



March 2026

Couliette 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

BRAINHealth

We are excited to brag about our new BRAINHealth program at Bay County Council on Aging! After 3 years, the program is thriving and our participants are thrilled with their results.

The goal of this program is to build healthy brain routines to prevent, delay or reduce cognitive decline and memory loss. The program will consist of six disciplines:



- ◆ Wellness Education
- ◆ Fitness, Exercise & Movement
- ◆ Nutrition Works
- ◆ Socialization & Engagement
- ◆ One-on-One Sessions with Professionals
- ◆ Support Groups

If you have family members living with Alzheimer's disease, memory impairment or dementia, you may worry that you are beginning to experience some of the symptoms. You may have joined a large group of people who are known as the "worried well". The BRAINHealth Program is especially designed for families and individuals who want to build brain-healthy routines, increase their knowledge and keep their brain sharp.

Sign up for the series of classes in our BRAINHealth Program. Meet local health professionals and track your cognitive progress with our SmartFit Machine.

Classes last for 6 weeks on Tuesdays & Thursdays from 10am until 2pm with lunch served daily.

New Class Begins March 3rd

Drop in and find out all about the BRAINHealth Program!

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 Lydia Vickery

Bay County Council on Aging Volunteer Program

Are you a volunteer interested in serving in a different capacity than where you are now?

We are happy to place you where you want to serve.

If you're tired of chopping carrots in the kitchen, consider feeding our seniors by becoming a Meals on Wheels driver or provide transportation for doctor appointments. Essential needs shopping assistance is a great fit for volunteers wanting to set their own schedule for service. If a once monthly service is preferred perhaps consider delivering our clients monthly consumable items or sign up to run a special delivery.



Your availability and your willingness are a volunteer's greatest asset!

Share your time and talents with our seniors and genuinely feel their appreciation for your generosity.

Volunteers Make a Difference!

You see first hand the contributions our program makes in the lives of our clients. Your awareness allows you to communicate your own interpretation of the value provided by our program as you serve as an extension of our professional staff.

Your individual interest and skills provide an essential part of our program's operations. Your help allows our organization to offer enriched and diverse programs.

Your first hand knowledge gives you a unique opportunity to recruit other volunteers. Conveying your knowledge about the work you do for our agency can encourage others to get involved and recognize within themselves their own unrealized potential for helping others.

Talk us up, promote our cause, and increase our volunteer roster!



Happy birthday to Volunteers with March birthdays.

Becky—Carlton—Charlotte—George—Jack—Jennie—Jessalyn—

John—Kristina—Maureen—Rea—Ron

Tax Assistance

Do you need help filing your taxes? Here are two organizations that assist individuals with tax preparation at no cost.



AARP Foundation Tax-Aide

Free Income Tax Service in Bay County www.FL6.taxaide.aarpfoundation.org

Panama City Beach Library - Mondays & Saturdays
12500 Hutchison Blvd., Panama City Beach

Trinity Lutheran Church - Thursdays & Fridays
1001 West 11th Street (corner of 11th Street and Balboa Avenue),
Panama City

The Arc of the Bay - Wednesdays
1804 Carolina Avenue, Lynn Haven

The taxpayer must have an appointment to attend the site. Appointments may be scheduled by calling (850) 583-4606. Leave a voicemail with your name and phone number with area code. The greeting on that phone number should repeat those instructions. Someone will return your call to schedule and appointment at one of these sites.

United Way's Volunteer Income Tax Assistance (VITA)

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

A.D. Harris Learning Village
819 East 11th Street, Panama City
No appointment needed.
Tuesdays, Wednesdays, Thursdays, & Saturdays - 9 am to 2 pm,
through April 11th





Information for Caregivers

How does springtime affect Alzheimer's?



Seniors with Alzheimer's disease are heavily affected by fluctuations in their regular routines, and they can experience issues when seasons change. This is a common concern during the onset of winter, which can greatly exacerbate sundowning, an increase in restlessness and confusion caused by decreased sunlight that upsets the body's circadian rhythm. The body's natural clock must also adjust to other seasonal changes, including the onset of spring.

Adjusting to daylight savings time

Those who serve as caregivers for people with Alzheimer's may experience frustration during daylight savings time, as setting the clocks forward comes with a change in schedule and routine. Maintaining consistent sleep and wake habits is important for people living with dementia, and sudden alterations in this schedule can worsen symptoms. It may lead to heightened confusion and irritability, making it important to provide increased care and attention to help ease the senior into an altered routine.

An increase in hours of sunlight, though generally a positive thing, can also require special attention on part of the caregiver. After all, light plays an important role in a person's circadian rhythm, and this natural clock must adjust accordingly. In general, all humans tend to feel tired and drained as the day goes on, whether from exhaustion or too much stimulation. For people with dementia, this is even more true. The impact can cause seniors to want to go to bed earlier, and they may eat more or sooner than usual as their bodies require more energy. It may also cause a Sundowning affect in seniors with dementia.

