

NASSAU COUNTY COUNCIL ON AGING

Senior Life

CELEBRATING HAPPY, HEALTHY LIVES

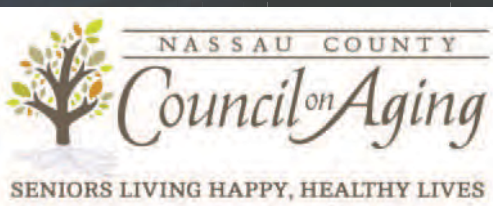
VOLUNTEER

All that's missing is **U!**

Meals on Wheels
volunteers deliver
nutrition to
local seniors



JANUARY - MARCH 2025



Inside:
Fall Prevention
Self-Care Strategies
Classes for Adults of ALL Ages!



We Believe Life Is All About YOUR VISION

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Capritta Roberts, D.O.
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*Oculoplastic Surgeon
Eyelid and Cosmetic Surgery*



Anthony L. Stubits, O.D.
*Glasses, Contacts,
Primary Eyecare*



Leah L. Herron, O.D.
*Glasses, Contacts,
Primary Eyecare*



Katelyn Marks, O.D.
*Glasses, Contacts,
Primary Eyecare*



Linda Marks, O.D.
*Glasses, Contacts,
Primary Eyecare*



Ashley Stowe, O.D.
*Glasses, Contacts,
Primary Eyecare*



Tyler Wills, O.D.
*Glasses, Contacts,
Primary Eyecare*



Katie Cwikla, O.D.
*Glasses, Contacts,
Primary Eyecare*



Colin Milo, O.D.
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MISSION STATEMENT

River City Rehab Center is committed to providing quality services and programs that are accessible and responsive to the long and short term nursing care and rehabilitative health care needs of our community.

COMPANY VISION

We celebrate the diversity of people, ideas and cultures. We honor the dignity and value of individuals working as a team

OUR EXPERTISE

- Physical, Occupational & Speech Therapy, Cardiac, Neurological & Orthopedic Programs
- Open communication between therapy, families and physicians



Locally owned and managed
We support
Nassau County Council on Aging



15480 Max Leggett Parkway, Jacksonville, Florida 32218 • Tel: 904.443.9635 • www.rivercityrehab.healthcare



Janice Ancrum Senior Life Center

1901 Island Walk Way, Fernandina Beach, FL 32034
 Phone: 904-261-0701 • FAX: 904-261-0704
 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
 Volunteer Opportunities - Chris Fournier

Westside Senior Life Center

37002 Ingham Road, Hilliard, FL 32046-1011
 Phone: 904-845-3331 • FAX: 904-845-4491
 Website: www.nassaucountycoa.org

Staff Contacts

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



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Cover photo by Stan Cottle, Cottle Communications
 Cover design by Jessi Bryan, NCCOA Marketing & Communications

Message from our President & CEO



According to the latest statistics, one-third of the nonprofit workforce is comprised of volunteers. As the CEO of a nonprofit, I can honestly say that without volunteers our mission would most likely be in jeopardy.

In 2023, hundreds of NCCOA volunteers donated 10,965 service hours, valued at close to \$350,000. Year after year, volunteers deliver and serve meals, instruct classes, staff special events, facilitate support groups, accompany seniors on field trips, visit isolated seniors in their homes, greet visitors at our senior life centers and complete home repair projects – allowing seniors to age in place.

As a matter of fact, without volunteer support our organization may not have lasted 50+ years. In 1974 (our first year), volunteers delivered meals, drove seniors to appointments, took care of odd jobs around seniors' homes and manned the local office. Paid staff came later.

Volunteerism is “the act of contributing free labor to conduct community service or support a nonprofit organization. Rather than receiving a financial reward, volunteers change the lives of their community members out of feelings of social responsibility and a desire to give back.” Volunteerism is altruistic. Selfless. Rewarding. Indeed, simple acts of kindness go a long way.

The idea of helping others has most likely existed since humans walked the Earth. However the first volunteer organizations can be traced back to Britain in medieval times where over 500 volunteer-run hospitals operated to help the poor and sick. U.S. hospitals during the Civil War were run almost exclusively by volunteers. In the 19th and 20th centuries, organized volunteering continued with the YMCA, American Red Cross and Rotary Club.

Volunteerism in the United States stems all the way back to the Revolutionary War when civilians chipped in to support the war effort. Today, close to 63 million American adults volunteer annually.

