



January 2018

# The Golden Edition

## BAY COUNTY COUNCIL ON AGING

### Thanks For A Wonderful 2017

**HELP US STAY IN TOUCH!** Help us keep our Golden Edition mailing list updated. If you are receiving the newsletter and need to correct your name's spelling, change the address or eliminate duplicate copies, contact us at (850) 769-3468, ext. 102. Thanks!

Subscription rates are \$4 per year. We also welcome advertisements. Contact us for information. Thanks for your support.

The Golden Edition is edited  
By Melanie Williams

Visit our website  
[www.baycouncilonaging.org](http://www.baycouncilonaging.org)

The Bay County Council on Aging is now on Facebook.

Join us there for up to date information about activities, programs, services and news about seniors.



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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Thanks to all the dedicated and caring groups and individuals that made our seniors feel the Love of Christmas. The donations of gifts, food, entertainment, parties, and events for the elderly allowed our seniors to have a wonderful Christmas. The generosity of so many people and the outpouring of love, along with the Christmas spirit have been so visible during this special season and all through the year. It is truly a blessing to be a part of the Bay County Council on Aging family and see the love that our seniors experience from the community. So many of our seniors, have once again been able to experience a warm and special Christmas because of your gifts that helped them remember Christmas' of the past when they were surrounded by family and friends who helped them celebrate this most wonderful time of year.

Many of our seniors were entertained with Christmas parties, prizes, and delicious meals. Many seniors also received baskets full of gifts that were answers to their Christmas wishes. The volunteers delivering the gifts reported how blessed they were because of the visits to the home of the elderly persons receiving the gifts. The hugs, smiles and excitement the volunteers witnessed as the baskets were delivered were their best gifts of all.

How wonderful and blessed we are to be a part of the sharing of love and goodwill during this season that was created from the greatest Love. Our Christmas celebrations and donated gifts were symbols of love and caring to many seniors who otherwise would have spent Christmas with only the memories of the excitement from many years past. Thanks so much to all of our generous donors, volunteers, and entertainers for helping to generate that spirit once more in the life of every elder. Our seniors, volunteers, donors and staff are among the blessings that we most appreciate.

# Bay County Council on Aging Volunteer Program



It's new resolution time. Resolve to be the best you can be. Choose to be Happy. Let it be a choice and your life will be filled with joy. Blessings will abound in your life and you will spread a contagious spirit & smiles to all you meet.

In the coming months, we hope you will spread the word and help us to increase our volunteer roster. If you can, request involvement from others and let them know how great the need is in our community. Our volunteers are the best one on one advertising we get. Be proud of your efforts and educate others with whom you may meet. You all know how important the volunteer services are to our seniors. Imagine how much help a few extra willing volunteers could be for any program at our agency. For example, our Meals-on-Wheels program uses only volunteers to distribute the meals all over Bay County. The groups that share responsibilities for a route are great additions because one group may have as many as twelve (12) members participating and their route schedule is divided among all the members of their group.

Routes with only individuals as volunteers will need as many as 5 different people (one for each day of the week) to complete the deliveries.. And folks we have 12 routes for hot meals alone. And an additional 11 routes for Frozen (once weekly) deliveries.  $12 \times 5 = 60$  hot

$11 \times 5 = 55$  frozen  $60 + 55 = 115$  VOLUNTEERS NEEDED FOR MEALS-ON-WHEELS ALONE. These 115 meals are being handled by less than 70 Volunteers. In addition, those faithful volunteers who have been serving for years, need a break for their own lives. Even a list of enrolled substitutes will be of great benefit. Please help us in the quest. WE NEED VOLUNTEERS!

