



May 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.



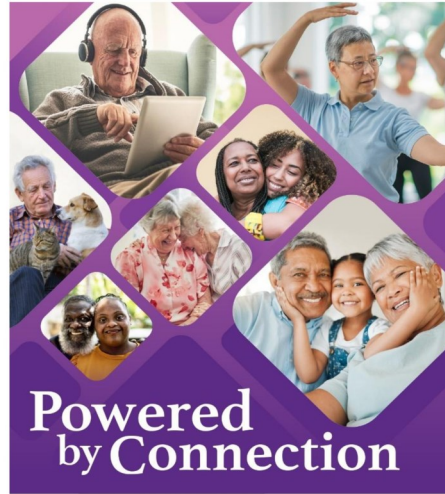
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The Golden Edition

PLEASE JOIN US TO CELEBRATE



ACL.gov/OAM
#OlderAmericansMonth

OLDER AMERICANS MONTH
POWERED BY CONNECTION: MAY 2024

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

Dates to remember in May...

May 5th - Cinco de Mayo

May 12th - Mother's Day

May 27th - Memorial Day



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



Volunteer Announcement



Our Volunteer Advisory Board just advised and approved an additional training for active volunteers. New volunteers enrolling will have an opportunity to get the details, meet other volunteers, and understand the importance of their roles as representatives of our agency without waiting 6 months or more for their first training. Instead of only once in July, we will be conducting a January training as well. Seasoned volunteers can share their experiences and refresh their knowledge of our protocols. New volunteers can learn more detailed information on procedures and learn about rules we have for proper operations. We are excited to offer two trainings a year to help with keeping our volunteer work force well trained and positively contributing.



Our volunteers are great!
We can't do it without you!
Welcome new volunteers!

We are very happy to have you!

John, Penny, Nabila, Stan, Michelle, Marty,
Signa, Hollie, Patricia, Sherrie, Becky, Lee,
Roselyn, and Calvin

These new volunteers are serving in many ways including assisting at meal sites, helping with handyperson tasks, assisting with front desk reception, delivering Meals on Wheels, and providing shopping assistance.

THANK YOU!

Another big **THANK YOU** to the Junior League of Panama City. The elder outreach committee of this young group of community leaders conducts a "Springing for Seniors" event each spring. This year they wrapped and purchased gifts for 20 of our seniors.



HAPPY BIRTHDAY!

Volunteers with May Birthdays

Bill W. - Bob N. - Calvin W. - Darla V. - David G. - Ed D. -
Karen Q. - Molly B. - Roselyn W. - Shirley R.

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

Beware - Don't Be the Victim of a Scam

The Office of the Inspector General for the Social Security Administration recently released the below notice to notify individuals about a new scam involving phony agents and where these phony agents try to get cash from individuals by posing as an agent from the Social Security Administration Office. Beware if anyone asks for cash (or gift cards) and tries to set up a meeting in person to collect this cash. Do not meet them and report the situation to local law enforcement.

This is just one of many scams out there to take advantage of older individuals. Never disclose any personal information (name, address, Social Security #, date of birth, financial/banking information, etc.) to a stranger or someone you do not know, regardless of why they say they need the information.

If a someone from a company, credit card company, or financial institution/bank requests information you should look up a legitimate phone number for them and contact them directly. Often times these requests are a scam. When in doubt, verify the request directly with your bank, etc. before providing any information.

If you think you have been the victim of a scam, contact local law enforcement.

Beware, be cautious, and be safe!





Office of the Inspector General

SOCIAL SECURITY ADMINISTRATION

Scam Alert

FOR IMMEDIATE RELEASE
March 28, 2024

oig.ssa.gov
Media Inquiries: oig.dcom@ssa.gov

Don't Hand Off Cash to "Agents"

Real SSA OIG agents will never ask you to give them cash or gift cards

The Social Security Administration (SSA) Office of the Inspector General (OIG) is receiving alarming reports that criminals are impersonating SSA OIG agents and are requesting that their targets meet them in person to hand off cash. SSA OIG agents will never pick up money at your door or in any type of exchange. This is a SCAM!

NEVER exchange money or funds of any kind with any individual stating they are an SSA OIG agent. This new scam trend introduces an element of physical danger to scams that never existed before.

This recent method of handing cash directly to a phony agent is a dangerous twist on a known scam tactic that pressures individuals to pay in a specific way by using cash or gift cards. SSA OIG and official government agencies do NOT conduct business in this manner.

"This is the latest example of how scammers are constantly evolving their tactics to intimidate or pressure people into making hasty decisions that usually involve stealing their target's hard-earned money," said Inspector General Gail S. Ennis. "While our agents are out in the field, they will not ask you for money. I urge you not to respond to these kinds of requests."

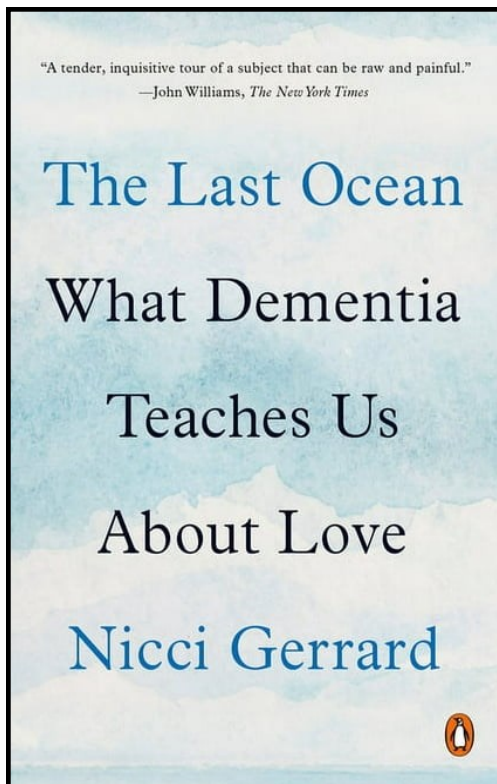
WHAT TO DO IF YOU'VE BEEN SCAMMED

Stop talking to the scammer. Notify financial institutions and safeguard accounts. Call the police and file a police report. File a complaint with the FBI Internet Crime Complaint Center (ic3.gov). Report Social Security-related scams to SSA OIG (oig.ssa.gov). Report other scams to the Federal Trade Commission (ftc.gov). Keep financial transaction information and the record of all communications with the scammer.

