



October 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

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:

October News	1
Volunteer News	2
October Menu	3
Caregiver News	4



The Month of October...

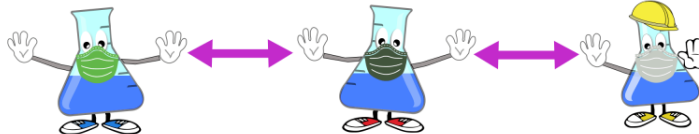
- ♦ October's name comes from the Latin "octō", meaning "eight", because in the Roman calendar October was the eighth month of the year.
- ♦ The holiday of Halloween comes from "All Hallows' Eve" or the night before "All Hallows" day ("All Saints" day).
- ♦ The zodiac signs for October are Libra (September 23 – October 22) and Scorpio (October 23 – November 21).
- ♦ The birthstones for October are the tourmaline and the opal.
- ♦ The traditional flower of the month of October is the calendula, symbolizing comfort, healing, protection and grace.

Source: www.nobelcom.com/blog/fun-facts-month-october

Bay County Council on Aging Update...

We have still not scheduled a date to reopen our congregate meal sites. We hope everyone is staying healthy, safe and taking care of themselves. When the decision is made to reopen the meal sites, we will contact those who were attending prior to the Coronavirus pandemic.

We look forward to seeing everyone in person again soon!



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

An Act of Kindness goes a Long Way!

Thank you Heather Taylor, of our local Junior Service League, for making our agency a part of your extended community outreach. Working together with other service organizations increases the awareness of the needs in our community. These partnerships give an extra boost of support to our programs and clients. It is a welcomed yet unexpected kindness.

Pictured below from left to right - Heather Taylor, Junior Service League; Beth Coulliette, CEO, Bay County Council on Aging; and Gail Allen, Case Manager, with her client's caregiver, Mrs. Cathy Phillips who received the gifts of kindness for her and her husband, Mr. Charles Phillips.



Do you want to make a difference in the community and in your life? Volunteers make a difference by incorporating service to others into their own life's schedule. Having feelings of pride, satisfaction & accomplishment are worthwhile reasons to serve. But the greatest tangible benefits while serving and sharing your time & talents are solving problems, improving lives, connecting to others, and strengthening our community. People who volunteer have lower mortality rates, greater functional ability and lower rates of depression.

Want to feel better? Volunteer with us!

