

2018 Annual Report



St. Johns County
Council On Aging

From the Executive Director & President

Dear Friends,

Last year, Council on Aging was challenged to help even more of our older residents than usual in the aftermath of Hurricane Irma, less than a year after the destruction of Hurricane Matthew. The storm winds of misfortune brought unexpected needs for many folks, needs that could not have been met without the help of each one of our friends and partners.

We all know how important friendships can be but we may not always realize how much we depend on our friends. Friends sustain us in so many different ways - with strong support during difficult times, with sage advice during times of uncertainty and with unwavering compassion and loyalty no matter what time it is! And the friendships and partnerships we've made here at COA are built on those same foundations of trust, care and dedication.

So this year, we're reaching out to those who may not know too much about us in the hopes of making even more new friends. Because it's no secret that donations of time, talents and financial resources are more important this year than ever before. And we believe that once you understand the work we do, you'll be excited about partnering with us and joining our group of community friends.

If you're already a COA friend, we thank you for standing with us and ask you to encourage others to do the same. If not...well...we can't help but wonder what you're waiting for!

Join us in making a real difference in our community!

Becky Yanni
Executive Director

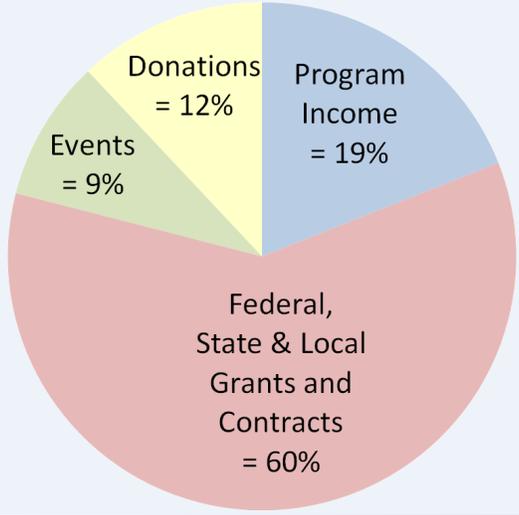


Joe Boles
President, COA Board of Directors



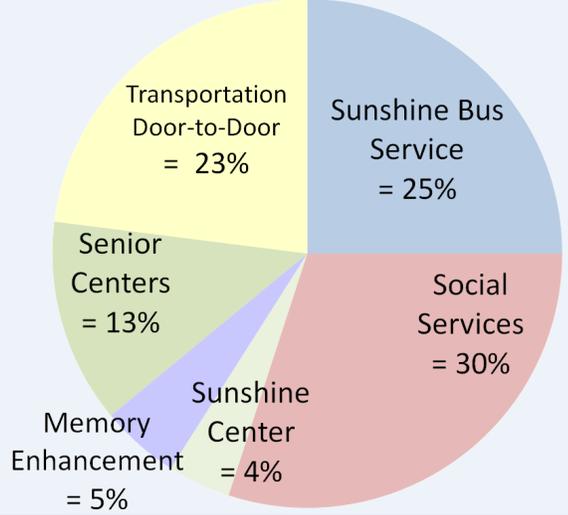
By The Numbers

Revenue Sources

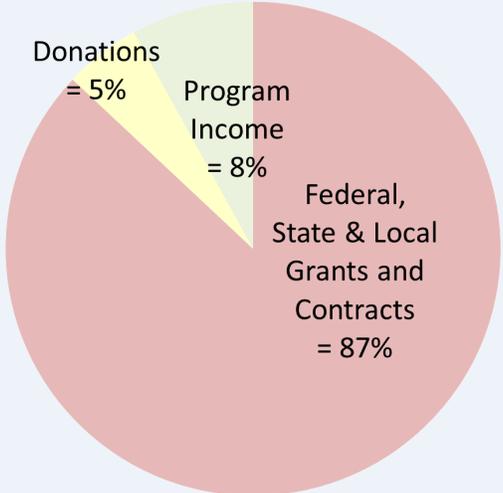


All Departments

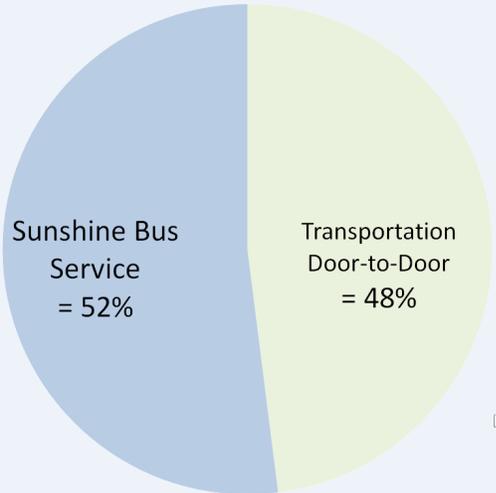
Expenditures



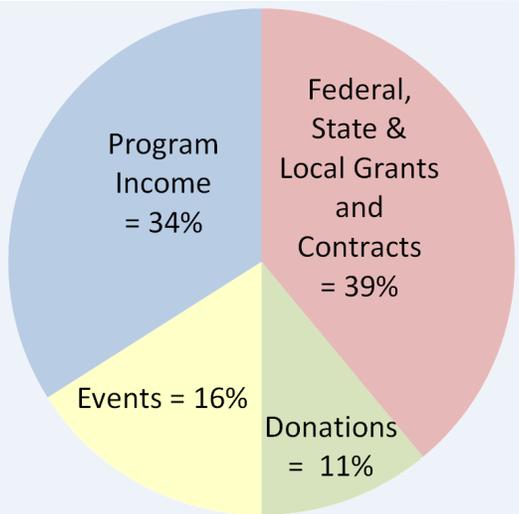
Revenue Sources



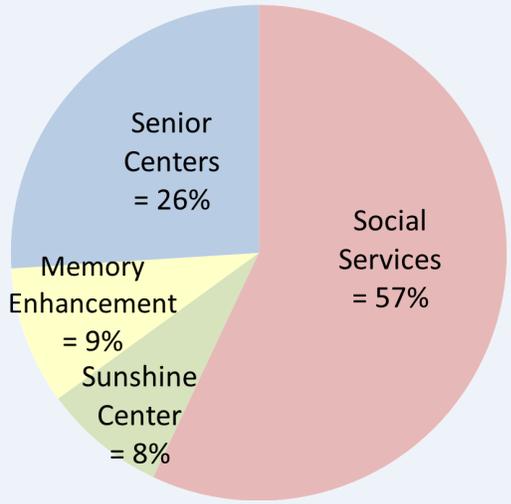
Transportation



Revenue Sources



All Departments Excluding Transportation

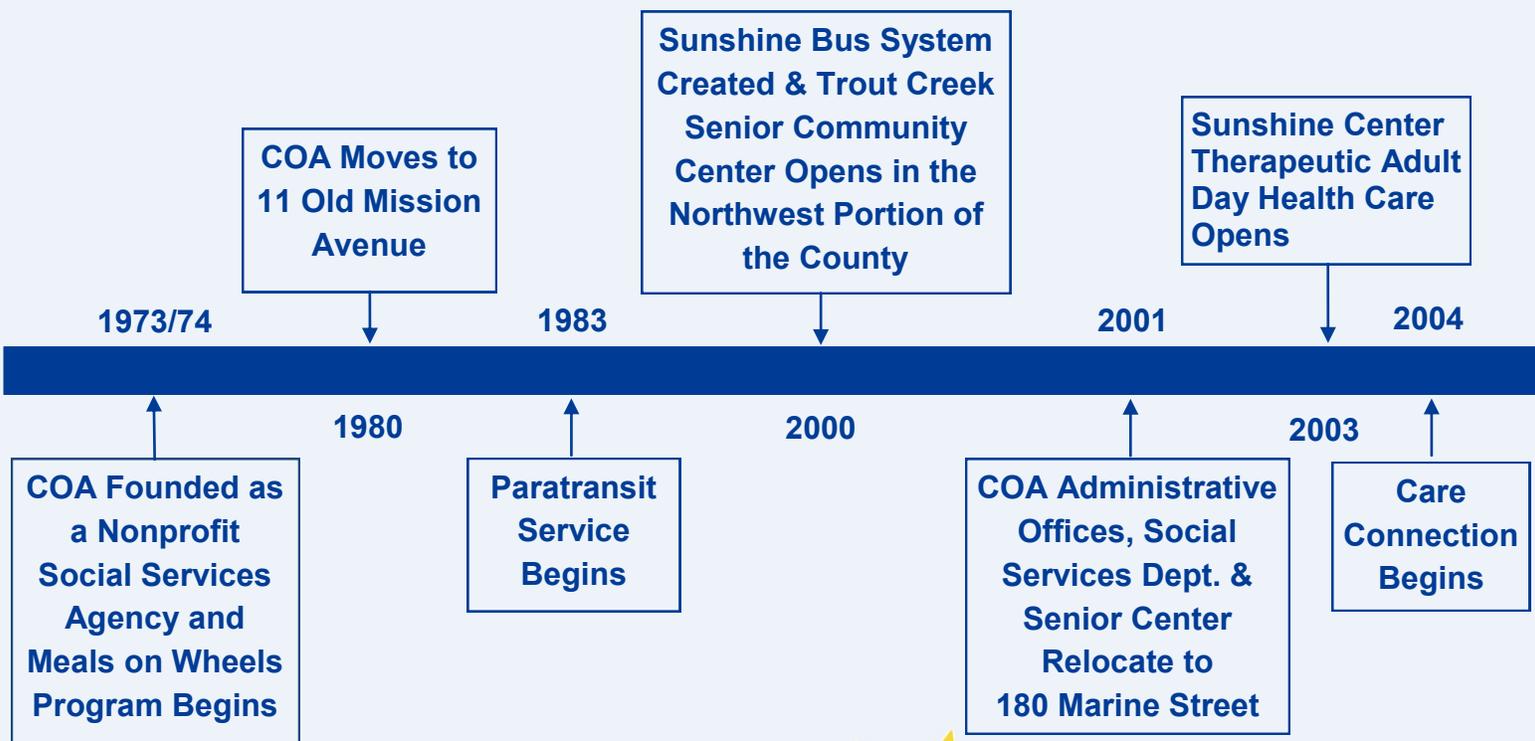


About Council on Aging

The Council on Aging has been serving St. Johns County older adults, their families and caregivers since 1973. During that first year, we served a daily congregate meal in Flagler Hospital to 60 participants and we delivered Meals on Wheels to a total of five home bound elders.

Today, we continue to provide meals to our five senior centers and Meals on Wheels program, but we do much, much more than that. Our programs and services are available to anyone in the county, and can be paid for privately, or if you qualify and are over 60, can be subsidized.

