May 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.

Inside this issue:
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The Golden Edition
50 Years of Service

In May, Bay County Council on Aging celebrates 50 years of service to senior adults in Bay County!

During the past 50 years, the dedication from the Board of Directors, staff, volunteers, donors, community partners and many more has provided services to more senior adults in Bay County than we can count! Services such as a hot meal, assistance in the home, respite for caregivers, socialization and fellowship, activities, or assisting with other needs, have enabled seniors to remain healthy, active, independent, and remain in their homes.

There will be a reception to celebrate this milestone on:

Wednesday, May 26, 2021
4:00 pm - 6:00 pm
Coulliette Senior Center
1116 Frankford Avenue
Panama City, FL  32401

Here's to the next
50 years of service
in Bay County!

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.

Bay County Council on Aging 50th Anniversary

Dear friends,

May of 2021 marks the 50th anniversary of the founding of the Bay County Council on Aging. Like all major milestones, it’s a time for reflection on the past and anticipation of the future, and I think you’ll agree that both the past and the future are as bright and shining as our golden anniversary.

The agency began in May of 1971 as a small experiment in providing services to the seniors of Bay County. Nobody knew what the future would hold or if the money to pay for services would be available. Even though the future was uncertain, the dedicated staff of employees and volunteers worked hard to establish an agency to meet the needs of our clients.

As we look to the past, our hearts are filled with gratitude for the many blessings the Council has received. It would be impossible to name the countless people who have helped us grow and prosper, but there are three broad categories of people who deserve special thanks.

Through the years our loyal board members have supported us with their time, their talents, and their treasure, and they have made policy decisions that have kept us moving forward. Their constant focus has always been—and still is—the needs of the elders of Bay County. A simple “thank you” is hardly enough to express our appreciation for their service.

Through the years our staff and volunteers have supplied the mental and physical muscle to accomplish the daily work of the Council. Whether it’s delivering Meals on Wheels, planning and conducting special activities and events, providing in-home services to shut-ins, running respite services for memory care clients, taking care of the endless details of paperwork, cooking millions of meals, or maintaining the buildings and vehicles, our staff and volunteers have worked tirelessly to do whatever needed to be done. We have relied on the talents and energy of those folks, and we can’t thank them enough.

Through the years the larger community of Bay County has been an unfailing supporter in all our efforts. The County Commission, the various city commissions, the United Way, churches, civic clubs, private organizations, foundations, generous individual contributors, and many, many other benefactors have gone above and beyond to help us in our mission. While most of our budget comes from federal and state grants, those grants require us to put up local matching funds that come from the Bay County community. Without that local support, we couldn’t provide for our clients’ needs. Our gratitude to the people of Bay County is without limit.

As we look to the future, our hearts are filled with hope. The last two years, between Hurricane Michael and the corona virus pandemic, have been a difficult and challenging time for our clients and for our agency. As we set out on our next fifty years of service, we hope and pray that God will continue to bless our efforts and give us the means to meet the needs of our seniors. We wish ourselves and the elders of Bay County happy anniversary.

Sincerely,
The Board of Directors, the Staff, and the Volunteers of the Bay County Council on Aging
Bay County Council on Aging Volunteer Program

THANK YOU VOLUNTEERS!

Gene, David, and Buddy

Three faithful volunteers working to prepare our center for opening.

Thank you for all the extra tasks and assistance each one of you provides to our staff.

Our Volunteer Program is always highlighting the important volunteer assets of willingness and availability. And they do work hand in hand. One can be willing but, without being available, how much will they be able to help? Everyone’s schedules are different. The good news is our Volunteer Program has many choices and the volunteer chooses where and how much they want to help.

It only takes a maximum of 2 hours, usually less, for a typical Meals on Wheels route to be delivered. Routes are a day and set time commitment. If you only have 2 hours monthly to share with us, that’s okay. We can work with you.

Are you someone who likes to serve at the spur of the moment and never knows when that will be? Hey, you’re staying active and lucky to go where the desire takes you. You will enjoy our open scheduling at your convenience to assist with client shopping or to pick-up a prescription.

Taking seniors to their doctor appointments is another very important service performed by volunteers. Many times our seniors have lost their eye sight, no longer drive, and must rely on others for this most important transportation. Our transportation volunteers have only to recognize their match of scheduling to our client’s request for pick-up time and sign-up for the slots accordingly.