Of course, our favorite volunteers help out in NCCOA's Fernandina Beach and Westside Senior Life Centers. There are countless opportunities, and we work hard to match volunteers with their expertise and interests. Volunteers not only enhance the quality of life for seniors on a personal level, but volunteer participation positively impacts the funding available for beneficial NCCOA programs.

Achieve a sense of purpose...gain and share knowledge...connect to others...stay physically and mentally active...contribute to your community. All benefits of the simple act of volunteering. Thank you for being here.

Janice Ancrum
President & CEO

Sources: bloomerang.com, mobilize.com, apnews.com, volunteermatch.com

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.

Thank You

To Our
Funding Partners



Changing
Health Care
for Good.

PUBLISHED BY

NEWS LEADER

1235 South 10th Street
Fernandina Beach, FL 32034
904.261.3696 • Fax 904.261.3698
fbnewsleader.com

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*

Board of Directors



Karen Hackett | Chair



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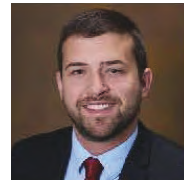
Dr. Tyrone Blue



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Tim Eberle



Urban Fleming



Dr. Orsula V. Knowlton



Kathy McDonagh, PhD



David Sharpe



James Staton Jr.



Dr. Pedro L. Tamayo IV



Ken Saitow | Past Chair

ADVOCATE HOME HEALTHCARE

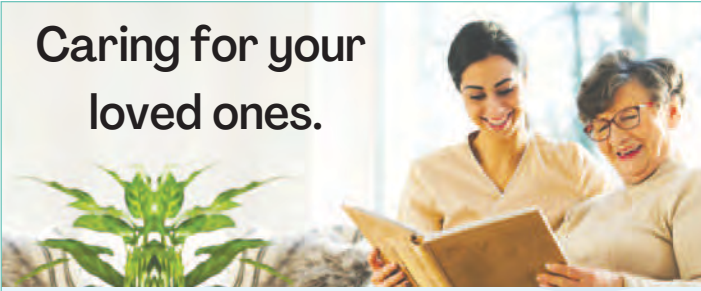
Advocate Home Healthcare, a division of Nassau County Council on Aging, provides members with non-medical, in-home services related to daily living activities such as personal care, respite, homemaking and companion services. Certified Nursing Assistants (CNAs) and Home Health Aides may also accompany 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*

VOLUNTEER PROGRAM

If you are interested in helping seniors, there are many opportunities available at both the Fernandina Beach and Westside Senior Life Centers. Seven main volunteer support areas are offered: Administrative, The Club, CHORE, Community Room, Instructors and Presenters, Meals on Wheels Drivers, Friendly Visitors and other opportunities. *Contact: Chris Fournier, 904-775-5490/cfournier@nassaucountycoa.org*

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

Caring for your loved ones.



At Amelia Springs Assisted Living, we want our residents to feel perfectly at home. Our community is an extension of your loved one's own living space for relaxing, socializing or even exploring hobbies. We've carefully assembled a team of associates, who consider it their calling and passion, to enrich the lives of every resident. We consistently monitor the quality of our services, to provide them in the most caring way possible.



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5 POINTS LIQUORS

Monday is Senior Citizen Day

10% OFF

(excludes discounts and sale items)

DOOR DASH



Makers Mark
750ml

\$25⁹⁹



Dewar's Scotch
1.75L

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Myers Dark Rum

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1.75L



Seagrams V.O.
1.75L

\$24⁹⁹



Svedka Vodka

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1.75L



Casamigos Repasado

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1.75L

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Volunteers Bring a Rich Tapestry of Skills to NCCOA

By Chris Fournier,
NCCOA
Volunteer Manager



linked to better scores on tests measuring executive function and verbal episodic memory. These findings held true even after adjusting for factors such as age, sex, education, income and mode

of interview (phone versus in-person). Additionally, those who volunteered several times a week exhibited the highest levels of executive function.

Multitude of opportunities

At NCCOA, volunteers play a vital role by sharing an impressive array of skills and expertise. They participate in essential administrative tasks and office work, ensuring smooth operations. Many engage with seniors through programs that inspire and empower. Many volunteers work directly with seniors, providing crucial support and assistance.

Tech-savvy individuals contribute knowledge to support digital initiatives and enhance communication. Volunteers from the medical field help deliver care-related services, while others offer legal guidance to navigate complex issues.

