



April 2024

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



There is still time to get assistance with tax preparations. These organizations can help at no cost.

AARP Foundation Tax-Aide

Free Income Tax Service in Bay County Through April 15th

Trinity Lutheran Church - Open Thursdays & Fridays
8:00 am - 4:00 pm at 1001 West 11th Street, Panama City

The Arc of the Bay - Open each Wednesday 2:00 pm - 7:00 pm at
1804 Carolina Avenue, Lynn Haven

Panama City Beach Library - Open Mondays & Saturdays,
8:30 am - 2:00 pm at 12500 Hutchison Blvd., Panama City Beach

The tax payer must have an appointment. Call (850) 583-4606 to schedule an appointment. Leave a voicemail with your name and phone number (including area code). Someone will return your call to schedule and appointment at one of these sites. You do NOT have to be an AARP member and they work with all ages.

United Way's Volunteer Income Tax Assistance (VITA)

For more information: www.unitedwaynwfl.org/vita/
or call United Way at (850) 785-7521

A.D. Harris Learning Village
No appointment needed.

Tuesday, Wednesday & Thursday - 9 am to 3 pm,
through April 12th
819 East 11th Street, Panama City



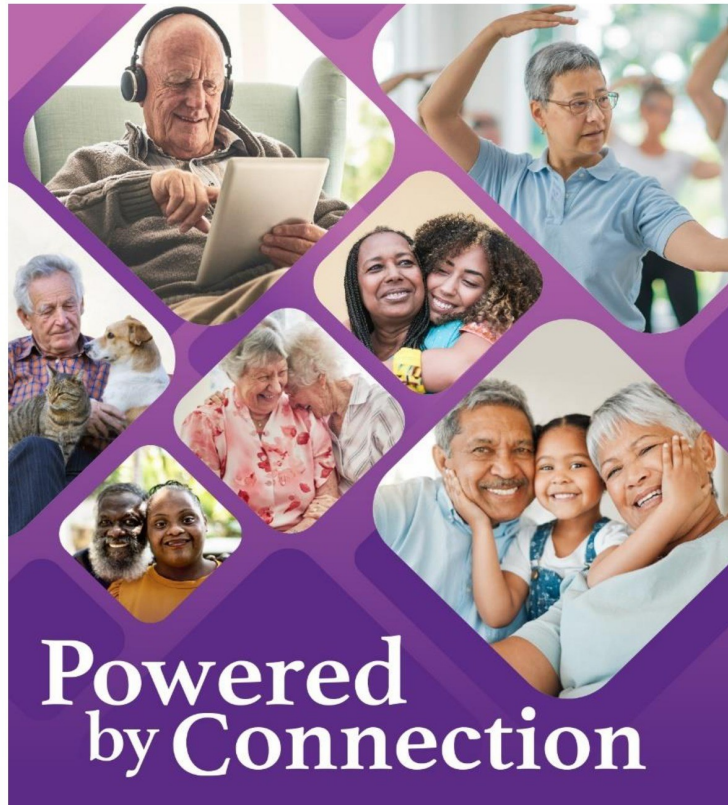
HELP US STAY IN TOUCH! Help us keep *The Golden Edition* mailing list updated. If you are receiving the newsletter and need to correct the spelling of your name, change your address, or eliminate duplicate copies, contact us at (850) 769-3468, ext. 102. Thank you!

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



The Golden Edition is edited by Andrea Marsh.

PLEASE JOIN US TO CELEBRATE



ACL.gov/OAM
#OlderAmericansMonth



MAY 16, 2024

BAY COUNTY COUNCIL ON AGING

1116 FRANKFORD AVE.

PANAMA CITY, FL. 32401

FROM 10 AM - 12 PM

**THERE WILL BE VENDORS, LUNCH, SPEAKERS, MUSIC AND
ENTERTAINMENT**

PLEASE R.S.V.P. TO ANN PARMER 850-769-3468

OR

ANN.PARMER@BCCOA.NET

REGISTRATION DEADLINE: FRIDAY, APRIL 26, 2024

Bay County Council on Aging Volunteer Program



Pick me...I'll help!