Key Milestones in Our History

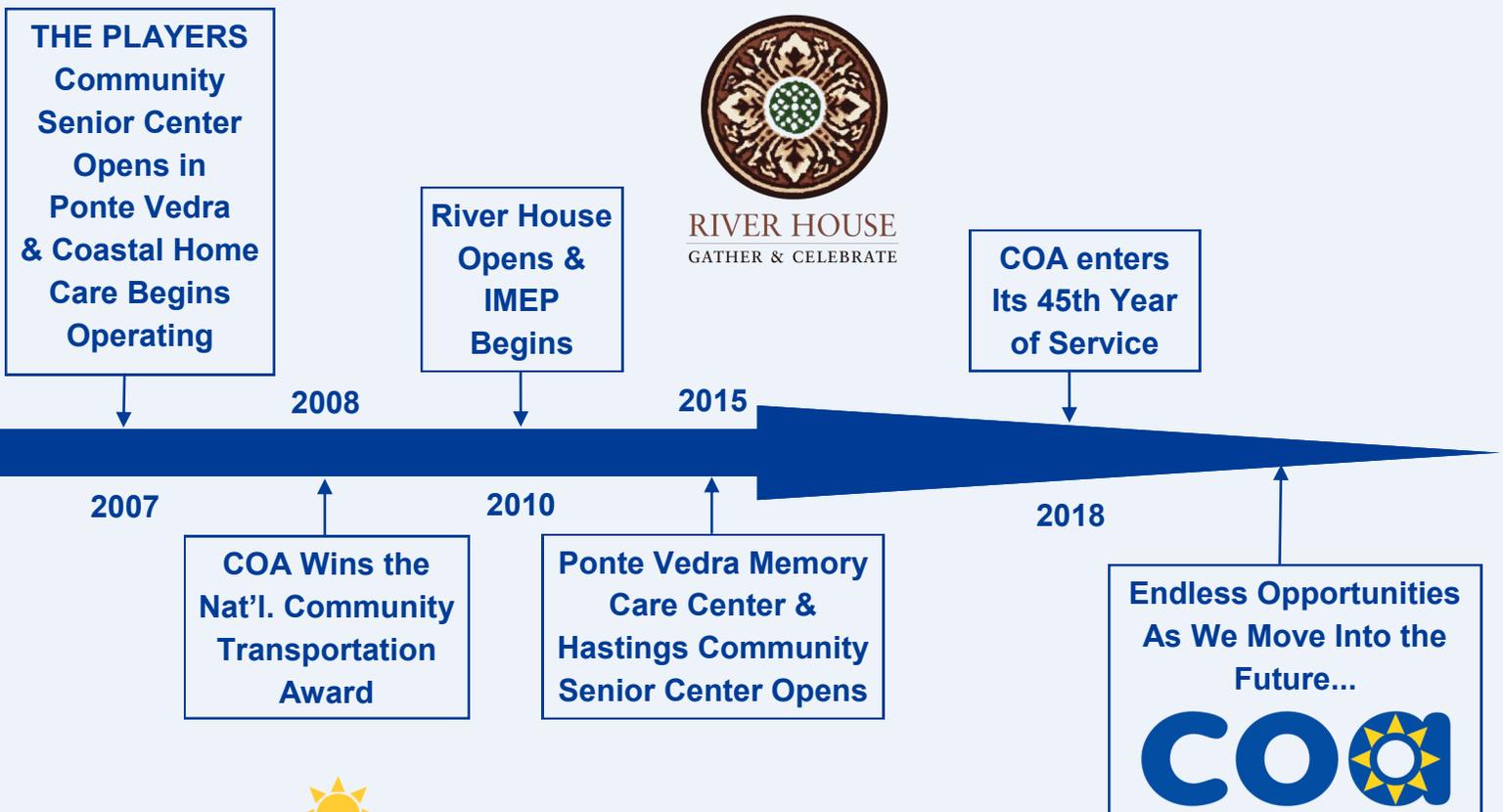


COA's Mission:

To lead and advocate for the dignity, independence, health and community involvement of older St. Johns County residents.

COA's Vision:

To provide the opportunity for every person in St. Johns County to enjoy wellness, longevity, and quality of life choices within a strong, healthy community.



COA In Action

Positively Impacting Lives

Helping Sarah

Sarah was living alone and doing her own grocery shopping twice a week. She lived within walking distance from the grocery store, but she was older, had issues with falling, and had to cross some busy streets to get to the store.

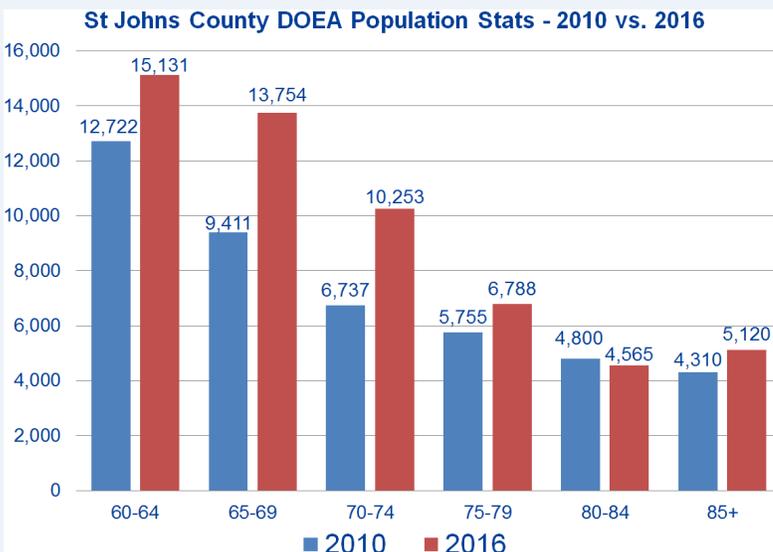
One day the police were called and found Sarah had fallen in the street. She was taken to Flagler Hospital, where she learned about COA. Thanks to our strong partnership with Flagler Hospital, they contacted us, and she became our client.

We were able to help Sarah in many different ways. We set her up with a home health aide who helps with personal care and homemaking services, but more importantly, she does Sarah's shopping. This saves Sarah from that dangerous walk across busy streets. We were also able to provide Meals On Wheels, so Sarah has delicious, nutritious meals all week long. In addition, our home health aide noticed that Sarah's trailer had holes in the floor and her toilet was sinking. We let our Care Connection team know, and they were able to send in a couple of volunteers to make the necessary repairs for Sarah.

In no time, Sarah's quality of life was greatly improved. She just needed a helping hand and because of COA and our volunteers, she is able to live independently in her home as she wishes.

Most of the services Sarah receives are available to her through the funds we receive from generous donations from individuals in St. Johns County, like you. We rely heavily on donors and private pay clients to make these services available to financially-restricted older residents of the county.

Please consider donating to COA! Your money will go a long way and touch many lives here.



Did You Know...

According to the Florida Department of Elder Affairs, (DOEA) from 2010—2016, the percentage of people in St. Johns County over the age of 60 has gone up 21%, with the age groups of 65-69 and 70-74 going up the most at 32% and 34% respectively .



Joyce



Kay

When someone is affected by Alzheimer’s disease or dementia, it can be a battle involving heart-ache for both caregiver and the person diagnosed. Sometimes it can feel like nobody understands, or even cares. Both parties are overwhelmed, lonely, and don’t know where to turn.

This was how the story began for both Kay and Joyce. Kay admitted that the loneliness can bring her to tears sometimes. Joyce said that living alone was a real challenge. All caregivers agree that there is nothing easy about what they do.

