



JULY 2017

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The Golden Edition is edited
By Melanie Williams

Visit our website
www.baycouncilonaging.org

Coulliette Senior Center
1116 Frankford Ave.
Hours of Operation

Monday-Thursday 7:30am-5:00pm
Friday 7:30am-2:30pm

Closed on Saturday and Sunday

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The Golden Edition

BAY COUNTY Council on Aging

The first time the formal term "United States of America" was used was in the Declaration of Independence. This wonderful piece written by Thomas Jefferson, Benjamin Franklin, John Adams, Robert Livingston and Roger Sherman, was written more to announce the birth of the United States of America to the rest of the world. There are parts of the Declaration of Independence that have nothing to do about the issue of independence, but our forefathers added some wording for future use.

The Declaration of Inde-



pendence was formally recognized by Congress on July 4, 1776, but was not signed until August 2, 1776. The Declaration of Independence granted important fundamental rights to the citizens and also ushered in a new era of politics. This important paper allowed us to break free from the British rule and form alliances with French Forces. The new government that was

formed through the Declaration of Independence, "for the people, by the people", was different from any other governments that modern history had seen.

July 4th was not declared a national holiday by Congress until 1870. This was part of a bill that also included Christmas as a national holiday. Eleven years later on September 17, 1787 the Constitution of the United States of America was approved

FOURTH OF JULY CELEBRATIONS IN BAY COUNTY

LYNN HAVEN
Parade—9AM
Fireworks 9PM

MEXICO BEACH
Sandy Shores 5k Fun Run—7AM
Fishing for kids ages 2-14—9:30AM—11:00AM
Best Blast on the Beach Fireworks Spectacular 8:30PM

PANAMA CITY
Bo Spring Band starts playing at 4:00PM
Salute to Freedom Fireworks show—9:00PM
Panama City Marina

PANAMA CITY BEACH
Light Up the Gulf Fireworks at Boardwalk Beach Resort's 11th Annual Beach Bash



Freedom Rocks! Fireworks July 3, 2017 in the Grand

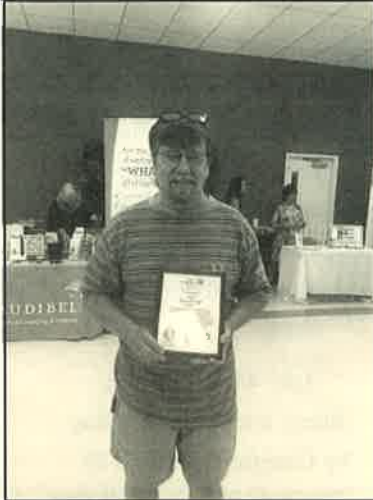
Lagoon area along the waterfront

Light Up the Bay Fireworks Sheraton Bay Point Resort July 1st—July 4th
Performance from the local Ukulele Orchestra, and an Aerialist Show

Star Spangled Spectacular July 4th at Pier Park 9PM
Duel fireworks from city and county piers

Bay County Council on Aging Volunteer Program

 **JULY** 



**VOLUNTEER
OF
THE YEAR

STEVE
HOUGH**

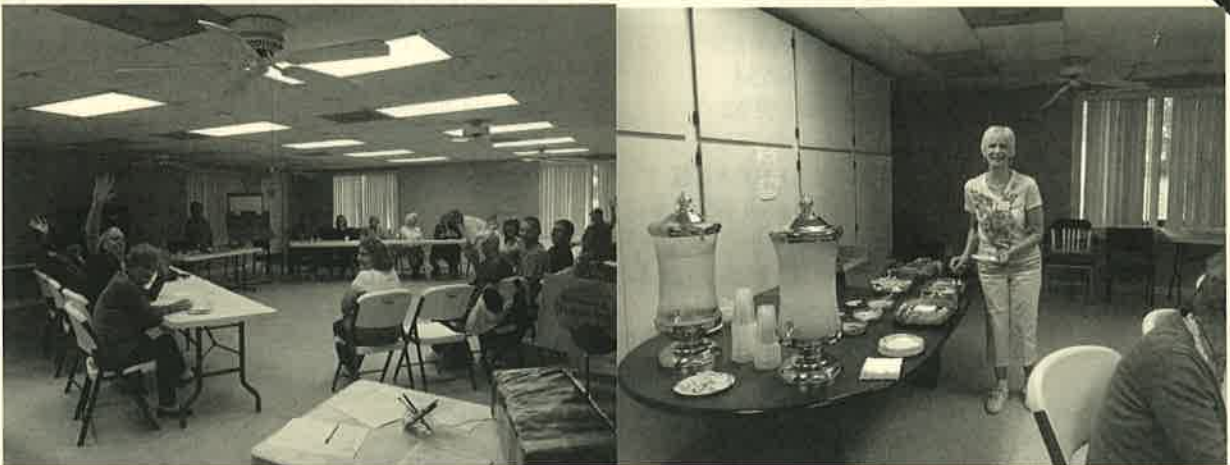
WILLING VOLUNTEERS
PLEASE STEP UP YOUR PARTICIPATION!
AREAS OF THE AGENCY GREATLY NEEDING
YOUR PARTICIPATION AND SERVICE
RESPITE AND MEALS-ON-WHEELS
Contact Jean Warner—ext.131
Contact Hope Stewart—ext. 126

