



August 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.

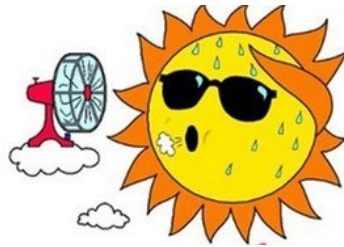


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The Golden Edition



Tips for Staying Cool in the Hot Weather

It's summertime in Florida and we all know what that means - it will be hot, hot, hot! Here are some tips to help beat the summer heat.

- ◆ Drink plenty of cool water throughout the day. Don't wait until you feel thirsty and avoid alcohol and caffeine.
- ◆ Eat cooling snacks like popsicles, frozen peas, or slightly frozen grapes.
- ◆ Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast.
- ◆ Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel.
- ◆ Sit with feet in a pan of cool (but not too cold) water.
- ◆ Keep the house as cool as possible by keeping shades closed during the hottest part of the day.
- ◆ Wear layers of lightweight clothing in light colored cotton so it's easy to adjust to the temperature throughout the day, and as you go in and out of air conditioned buildings, by removing or adding layers.
- ◆ Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.

Source: www.dailycaring.com

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. There is not, however, a date yet for reopening. Reopening the meals sites will not occur before Governor DeSantis moves into Stage 3 of reopening the State of Florida.

We hope everyone is staying healthy, safe and taking care of themselves. We will all get through this pandemic and be able to gather again in person for fellowship. We know better days are ahead. Each day that passes brings us one day closer to the end of the 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

Why our volunteers have halos...

PURPOSE + INTENTION + ACTION =



PURPOSE + INTENTION + NO ACTION =



During this time of summer, the air is so hot, even the breezes are stifling. Snakes seek shelter under the palmettos, pavements appear to move as the heat rises through the oil on the surface, and our beach waves lapping the shore are only a temporary cool for the hot sand. Ice cream, cold drinks, and shade are the answer to beating the heat burden. Keeping our eye on our purpose can help to keep our cool as well. Our program speaks of willingness and availability being a volunteer's best asset....those keeping their eye on the purpose, continue to serve those in the most need and that requires a lot of good intentions followed by actions.

We happily recognize and shine those halos!

Shopping Assistance

Did you know our volunteers are shopping for seniors who are staying in and following the Governor's orders? In addition to Meals on Wheels deliveries, volunteers are picking up grocery lists and money from our clients and shopping for essential groceries. If you want a flexible time schedule, shopping assistance may be the program of service for you. We currently have eight volunteers serving 39 clients. Weekly shopping is offered but many seniors choose to have biweekly or even once monthly assistance. Please call the Volunteer Office to add your name to the list of personal shoppers.



Take the time to be kind. Our world is better because of our giving hearts!



Happy Birthday

Volunteers celebrating August birthdays

*Anna Arlene Carol David Elizabeth
Gordon Heidi Judy Martha Meribeth*



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

August



Monday

3

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

10

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

17

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

24

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

31

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

Tuesday

4

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

11

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

18

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

25

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

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

Wednesday

5

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

12

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

19

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

26

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

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

Thursday

6

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

13

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

20

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

27

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

Friday

7

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

14

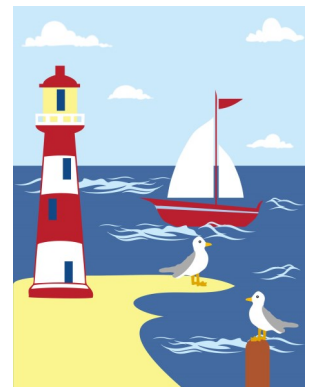
4 oz. Orange Juice
3 oz. Chicken Parmesan
1/2 c. Rosemary Potatoes
1/2 c. Cheesy Spinach
1 Margarine Cup
1 sl. Whole Wheat Bread
8 oz. 1% Milk

21

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

28

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





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 concern we must do our part to help everyone stay safe. The meetings for August will likely not be held. We hope that by September 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 September 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
Springfield Cable 7

