



May 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.



Inside this issue:

Older Americans Day	1
Volunteer News	2
Food Safety	3
Caregiver News	4-5
Site Activities	6
May Menu	7
Meal Site Info	8



The Golden Edition

INVITING SENIOR ADULTS WHO ARE 60
YEARS OF AGE AND OLDER TO JOIN US TO
CELEBRATE OLDER AMERICANS MONTH



MAY 11, 2023

BAY COUNTY COUNCIL ON AGING

1116 FRANKFORD AVE.

PANAMA CITY, FL 32401

FROM 10 AM - 12 PM

THERE WILL BE VENDORS, LUNCH, SPEAKERS,

MUSIC & ENTERTAINMENT

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

OR

ANN.PARMER@BCCOA.NET

BY WEDNESDAY, MAY 3RD

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

Thank you to
Junior League of
Panama City Elder Outreach!

Springing for Seniors 2023

Beautiful gifts from
beautiful hearts bring
beautiful smiles to
beautiful seniors.



Summer's coming. Volunteers please consider how the change of season and the calendars for all get more and more filled with commitments. It is beautiful and warm and vacations are beckoning. Our commitment to our clients holds fast; but staffing meal routes can become a challenge in the spring and summer.

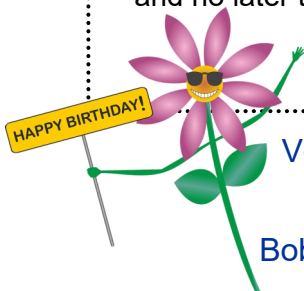
Volunteers who transport clients want a vacation also....wait....our clients still have needs. Guess what? We now have a group of drivers who fill in whenever another has informed us of their scheduled absence. It's nice to know our volunteers are great people considering their contributions significant enough to make us a part of their planned schedule. I know how hard and how much these volunteers work. I keep track of their miles and hours. They drive a lot more for our clients than they do on vacation.

As the schools close for summer break, our meal clients will miss the students who provide deliveries through their school programs. I'm sure there is an enrolled volunteer reading this now who will step up, if just through the summer, to fill this important slot. Or perhaps, you can solicit a neighbor, friend, or colleague to become a part of our program. "Many hands make light work" so please help us with the heavy load. Your generosity will surprise them with goodness. And your heart, in turn, will be filled!

A Reminder...

Volunteer time sheets - Shop assistance paperwork -
Mileage reimbursement

All forms are due at the end of the month,
and no later than the 5th day of the following month.



THANK YOU!

Volunteers Sharing a May Birthday
Happy Birthday!

Bob Ed Jeff Karen Molly Shirley

This SUV gets filled to the max every
Monday. Hot and frozen meals...
delivered faithfully
from a self
proclaimed
"EQUALIZER".
Our volunteers
are the **BEST!**



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

Four Steps to Food Safety: Clean, Separate, Cook, Chill

Source: Centers for Disease Control and Prevention

Following four simple steps at home - Clean, Separate, Cook, and Chill - can help protect you and your loved ones from food poisoning.

Clean: Wash your hands and surfaces often.

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash your hands for at least 20 seconds with soap and warm or cold water before, during, and after preparing food and before eating.
- Always wash hands after handling uncooked meat, chicken and other poultry, seafood, flour, or eggs.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item. Rinse fresh fruits and vegetables under running water.



Separate: Don't cross-contaminate.

- Raw meat, chicken and other poultry, seafood, and eggs can spread germs to ready-to-eat food unless you keep them separate. When shopping keep raw meat, poultry, and seafood away from other foods.
- Keep raw or marinating meat, poultry, seafood, and eggs separate from all other foods in the refrigerator. Store raw meat, poultry, and seafood in sealed containers or wrap them securely so the juices don't leak onto other foods.
- Use one cutting board or plate for raw meat, poultry, and seafood and a separate cutting board or plate for produce, bread, and other foods that won't be cooked.
- Raw chicken is ready to cook and doesn't need to be washed first. Washing these foods can spread germs to other foods, the sink, and the counter and make you sick.

Cook to the right temperature.

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture (except for seafood). Correctly use a food thermometer to ensure foods are cooked to a safe internal temperature.
- Whole cuts of beef, veal, lamb, and pork, including fresh ham: 145°F (then allow the meat to rest for 3 minutes before carving or eating). Ground meats, such as beef and pork: 160°F.
- Fish with fins: 145°F or cook until the flesh is opaque and separates easily with a fork.
- All poultry, including ground chicken and turkey: 165°F
- Leftovers and casseroles: 165°F
- Microwave food thoroughly: Follow recommended cooking and standing times. Letting food sit for a few minutes after microwaving allows cold spots to absorb heat from hotter areas and cook more completely.
- Know your microwave's wattage. Check inside the door, owner's manual, or manufacturer's website. If your microwave is high wattage (800 watts or more), use the minimum cooking time recommended. If it is low wattage (300–500 watts), use the maximum cooking time recommended.
- When reheating, use a food thermometer to make sure that microwaved food reaches 165°F.

