

NASSAU COUNTY COUNCIL ON AGING

# Senior Life

CELEBRATING HAPPY, HEALTHY LIVES



## Support Groups

Surround yourself with  
people who get it

OCTOBER - DECEMBER 2024



Inside:  
Holiday Mental Health  
Philanthropic Giving  
Transportation Update  
Classes for Adults of ALL Ages!



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**Janice Ancrum Senior Life Center**

1901 Island Walk Way, Fernandina Beach, FL 32034  
Phone: 904-261-0701 • FAX: 904-261-0704  
Facebook: Nassau County Council on Aging  
Website: www.nassaucountycoa.org

**Staff Contacts**

Adult Day HealthCare, The Club - Jennifer Gundling,  
Emily Kunzelmann  
Advocate Home Healthcare - Emily Kunzelmann  
Caregiver Services - Emily Kunzelmann, Jennifer Gundling  
Case Management - Donna Granieri  
CHORE Program - Frances Bartelt  
Development - Kerrie Slattery  
Electric Assistance/Water Assistance - Case Management  
Human Resources, Compliance and Facilities - Don Harley  
Just Friends/Westie Besties - Frances Nobles  
Marketing and Communications - Liz Dunn  
Memberships, Presentations and Classes,  
Room Rentals and *Senior Life* Magazine - Melody Dawkins  
Nutrition and Meal Programs - Frances Nobles  
Program Operations - Donna Granieri  
Transportation - Mike Hays  
Volunteer Opportunities - Chris Fournier

**Westside Senior Life Center**

37002 Ingham Road, Hilliard, FL 32046-1011  
Phone: 904-845-3331 • FAX: 904-845-4491  
Facebook: Nassau County Council on Aging  
Website: www.nassaucountycoa.org

**Staff Contacts**

Administration/Case Management - Linda Rogers  
Nutrition/Meal Programs - Frances Nobles  
Activities - Melissa Snead

**NassauTRANSIT**

Phone: 904-261-0700 • Toll Free: 800-298-9122  
FAX: 904-261-3940  
Facebook: NassauTRANSIT  
Website: www.nassautransit.org  
Contacts: Mike Hays and Sherry Weidenaar

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Cover design by Jessi Bryan,  
NCCOA Marketing & Communications



# Message from our President & CEO

Dear Friends:

Assistance. Encouragement. Relief. Three primary benefits of support groups. Whether formal or informal, a support group can mean the difference between moving forward or living in the past.

When my father passed in 2022, I relied on family and close friends who experienced the loss with me. I found myself gravitating toward the people who were able to empathize with my grief. They knew what to do, what to say and how to act. It was calming. I can honestly say that these kindred spirits created an emotional bridge for me – it was my own personal support group.

Knowing that support is integral to living a happy, healthy life, Nassau County Council on Aging has facilitated and hosted various support groups throughout our five decades (and counting). Our current groups include:

- Caregiver Support
- Grieving with Hope
- Yoga for the Grieving Heart
- Hearing Loss
- Low Vision
- National Alliance on Mental Illness (NAMI)

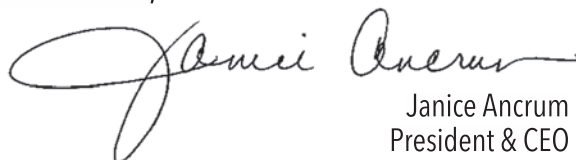
Each group speaks to a core theme, but also enables participants to move at their own speed. There are no set guidelines, no right or wrong answers. That's the beauty...one size does not have to fit all.

Over time, membership in our support groups changes. Sometimes people stay until they "get over the hump;" some continue to nurture blossoming friendships. Others become group leaders. Some support group topics may have staying power; others have a shorter shelf life. Having an agile mindset in form and function is key.

Through our support groups, seniors – and adults of all ages – who once felt "stuck" mentally and/or physically are better able to inch toward a new day. Physical and emotional burdens are lifted. Momentous changes which once interfered with daily life are now more comfortable milestones.

In addition to NCCOA's support groups, we offer related activities including the Caregiver Stress-Buster Forum and Ping Pong for Parkinson's, a partnership with the City of Fernandina Beach. We are always open to new ideas which help our community.

We are here to support you and your loved ones,



Janice Ancrum  
President & CEO

Sources – [doea.org](http://doea.org), [mayoclinic.org](http://mayoclinic.org)



# Thank You

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## Our Mission

*Our mission is to enhance the lives of older adults through services and compassionate care designed to improve the health, independence and economic security of all Nassau County seniors and their families.*

# About Nassau County Council on Aging

## SENIOR LIFE CENTERS

Both Senior Life Centers offer those 60 and older assistance, information and support, in addition to many fun and engaging activities for adults of all ages...plus opportunities to socialize, such as with the Just Friends (Eastside) and Westie Besties (Westside) morning programs. Meeting space is available for rent in both Fernandina Beach and Hilliard locations for group functions.

Contacts: Janice Ancrum Senior Life Center, 904-261-0701; Westside Senior Life Center, 904-845-3331

## PROGRAMS & SERVICES

NCCOA is the lead agency for the Florida Department of Elder Affairs state and federally funded grant programs. Programs & Services provides vitally important resources such as Case Management, Nutrition (Meals on Wheels and MOW for Pets), Fall Prevention and CHORE small home repair. NCCOA also partners with local and state-funded programs to assist with home energy crises (EHEAP) and facilitate City of Fernandina Beach Wastewater, Refuse and/or Storm Water Fee Exemption applications and Town of Hilliard Water Bill Assistance for qualified residents. Free legal assistance is offered through Jacksonville Area Legal Aid, and SHINE provides free one-on-one insurance information to Medicare beneficiaries and caregivers. Contact: Donna Granieri, 904-775-5497/dgranieri@nassaucountycoa.org

