



**March 2020**

**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 sen-  
iors.**



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# *The Golden Edition*

## **Saint Patrick's Day**

is the feast day of St. Patrick, the patron saint of Ireland. It is held on March 17th which is believed to be the anniversary of Patrick's death. St. Patrick was born in Roman Britain in the late 4th century. He was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity. St. Patrick's Day is celebrated in countries with people of Irish descent.



The first recorded St. Patrick's Day parade was held in New York City in 1762. With the dramatic increase of Irish immigrants to the United States in the mid-19th century, the March 17th celebration became widespread.

## **It's tax time again...**

## **TAX HELP**

Here are locations in Bay County where seniors can get free assistance to prepare their tax returns.



### Volunteer Income Tax Assistance (VITA)

VITA is administered through United Way of Northwest Florida. For any changes in hours or for more information, call 850-348-9077.

Bill Cramer Chevrolet  
2251 W. 23rd Street  
Panama City, FL 32405

Tuesdays - Thursdays 9:00 am - 3:00 pm  
Saturdays 8:30 am - 12 noon  
(At least 1 Saturday per month)

### AARP

AARP Foundation Tax-Aide offers free, individualized tax preparation for low to moderate income taxpayers - especially those 50 and older. For more information call (850) 532-0399.

Trinity Lutheran Church  
1001 West 11th Street  
Panama City, FL 32401

Through April 10, 2020  
Thursdays 9:00 am - 3:00 pm  
Fridays 9:00 am - 3:00 pm

Panama City Beach Library  
12500 Hutchison Blvd.  
Panama City Beach, FL 32407

Through April 15, 2020  
Mondays 9:00 am - 2:00 pm  
Saturdays 9:00 am - 2:00 pm

First-come first-served. No appointments.

**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

A BIG THANK YOU is extended to those who joined in our Volunteer Meet and Greet in February.

We hope you enjoyed meeting everyone! If you missed out, we have THANK YOU pins in the program office.

It takes more than one or two. But most of all, it takes YOU!

## VOLUNTEER



Be the reason our clients  
FEEL LUCKY!

## REMINDERS:

- Volunteer Advisory Council Members meet on Tuesday, April 14th at 12:30 pm.
- Remember to turn in monthly TIME SHEETS for **all** services.
- Check MOW calendar for route openings.

## BECOME A VOLUNTEER TODAY!

We offer a wide variety of opportunities.

- Congregate Site Volunteer - Couliette Senior Center
- Transportation Services (doctor visits, banking, groceries, pharmacy)
- Bingo Caller - Couliette Senior Center
- One time events - Fall Festival
- Special Skills Volunteer (art, music, dance, exercise)
- Meals on Wheels delivery
- Lawn or General Maintenance
- Kitchen Assistant
- Special Deliveries
- Receptionist
- Clerical Help
- Candlelight Dinners



## ATTENTION ALL INTERESTED IN FEEDING A HUNGRY SENIOR

Our Meals on Wheels program is currently requesting assistance in transporting meals to the homes of elderly seniors in the Bay County area.

With many currently open routes for volunteer drivers, we are appealing to those who may have one day a week to contribute 1 1/2 hours to the well being of a SENIOR IN NEED!

Meal routes run from our kitchen daily (Monday - Friday).

Meal pick up time is 10:30 am.

Most meal routes are finished by 12 noon.

Please see the schedule below and contact our volunteer office to get involved at (850) 769-3468.

You will be filled with GRATITUDE!



OPEN ROUTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
St. Andrews North			DRIVER NEEDED		
PC Central	DRIVER NEEDED				DRIVER NEEDED
Callaway/Parker North					
Callaway/Parker South					
Cedar Grove Highland Park	DRIVER NEEDED				
The Cove					
MILLVILLE				DRIVER NEEDED	DRIVER NEEDED

# HAPPY BIRTHDAY

CELEBRATING VOLUNTEERS WITH MARCH BIRTHDAYS

Desiree - Corey - Robert - Allie - Ana - Aleysia - Maria - John - Nicole - Jill

VOLUNTEER OFFICE HOURS 9 am - 2 pm Monday-Friday (850) 769-3468 ext. 119 - email: lydia125coa@gmail.com

# Meal Site Activities- March



## Callaway Fellowship Center

*Tuesdays & Wednesdays 9:00 am - 1:00 pm*

### Tuesday - March 3rd

9:00 - Socialization  
9:30 - Exercise Class - Gary  
Watson - Get Your  
Swagger Back  
10:30 - Heather, Librarian  
11:30 - Hot Lunch