Moreover, volunteers organize events that foster community engagement and connection. They take stewardship roles, helping to manage resources responsibly and sustainably.

Volunteering has the remarkable power to promote longevity. Those who dedicate time to their communities often experience a profound boost in mood and a sense of connection with others. Strikingly, studies have shown that individuals 70+ who volunteered frequently lived longer than those who did not. This uplifting correlation remains strong even after considering factors such as medical status and physical activity. The strongest benefits were seen among those who also nurtured friendships.

Health benefits

Moreover, volunteering can significantly reduce the risk of dementia, making it a crucial step toward preserving cognitive health for many individuals. A compelling study from 2023 monitored a group with an average age of 74, which included 48% Black, 20% White, 17% Asian and 14% Latino participants. Out of 1,167 participants, 43% reported having volunteered in the past year.

Researchers found that volunteering was

Many share their knowledge through teaching, imparting valuable skills and lessons to others. Additionally, talented craftsmen lend their skills to create and maintain safety at home allowing seniors to “age in place.”

Some dedicated individuals are selected to serve on the board of directors or advisory committees, guiding the organization’s vision and strategy. Their involvement not only enriches NCCOA but also strengthens the community as a whole, showcasing the diverse talents and passions of each volunteer.

Personal mission

At NCCOA, we are proud to have an exceptional group of volunteers who play a vital role in our community. These individuals dedicate their time, compassion and unique personal skills to support and uplift Nassau County seniors. Through various programs and initiatives,



volunteers provide companionship, assistance and valuable resources ensuring that our aging seniors feel valued and connected. Their unwavering commitment helps foster a sense of community, making a meaningful impact on the lives of those they serve.

When speaking about volunteerism, have you ever heard someone say, “It just makes me feel good” or “It’s a personal mission?” We hear that all the time at NCCOA. Doing good for others can create an emotional boost. A personal mission statement can help you stay motivated and focused on your goals; it can also guide your decisions.

Post-retirement transition

Many volunteers are seniors themselves. After retirement, some may find it difficult to transition due to having too much free time and feeling a lack of purpose. This can lead to health issues, both physically and mentally. Volunteering is a perfect way to make that transition. It allows

Volunteers continued on the following page.

Volunteers continued from previous page.

individuals to remain committed, contribute to their community and maintain a sense of purpose.

Volunteering after retirement offers a wonderful opportunity because it doesn't require a rigid schedule—it's not about working five days a week for eight hours each day. This kind of commitment is often low-stress, allowing you to engage in meaningful activities while still enjoying flexibility. You can maintain a well-rounded and fulfilling life while giving back to the community.

Volunteer qualities and traits

In searching for volunteers, several essential qualities truly make a difference. At NCCOA, five top traits can often be found in individuals who want to make an impact, including unwavering passion for the cause, consistently

positive attitude that uplifts others, strong ability to work well within a team, patience to handle challenges with grace and deep sense of compassion for those we serve.

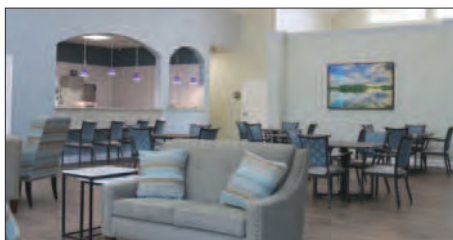
Nonprofits such as NCCOA depend heavily on the dedication and enthusiasm of their volunteer force to effectively carry out their mission. This reliance highlights the importance of being able to recruit quality volunteers as their commitment can significantly shape the organization's success and lives of those we support.

Are you looking to make a meaningful impact in our community? If so, we would love to have you join our incredible team! To learn more, please contact Chris Fournier, Volunteer Manager, at 904-775-5490 or cfournier@nassau-countyco.org. We look forward to hearing from you.

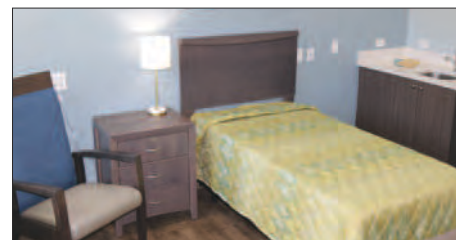
Dayspring Senior Living Now has openings

Our professional team of caregivers provide the very best of care for your family with great passion and respect. This community gives each resident a true feeling of being at home with loved ones. – Doug Adkins

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Celebrating Our Seniors 19th Annual Gala

Saturday, January 25, 2025

6:00 pm - 10:00 pm

The Ritz-Carlton, Amelia Island

All proceeds benefit Nassau County Seniors



JOHN DREW
EMCEE



AARON BEAN
AUCTIONEER



FEATURING...
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Purchase tickets online:

\$250 per person

\$2,500 per table of 10

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For more information, contact NCCOA at 904•261•0701

Cocktail Attire

• Open Bar

• Valet Parking



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/ • Questions? Contact NCCOA at 904-261-0701.



