



The Golden Edition

SEPTEMBER

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

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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**Bay County Alzheimer's
Alliance donates \$10,000**

Greetings!

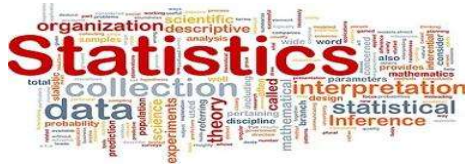
Operating a non-profit comes with many opportunities and challenges. Seeing the impact that the services at BCCOA have on the lives of so many seniors in our community is, without a doubt, one of the biggest blessings that I have in my life. The opportunity to serve in this capacity is truly amazing. As with any non-profit, raising enough money to "keep the doors open" can be quite challenging and that certainly rings true in today's uncertain environment; budget cuts, staffing challenges, inflation, high gas prices, and the list goes on and on. It can be crippling to think about as you manage an organization. Many years ago, I had a mentor tell me, "God always provides what you need, it is never too much and never too little and it is always right on time". Well, the Bay County Alzheimer's Association showed up right on time on Wednesday, August 12th with an incredible donation to our agency. Our partnership with the BCAA has been critical in our agency's success over the years as they provide unyielding advocacy for our clients who are suffering from Alzheimer's, Dementia and other cognitive decline disorders. They hold an annual fundraiser called Monte Carlo Night and have been so good to make significant donations to our agency from some of the funds raised at that event. Of course, a \$10,000 donation to our agency is phenomenal and worth celebrating. However, I also get very excited knowing that we have individuals in our community that are willing to donate their time and resources to support the Bay County Alzheimer's Association efforts to continue its mission of offering support, practical solutions, and advocacy for individuals and families facing Alzheimer's disease and other forms of dementia in Bay County. Thank you, Bay County Alzheimer's Association, for your continued support, we truly could not do the work without you! Until next time, keep the faith and to God be the glory!

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. 119. 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



We need your statistics!
PLEASE REMEMBER TO TURN IN
YOUR TIME SHEET!

**OUR VOLUNTEERS MAKE THE DIFFERENCE! JOIN OUR MISSION TO
FEED THOSE IN NEED! BECOME A VOLUNTEER AND FEEL THE HAPPY!**

Volunteers celebrating
Birthdays in September!

Wishing you all a very **HAPPY BIRTHDAY!**

Amanda
Bob
Deborah
Judy
Myron
Reuben
Stan
Teressa



Our Volunteers do different tasks throughout each month. We will find a place for you. Come fill your life with a grateful spirit. Be a part of our mission to serve.



Call Bingo Give Smiles
Serve Seniors Get Smiles



PICTURED TO THE LEFT
EARLY MONDAY MORNING
PICK UP
THOSE AMONG US THAT
CONTRIBUTE SO MUCH AND
PREFER NOT TO BE NOTICED.
I CAUGHT THEM WORKING.

Thank you!

Bay County Council on Aging Volunteer Program

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

SEPTEMBER

**Brain Health Classroom
North side of Respite Center
6 Week Session Begins**

Sept. 15th 10am-2pm

Professional speakers - Lunch will be served

**Smart Fit brain health enhancement
Exercise**



NOVEMBER

**Brain Health Classroom
North side of Respite Center
6 Week Session Begins**

Nov. 10th 10am-2pm

Professional speakers - Lunch will be served

**Smart Fit brain health enhancement
Exercise**

Sudden Memory Loss: Causes, Symptoms, and Treatment

Written by Kathryn Whitbourne

Medically Reviewed by Jabeen Begum, MD on August 08, 2024

Sudden memory loss is not usually due to dementia but rather an illness or medication. (Photo Credit: iStock/Getty Images)

Sudden or acute memory loss is usually due to a disease, condition, or event (like surgery) disrupting the way parts of your brain works. This differs from progressive memory loss, in which your memory gets worse over time as some of your brain cells deteriorate. This happens with Alzheimer's disease and other types of dementia.

The good news is sudden memory loss is usually treatable. Here are some things that can lead to it — and what you can do about them.

Medicines

Many prescription drugs can affect your memory. Often, this is because they block the effect of a brain chemical called acetylcholine.

Acetylcholine plays a role in memory, learning, and paying attention.

