



February 2025

**Coulliette Senior Center
1116 Frankford Avenue
Panama City, FL 32401**

Hours of Operation:

**Monday -Thursday
7:30 am - 5:00 pm**

**Friday
7:30 am - 2:30 pm**

**Saturday & Sunday
Closed**

Visit our website at
www.baycouncilonaging.org

Bay County Council on
Aging is also on Facebook.
Join us there for up-to-date
information about
activities, programs, services
and news about seniors.



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The Golden Edition

It's Tax Time!

Do you need help filing your taxes? Here are two organizations that assist individuals with tax preparation at no cost.

AARP Foundation Tax-Aide

Free Income Tax Service in Bay County
www.FL6.taxaide.aarpfoundation.org



Panama City Beach Library - Mondays & Saturdays
12500 Hutchison Blvd., Panama City Beach

Trinity Lutheran Church - Thursdays & Fridays
1001 West 11th Street (corner of 11th Street and Balboa Avenue),
Panama City

The Arc of the Bay - Wednesdays
1804 Carolina Avenue, Lynn Haven

The taxpayer must have an appointment to attend the site. Appointments may be scheduled by calling (850) 583-4606. Leave a voicemail with your name and phone number with area code. The greeting on that phone number should repeat those instructions. Someone will return your call to schedule and appointment at one of these sites.



United Way's Volunteer Income Tax Assistance (VITA)

For more information:
www.unitedwaynwfl.org/vita-bay-county-fl
or call United Way at (850) 785-7521

A.D. Harris Learning Village
819 East 11th Street, Panama City
No appointment needed.

**Tuesdays, Wednesdays, Thursdays, some Saturdays - 9 am to 2 pm,
through April 12th**

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

We welcome advertisements. Contact us for more information. Thank you for your support.



The Golden Edition is edited by Andrea Marsh.

Bay County Council on Aging Volunteer Program



Our Volunteers are great! Nothing great was ever achieved without enthusiasm. It overcomes discouragement and gets things done. It is the MAGIC quality. And the remarkable thing is - it's contagious. Catch the volunteer virus and help spread our agency's goodness throughout our community!



**OUR VOLUNTEER ADVISORY COMMITTEE IS APPRECIATED FOR
YOUR GUIDANCE - YOUR CONTRIBUTION - YOUR PARTICIPATION
THANK YOU ALL!**

You are making a difference in the lives of others!

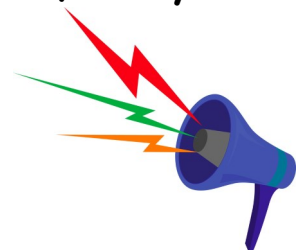
**Vivian, Steve, Anna, Chris, Karen, Janet, Sharon, Lynn, Shirley,
David, Keith, and Reuben**



Volunteers celebrating February Birthdays

Chris, David D., David I, Lisa, Michelle, Tamie, Vicky

**PASS THE WORD!
WE NEED VOLUNTEERS!!
PICK UP AN ENROLLMENT FORM - SHARE YOUR EXPERIENCE
PICK UP A TIME SHEET - RECORD YOUR SERVICE**



VOLUNTEER OFFICE HOURS: 9 am - 2 pm, Monday-Friday (850)769-3468 ext. 119, Email: lydia.vickery@bccoa.net



Caregiver Connections

Information for Caregivers



Music Therapy and Dementia

Music therapy has been around for many, many years. Listening to music stimulates the brain and the body-mind connection, and can also reactivate speech centers of the brain, prompt memory and improve gait and coordination. Scientists have found that the section of the brain associated with music is also associated with human's most vivid memories, and this region of the brain seems to serve as a hub that links familiar music, memories and emotion.

The most successful activity for the dementia patient is usually one which incorporates music. Different types of music can touch parts of the self which may be unreachable by any other means. All of us have our favorite songs and those songs usually bring back memories of the past and transports us back to that long ago place of our day dreams. Musical memories are not only associated with the music but also with the circumstances surrounding the musical experience. Listening to music can indirectly stimulate the recall of memory fragments that otherwise could not be retrieved. Researchers have found that listening to certain tunes from one's past evokes powerful and vivid memories.

Music can trigger short and long term memory, decrease agitation, and enhance reality orientation and self awareness in patients with dementia. Researchers have also found that music can help reduce stress and anxiety. The biggest benefit - music is free from side effects. When a dementia patient reduces stress and anxiety, beneficial physiological changes occur, including improved respiration, lower blood pressure, improved cardiac output, reduced heart rate and relaxed muscle tension.

Research shows that the best time for music sessions is during the afternoon around 3:00 to 4:00 pm. This is often the time of day when dementia patients begin to display more anxious and agitated behavior due to the sundown syndrome. Also, music at mealtimes reduces dementia-related difficult behaviors, leading to increased food intake. Listening to music at bedtime reduces depression and stress.