## January Birthday Volunteers

CarrieBrooks \*Sarah Brothers \*Tina Bruce \* Robert L.Newson \*Cooksey Smith \* James Taylor

# HAPPY BIRTHDAY

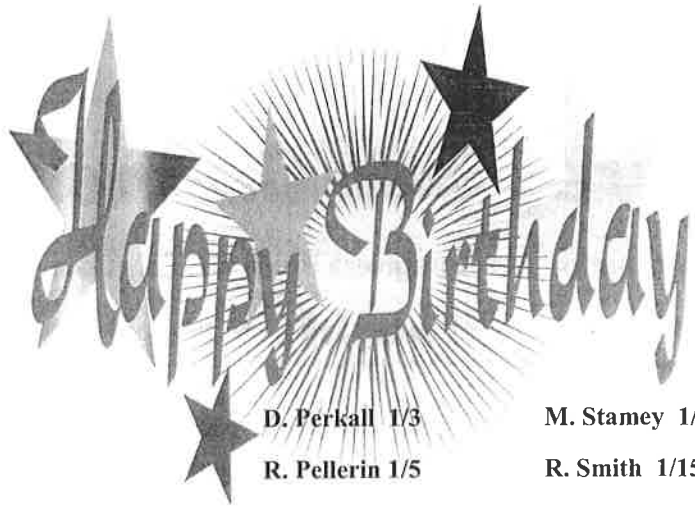
“For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many. **Mark 10:45**

Many people make New Years Resolutions. Some are fortunate and can keep, others for whatever reason don't follow through with the resolutions that were made. So this year instead of making a resolution, read this poem written by Marie Woerheide and try to live each day as the poem says.

*If you want to be happy  
Then start right away  
Doing one kindness  
For someone each day.*

*Scatter some sunshine,  
Forget about self,  
And put all your worries  
Away on a shelf.*

*If you want to be happy  
Just begin to be glad;  
Keep thinking of others  
And never be sad;  
Don't wait 'till tomorrow  
But start right away  
Just doing one kindness  
For someone each day.*



D. Perkall 1/3

R. Pellerin 1/5

S. Ferrell 1/19

H. Hutchings 1/28

J. Innis 1/30

M. Stamey 1/4

R. Smith 1/15

R. Stewart 1/27

S. Justin 1/29

We welcome in 2018 and if you are looking for something to be involved in please join us at one of our sites and enjoy the activities and meals that we have Monday through Friday. If you know of a senior adult that may need assistance, we have services available to serve seniors. We have home based services and meals on wheels, respite care, guardian medical alert, and our congregate meal sites. Call us at 850-769-3468 and let us answer any questions you may have.

December was a busy month and those attending our congregate meal sites had a busy calendar. We had parties at the meal sites and Tyndall invited the seniors to a party. We enjoyed the young Children Violinists in December along with other entertainment. One of the favorite visitors we have is Heather from the Library. She always has just the information that our seniors are interested in. Also, we have chair aerobics, line dancing and other exercise to keep seniors active. Many of our meals on wheels clients had a wonderful Christmas dinner prepared by the Knights of Columbus and truly enjoyed the Christmas meal.