People with Alzheimer's often have low levels of acetylcholine. Some of the most common drugs that may cause memory loss are:

Anxiety drugs. Alprazolam (Xanax), chlordiazepoxide (Librium), clonazepam (Klonopin), diazepam (Valium), flurazepam (Dalmane), and lorazepam (Ativan) Drugs to treat depression. Amitriptyline (Elavil), clomipramine (Anafranil), desipramine (Norpramin), doxepin (Sinequan), imipramine (Tofranil), and nortriptyline (Aventyl, Pamelor) High blood pressure medications. Atenolol (Tenormin), captopril (Capoten), metoprolol (Lopressor, Toprol), propranolol (Inderal), and sotalol (Betapace) Cholesterol-lowering drugs. Atorvastatin (Lipitor), fluvastatin (Lescol), lovastatin (Mevacor), pravastatin (Pravachol), rosuvastatin (Crestor), and simvastatin (Zocor) Pain medications. Fentanyl (Duragesic), hydrocodone (Norco, Vicodin), hydromorphone (Dilaudid, Exalgo), morphine (Astramorph, Avinza), and oxycodone (OxyContin, Percocet) Antiseizure drugs. Acetazolamide (Diamox), carbamazepine (Tegretol), gabapentin (Neurontin), lamotrigine (Lamictal), pregabalin (Lyrica), and valproic acid (Depakote) Medicines for sleep disorders. Eszopiclone (Lunesta), zaleplon (Sonata), and zolpidem (Ambien) If you take one of these drugs — or even something not on this list — and are worried about your memory, ask your doctor if you can switch to something else.

Stress, Anxiety, or Depression

A 2018 review of earlier studies found that people having depression had a reduced ability to recall memories. One possible explanation is that when you're depressed or stressed, levels of the hormone corticosteroid rise in your body — and they stay high if you're in a state of stress or depression for a long time. High levels of corticosteroid can damage memory signals in the brain.



Edited by: Lynn McCrory, Ph.D.



Dr. James & Flo Nixon Respite Center

SEPTEMBER

At the Respite Center Building
Sharing and Caring Group Meeting
Friday, Sept. 11, 2026 1:00 PM
Educational Group Meeting
4th Wednesday, Sept. 23, 2026
Guest speaker

OCTOBER

At the Respite Center Building
Sharing and Caring Group Meeting
2nd Friday, Oct. 9, 2026 1:00 PM
Educational Group Meeting
4th Wednesday, Oct. 28, 2026
Guest speaker

Why Walnuts Are the Ultimate "Brain Food"

Rich in Omega-3s: Walnuts contain significantly more omega-3 fatty acids than any other nut. Just one ounce (about 14 halves) provides 2.5 grams of ALA, which helps maintain healthy cell membranes and supports smooth communication between your brain cells. **High Antioxidant Concentration:**

Out of over 1,100 foods tested for antioxidants, walnuts ranked second.

Their polyphenols fight oxidative stress and free radicals, which are major contributors to age-related memory loss and mental decline.

Cognitive Enhancements: Regular intake has been linked to faster processing speeds, sharper focus, and better reaction times. A study from the University of Reading found that adding walnuts to breakfast boosted memory and reaction times throughout the afternoon. **Mood and Sleep Support:** Walnuts contain melatonin and have been shown to help lower depression and anxiety symptoms. They offer a steady supply of energy that prevents the classic "brain fog" crash caused by high-sugar breakfast options. **Daily Recommended intake** because nuts are calorie-dense, experts recommend eating 1 ounce per day—which translates to roughly 14 walnut halves or a small handful. **How other Nuts compare** While walnuts are the leader for overall cognitive protection, a few other choices offer distinct mental perks: **Pistachios:** Excel at generating gamma brain waves, which improve perception, learning, and memory retention. **Almonds:** Pack a massive dose of vitamin E, an antioxidant known to lower the risk of cognitive decline and dementia.

Edited by Lynn McCrory, Ph.D

MEAL SITES

COME AND GET IT! WE'LL FEED YOU HERE!

Callaway Fellowship Center

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

9:00/9:30— Exercise

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

Special Events

Sept. 1 – 9:30am Pat Nease Storytelling Sept 8 – 9:30am Spay Bay

Sept. 10 – 10am Dixie with Bay Co. Health Dept.