Music therapy provides opportunities for:

- Memory recall which can help one to reminisce
- Structure which provides rhythmic and continuous movement and/or vocal fluency
- Social interaction with caregivers and family
- Positive changes in mood and emotional stress
- Emotional intimacy when spouse and families share creative use experiences
- Stimulation which provokes interest

Music pieces should have a gentle rhythm and should be played at a volume that is high enough to be enjoyed by a person, but low enough to make conversation possible.

Adapted from American Music Therapy website. <https://www.musictherapy.org>

Monthly Caregiver Support Groups

FEBRUARY

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, February 14, 2025

1:00 PM

Educational Group Meeting

4th Wednesday, February 26, 2025

Guest speaker TBA.

MARCH

At the Respite Center Building
Sharing and Caring Group Meeting

2nd Friday, March 14, 2025

1:00 PM

Educational Group Meeting

4th Wednesday, March 26, 2025

Guest speaker TBA.

Medicare Moments No. 7

presented by Advantage Aging Solutions
and the SHINE (Serving Health Insurance Needs of Elders) Program

Should I Enroll in Medicare at 65 if I'm Still Working

Did you know that even though most people automatically qualify for premium-free Medicare Part A (hospital insurance) and Medicare Part B when they turn 65, many people delay enrolling in Medicare Part B during their Initial Enrollment Period, even if they're still working and covered by an employer's group health insurance plan (yours or your spouses)?

What if I delay my enrollment?

- If you don't sign up for Medicare when you're first eligible and don't have coverage based on current employment (yours or your spouse's) you may have to pay a late-enrollment penalty later.

Things to Consider:

You may delay enrolling in Part B but should only do so if your (or your spouse's) job-based insurance would be the primary payer.

- If your employer has more than 20 employees, Medicare is secondary, but it may still help pay for some of the costs not covered by your employer's insurance.
- If your employer has fewer than 20 employees, your job-based insurance by itself may not provide sufficient coverage. In this case, enrolling in Part B would help you avoid incurring unnecessary high costs for your health care.

If you decide to wait until your (or your spouse's) job-based insurance comes to an end before enrolling in Medicare Part A and/or Part B, you will have an 8-month Special Enrollment Period to sign up that starts once you stop working or your group health insurance coverage ends. You are still able to enroll any time while you are still working.

What if I have a Disability when I turn 65?

If you are receiving Social Security disability benefits when you turn 65, have kidney failure (End-Stage Renal Disease) or Lou Gehrig's Disease (ALS), you will be automatically enrolled in both Part A and Part B.

To talk to a SHINE Medicare Counselor, call the

Elder Helpline 800-963-5337

[Next Edition of Medicare Moments: Medicare for Those with a Disability](#)

SHINE is a program of the Florida Department of Elder Affairs and is offered locally by Advantage Aging Solutions. SHINE provides free and unbiased health insurance counseling through a network of volunteers, empowering Florida seniors to make informed health choices.

Cost savings could be yours too through the Medicare Savings Programs and the Extra Help Program.



This is the seventh in an 18 part series providing information about Medicare presented by the SHINE (Serving Health Insurance Needs of Elders) Program. SHINE is a program of the State of Florida Department of Elder Affairs.

Meal Site Activities - February

Callaway Fellowship Center

Tuesdays & Thursdays 9:00 am - 12:00 noon

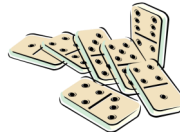
9:00 - 10:00 - Exercise

10:00 - 11:00 - Bingo, Games and Socialization

11:00 - Lunch

February 13th - Valentine's Lunch

February 20th - Q & A with Dixie Williams, RN for Florida Department of Health in Bay County



Fountain Fellowship Center

Mondays 9:00 am - 12:00 noon

9:30 - 11:00 - Bingo and Socialization

11:00 - Lunch

February 3rd - Q & A with Dixie Williams, RN for Florida Department of Health in Bay County

February 10th - Valentine's Lunch

February 17th - Closed for Presidents' Day



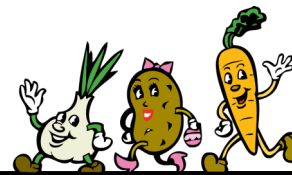
St. Andrews Towers

Mondays, Tuesdays & Wednesdays

2:45 pm - Lunch

For residents of St. Andrews Towers.

February 17th - Closed for Presidents' Day



Celebrating "Firsts" During Black History Month

Famous Protestors and Activists: While Rosa Parks is credited with helping to spark the civil rights movement when she refused to give up her public bus seat to a white man in Montgomery, Alabama in 1955 - inspiring the Montgomery Bus Boycott - the lesser-known Claudette Colvin was arrested nine months prior for not giving up her bus seat to white passengers.

