



June 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 celebrated Older Americans Day on May 11th!

It was a wonderful day which celebrated senior adults. Seniors enjoyed entertainment, a guest speaker, a health fair, and a fish fry lunch. The day was warm and sunny and the food was delicious. Many went home with door prizes thanks to our generous vendors who participated in the health fair.

Thanks to all who made this celebration a success:

- ♦ Buddy Gandy's Seafood
- ♦ Bay High School Honor Guard
- ♦ Pastor James Sharkey
- ♦ Liz Hunt, Guest Speaker
- ♦ Bay High School Choir
- ♦ Department of Children and Families
- ♦ Junior League of Panama City
- ♦ Panama City Fire Department
- ♦ All the vendors who participated in the health fair.
- ♦ All the volunteers who helped.



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.



Bay County Council on Aging Volunteer Program

Way To GO!



On Older American's Day May 11, 2023
We were happy to announce and introduce
Anna Miner
as our 2023 Volunteer of the Year!

She has completed over 500 volunteer
hours, Anna serves as our
Advisory Committee Secretary and is a
Meals on Wheels volunteer.

She has recruited fellow volunteers since her
2018 enrollment.

Anna is a Veteran.

Join me in

THANKING HER FOR HER SERVICE!



Why is Volunteering Important?

There are many answers to the question "Why volunteering is important?" Even though you are not financially compensated, the benefits are actually greater than the money itself.

To improve community life, to give back, to help others in need, giving hope emboldens the human spirit. The selfless act of helping a person provides a spiritual boost.

Knowing you did something good for someone is an emotionally uplifting experience that can never be matched by money or fame. It is not a glamorous job, but most who have tried it will tell you that the experience is a positive one.

Volunteering brings hope and happiness to people, those serving and those being served. And it also leads to spiritual and emotional growth. It is an experience that cannot be bought with any amount of money.

PASS THE WORD!

WE NEED VOLUNTEERS!!

**PICK UP AN
ENROLLMENT FORM**

SHARE YOUR EXPERIENCE

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



Volunteers keep going
Program funds keep flowing.
You can help
to make this ring true
by completing the paperwork
helping staff follow through.

We know and understand
you are doing your best
and continue to ask
for the paperwork task.

Your efforts and kindness
bring help from the start.
As volunteers rally round
and do their part.

Your actions will replace
A senior's loss of mobility.
And have them singing praises
for the volunteer's agility.

JUNE BIRTHDAYS

Bill

Corinda

Jean

Jeannie

Keith

Richard

Ronald

Steve

Tom



HAPPY BIRTHDAY

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

Aging in Place

What is aging in place? And, how does one go about doing it? The US Centers for Disease Control and Prevention defines aging in place as: “the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level.” So, if a senior adult wants to stay in their home are they aging in place? It's not quite that simple.

Certain things should be in place for a senior to age in place in an appropriate and safe environment. There are many services in the aging field in Florida which can assist seniors to age in place. Sometimes a little bit of help makes the difference between a senior being able to safely stay in their home versus moving to a more institutional setting.

Some things to consider for a senior to age in place include:

- The individual's health – Are they healthy enough to take care of most of their day-to-day needs?
- A safe environment – Is the home safe and free from things which may make the home unsafe such as stairs, crowded rooms, or rugs and other items which can become trip hazards? Are there secure locks on the doors and windows?
- Transportation – Is there available transportation? Even if the senior no longer drives, transportation can be available through friends and family, public transit, taxis, and other transportation providers such as Uber and Lyft. Transportation to necessary appointments is essential.
- Basic necessities – Is the senior able to get basic necessities such as food and prescriptions? With the Coronavirus pandemic, the home delivery market has exploded making it very convenient for home delivery of just about anything. Even if an individual cannot easily get out, many things can now be delivered right to their front door.
- Local support – Are there friends and neighbors close by who can assist when needed and regularly check on the senior to make sure that everything is okay?

Often times, modifications or devices can help ensure a comfortable and safe environment such as grab bars installed in the bathroom and shower, grabbers to reach items versus getting on a step stool, landline phones in multiple rooms or a cell phone that can be carried around for emergency communication. Wearing a fall detection device, having clothing that makes it easier to get dressed (zippers or snaps versus buttons; Velcro versus shoe laces), using a microwave instead of an oven to prepare food, and a ramp in place of stairs to enter and exit the home can all assist with aging in place.

In addition to the home itself being suitable for aging in place, services can also provide assistance. In-home services that provide assistance with housekeeping, laundry, grocery shopping, personal needs, and meals can sometimes determine whether it is feasible for a senior to stay in their home. Technology can also play a big role. Devices such as cell phones, computers/tablets, fall detectors and other electronics can provide communication and help keep in touch. For the tech savvy senior, electronic devices can provide face-to-face communication with family and friends and even for medical appointments through FaceTime and with platforms such as Zoom. Staying social is important. Necessities can be ordered online and delivered to the home. Banking can even be done online.