Sept. 15 – 9:30 Claire Tiglao Sings Sept. 17 – 9:30 Filipino Dancers

Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo & Socialization

11:00 - Lunch

Siena Gardens

Mondays & Wednesdays

10:00am Bingo—11am Lunch

11:30-12 Anytime Fitness

For Residents Only

For Residents Only

St. Andrews Towers

Mondays—Wednesday—Fridays

2:30 pm - Dinner

For Residents Only

September Activities

Couliette Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Pastries & Coffee 10:00 Care Patrol 11:00 Lunch 1:00pm Anytime Fitness Exercise	2 9:00 Pastries & Coffee 10:00 Bingo 11:00 Lunch	3 9:00 Pastries & Coffee 9:30 Pat Nease Story Telling 11:00 Lunch 1:00pm Anytime Fitness	4 9:00 Pastries & Coffee 10:00 Bingo 11:00 Lunch
7 CLOSED FOR LABOR DAY	8 9:00 Pastries & Coffee 10:00 Ukles 11:00 Lunch 1:00pm Anytime Fitness Exercise	9 9:00 Pastries & Coffee 9:30am Anytime Fitness Exercise 10:00 Bingo 11:00 Lunch	10 9:00 Pastries & Coffee 10:00 Filipino Dancers 11:00 Lunch 1:00pm Anytime Fitness Exercise	11 9:00 Pastries & Coffee 10:00 P.C. A Capella Group 10:00 - Bingo 11:00 - Lunch
14 9:30am Anytime Fitness Exercise 10:00am Bingo 11:00am Lunch	15 9:00 Pastries & Coffee 10:00 Exercise 10am SHINE Chris P. 11:00 Lunch 1:00pm Anytime Fitness Exercise	16 9:00 Pastries & Coffee 9:30am Anytime Fitness Exercise 10:00am Bingo 11:00am Lunch	17 9:00 Pastries & Coffee 10:00 Games & Exercise 11:00 Lunch 1:00pm Anytime Fitness Exercise	18 9:00 Pastries & Coffee 10:00 - Bingo 11:00 - Lunch
21 9:30am Anytime Fitness Exercise 10:00am Bingo 11:00am Lunch	22 9:00 Pastries & Coffee 9:30 Square Dancers 1:00pm Anytime Fitness Exercise	23 9:00 Pastries & Coffee 9:30am Anytime Fitness Exercise 10:00am Bingo 11:00am Lunch	24 9:00 Pastries & Coffee 10:00 Exercise & Games 11:00 Lunch 1:00pm Anytime Fitness Exercise	25 9:00 Pastries & Coffee 10:00 - Bingo 11:00 - Lunch
28 9:30am Anytime Fitness Exercise 10:00am Bingo 11:00am Lunch	29 9:00 Pastries & Coffee 10:00 Claire Tiglaio to Sing 11:00 Lunch 1:00pm Anytime Fitness Exercise	30 9:30am Anytime Fitness Exercise 10:00am Bingo 11:00am Lunch		

September Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1
4 oz. Apple Juice
3 oz. BBQ Glazed Pork Riblet
1/2 C Mixed Vegetables
1/2 C Garlic Mashed Potatoes
1 sl. Whole Grain Bread
8 oz. 1% Milk

2
3 oz. Meatballs in Tangy Orange Sauce
1/2 C Green Beans
1/2 C White Rice
1 sl. Whole wheat Bread
1 pk Sandwich Cookies
4 oz. Peach Cup
8 oz. 1% Milk

3
3 oz. Baked Manicotti Alfredo
1/2 C. Carrots
1/2 C. Corn
1 sl. Whole Grain Bread
1 Margarine Cup
4 oz Mandarin Cup
8 oz. 1% Milk

4
3 oz. Pork Chop Patty in Savory Sofrito
1/2 C. Green Peas
1/2 C Sweet Potatoes
1 sl. Whole Wheat Bread
1 Margarine Cup
1 Pk. Sandwich Cookies
8 oz 1% Milk

7

8

9

10

11

**CLOSED FOR
LABOR DAY**

3 oz. NY Strip in Mustard Sage Sauce
1/2 C. Carrots
1/2 c Diced Potatoes
1 sl. Whole Grain Bread
1 pk. Graham Crackers
1 pk. Sandwich Cookies
8 oz. 1% Milk