## THE CLUB/TRAINING & CAREGIVER SERVICES

- The only one of its kind in Northeast Florida, NCCOA's Adult Day HealthCare Program – known as "The Club" – provides respite for caregivers and offers their loved ones a safe and secure environment. The program, licensed by the State of Florida, provides appropriate therapeutic, social and health-enhancing activities for those with chronic illness, Alzheimer's disease or other cognitive deficits. The Club is supervised by a licensed nurse.
- Caregiver resources include workshops, education and training, and stress-busting forums, as well as a caregiver support group. NCCOA's Memory Café is a new offering for those living with Alzheimer's disease and related disorders. Learn how to adjust to life changes, combat stigma and isolation, and develop a safe social peer group. Contacts: Jennifer Gundling, 904-775-5488 /jgundling@nassaucountycoa.org Emily Kunzelmann, 904-775-5472/ekunzelmann@nassaucountycoa.org

## ADVOCATE HOME HEALTHCARE

Advocate Home Healthcare, a division of Nassau County Council on Aging, provides members with non-medical, in-home services related to daily living activities such as personal care, respite, homemaking and companion services. Certified Nursing Assistants (CNAs) and Home Health Aides may also accompany members to appointments and activities. Fees for these services are paid via private pay, and/or pre-qualified state and federal programs. Contact: Emily Kunzelmann, 904-775-5472/ekunzelmann@nassaucountycoa.org

## Board of Directors



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Jerry Mathe | Treasurer



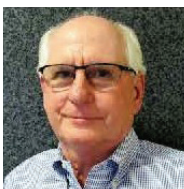
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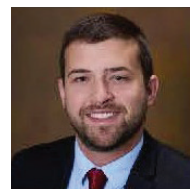
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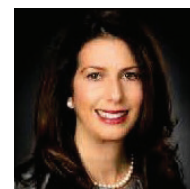
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## NASSAUTRANSIT

Beginning October 1, 2024, Jacksonville Transportation Authority (JTA) will be the designated provider of public transportation in Nassau County (see page 11). For information on service and schedules, please visit [www.nassautransit.org](http://www.nassautransit.org).

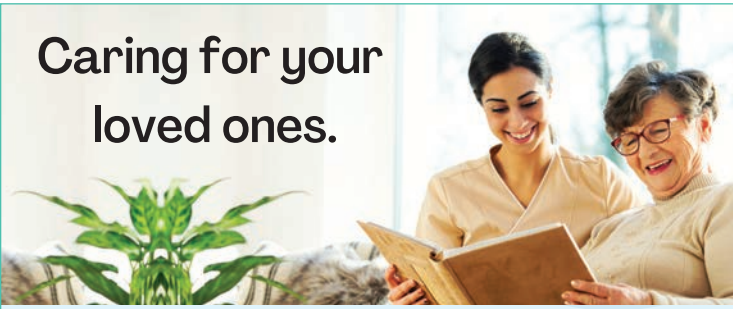
NassauTRANSIT offers paratransit service, including a flexible Monday-Friday schedule. Registered paratransit is available to all qualifying county residents and provides curb-to-curb service for medical appointments, social engagements, recreation, shopping, etc. The State of Florida requires registration for paratransit service through NassauTRANSIT. All NassauTRANSIT vehicle operators and vehicles are credentialed to federal and state requirements, and all vehicles are wheelchair accessible.

Contact: NassauTRANSIT, 904-261-0700/800-298-9122

Please visit [www.nassaucountycoa.com](http://www.nassaucountycoa.com) and [Facebook.com/nassaucountycoa/](https://www.facebook.com/nassaucountycoa/) for information and updates on NCCOA's facilities, programs and services.



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NASSAU COUNTY COUNCIL ON AGING

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OCTOBER-DECEMBER 2024 SENIOR LIFE 7



# SUPPORT GROUPS...

## Provide Assistance, Encouragement and Relief for a New Day

By NCCOA Staff

- Gaining a sense of empowerment, control or hope
- Improving understanding of a disease and your own experience with it
- Getting practical feedback from others in similar situations
- Learning about health, economic or social resources

NCCOA offers a full slate of support groups, including Low Vision, Hearing Loss, Caregiver Support, Mental Health and Grief – with and without yoga focus. Please see descriptions on page 10.

In addition to NCCOA's support groups, we offer related activities including the Caregiver Stress-Buster Forum and Ping Pong for Parkinson's, a partnership with the City of Fernandina Beach. We are always open to new ideas which help our community live and grow.

### Support Group Outcomes

No matter the support group topic, specific outcomes touch on a broad spectrum of personal growth. These areas include:

Emotional Support: Safe space to share feelings and experiences, thus reducing isolation and anxiety

Improved Mental Health: Sense of empowerment; seeing others manage similar challenges can inspire and motivate

Sense of Belonging: Community and belonging, particularly valuable for those who feel isolated or misunderstood in other areas of their life

Practical Advice: Tips and strategies, as well as ways to cope with daily challenges and navigate environments



At their very foundation, support groups bring together people who are going through or have gone through similar experiences. This enables people with common ground – whether it be from a medical condition (cancer, dementia, Parkinson's) or life change (death of a family member, caregiver status, hearing loss) – to share personal experiences and feelings, coping strategies and/or firsthand information about diseases, treatments or solutions – in a supportive, non-judgmental environment.

### Benefits of Support Groups

The common experience among members of a support group often means they have similar feelings, worries, everyday problems, treatment decisions or treatment side effects. Participating in a group provides you with an opportunity to be with people who are likely to have a common purpose and understand one another.

General benefits of participating in a support group may include:

- Feeling less lonely, isolated or judged
- Reducing distress, depression, anxiety or fatigue
- Talking openly and honestly about your feelings
- Improving skills to cope with challenges
- Staying motivated to manage feelings, conditions or next steps



Resource Sharing: Access to information about the latest resources and technologies

Peer Motivation: Inspiration and motivation to pursue goals and maintain a positive outlook

Advocacy: Efforts to raise awareness and influence policies to improve quality of life

Skill Development: Independence and confidence to boost coping mechanisms

### Support Group Agenda

A typical support group agenda includes a welcome, introductions and roundtable discussion. Some topics may be planned, while others may be organic according to the group's current needs. Support groups may offer topical educational opportunities, such as a guest speaker or presentation. Time of day is dependent on the group leader's and members' availability.



The overall goal is to provide a safe environment for personal discussion and information sharing; friendships are a common result. Support groups are not the same as group therapy sessions. Group therapy is a specific type of mental health treatment that brings together several people with similar conditions under the guidance of a licensed mental health care provider.