Caregiver Connections

Information for Caregivers

The Book Nook



One of our caregivers who is caring for her husband donated a book to our little lending library. The title of the book is *The Last Ocean - What Dementia Teaches Us About Love*, written by award-winning journalist and author, Nicci Gerrard. Her father was diagnosed with dementia. For a while he was able to continue living on his own.

The Last Ocean is Gerrard's investigation into what dementia does both to the people who live with the condition and to their caregivers. The cover review tells how Gerard writes giving raw, but literary, shape to the unimaginable loss of faculties and to the pain of loved ones. This book offers both comfort and a map to those affected by dementia and prompts thought on the nature of a life well lived.

Feel free to borrow this or any of the books we have at the Respite Center available for caregivers.

~Jean Warner Respite Center Coordinator

Monthly Caregiver Support Groups

MAY	JUNE
<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 22, 2024 1:00 PM Program - TBA</p>	<p>At the Respite Center Building <u>Sharing and Caring Group Meeting</u> 2nd Friday, June 14, 2024 1:00 PM</p> <p>Educational Group Meeting 4th Wednesday, June 26, 2024 1:00 PM Program - TBA</p>

Home Safety Recommendations

Home Safety is always important for your family, but it becomes even more important if caring for a mother, father, grandparent, or even a spouse with dementia. They can't or don't or won't recognize a hazard. You have to be their eyes. If it is difficult and stressful to care for your loved one as they are, it will be twice as hard to care for them if they break a leg, hip, or arm. Below are some suggestions that the Brain Health class covers. A consultation with an occupational or physical therapist might also be helpful to determine what changes are needed. For some changes you may need help from a contractor.

- ◆ For safety in the shower use a shower seat and a hand held shower as well thin grab bars.
- ◆ If the toilet is not at the best height, purchase a special seat to raise the height.
- ◆ Use anti-slip, adhesive strips on the shower floor and bottom of the bathtub.
- ◆ Set the hot water heater to 120 degrees or below. This will save money and prevent scalding.
- ◆ Use nightlights in dark hallways as well as in the bathrooms and bedrooms.
- ◆ Place a sturdy chair in the kitchen and also in the bedroom so it is available when needed.
- ◆ Place frequently used items in easy to reach places - below the waist and/or shoulders.
- ◆ Have a step stool handy and make sure it has a safety bar.
- ◆ Replace knob style door and faucet handles with easier to grip lever style handles.
- ◆ Remove clutter from the floors.
- ◆ Keep pet accessories out of the walkways.
- ◆ Clip all electric cords to the walls. They are just waiting to trip someone!
- ◆ Remove all throw rugs. They are in cahoots with the electric cords and are also waiting to trip someone!
- ◆ Mark uneven thresholds with bright colored tape or paint.
- ◆ Replace lightbulbs throughout the home with bright, non-glare bulbs and then turn them on.
- ◆ Place the telephone in an easy to reach spot. Keep your cell phone within reach.
- ◆ Use a rolling cart to move things around in the home rather than carrying them.
- ◆ Keep your stairs clear of stuff. (We all need to do this!)
- ◆ Secure handrails on both sides of stairwells and have light switches at the top and bottom of the stairwells.
- ◆ Place a table for packages and a chair to use in the entryway.
- ◆ Install a security peephole on exterior doors or install one of the new ring doorbells.
- ◆ Repair any loose bricks or broken pavement on outdoor walkways and steps.

Meal Site Activities - May

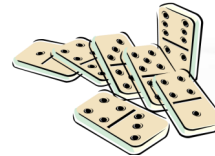
Coulliette Senior Center Programs & Activities

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



May Programs

May 7th - Music with Mary Mathis



May 16th - Older Americans Month Celebration

May 21st - Navigating Alzheimer's Disease presented by Kay McKay



May 27th - Closed for Memorial Day

May 28th - Q & A with Dixie Williams, RN for Florida Department of Health in Bay County



May 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



May 6th - Q & A with Dixie Williams, RN for Florida Department of Health in Bay County

May 27th - Closed for Memorial Day

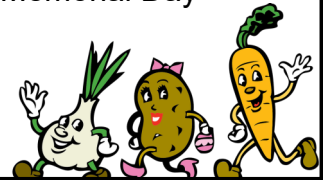
St. Andrews Towers

Mondays, Tuesdays & Wednesdays

2:45 pm - Lunch

For residents of St. Andrews Towers.

May 27th - Closed for Memorial Day



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

May 9th - Navigating Alzheimer's Disease presented by Kay McKay

May 16th - Site will meet at the Coulliette Senior Center for Older Americans Day Celebration

May 30th - Q & A with Dixie Williams, RN for Florida Department of Health in Bay County



May



Monday



6

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

13

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

20

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

27

Closed for Memorial Day



Tuesday

- ◆ 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.

7

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

14

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

21

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

28

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

1

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

8

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

15

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

22

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

29

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

2

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

9

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

16

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

Older Americans Month Celebration

23

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

30

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

3

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

10

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

17

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

24

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

31

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





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