This is where the Council on Aging’s Sunshine Center can help. The Sunshine Center is a safe facility that allows people with dementia and Alzheimer’s disease to receive a full day of care with an array of cognitive and physical activities. Participants are given lunch, exercise, Bingo (Kay’s favorite!), pet therapy, music therapy, arts & crafts, haircuts and so much more.

“These people are my family, too,” said Kay. “I’m very comfortable here; very happy. It’s easy to make friends with good conversation and a smile.”

Companionship is an extremely vital part of the Sunshine Center. The Center provides the participants with a place to belong, which fights off loneliness, depression, and despair, and, in turn, improves the quality of life for an older adult. It validates that they are valued, needed, and important.

“I just like being here among friends,” Joyce chimed in. “I’m always ready to sing and play games. Coming here helps my daughter so she can take a break.”

Offering a caregiver respite care is essential to this situation. More often than not, caregivers still need to work and may have children of their own to care for. This program allows caregivers to take time away from caregiving, and to rest assured that their loved ones are safe. Council on Aging also offers caregiver support groups and other caregiver resources, so they can get the support needed from peers experiencing many of the same issues and concerns.

Meet Tom... Meals on Wheels & Coastal



Tom is 90 years old and still lives in his home. How is he able to do that? He has help from COA's **Meals on Wheels** and **Coastal Home Care** teams. Tom doesn't have to worry about anything. He is just enjoying life every day... **As he should be!!!**

Meals on Wheels

Tom started having meals delivered through Meals on Wheels when his wife Marge was diagnosed with Alzheimer's Disease. Cooking was never one of his strengths, and he knew he could rely on COA to deliver meals that were both delicious and nutritious for Marge and him.

Tom gets meals delivered by Meals on Wheels for the entire week, and he pays for the meals himself. He was happy to learn that you do not have to qualify financially to receive meals and was even happier to learn just how affordable the meals are.

Meals on Wheels provides meals to older adults throughout St. Johns County. There are many options regarding delivery dates, long-term and short term, private pay vs. assistance, etc.



MEALS ON WHEELS

Meals on Wheels are delivered directly to people's homes, but meals are also served at our community senior centers during the week. Here is a breakdown of the meals served over the last year.

	<u>Meals Prepared</u>
In Home Deliveries	69,231
Community Senior Center Meals	<u>28,190</u>
Total	97,421

Did You Know...

On an average week, some of our 200+ Meals On Wheels volunteers deliver over 2,000 meals across 21 routes that traverse throughout St. Johns County.

Home Care Recipient



Tom also loves our Coastal Home Care team. He is no longer able to manage the day-to-day chores alone, and was reluctant to have the help initially. However, once he started using the service, he said he would never go back. He loves that they are punctual, friendly, accommodating and caring. He also loves to have someone to laugh and reminisce with. He enjoys his time with our Coastal Home Care team. The social interaction is so important to him.

HHA#299993305



Look at that Smile!!

Give us a call at 904-209-3700 to learn how COA, Coastal Home Care & Meals on Wheels can help make you or a loved one smile today!

Coastal Home Care

COA's Coastal Home Care in conjunction with our Independent Living Services case managers offers in-home care and respite services. Over the last three years, we have served numerous older adults and caregivers in St. Johns County. **We served 272 clients in 2017 alone.** Here are how our time was spent with our clients:



<u>In-Home Service</u>	<u>Hours</u>
Case Management	2,385
Companionship	8,684
Respite	17,863
Homemaking	12,008
Personal Care	10,161

Facts About Dementia & Alzheimer's Disease

ALZHEIMER'S DISEASE IS THE
6TH LEADING CAUSE
OF DEATH IN THE UNITED STATES

MORE THAN
5 MILLION
AMERICANS ARE
LIVING WITH
ALZHEIMER'S
BY 2050, THIS
NUMBER COULD
RISE AS HIGH AS
16 MILLION

EVERY

66
SECONDS
someone in the
United States
develops the disease

MORE THAN
15 MILLION AMERICANS
provide unpaid care for people with
Alzheimer's or other dementias

IN
2016
these caregivers provided
an estimated
18.2 BILLION HOURS
of care valued at over
\$230 BILLION

In 2017, Alzheimer's and other
dementias will cost the nation
\$259 billion

By 2050, these costs could
rise as high as

\$1.1 TRILLION



35% of caregivers for people with
Alzheimer's or another dementia
report that their health has gotten worse
due to care responsibilities, compared to
19% of caregivers for older people
without dementia



1 IN 3
seniors dies
with Alzheimer's or
another dementia



Since 2000, deaths
from heart disease have
decreased by 14%

while deaths from
Alzheimer's disease have
increased by 89%

**IT KILLS
MORE THAN**
breast cancer
and prostate cancer
COMBINED



While these facts are certainly not optimistic, there are steps you can take to slow the progress of the disease if you or a loved one is suffering from Alzheimer's or other dementias.

Here at the Council on Aging (COA), we believe in taking proactive steps to address this issue before it becomes a crisis for our community. That's why, at COA, we offer a myriad of dementia care-related programs including our Integrative Memory Enhancement Program (IMEP) for those in the beginning stages of dementia or those who just want to keep their brains sharp; dementia classes, support groups and counseling for caregivers supporting their loved ones; and therapeutic adult day health care for those who have more advanced dementia.

Take action and get the support you and your loved one needs NOW! Time is precious, and the sooner you act, the better!

The Integrative Memory Enhancement Program (IMEP)

is a research-based, sustained intervention program designed to meet the needs of people in the community who have early Alzheimer’s disease, early dementia, or for people who suspect that they have memory difficulties and are eager to take a proactive approach. As IMEP Manager, Michele Sanchez points out, “For many of us, the possibility of losing our memory becomes our greatest fear regarding aging. We wanted to find a way to effectively address those fears while providing strategies that could help maintain memory function. IMEP does just that.”

Today, most of us are aware of the staggering statistics regarding global aging and the prevalence of dementia and Alzheimer’s disease. IMEP is a dignified, effective and significant solution to this problem. “While others may focus on the dementia that has the person, in IMEP, we focus on the person that has dementia.” “We meet them where they are and together, we go from there,” says Kathy Cinney, IMEP Marketing Manager. “I may be biased, but IMEP is truly a ‘game-changer’ for those with early memory loss.”