People are often most comfortable in their homes. Seniors have sometimes lived in their homes for many years. It's where they've raised their families, seen their children and grandchildren grow up, had family gatherings for holidays and birthdays and where they have lived their lives. A home holds memories, familiarity, comfort and a feeling of ownership and personalization. For a senior to be able to age in place can provide a sense of happiness, security, quality of life and, most importantly, independence that they may not have somewhere else. As long as it is safe for a senior to stay in their home and they are able to maintain their independence, even if that includes help from others, aging in place can be the ideal option.

~Andrea Marsh, Bay County Council on Aging



Caregiver Connections



Information for Caregivers

How Support Groups Help Caregivers

The Bay County Council on Aging started the Caregiver Support Group Meetings in 1997 at the same time our Respite Center opened. This was valuable foresight for the caregivers we would come to know and continue to help over the next 26 years.

Support groups for caregivers provide a safe place for caregivers to share problems, solutions, ideas, frustrations, guilt, anger, tears, laughter, and love. A Caring and Sharing meeting meets on the second Friday of each month at 1:00 pm at the Respite Center. This group meets to give caregivers a time to share with each other and to care about each other. We also have an Educational Program or speaker on the fourth Wednesday of each month which provides helpful information for those caring for a loved one. This meeting is also held at 1:00 p at the Respite Center.

Caregivers have to remember how important it is to care for themselves. If you are a caregiver or know a caregiver please know that you are welcome to attend our meetings. You do not have to call ahead, you just have to show up and you will be warmly welcomed. Give yourself an opportunity to talk with others who truly understand what caregiving is about, and what truly only another caregiver understands.

One of the best things to happen at a meeting is when one caregiver is beating themselves up for not being perfect, for losing patience, for being angry, and all of the other caregivers offer support and understanding and tell them it is okay, that those are feelings that they have all gone through. That they have to forgive themselves and recognize all of the good things they are doing. This is also a place where there is laughter which is good because sometimes you just have to recognize the humor in the situation and know that it is okay to laugh.

~Jean Warner, Respite Center Coordinator

Monthly Caregiver Support Groups

<div><div><div></div><div></div></div><div>JUNE</div><div>At the Respite Center Building</div><div><u>Sharing and Caring Group Meeting</u></div><div>2nd Friday, June 9, 2023</div><div>1:00 PM</div><div><u>Educational Group Meeting</u></div><div>4th Wednesday, June 28, 2023</div><div>1:00 PM</div></div>	<div><div><div></div><div></div></div><div>JULY</div><div>At the Respite Center Building</div><div><u>Sharing and Caring Group Meeting</u></div><div>2nd Friday, July 14, 2023</div><div>1:00 PM</div><div><u>Educational Group Meeting</u></div><div>4th Wednesday, July 26, 2023</div><div>1:00 PM</div></div> <div><div><div></div><div></div></div><div></div></div>
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If I get dementia...

- ♦ I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
- ♦ don't argue with me about what is true for me versus what is true for you.
- ♦ and I am not sure who you are, do not take it personally. My timeline is confusing to me.
- ♦ and can no longer use utensils, do not start feeding me. Instead, switch me to a finger food diet and see if I can still feed myself.
- ♦ and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.
- ♦ I don't want to be treated like a child. Talk to me like the adult that I am.
- ♦ I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.
- ♦ ask me to tell you a story from my past.
- ♦ and I become agitated, take the time to figure out what is bothering me.
- ♦ treat me the way that you would want to be treated.
- ♦ make sure that there are plenty of snacks for me in the house. Even know if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.
- ♦ don't talk about me as if I'm not in the room.
- ♦ don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
- ♦ and I live in a dementia care community, please visit me often.
- ♦ don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
- ♦ make sure I always have my favorite music playing within earshot.
- ♦ and I like to pick up items and carry them around, help me return those items to their original place.
- ♦ don't exclude me from parties and family gatherings.
- ♦ know that I still like receiving hugs or handshakes.
- ♦ remember that I am still the person you know and love.

~Author Unknown

Meal Site Activities - June

Coulliéte Senior Center Programs & Activities

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

9:30 - 9:45 - Exercise

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

11:00 - Lunch



June 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



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo & Socialization

11:00 - Lunch

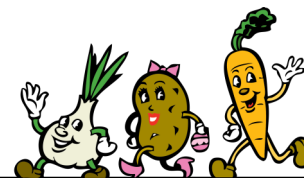


St. Andrews Towers

Mondays & Wednesdays

2:45 pm - Lunch

For residents of St. Andrews Towers.



Days in June Which Celebrate Food...Yum!