6.7 oz. Egg & Veggie Hash
1/2 C Breakfast Potatoes w/ Onion
1/2 C Cranberry Apples
1 Margarine Cup
1 pk. Oatmeal
4 oz. Citrus Fruit Cup
8 oz. 1% Milk

8.5 oz. Twisted Mac & Cheese
1/2 C Mixed Vegetables
1 sl. Whole Wheat Bread
1 pk. Graham Crackers
1 pk. Sandwich Cookies
8 oz 1% Milk

3 oz. Italian-Style Chicken Marinara
1/2 C Green Beans
1/2 C Diced Potatoes
1 sl. Whole Wheat Bread
1 Margarine Cup
1 pk. Sandwich Cookies
8 oz. 1% Milk

14

15

16

17

18

7.3 oz. Three Cheese Macaroni & Cheese
1/2 C. Carrots
1/2 C. Green Beans
1 sl. Whole Grain Bread
1 Margarine Cup
1 pk Graham Crackers
8 oz 1% Milk

15 oz Savory Lentil Stew
1/2 C Apple Peach Pineapple
1 pk Salad Wafer Cracker
1 Peanut Butter
8 oz 1% Milk

3 oz Breaded Chicken in Country Pepper Gravy
1/2 C Mixed Vegetable & Squash Medley
1/2 C Brussels Sprouts
1 sl. Whole Wheat Bread
1 pk Salad Wafer Crackers
1 pk Sandwich Cookies
8 oz 1% Milk

4 oz. Blended Juice
2.1 oz. Zesty Spanish Omelet
1/2 C Sweet Potatoes
1/2 C Kidney Beans
1 sl. Whole Grain Bread
1 pk Oatmeal
8oz 1% Milk

3 oz. Tropical Chicken
1/2 C Edamame & Carrots
1/2 C Coconut Brown Rice
1 sl. Whole Grain Bread
1 Margarine Cup
8 oz. 1% Milk

21

22

23

24

25

3 oz. Sweet & Sour Pork
1/2 C Corn
1/2 C Fried Rice
1 sl. Whole Wheat Bread
1 Margarine Cup
1 pk. Graham Crackers
4 oz. Peach Cup
8 oz. 1% Milk

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

3 oz. Hearty Meatloaf in Tomato Braise
1/2 C Parslied Mashed Potatoes
1 sl. Whole Grain Bread
1 Snickerdoodle Cookie
8 oz. 1% Milk

4 oz. Apple Juice
3 oz. Manicotti & Tomato Sauce
1/2 C Mixed Vegetables
1 sl. Whole Grain Bread
1 pk. Sandwich Cookies
8 oz 1% Milk

2.1 oz Western Style Omelet
1/2 C Breakfast Potatoes
1/2 C Cinnamon Applesauce
1 Nature Valley Granola Bar
1 pk. Oatmeal
8 oz. 1% Milk

28

29

30

3 oz. Classic Meatloaf Sandwich w/ Onions
1/2 C Peas & Carrots
1/2 C Sweet Potatoes
1 Hamburger Bun
1 Pkt. Ketchup
1pk. Sandwich Cookies
8oz. 1% Milk

4 oz. Apple Juice
3 oz. BBQ Glazed Pork Riblet
1/2 C Mixed Vegetables
1/2 C Garlic Mashed Potatoes
1 sl. Whole Grain Bread
8 oz. 1% Milk

3 oz. Meatballs in Tangy Orange Sauce
1/2 C Green Beans
1/2 C White Rice
1 sl. Whole wheat Bread
1 pk Sandwich Cookies
4 oz. Peach Cup
8 oz. 1% Milk

*all meals served with 1 % fat milk

*Low sodium meals contain less than
1,400 mg of sodium

*Breaded meats contain 1oz breadding

*meals subject to change w/o notice

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: Tuesday & Thursday

Siena Gardens

901 W. 19th St.
Panama City, FL 32405
Open: Monday & Wednesday
(for residents of Siena Gardens)

St. Andrews Towers

FOR RESIDENTS ONLY
24 Harrison Ave.
Panama City, FL 32401
Open: Monday, Tuesday & Wednesday -
afternoons (for residents of St. Andrews Towers)
(805)769-3468

Fountain Fellowship

First Baptist Church of Fountain
18906 North Highway 231
Fountain, FL 32438
Open: Monday (850) 769-3468