### Wednesday - March 4th

9:00 - Socialization  
9:30 - Exercise Class  
10:30 - Games & Bingo  
11:30 - Hot Lunch

### Tuesday - March 10th

9:00 - Socialization  
9:30 - Exercise Class - Gary  
Watson - Get Your  
Swagger Back  
10:30 - Games  
11:30 - Hot Lunch

### Wednesday - March 11th

9:00 - Socialization  
9:30 - Exercise Class  
10:30 - Games & Bingo  
11:30 - Hot Lunch

### Tuesday - March 17th

9:00 - Socialization  
9:30 - Exercise Class - Gary  
Watson - Get Your  
Swagger Back  
10:30 - Games  
11:30 - Hot Lunch

### Wednesday - March 18th

9:00 - Socialization  
9:30 - Exercise Class  
10:30 - Games & Bingo  
11:30 - Hot Lunch

### Tuesday - March 24th

9:00 - Socialization  
9:30 - Exercise Class - Gary  
Watson - Get Your  
Swagger Back  
10:30 - Games  
11:30 - Hot Lunch



### Wednesday - March 25th

9:00 - Socialization  
9:30 - Exercise Class  
10:30 - Games & Bingo  
11:30 - Hot Lunch

### Tuesday - March 31st

9:00 - Socialization  
9:30 - Exercise Class - Gary  
Watson - Get Your  
Swagger Back  
10:30 - Games  
11:30 - Hot Lunch

### Wednesday - April 1st

9:00 - Socialization  
9:30 - Exercise Class  
10:30 - Games & Bingo  
11:30 - Hot Lunch

## Panama City Beach Senior Center

*Mondays, Thursdays & Fridays*

*9:00 am - 1:00 pm*

9:00 - 11:00 - Bingo &  
Socialization

11:30 - Lunch



## Bayou George Fellowship Center

*Mondays 9:00 am - 1:00 pm*

9:00 - Exercise  
10:30 - Games & Socialization  
11:30 - Lunch



## Fountain Fellowship Center

*Mondays 9:00 am - 1:00 pm*

9:00 - 11:00 - Bingo, Exercise &  
Socialization

11:30 - Lunch



**Get your lucky charm on and join us for a Candlelight Dinner!**

Thursday, March 12th from 3:30 pm until 5:00 pm

Coulliette Senior Center

1116 Frankford Avenue

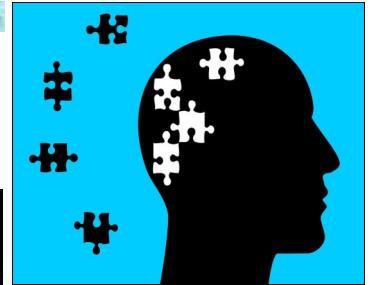
Panama City, FL 32401



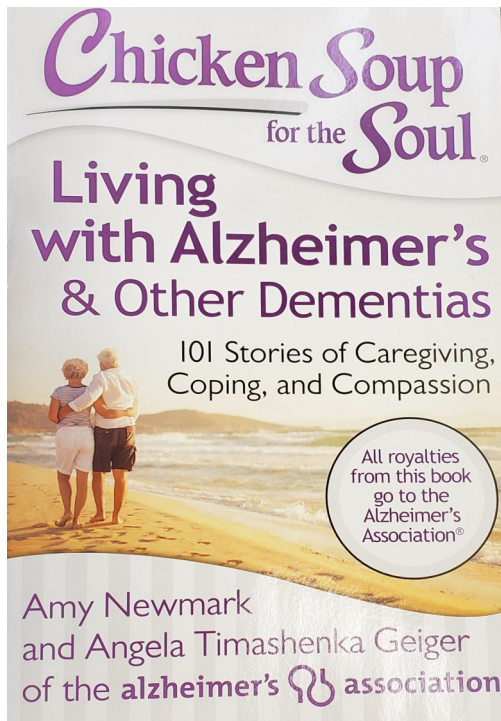
Please RSVP no later than 12:00 noon the day prior to the dinner either to your Site Manager or by calling (850) 769-3468. Join other senior adults for a home cooked meal, fellowship and fun! The only requirement is that you are at least 60 years of age. There is no cost for the meal but donations are accepted.

# Caregiver Connections

Information for Caregivers



## THE BOOK NOOK



I think we have all heard of the book series "Chicken Soup for the Soul" which are a series of inspirational short stories, each one addressing a different main subject. In 2014 one was published for *Living with Alzheimer's and other Dementias, 101 stories of Caregiving, Coping, and Compassion*. We have three copies in our little lending library. Each story is short enough you can read it during a break, or when your loved one is taking a nap, or in bed before you go to sleep. Every story is written to give you a lift in your spirits or your soul.