OUR VOLUNTEERS WITH JULY BIRTHDAYS

HAPPY BIRTHDAY

Janet Cooley—Deborah Dawson—Lisa Funchess—John Gillam—Teresa Hinckley—Linda Hipkins
Bette Holden—Nellie Horan—Celesta Hussung—John Stanley—Ajit Upadhyaya

LOOK WHAT FUN WE HAD AT OUR VOLUNTEER MEET AND GREET



They say that age is all in your mind. The trick is keeping it from creeping down into your body.

STAY ACTIVE! VOLUNTEER!

One of the new activities that Robin has started is a monthly birthday celebration. In May, Robin did a cook-out and the clients decorated the room in red, white, and blue for the Memorial Day weekend celebration. Everyone had a great time, taking part in the festivities. In June, the birthday party was enjoyed by all.

Starting in July, Beth Stream will be teaching line dancing in the mornings on the first and second Thursdays. The seniors had another fun morning with a cake walk and karaoke.

The Bay County Council on Aging has services available for seniors 60 and over. We have the respite center which provides respite service for caregivers of clients who suffer from Alzheimer's Disease or other memory impairment. We provide home based services for frail, elderly persons that enable the seniors to continue to live independently in their own home. Also available are home delivered meals for those who are confined and home-bound for health reasons and unable to prepare meals. Bay transportation provides door to door transportation to and from the agencies congregate meal sites. We have four congregate meal sites available to seniors in Bay County. There are other services available and we would welcome your call to ask about the services available.

BCCOA Meal Sites

Elizabeth Coulliette Senior Center
1116 Frankford Avenue, 32401
769-3468

Lynn Haven Senior Center
907 Pennsylvania Ave, Lynn Haven
277-2730

Panama City Beach Senior Center
423 Lyndall Lane, P.C. Beach
236-3033

St. Andrews Towers
24 Harrison Ave.

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.



Therefore being justified by faith, we have peace with GOD through our Lord Jesus Christ.

Romans 5:1



JULY BIRTHDAYS

- | | |
|-------------------|---------------------|
| A. Brooks | J. Campney |
| L. Dunklin | L. Clay |
| B. Rogers | A. Skuzewski |



Home to Home Harmony, Inc.
Senior Move Specialists

Ed and Ann Wachtfeldt
Work: 850-624-0340
Cell: 850-623-2939
Email: home2homeharmony@gmail.com

"Helping Seniors Simplify"

We offer a full range of transitional services tailored to fit your individual needs. Call us today to schedule a FREE Meet and Greet to discuss your needs and concerns.



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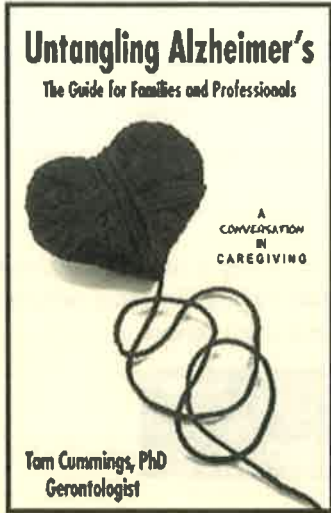




Caregiver Connections

Information For Caregivers From The Bay County Council On Aging

Book Nook



This book has been read by several of our own care givers and they have every single one highly recommended it. At our June 9, 2017 caregiver meeting where, we had four new caregivers, this book again came up in conversation and those familiar with it said it is fantastic. It is written by a gerontologist and he explains dementia and Alzheimer's disease, from diagnosis to death in terms family caregivers can understand. He talks about the stages, the history of Alzheimer's and what it does physically to the patient. He explains ways to best communicate with the person, how to try to handle combative and aggressive behaviors. He also talks about caregiver stress. He suggests activities for a person with dementia. He covers the progression of the disease, giving caregivers a clear explanation of falls, loss of speech, movement and memory. He uses real cases to help explain behaviors. A detailed and compassionate explanation of the end of life is also included for caregivers. All those who have read it suggest every caregiver should read it.