### Role of a Support Group Leader

Support group leaders are integral to a group's effectiveness. A leader may be a lay person – someone who shares or has shared the group's common experience – or even a professional facilitator, such as a doctor/nurse, social worker or psychologist. At NCCOA, we have a combination of the two. Staff members who have common experiences may facilitate a particular group; medical professionals are in the unique position to present a comprehensive health perspective. Both are invaluable to the process.

### Possible Risks of a Support Group

While we believe support group benefits far outweigh the risks, there are some inherent drawbacks. Effective groups generally depend on the facilitator to help steer away from these risks which may include:

- Disruptive group members
- Conversation dominated by griping
- Challenge between living in the past and moving forward
- Lack of confidentiality
- Emotional entanglement, group tension or interpersonal conflicts
- Inappropriate or unsound medical advice
- Competitive comparisons of whose condition or experience is worse

If any of these scenarios are present in your support group, speak with the facilitator about remedying the situation or perhaps referring you to another resource. Many are available in Nassau County and Northeast Florida as a whole.

Questions? Contact NCCOA at 904-261-0701. We're happy to help you start a new day in your life.

Sources - [doea.org](http://doea.org), [bmcjax.com](http://bmcjax.com), [mayoclinic.com](http://mayoclinic.com), [psychologytoday.com](http://psychologytoday.com), [positivepsychology.com](http://positivepsychology.com)



# NCCOA Support Groups



Fernandina Beach Senior Life Center, 1901 Island Walk Way

Knowing that support is integral to living a happy, healthy life, NCCOA facilitates and hosts various support groups, some spanning decades over our 50-year history. Our current groups include:

### **Low Vision Support Group: Adapting and Thriving**

Vision challenges can significantly impact an individual's independence and quality of life. Learn how to use visual aids, modify living spaces and utilize technology.

4th Wednesday, 11:00 am - 12:30 pm

Facilitator: Krista Long

For more information: Frances Bartelt, NCCOA Volunteer

Coordinator, 904-775-5484 or  
fbartelt@nassaucountycoa.org



### **Grieving with Hope Support Group: Navigating Loss Together**

Grief is a universal - and most often misunderstood - experience. Learn about dealing with loss on your own personal healing journey.

2nd and 4th Monday, 5:30 - 7:00 pm

Various facilitators

For more information: Jennifer Gundling, NCCOA Home Health, Training & Caregiver Services

Manager, 904-775-5488 or  
jgundling@nassaucountycoa.org



### **Hearing Loss Support Group: Enhancing Communication and Connection**

Loss of hearing can lead to feelings of isolation and frustration. Learn about assistive listening devices and/or lip-reading, hearing aids and local resources.

1st Tuesday, 12:00 pm - 1:30 pm

Facilitator: Don Eipert

For more information: Frances Bartelt, NCCOA Volunteer

Coordinator, 904-775-5484 or  
fbartelt@nassaucountycoa.org



### **Yoga for the Grieving Heart: Addressing Loss Through Movement and Mindfulness**

While traditional grief support groups focus on verbal sharing and emotional support, this ancient exercise offers a complementary approach to enhance the mind-body connection. Learn how to strengthen the body, relax the mind and reduce stress.

Every Wednesday, 5:30 - 6:30 pm

Facilitator and contact: Tina LaVacca, RHT, Certified Yoga Instructor, 570-460-0373 or  
changingtidesamelia@gmail.com

Sponsored by Jim Tippins, Changing Tides Bereavement Resources



### **Caregiver Support Group: Sustaining the Unsung Heroes**

Caregiving has been described as both a labor of love and the most difficult job on the planet. Learn how to better deal with physical and emotional strain, and get the relief you need through validation, self-care, respite and resource sharing.

2nd and 4th Wednesday, 3:30 - 5:00 pm

Various facilitators

For more information: Jennifer Gundling, NCCOA Home Health, Training & Caregiver Services

Manager, 904-775-5488 or  
jgundling@nassaucountycoa.org



### **National Alliance on Mental Illness (NAMI) Support Group: Breaking the Stigma**

Unlike other medical conditions, mental illness often carries a significant stigma, making it more challenging for individuals to seek help and gain acceptance. Learn how to navigate the mental health arena, and help promote understanding and support.

Every Friday, 11:00 am - 12:30 pm

Various facilitators

For more information: Nelli Ramos, NAMI Nassau, 904-277-1886 or  
contact@naminassauflorida.org



*Note: Remember that a support group is not a substitute for regular medical care. If you do not think a support group is appropriate for you, but still need help coping with your condition or situation, speak with your doctor about counseling or other types of therapy.*



# Public Transportation Update

Since the mid-1980s, NCCOA has served Nassau County as Florida's designated provider of public transportation service, known today as NassauTRANSIT. As previously announced, the designation will transfer to Jacksonville Transportation Authority (JTA) as of October 1.



Since June, NCCOA and JTA have collaborated very closely to ensure a smooth and seamless transition with minimal effects for our customers, especially seniors and their families, as well as for our county partners and the entire community. We are happy to report that transportation county-wide to and from NCCOA's Senior Life Centers (Fernandina Beach and Hilliard), dialysis and medical appointments, employment and job training, nutrition and social engagements, etc., will be the same priority for JTA as it always been for NCCOA/NassauTRANSIT.

NassauTRANSIT's experienced vehicle operators and professional office staff will remain employed with the service, beginning October 1. Operations will continue to be based in the Fernandina Beach Transit Center and NCCOA's Westside Senior Life Center in Hilliard. Much of NassauTRANSIT's fleet of vehicles will be kept deployed. And although fares will not

immediately change, NCCOA will continue to provide passes (for a period of time) for passengers who have particular economic challenges.

This transition through the partnership between NCCOA and JTA is great news for rapidly growing Nassau County.

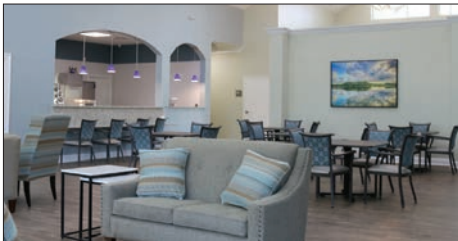
"We feel confident that JTA has the resources and capacity needed for a wider public transportation service today and into the future," said Janice Ancrum, NCCOA President & CEO. "It is especially gratifying knowing that NassauTRANSIT has played an important transportation role in our county for more than four decades, and will continue through JTA."