The IMEP team works diligently to affect positive change in the lives of those navigating early memory loss. Their classroom structured workshops that began as a local program within St. Johns County COA, have recently expanded to multiple locations and counties within Florida.

The IMEP Team



The Council on Aging’s Integrative Memory Enhancement Program (IMEP) assists those dealing with the challenges of **early memory loss**.

The program incorporates many different modalities, all of which are designed to maintain cognitive capacity and capabilities and boost memory function. There are currently four IMEP program locations in St. Johns County: Anastasia Baptist Church, Fruit Cove Baptist Church, Ponte Vedra Memory Care Center and Shores Riverview Club.

IMEP is now available to other communities and is currently being utilized by other organizations in the state of Florida.

The first step after noticing memory changes is to schedule a memory screening. It’s a simple test that takes only about 10 minutes.

For more information on IMEP, please contact Kathy Cinney at 904-729-9163 or kcinney@stjohnscoa.com

<u>Integrative Memory Enhancement Program (IMEP)</u>	<u>Participants</u>	<u>Program Hours</u>
2017	100	16,547

Caregiver Support At Council on Aging

Community Care-Giving

What comes after the diagnosis?

Most people who are faced with a diagnosis of dementia, Alzheimer's or other forms of memory loss or brain trauma simply don't know where to turn!

COA can help you take that important next step!

COA's Community Care-Giving is a FREE, confidential service for St. Johns County residents and their families to inform caregivers about the community services available.

Our qualified dementia care specialist will:

- ◆ Schedule a one-on-one to discuss your situation.
- ◆ Develop an individualized education and needs assessment.
- ◆ Offer support and guidance that will empower you to implement solutions for your challenges.

Most importantly, please remember:

YOU ARE NOT ALONE!

Contact Paulette Kozlowski for more information:
904-209-3674



Caregiver Support Groups

In St. Augustine:

2nd & 4th Thursday each month at 1:00pm
at the COA Coastal Community Center
180 Marine Street, 32084

In Ponte Vedra:

every Monday at 12:00pm
at the Ponte Vedra Memory Care Center
1048 A1A N., 32082

Anticipatory Grief Counseling for Caregivers

COA Community Caregiving program in partnership with Community Hospice is offering FREE Caregiver Anticipatory Grief Counseling with a licensed mental health counselor by appointment only.

ATTENTION CAREGIVERS! **FREE Dementia Care Classes**

If you live in St. Johns County and are caring for someone with dementia, don't miss this class.

COA offers classes to train anyone for the new role they face as caregiver for a relative or friend with Alzheimer's disease or other dementias.

Did you know...

If you are looking for a way to help build comradery among your employees while giving back to the community, we have the perfect fit for you. Care Connection offers opportunities for corporate sponsored **teambuilding** events. Whether it is building ramps, painting home interiors, minor home repairs, or cutting lawns, Care Connection can set up an amazing teambuilding experience for you and your team. We also have opportunities within the other programs at COA. Call our Volunteer Coordinator, Amy Leach at 904-209-3686 to learn more.

Meet Ruth



Growing up, two of Ruth's favorite pass times were playing the piano and singing. Years later, due to changes in her health, including dementia, Ruth was unable to live on her own. She moved in with her daughter & son-in-law. Like many caregivers, they struggle to keep up with the cost of living, their employment responsibilities, as well as balance enough time in their lives to devote to Ruth and her needs.

In January of 2014, Ruth and her family found the assistance they were looking for. Thanks to funding from the United Way as well as some funding from Long Term Health Insurance, Ruth was able to be enrolled in the Council on Aging's Sunshine Center, our adult day health care center. Her daughter, Dianne states that, "This program has been such a wonderful resource for my family and the community." Although Ruth's physical and cognitive conditions have slowly deteriorated over the years, requiring more and more assistance and guidance, life for Ruth and her family remains happy and manageable. Ruth has been able to age in place in her community with her family and her friends at COA. Despite the fact that her recent memory is gone, she continues to play the piano and keyboard as well as sing remarkable soprano octaves for her friends at the Sunshine Center with the utmost skill and talent. Ruth continues to enjoy exercise, art, crafts, pet therapy, and loves the challenge that the cognitive stimulating games such as Trivia and Word Find provide.

**Designed as a Therapeutic Activity Center
for Adults with Special Needs**
Open Mon-Fri 7:30am—5:00pm
(closed on major holidays)

This program provides a well-rounded day of:

- ◆ Cognitive Stimulation Brain exercises
- ◆ Cardio Exercise, Chair Yoga & Tai Chi
- ◆ Art Therapy, Music Therapy, & Sing-a-longs
- ◆ Nutritious Meals & Snacks
- ◆ Parties & Celebrations
- ◆ Pet Therapy
- ◆ Medication Management
- ◆ Personal Care, Haircuts, and Manicures
- ◆ Podiatry
- ◆ Physical & Occupational Therapies (per MD orders)
- ◆ Fun & Socialization with New Friends
- ◆ A Warm & Loving Person-Centered Care Environment
- ◆ Licensed Nurse & Trained Staff
- ◆ Caregiver Respite, Education & Support

Call our team today to learn more!

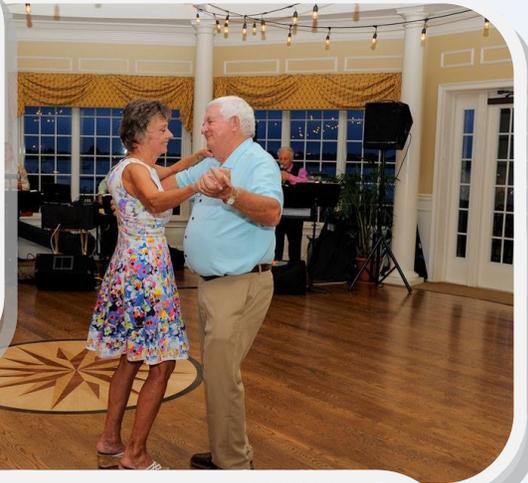
Licensed by AHCA #9081

Adult Day Care

	Clients	Hours
2017	57	14,649

As We Enter Our 45th Year...

COA
St. Johns County
Council On Aging





The Council on Aging has come a long way since 1973. We have added so many valuable and necessary programs and services to help ensure our seniors have a vibrant, healthy, and fun-filled experience.