December 2017



# Caregiver Connections

Information For Caregivers From The Bay County Council On Aging

## Monthly Caregiver Support Groups

### JANUARY

At the Respite Center Building

Our Sharing and Caring Group Meeting

2nd Friday, January 12, 2018

1:00 PM

Educational Group Meeting

4th Wednesday, January 24, 2018

1:00 PM

### FEBRUARY

At the Respite Center Building

Our Sharing and Caring Group Meeting

2nd Friday, February 9, 2018

1:00 PM

Educational Group Meeting

4th Wednesday, February 28, 2018

1:00 PM

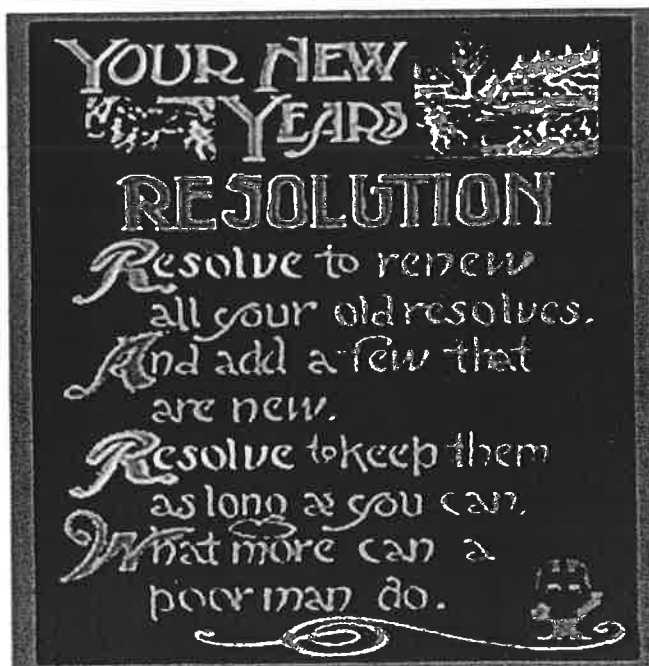
### An early 20th-century New Year's resolution postcard

#### A RESOLVE

For Every Morning of the New Year

**I** will this day try to live a simple and sincere and serene life and repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking and cultivating cheerfulness, magnanimity, charity, and the habit of holy silence and exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust and a child-like trust in God

From a Calendar by Bishop John H. Vincent  
Copyright 1900 by Longmans, Green & Co.



# HAPPY NEW YEAR

It is the start of a new year, 2018. The time when we traditionally make New Year's Resolutions. The on line free dictionary, Wikipedia, defines A **New Year's resolution** as a tradition in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve their life. The idea of new year resolutions has its roots in religious traditions.

Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts. The Romans began each year by making promises to the god Janus, for whom the month of January is named. In the Medieval era, the knights took the "peacock vow" at the end of the Christmas season each year to re-affirm their commitment to chivalry. At watchnight services, many Christians prepare for the year ahead by praying and making resolutions for the new year.

When you think of the upcoming year and resolve to make some changes. We hope you think of yourself.

**R** - Remember to be kind to yourself. Remember you are not perfect and that you are doing all you can.

**E** - Energy, remember to eat breakfast it will be your fuel for the day.

**S** - Spend some time on just yourself. Read, go for a walk, take a nap, go treat yourself to ice cream or a coffee, whatever you want.

**O** - Order, things don't have to be perfect or as neat as a pin, they just need to be functional for you.

**L** - Laugh when ever you can, it is truly a good medicine.

**U** - Understand that the disease is what causes your loved one's behavior. It is not from their heart.

**T** - Think of something you and your loved one can do together and then make plans to do it at least once a month.

**I** - Involve others. If they offer help, accept. If they haven't offered, promise yourself you will ask them to help.

**O** - Oxygen ..... Breath deeply, and let everything go.

**N** - Never forget the love is there even if the recognition is not.

# JANUARY



1  
**CLOSED  
HAPPY  
NEW  
YEAR**

2  
8 oz. **Chicken Garden Casserole**  
1/2 c. Summer Blend Vegetables  
1 sl. White Bread  
Margarine Cup x 2  
1/2 c. Mandarin Orange Cup  
8 oz. 1% Low Fat Milk

3  
3 oz. **Butter Dipped Fish Nuggets**  
1/2 c. Garlic Mashed Potatoes  
1/2 c. Carrots  
1 sl. Whole Grain Bread  
Tartar Sauce  
1/2 c. Citrus Fruit Cup  
8 oz. 1% Low Fat Milk

4  
4 oz. Orange Pineapple Juice  
3 oz. **Baked Chicken Patty**  
1/2 c. Yellow Rice, Beans, Tomatoes, Onions, Peppers  
1/2 c. Mexicali Corn  
1 sl. Whole Grain Bread  
Margarine Cup  
8 oz. 1% Low Fat Milk