Monthly Caregiver Support Groups

JULY	AUGUST
At the Respite Center Building	At the Respite Center Building
2nd Friday, July 14	2nd Friday, August 11
1:00 PM	1:00 PM
Our Sharing and Caring Group Meeting	Our Sharing and Caring Group Meeting
4th Wednesday, July 26	4th Wednesday, August 23
1:00 PM	1:00 PM

NUTRITION FOR PEOPLE WITH DEMENTIA

Proper nutrition is important for all of us and even more important for our loved ones who have dementia. This can be very challenging. One problem we have seen with our seniors at the respite center is they forget they haven't eaten or that they have, so when we try to give them lunch they tell us they have already eaten. We do not argue, we try telling them we know they have, but this is just a little snack, even though it is really a full lunch. They may tell us they don't like it, again we don't argue, we simply say we will get something different, we take it back and let them watch us pick up a different plate (same food) and this makes them happy.

We have one sweet little lady that has decided one of our staff is trying to poison her so we always have a different staff member take her food to her. At home you may not have another person, but you might try letting them to put the food on their plate or make sure you do it right in front of them. We encourage our seniors to do as much for themselves as they can for as long as they can. So we want them to feed themselves as long as they can. Sometimes we just have to do a little prompting and coaxing. We will tell them take a bite of your meat and they will, then we say take a bite of your beans. Sometimes they can't tell which food is which and we may have to point to it for them. At home it can help if there is a lot of color contrast between the food and the plate it is on.

Swallowing can also become a problem, because they forget to swallow and just keep chewing and putting more food in their mouth. This is called "pocketing" because they keep the food in their cheeks like little chip monks. This can be dangerous because if you don't notice it and they leave the table and lie down or even lay back in an easy chair they can choke. We ask them to open their mouth and show us, much like you would do with a child. If they have food in there we get them to spit it out on a napkin or if it's not too much we encourage them to drink to help the food go down.

While we are at the table with them we often tell them to take a drink, this helps to prevent pocketing. Often they will reach a stage where if we tell them to take a bite of something they just sit there. So, we may say pick up your fork and that helps, they will pick it up and then start eating. But they also reach a point where we say pick up your fork, and they truly do not know what we mean, they don't recognize the fork. We can pick it up and put it in their hand and guide their hand with ours for the first bite and then they often go ahead and feed themselves.

If it reaches a point where this is not working try finger foods, cut toast or sandwiches in smaller pieces, chicken strips or fish sticks, scrambled eggs, bacon, sausage, or dry cereal like cheerios they can eat with their fingers, pieces of cheese or fruit that they can pick up and eat without a fork. Even cooked vegetables, like carrots or green beans or roasted potatoes can be left in sizes they can pick up. I know, it sounds messy, but it helps them keep some independence longer.

If they are having more and more difficulty swallowing their food, make sure you are fixing softer foods like mashed potatoes and meatloaf and gravy always helps. And you can always puree the food in a food processor. Avoid corn and peas and cornbread and stuffing, these are very easy to get stuck in their throat and they may choke or aspirate it into their lungs.

There may come a time when they have trouble swallowing their pills. Sometimes putting them in a spoonful of apple sauce or pudding helps. Do not crush them to mix them in unless you check with their doctor first. Trial and error is what you will find helps, do whatever you have to, to make sure they meet their nutritional needs. Sometimes, more frequent and smaller meals are easier for them, and can be an activity as well. If something isn't working wait a little while and try again or try something else.

Remember never argue, you won't win!



