



**April 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 seniors.**



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# *The Golden Edition*

## *Dealing with the Coronavirus...*

The mission of Bay County Council on Aging is to provide services for the elderly of Bay County assisting them to remain healthy and independent. Our seniors are the members of the community who are most vulnerable to the threats posed by the Coronavirus. We have adjusted our services to provide extra protection to the seniors we serve. In order to continue to meet their needs while also offering the maximum protection to those we serve, we have made some very difficult decisions. We are committed to provide services and meals for all of our current clients in the safest way possible. To meet the requirements of social distancing and also provide meals for seniors, we have decided to close all of our Congregate Meal Sites, however it is our commitment to assure that every senior depending on us for meals will continue to receive them. Right now, their nutritional needs are primary and necessary to support their health and immune systems.

We have provided the option to all seniors who were registered at one of our Congregate Meal Sites to either pick up meals at the Coulliette Senior Center or have meals delivered to their homes. Advance sign-up is required. Our other services will continue as usual unless changes are mandated by the funding sources of the services or the State or Federal Governments.

Our offices remain open and our staff available to respond to the community and especially the needs of the elderly. We remain committed to our mission and to our elders.

During this time of self-isolation, we encourage seniors to become "telephone buddies" with friends and relatives to keep in touch on a regular basis. Even if you cannot visit in person, you can still visit on the telephone, continue to socialize and keep up with loved ones. Talk to each other often and let them know how you are doing. While we don't know how long this pandemic will last, it is important that everyone continue to communicate with others to eliminate the feeling of isolation.

We are a resilient community which we know most recently from Hurricane Michael. We also know there are better days ahead.

*Stay healthy...stay safe...and, most importantly,  
stay in touch!*

**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



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Thank you Meals on Wheels Volunteers. Serving meals rain or shine to seniors in need. You're the best! If you are interested in becoming a Meals on Wheels Volunteer please contact us. Now is a critical time to serve in this capacity during this very challenging time.

## **WE HAVE A GREAT WAY TO SIGN UP FOR VOLUNTEER SERVICE!**

Our volunteer program is using with GREAT SUCCESS a "signup genius" software. Once a volunteer chooses their preference for service within our agency, they are added to the group of their choice. Volunteers will receive requests through their listed email for services such as clerical, candlelight dinners, special deliveries, and transportation.

You may receive emails with request for the specific transportation need of a senior. The volunteer can compare the date and times requested by our clients. They can also read the information about the transport to determine, if they will be available & if they can fit the transport into their own personal schedule.

The transports are for life sustaining needs only. This volunteer service serves those clients who have no other means of transport to get to their doctors, pharmacy, grocery, or the Social Security Office.



## *Happy Birthday to our Volunteers Celebrating in April*

Bertha  
Dolores D.  
Gary  
Juli  
Nancy  
Vivian

Christina  
Dolores T.  
Hailey  
Karen  
Pao Su  
William (Bill)

Cynthia  
Flo  
Jacqueline  
Molly  
Susan



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

# April



Monday



- ◆ All meals served with low fat milk and bread.
- ◆ Low sodium meals contain less than 1400 mg of sodium.

Tuesday

- ▼ Breaded meats contain 1 oz. breading.

- ◆ Meals subject to change without notice.

Wednesday

1

## **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

Thursday

2

## **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

Friday

3

## **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

6

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

7

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

8

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

9

**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

10

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

13

**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

14

**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. 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

**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

**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

20

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

21

**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

22

**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

**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

24

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

27

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

28

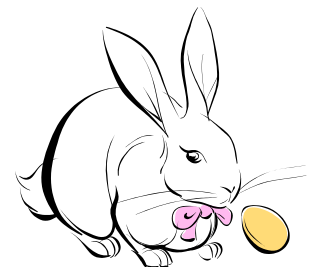
**8 oz. Cavatappi Bolognese**  
3 oz. Meat Sauce, Cavatappi Pasta  
1/2 c. Tomatoes and Sauce  
1/2 c. Italian Vegetables  
1 sl. Whole Grain Bread  
Margarine Cup  
1/2 c. Citrus Fruit Cup  
8 oz. 1% Low Fat Milk

