



**AUGUST**

**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 Hurricane Season – Are You Ready?*

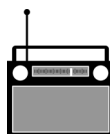
We're entering the height of hurricane season, and while we are all hopeful that we won't see any hurricanes this year, it's important to prepare now so that you are ready if severe weather strikes.

To help make sure local seniors are ready, Florida Power & Light Company (FPL) partnered with Bay County Council on Aging to provide hurricane meal kits that included three days of shelf-stable foods for three meals per day, including breakfast, lunch and dinner, along with snacks and water. More than 400 local seniors received the meal kits. We look forward to continuing this partnership through future hurricane seasons.

But having food on-hand isn't the only thing you need to do to be prepared! Along with the hurricane meal kits, FPL distributed weather radios, rechargeable flash lights and D batteries to help you be prepared should a hurricane come our way. Some preparation tips include:

- ♦ Make sure you have a plan for shelter ready – know if you plan to stay at home, stay with friends, relocate outside of the area or go to a local shelter.
- ♦ Don't forget about your furry friends! If you have a pet, make sure you have food, water and other supplies for them as well.
- ♦ Ensure you have a plan for, and extra supplies if possible, any medication that you will need.

For more information and additional storm preparedness tips, visit [FPL.com/storm](http://FPL.com/storm).



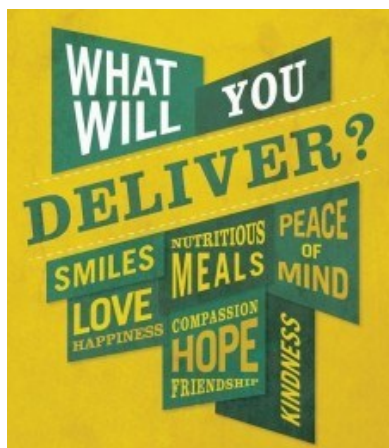
**Florida Power & Light Company**

**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.



# Bay County Council on Aging Volunteer Program



**YOUR GREATEST  
ABILITY IS  
YOUR  
AVAILABILITY!**



=



Volunteers are like busy bees. Like worker bees gathering the makings for honey, our volunteers sweeten the lives of seniors by delivering nutritious meals.

Please join our program and help deliver meals to our most needy elderly.



A special thank you to  
Patrice !

Helping our staff with  
filing task.



Pictured above is Carolyn.  
She loves helping our  
kitchen staff with meal  
preparation.



We have volunteer opportunities for those who like to work "behind" the scenes" ...preparing boxes of meals to be delivered, preparing packages of butter to be distributed with meals, and even prepping bags to make meal distribution easier for our delivery volunteers. Check our signup page for kitchen assistance and when you can, do what you choose. Our kitchen Manager has requested your assistance

**We do good here!**

**Be a part of it!**

**PLEASE HELP WITH A PICKUP & DELIVERY OF  
PUBLIX DONATED PASTRIES AND SWEETS.**

**PICKUP FROM STORE AND DELIVER TO OUR  
CENTER. CALL OUR PROGRAM OFFICE TO  
SCHEDULE YOUR AVAILABILITY. THANK YOU!**

**PASS THE WORD!**

**WE NEED VOLUNTEERS!!**

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

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



**HAPPY  
AUGUST  
BIRTHDAY!**

Anna M.  
Anna P.  
Cecile  
Gordon  
Lisa  
Mark  
Patricia  
Polly  
Violet



PLEASE POST

# Medicare Moments No. 13

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

## How Medicare Works with Military Benefits

Did you know that, if you receive either Tricare for Life or VA Benefits when you reach age 65, you may or may not have to enroll in Medicare. But in both cases, there are definite advantages if you do.

### Tricare for Life for Military Veterans

- As a military retiree, your health insurance coverage under traditional Tricare ends once you are eligible for Medicare. Enrolling in Medicare doesn't mean you lose out on Tricare benefits completely; instead, you'll switch to Tricare for Life.
- To maintain coverage, Tricare for Life (TFL) beneficiaries must be enrolled in Medicare Part A and B, if eligible for it. In fact, it should begin the same day as one's Medicare Parts A and B coverage. It is automatic and there's no paperwork to complete. TFL acts as a supplement to Medicare, meaning that Medicare pays first and TFL pays its share.
- TFL also offers a pharmacy program that provides creditable drug coverage. This means you can delay Medicare Part D enrollment without penalty and continue using TFL's pharmacy program.