Special Events

Book Club

Reading Between the Lines – Free

Lucy Martin & Kathy DeAngelis
Wed – Jan. 8, Feb 5, Mar 5
5:30 – 7:00 pm

Wills and Advance Directives Clinic – Free

Aaron Irving, Jacksonville Legal Aid
Fri – Feb 7 • 9:00 – 12:00 pm

Matter of Balance – Fall Prevention Class – Free

Mon & Wed, Feb 24 – Mar 19
10 am – 12 pm
Pre-Registration required
Call Northeast Florida AHEC
at 904-482-0189



Arts, Crafts & Hobbies

All About Fishing (Series of 8)

Harley Ess & Friends
Mon – Feb 3 – Mar 24 • 2 – 3 pm

Crocheting Circle – All Levels – Free

Brenda Brubeck
Every Tue • 10:00 – 11:30 am

Sketching: Bringing Faces & Figures to Life! (Series of 2)

Loralie Harris
Tue & Wed – Jan 15 (Face)
& 16 (Body) • 1 – 3 pm

Casual Knitting – Beginners

Welcome – Free

Marcia Foshee-Duffy
Every Thu • 1 – 3 pm

Beginning Watercolor Techniques

Shayna Fisher
Thu – Jan 9 – Mar 27 • 2:15 – 4:15 pm

Cupcake Decorating

Monica Nettles, Harris Teeter
Thu – Feb 6 • 3 – 4 pm

Painting

Leeanne Saylor,
Saylor Accounting & Tax
Every Fri • 2:00 – 4:30 pm

Spring Floral Arrangements

Harris Teeter
TBA



Cards & Games

Poker – Free

Morgan Brown, Sr. Living Placement,
Shelli Kimball, Traveling Light
904 Jax
4th Mon • 9 – 10 am

Rummikub

Janet Chatfield
Every Mon • 3 – 4 pm

Trivia – Free

Nelson Insurance
3rd Tue • 9 – 10 am

Party Bridge – Wed

Lois Stewart
Every Wed • 9:30 am – 12:30 pm

Cribbage – All Levels

Shirley Green
Every Wed • 1:00 – 3:30 pm

Canasta – Hand, Knee, Foot – 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

Every Fri • 12:30 – 4:00 pm



Computers & Technology

Tech Tidy-Up: Organize Your Digital Life

Kerby Hyde Valverde,
Caring Transitions of North
Jacksonville & Fernandina Beach
Mon – Jan 27 • 1 – 2 pm

AI: Your Creative Partner - Unlock New Possibilities in Writing

Jeff Cheeney, Business Agility, AI
Coach & Trainer
Tue – Jan 14 • 9:00 – 10:30 am

AI: Smart Meal Planning - Easy, Tasty, and Right from Your Pantry

Jeff Cheeney, Business Agility, AI
Coach & Trainer
Tue – Jan 21 • 9:00 – 10:30 am

Computers & Technology continued on the following page.

AI: The Linking Game

Paul Fishwick
Wed – Jan 29 • 10 – 11 am

AI: The Memory Palace

Paul Fishwick
Wed – Feb 26 • 10 – 11 am

Apple iPhone/iPad (Series of 3)

Marc Williams
Mon, Tue, Wed – Jan 6, 7, 8
9:30 – 11:30 am
Mon, Tue, Wed – Mar 4, 5, 6
9:30 – 11:30 am