Chill: Refrigerate promptly.

Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F.

- Keep your refrigerator at 40°F or below and your freezer at 0°F or below, and know when to throw food out before it spoils. If your refrigerator doesn't have a built-in thermometer, keep an appliance thermometer inside it to check the temperature.
- Package warm or hot food into several clean, shallow containers and then refrigerate. It is okay to put small portions of hot food in the refrigerator since they will chill faster.
- Refrigerate perishable food (meat, seafood, dairy, cut fruit, some vegetables, and cooked leftovers) within 2 hours. If the food is exposed to temperatures above 90°F, like a hot car or picnic, refrigerate it within 1 hour.
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw food on the counter because bacteria multiply quickly in the parts of the food that reach room temperature.



Caregiver Connections



Information for Caregivers

How to Access Services at the Respite Center

- * Do you know some one who is caring for a family member or loved one with dementia?
- * Do they know about available services from Bay County Council on Aging?
- * Do they know they can call us directly or just come and visit?
- * They do not need a referral from a doctor, nurse or any medical professional. They can just get in touch. Help may just be a phone call away.
- * You can help. Tell them to call Bay County Council on Aging at (850) 769-3468 ext. 128 and ask for Jean Warner. Or, they can stop by the Respite Center anytime to visit in person. Someone is always available to speak with them about available services.

Monthly Caregiver Support Groups

<div><div><div></div><div></div></div><div><div></div><div></div></div><div>MAY</div><div>At the Respite Center Building</div><div><u>Sharing and Caring Group Meeting</u></div><div>2nd Friday, May 12, 2023</div><div>1:00 PM</div><div><u>Educational Group Meeting</u></div><div>4th Wednesday, May 24, 2023</div><div>1:00 PM</div><div><div></div><div></div></div><div><div></div><div></div></div></div>	<div><div><div></div><div></div></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><div></div></div></div>
---	---

Two Mothers Remembered

by Joann Snow Duncanson

I had two Mothers – two Mothers I claim
Two different people, yet with the same name.
Two separate women, diverse by design,
But I loved them both because they were mine.

The first was the Mother who carried me here,
Gave birth and nurtured and launched my career.
She was the one whose features I bear,
Complete with the facial expressions I wear.

She gave me her love, which follows me yet,
Along with the examples in life that she set.
As I got older, she somehow younger grew,
And we'd laugh as just Mothers and daughters should do.

But then came the time that her mind clouded so,
And I sensed that the Mother I knew would soon go.
So quickly she changed and turned into the other,
A stranger who dressed in the clothes of my Mother.

Oh, she looked the same, at least at arm's length,
But now she was the child and I was her strength.
We'd come full circle, we women three,
My Mother the first, the second and me.

And if my own children should come to a day,
When a new Mother comes and the old goes away,
I'd ask of them nothing that I didn't do.
Love both of your Mothers as both have loved you.



Meal Site Activities - May

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



May Programs

May 10th - Presentation by Patrick Runninger with Smart Cremations

May 11th - Older Americans Day Celebration

May 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

May 9th - Presentation by Patrick Runninger with Smart Cremations

May 11th - Older Americans Day Celebration at the Senior Center



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo & Socialization

11:00 - Lunch

May 11th - Older Americans Day Celebration at the Senior Center

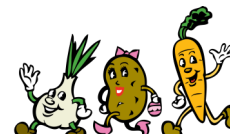


St. Andrews Towers

Mondays & Wednesdays

3:15 pm - Dinner

May 11th - Older Americans Day Celebration at the Senior Center



Thank you to the Ukes St. Andrews for entertaining us in March!
How we enjoyed listening to them sing, strum, drum and perform.
What fun!!!



May



Monday

1

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

8

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

15

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

22

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

29



Tuesday

2

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

9

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

16

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

23

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

30

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

Wednesday

3

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

10

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

17

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

24

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

31

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

Thursday

4

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

11

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

18

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

25

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

Friday

5

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

12

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

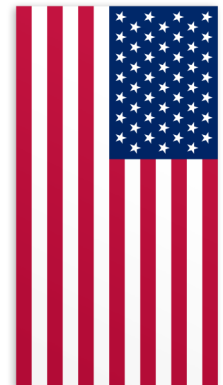
19

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

26

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

- ◆ 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.





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