For more information, visit [www.nassautransit.org](http://www.nassautransit.org). If you have any questions, please contact Janice at 904-261-0701 or [jancrum@nassaucountycoa.org](mailto:jancrum@nassaucountycoa.org).

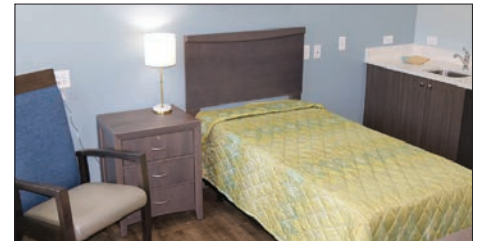
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# Lifelong Learning



All classes are held at the Janice Ancrum Senior Life Center, 1901 Island Walk Way, Fernandina Beach, unless noted otherwise.

More locations! • American Beach - 1600 Julia St, FB • Atlantic Rec Center - 2500 Atlantic Ave, FB

• FSCJ - Yulee - 76346 William Burgess Blvd, Yulee

To enroll, visit [www.nassaucountycouncilonaging.org/product/memberships/](http://www.nassaucountycouncilonaging.org/product/memberships/) • Questions? Contact NCCOA at 904-261-0701.



## Special Events

### Book Club

#### Reading Between the Lines

Lucy Martin & Kathy DeAngelis

Wed – Oct 2, Nov 6, Dec 4

5:30 – 7:00 pm

### Halloween Charcuterie Board

Les Diaz, Luxe Picnics by Les

Wed – Oct 30 • 5:30 – 7:30 pm

### Seniors on a Mission Technology Bus

Howard McMinn

Fri – Nov 6 • 10 am – 3 pm

(30-minute sessions)