Volunteers celebrating October Birthdays

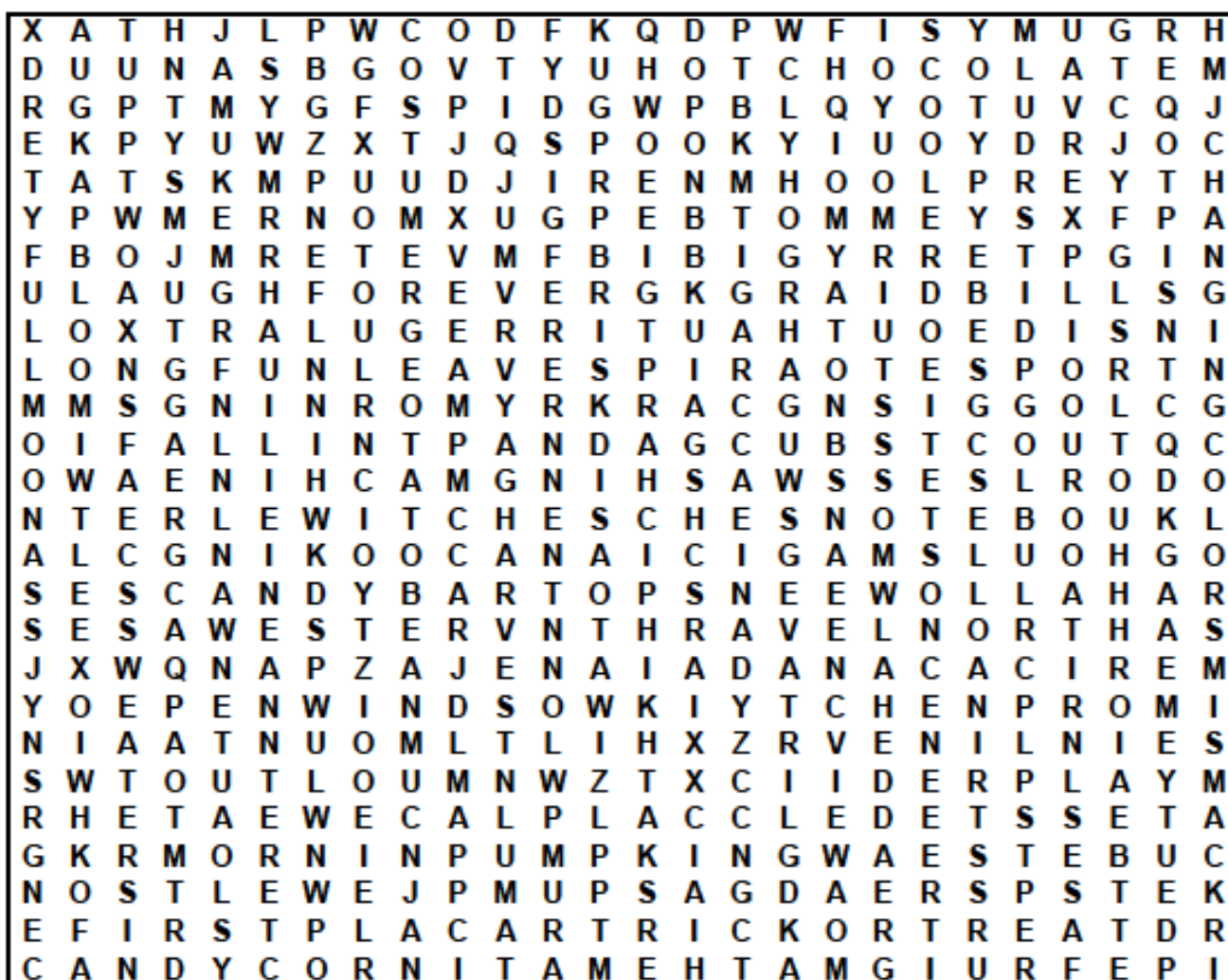
Henrietta — Ernest — Sharon — Charlie

Janet — Paige — Scott

HAPPY BIRTHDAY



OCTOBER WORD SEARCH



- 1 AUTUMN
- 2 BRISK
- 3 CANDY
- 4 CANDY CORN
- 5 CHANGING COLORS
- 6 COOLER
- 7 COSTUME
- 8 FALL
- 9 FULL MOON
- 10 GHOSTS



- 11 HALLOWEEN
- 12 HARVEST
- 13 HAY RIDES
- 14 HOT CHOCOLATE
- 15 LEAVES
- 16 PUMPKIN
- 17 SPOOKY
- 18 SWEATERS
- 19 TRICK OR TREAT
- 20 WITCHES

ANSWERS ARE ON THE BACK...DON'T PEEK!

OCTOBER WORD SEARCH
SOLUTION PAGE



- 1 AUTUMN
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October



Monday

- ◆ All meals served with low fat milk and bread.
- ◆ Low sodium meals contain less than 1,400 mg of sodium.



Tuesday



- ◆ Breaded meats contain 1 oz. breading.
- ◆ Meals subject to change without notice.

Wednesday



Thursday

1

3 oz. NY Steak Beef Patty w/Herbed Mushroom Gravy
1/2 c. Garlic Mashed Potatoes
1/2 c. Squash and Green Beans
1/2 c. Applesauce
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

Friday

2

4 oz. Apple Juice
3 oz. Oven Baked Chicken
1/2 c. Vegetable Medley
1/2 c. Yellow Rice w/ Tomato & Chive
1 pkt. Graham Crackers (2 ct.)
1 Margarine Cup
8 oz. 1% Milk

5

4 oz. Grape Juice
8 oz. Meatballs and Penne Pasta in Sauce
1/2 c. Broccoli
1/2 c. Italian Vegetable Blend
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

6

3 oz. Breaded Fish Fillet
1/2 c. Cheesy Mashed Potatoes
1/2 c. Mixed Vegetables
1/2 c. Strawberry Applesauce
1 Margarine Cup
8 oz. 1% Milk

7

3 oz. Teriyaki Beef
1/2 c. Steamed Rice
1/2 c. Mushroom, Onion & Green Pepper Medley
1/2 c. Peaches
1 Margarine Cup
1 sl. Whole Wheat Bread
8 oz. 1% Milk

8

4 oz. Apple Juice
3 oz. Pork Chop Patty Homestyle Gravy
1/2 c. Sweet Potatoes
1/2 c. Brussels Sprouts
1 Margarine Cup
1 sl. Whole Wheat Bread
8 oz. 1% Milk