Digital Lifesavers: Intro to Medical Alerts

Linda Grace Farley, My Angel
Alert Band
Thu – Feb 6 • 1 – 2 pm



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

Just Friends Exercise with Tissa – Free

Tissa Lewis
2nd & 4th Mon • 9 – 10 am

Enerchi

Mary Bleck
Every Mon • 10 – 11 am

Beginning Ballet

Laura Giordano
Every Mon • 10:30 – 11:15 am

Standing Yoga

Mary Bleck
Every Mon • 11:30 am – 12:30 pm

Cardio Pump

Debi Senger
Every Mon • 11:45 am – 12:45 pm

Tap Dancing

Maggie Comey
Every Mon • 12:45 – 1:45 pm

Standing Core

Catherine Paradise
Every Tue • 8:15 – 9:15 am

Resistance Training - Advanced

Debi Senger
Every Tue • 8:30 – 9:30 am

Floor Yoga Stretch

Catherine Paradise
Every Tue • 9:30 – 10:30 am

Stability Exercises

Mary Bleck
Every Tue • 10 – 11 am

Standing Pilates

Merle Sauer
Every Tue • 11:15 am – 12:15 pm

Aerobic Drumming

Merle Sauer
Every Tue • 12:30 – 1:30 pm

Belly Dancing

Laura Giordano
Tue, Jan 7, 14, 21, 28 • 11:15 am
– 12:15 pm

Zumba Gold

Stacey “Sparkle” Vinson
Every Tue • 1 – 2 pm

Line Dancing – Basic

Kathy Ball
Every Tue • 1:00 – 1:45 pm

Line Dancing – Intermediate

Kathy Ball
Every Tue • 2 – 3 pm

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

Qigong Healing – For Beginners

The Art of Inhaling Life
John Cipriani
Every Thu • 9:30 – 10:15 am

Qigong Healing – Advanced The Art of Inhaling Life

John Cipriani
Every Thu • 10:30 – 11:30 am

Hoop & Holler!

Laura Giordano, Heidi Freilich,
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

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

*Fitness continued on the
following page.*

Fitness continued

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

Total Body Workout

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

Posture and Balance

John Cipriani
Every Fri • 1 – 2 pm

Senior Self Defense (Series of 2)

John Cipriani
Fri – Mar 14, 21 • 2:30 – 3:30 pm



History, Culture & Travel

Armchair Travel – Free

Nancy Cerra, Realtor, Keller Williams Realty
Topics to be announced
1st Thu • 9 – 10 am



Language/Literature

Intermediate Conversational Spanish

Dale Spencer, and Francis Morrobel, Realtor, Cabana Lane
Every Mon • 1:30 – 3:00 pm

Next Chapter: Imaging the Perfect Writing Class

Steve Gibbs, Author
Tue, Jan 28 • 10 – 11 am

Basic Conversational Spanish

Irene Alvarado- Vander
Returning in April

Sign Language

Lynn Freeman
Every Thu • 10 – 11 am



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

Celebrating with Music

Sandi Haynes
Jazzy January
Tue, Jan 28 • 10 – 11 am

Flag Day

Tue, Feb 18 • 10 – 11 am

St. Patrick's Day

Fri, Mar 14 • 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

A Lifetime Gift – Light Lunch Provided

Shelly Halverson, Creator & Facilitator; Dan Johnson, Thrivent Financial Advisor
Fri – Jan 31 • 11:30 am – 1:00 pm

Senior Scams

Dave Wilson, Island Consulting
Wed – Jan 15, 22, 29; Feb 5, 12, 19 • 11 am – 12 pm

Lifelong Learning

Senior Scams - Topics

Jan 15 – Outsmarting Artificial Intelligence

Jan 22 - Cracking the Code: Inside Financial Hacking Tactics

Jan 29 - Data for Dollars: How Retailers Fuel the Dark Web Economy

Feb 5 - Deceptive Data: Unmasking the Tricks to Steal Your Information

Feb 12 - Hooked on Phishing: Protect Your Digital Identity

Feb 19 - Digital Armor: Why Antivirus Software is Your First Line of Defense



Policy & Government

Great Decisions Classes

Topics and dates to be announced (all sessions on consecutive Tuesdays • 3:00 pm - 4:30 pm)



Wellness

Managing Age Related Eye Conditions – Free

Florida Eye Specialists, Dr. River Shaw
Fri, Jan 24 • 9 – 10 am

Foods for Digestive Health with April – Free

April Blue Moseley, Samadhi Foods
Fri, Jan 3, Feb 7, Mar 7 • 9 – 10 am

Tapping Meditation – Tapping Cafe

Jean Kerry, PhD
Every Thu • 1 – 2 pm

How to sign up for NCCOA classes



my active center

View, register and pay for NCCOA classes online. It's easy! Just follow these steps...