### Holiday Safety and Scams

Nassau County Sheriff Bill Leeper,

Candy Solomon, FSCJ - VERC,

John Cipriani, Instructor, Qigong

& Self Defense

Tue – Nov 12 • 10 am – 12 pm

FSCJ - Yulee

### Veterans Day Historical Showcase

American Military Historical Society LLC

Wed – Nov 13 • 8:00 am – 4:30 pm

### Ringling in the Holidays – Free

Pam Bell, Solo Handbells

Fri – Dec 6 • 10 – 11 am



## Arts, Crafts & Hobbies

### Crocheting Circle – All Levels – Free

Brenda Brubeck

Every Tue • 10:00 – 11:30 am

### Drawing from Observation – Beginning (Series of 6)

Ann Freeman

Tue – Oct 8 – Nov 12 • 1 – 3 pm

### Drawing from Observation – Advanced (Series of 6)

Ann Freeman

Tue – Oct 8 – Nov 12 • 3 – 5 pm

### Crafts with a Purpose

Linda Seng-Mills

Tue – Oct 15, Nov 19, Dec 3, Dec 17

10 – 11 am

### Casual Knitting – Beginners Welcome – Free

Marcia Foshee-Duffy

Every Thu • 1 – 3 pm

### Painting

Leeanne Saylor

Saylor Accounting & Tax

Every Fri • 2:00 – 4:30 pm



## Cards & Games

### Rummikub

Janet Chatfield

Every Mon • 3 – 4 pm

### Trivia – Free

Nelson Insurance

3rd Tue • 9 – 10 am

### Party Bridge

Lois Stewart

Every Wed • 9:30 am – 12:30 pm

### Cribbage – All Levels

Shirley Green

Every Wed • 1:00 – 3:30 pm

### Poker – Free

Morgan Brown, Sr. Living Placement

Shelli Kimball, Traveling Light 904 Jax

4th Mon • 9 – 10 am

### Canasta – Hand, Knee, Foot & Toe – Open Play & Instruction

Debbie Price

Every Fri • 9:30 am – 12:00 pm

### Mahjong – All Levels with a Current Mahjong Card

Facilitator: Theresa Macwithey

Every Fri • 12:30 – 3:30 pm

### Bridge Open Play – All Levels

Kevin Murphy – Instructor available upon request

Every Fri • 12:30 – 4:00 pm



## Computers & Technology

### Unleash Your Creativity with AI: Tools & Techniques for Lifelong Learning & Fun!

Jeff Cheeney, Business Agility,

AI Coach & Trainer

Tue – Oct 1 • 9 – 10 am

FSCJ - Yulee

### Create with Confidence: Your Personal AI Project Workshop

Jeff Cheeney, Business Agility, AI

Coach & Trainer

Tue – Oct 8 • 9 – 10 am

FSCJ - Yulee

### AI: The Linking Game

Paul Fishwick

Wed – Oct 9 • 10 – 11 am

### AI: The Memory Palace

Paul Fishwick

Wed – Nov 6 • 10 – 11 am

### Apple iPhone/iPad

Marc Williams

Mon – Tue – Wed – Oct 14, 15, 16

9:30 - 11:30 am

### Apple Macintosh

Marc Williams

Tue – Wed – Thu – Nov 12, 13, 14

9:30 – 11:30 am

*Computers & Technology continued on the following page.*



## Apple iPhone/iPad

Marc Williams

Mon – Tue – Wed – Dec 9, 10, 11

9:30 – 11:30 am



## Fitness & Dance

### Pelvic Floor & Core

Janice Clarkson

Every Mon • 8:30 – 9:30 am

### Chair Yoga

Tina LaVacca

Every Mon • 9:00 – 9:45 am

### Enerchi

Mary Bleck

Every Mon • 10 – 11 am

### Aerobic Fitness

Merle Sauer

Every Mon • 10:00 – 10:45 am

American Beach Community Center

### Beginning Ballet

Laura Giordano

Every Mon • 10:30 – 11:15 am

### Yogalates

Merle Sauer

Every Mon • 11:00 – 11:45 am

American Beach Community Center

### Standing Yoga

Mary Bleck

Every Mon • 11:30 am – 12:30 pm

### Floor Yoga Stretch

Tina LaVacca

Every Mon • 11:45 am – 12:30 pm

### Tap Dancing

Maggie Comey

Every Mon • 12:45 – 1:45 pm

### Pilates

Merle Sauer

Every Mon • 1 – 2 pm

### Standing Core

Catherine Paradise

Every Tue • 8:15 – 9:15 am

### Resistance Training - Advanced

Debi Senger

Every Tue • 8:30 – 9:30 am

### Stability Exercises

Mary Bleck

Every Tue • 10 – 11 am

### Full Body Toning

Debi Senger

Tue – Oct 1 – 22 • 11 am – 12 pm

FSCJ - Yulee

### Belly Dancing

Laura Giordano

Every Tue • 11:15 am – 12:15 pm

### Line Dancing – Basic

Kathy Ball

Every Tue • 1:00 – 1:45 pm

### Line Dancing – Intermediate

Kathy Ball

Every Tue • 2 – 3 pm

### Zumba Gold

Stacey “Sparkle” Vinson

Every Tue • 1 – 2 pm

### Zumba Gold

Stacey “Sparkle” Vinson

Every Tue • 3 – 4 pm

American Beach Community Center

### Stretch & Balance – Advanced

Janice Clarkson

Every Wed • 8:30 – 9:30 am

### Tighten and Tone

Merle Sauer

Every Wed • 9:00 – 9:45 am

### Weight Training and Toning

Janice Clarkson

Every Wed • 9:45 – 10:45 am

### Aerobic Exercise

Merle Sauer

Every Wed • 10:00 – 10:45 am

### Pilates

Merle Sauer

Every Wed • 11:00 – 11:45 am

### Enerchi

Mary Bleck

Every Wed • 11:30 am – 12:30 pm

### Line Dancing – Basic

Kathy Ball

Every Wed • 1:00 – 1:45 pm

### Line Dancing – Intermediate

Kathy Ball

Every Wed • 2 – 3 pm

### Advanced Chair Yoga Stretch

Catherine Paradise

Every Thu • 8:15 – 9:15 am

### Mat & Core – Advanced

Debi Senger

Every Thu • 8:30 – 9:30 am

### Happy Hoopers

Laura Giordano, Heidi Freilich,

Judy Desroches

Every Thu • 9:45 – 10:15 am

### Just Dance

Heidi Freilich & Laura Giordano

Every Thu • 10:30 – 11:30 am

### Dancing Queens

Lorraine Gaito

Every Thu • 12:00 – 12:45 pm

### Qigong Healing – The Art of Inhaling Life

John Cipriani

Every Thu • 10:30 – 11:30 am

### Zumba Gold

Stacey “Sparkle” Vinson

Every Thu • 1:30 – 2:30 pm

### Zumba Gold: Weight Training & Toning

Stacey “Sparkle” Vinson

Every Fri • 8:30 – 9:30 am

### Chair Yoga

Tina LaVacca

Every Fri • 9:00 – 9:45 am

### Aerobic Exercise

Merle Sauer

Every Fri • 10:00 – 10:45 am

### Zumba Step Up

Stacey “Sparkle” Vinson

Every Fri • 9:45 – 10:45 am

### Pilates

Merle Sauer

Every Fri • 11:00 – 11:45 am

*Fitness continued on the following page.*

## Total Body Workout

Stacey “Sparkle” Vinson  
Every Fri • 11:30 am – 12:30 pm

## Posture and Balance

John Cipriani  
Every Fri • 1 – 2 pm



## History, Culture & Travel

### Armchair Travel – Free

Nancy Cerra, Realtor, Keller Williams Realty  
Thu – Oct 3, Nov 7, Dec 5  
9 – 10 am



## Language/Literature

### Intermediate Conversational Spanish

Dale Spencer  
Every Mon • 1:30 – 3:00 pm

### Media Journalism – Write like A Pro

Steve Gibbs, Author  
Tue – Oct 1 – Nov 5 • 10 – 11 am

### Basic Conversational Spanish

Irene Alvarado-Vander  
Every Wed • 1:30 – 2:30 pm

### Sign Language

Lynn Freeman  
Every Thu • 10 – 11 am

### Italian Language & Culture

Christopher Bollo  
Every Thu • 1 – 2 pm

### Lip Reading (Series of 6)

Sherry Shayne, Audiologist  
Thu – Oct 3, 17, Nov 7, 21, Dec 5,  
19 • 2:30 – 3:30 pm



## Legal

### Legal Aid: Estate Planning and Why It's Important

Aaron Irving, Jacksonville Area Legal Aid  
Mon – Oct 21 • 2:30 – 3:30 pm



## Music

### Elvis Music with Lane – Free

Lane Mashburn, Amelia Auto Mart  
1st & 3rd Mon • 9 – 10 am

### Ukulele- Open Play

Julie and Jim Black  
Every Mon • 10 – 11 am

### Guitar Adventures with Joyce – Free

Joyce Whorton  
2nd Tue • 10 – 11 am

### Sing Along with Bruce – Free

Bruce Beville  
1st & 3rd Wed • 9 – 10 am

### Tunes with the 2J's – Free

Julie & Jim Black  
2nd & 4th Thu • 10 – 11 am



## Other Opportunities

### Honoring Choices

Cindy Newman, Volunteer,  
Community Hospice & Palliative Care  
Tue - Oct 8 • 1 - 3 pm

### Self Defense

Tom Gagne & John Cipriani  
Fri – Oct 11 & 18 • 2 – 3 pm

### A Lifetime Gift – Light Lunch Provided

Shelly Halverson, Creator & Facilitator  
Dan Johnson, Thrivent Financial Advisor  
Thu – Oct 24 • 11:30 am – 1:00 pm  
Fri – Nov 15 • 11:30 am – 1:00 pm

### AARP Driver Safety

Book Directly with AARP –  
Jean Loerker – 904-388-2515  
Sat - Nov 9 • 9 am – 4 pm

### Hope for the Holidays

Sarah Proctors, Community Hospice & Palliative Care  
Wed – Nov 20 • 11:30 am – 12:30 pm