9

4 oz. Orange Juice
3 oz. Chicken Parmesan
1/2 c. Rosemary Potatoes
1/2 c. Cheesy Spinach
1 Margarine Cup
1 sl. Whole Wheat Bread
8 oz. 1% Milk

12

4 oz. Blended Fruit Juice
3 oz. Chicken Marsala
1/2 c. Potato Onion Souffle
1/2 c. Spinach and Mushrooms
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

13

4 oz. Orange-Pineapple Juice
3 oz. Hamburger Patty
1/2 c. Potato Wedges
1/2 c. Carrots
1 pkt. Ketchup
1 pkt. Mustard
1 Oatmeal Raisin Cookie
8 oz. 1% Milk

14

3 oz. Sesame Chicken
1/2 c. Broccoli
1/2 c. Cauliflower w/Red Pepper
1/2 c. Pineapple
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

15

3 oz. Batter Dipped Fish Nuggets
1/2 c. Garlic Mashed Potatoes
1/2 c. Carrots
1/2 c. Cinnamon Applesauce
1 Margarine Cup
8 oz. 1% Milk

16

4 oz. Apple Juice
6 oz. Turkey and Cheese Lasagna w/Tomato Sauce and Cheese
1/2 c. Broccoli, Cauliflower, Bean Medley
1 Margarine Cup
8 oz. 1% Milk

19

3 oz. Chicken Teriyaki
1/2 c. Brown Rice
1/2 c. Stir Fry Vegetables
1/2 c. Gingered Carrots
1/2 c. Pears
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

20

4 oz. Orange Juice
3 oz. Beef Patty w/ Onion Gravy
1/2 c. Mashed Potatoes
1/2 c. Rutabaga/Red Pepper
1 Mini Moon Pie Cookie
1 Margarine Cup
8 oz. 1% Milk

21

4 oz. Blended Fruit Juice
3 oz. Pork Riblet in BBQ Sauce
1/2 c. Mashed Sweet Potatoes
1/2 c. Zesty Lemon Spinach
1 Margarine Cup
8 oz. 1% Milk

22

3 oz. Sliced Turkey Breast w/Country Pepper Gravy
1/2 c. Mashed Potatoes
1/2 c. Green Beans w/ Almonds
1 oz. Raisins
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

23

4 oz. Grape juice
8 oz. Macaroni and Beef Casserole
1/2 c. Spinach
1/2 c. California Blend Vegetable
1 Margarine Cup
8 oz. 1% Milk

26

4 oz. Blended Fruit Juice
3 oz. Meatloaf w/ 3oz. White Pepper Gravy
1/2 c. Mashed Potatoes
1/2 c. Mixed Greens
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

27

4 oz. Pineapple Juice
8 oz. Cavatappi Bolognese
1/2 c. Italian Vegetables
1 Margarine Cup
1 sl. Whole Wheat Bread
8 oz. 1% Milk

28

3 oz. Sliced Turkey w/ CranRaspberry Sauce
1/2 c. Broccoli, Cauliflower & Bean Medley
1/2 c. Zucchini and Yellow Corn
1 pkt. Waffle Grahams
1 Margarine Cup
8 oz. 1% Milk

29

3 oz. NY Steak Beef Patty w/Herbed Mushroom Gravy
1/2 c. Garlic Mashed Potatoes
1/2 c. Squash and Green Beans
1/2 c. Applesauce
1 Margarine Cup
1 sl. Whole Grain Bread
8 oz. 1% Milk

30

4 oz. Apple Juice
3 oz. Oven Baked Chicken
1/2 c. Vegetable Medley
1/2 c. Yellow Rice w/ Tomato & Chive
1 pkt. Graham Crackers (2 ct.)
1 Margarine Cup
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

Caregiver Connections

**SENIORS
for SENIORS**

SUPPORT GROUP MEETINGS

The Bay County Council on Aging recognizes the importance of support group meetings for caregivers. The Sharing and Caring Meetings provide caregivers an opportunity to share their concerns and problems and receive loving care from other caregivers going through the same trials. The Educational Group Meetings host speakers from a variety of dementia or caregiver related fields and provide valuable information to caregivers.

However, during this time of concern we must do our part to help everyone stay safe. The meetings have been suspended for the time being because of the Coronavirus pandemic. We hope the meetings will resume soon but do not have a time frame for when this will happen. We will contact caregivers who previously attended the meetings when the meetings resume. We will also post this information on our Facebook page and website.

In the mean time we want everyone to remain safe, practice social distancing, and wash your hands. We look forward to having everyone back as soon as it is safe.

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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