Step 1. If you're new and don't yet have an account go to: <https://myactivecenter.com> – (our center is listed as Fernandina Beach Senior Life Center) – select/click the **SIGN-UP** button to begin creating your account. (For those who already have an account, please login and skip to Step 4.)

Step 2. If we have issued you a key tag, enter the key tag number as well as your phone number. If you do not have a key tag you can still link to our center. Scroll down to fill in your email address as well as a password. Confirm the password, and then click **SIGN-UP**.

Step 3. You can now browse our activities. Please note that for the purposes of MyActiveCenter, you'll never need

your key tag/phone number again (nor will you ever need to create another account). Simply use the email/password combination you've just created to login from now on.

Step 4. If you need to reset your password, click on **"Forgot Password"** from the login page and enter your email when prompted. An email will be sent to you with a link to **Enter a New Password**. (Please note, the email may be in junk or spam.)

Step 5. In your MyActiveCenter account, you can register for classes 7 days in advance. Payment is required through the "Cart" at the top of the screen (even if the class is free) to confirm your registration for the class.

The full **MyActiveCenter** Member User Manual can be found here: [https://www.mytutorialcenter.com/subscribe-tutorials/MyActiveCenter-for-Members-\(everything-from-A-to-Z\)](https://www.mytutorialcenter.com/subscribe-tutorials/MyActiveCenter-for-Members-(everything-from-A-to-Z))

If you need assistance, please contact Melody Dawkins 904-775-5477 – mdawkins@nassaucountycoa.org, or Cami Lawson 904-775-5496 – clawson@nassaucountycoa.org.

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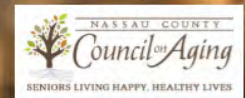


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Planning an Event? Come to 1901 Island Walk Way!



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Henderson Hall



Keffer Board Room

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Clear Grand Hall	2,240 square feet	\$150.00/hour
Henderson Hall	1,100 square feet	\$75.00/hour
Keffer Board Room	440 square feet	\$50.00/hour

For more information, contact Melody Dawkins,
 Membership & Community Engagement Director,
 at 904-261-0701 or mdawkins@nassaucountycoa.org



Improve Your Balance and Prevent Falls

By Melody Dawkins, Membership & Community Engagement Director

A stumble and fall may seem like a minor event, but for older adults the consequences can be serious. Each year, one in three people aged 65 and older experiences a fall, leading to injuries such as hip fractures, head trauma and even an increased risk of early death. Deteriorating muscle strength, vision impairments and certain medications which may cause dizziness or slower reaction times increase the risk of falls.

Here are some preventive measures you can take to reduce fall risks:

Fall-Proof Your Home

Half of all falls occur at home. To make your home safer, install grab bars and non-slip mats in the bathtub or shower, use double-sided tape to secure rugs, and clear clutter from stairs and other high-traffic areas. In addition, check into local resources to help you fall-proof your entire home.

Outfit Yourself for Safety

Wear well-fitting, non-slip shoes that provide good support. Avoid walking in socks or loose slippers that don't provide good traction. If you need additional stability, consider using a cane or walker. These assistive devices can provide extra support and confidence, especially on uneven surfaces or in unfamiliar environments.

Check Your Vision, Hearing and Medications

Cataracts, glaucoma and/or outdated glasses increase the possibility of a fall. Ear disorders and certain medications—such as blood pressure drugs, sedatives and some antibiotics—can also impact balance. Make a list of all prescriptions and over-the-counter medications and supplements you're taking. Then, have your doctor review them for interactions; consider adjustments if needed.

Commit to Regular Exercise

Working the core muscles in your abdomen, lower back and legs is key to strengthening your body to prevent falls. Lower-body strength-training exercises can also help improve your balance.

Try a balance board. Stand with both feet on the board and hold your balance. As you improve, experiment with shifting your weight and moving in different directions to challenge your stability.



Stand on one foot. Practice standing on one foot while waiting in line at the grocery store, kitchen sink or anywhere you have something sturdy to hold onto. The more often you do it, the better your balance will become.

Attend organized classes (perhaps at the Senior Life Center!). Tai Chi, often described as "meditation in motion," uses slow, graceful movements and postures to improve balance, flexibility and muscle strength. Core and Strength Training builds leg and core strength essential for balance. Yoga also improves flexibility, reducing the risk of falls.

NCCOA offers more than 40 fitness and dance classes. Our classes appeal to a wide variety of interests and abilities, many targeting the important skeletal muscles essential to good balance. See Lifelong Learning classes on pages 12-14 to begin your commitment to regular exercise. Start slowly and build up to your own comfort level. All classes are designed for Adults of ALL Ages and are free to members and \$5.00 for non-members. Questions? Call us at 904-261-0701.