We strive to help older adults throughout St. Johns County stay healthy, active and in their own homes for as long as possible. While we cater to the frail and vulnerable through services like Coastal Home Care and

Care Connection, we also offer active seniors many options. Our River House in downtown St. Augustine and THE PLAYERS Community Senior Center in Ponte Vedra provide a myriad of fun activities and programs including Pilates, Yoga, Tai Chi, many different types of dance classes, card games, word games, language classes and more.

We encourage you to come check out COA and all the different programs and services we provide. It is a great place to make friends and get plugged into the community where you live.



Our Community Senior Centers

Have you been looking for a way to stay active and engaged after retirement? Or are trying to find a way to “plug in” to your newly adopted community as a recent resident? Have you considered all the resources available to you at your local community senior center?

Well, you should!

When you picture a senior center, do you see older people (much older than you, of course) sitting around playing bingo? Well, it is time to update your vision!

Council on Aging's (COA) senior centers are not what you may think. Today's center is a vibrant, action-packed combination of fun fitness center, volunteering headquarters, creative arts studio, special celebrations venue, and tasty dining locale.

COA's centers offer everything from field trips and special events to fine arts and crafts, music and dance, lifelong learning, and fitness and health programs.

The senior centers are also a great place to find volunteering opportunities that can enrich your life with meaning and purpose as you share your time, talents and skills to enhance the lives of others.

COA community senior centers are for anyone aged 60+. Research shows that compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction.

Come check out the senior centers and learn more about how you fit with us. We are waiting for you!



Community Senior Center Participants

<u>Involvement in Lifelong Learning, Health, Fitness & Recreation Classes</u>	People	Hours
Ponte Vedra	451	27,054
Trout Creek	146	12,447
Hastings	62	9,358
River House & Coastal Community Center	790	38,466



THE COASTAL COMMUNITY CENTER
 180 Marine Street, St. Augustine, FL 32084
 (904) 209-3700

If you're looking for some socialization, gentle exercise and information about health and wellness, or would like access to programs that can help you maintain your independence, the Coastal Community Center is just right for you!

THE PLAYERS COMMUNITY SENIOR CENTER
 175 Landrum Lane, Ponte Vedra Bch, FL 32082
 (904) 280-3233

The motto of our Ponte Vedra Center is, "it's your life; live it up!"

You can practice your putting on our green, learn to play bridge, sharpen your painting skills...and much, much more!

HASTINGS SENIOR CENTER
 140 Gilmore Street, Hastings, FL 32145
 (904) 729-9161

Our COA center in Hastings has become the new hub of activity for older adults! Try your hand at Bunko and keep in shape with chair yoga. All geared towards keeping you at the top of your game.

TROUT CREEK PARK
 6795 Collier Road, St. Augustine, FL 32092
 (904) 522-1611

If you haven't visited Trout Creek Park yet, now is the time! Nestled along the river, Trout Creek is a relaxing, welcoming place to gather and enjoy activities like quilting, music & dancing.



RIVER HOUSE
 179 Marine Street, St. Augustine, FL 32084
 (904) 209-3655

River House is a COA center with two distinct personalities! A community gathering place by day and a special events venue by night! With over 70 programs and activities on the calendar, we can help you reach your goals...and make your dreams come true!

River House

The Community Living Room

When River House was initially conceptualized, it was to be the “community’s living room”, a place for older adults to go to enjoy the water view and activities. If you have not seen how well the idea has become a reality, you are missing out. We have over 70 different activities and programs taking place on average every month. In addition, there is a beautiful library and the River House Café which is open to the public Monday—Thursday each week from 11:00am—2:00pm, with an incredible view of the Matanzas River, St. Augustine Lighthouse and on occasion, dolphins and manatees.



Meet Joanne, a River House Senior Center Participant

I moved here from MA last year; I didn’t know anyone and wanted to make new friends and get involved in the community. I am so thankful that I found River House; I love this place and the location is gorgeous! The instructors welcomed me with open arms and the students are all so friendly. I have developed many new friendships here at River House. River House is just wonderful! A great place to learn and meet interesting people.

About River House Events

River House is not only a community senior center. On the weekends and in the evenings, it is an extraordinary event venue located in the heart of downtown St. Augustine, overlooking the Matanzas River and St. Augustine Lighthouse. Our venue brings together in one location a stunning waterfront setting for weddings, civic milestones and personal hallmark events. No other location in St. Augustine offers a five star venue directly on the Intracoastal Waterway with ample parking for the entire party. Our Grand Ballroom can accommodate 240 guests seated or 400 guests reception style with a 32 ft. round, hardwood dance floor.

We show the venue **by appointment only**, Tuesday-Friday between 10am and 5pm, and Saturdays working around scheduled events.

For more information or to make an appointment for a tour, **please contact:**

Constance Wiecking at (904) 826-6210 or cwiecking@riverhouseevents.com.

Visit our webpage at: <http://www.riverhouseevents.com> and on **Facebook** at: "River House Events"

River House Cafe



Amy

Our River House Café is open to the public and is one of the most scenic locations to have a wonderful lunch in downtown. The café is open Monday - Thursday from 11:00am - 2:00pm

Come enjoy a delicious, affordable lunch and the spectacular view of the Matanzas River, St. Augustine Lighthouse, Bridge of Lions, and the occasional porpoise and manatee all while supporting the efforts of the COA! We have daily specials and a great menu! ...And, did we mention the fabulous view?

Stop by and see what Amy has on the menu or visit our website www.coasjc.org for the week's menu under the "Centers" tab.

Care Connection Filling the Gap

CARE CONNECTION

Some of the little tasks of daily life become more difficult as we age. At Care Connection, volunteer teams offer assistance with many of the details of daily life. Call (904) 209-3700 and visit www.coasjc.org to learn more or get involved.



Independent Living Services

It's a fact: Most of us want to stay in our own homes as we age. And to do that, most of us will need at least a little help from our friends. COA's Independent Living Services are designed to offer just that!

Call us at (904) 209-3700 or visit www.coasjc.org to learn more about how COA can help you and how you can help us.