5  
8 oz. **Meatballs and Penne Pasta in Sauce**  
1/2 c. Broccoli  
1/2 c. Italian Vegetable Blend  
1 sl. Italian Bread  
Margarine Cup  
1/2 c. Peach Cup  
8 oz. 1% Low Fat Milk

8  
3 oz. **Pork Chop Patty w/ Gravy**  
1/2 c. Sweet Potatoes  
1/2 c. Brussels Sprouts  
1 sl. Whole Grain Bread  
Margarine Cup  
1/2 c. Applesauce Cup  
8 oz. 1% Low Fat Milk

9  
3 oz. **Honey Mustard Chicken Breast**  
1/2 c. Potatoes Florentine  
1/2 c. Mixed Vegetables  
1 sl. Whole Grain Bread  
Margarine Cup  
Graham Cracker (2ct.)  
8 oz. 1% Low Fat Milk

10  
3 oz. **Meatloaf w/Sofrito Sauce**  
1/2 c. Diced Potato  
1/2 c. Butternut Squash  
1 sl. Whole Grain Bread  
Moon Pie Mini  
8 oz. 1% Low Fat Milk

11  
3 oz. **Rib Shaped Beef Patty w/ Spanish Braised Sauce**  
1/2 c. Stewed Tomatoes/  
Cilantro  
1/2 c. Garden Peas  
1 sl. White Bread  
Margarine Cup  
1/2 c. Pineapple Cup  
8 oz. 1% Low Fat Milk

12  
4 oz. Orange Juice  
8 oz. **Macaroni & Cheese**  
1/2 c. Seasoned Carrot Cuts  
1/2 c. Green Peas  
1 sl. Whole Grain Bread  
8 oz. 1% Low Fat Milk

15  
**CLOSED IN  
OBSERVANCE OF  
MARTIN LUTHER  
KINGS BIRTHDAY**

16  
4 oz. Orange Juice  
3 oz. **Hamburger Patty Au Jus**  
1/2 c. Potato Wedges  
1/2 c. Carrots  
1 sl. Whole Grain Bun  
Oatmeal Raisin Cookie  
8 oz. 1% Low Fat Milk

17  
3 oz. **BBQ Pork Riblet**  
1/2 c. Baked Beans  
1/2 c. Whole Kernel Corn w/Red Peppers  
1 sl. White Bread  
1/2 c. Mandarin Orange Cup  
8 oz. 1% Low Fat Milk

18  
4 oz. Orange Juice  
3 oz. **WG Fish Filet**  
1/2 c. Cheesy Mashed Potatoes  
1/2 c. Mixed Vegetables  
1 sl. Whole Grain Bread  
Margarine Cup  
8 oz. 1% Low Fat Milk

19  
3 oz. **Manicotti Alfredo**  
1/2 c. Peas  
1/2 c. Italian Vegetable Medley  
1 sl. Whole Grain Bread  
Graham Crackers (2ct) pkg.  
8 oz. 1% Low Fat Milk

22  
4 oz. Orange Pineapple Juice  
3 oz. **Baked Chicken**  
1/2 c. Yellow Rice w/ Tomatoes and Chives  
1/2 c. Green Beans  
1 sl. Whole Grain Bread  
Margarine Cup  
8 oz. 1% Low Fat Milk

23  
8 oz. **Cavatappi Bolognese**  
3 oz. Meat Sauce,  
Cavatappi Pasta  
1/2 c. Tomatoes & Sauce  
1/2 c. Italian Vegetables  
1 sl. Italian Bread  
Margarine Cup  
1/2 c. Citrus Fruit Cup  
8 oz. 1% Low Fat Milk

24  
3 oz. **Hot Dog w/Chili Sauce**  
1/2 c. Baked Beans  
1/2 c. Corn w/Diced Tomato  
1 Whole Grain Hot Dog Bun  
Mustard  
1/2 c. Applesauce Cup  
8 oz. 1% Low Fat Milk