Taking advantage of sunnier days

With more sunlight and warm weather of spring comes the potential for increased activity. Caregivers should embrace this opportunity and encourage seniors to get outside and soak up some sun and engage in physical activity, whether it's a simple stroll or some more intense gardening. As the Alzheimer's Association emphasizes, such activity is an essential part of a memory care plan, as physical activity is linked to a decrease risk of cognitive decline.

Allow seniors the freedom to spend their time outdoors without the risk of them wandering away. Prepare a secured outside flower garden, walking paths and even outdoor installations, like wind chimes and bird feeders, to provide stimulation. Adjusting to daylight savings time can be trying for the caregiver and senior living with Alzheimer's disease. Caregivers can provide a space indoors which the lighting, textures, shapes, music and aromas create a calming environment.

This can help decrease restlessness and agitation.

Edited by Lynn McCrory, PhD.

		MARCH		
		At the Respite Center Building		
		<u>Sharing and Caring Group Meeting</u>		
		2nd Friday, March 13, 2026		
		1:00 PM		
		<u>Educational Group Meeting</u>		
		4th Wednesday, March 25, 2026		
		1:00 PM		

		APRIL		
		At the Respite Center Building		
		<u>Sharing and Caring Group Meeting</u>		
		2nd Friday, April 10 2026		
		1:00 PM		
		<u>Educational Group Meeting</u>		
		4th Wednesday, April 22, 2026		
		1:00 PM		

Medicare Moment No. 19

Presented by Advantage Aging Solutions and the SHINE (Serving Health Insurance Needs of Elders) Program **Medicare and Mental Health**

Benefits Did you know that, since the start of the pandemic, it has been shown that anxiety and depression among older people has more than doubled (Kaiser Family Foundation)? Sadly, many older adults go undiagnosed and untreated for mental health conditions because symptoms such as anxiety and depression are mistakenly thought to be normal signs of aging. In addition, many older people have chronic conditions, and medication side effects from these conditions can mimic or even exacerbate mental health issues. Further, some adults don't seek treatment out of fear, and believe having a mental illness is a weakness. **There is Good News!** Original Medicare and Medicare Advantage Plans will provide coverage for both inpatient (Part A-hospital coverage) and outpatient (Part B-medical coverage) mental health treatment from psychiatrists, psychologists, clinical social workers, nurse practitioners, physician assistants, and (as of January 1, 2024) newly-approved marriage and family therapists and licensed mental health counselors. Advantage Plans may impose different rules, restrictions, and costs. Medicare Part D will cover most prescription drugs used to treat mental health conditions, but it is always wise to check your policy's drug formulary. **Available outpatient (Part B) mental health benefits include:**

Annual depression screening by a primary care physician.

Testing and psychiatric evaluation.

Medication management.

Individual and group psychotherapy.

Annual alcohol use disorder screening.

Opioid use disorder treatment.

Partial hospitalization.

Family counseling.

Activity therapies, such as art, dance, or music therapy.

If you or someone you love is experiencing a mental health crisis, **free** help is available:

Suicide & Crisis Lifeline: Call or text 988 to connect to a trained counselor.

Veterans Crisis Line: Call 988, then press 1. Text 838255. 24/7 support.

Disaster Distress Hotline: Call or text 800-985-5990. 24/7 support.

Let a trained SHINE Counselor assist you with this and all your Medicare questions. To talk to a SHINE Medicare Counselor,

call the **Elder Helpline at 800-963-5337**



Meal Site Activities - March

Coulliette 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

Coulliette Center March Programs

BEGINNING MARCH 2ND

Every Monday & Wednesday 9:30-10:30

Anytime Fitness Exercise

FEATURED EVENTS

March 3rd—Native Indian Gallery—
Mr. Ben Liggins



March 17th—St. Patty's Day Party

March 24th— 8:00am
Glenwood Line Dancers

March Afternoon Activities

Mondays & Wednesdays -

1:00 - 4:00pm Cards



COME JOIN US

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



BEGINNING MARCH 3RD

Every Tuesday & Thursday 9:00-10:00
Anytime Fitness Exercise

March 17th - St. Patrick's Day Party

St. Andrews Towers
Wednesdays

2:30 pm - Dinner For Residents Only

Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo & Socialization

11:00 - Lunch

March 16th - St. Patrick's Day Party

Siena Gardens

Mondays & Wednesdays

10:00am Bingo—11am Lunch

For Residents Only



March



Monday

2



Tuesday

3

3oz. Hamburger patty
1/2 C Carrots
1/2 C Diced Potatoes
1 Hamburger Bun
1pkt. Ketchup
1.5 oz. Cranberry Vanilla Granola Mix
8 oz. 1% Milk