<u>Care Connection Support</u>	2017
Total Clients Served:	875
Minor Home Repair Costs:	\$11,682
Minor Home Repair Clients:	149
All Other Material Aid Costs:	\$13,447
Lawn Care Clients:	799
Emergency Energy Aid Provided:	\$33,219
Emergency Energy Aid Clients:	119
Number of Information and Referral Contacts:	24,144
Pet Food Bags Provided:	996
SNAP Assistance (Food Stamps):	40
Other Miscellaneous Services Clients:	546





Donate Items to Care Connection

The following donations are always needed and welcomed:

- ◆ Assistive devices such as walkers, wheelchairs, magnifiers, grab bars and other safety equipment
- ◆ Pet food
- ◆ Your time: in our office or in client homes

What an easy opportunity to volunteer!

- ✓ Work on your own schedule
- ✓ Do as much or as little as you like
- ✓ Groups, individuals, couples, friends, churches and employers are all welcome!
- ✓ This is a great teambuilding opportunity!



Care Connection links seniors who need help with resources and volunteers that provide it. Care Connection is staffed by one part-time employee who manages all of the scheduling of activities happening within the department. Every one else involved in Care Connection is a dedicated volunteer. Our volunteers know the value of the work they do and the impact on the lives of those they serve.



Some of our dedicated hard-working Care Connection volunteer groups include:

Cutters and Clippers — A team that handles basic lawn care throughout the entire county.

Wheelchair Ramp/Accessibility Team — A group of men and women who help make it possible for homebound seniors to get in and out of their homes as well as around inside their homes safely and with dignity by building wheelchair ramps, installing grab bars and doing small home repairs.

Donations/Support Team — This group of in-house volunteers assists by providing donated items to those in need, assisting with budgeting, helping pay utility bills, and signing seniors up for SNAP and other beneficial programs.

Sunshine Bus & Paratransit



Sunshine Bus

Meeting the transportation needs of St. Johns County Residents

We are St. Johns County's public transportation system. Through a partnership with the St. Johns County Board of County Commissioners, the Sunshine Bus is affordable and convenient. We offer safe and convenient transportation for riders of all ages.

We have deviated fixed routes that go to many of the places you want to go:

- ◆ Work
- ◆ Schools
- ◆ Supermarkets
- ◆ Medical appointments
- ◆ Social engagements
- ◆ Tourist attractions
- ◆ Our beautiful St. Augustine beaches!



Save time, save gas and take advantage of affordable, dependable transportation without any hassle. Just hop on the bus at one of our many conveniently located stops.

Ride the Bus! You'll be surprised at how many place we go to!

Please call our Sunshine Bus team at (904) 209-3716 or visit the Sunshine Bus website at: <http://www.sunshinebus.net/> for more information.

Paratransit Services

We provide non-emergency medical and other transportation services within the St. Johns County service area on a door-to-door basis for ambulatory and wheelchair bound clients; including door-through-door service for stretcher clients.

Who Is Eligible?

- ◆ The general public or elderly
- ◆ Persons with disabilities or who may be temporarily disabled
- ◆ Transportation disadvantaged
- ◆ Rural residents



To learn more about eligibility and how Paratransit works, call: **904-209-3710** — Hearing & Voice Impaired: 711 (Florida Relay System/TDD Line)
7:30am – 4:00pm, Mon. – Fri.* & 6:00am - 2:00pm, Sat.*

*Excluding holidays

Coastal Transportation & Prescription Assistance



Coastal Transportation

Coastal Transportation offers comfortable passenger vans with enough room to transport you and all your friends wherever you'd like to go. So go ahead and make those plans...and leave the driving to us!

We offer a complete shuttle service for your wedding, corporate event, or other occasions requiring group transportation. We provide worry-free transportation throughout the First Coast, including Jacksonville and Gainesville, to and from hotels, ball games, concerts, churches, or other venues. Our shuttle buses can comfortably accommodate 14-25 passengers with plenty of additional storage space for luggage or other items.

Call us for more info: 904-209-3700

Private Wheelchair Service Available!

Did You Know... Prescription Assistance Is Available

According to the Journal of Managed Care & Specialty Pharmacy (<http://www.jmcp.org>) as of 2014, 13% of American adults reported going without needed medication because of difficulty paying for prescriptions. They also report that pharmaceutical manufacturers have initiated over 200 different prescription assistance programs (PAPs) to provide medications at little or no cost to income-eligible patients. Unfortunately, use of PAPs is hindered by inconsistent eligibility requirements and reported difficulties in identifying and applying for appropriate programs.

This is where COA can help. Since 2003, COA has been assisting seniors to take advantage of the Patient Assistance Programs offered through the pharmaceutical companies, and thanks to a partnership with Flagler Hospital started in 2005, the COA Prescription Assistance Program has saved community seniors over \$17,050,000.



So, if the high cost of medications has left you trying to decide which prescriptions you can afford, please call the Council On Aging, to learn how we may be able to help you receive free/lower cost medications. These reduced medication costs are offered through the pharmaceutical companies. If you are eligible, we will help you navigate the application process.



<u>Year</u>	<u>Clients Served</u>	<u>Value of Medications</u>
2015	275	\$1,938,814
2016	265	\$2,179,579
2017	270	\$2,302,876

Tradition of Giving COA's Upcoming Events

**WON'T YOU JOIN US?
HERE ARE OUR FUN-FILLED EVENTS IN 2018**

CALL (904) 209-3700 FOR DETAILS



SAVE THE DATES!

**SUNSHINE DINNER & DANCE
SATURDAY, JANUARY 27, 2018—6:00PM
ST. JOHNS COUNTY AGRICULTURAL CENTER**

**VOLUNTEER APPRECIATION PARTY
THURSDAY, APRIL 12, 2018
5:00 PM - RIVER HOUSE**

**ST AUGUSTINE CENTENARIAN LUNCHEON
THURSDAY, MAY 3, 2018
NOON - RIVER HOUSE**

**PONTE VEDRA CENTENARIAN LUNCHEON
WEDNESDAY, MAY 23, 2018
11:30 AM
THE PLAYERS COMMUNITY
SENIOR CENTER**

SAVE THE DATES!