Supreme Court Justice: Thurgood Marshall was the first African American ever appointed to the US Supreme Court. He was appointed by President Lyndon B. Johnson and served on the court from 1967 to 1991.

Eminent Scientist: George Washington Carver developed 300 derivative products from peanuts among them cheese, milk, coffee, flour, ink, dyes, plastics, wood stains, soap, linoleum, medicinal oils and cosmetics.

First Senator: Hiram Rhodes Revels was the first African American ever elected to the U.S. Senate. He represented the state of Mississippi from February 1870 to March 1871.

First Woman Representative: Shirley Chisholm was the first African American woman elected to the House of Representatives. She was elected in 1968 and represented the state of New York. She broke ground again four years later in 1972 when she was the first major party African American candidate and the first female candidate for president of the United States.

First Professional Black Baseball Player: On April 5, 1947, Jackie Robinson became the first African American to play Major League Baseball when he joined the Brooklyn Dodgers. He led the league in stolen bases that season and was named Rookie of the Year.

Reprinted from: www.history.com/topics/black-history/black-history-facts

February

Are you 60 or older? We would love for you to join us for activities and lunch! For more information please contact Ann Parmer at (850) 769-3468.

Senior Center & Meal Site Activities

Monday

3

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch
12:00 - Yoga
1:00 - Cards

10

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch
12:00 - Yoga
1:00 - Cards



17

Closed in observance of Presidents' Day



24

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch
12:00 - Yoga
1:00 - Cards



Tuesday

4

9:30 - Exercise
10:00 - Games
11:00 - Lunch
1:00 - Exercise Class

11

9:30 - Exercise
10:00 - Q&A with Dixie Williams, RN with the Florida Department of Health in Bay County
10:30 - Games
11:00 - Lunch
1:00 - Exercise Class



18

9:30 - Exercise
10:00 - Games
11:00 - Lunch
1:00 - Exercise Class

25

9:30 - Exercise
10:00 - Games
11:00 - Lunch
1:00 - Exercise Class

Wednesday

5

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch

12

9:30 - Exercise
10:00 - Valentine Themed Bingo
11:00 - Valentine's Lunch



19

9:30 - Exercise
10:00 - Themed Bingo - Household Items
11:00 - Lunch



26

9:30 - Exercise
10:00 - "Anything Goes" Bingo
11:00 - Lunch



Thursday

6

9:30 - Exercise
10:00 - Games and New Year's Resolutions
11:00 - Lunch
1:00 - Exercise Class



13

9:30 - Exercise
10:00 - Games
11:00 - Lunch
1:00 - Exercise Class

20

9:30 - Exercise
10:00 - Cooking with Jo
10:30 - Games
11:00 - Lunch
1:00 - Exercise Class



27

9:30 - Exercise
10:00 - Games
11:00 - Lunch
1:00 - Exercise Class

Friday

7

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch

14

9:30 - Exercise
10:00 - Valentine Themed Bingo and Valentine's Day Party

Wear red for the Valentine's Photo Booth
11:00 - Lunch

Happy Valentine's Day



21

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch



28

9:30 - Exercise
10:00 - Bingo
11:00 - Lunch

February



Monday

3

3 oz. Beef Patty in Teriyaki Sauce
 1/2 c. Mixed Vegetables
 1/2 c. White Rice
 1 sl. Whole Grain Bread
 1 pk. Lemon Sandwich Cookies
 4 oz. Applesauce
 8 oz. 1% Milk

10

4 oz. Apple Juice
3 oz. General Tso's Chicken
 1/2 c. Peas & Carrots
 1/2 c. Gingered Rice
 1 sl. Whole Grain Bread
 1 oz. Sunflower Kernels
 8 oz. 1% Milk

17

Closed in observance of Presidents' Day



24

4 oz. Apple Juice
3 oz. Beef Patty in Brown Gravy
 1/2 c. Mixed Vegetables
 1/2 c. Brown Rice
 1 sl. Whole Grain Bread
 1 pk. Graham Crackers
 8 oz. 1% Milk

Tuesday

4

4 oz. Apple Juice
3 oz. Chicken in Italian Sauce
 1/2 c. Green Beans
 1/2 c. Diced Potatoes
 1 sl. Whole Grain Bread
 8 oz. 1% Milk

11

4 oz. Blended Juice
1.5 oz. Eggs in Garden Sauce
 1/2 c. Diced Breakfast Potatoes w/Onion
 1/2 c. Cranberry Apples
 1 sl. Whole Wheat Bread
 8 oz. 1% Milk

18

4 oz. Blended Juice
1.5 oz. Eggs w/Sausage Country Pepper Gravy
 1/2 c. Diced Breakfast Potatoes
 1/2 c. Maple Cinnamon Apples
 1 sl. Whole Wheat Bread
 1 Margarine Cup
 8 oz. 1% Milk

