



June 2021

**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](http://www.baycouncilonaging.org)

The Bay County Council  
on Aging is now on  
Facebook. Join us there  
for up-to-date information  
about activities,  
programs,  
services  
and news  
about seniors.



**Inside this issue:**

June News	1
Volunteer News	2
June Trivia	3
Caregiver News	4
June Menu	5
Meal Site Info	6



# The Golden Edition



## We Continue to Reopen Meal Sites

We are pleased to announce that we are reopening the third congregational meal site in June. The Coulliette Senior Center Meal Site reopened in March for three days a week on Mondays, Wednesdays and Fridays. In April, the Callaway Meal Site reopened two days a week on Tuesdays and Thursdays. On June 7th, the Fountain Meal Site will reopen for one day a week on Mondays. (Addresses for these meal sites are listed on page 6.)

It is so good to have seniors back at the meal sites after being closed for a year! The fellowship and socialization, as well as receiving a hot, nutritious meal, is so beneficial for seniors. They are visiting with friends, exercising, playing card games and bingo, and keeping busy with other activities.

As we continue to "get back to normal" (although in Bay County I'm not sure any of us truly know what normal is after a hurricane and pandemic) we are starting to schedule speakers and programs at the meal sites. To start us off, Jerry Tabatt with Crime Stoppers will be speaking at the Callaway Meal Site on June 8th and at the Coulliette Senior Center Meal Site on June 16th. Come out to hear how to stay safe in our community.



Stay tuned for future programs and speakers to be announced...



## Father's Day is June 20th

Happy Father's Day to all the dads and the men who are father figures to children. Relax and enjoy the day that celebrates you!

**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. Thanks!

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

ATTENTION:  
VOLUNTEER ADVISORY  
BOARD MEMBERS

A FRIENDLY REMINDER OF OUR  
SCHEDULED MEETING

When: Tuesday June 8, 2021

Time: 12:30 pm

Where: Coulliette Senior Center in  
the "Big Room"

SEE YOU THERE!



## Flowers to Brighten the Day

Ann Tyree with the Panama City Woman's Club brought flower bouquets to distribute through our Meals on Wheels program. Pictured together in our kitchen are Ann Tyree and Ed Deluzain prepared for the deliveries.



## Community Outreach



Our agency was represented at the first ever Waller Elementary Community Event. This gathering highlighted community resources was held on Saturday, May 15th. Twenty+ vendors from agencies all over the Bay County area were on hand to showcase their services. We serve meals in the Youngstown and Fountain communities. This event was great to connect with those we are currently serving and outreach to seniors in need who are just hearing about us. These are seniors who want to stay in their homes in the rural area of north Bay County.



Thank you volunteers for serving seniors and allowing them their freedom of choice to live in the place they call home.

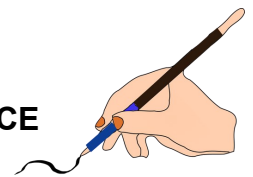


## PASS THE WORD!

**WE NEED VOLUNTEERS!!**

**PICK UP AN ENROLLMENT FORM - SHARE YOUR EXPERIENCE**

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



*Volunteers celebrating June Birthdays*  
**Happy Birthday!**



Andrea - Christopher - Jean - Pat - Ronald - Sean - Steve - Tammy - Willie

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



# June Trivia



1. What are the flowers for June?
2. What day is the summer solstice (the longest day of the year)?
3. June 6th was when Ed Sullivan's last show aired. Do you know the year?
4. Which women's rights advocate was tried in June, 1873 for voting in Rochester, NY in the 1872 presidential election?
5. Bobby Kennedy is assassinated on what day in 1968?
6. What is the June birthstone?
7. What year did George T. Sampson, of Dayton, Ohio patent the first clothes dryer?
8. The movie "Jaws" was released on June 20th. Do you know the year?
9. When was D-Day in World War II?
10. What is the first day of summer this year?
11. When did the Statue of Liberty arrive in New York City?
12. The television premier of "The Milton Berle Show" was June 8, 1948. What network carried the show?
13. What day is Elder Abuse Awareness Day?
14. What Disney movie was released on June 14, 1942?
15. The first roller coaster ride opened at Coney Island in Brooklyn, NY on what day in 1884?



Answers are below...no peeking!!!

1. Rose and honeysuckle
2. June 20th
3. 1971
4. Susan B. Anthony
5. June 5th
6. Pearl
7. June 7, 1892 using a rack and heat from a stove.
8. 1975
9. Allied forces successfully landed in Normandy, France on June 6, 1944.
10. June 21st
11. June 17, 1885
12. NBC
13. June 15th
14. "Bambi"
15. June 13th. Rides cost 5 cents each.