Bay County Council on Aging has many volunteers willing to help. They have chosen to represent the agency by serving the most needy seniors in Bay County.

Volunteers serve in different ways and each becomes an integral part of the mission.

Their willingness to step up, even on rainy spring April days, is a testament to their dedication.

Please remember to recognize and thank them for their efforts.



Don't worry...we're coming!

See the need. Provide the service.

It's what our volunteers do best!



Statements from Volunteers Regarding Their Experiences

“Volunteering makes me a better person because it gets me outside of myself. It puts my focus on others. It makes me grateful for what I have.”

“I love helping others and giving back to people less fortunate. I feel we all have a responsibility to help our communities thrive where we can pitch in.”

“Sometimes volunteer work is fulfilling not because of the actual job you get done, but because of how your presence impacts the people you serve.”

Does this sound like something you may want to experience? Join Us!!



Volunteers with April Birthdays

Bill - Cathy - Chris - Cheryl - Cindy - Gary L. - Gary W. -
John - Karen - Kim - Lee - Mallory - Nabila - Nancy - Pat A. -
Robert - Sharon - Vivian

Happy, Happy Birthday!



PASS THE WORD!

WE NEED VOLUNTEERS!!

PICK UP AN ENROLLMENT FORM - SHARE YOUR EXPERIENCE

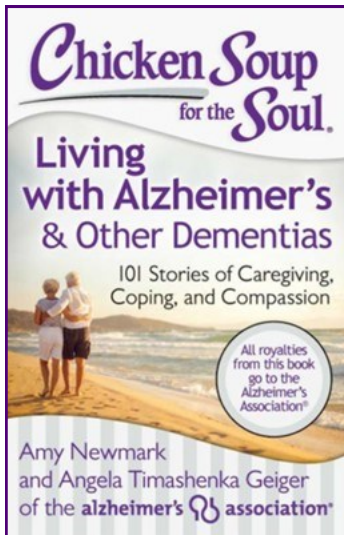
VOLUNTEER OFFICE HOURS: 9 am - 2 pm, Monday-Friday (850)769-3468 ext. 119, Email: lydia.vickery@bccoa.net



Caregiver Connections

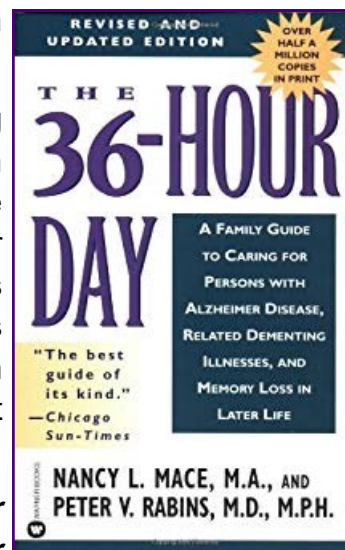
Information for Caregivers

The Book Nook



At the Respite Center there is a small bookcase filled with books for caregivers to borrow. All of the books address memory impairment. Some concentrate on diseases, such as Alzheimer's disease, Parkinson's or strokes, while some deal with managing difficult family members.

Some of the books stress the importance of caring for the caregiver, and some of them are written in story form. The stories are my favorite because they really tell the story of a family and their journey through the path with dementia. Others concentrate on handling behavior issues. There is also a section of children's books to help children understand why their grandparents may not remember their name.



The dementia patient is not giving you a hard time.

The dementia patient is having a hard time.

There are several copies of *Chicken Soup for the Soul - Living with Alzheimer's & Other Dementias* which is a collection of inspiring short stories. Additionally, there are several copies of *The 36-Hour Day* which is a great guide to help caregivers get through the most difficult dementia behaviors. Feel free to browse and borrow from the library.