**COA CHAMPIONSHIP GOLF AND GALA!
GALA – SUNDAY, AUGUST 26, 2018
5:30 PM - RIVER HOUSE**

**GOLF – MONDAY, AUGUST 27, 2018
8:30 AM – SLAMMER & SQUIRE**



**CHRISTMAS ON THE RIVER
SUNDAY, NOVEMBER 18, 2018
5:00 PM – RIVER HOUSE**



DID YOU KNOW?

**COA is not just for the frail and fragile. We
have activities for active adults, come see!**



COA BOARD OF DIRECTORS

Joseph Boles, Jr., President
 Steve Harrison; 1st Vice President
 Michele Carmines; 2nd Vice President
 Hal Holton; Treasurer
 Len Tucker; Secretary
 Angela Cox; Honorary
 Don Blackburn; Lifetime
 Bruce Barber
 Dr. Douglas Dew
 Bruce Jones
 Dr. Larry Lake
 Reba Ludlow
 Art Moore
 Dr. David O'Brien
 Margaret Torres
 Barbara Vickers

COA STAFF

Becky Yanni; Executive Director
 Greta Larkin; Director of Finance
 Matt McCord; Director of Transportation
 Patricia O'Connell; Program Director
 Kathy Cinney; IMEP Marketing Manager
 George Hesson; Manager, Sunshine Bus
 Paulette Kozlowski; Manager, Adult Day Services
 Lisa Love; Human Resources
 Cathy Rabino; Manager, Independent Living Services
 Sue Richerson; Manager, Senior Center Programs
 Michele Sanchez; IMEP Manager
 Christy Sandy; Manager, Paratransit
 Ruthie Shakar; Manager, Nutrition Services
 Tom Torretta; Manager, Development & Communications
 Nancy Urban; Manager, Coastal Home Care

Getting Involved

Time, Talent & Treasure



DONATE!

Giving programs with the COA include:

- ✓ Planned Giving/Legacy gifts
- ✓ Business Supporters
- ✓ Memory Enhancement Scholarship
- ✓ Program Sponsorships (Meals on Wheels, Sunshine Center, etc.)
- ✓ Naming Opportunities
- ✓ Monthly Pledges
- ✓ Attend a fabulous gala on the river, take up golf or shop 'til you drop...it's all good and it's for a great cause.

Feel free to contact us at (904) 209-3700 to learn more about COA's giving programs.

We welcome and encourage your input, involvement and suggestions!

Together, we can fulfill our mission to lead and advocate for the dignity, independence, health and community involvement of older St. Johns County residents.

Volunteer

One of the most valuable gifts we can give is our time. We rely heavily on over 700 volunteers to help us execute our mission every day. In 2017, our volunteers donated approximately \$1,576,825 in unpaid volunteer services which would equate to a large portion of our budget if they were paid. The COA has volunteer opportunities to suit most needs and time constraints! No matter your interests, location or availability, so come talk to us.

We know that YOU can make all the difference!

Did You Know...

The Council on Aging (COA) is a nonprofit that serves all of St. Johns County's older adults? We are **NOT** a county run agency and we rely heavily on the financial support of our community.

There are several ways that you can help COA fulfill its mission to lead and advocate for the dignity, independence, health and community involvement of older St. Johns County residents.

We have listed some of them here. We would love to have you join the team and help us get this very important work done.

Working together, we can make a huge difference in the lives of our seniors.

Join Our Team!

Leaving a Legacy with Council on Aging



Legacy Society

Mary Peck's wish was to renovate her bay front home, so older adults could enjoy the bay view that she had loved during her lifetime. Unfortunately, her home was not suitable to serve that purpose. Knowing we were planning River House, Catholic Charities (who was responsible for carrying out Mary's wish) gave the proceeds of Mary's estate to COA. That first legacy gift helped construct River House, a state-of-the-art, nationally accredited senior center built on the bay overlooking the Matanzas River, St. Augustine Lighthouse and Bridge of Lions.

Since then, we have received other planned gifts that have helped increase the level and number of quality programs and services offered by COA.

**Plant a seed today,
make a difference tomorrow!**

**You can become a member of
our Legacy Society.**

Call us to learn more: 904-209-3700

What is Planned Giving?

Planned giving is a type of charitable giving that allows you to express your personal values by making a significant charitable gift during your life or at death that is part of your financial or estate plan.

Council On Aging (COA) can be named as a beneficiary in your will in a number of ways:

Outright bequest: You can specify an outright gift of cash, securities, real estate or tangible personal property.

Residual bequest: Provides that, after specific bequests are made to named individuals, the amount remaining in the estate, is left to the Council on Aging

Contingent bequest: Means that the Council on Aging will receive certain assets only if a named individual does not survive you.

Testamentary trust: Such a trust can provide income for another person or persons for life, with the principal ultimately passing to the COA.

Codicil: If you already have a valid, up-to-date will, you can have your attorney prepare a codicil to your will naming the Council on Aging as a beneficiary without having to rewrite your entire will.

Life insurance: Provides another excellent means for making a gift to us. This can be done either by purchasing a new life insurance policy or by contributing a policy which you currently own, but no longer need.

If you believe strongly in the work being done by the Council on Aging (COA), and wish you could give more, please consider COA when you are doing your estate planning.

Thanks To Our Partners

The Council on Aging is very fortunate to have many valued partners in the community. We want to thank all of you for your help. This is just a partial list of valued partners:

Some of our long-time partners:



Bill & Christine Powell

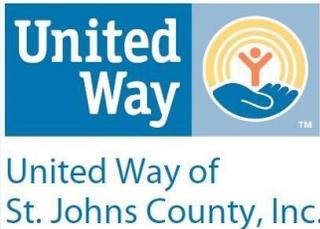


Don & Lavonne Blackburn

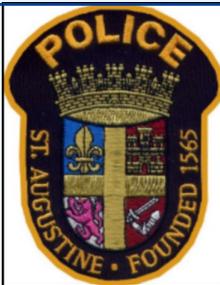


Grantors:

Buckingham Smith Benevolent Association



St. Johns County, Buckingham Smith Benevolent Assoc., The United Way of St. Johns County, Florida Dept. of Elder Affairs and the Federal Gov't, are some of our grantors and long-time partners



Visit our website: www.coasjc.org

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