## WHY DO I NEED AN ELDER LAW ATTORNEY?

This is a question I often hear from caregivers. My answer is this - lawyers, like doctors are specialists. So, if I committed a crime (although I don't plan on it), I would want a criminal lawyer, not a business lawyer. I want a lawyer who can get me out of jail, not one who can write a contract. Elder law attorneys specialize in all areas that affect seniors. They are well versed in Medicare and Medicaid. They know all of the different types of Powers of Attorney, and can help ensure you get the right one for your particular circumstance. They understand Guardianship and when and why one would be needed. They can help with this process. An elder law attorney can set up a trust to meet your needs, as there are more than one kind used to protect you, your income, and your assets.

Elder law attorneys are often helpful when placement in an assisted living facility or a skilled nursing facility is needed for a senior. They can also assist with wills for estates. Many people are put off by the word 'estate' thinking that they really don't have a big fancy estate. But a will can prevent many arguments and hurt feelings among a family. Often the biggest arguments are over who gets Mama's rocking chair or who gets Daddy's Mason ring.

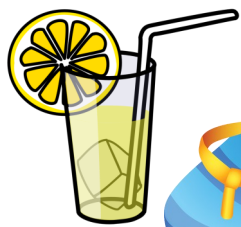
Living wills can also be prepared to ensure a loved one receives as much or as little life support treatment as they desire at the end of their life. The attorney can help a senior document who they wish to be their health care surrogate and make final health decisions for them. An elder law attorney can help with all of this and more. Please attend our Education Caregiver meeting on June 23, 2021 at 1:00 pm with guest speaker Angela Warren, Elder Law Attorney. Take this opportunity to ask her all of your questions.

*~Jean Warner, Respite Center Coordinator*

## Monthly Caregiver Support Groups

<b>JUNE</b>	<b>JULY</b>
<p><b>At the Respite Center Building</b></p> <p><b><u>Sharing and Caring Group Meeting</u></b></p> <p><b>2nd Friday, June 11, 2021</b></p> <p><b>1:00 PM</b></p> <p><b><u>Educational Group Meeting</u></b></p> <p><b>4th Wednesday, June 23, 2021</b></p> <p><b>1:00 PM</b></p> <p><b>Angela Warren</b></p> <p><b>Elder Law Attorney</b></p>	<p><b>At the Respite Center Building</b></p> <p><b><u>Sharing and Caring Group Meeting</u></b></p> <p><b>2nd Friday, July 9, 2021</b></p> <p><b>1:00 PM</b></p> <p><b><u>Educational Group Meeting</u></b></p> <p><b>4th Wednesday, July 28, 2021</b></p> <p><b>1:00 PM</b></p> <p><b>To be Announced</b></p>





# JUNE

Monday

Tuesday

Wednesday

Thursday

Friday

◆ All meals served with low fat milk and bread.

◆ 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. 100% Orange-Pineapple Juice  
**8 oz. Eggplant Parmesan**  
1/2 c. Garbanzo Beans  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

14

**3 oz. Meatloaf w/Apple Brown Gravy**  
1/2 c. Skin on Potatoes  
1/2 c. Stewed Tomatoes  
1 sl. Whole Grain Bread  
1 Margarine Cup  
1/2 c. Pineapple  
8 oz. 1% Milk

21

4 oz. 100% Blended Juice  
**3 oz. Chicken Parmesan**  
1/2 c. Rosemary Potatoes  
1/2 c. Green Beans  
1/2 c. Spinach  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

28

**3 oz. Oven-Baked Chicken**  
1/2 c. Green Bean & Red Pepper Mix  
1/2 c. Yellow Rice w/ Tomatoes Chives  
1 sl. Whole Wheat Roll  
1 Chocolate Chip Cookie  
8 oz. 1% Milk

1

**8 oz. Meatballs and Penne Pasta in Marinara**  
1/2 c. Broccoli  
1/2 c. Italian Vegetables  
1 sl. Whole Grain Bread  
1 Margarine Cup  
1/2 c. Pineapple  
8 oz. 1% Milk

8

**3 oz. Chicken w/Thai Ginger Curry Sauce**  
1/2 c. Flat Beans  
1/2 c. Carrots  
1 sl. Whole Grain Bread  
1 Margarine Cup  
1 pkt. Peanuts (1 oz.)  
8 oz. 1% Milk

15

4 oz. 100% Apple Juice  
**8 oz. Cheese Lasagna Florentine**  
1/2 c. Spinach  
1/2 c. Zucchini & Yellow Squash  
1 sl. Whole Wheat Bread  
1 Margarine Cup  
1 Chocolate Chip Cookie  
8 oz. 1% Milk