Wednesday

4

2.3 oz. Stuffed Pasta in Broccoli Cheese Sauce
1/2 c. Corn
1sl. Whole Grain Bread
1pk. Sandwich Cookies
4oz. Applesauce Cup
8 oz 1% Milk

Thursday

5

2.1 oz. Western Style Omelet
1/2 C Diced Breakfast Potatoes
1/2 C. cinnamon Applesauce
1 sl. Whole wheat bread
2 Margarine Cups
1 pk Oatmeal
8 oz. 1% milk

Friday

6

4 oz. Apple Juice
3oz. Meatballs & Pasta in Marinara
1/2 C. Green Beans
1 sl. Whole Grain Bread
8 oz. Milk

9

4oz. Apple Cherry Juice
3oz. Manicotti w/ Tomato Sauce
1/2 C. Mixed Vegetables
1 sl. Whole Grain Bread
1 Margarine Cup
1pk. Graham Crackers
8 oz. 1% Milk

10

1.5 oz. Egg W/Sausage Country Pepper Gravy
1/2 C. Diced Breakfast Potatoes
1/2 C. Maple Cinnamon Apples
1 sl. Whole Grain Bread
1pk. Oatmeal
8 oz. 1% Milk

11

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

12

4 oz. Apple Juice
8.3 oz. Twisted Mac & Cheese
1/2 C. Mixed Vegetables
1 sl. Whole Wheat Bread
0.75 oz. Peanut Butter
8 oz. 1% Milk

13

3oz. Meatloaf in Stewed Tomatoes
1/2 C. Parslied Mashed Potatoes
1 sl. Whole Grain Bread
1 Lemon Cookie
8 oz 1% Milk

16

4ox. Apple Cherry Juice
7.3 oz. Three Cheese Macaroni & Cheese
1/2 C. Carrots
1/2 C. Green Beans
1 sl. Whole Grain Bread
1 Margarine Cup
8 oz. 1% Milk

17



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

18

3oz. Grilled Veal Chop in Mustard Sage Sauce
1/2 C. Carrots
1/2 C. Diced Potatoes
1 sl Whole Grain Bread
1 Margarine Cup
1 pk Sandwich Cookies
8 oz. 1% milk

19

4 oz. Apple Juice
3 oz. Meatballs in Orange Sauce
1/2 C. Green Beans
1/2 C. White Rice
1 sl. Whole Grain Bread
2 Margarine Cups
8 oz. 1% Milk

20

4 oz. Blended Juice
8 oz. Oatmeal w/ Mixed Berry compote
1/2 C. Sweet Potato Hash
0.75 oz. Peanut Butter
8 oz. 1% Milk

23

3 oz. General Tao's Chicken
1/2 C. Peas & Carrots
1/2 C. Gingered Rice
1 sl. Whole Grain Bread
0.75 oz. Peanut Butter
1oz. Raisins
8 oz. 1% Milk

24

4 oz. Blended Juice
3 oz. BBQ Pork Riblet
1/2 C. Mixed Vegetables
1/2 C. Garlic Mashed Potatoes
1 sl. Whole Wheat Bread
1 Margarine Cup
8 oz 1% Milk

25

3 oz. Mushroom Swiss Chicken
1/2 C. Green Beans
1/2 C. Carrots
1 sl. Whole Grain Bread
1 Margarine Cup
1 pk. Sandwich Cookies
8 oz. 1% Milk

26

1.5 oz. Egg patty & 2 Whole Wheat Pancakes
1 Turkey Sausage Link
1/2 C. Strawberry Compote
1 sl. Whole Grain Bread
1 pk. Graham Crackers
4 oz. Applesauce Cup
8 oz 1% Milk

27

4 oz. Blended Juice
3oz. NY Strip in Picadillo Sauce
1/2 C. Green Beans
1/2 C. Corn
2 Margarine Cups
1 Cherry Cookie
8 oz. 1% Milk

30

3 oz. Sweet & Sour Pork
1/2 C. Corn
1/2 C. Fried Rice
1sl. Whole grain bread
1 Margarine Cup
4 oz. applesauce Cup
8 oz. 1% Milk

31

3oz. Hamburger patty
1/2 C Carrots
1/2 C Diced Potatoes
1 Hamburger Bun
1pkt. Ketchup
1.5 oz. Cranberry Vanilla Granola Mix
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 breading

*Meals subject to change w/o notice



BAY COUNTY

Council on Aging

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



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

24 Harrison Avenue
Panama City, FL 32401
Open: Monday, Tuesday & Wednesday -
afternoons
(for residents of St. Andrews Towers)



Fountain Fellowship Center

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