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 Volunteers celebrating a May Birthday

David - Dieter - Ed - Karen - Michelle - Molly - Robert - Rudolph
Sandra - Shirley - Susan - Sylvia - William

VOLUNTEER OFFICE HOURS  9 am - 2 pm Monday-Friday  (850) 769-3468 ext. 119 - email: lydia.vickery@bccoa.net
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<tr>
<td>1/2 c. Green Bean &amp; Red Pepper Mix</td>
<td>1/2 c. Broccoli</td>
<td>1/2 c. Mashed Potatoes</td>
<td>1/2 c. Skin on Diced Potatoes</td>
<td>1/2 c. Turnip Greens</td>
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<td>1/2 c. Yellow Rice w/ Tomatoes Chives</td>
<td>1/2 c. Italian Vegetables</td>
<td>1/2 c. Carrots</td>
<td>1/2 c. Cranberry Pears</td>
<td>1/2 c. Diced Sweet Potatoes</td>
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<tr>
<td>1 sl. Whole Wheat Roll</td>
<td>1 sl. Whole Grain Bread</td>
<td>1 pkt. Ketchup</td>
<td>1 sl. Whole Wheat Bread</td>
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<tr>
<td>1 Chocolate Chip Cookie</td>
<td>1 Margarine Cup</td>
<td>Whole Grain Hamburger Bun</td>
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<tr>
<td>4 oz. 100% Orange-Pineapple Juice</td>
<td>4 oz. 100% Orange Juice</td>
<td>3 oz. Western Style Omelet</td>
<td>4 oz. 100% Blended Juice</td>
<td>4 oz. Orange-Pineapple Juice</td>
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<tr>
<td>8 oz. Eggplant Parmesan</td>
<td>1/2 c. Flat Beans</td>
<td>1/2 c. Tomatoes and Sauce</td>
<td>8 oz. Cavatappi Bolognese (3 oz. Meat Sauce, Cavatappi Pasta)</td>
<td>1/2 c. Steamed Rice</td>
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<tr>
<td>1/2 c. Garbanzo Beans</td>
<td>1/2 c. Whole Wheat Grain Bread</td>
<td>1/2 c. Italian Vegetables</td>
<td>1/2 c. Italian Vegetables</td>
<td>1/2 c. Mushroom, Pepper, &amp; Onion Medley</td>
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<td>1 sl. Whole Grain Bread</td>
<td>1 Margarine Cup</td>
<td>1 sl. Whole Wheat Bread</td>
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<tr>
<td>3 oz. Meatloaf w/Apple Brown Gravy</td>
<td>4 oz. 100% Apple Juice</td>
<td>3 oz. Sliced Turkey w/ Cornbread Dressing Florentine</td>
<td>4 oz. 100% Blended Juice</td>
<td>3 oz. Salisbury Steak w/Gravy</td>
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<tr>
<td>1/2 c. Skin on Potatoes</td>
<td>1/2 c. Flat Beans</td>
<td>1/2 c. Flat Beans</td>
<td>1/2 c. Fruited Granola</td>
<td>1/2 c. Turnip Greens</td>
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<td>1/2 c. Stewed Tomatoes</td>
<td>1/2 c. Whole Wheat Grain Bread</td>
<td>1/2 c. Butternut Squash</td>
<td>1/2 c. Parsleyed Potatoes</td>
<td>1/2 c. Turnip Greens</td>
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<td>1 sl. Whole Grain Bread</td>
<td>1 Margarine Cup</td>
<td>1 sl. Whole Wheat Grain Bread</td>
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<tr>
<td>1/2 c. Pineapple</td>
<td>1 Margarine Cup</td>
<td>1 pkt. Peanuts (1 oz.)</td>
<td>1 pkt. Peanuts (1 oz.)</td>
<td>1 pk. Raisins</td>
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<tr>
<td>8 oz. 1% Milk</td>
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<td>4 oz. 100% Blended Juice</td>
<td>4 oz. 100% Orange Juice</td>
<td>3 oz. Hot Dog w/Chili Topping Pollock Fingers</td>
<td>8 oz. Macaroni &amp; Cheese</td>
<td>4 oz. Orange-Pineapple Juice</td>
</tr>
<tr>
<td>3 oz. Chicken Parmesan</td>
<td>3 oz. Southern Style Pollock Fingers</td>
<td>1/2 c. Baked Beans</td>
<td>1/2 c. Seasoned Carrot Cuts</td>
<td>3 oz. Chicken Marsala</td>
</tr>
<tr>
<td>1/2 c. Rosemary</td>
<td>1/2 c. Cheesy Mashed Potatoes</td>
<td>1/2 c. Corn w/Diced Tomato</td>
<td>1/2 c. Green Peas</td>
<td>1/2 c. Butternut Squash</td>
</tr>
<tr>
<td>Potatoes</td>
<td>1 sl. Whole Grain Bread</td>
<td>1 Whole Grain Hot Dog Bun</td>
<td>1 sl. Whole Grain Bread</td>
<td>1 sl. Whole Grain Bread</td>
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<tr>
<td>1/2 c. Spinach</td>
<td>1 sl. Whole Grain Bread</td>
<td>1/2 c. Applesauce</td>
<td>2 Margarine Cups</td>
<td>1 sl. Whole Grain Bread</td>
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<tr>
<td>1 sl. Whole Grain Bread</td>
<td>1 pkt. Peanuts (1 oz.)</td>
<td>8 oz. 1% Milk</td>
<td>2 Margarine Cups</td>
<td>1 pkt. Peanuts</td>
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<td>1 Margarine Cup</td>
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- All meals served with low fat milk and bread.
- Low sodium meals contain less than 1,400 mg of sodium.
- Breaded meats contain 1 oz. breading.
- Meals subject to change without notice.