<p>3 4 oz. Grape Juice 3 oz. Manicotti Alfredo 1/2 c. Seasoned Peas 1/2 c. Italian Vegetables 1 sl. Whole Grain Bread 8 oz. 1% Low Fat Milk</p>	<p>4 CLOSED 4TH OF JULY</p> 	<p>5 4 oz. Orange Pineapple Juice 3 oz. Baked Chicken 1/2 c. Yellow Rice w/ 1/2 c. Tomatoes & Chives 1/2 c. Green Beans w/Red Pepper 1 sl. Whole Grain Bread Margarine Cup 8 oz. 1% Low Fat Milk</p>	<p>6 3 oz. Frankfurter 1/2 c. Bavarian Style Sauerkraut 1/2 c. Yellow Corn 1 Hot Dog Bun 4 oz. Yogurt Cup Fresh Apple 8 oz. 1% Low Fat Milk</p>	<p>7 3 oz. Beef Patty in Onion Gravy 1/2 c. Mashed Potatoes 1/2 c. Rutabaga/Red Pepper 1 sl. Whole Grain Bread 1/2 c. Applesauce Cup 8 oz. 1% Low Fat Milk</p>
<p>10 3 oz. Chicken Parmesan 1/2 c. Rosemary Potatoes 1/2 c. Cheesy Spinach 1 sl. Whole Grain Bread Margarine Cup 1/2 c. Cinnamon Apple Cup 8 oz. 1% Low Fat Milk</p>	<p>11 4 oz. Orange Pineapple Juice 8 oz. Cavatappi Bolognese (Pasta & Meat Sauce) 1/2 c. Tomatoes and Sauce 1/2 c. Italian Vegetable Blend 1 sl. Whole Grain Bread Margarine Cup 8 oz. 1% Low Fat Milk</p>	<p>12 3 oz. Sliced Turkey with CranRaspberry Sauce 1/2 c. Broccoli, Cauliflower and Bean Medley 1/2 c. Zucchini & Yellow Corn 1 sl. Whole Grain Bread 1 Margarine Cup Chocolate Chip Cookie 8 oz. 1% Low Fat Milk</p>	<p>13 3 oz. NY Steak Beef Patty w/Herbed Mushroom Gravy 1/2 c. Garlic Mashed Potatoes 1/2 c. Squash & Green Beans 1 sl. Whole Grain Bread Margarine Cup 1/2 c. Citrus Fruit Cup 8 oz. 1% Low Fat Milk</p>	<p>14 3 oz. Chicken Breast with Thai Ginger Sauce 1/2 c. Flat Beans 1/2 c. Carrots 1 sl. Whole Grain Bread Graham Crackers (2ct) x 2 8 oz. 1% Low Fat Milk</p>
<p>17 3 oz. Fish Nuggets 1/2 c. Garlic Mashed Potatoes 1/2 c. Carrots 1 sl. Whole Grain Bread Margarine Cup Mini Moon Pie 8 oz. 1% Low Fat Milk</p>	<p>18 4 oz. Grape Juice 3 oz. Chargrilled Beef Patty w/Pizzaioli Sauce 1/2 c. Pineapple Mandarin Fruit 1/2 c. Green Beans 1 sl. Whole Grain Bread Margarine Cup 8 oz. 1% Low Fat Milk</p>	<p>19 8 oz. Macaroni & Cheese 1/2 c/ Seasoned Carrot Cuts 1/2 c. Green Peas 1 sl. Whole Grain Bread Margarine Cup 1/2 c. Pineapple Cup 8 oz. 1% Low Fat Milk</p>	<p>20 3 oz. Meatloaf w/Apple Brown Gravy 1/2 c. Skin on Potatoes 1/2 c. Stewed Tomatoes 1 sl. Whole Grain Bread 1/2 c. Mandarin Orange Cup 8 oz. 1% Low Fat Milk</p>	<p>21 3 oz. Pork Chop Patty w/Homestyle Gravy 1/2 c. Diced Sweet Potatoes 1/2 c. Brussels Sprouts 1 Dinner Roll 1/2 c. Chunky Cinnamon Apples 8 oz. 1% Low Fat Milk</p>
<p>24 4 oz. Blended Juice 8 oz. Chicken Stew (Sweet Potatoes, Carrots) 1/2 c. Green Beans 1/2 c. Apple Raisin Fruit 1 sl. Whole Grain Bread Margarine Cup x 2 (5g each) 8 oz. 1% Low Fat Milk</p>	<p>25 3 oz. Beef Patty w/Onion Gravy 1/2 c. Mashed Potatoes 1/2 c. Rutabaga/Red Pepper 1 Whole Grain Bun Margarine Cup 1/2 c. Mandarin Orange Cup 8 oz. 1% Low Fat Milk</p>	<p>26 3 oz. Port Riblet in BBQ Sauce 1/2 c. Baked Beans 1/2 c. Whole Kernel Corn 1 Hot Dog Bun 1/2 c. Peach Cup 8 oz. 1% Low Fat Milk</p>	<p>27 8 oz. Macaroni and Beef Casserole w/2 oz. Tomato Sauce 1/2 c. Spinach 1.2 c. California Vegetable Blend 1 sl. Wheat Bread Fresh Fruit in Season 8 oz. 1% Low Fat Milk</p>	<p>28 3 oz. Sliced Turkey Breast w/Country Pepper Gravy 1/2 c. Mashed Potatoes 1/2 c. Green Beans w/ Almonds 1 sl. Whole Grain Bread Margarine Cup 1/2 c. Pineapple Cup 8 oz. 1% Low Fat Milk</p>
<p>31 4 oz. Grape Juice 3 oz. Manicotti Alfredo 1/2 c. Seasoned Peas 1/2 c. Italian Vegetables 1 sl. Whole Grain Bread 8 oz. 1% Low Fat Milk</p>	<p>◆ All meals served with low fat milk and bread ◆ Low sodium meals contain less than 1400 mg of sodium ◆ Breaded meats contain 1 oz. breading ◆ Meals subject to change without notice</p>			