## Photography

### Photography Series

#### iPhone Photography

Dawna Moore, Photographer  
Tue – Oct 1 • 10 – 11 am  
FSCJ - Yulee

#### Apps for Cell Phone Photography

Dawna Moore, Photographer  
Tue – Oct 8 • 10 – 11 am  
FSCJ - Yulee

#### Composition and Light

Buddy Price, Photographer  
Tue – Oct 15 • 10 – 11 am  
FSCJ - Yulee

#### A Deeper Dive into Composition

Buddy Price, Photographer  
Tue – Oct 22 • 10 – 11 am  
FSCJ - Yulee



## Policy & Government

### Hot Topic Discussions with Mayor Bradley Bean

Fri – Oct 11, Nov 8, Dec 13  
9:30 – 10:30 am

### Critical Issues Forum

### Data and Perspectives on U.S. Immigration

Richard Scribner  
Tue – Oct 1 • 3:00 – 4:30 pm

### India: Vast Potential, But Serious Problems

Robert Weintraub  
Tue – Oct 8 • 3:00 – 4:30 pm

### How Technology and Disinformation Campaigns are used to Influence U.S. Elections

Greg Doyle  
Tue – Oct 15 • 3:00 – 4:30 pm

*Policy & Government continued on the following page.*



**Nuclear Power Plants: The Future of Current Facilities and Potential for New Designs**

Thomas Polito  
Tue – Oct 22 • 3:00 – 4:30 pm

**Global Impact of Russia’s War on Ukraine**

Tom Smith  
Tue – Oct 29 • 3:00 – 4:30 pm

**Satellites & Weapons in Space**

Brian Dieffenbach  
Tue – Nov 12 • 3:00 – 4:30 pm

**What’s Behind the U.S. Life Expectancy Decline?**

Jackie Dorst  
Tue – Nov 19 • 3:00 – 4:30 pm

**Understanding and Preparing for the Rapidly Emerging AI Reality**

Paul Pierson  
Tue – Dec 3 • 3:00 – 4:30 pm

**Israel/Palestine Conflict: Is a Long-Term Resolution Possible?**

Robert Weintraub  
Tue – Dec 10 • 3:00 – 4:30 pm



**Ping-Pong Serving Parkinson’s**

Fernandina Beach Parks & Recreation Ping Pong Club  
Mon – Oct 7 & 14 • 10:00 – 11:30 am  
Atlantic Recreation Center

**Resistance Training & Protein**

Mark Nelson, MD, FACC, MPH & Personal Trainer  
Tue – Oct 1 • 11:15 am – 12:15 pm

**Healthy Muscle, Healthy Life**

Mark Nelson, MD, FACC, MPH & Personal Trainer  
Tue – Oct 8 • 11:15 am – 12:15 pm

# Lifelong Learning

**Cooking with April – Vegan Pumpkin Pie – Free**

April Blue Moseley, Samadhi Foods  
Fri – Oct 4 • 9 – 10 am

**Cooking with April – Fudge – Free**

April Blue Moseley, Samadhi Foods  
Fri – Nov 1 • 9 – 10 am

**Nutrition Education**

Beth Verlinde, RDN  
Wed – Oct 16, Dec 13 • 8 – 9 am

**Cooking with April – New Year, Better Gut Health – Free**

April Blue Moseley, Samadhi Foods  
Fri – Dec 13 • 9 – 10 am

**Tapping Meditation – Tapping Cafe**

Jean Kerry, PhD  
Every Thu • 1 – 2 pm

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# Managing Mental Health *During the Holidays*

By Katie Nussbaum, Baptist Health

The holiday season comes with a lot of joy, but it can also mean a schedule full of parties, long lines and little downtime.

"The end-of-the-year holiday season can be exhausting and highly stressful to many," said Savitha Puttaiah, MD, psychiatrist and medical director of Baptist Behavioral Health. "Even though it is the festive season, Christmas appears in the Social Readjustment Rating Scale (SRRS), a scale that was created in the mid-1960s by psychiatrists Thomas H. Holmes and Richard H. Rahe, to capture the effects of stress on a person over a period of time."

Dr. Puttaiah offers some quick and easy tips to help reduce holiday stress during this sometimes challenging time of year.

## **Create a budget**

"Sticking to a budget and sharing this goal with someone who can keep you accountable can be a simple start and keep you less overwhelmed," Dr. Puttaiah said. You can do this in several ways: set a limit on your credit card or put the plastic away entirely and stick to cash. We live in the era of buying things with a single click, so deleting your favorite shopping apps like Amazon from your smartphone can be liberating and save you from the regret of impulsive shopping and retail therapy.

## **Be mindful of alcohol**

Alcohol can be hard to stay away from, as it's part of the social fabric, Dr. Puttaiah said. This is another area where it's helpful to bolster the support system you have to keep you on track with drinking. "You can also be selective about the events you attend, especially if you know there will be excessive alcohol there," she said.

Other ways to help you skip alcohol include taking along your favorite non-alcoholic drink or asking the host to have it on hand, electing to be the designated driver and having a pre-planned response to turning down a drink.

It's important to understand that drinking alcohol can worsen depression, and "drowning one's sorrows" in a drink is a myth and invariably worsens things. Try instead to stick to routines, activities involving nature, getting out of the house and being with friends who don't drink.



## **Take time for yourself**

Sometimes, setting boundaries is necessary to ensure you have space for yourself. Taking time to go outside and enjoy the fresh air, reading a book that is long overdue or spending time on your favorite hobby are easy ways to help you reset during the busy time of year.

While alone time is important, spending time with friends and family members is equally important, especially if the holidays trigger grief or bad memories.

"The holidays give you the opportunity to recharge, connect with family and nature, and do things that are within your control," Dr. Puttaiah said. "If the holidays are triggering, anticipating this and having a strategy to manage triggers rather than just going with the flow can be very helpful when things feel overwhelming." Have a support system and make sure you don't skip parts of your routine like taking your medications, getting some decent sleep or going to the gym.

## **Unplug from your devices**

Dr. Puttaiah recommended setting aside at least a couple of days a week for a digital detox. "Sometimes, it can be difficult to step completely away from electronic gadgets because you have to stay in contact with your loved ones, so one thing I find helpful is deleting apps," she said. "If you're uninstalling social media, work email and the shopping apps, and only using your cell phone for what it's truly meant to be, you will save a ton of energy and brain cycles."

She added, "It boils down to the choices we make, being mindful and understanding that the spirit of Christmas [and other holidays] is in the togetherness. It's a time where we reflect, spend time with our loved ones, forgive, take stock of what is important and become better versions of ourselves."