**Please feel free to borrow a copy.**

## Monthly Caregiver Support Groups

### MARCH

**At the Respite Center Building**  
Sharing and Caring Group Meeting

**2nd Friday, March 13, 2020**

**1:00 PM**

Educational Group Meeting

**4th Wednesday, March 25, 2020**

**1:00 PM**

**Guest speaker Karen McGee, CCC-SLP**

**Dementia & Parkinson's Specialist**

### APRIL

**At the Respite Center Building**  
Sharing and Caring Group Meeting

**2nd Friday, April 10, 2020**

**1:00 PM**

Educational Group Meeting

**4th Wednesday, April 22, 2020**

**1:00 PM**

**Guest speaker to be announced.**



## DEMENTIA VS. ALZHEIMER'S DISEASE

Caregivers frequently ask what the difference is between dementia and Alzheimer's. We have been taught in our training classes that Alzheimer's is a disease but dementia is a symptom. The best explanation I have heard, and that I still repeat to answer this question, was told to me by a nurse who was providing training for our staff. She said if you sneeze it may be because you have a cold or an allergy, or it may just be that you got some pepper up your nose. The sneeze is just the symptom not the cause.

Dementia and Alzheimer's disease aren't the same. Dementia is an overall term used to describe symptoms that impact memory, performance of daily activities, and communication abilities. Alzheimer's disease is the most common type of dementia. Alzheimer's disease gets worse with time and affects memory, language, and thought.

Because dementia is only a symptom it can be caused by a wide variety of diseases. Alzheimer's is the most common and the most well-known disease that has dementia as a symptom, however, other causes are Louie bodies disease, Parkinson's, Huntington's, Vascular dementia (hardening of the arteries to the brain), PICKS disease, alcoholism, downs syndrome, frontal lobe dementia, stroke, and CTE caused by head trauma such as what is being reported with football players. Additionally, it is now believed that exposure to agent orange also can be a cause of dementia. Each cause of dementia causes damage to a different set of brain cells.

Dementia affects mental cognitive tasks such as memory and reasoning. As dementia progresses, it can have a huge impact on the ability to function independently. It's a major cause of disability for older adults, and places an emotional and financial burden on families and caregivers. It's easy to overlook the early symptoms of dementia, which can be mild. It often begins with simple episodes of forgetfulness. People with dementia have trouble keeping track of time and tend to lose their way in familiar settings. As dementia progresses, forgetfulness and confusion grow. It becomes harder to recall names and faces. Personal care becomes a problem. Obvious signs of dementia include repetitious questioning, inadequate hygiene, and poor decision-making.

In the most advanced stage, people with dementia become unable to care for themselves. They will struggle even more with keeping track of time, and remembering familiar people and places. Behavior continues to change and can turn into depression and aggression.

Alzheimer's is a progressive disease of the brain that slowly causes impairment in memory and cognitive function. The exact cause is unknown and no cure is available. It is estimated that more than 5 million people in the United States have Alzheimer's disease. Damage to the brain begins years before symptoms appear. Abnormal protein deposits form plaques and tangles in the brain of someone with Alzheimer's disease. Connections between cells are lost, and they begin to die. In advanced cases, the brain shows significant shrinkage.

It's impossible to diagnose Alzheimer's with complete accuracy while a person is alive. The diagnosis can only be confirmed when the brain is examined under a microscope during an autopsy. However, specialists are able to make the correct diagnosis up to 90% of the time.

At the end of the day, a caregiver of a loved one with dementia from Alzheimer's or any one of the many other causes, can only take one moment at a time. Love them and do what you can to care for them and for yourself.

*~ Jean Warner, Facility Based Respite Coordinator*

# March



Monday

2

4oz. Blended Fruit Juice  
**3 oz. Sliced Roast Beef w/Gravy**  
1/2 c. Spring Peas  
1/2 c. Crinkle Cut Carrots  
1 sl. Whole Grain Bread  
Margarine Cup  
8 oz. 1% Low Fat Milk

9

4 oz. Blended Fruit Juice  
**8 oz. Chicken Stew**  
3 oz. Diced Chicken  
1/2 c. Green Beans  
1/2 c. Apple Raisin Fruit  
1 sl. Whole Grain Bread  
Margarine Cup  
8 oz. 1% Low Fat Milk