~Jean Warner, Respite Center Coordinator



Monthly Caregiver Support Groups

APRIL	MAY
<p>At the Respite Center Building <u>Sharing and Caring Group Meeting</u> 2nd Friday, April 12, 2024 1:00 PM</p> <p>Educational Group Meeting 4th Wednesday, April 24, 2024 1:00 PM</p> <p>Guest Speaker Angela Warren, Elder Law Attorney</p>	<p>At the Respite Center Building <u>Sharing and Caring Group Meeting</u> 2nd Friday, May 10, 2024 1:00 PM</p> <p>Educational Group Meeting 4th Wednesday, May 24, 2024 1:00 PM</p> <p>Program - TBA</p>

Finding Help for an Aging Family Member

“In the olden days” was an expression my mother would use to start one of her many, many stories. Sometimes it was a story to remind us to be thankful we didn’t live in the olden days! Sometimes it was a great story of an event in her own childhood, which were my favorite stories. Sometimes it was a story that taught a lesson on how to behave and what would happen if we didn’t behave. A lot of her stories included our aunts, uncles, cousins, second cousins, and our grandparents. All these relatives were in her stories because we all grew up in small town in Texas, about 70 miles north of Dallas.

When my paternal grandma got older and started getting “senile” my aunts took turns helping her and then took turns staying with her. All the cousins also did their part. My grandmother was eventually placed in a nursing home, where my mother, as well as one of my cousins, worked. These were common family dynamics in the 1950’s. When I graduated high school and left to join the US Air Force, my younger sister went in the US Marine Corps, some of our cousins went away to college, two cousins joined the US Navy, and one cousin went to work in Houston, family life changed in “blink of an eye” as my mama would say.

Families now are scattered to the four winds (yes...another mama expression). But it is so true. I get calls at the Respite Center from all over the United States. The first thing I hear is “My mother lives there in Panama City, but I live in Maine (or Utah, or California, or Michigan or anywhere but here). Mother fell, mother has been sick, is having memory problems and Dad has been caring for her but he needs a break, or mother is not able to cook and is not eating right, etc.” Bottom line is they need help.

The other way around is that a son or daughter lives here and Dad lives away, needs help and refuses to move. The family needs help finding assistance for him in whatever far away place he lives. I much prefer the calls where mom or dad are here because that is the whole purpose of the Bay County Council on Aging, to provide help to seniors in Bay County.

But for those who live apart from their family member and are looking for help in that area there is one valuable piece of information I can provide. It’s called the Zip Code Referral. You can call the Zip Code Referral for Elder Care at (800) 677-1116. This phone number can be called from anywhere in the United States. You provide the zip code of the location for where services are needed and they will provide information for that area. So if you live here in Panama City, Florida and your mother lives in New Brunswick, New Jersey you can provide your mother’s zip code of 08901 and you will receive information about services for seniors available in that area.

Today times are different. Family dynamics are different. But, a family’s love for each other is the same. Families still care and want to help each other. They just have to find a different way of doing it.

~Jean Warner, Respite Center Coordinator

Meal Site Activities - April

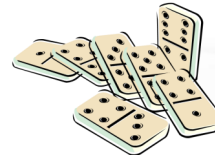
Coulliette Senior Center Programs & Activities

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

9:30 - 9:45 - Exercise

9:45 - 11:00 - Programs, Bingo, Games and Socialization

11:00 - Lunch



April Programs

April 3rd - Music with the Ukulele Orchestra of St. Andrews



April 16th - Q & A with Dixie Williams, RN for Florida Department of Health in Bay County



April Activities

Mondays 1:00 - 4:30 pm Cards



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo and Socialization

11:00 - Lunch

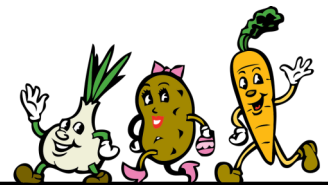


St. Andrews Towers

Mondays, Tuesdays & Wednesdays

2:45 pm - Lunch

For residents of St. Andrews Towers.



Callaway Fellowship Center

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

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

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

11:00 - Lunch

April 18th - Q & A with Dixie Williams, RN for Florida Department of Health in Bay County



April ~ Did You Know?

- ◆ George Washington was inaugurated as the First President of the United States on April 30, 1789.
- ◆ On April 14, 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.
- ◆ There are quite a few notable historical people born in April, such as Leonardo da Vinci, Shakespeare, and Queen Elizabeth II.
- ◆ In the Southern Hemisphere, April is the seasonal equivalent of October.