## **Don't be afraid to ask for help**

If you're feeling stressed and want to speak with someone, the caring mental health professionals at Baptist Behavioral Health provide counseling, psychological and psychiatric services for all ages.



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# Why Supporting Seniors Matters

By Kerrie Slattery, NCCOA Development Consultant

**W**hen Janice Ancrum, NCCOA President & CEO, asked me to join her team to support fundraising, I was thrilled. My first step was defining why the community should support and direct philanthropic resources to support seniors. Working at NCCOA I could quickly see the positive energy, joy, enthusiasm and camaraderie of the many seniors and families who rely on the many programs and services. With senior life centers in Fernandina Beach and Hilliard, NCCOA is able to serve seniors throughout Nassau County.

Philanthropic giving comes from the heart. NCCOA has a significant impact by enhancing the quality of life for seniors, allowing them to age gracefully and with dignity. I understood quickly why the community continues to give generously to support our beloved seniors.

Below are the many ways NCCOA provides critical support to seniors in our community.

- **Addressing Basic Needs:** Many seniors face challenges in meeting the basic needs of life, such as food and healthcare. NCCOA provides essential services, including nutritious meals and resources to ensure that seniors live with dignity and security.
- **Combating Loneliness and Isolation:** As people age, they may become more isolated due to mobility issues, loss of loved ones or reduced social networks. NCCOA provides programs and community activities that help seniors stay connected and engaged.
- **Promoting Health and Aging in Place:** NCCOA offers various health-related services, and recently relaunched Advocate Home Healthcare that provides comprehensive home assistance for seniors to age in place.
- **Providing Educational and Recreational Opportunities:**

Lifelong learning and recreational activities are crucial for mental and emotional well-being. NCCOA has a plethora of educational programs, workshops and recreational activities that enrich seniors' lives.

- **Offering Day Programs:** The only one of its kind in Northeast Florida, NCCOA's Adult Day HealthCare Program – known as “The Club” – provides respite for caregivers and offers their loved ones a safe and secure environment. The program specializes in Alzheimer's disease and other related dementias, as well as care for adults needing assistance with activities of daily living, and offers families an affordable alternative to the rising costs of long-term care.
- **Supporting Caregivers:** Caregivers of seniors often face significant emotional, physical and financial burdens. NCCOA provides resources, respite care and support groups to help caregivers manage their responsibilities and well-being.
- **Navigating Advocacy and Legal Support:** Seniors may need help navigating complex systems related to benefits, pensions and legal rights. NCCOA and Jacksonville Area Legal Aid have partnered to provide legal assistance to help ensure seniors receive the support and protection they deserve.
- **Encouraging Independence:** NCCOA and volunteers work to help seniors maintain their independence as long as possible through initiatives to age in place. These include home modification through the CHORE program and transportation services.

Seniors bring knowledge, wisdom and experience to our lives, and their well-being is integral to a vibrant society. Your partnership and financial support for NCCOA contributes to the overall health and strength of communities throughout Nassau County. Please know how grateful we are!

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 1901 Island Walkway – Fernandina Beach



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# Friendly Visitor Program:

## *We Need You!*

**Beth, Ginny and a Furry Friend**

By Penny Russell, FVP Coordinator

Over a coffee last year, Lynn, Rebecca and Penny decided to pool our resources to help with a project for Nassau County Council on Aging. We approached NCCOA President & CEO Janice Ancrum in February 2023 and received the task of re-introducing the previous Circle of Friends, now Friendly Visitor Program. Six months later, renamed and revamped, we held our first orientation and are now proud of a thriving membership. However, we still want to grow and help as many as we can and to do this, we need your help! Whether you are interested in becoming a volunteer or would appreciate a friendly visitor, please contact us at [friendlyvisitors@nassaucountycoa.org](mailto:friendlyvisitors@nassaucountycoa.org) or 904-775-5484.

### **What is the Friendly Visitor Program?**

The aim of the program is to serve seniors who are isolated and often homebound. Many seniors in Nassau County live far from family members, have lost old friends or are just lonely.

### **How does it work?**

The Friendly Visitor Program matches volunteers with seniors in the community. All our volunteers are interviewed, pass a Level 2 background check and orientation. We



ask for a commitment of 1 hour a week for a minimum of 1 year. It works! Below are a couple of our matches and their stories.

Beth and Ginny met in April 2024. Ginny already volunteered at NCCOA and was keen to help with the program. Right from the start, they found they had several similarities in their past and realized their friendship would flourish. Beth and Ginny think alike and are great company for each other. "You matched us so well... we have so much in common," Beth said. They have ancestry in Ireland and apparently both raised and showed goats as children. Their love for the same dog breed is shared with Greyhounds in both their lives. It's truly a small world! "This program inspires friendship through the power of connection with volunteers and seniors who probably would not have the opportunity to meet otherwise," Ginny said. "Beth is a keeper!"

Miss Annie and Mary were matched in August 2023. Miss Annie worked, attended

and volunteered at NCCOA for many years and is loved by everyone. Mary and Miss Annie's friendship is both respectful and full of fun. It seems Miss Annie is up for anything and loves to create challenges for Mary on their visits (nothing too crazy)! A recent purchase of a fabulous blue tricycle has given the friendship a new adventure.



**Miss Annie's Blue Bike**

Miss Annie is often out pedaling, waving at neighbors and family, with Mary by her side -- a sight we would all like to see! Even though the Friendly Visitor Program stipulates a one-year commitment, both did not want it to end. Their friendship knows no bounds. "Miss Annie, what a joy to make a new friend and get to know a longtime Nassau resident," Mary said. Miss Annie added, "Try it...you might be as lucky as I was!"