22

4 oz. 100% Orange Juice  
**3 oz. Southern Style Pollock Fingers**  
1/2 c. Cheesy Mashed Potatoes  
1/2 c. Carrots  
1 sl. Whole Grain Bread  
1 pkt. Peanuts (1 oz.)  
8 oz. 1% Milk

29

**8 oz. Meatballs and Penne Pasta in Marinara**  
1/2 c. Broccoli  
1/2 c. Italian Vegetables  
1 sl. Whole Grain Bread  
1 Margarine Cup  
1/2 c. Pineapple  
8 oz. 1% Milk

2

4 oz. Pineapple Juice  
**3 oz. Hamburger Au Jus**  
1/2 c. Mashed Potatoes  
1/2 c. Carrots  
1 pkt. Ketchup  
1 pkt. Mustard  
Whole Grain Hamburger Bun  
8 oz. 1% Milk

9

4 oz. 100% Orange Juice  
**3 oz. Western Style Omelet**  
1/2 c. Potatoes O'Brien  
1/2 c. Strawberry Applesauce Crisp  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

16

**3 oz. Sliced Turkey w/ Cornbread Dressing**  
1/2 c. Flat Beans  
1/2 c. Butternut Squash  
1 sl. Whole Grain Bread  
1 Margarine Cup  
1 pkt. Peanuts (1 oz.)  
8 oz. 1% Milk

23

**3 oz. Hot Dog w/Chili Topping**  
1/2 c. Baked Beans  
1/2 c. Corn w/Diced Tomato  
1 Whole Grain Hot Dog Bun  
1/2 c. Applesauce  
8 oz. 1% Milk

30

4 oz. Pineapple Juice  
**3 oz. Hamburger Au Jus**  
1/2 c. Mashed Potatoes  
1/2 c. Carrots  
1 pkt. Ketchup  
1 pkt. Mustard  
Whole Grain Hamburger Bun  
8 oz. 1% Milk

3

4 oz. Orange Juice  
**3 oz. Meatloaf w/White Pepper Gravy**  
1/2 c. Skin on Diced Potatoes  
1/2 c. Cranberry Pears  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

10

4 oz. 100% Blended Juice  
**8 oz. Cavatappi Bolognese** (3 oz. Meat Sauce, Cavatappi Pasta)  
1/2 c. Tomatoes and Sauce  
1/2 c. Italian Vegetables  
1 sl. Whole Wheat Bread  
1 Margarine Cup  
8 oz. 1% Milk

17

4 oz. 100% Blended Juice  
**3 oz. Cheese Omelet**  
1/2 c. Fruited Granola  
1/2 c. Parslied Potatoes  
1 sl. Whole Grain Bread  
1 Margarine Cup  
1 pkt. Peanuts (1 oz.)  
8 oz. 1% Milk

24

**8 oz. Macaroni & Cheese**  
1/2 c. Seasoned Carrot Cuts  
1/2 c. Green Peas  
1 sl. Whole Grain Bread  
2 Margarine Cups  
1/2 c. Pineapples  
8 oz. 1% Milk

4

**3 oz. Breaded Chicken w/Gravy**  
1/2 c. Turnip Greens  
1/2 c. Diced Sweet Potatoes  
1 sl. Whole Wheat Bread  
1/2 c. Mandarin Oranges  
8 oz. 1% Milk

11

4 oz. Orange-Pineapple Juice  
**3 oz. Beef Patty w/ Teriyaki Sauce**  
1/2 c. Steamed Rice  
1/2 c. Mushroom, Pepper, & Onion Medley  
1 sl. Whole Grain Bread  
1 Margarine Cup  
8 oz. 1% Milk

18

**3 oz. Salisbury Steak w/Gravy**  
1/2 c. Turnip Greens  
1/2 Succotash  
1 sl. Whole Wheat Bread  
2 Margarine Cups  
1 pk. Raisins  
8 oz. 1% Milk

25

4 oz. 100% Orange-Pineapple Juice  
**3 oz. Chicken Marsala**  
1/2 c. Butternut Squash  
1/2 c. Green Beans  
1 sl. Whole Grain Bread  
1 Margarine Cup  
1 pkt. Peanuts  
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:  
Mondays, Wednesdays & Fridays

### Panama City Beach Senior Center

423 Lyndell Lane  
Panama City Beach, FL  
(850) 236-3033  
Currently closed.

### 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 beginning  
June 7th.

## SENIORS for SENIORS

*Seniors for Seniors* is a TV talk show dedicated to topics on aging and the elderly and is produced by Bay County Council on Aging.

Taping of *Seniors for Seniors* has been postponed until further notice because of COVID 19. Visit our website or Facebook page to watch shows which were previously recorded.



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