### VA Benefits for Military Veterans

- It is not mandatory to enroll in Medicare at age 65 if you have VA benefits. A major drawback to that is you won't have coverage for services received outside the VA health system, and Medicare does not work in VA facilities.
- Enrolling in Medicare gives you more flexibility in what doctors and facilities you can go to, while also having VA benefits to cover things not covered by Medicare, such as hearing aids and dental care.

Let a SHINE Counselor assist you with all your Medicare questions.

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

Next Edition of Medicare Moments: Preventive Services

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.



## **Cognitive Impairment in the Aging: 10 common Causes**

Cognitive impairment, like many problems in older adults, is often “multifactorial.” This means that the difficulties with memory, thinking, or other brain processes are often due to more than one cause.

### **Common causes of cognitive impairment in older adults include:**

1. 1. Medication side effects. Many medications interfere with brain function.  
Sedatives, tranquilizers, and anticholinergic medications are the most common culprits.
2. “Metabolic imbalances.” This term refers to abnormalities in one’s blood chemistry.  
Examples include abnormal levels of blood sodium, calcium, or glucose.  
Kidney or liver dysfunction can also cause certain types of metabolic imbalances, and these sometimes affect brain function.
3. Problems with hormones, such as thyroid hormones.  
Imbalance in estrogen and other sex hormones may also affect cognitive function.
4. Deficiencies in vitamins and other key nutrients.  
Brain function is especially known to be affected by low levels of vitamin B12, other B vitamins, and folate.
5. Delirium. This is a state of worse-than-usual mental function that can be brought on by just type of serious illness.  
Delirium is very common in hospitalized older adults, and can also occur due to infection or other health problems in older people who are not hospitalized.
6. Psychiatric illness. Most psychiatric conditions can cause problems with memory, thinking, or concentration. Psychiatric illnesses can also cause paranoia other forms of late-life psychosis.  
Depression and anxiety are probably the most common psychiatric conditions in older adults.  
It is also possible for the older adults to have bipolar disorder, schizophrenia, and other forms of major mental illness. These often have been diagnosed earlier.
7. Substance abuse/and or substance withdrawal  
Both acute intoxication and chronic overuse of certain substances (such as alcohol, illicit drugs, or even prescription drugs) can impair brain function.
8. Damage to brain neurons, due to an injury.  
“Vascular” damage to neurons means damage caused by problems with the blood vessels, such as stroke or some form of cerebral small vessel disease.  
Head injuries are also associated with temporary or longer-lasting cognitive impairment.  
Damage to brain neuron, due to a neurogenerative condition.  
Neurogenerative conditions tend to slowly damage and kill neurons. They can cause mild cognitive impairment, and then eventually dementia.  
The more common neurodegenerative conditions include Alzheimer’s disease. Lewy-body disease, Parkinson’s disease, and Frontotemporal degeneration.



## 9. Infections.

Historically, this has not been as common in older adults as the causes above, but certain chronic and acute infections can affect brain cells directly. (If cognitive impairment is caused by an infection outside the brain, such as a urinary tract infection, this would be considered delirium.) More recently, the COVID virus has become fairly prevalent: it does affect the brain cells in some cases, and research is ongoing to learn more about this.

Toxins are another potential cause of cognitive impairment.

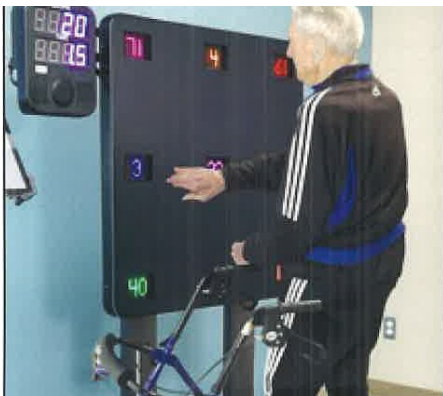
Research is ongoing as to the cognitive effects of toxins people may be exposed to such as heavy metals, air pollutants, contaminants in our drinking water, pesticides and others

Poor sleep and/or high levels of stress are two additional factors to consider, as the brain works less well under these conditions,

If you have concerns about personal memory issues or a loved one, contact a physician for assistance/evaluation.