25  
3 oz. **Beef Steak Patty w/ Herbed Mushroom Gravy**  
1/2 c. Garlic Mashed Potatoes  
1/2 c. Squash & Green Bean Medley  
1 sl. Whole Grain Bread  
Margarine Cup  
1/2 c. Pineapple Cup  
8 oz. 1% Low Fat Milk

26  
4 oz. Orange Pineapple Juice  
3 oz. **Chicken Marsala**  
1/2 c. Potato Onion Souffle'  
1/2 c. Spinach & Mushrooms  
1 sl. Whole Grain Bread  
Margarine Cup  
Mini Moon Pie Cookie  
8 oz. 1% Low Fat Milk

29  
3 oz. **Meatloaf w/Apple Brown Gravy**  
1/2 c. Skin on Potatoes  
1/2 c. Stewed Tomatoes  
1 sl. Whole Grain Bread  
Pineapple Cup  
8 oz. 1% Low Fat Milk

30  
8 oz. **Chicken Garden Casserole**  
1/2 c. Summer Blend Vegetables  
1 sl. White Bread  
Margarine Cup x 2  
1/2 c. Mandarin Orange Cup  
8 oz. 1% Low Fat Milk

31  
3 oz. **Butter Dipped Fish Nuggets**  
1/2 c. Garlic Mashed Potatoes  
1/2 c. Carrots  
1 sl. Whole Grain Bread  
Tartar Sauce  
1/2 c. Citrus Fruit Cup  
8 oz. 1% Low Fat Milk

- ◆ 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





# JANUARY



1  
**CLOSED  
HAPPY  
NEW  
YEAR**

2  
9:45—Exercise  
10:00—Jim, Chung & friends  
11:00—Hot Lunch  
1:00—Beginners Line  
Dancing  
2:00—Intermediate Line  
Dancing

3  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch  
1:00—Low Impact Aero-  
bics

4  
9:45—Exercise  
10:00—Line Dance  
11:00—Hot Lunch  
1:00—Chair Exercises

5  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch

8  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch  
1:00—Hand and Foot

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

10  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch  
1:00—Low Impact Aero-  
bics

11  
9:45—Exercise  
10:00—Regional Medical  
11:00—Hot Lunch  
1:00—Chair Exercises

12  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch

15  
**CLOSED IN  
OBSERVANCE OF  
MARTIN LUTHER  
KINGS BIRTHDAY**

16  
9:45—Exercise  
10:00—Games  
11:00—Hot Lunch  
1:00—Beginners Line  
Dancing  
2:00—Intermediate Line  
Dancing

17  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch  
1:00—Low Impact Aero-  
bics

18  
9:45—Exercise  
10:00—Heather/Librarian  
11:00—Hot Lunch  
1:00—Chair Exercises  
3:00—Tea Party

19  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch

22  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch  
1:00—Hand and Foot

23  
9:45—Exercise  
10:00—Seniors of Excitement  
11:00—Hot Lunch  
1:00—Beginners Line  
Dancing  
2:00—Intermediate Line  
Dancing

24  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch  
1:00—Low Impact Aero-  
bics

25  
9:45—Exercise  
10:00—Interim Health  
11:00—Hot Lunch  
1:00—Chair Exercises

26  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch

29  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch  
1:00—Hand and Foot

30  
9:45—Exercise  
10:00—Nutrition  
11:00—Hot Lunch  
1:00—Beginners Line  
Dancing  
2:00—Intermediate Line  
Dancing

31  
9:45—Exercise  
10:00—Bingo  
11:00—Hot Lunch  
11:30—Birthday Party  
1:00—Low Impact Aero-  
Bics

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

Thank you from a client  
To the Council on Aging Staff  
You are a very special organization. The lift chair you provided me is such a wonderful gift. As you see in the picture I sent I'm in my chair when I'm not working in the house. I have to say I am so amazed at the services and items provided to me and my son. We are thankful to each and everyone of you, especially my case worker.

With love.

## BCCOA Meal Sites

Elizabeth Coulliette Senior Center  
116 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.