Be healthy and fall-proof in the new year!

Source: USA Weekend

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SOLUTION FROM PUZZLE ON PAGE 21

Be A Volunteer!

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Be Your Own Valentine

Eight Self-Care Strategies for February 14

By Johnny Woodhouse,
Baptist Health

For those who are single on what is considered "the most romantic day of the year," take heart: Not everyone gets struck by one of Cupid's legendary arrows by Valentine's Day.

But there's nothing wrong with being your own "not-so-secret" admirer. Instead of scratching February 14 off the calendar and acting like it never happened, why not treat yourself well with any number of self-care strategies?

Katie Gilsonan, BSH, a wellness coach with the Baptist Wellness Center at Nocatee, and Shanique Ampiah, MD, a child and adolescent psychiatrist with Baptist Behavioral Health, have eight suggestions to celebrate yourself or your loved ones this Valentine's Day or year-round:

- ♥ Be comfortable in your own company. "Self-preservation is not selfish," said Dr. Ampiah. "Treat yourself to roses or that little trinket you've been eyeing. Take yourself out to dinner, no apologies needed. You know yourself best, which automatically makes you the best date ever! You're more than worth it."
- ♥ Send a little love their way. Valentine's Day is a great way to show the people in your life how much they mean to you. "Pick up the phone and call an old friend or send them a thank-you card, flowers or a box of chocolates," Gilsonan recommended.
- ♥ Start a gratitude journal. "Highlight things you're proud of yourself for," said Dr. Ampiah. "There's nothing too trivial because everything reflects your best effort in that particular moment, so acknowledge it."
- ♥ Write yourself a love letter. "Start by making a list of all the qualities you like about yourself," Gilsonan said. "For instance, 'I have great hair' or 'I'm really a good runner.'"



- ♥ Random acts of kindness. "Have your own 'British Bake Off' and give your sweet, home-baked treats away to a complete stranger or a charity of your choice," Gilsonan said.
- ♥ Compassionate service. "Volunteer your time at a local hospital, nursing home or animal shelter, or at any number of virtual volunteer opportunities," Gilsonan said.
- ♥ Spa day experience. Dr. Ampiah said, "Plan a spa day or turn your home into your own spa. Scented candles, a nice bath bomb, your favorite playlist and voilà, you've created an in-home spa experience."
- ♥ Laughter, the best medicine. "Go to a comedy club with your good friends or stream an online stand-up show," Gilsonan recommends.

Self-care is necessary before you can help others. "The adage of 'putting your own oxygen mask on first' not only instructs the response in the event of an in-air crisis but can be extrapolated to everyday life," Dr. Ampiah said. "We can't help others if we can't help ourselves, and doing so requires making the conscious decision to regard ourselves as worthy: worthy of love, respect, nurturing, acceptance, happiness and worthy of investing our most precious commodity – time – to ensure we exemplify this by valuing ourselves."



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Helping our Seniors Throughout the Year

By Kerri Slattery, NCCOA Development

Did you know that there are over 300,000 seniors in Northeast Florida that suffer from food insecurity and do not know where their next meal is coming from? In 2024, NCCOA provided almost 50,000 nutritious meals through Meals on Wheels and group dining at our Senior Life Centers in Fernandina and Hilliard.

These are only a few of the programs and services that NCCOA provides for seniors in Nassau County. Your support can make a tangible difference in the lives of seniors, helping them feel valued and connected during a time that can be challenging for many.

NCCOA's programs and services ensure that no senior experiences loneliness. Both Senior Life Centers provide resources that help with a multitude of issues seniors may face including home health, personal care, companionship and respite. We offer 1,800+ activities at our centers that provide opportunities to socialize and meet friends.



Giving to NCCOA is a meaningful way to honor this beloved generation and reinforce the value of their role in our community by promoting a culture of caring for the most vulnerable.

Please give generously
www.nassaucountycouncilonaging.org
to make sure seniors in Nassau County live happy, healthy lives.

Remember you can save on taxes by supporting NCCOA through your IRA distributions or stock transfers. For more information, please contact Kerrie Slattery at (904) 233-9022 or ksslattery@nassaucountycoa.org.



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SOLUTION ON PAGE 18

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:

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



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



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



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



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.

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