June 1 - World Milk Day

June 2 - National Rocky Road Day

June 3 - National Egg Day

June 5 - National Donut Day

June 7 - National Chocolate Ice Cream Day

June 9 - National Strawberry Rhubarb Pie Day

June 10 - National Iced Tea Day

June 11 - Corn on the Cob Day

June 12 - National Jerky Day

June 16 - Fresh Veggies Day

June 17 - National Apple Strudel Day

June 21 - National Smoothie Day

June 22 - National Onion Rings Day

June 24 - National Pralines Day

June 25 - National Strawberry Parfait Day

June 27 - Great American Picnic Day

June 28 - National Tapioca Day



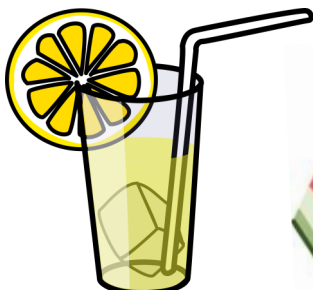
June



Monday

- ♦ 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.

Tuesday



Wednesday



Thursday

Friday

5
4 oz. 100% Apple Juice
8 oz. Lasagna Florentine
1/2 c. Mixed Vegetables
1 sl. Whole Grain Bread
2 Margarine Cup
8 oz. 1% Milk

6
4 oz. 100% Orange Juice
3 oz. Chicken w/Thai Ginger Red Curry
1/2 c. Green Beans
1/2 c. Carrots
1 sl. Whole Grain Bread
8 oz. 1% Milk

7
4 oz. 100% 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

8
4 oz. 100% Orange-Pineapple 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

9
4 oz. 100% 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

12
4 oz. 100% Orange-Pineapple Juice
3 oz. Fajita Chicken
1/2 c. Black Beans
1/2 c. Butternut Squash
1 ea. Tortilla
8 oz. 1% Milk

13
3 oz. Meatloaf w/Apple Brown Gravy
1/2 c. Stewed Tomatoes
1/2 c. Skin - On Potatoes
1 sl. Whole Grain Bread
1 pk. Graham Crackers (2 ct.)
8 oz. 1% Milk

14
3 oz. Beef Patty w/Pizzaiola Sauce
1/2 c. Green Beans
1/2 c. Pineapple
Mandarin Oranges
1 sl. Whole Grain Bread
8 oz. 1% Milk

15
4 oz. 100% Blended Juice
3 oz. Beef Patty in Teriyaki Sauce
1/2 c. Mixed Vegetables
1/2 c. Steamed Rice
1 sl. Whole Grain Bread
1 Margarine Cup
8 oz. 1% Milk

16
8 oz. Three Cheese Macaroni & Cheese
1/2 c. Green Beans
1/2 c. Carrots
1 sl. Whole Grain Bread
1 oz. Raisins
8 oz. 1% Milk

19
4 oz. 100% Orange Juice
8 oz. Cavatappi Bolognese
1/2 c. Italian Vegetable Medley
1 sl. Whole Grain Bread
1 Margarine Cup
8 oz. 1% Milk

20
4 oz. 100% Blended Juice
8 oz. Manicotti Alfredo
1/2 c. Corn
1/2 c. Carrots
1 sl. Whole Grain Bread
2 Margarine Cups
8 oz. 1% Milk

21
4 oz. 100% Blended Juice
3 oz. NY Steak Beef Patty w/Mushroom Gravy
1/2 c. Mixed Vegetables
1/2 c. Garlic Mashed Potatoes
1 sl. Whole Grain Bread
8 oz. 1% Milk

22
3 oz. Western Style Omelet
1/2 c. Breakfast Potatoes
1/2 c. Strawberry Applesauce Crisp
1 sl. Whole Grain Bread
8 oz. 1% Milk

23
3 oz. Hamburger
1/2 c. Carrots
1/2 c. Mashed Potatoes
1 Hamburger Bun
1 Margarine Cup
1 Snickerdoodle Cookie
8 oz. 1% Milk

26
3 oz. Chicken w/Italian Sauce
1/2 c. Green Beans
1/2 c. Garlic Mashed Potatoes
1 sl. Whole Grain Bread
1 oz. Raisins
8 oz. 1% Milk

27
4 oz. Orange-Pineapple Juice
8 oz. Macaroni and Beef Casserole
1/2 c. Neopolitan Spinach
1/2 c. California Blend Vegetable
1 sl. Whole Grain Bread
1 Margarine Cup
8 oz. 1% Milk

28
3 oz. Grilled Pork Chop w/Homestyle Gravy
1/2 c. Brussels Sprouts
1/2 c. Sweet Potatoes
1 sl. Whole Grain Bread
1 Oatmeal Creme Pie
8 oz. 1% Milk

29
4 oz. 100% Orange Juice
8 oz. Meatballs and Penne Pasta in Sauce
1/2 c. Steamed Broccoli
1 sl. Whole Grain Bread
2 Margarine Cups
8 oz. 1% Milk

30
4 oz. 100% Apple Juice
3 oz. Cheese Omelet w/2 WG Pancakes
1/2 c. Strawberry Compote
1 sl. Whole Grain Bread
2 Margarine Cups
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

St. Andrews Towers

24 Harrison Avenue

Panama City, FL 32401

Open: Mondays & 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