16

**8 oz. Macaroni and Cheese**  
1/2 c. Seasoned Carrot Cuts  
1/2 c. Green Peas  
1 sl. Whole Grain Bread  
Margarine Cup  
Fresh Fruit  
8 oz. 1% Low Fat Milk

23

4 oz. Orange-Pineapple Juice  
**3oz. Baked Chicken**  
1/2 c. Yellow Rice w/ Tomatoes and Chives  
1/2 c. Green Beans  
1 sl. Whole Grain Bread  
Margarine Cup  
8 oz. 1% Low Fat Milk

30

4oz. Blended Fruit Juice  
**3 oz. Sliced Roast Beef w/Gravy**  
1/2 c. Spring Peas  
1/2 c. Crinkle Cut Carrots  
1 sl. Whole Grain Bread  
Margarine Cup  
8 oz. 1% Low Fat Milk

Tuesday

3

**8 oz. Cavatappi Bolognese**  
3 oz. Meat Sauce,  
Cavatappi Pasta  
1/2 c. Tomatoes and Sauce  
1/2 c. Italian Vegetables  
1 sl. Whole Grain Bread  
Margarine Cup  
1/2 c. Citrus Fruit Cup  
8 oz. 1% Low Fat Milk

10

4oz. 100% Grape Juice  
**3 oz. Oven Baked Chicken, Southern Rice**  
1/2 c. Brown Rice  
1/2 c. Black Eyed Peas  
1/2 c. Spinach  
1 sl. Whole Grain Bread  
Margarine Cup  
8 oz. 1% Low Fat Milk

17

**3 oz. Honey Mustard Chicken Breast**  
1/2. Seasoned Potatoes  
1/2 c. Cheesy Broccoli  
1 sl. Whole Grain Bread  
Margarine Cup  
1/2 c. Pears  
8 oz. 1% Low Fat Milk



24

**4 oz. Turkey Lasagna**  
1/2 c. Tomatoes, Sauce, Cheese  
1/2 c. Broccoli, Cauliflower, Bean Blend  
1 sl. Whole Grain Bread  
Margarine Cup  
1/2 c. Pineapple  
8 oz. 1% Low Fat Milk

31

**8 oz. Cavatappi Bolognese**  
3 oz. Meat Sauce,  
Cavatappi Pasta  
1/2 c. Tomatoes and Sauce  
1/2 c. Italian Vegetables  
1 sl. Whole Grain Bread  
Margarine Cup  
1/2 c. Citrus Fruit Cup  
8 oz. 1% Low Fat Milk

Wednesday

4

**8 oz. Twisted Mac and Cheese**  
w/Peppers and Pinto Beans  
1/2 c. Cavatappi Pasta  
1/2 c. Carrots  
1 sl. Whole Grain Bread  
1/2 c. Pineapple  
8 oz. 1% Low Fat Milk

11

4 oz. Grape Juice  
**3 oz. Mojo Chicken**  
1/2 c. Broccoli  
1/2 c. Succotash  
1 sl. Whole Grain Bread  
Margarine Cup  
8 oz. 1% Low Fat Milk

18

4 oz. Blended Fruit Juice  
**3 oz. Hamburger Au Jus**  
1/2 c. Potato Wedges  
1/2 c. Carrots  
1 pkt. Ketchup  
1 pkt. Mustard  
1 Whole Grain Hamburger Bun  
8 oz. 1% Low Fat Milk

25

**8 oz. Macaroni and Cheese**  
1/2 c. Seasoned Carrot Cuts  
1/2 c. Green Peas  
1 sl. Whole Grain Bread  
Margarine Cup  
Fresh Fruit  
8 oz. 1% Low Fat Milk



Thursday

5

**3 oz. Salisbury Steak w/Gravy**  
1/2 c. Turnip Greens  
1/2 c. Succotash  
1 Corn Muffin  
Margarine Cup  
Fresh Fruit Cup  
8 oz. 1% Low Fat Milk

12

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

19

**3 oz. Breaded Chicken w/Gravy**  
1/2 c. Turnip Greens  
1/2 c. Sweet Potato Mash  
1 sl. Whole Grain Bread  
Margarine Cup  
1/2 c. Mandarin Oranges  
8 oz. 1% Low Fat Milk

26

**3 oz. Sweet and Sour Chicken**  
1/2 c. Cherries, Pineapple, Green & Red Pepper, Celery, Carrots, Onion  
1/2 c. White Rice  
1/2 c. Gingered Peas  
1 sl. Whole Grain Bread  
1/2 c. Cinnamon Apple Cup  
3 oz. 1% Low Fat Milk

◆ All meals served with low fat milk and bread.

