



February 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**

**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.**



February News	1
Volunteer News	2
Caregiver News	3
February Trivia	4
February Menu	5
Trivia Answers	6

The Golden Edition



February is Black History Month



February marks Black History Month, a tribute to African Americans who have made significant contributions to America and the rest of the world in the fields of science, politics, law, sports, the arts, entertainment, and many other fields.

While Black History Month is synonymous with prominent figures such as Martin Luther King Jr., Harriet Tubman, Frederick Douglass, Rosa Parks, Muhammad Ali, Jackie Robinson, Langston Hughes, Maya Angelou, George Washington Carver and Barack Obama, there are countless other African Americans who've made a profound impact in history: self-made millionaire Madam C.J. Walker, astronaut Mae C. Jemison, open-heart surgeon Daniel Hale Williams, inventor Garret Morgan, media mogul Oprah Winfrey and "Father of Black History" Harvard historian Carter G. Woodson, who lobbied extensively to establish Black History Month as a nationwide celebration, among many others.

In 1915, Carter G. Woodson and minister Jesse E. Moorland founded what is today known as the Association for the Study of African American Life and History. Their purpose was to bring awareness to the African American people who had made contributions to society, but had been forgotten or left out of the narrative.

In 1926, the men were looking for a way to make those previously unsung contributions of African Americans known to the public. Negro History Week was established and celebrated for one week in February. In the 1960s colleges and universities began to expand the recognition of African American history to the full month of February. In 1976 President Gerald Ford recognized Black History Month, and it became the month-long celebration that we know today.

Sources: biography.com; people.com

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 important asset of a volunteer is their ability to recognize the difference between a “request” and an “essential needs” request. Our policy states our volunteers are to provide “essential needs” services. Please help our program comply with this directive. All requests for services are to be issued through our Volunteer Program and not directly from a client. When a client asks for “a favor” from a volunteer such as making an extra stop that was not previously requested, or going through a drive through restaurant, for example, there can be issues. Our volunteers have good hearts and want to do so much but providing services outside of our established policies often leads to complications. You may be willing to do extra tasks but maybe another volunteer serving the same client is not comfortable with this same situation. Then the issue with the client becomes “Why won’t you do this for me? The other volunteer did.”

Please follow our transportation policies to avoid any risk to the clients you are serving. Below is a list, for your comparison, of some of the examples of essential needs verses non-essential wants.

Essential Needs

Food - Meals on Wheel Program
Water
Juice/milk
Doctor/medical appointments

Non-Essential WANTS

Fast food drive through
Cases of soft drinks
Drive through liquor pick-up
General, non-life sustaining shopping

Copies of our transportation policies and procedures are always available in our Volunteer Program Office. Our clients are also given a copy of their procedures to follow upon their approval for the program. Contact the Volunteer Program Office if you need copies of any policies for your reference.

Please understand our challenge to protect our clients with dietary restrictions and other unknown personal challenges which are not within our program’s parameters.

Helping as an active volunteer shows an understanding of our mission as an agency. We ask for your continued assistance - **we need you!!!**

Please refer clients to our Volunteer Program office if they have any additional transportation requests and never hesitate to ask questions in this regard. Our Volunteer Office is open weekdays from 9 am to 2 pm.



PASS THE WORD!

WE NEED VOLUNTEERS!!

PICK UP AN ENROLLMENT FORM - SHARE YOUR EXPERIENCE

PICK UP A TIME SHEET - RECORD YOUR SERVICE



Happy Birthday to our Volunteers celebrating February Birthdays!

David D. - David I. - Cecilia - Joan - Michael - Sandra - Martha - Christine

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



The Book Nook **“The 36 Hour Day”**

I had a new caregiver recently visit the Bay County Council on Aging Respite Center. Her father had recently been diagnosed and she said she was just looking for information. She told me she found the Council on Aging on the Internet. She also said she had seen some recommendations for a book called “The 36 Hour Day” and asked if I had heard of it. I told her that when I first started working at the Respite Center, this book came highly recommended to me. I have been here for 15 years and I am now the one who highly recommends it to caregivers.

Caregivers still try to do everything they always did and have added 24/7 caregiving on top of all of it. Well you can’t. You really don’t get 36 hours in your day just because you need them. You still only get 24 hours. This book gives excellent tips on using the time you have. Do what is important and don’t worry about the rest. Ask for help, take a break, choose your priorities and, most of all, pick your battles. It is the book our experienced caregivers say has been the most help to them. The book is set up by topics. It is not a book to sit down and read cover to cover. If there is an area where you are having a problem, you can go right to that topic for practical, real-life advice.

~Jean Warner, Respite Center Coordinator

Monthly Caregiver Support Groups

FEBRUARY	MARCH
<p>At the Respite Center Building</p> <p>Sharing and Caring Group Meeting</p> <p>2nd Friday, February 12, 2021</p> <p>1:00 PM</p> <p>Educational Group Meeting</p> <p>4th Wednesday, February 24, 2021</p> <p>1:00 PM</p> <p>Guest speaker to be announced.</p>	<p>At the Respite Center Building</p> <p>Sharing and Caring Group Meeting</p> <p>2nd Friday, March 12, 2021</p> <p>1:00 PM</p> <p>Educational Group Meeting</p> <p>4th Wednesday, March 24, 2021</p> <p>1:00 PM</p> <p>Guest speaker to be announced.</p>

February Trivia

1. How often is there a leap year when February has 29 days?
2. What is the February birthstone?
3. How long has February been designated Black History Month?
4. What zodiac signs are in the month of February?
5. February comes from which Latin word?
6. What year was the Presidents' Day Holiday first implemented?
7. What is the flower for February?
8. Who was the first president to come from a state other than the 13 original colonies?
9. Which president worked as a surveyor before becoming President?
10. Valentine's day is the 2nd leading holiday for sending cards. What is the first?
11. What happened on Valentine's Day in 1876?
12. The red rose was the favorite flower of what Roman goddess?
13. What medicine was introduced on Valentine's Day in 1929?
14. Where is the phrase "sweets for the sweet" from?
15. Who spends more on Valentine's Day - men or women?
16. Who recorded the song *Respect* on Valentine's Day in 1967?

(Answers on page 6...don't peek!)



Sources: thefactssite.com; imaginelearning.com; learnreligions.com; blog.vitalchek.com

February



Monday

1

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

8

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

Tuesday

2

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

9

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

Wednesday

3

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

10

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

Thursday

4

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. Pineapple
8 oz. 1% Milk

11

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

Friday

5

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

12

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

15
Closed for



Presidents' Day

22

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

23

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

24

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

25

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

26

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

♦ Breaded meats contain 1 oz. breading.

♦ Meals subject to change without notice.

♦ All meals served with low fat milk and bread.

♦ Low sodium meals contain less than 1,400 mg of sodium.





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

Trivia Answers

1. Every 4 years
2. Amethyst
3. Since 1976
4. Aquarius & Pisces
5. Februum which means purification
6. In 1879 by an Act of Congress honoring George Washington's birthday. In 1885 it expanded to include all federal offices.
7. Primrose
8. President Lincoln who was from Kentucky.
9. George Washington
10. Christmas. Approximately 1 billion Valentine's Day cards are exchanged in the US alone.
11. Alexander Graham Bell applied for his telephone patent.
12. Venus the Roman goddess of love.
13. Penicillin was introduced.
14. Shakespeare's *Hamlet* - Act 5, Scene 1.
15. On average, men spend twice as much as women.
16. Aretha Franklin

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.



**Gulf
Power®**