April



Monday

1

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

April Fools'



Tuesday

2

3 oz. Hamburger Patty
 1/2 c. Carrots
 1/2 c. Diced Potatoes
 1 Hamburger Bun
 1 pkt. Ketchup & Mustard
 1 Apple Spice Cookie
 8 oz. 1% Milk

Wednesday

3

4 oz. Blended Juice
3 oz. Chicken Patty in Picadillo Sauce
 1/2 c. Green Peas
 1/2 c. Sweet Potatoes
 1 sl. Whole Wheat Bread
 1 Margarine Cup
 8 oz. 1% Milk

Thursday

4

4 oz. Apple Juice
8 oz. Pasta Bolognese
 1/2 c. Italian Vegetable Blend
 1 sl. Whole Grain Bread
 1 Margarine Cup
 8 oz. 1% Milk

Friday

5

3 oz. Honey Mustard Chicken
 1/2 c. Carrots
 1/2 c. Diced Potatoes
 1 sl. Whole Grain Bread
 1 Margarine Cup
 1 pk. Lemon Sandwich Cookies
 8 oz. 1% Milk

8

4 oz. Pineapple Juice
3 oz. Beef Patty in Teriyaki
 1/2 c. Mixed Vegetables
 1/2 c. White Rice
 1 sl. Whole Wheat Bread
 8 oz. 1% Milk

9

4 oz. Blended Juice
3 oz. Chicken in Italian Sauce
 1/2 c. Green Beans
 1/2 c. Diced Potatoes
 1 sl. Whole Grain Bread
 8 oz. 1% Milk

10

8 oz. Meatballs & Pasta in Sauce
 1/2 c. Steamed Broccoli
 1 sl. Whole Wheat Bread
 1 Apple Spice Cookie
 8 oz. 1% Milk

11

4 oz. Apple Juice
3 oz. Chicken Fajita
 1/2 c. Butternut Squash
 1/2 c. Black Beans
 1 sl. Whole Grain Bread
 8 oz. 1% Milk

12

2.1 oz. Rancheros Cheese Omelet
 1/2 c. Breakfast Potatoes
 1/2 c. Cranberry Pears
 1 sl. Whole Grain Bread
 1 Margarine Cup
 8 oz. 1% Milk

15

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

16

4 oz. Blended Juice
8 oz. Three Cheese Macaroni & Cheese
 1/2 c. Carrots
 1/2 c. Green Beans
 1 sl. Whole Wheat Bread
 1 Margarine Cup
 8 oz. 1% Milk

17

4 oz. Apple Juice
3 oz. Dinner Loaf
 1/2 c. Stewed Tomatoes
 1/2 c. Diced Potatoes
 1 sl. Whole Wheat Bread
 1 pk. Strawberry Sandwich Cookies
 8 oz. 1% Milk

18

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

19

8 oz. Manicotti Alfredo
 1/2 c. Corn
 1/2 c. Carrots
 1 sl. Whole Grain Bread
 1 pk. Lemon Sandwich Cookies
 8 oz. 1% Milk

22

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

Earth Day



23

3 oz. Egg w/Sausage Country Pepper Gravy
 1/2 c. Breakfast Potatoes
 1/2 c. Maple Cinnamon Apples
 1 sl. Whole Grain Bread
 1 pk. Graham Crackers
 8 oz. 1% Milk

24

4 oz. Apple Cherry Juice
3 oz. Diced Chicken
 1/2 c. Green Beans & Red Pepper Mix
 1/2 c. Yellow Rice w/ Tomatoes & Chives
 1 sl. Whole Wheat Bread
 1 oz. Peanuts
 8 oz. 1% Milk

25

4 oz. Blended Juice
3 oz. Stuffed Pasta in Broccoli Cheese Sauce
 1/2 c. Broccoli
 1/2 c. Cranberry Apples
 1 sl. Whole Wheat Bread
 8 oz. 1% Milk

26

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

29

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

30

3 oz. Hamburger Patty
 1/2 c. Carrots
 1/2 c. Diced Potatoes
 1 Hamburger Bun
 1 pkt. Ketchup & Mustard
 1 Apple Spice Cookie
 8 oz. 1% Milk

- ◆ 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.



bring May flowers.



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