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Nassau County Council on Aging is a 501(c)(3) nonprofit organization - Tax ID #23-7875278

Photo Credit: Rikky Sanders Photography

## Planning an Event? Come to 1901 Island Walk Way!



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Henderson Hall



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<b>Henderson Hall</b>	<b>1,100 square feet</b>	<b>\$75.00/hour</b>
<b>Keffer Board Room</b>	<b>440 square feet</b>	<b>\$50.00/hour</b>

For more information, contact Melody Dawkins, Membership & Community Engagement Director, at 904-261-0701 or [mdawkins@nassaucountycoa.org](mailto:mdawkins@nassaucountycoa.org)





# Support

C F B Z O J O L W V O D D E B O T Z G H S J Q A V  
Q B P Z N U E S U P P O R T Z O W U T R E G O T R  
Q G H Y Z A T I Y E N U X E A J Y H R X B A B D A  
U K M J Y U R R U H R H M V T B H F C N R Z A J X  
P L A U U P N X E E D P O I E N C O U R A G I N G  
W U J B Y X I S Z A G E J A S S I S T A N C E Q B  
U D C M B N M B R I C R G M O T I V A T I O N B C  
P I Y Q F Y K I G G T H O B Y A Q Q Q R R N D L F  
T J C F W U I S J J M U I W Z A J P I B R K T O J  
P A O N Z H P G G R Y E J X T X D T S R S Q Q C L  
A T U O K D S M O E B U N M K H Y B E W X F N F A  
U S R I U W Y H G Z G I Z T B G B E L O N G I N G  
D M A L H Q O Y F X U F M C A U W S K I Z T N S D  
A Z G B R D S T M B I E V A T L R S U E I V P F E  
D J E M P N O E X I D L Z A O U H E K T V Q A Q N  
V Y C J A W S N M W A A I R W S M E F L L L A H I  
O X O S D X H A Z E N K N K E A V Y A A T S J X T  
C G M V S R A D L L C C D B P S R B I L I I P B S  
A V M A Z L R V Q L E T B C Q H O E T J T L P X P  
C J U G H M I I Z N I O G S M J B U N O H H B C X  
Y E N H O Q N C I E J Y P M Q Z H Y R E I A E R M  
W V I Q P C G E K S F D D V R Q R I X C S G H H I  
B M T A E P C I K S K H W D L Q T J N X E S J B G  
Q V Y R J A E R Z W X R T Y H V N F S C J S N H Q  
T T E X V P M V P K S J H Y X P T D F S T E M X Z

Mental Health

Encouraging

Assistance

Motivation

Belonging

Community

Awareness

Resources

Guidance

Advocacy

Wellness

Support

Sharing

Outreach

Courage

Growth

Hope

Advice

SOLUTION ON PAGE 22





Please see page 10 for full listing of NCCOA support groups.

All support groups are sponsored by Nassau County Council on Aging, and held at the Fernandina Beach Senior Life Center, 1901 Island Walk Way. There is no charge to attend these support groups.

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**SOLUTION FROM PUZZLE ON PAGE 21**

**Support**

C F B Z O I O L W V O D D E B O T Z G H S J Q A V  
Q B P Z N U E **SUPPORT** Z O W U T R E G O T R  
Q G H Y Z A T I Y E N U X E A J Y H R X B A B D A  
U K M J Y U R R U H R H M V T B H F C N R Z A J X  
P L A U U P N X E E D P O I **ENCOURAGING**  
W U J B Y X I S Z A G E J **ASSISTANCE** C B O B  
U D C M B N M B R I C R G M O T I V A T I O N B C  
P I Y Q F Y K I G G T H O B Y A Q Q Q R R N D L F  
T J J C F W U I S J J M U I W X A J P I B R K T O J  
P A O N Z H P G G R Y E I X T X D T S R S Q Q C L  
A T U O K D S M O E B U N M K H Y B E W X F N F A  
U S R I U W Y H G Z S I Z T R G **BELONGING**  
D M A L H Q O Y F X U F M C A U W S K I Z T N S D  
A Z G B R D S T M B I E V A T L R S U E I V P F E  
D J E M P N O E X I D L Z A Q U H E K T V Q A Q N  
V Y C J A W S N M W A A I R W S M E F L L L A H I  
O X O S D X H A Z E N K N K E A V Y A A T S J X T  
C G M V S R A D L L C C D B F S R B I L I P B S  
A V M A Z L R V Q L E T B C O H O E T J T L P X P  
C J U G H M I I Z N I O G S M J B U N O H H B C X  
Y E N H O Q N C I E J Y P M Q Z H Y R E I A E R M  
W V I Q P C C E S S F D D V R R I X C S G H H I  
B M T A E P C I K S K H W D L Q T J N X E S J B G  
Q V Y R J A E R Z W X R T Y H V N F S C J S N H Q  
T T E X V P M V P K S J H Y X P T D F S T E M X Z

Mental Health	Encouraging	Assistance
Motivation	Belonging	Community
Awareness	Resources	Guidance
Advocacy	Wellness	Support
Sharing	Outreach	Courage
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## The Donut Hole is Finally Gone for Good

There is relief coming for Medicare Beneficiaries with their prescription drug costs. Some of the most significant changes are the elimination of the Coverage Gap or Donut Hole Stage and reduction of the True Out-of-Pocket (TrOOP) to \$2,000 annually for 2025. If you are a Medicare Beneficiary, you may have dreaded being caught in the Coverage Gap. Medication costs in this stage spike until reaching the TrOOP. The complexity of Part D benefits often left individuals unsure of their prescription expenses.

A new initiative known as the Medicare Prescription Payment Plan (M3P) will introduce an alternative prescription payment method for beneficiaries, enabling them to spread their costs throughout the year through monthly payments. Those facing high upfront out-of-pocket costs at the beginning of the year may find this program beneficial. M3P participants will pay nothing at the pharmacy but will be billed by their insurance plan. It's important to note that the program does not reduce the total yearly drug expenses for members. Members can enroll or disenroll from M3P at any point during the year.

John Sullivan, Broker

# Quicker recovery means you're back to being yourself sooner.



When surgery is needed, one of the first questions patients ask is how long their recovery will take.

Baptist Nassau offers robotic surgery, a precise surgical technique that's minimally invasive, which can improve recovery time so you can get back to enjoying life sooner. Baptist Nassau has skilled and experienced surgeons who can perform many procedures robotically.

## Benefits of Robotic Surgery

- 1 Reduced scar tissue from small incision
- 2 Reduced damage to healthy tissue and less risk of infection
- 3 Less pain and pain medications after surgery
- 4 Minimal blood loss from and reduced need for transfusions
- 5 Faster recovery time

To get connected with a surgeon who performs robotic-assisted procedures at Baptist Nassau, call **904.202.4YOU (4968)**.

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