



June 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.**



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The Golden Edition



A BIG SHOUT OUT to our COVID 19 Crisis Volunteers. Many professionals, who during this time were not working in their regular jobs, stepped up to help our agency serve seniors. Bay Area Transportation has also been a tremendous help providing

drivers and vehicles on a daily basis to help deliver meals. Volunteers have delivered meals, shopped for groceries, and provided telephone reassurance for seniors who were staying home and self-isolating. Their help has allowed our agency to thrive and continue to serve while our faithful retired senior volunteers stayed home. We can't begin to thank these volunteers enough for their outstanding work. As the rules for staying home start to be lifted, we look forward to welcoming back those who have been away. We also look forward to retaining some of our new volunteers who have been infected by the caring and sharing bug. Its bite is sweet and its infectious spread changes lives.

Bay County Council on Aging Update...

At the time this newsletter is going to print, our congregate meal sites are still closed. We are hopeful the meal sites will reopen again soon. We continue to serve many seniors through the Meals on Wheels program who have chosen to continue their self-isolation in their homes. We will continue to follow guidelines provided by Governor DeSantis and the Florida Department of Elder Affairs for reopening the congregate meal sites and the Senior Center as the phases for reopening the State of Florida progress. Currently, we are not sure if this will be sometime in June or at a later date.

While the Senior Center is closed our staff are still working, preparing meals, providing energy assistance, and answering the phone during our regular business hours of Monday - Friday from 7:30 am - 5:00 pm. There will be no interruption to the services we are currently providing.

Please stay safe, stay in touch and take care of yourself. 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.



Affiliated Agency

The Golden Edition is edited by Andrea Marsh.

Bay County Council on Aging Volunteer Program

FIVE BENEFITS OF VOLUNTEERING IN RETIREMENT

Volunteering your time and energy helps strengthen your community, but it also has important emotional and physical benefits. Referencing an article from the *Reimagine Aging Institute's* CEO, *Deb Taylor*, the benefits linked with volunteering are especially beneficial when volunteering after retirement. Studies show when volunteering over the age of 60, volunteers experience lower disability and higher levels of well-being compared to those who did not volunteer. Topping the five reasons a retired adult should volunteer:

1. Helps bridge generation gap. Interacting with different age groups, seniors are able to share important life lessons. Sharing and building connections with younger generations, a senior can learn new ways of looking at life. Each offering the respect and affirmation that humans crave.

2. Volunteering time makes you feel like you have more time. Keeping a schedule and routine is important in life. It's important to look for opportunities that fit into your schedule. Volunteers who serve as many as 20 hours a week, find they still have plenty of time to partake in other activities.

3. It's good for mental health. Volunteering keeps the brain active, which contributes to a person's cognitive health. Participating in activities that are meaningful and productive may lower the risk of dementia and other health problems.

4. Helps prevent senior isolation and depression. Research has found that volunteering can have positive effects on a person's psychological health. Individuals who are engaged in volunteer activities experience a shorter course of depression than those who did not volunteer. Volunteering provides the senior a sense of purpose and accomplishment.

5. It promotes physical activity. A healthy level of fitness helps fend off diseases as you age.

Volunteering is best when you are doing something you enjoy. There is an opportunity for you.

Offering good advice to anyone who wants to get out and volunteer but is shy about it:

A person who believes community is important and what they can do to help
the community is just as important shared this statement -

"Do it, do what you can, and learn what you need to know to be helpful."

And the volunteer program said.....AMEN;)

Happy Birthday to Volunteers celebrating June Birthdays



Andrea Jean Jeffrey Ronald Sean Steve Willie

June



Monday

1

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

8

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

15

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

22

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

29

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

Tuesday

2

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

9

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

15

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

23

8 oz. Cavatappi Bolognese
 3 oz. Meat Sauce,
 Cavatappi Pasta
 1/2 c. Tomatoes & 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

30

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

Wednesday

3

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

10

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

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

24

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

◆ All meals served with low fat milk and bread.

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

Thursday

4

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

11

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

17

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
 8 oz. 1% Low Fat Milk

25

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

◆ Breaded meats contain 1 oz. breading.

◆ Meals subject to change without notice.

Friday

5

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

12

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

18

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

26

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

June 14th is Flag Day





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

SUPPORT GROUP MEETINGS

The Bay County Council on Aging recognizes the importance of support group meeting for caregivers. The Sharing and Caring Meetings give 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 national concern we must do our part to help everyone stay safe. The meetings for June may not be held. We hope that by July with careful considerations we will be able to offer a time for caregivers to join together and share what they have experienced. If so, then July meetings will be announced here in the newsletter. We will also call all caregivers who normally attend the meetings and let them know if the meetings will be held.

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 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