3

9:45—Exercise
10:00—Bingo
11:00—Hot Lunch
1:00—Hand and Foot

5

9:45—Exercise
10:00—Bingo
11:00—Hot Lunch
1:00—Chair Aerobics

6

9:45—Exercise
10:00—Line Dancing
11:00—Hot Lunch
1:00—Chair Aerobics

7

9:45—Exercise
10:00—Bingo
11:00—Hot Lunch



10

9:45—Exercise
10:00—Bingo
11:00—Lunch
1:00—Hand and Food

11

9:45—Exercise
10:00—Highland View Singers
11:00—Lunch
1:00—Beginners Line Dancing
2:00—Intermediate Line Dancing

12

9:45—Exercise
10:00—Bingo
11:00—Hot Lunch
1:00—Chair Aerobics

13

9:45—Exercise
10:00—Line Dancing
11:00—Hot Lunch
1:00—Chair Aerobics

14

9:45—Exercise
10:00—Bingo
11:00—Hot Lunch

17

9:45—Exercise
10:00—Bingo
11:00—Hot Lunch
1:00—Hand and Foot

18

9:45—Exercise
10:00—Crossroads
11:00—Hot Lunch
1:00—Beginners Line Dancing
2:00—Intermediate Line Dancing

19

9:45—Exercise
10:00—Bingo
11:00—Hot Lunch
1:00—Chair Aerobics

20

9:45—Exercise
10:00—Heather-Librarian
11:00—Hot Lunch
1:00—Chair Aerobics

21

9:45—Exercise
10:00—Bingo
11:00—Hot Lunch

24

9:45—Exercise
10:00—Bingo
11:00—Hot Lunch
1:00—Hand and Foot

25

9:45—Exercise
10:00—Nutrition
11:00—Hot Lunch
1:00—Beginners Line Dancing
2:00—Intermediate Line Dancing

26

9:45—Exercise
10:00—Line Dancing
11:00—Hot Lunch
1:00—Chair Aerobics

27

9:45—Exercise
10:00—Interim Health
11:00—Hot Lunch
1:00—Chair Aerobics

28

9:45—Exercise
10:00—Bingo
11:00—Hot Lunch
11:30—Birthday party

31

9:45—Exercise
10:00—Bingo
11:00—Hot Lunch
1:00—Hand and Foot

Seniors for Seniors is a TV talk show dedicated to topics on aging and the elderly and is produced by the Bay County Council on Aging. Seniors for Seniors airs on the GCSC Education Channel every Sunday at 8:00 am and Wednesday at 1:00 pm.



Produced by : BCCOA Comcast Channel 6
Sponsored by : BCCOA WOW Channel 5
Springfield Cable 7





BAY COUNTY

Council on Aging

1116 Frankford Avenue
Panama City, FL 32401

Non Profit
US Postage paid

Permit #162

Panama City, FL

Or current resident

SHINING SENIOR

We would like to welcome Mrs. Johnnie Williams to the Senior Center. She has been coming here for several months and really enjoys her time at the center. Johnnie is originally from Georgia and married her husband—also Johnny—who was from Panama City. They had two sons and one daughter. Johnnie and her husband were married for 45 years. Her oldest son died at a young age, leaving behind two babies. Johnnie and her husband took the two babies to raise. Also, Johnnie said that she had three brothers, and when her mother died at 58 years old she left behind a ten year old son, and Johnnie and her husband brought him to Panama City to raise with their two sons. In addition to raising her children she worked at a nursing home for 26 years, and did some private duty work in homes too. Johnnie has five grandchildren and five great grandchildren. When you see Johnnie she always has a smile and is quick to laugh. She can keep you in stitches. Since Johnnie has started attending she has brought along a neighbor who is also attending. Her son lives here in Panama City and stops by to check on his mom every day. Her daughter, who lives out of town calls her every night to check on her. It is very rewarding to see what a wonderful support system she has and that her children keep such good tabs on her, making sure she is ok.