We are closed for Memorial Day
Caregiving Isn’t a One Person Task

No one is equipped to care for another person 24 hours a day, 7 days a week. At first you may be able to meet your loved one’s needs yourself, for months or even years, depending on their decline and your own health. Eventually you will need help. Just as the physical demands of caregiving increases, so can the emotional toll. Stress of caregiving can also weaken your immune system, leaving you more likely to get sick and stay sick longer. You may sleep poorly and have trouble setting aside time for yourself. Caregiving may also increase your risk for depression. Before you know it, you are so busy caring for your loved one that you can drift away from family and friends - just when you need them most.

**Be Realistic and Accept Help:** There is only so much you can do on your own. Remember asking for help does not make you inadequate or selfish. Be ready to accept help if some one offers. When a friend or relative asks “Can I help?” or “What can I do?” be ready to say yes with a specific task.

**Keep a List:** Keep a list of things you need done or want done and haven’t been able to get to - yard work, pick-up prescriptions, run to the grocery store, the post office or the dry cleaners.

**Consider Abilities and Interests:** If you have a friend who loves to cook, don’t be afraid to ask them to cook one or two meals for you so you can freeze one. If they are walkers ask them if they would mind taking your loved one for a walk to give you an hour to yourself. If they like to garden ask them just to take your loved one on a tour of their garden. Letting them share their garden gives your loved one an outing and, more importantly, gives you a little time for yourself.

**Don’t be afraid to ask:** These are friends and family who love you, so ask them for assistance. If they can’t help, it’s okay. Ask someone else.

**Respite:** Contact the Bay County Council on Aging and learn about the respite services which are offered.

**Hospice:** When the time is appropriate, reach out to one of the local hospice agencies. They assist caregivers and offer a large variety of services, all which are meant to provide assistance for you. If possible, attend the education group meeting on May 26th at 1:00 pm (as noted below). The guest speaker is from Emerald Coast Hospice. It will be a perfect time to ask questions, learn what hospice is about, and find out what services they can offer you and your loved one.

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**Monthly Caregiver Support Groups**

**MAY**

At the Respite Center Building

Sharing and Caring Group Meeting

2nd Friday, May 14, 2021
1:00 PM

Educational Group Meeting
4th- Wednesday, May 26, 2021
1:00 PM

Gigi Kady
Emerald Coast Hospice Educator

**JUNE**

At the Respite Center Building

Sharing and Caring Group Meeting

2nd Friday, June 11, 2021
1:00 PM

Educational Group Meeting
4th Wednesday, June 23, 2021
1:00 PM

To be Announced
Or current resident

BCCOA
Meals Sites

Elizabeth Couliette Senior Center
1116 Frankford Avenue
Panama City, FL 32401
(850) 769-3468
Open:
Mondays, Wednesdays & Fridays

Callaway Fellowship Center
Arts & Conference Center
500 Callaway Parkway
Callaway, FL
(850) 874-0031
Open: Tuesdays & Thursdays

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

Callaway Fellowship Center
First Baptist Church of Fountain
18906 North Highway 231
Fountain, FL 32438
Currently closed.

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.