Leslie Kernisan, MD, MPH

Edited by Lynn McCrory, Ph.D.



Join our Brain Health classes and enjoy our SmartFit Machine.

Smart Exercise for your Brain!



### **AUGUST**

**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**



### **SEPTEMBER**

**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**



# Information for Caregivers



## *Caregiver* Connections

### Monthly Caregiver Support Groups

#### **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.

#### **SEPTEMBER**

At the Respite Center Building  
Sharing and Caring Group Meeting

2nd Friday, Sept. 12, 2025

1:00 PM

Educational Group Meeting

4th Wednesday, Sept. 24, 2025

Guest speaker TBA.

## Meal Site Activities – August

Callaway Fellowship Center



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



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

12th Western Day

14th—Q&A with the Nurse

Dixie Williams, R.N.

Bay Co. Health Dept.

Siena Gardens

For residents of Siena Gardens

**Mondays & Wednesdays**  
10:00-12:00



10:00—Activities & Bingo  
11:00—Lunch

11th Western Day

Fountain Fellowship Center

**Mondays 9:00 am - 12:00 noon**

9:30 - 11:00 - Bingo and Socialization

11:00 - Lunch

11th Western Day



St. Andrews Towers

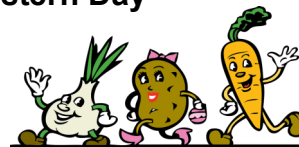
For residents of St. Andrews Towers

**Mondays, Tuesdays & Wednesdays**

2:30 pm - Late Lunch

**ONLY FOR SIGNED UP CLIENTS**

13th Western Day



# AUGUST

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

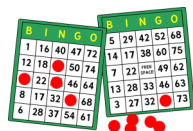
Monday

Tuesday

Wednesday

Thursday

Friday



1  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch

4  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch  
12:00 - Cards



5  
9:30 - Exercise  
10:00 - Q & A with the nurse, Dixie Williams Bay Co. Health Dept.  
11:00 - Lunch  
1:00 - Exercise Class

6  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch



7  
9:30 - Exercise  
10:00 - Games  
11:00 - Lunch  
1:00 - Exercise Class

8  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch



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



12  
9:30 - Exercise  
9:45 10:15 - Presentation National Health Care Sandia Hampton  
11:00 - Lunch  
1:00 - Exercise Class

13  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Site Birthday Celebration Western Themed



14  
9:30 - Crafts  
10:00 - Games  
11:00 - Lunch  
1:00 - Exercise Class

15  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch



18  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch  
12:00 - Cards



19  
9:30 - Exercise  
10:00 - Games  
11:00 - Lunch  
1:00 - Exercise Class



20  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch



21  
9:30 - Crafts  
10:00 - Cooking with Jo PIZZA TIME  
11:00 - Lunch  
1:00 - Exercise Class



22  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch



25  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch  
12:00 - Cards



26  
9:30 - Exercise  
10:00 - Games  
11:00 - Lunch  
1:00 - Exercise Class

27  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch



28  
9:30 - Crafts  
10:00 - Games  
11:00 - Lunch  
1:00 - Exercise Class



29  
9:30 - Exercise  
10:00 - Bingo  
11:00 - Lunch



# August



Monday

Tuesday

Wednesday

Thursday

Friday

\*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

4

**3oz. Beef Patty in Teriyaki Sauce**  
1/2 C Mixed Vegetables  
1/2 C White Rice  
1 sl. Whole Grain Bread  
1 pk Graham Cracker  
4 oz Apple juice  
1 Margarine Cup  
8oz.1% milk

5

**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

6

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

7

**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

8

**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

11

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

12

**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

13

**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

14

**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

15

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

18

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

19

**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%

20

**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

21

**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

22

**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

25

**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

26

**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

27

**3oz. NY Strip w/ Pica-dillo 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

28

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

29

**3oz. Breaded Chicken w/ Country Pepper Gravy**  
1/2 C. Mixed Vegetable & Squash Medley  
1/2 C. Brussels Sprouts  
1 sl. Whole Grain Bread  
2 Margarine Cups  
4 oz. Applesauce  
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) 769-3468  
Open: Tuesdays & Thursdays

### St. Andrews Towers

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

### 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