25

4 oz. Apple Cherry Juice
4.4 oz. Batter Dipped Fish Nuggets
 1/2 c. Carrots
 1/2 c. Green Beans w/ Red Peppers
 1 sl. Whole Grain Bread
 1 Margarine Cup
 1 pkt. Tartar Sauce
 8 oz. 1% Milk

Wednesday

5

4 oz. Blended Juice
Mediterranean Bowl (4 oz. Chickpeas, 4 oz. Brown Rice)
 1/2 c. Peas & Carrots
 1/2 c. Zucchini
 1 sl. Whole Wheat Bread
 8 oz. 1% Milk

12

4 oz. Apple Juice
3.5 oz. Manicotti w/ Tomato Sauce
 1/2 c. Mixed Vegetables
 1 sl. Whole Grain Bread
 1 Oatmeal Raisin Cookie
 8 oz. 1% Milk

19

7.3 oz. Three Cheese Macaroni & Cheese
 1/2 c. Carrots
 1/2 c. Green Beans
 1 sl. Whole Grain Bread
 1 Margarine Cup
 4 oz. Applesauce
 8 oz. 1% Milk

26

4 oz. Blended Juice
3 oz. Pork Chop Patty in Sofrito Sauce
 1/2 c. Cilantro Stewed Tomatoes
 1/2 c. Sweet Potatoes
 1 sl. Whole Grain Bread
 2 Margarine Cups
 8 oz. 1% Milk

Thursday

6

4 oz. Apple Juice
3 oz. Meatballs & Pasta in Marinara
 1/2 c. Green Beans
 1 sl. Whole Grain Bread
 1 Margarine Cup
 8 oz. 1% Milk

13

4 oz. Apple Cherry Juice
3 oz. Hamburger Patty
 1/2 c. Carrots
 1/2 c. Diced Potatoes
 1 Whole Grain Hamburger Bun
 1 pkt. Ketchup
 4 oz. Applesauce
 8 oz. 1% Milk

20

4 oz. Apple Juice
3 oz. Breaded Chicken w/Country Pepper Gravy
 1/2 c. Mixed Vegetables & Squash Medley
 1/2 c. Brussels Sprouts
 1 sl. Whole Grain Bread
 1 Margarine Cup
 8 oz. 1% Milk

27

3 oz. Meatballs in Orange Sauce
 1/2 c. Green Beans
 1/2 c. White Rice
 1 sl. Whole Grain Bread
 2 Margarine Cups
 4 oz. Applesauce
 8 oz. 1% Milk

Friday

7

4 oz. Apple Cherry Juice
3 oz. Grilled Pork Chop in Homestyle Gravy
 1/2 c. Brussels Sprouts
 1/2 c. Parslied Mashed Potatoes
 1 sl. Whole Grain Bread
 8 oz. 1% Milk

14

4 oz. Blended Juice
2.3 oz. Stuffed Pasta in Broccoli Cheese Sauce
 1/2 c. Corn
 1 sl. Whole Wheat Bread
 1 Margarine Cup
 1 Cherry Cookie
 8 oz. 1% Milk

Happy Valentine's Day



21

4 oz. Blended Juice
Shrimp Scampi over Rice (2 oz. Shrimp, 4 oz. Brown Rice)
 1/2 c. Green Beans
 1/2 c. Brown Rice
 1 sl. Whole Wheat Bread
 1 Margarine Cup
 1 pk. Banana Sandwich Cookies
 8 oz. 1% Milk

28

4 oz. Blended Juice
3 oz. BBQ Pork Riblet
 1/2 c. Mixed Vegetables
 1/2 c. Garlic Mashed Potatoes
 1 sl. Whole Grain Bread
 8 oz. 1% Milk

- ◆ All meals served with 1% fat milk.
- ◆ Low sodium meals contain less than 1,400 mg of sodium.

- ◆ Breaded meats contain 1 oz. breading.
- ◆ Meals subject to change without notice.





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

BCCOA Meal Sites

Elizabeth Coulliette Senior Center

1116 Frankford Avenue
Panama City, FL 32401

(850) 769-3468

Open: Monday - Friday



St. Andrews Towers

24 Harrison Avenue
Panama City, FL 32401

Open: Mondays, Tuesdays & Wednesdays -
afternoons

(for residents of St. Andrews Towers)

(850) 769-3468



Callaway Fellowship Center

Arts & Conference Center

500 Callaway Parkway

Callaway, FL

(850) 769-3468

Open: Tuesdays & Thursdays

Fountain Fellowship Center

First Baptist Church of Fountain

18906 North Highway 231

Fountain, FL 32438

(850) 769-3468

Open: Mondays