◆ Low sodium meals contain less than 1400 mg of sodium.

Friday

6

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

13

4 oz. Orange Juice  
**3 oz. Sesame Chicken**  
1/2 c. Broccoli  
1/2 c. Cauliflower w/Red Pepper  
1 sl. Whole Grain Margarine Cup  
Waffle Graham (1 pkt.)  
8 oz. 1% Low Fat Milk

20

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

27

4 oz. Orange-Pineapple Juice  
**3 oz. Rib Beef Patty with Spanish Braised Sauce**  
1/2 c. Stewed Tomatoes w/Cilantro  
1/2 c. Garden Peas  
1 sl. Whole Grain Bread  
Margarine Cup  
8 oz. 1% Low Fat Milk

◆ Breaded meats contain 1 oz. breading.

◆ Meals subject to change without notice.

# March



## Couliette Senior Center Programs & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Cards & Games	<b>3</b> 9:45 - Exercise 10:00 - The Public Service Commission 11:00 - Hot Lunch 12:00 - Line Dancing - Beginners 1:00 - Line Dancing - Intermediate/Advanced	<b>4</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Line Dancing - Beginners 1:00 - Line Dancing - Intermediate/Advanced	<b>5</b> 9:30 - Exercise - Gary Watson - Get Your Swagger Back 10:00 - Socialization 11:00 - Hot Lunch	<b>6</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Cards and Games
<b>9</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Cards & Games	<b>10</b> 9:45 - Exercise 10:00 - Music with Jim & Chung 11:00 - Hot Lunch 12:00 - Line Dancing - Beginners 1:00 - Line Dancing - Intermediate/Advanced	<b>11</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Line Dancing - Beginners 1:00 - Line Dancing - Intermediate/Advanced	<b>12</b> 9:30 - Exercise - Gary Watson - Get Your Swagger Back 10:00 - Youth Violinist Group 11:00 - Hot Lunch 3:30 - <i>Candlelight Dinner</i> 	<b>13</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Cards and Games
<b>16</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Cards & Games	<b>17</b> 9:45 - Exercise 10:00 - Insurance Program with Michelle Clay 11:00 - Hot Lunch 12:00 - Line Dancing - Beginners 1:00 - Line Dancing - Intermediate/Advanced	<b>18</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Line Dancing - Beginners 1:00 - Line Dancing - Intermediate/Advanced	<b>19</b> 9:30 - Exercise - Gary Watson - Get Your Swagger Back 10:00 - Music with Canadian Connection 11:00 - Hot Lunch	<b>20</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Cards and Games
<b>23</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Cards & Games	<b>24</b> 9:45 - Exercise 10:00 - Socialization 11:00 - Hot Lunch 12:00 - Line Dancing - Beginners 1:00 - Line Dancing - Intermediate/Advanced	<b>25</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Line Dancing - Beginners 1:00 - Line Dancing - Intermediate/Advanced	<b>26</b> 9:30 - Exercise - Gary Watson - Get Your Swagger Back 10:00 - Socialization 11:00 - Hot Lunch	<b>27</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Cards and Games
<b>30</b> 9:45 - Exercise 10:00 - Bingo 11:00 - Hot Lunch 12:00 - Cards & Games	<b>31</b> 9:45 - Exercise 10:00 - Music with Bay High School Ensemble 11:00 - Hot Lunch 12:00 - Line Dancing - Beginners 1:00 - Line Dancing - Intermediate/Advanced			



# 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

Callaway Fellowship Center  
Arts & Conference Center  
500 Callaway Parkway  
Callaway, FL  
(850) 874-0031  
Open: Tuesday & Wednesday

Panama City Beach Senior Center  
423 Lyndell Lane  
Panama City Beach, FL  
(850) 236-3033  
Open: Monday, Thursday & Friday

Fountain Fellowship Center  
First Baptist Church of Fountain  
18906 North Highway 231  
Fountain, FL 32438  
Open: Monday

Bayou George Fellowship Center  
Bayou George Christian Church  
7814 Highway 2301  
Panama City, FL  
Open: Monday



**Seniors for Seniors** is a TV talk show dedicated to topics on aging and the elderly and is produced by the Bay County Council on Aging. **Seniors for Seniors** airs on the GCSC Education Channel on **Sundays at 8:00 am** and **Wednesdays at 1:00 pm.**

**Produced by : BCCOA**

**Sponsored by : BCCOA**

**Comcast Channel 6**

**WOW Channel 5**

**Springfield Cable 7**

