1/2 c. Corn
1/2 c. Carrots
1 sl. Whole Grain Bread
2 Margarine Cups
4.5 oz. Unsweetened Applesauce
8 oz. 1% Milk

17

4 oz. Orange Juice
2.1 oz. Cheese Omelet & 3 Sausage Links
1/2 c. Fruited Granola
1/2 c. Parsley Potatoes
1 sl. Whole Grain Bread
1 Margarine Cup
8 oz. 1% Milk

24

Happy Thanksgiving
Closed for the Thanksgiving holiday.





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)



Callaway Fellowship Center

Arts & Conference Center

500 Callaway Parkway

Callaway, FL

(850) 874-0031

Open: Tuesdays & Thursdays

Fountain Fellowship Center

First Baptist Church of Fountain

18906 North Highway 231

Fountain, FL 32438

Open: Mondays