29

**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

30

**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

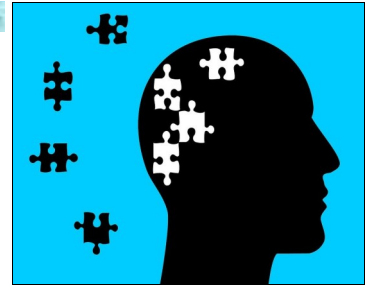


# Caregiver Connections

Information for Caregivers

## Alzheimer's and Dementia Care:

### Tips for Daily Tasks



**Alzheimer's and dementia caregiving takes patience and flexibility. To reduce frustration, consider these tips for daily tasks - from limiting choices to creating a safe environment.**

If you are caring for someone with Alzheimer's disease or a related dementia, your role in managing daily tasks will increase as the disease progresses. Consider practical tips that can help the person with dementia participate as much as possible and enable you to manage tasks effectively.

### **Reduce Frustrations**

A person with dementia might become agitated when once-simple tasks become difficult. To limit challenges and ease frustration:

**Schedule wisely.** Establish a daily routine. Some tasks, such as bathing or medical appointments, are easier when the person is most alert and refreshed. Allow some flexibility for spontaneous activities or particularly difficult days.

**Involve the person.** Allow the person with dementia to do as much as possible with the least amount of assistance. For example, he or she might be able to set the table with the help of visual cues or dress independently if you lay out clothes in the order they go on.

**Provide choices.** Provide some, but not too many, choices every day. For example, provide two outfits to choose from, ask if he or she prefers a hot or cold beverage, or ask if he or she would rather go for a walk or see a movie.

**Provide simple instructions.** People with dementia best understand clear, one-step communication.

**Limit napping.** Avoid multiple or prolonged naps during the day. This can minimize the risk of getting days and nights reversed.

**Reduce distractions.** Turn off the TV and minimize other distractions at mealtime and during conversations to make it easier for the person with dementia to focus.

### **Be Flexible**

Over time, a person with dementia will become more dependent. To reduce frustration, stay flexible and adapt your routine and expectations as needed.

For example, if he or she wants to wear the same outfit every day, consider buying a few identical outfits. If bathing is met with resistance, consider doing it less often.

## **Create a Safe Environment**

Dementia impairs judgment and problem-solving skills, increasing a person's risk of injury. To promote safety:

**Prevent falls.** Avoid scatter rugs, extension cords and any clutter that could cause falls. Install handrails or grab bars in critical areas.

**Use locks.** Install locks on cabinets that contain anything potentially dangerous, such as medicine, alcohol, guns, toxic cleaning substances, dangerous utensils and tools.

**Check water temperature.** Lower the thermostat on the hot water heater to prevent burns.

**Take fire safety precautions.** Keep matches and lighters out of reach. If the person with dementia smokes, always supervise smoking. Make sure a fire extinguisher is accessible and the smoke and carbon monoxide detectors have fresh batteries.

## **Focus on Individualized Care**

Each person with Alzheimer's disease will experience its symptoms and progression differently. Tailor these practical tips to your family member's needs.

Patience and flexibility - along with self-care and the support of friends and family - can help you deal with the challenges and frustrations ahead.

*Source: Mayo Clinic Staff*

## **Monthly Caregiver Support Groups**

<b>APRIL</b>	<b>MAY</b>
<p><b><u>*Please call (850)769-3468 prior to each meeting for any changes in the schedule.</u></b></p> <p><b>At the Respite Center Building</b> Sharing and Caring Group Meeting <b>2nd Friday, April 10, 2020</b> <b>1:00 PM</b></p> <p>Educational Group Meeting <b>4th Wednesday, April 22, 2020</b> <b>1:00 PM</b></p> <p><b>Guest speaker Karen McGee CCC-SLP</b> <b>Dementia &amp; Parkinson's Specialist</b></p>	<p><b>At the Respite Center Building</b> Sharing and Caring Group Meeting <b>2nd Friday, May 8, 2020</b> <b>1:00 PM</b></p> <p>Educational Group Meeting <b>4th Wednesday, May 27, 2020</b> <b>1:00 PM</b></p> <p><b>Guest speaker Tiffany Jones</b> <b>Seagrass Senior Living</b></p>





# 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

**As a result of the Coronavirus, all meal sites are currently closed. Updates will be provided as this changes.**

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

Panama City Beach Senior Center  
423 Lyndell Lane  
Panama City Beach, FL  
(850) 236-3033

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



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

