

st. augus! time

JUNE 2018

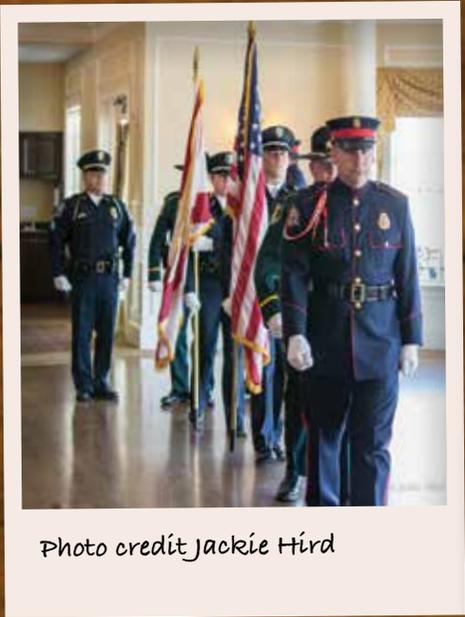


Photo credit Jackie Hird



Millie and Bruce



"A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way." - Unknown



Photo credit Rob Futrell





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LETTER FROM THE DIRECTOR

It feels like summertime is actually here with the arrival of June! Most people are familiar with Flag Day, Juneteenth and Father's Day—all special days or observances that fall in June.

In 1916, President Woodrow Wilson issued a presidential proclamation that officially established June 14 as Flag Day, but celebrations of the American Flag began much earlier. In the summer of 1861 a celebration was held in Hartford, Connecticut. Charles Dudley Warner, the editor of the Hartford Evening Press, urged the city's citizens to celebrate "a day of feasting and jollity. And let the great feature of it be a general display of American flags."

Juneteenth, also known as Freedom Day, is an American holiday that commemorates the June 19, 1865, announcement of the abolition of slavery in the U.S. state of Texas, and more generally the emancipation of enslaved African-Americans throughout the former Confederacy of the southern United States. Festive summer celebrations of Juneteenth include parades, rodeos, street fairs, cookouts, family reunions, park parties, historical reenactments, and Miss Juneteenth contests.

Father's Day wasn't always the big celebration that we know today. It had a slow start, as described in this issue's article on the history of the holiday.

Celebrating all of these can keep you as busy as a June bug!! We at Council on Aging wish you all a happy June filled with lots of reasons to celebrate!

Becky Yanni
Executive Director,
COUNCIL ON AGING

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Gus! Magazine is the recipient of the 2011 ElderSource "Night With the Stars" Outstanding Media Award the 2012 Quality Senior Living Award in the Media Vision category! Gus! Magazine gives great information about community events and services ~ and great results for our advertisers. Gus! is inserted into 10,000 home-delivered copies of the St. Augustine Record on the second Thursday of every month.

ENE
2018

You can also find Gus! at all branches of the St. Johns County Library, River House (179 Marine St.), and the Coastal Community Center (180 Marine St.)

Want results? Grab Gus! Call the Record at (904) 819-3458 or fax (904) 819-3557

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VISION STATEMENT of ST. JOHNS
COUNCIL ON AGING
"To promote the opportunity for every person in St. Johns County to enjoy wellness, longevity and quality of life choices within a strong, healthy community."

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Visit our website:
<http://www.coajc.org>

COA
Council On Aging

TECHNOLOGY Tips

by Riley Lewis

We use our smartphones and tablets every day – but what if you can't, due to small print, hard to see colors, or other issues that make them less accessible? Join this three part series to see how to make your Android phone or tablet, Windows or Mac computer, and Apple phone or tablet, easier to use.

To start, open the Settings app and choose "General". Under the "Accessibility" section, you have a range of options to make using your device easier:

- The "Zoom" option allows you zoom in the entire screen or certain parts. Turn it on and tap the screen twice with three fingers and a small window will appear where you tapped and zoom in that section. You can move it with three fingers or turn on the "Show Controller" button to have arrow buttons to move it. You can also change the "Zoom Region" option from "Window" to "Full Screen" to instead make the entire screen zoom in.
- The "Magnifier" option lets you use the camera of your iPhone or iPad like a large magnifying glass. Turn this on and quickly press the Home button (the physical circle button at the bottom of the device) 3 times to use this feature.
- "Larger Text" will let you adjust the text size

VICAR'S LANDING DONATES CAR TO COUNCIL ON AGING

Representatives from Council on Aging (COA) and Vicar's Landing joined forces to enhance the programming of COA. Vicar's Landing donated a 2013 Toyota Venza SUV to the COA.

COA Executive Director Becky Yanni said her team was thrilled at the news of the vehicle. "The success of our organization is based on the wonderful support of partners like Vicar's Landing," said Yanni who has been with the organization since 2008 and Executive Director since 2013. "The vehicle will be used to supplement transportation in an already robust Meals-On-Wheels program. It will also be used to transport home health professionals who travel throughout St. Johns

County visiting the elderly who need some care in their homes."

Bruce Jones, CEO of Vicar's Landing and a Board Member of COA since 2014, is fully committed to the partnership of the two organizations. "Our mission at Vicar's Landing is to provide services of superior quality to Members who choose the outstanding lifestyle and exceptional healthcare available to them in our community," said Jones. "Partnering with COA is just the right thing to do for our community of seniors."

This is not the first time that the two organizations have collaborated. The Vicar's Landing community already supplies lunches to the Ponte Vedra Memory

Center four times a week. The center serves as a memory care center for St. Johns County seniors, primarily from Ponte Vedra Beach, who suffer from early memory loss and/or changes in cognition. There they are able to attend the Integrative Memory Enhancement Program (IMEP). With more than 25% of the population of St. Johns County age 60 or older these programs will become even more essential.

But that's not the end of the partnership. While at Vicar's Landing, Yanni noted that the organization is in need of a refrigerator and microwave and these items were delivered to Council on Aging through another donation by Vicar's Landing.



"As our mission at Vicar's Landing is to help people maintain an independent lifestyle, helping those with hearing loss fits in with a continuation of our goals for the senior population."

— Bruce Jones, CEO of Vicar's Landing and a Board Member of COA since 2014

"We make every effort to support not-for-profits throughout the year", said Jones. "In the last 24 months we have supported Habijax through donations of Kitchen custom cabinets from more than

40 Kitchens at Vicar's Landing which are under renovations for incoming Members."

In 2016 Vicar's Landing resurrected Lend An Ear, a program that provides used and refurbished hearing

aids to people experiencing hearing loss who would otherwise not be able to afford a hearing aid. "Studies prove that hearing loss can result in isolation, disinterest and depression," said Jones.

VOLUNTEER SPOTLIGHT

Jan McElhaney- Music Therapy for Sunshine Center



How long and why did you choose to volunteer at Council on Aging? I have volunteered for three years after seeing an ad in the paper. I began with 20 minutes once a week, and now I come to COA twice a week!

Where are you from? I was born and raised in Rhode Island. I was a freelance court reporter for 38 years and later Program Head of Court Reporting for a community college in Kinston, North Carolina. In 2015, I moved back to St Augustine to be closer to family.

Tell us about your volunteer experience at COA. I play piano so participants in our Sunshine Center Therapeutic Adult Day Care may sing along or simply enjoy the music. It began slowly-at first we didn't have music sheets, but I kept trying for more participation. I typed lyric sheets and now folks sing along. We have included songs with movement (clapping, chair dancing), songs to reminisce, as well as popular songs. Some of their favorites include: God Bless America, Puff the Magic Dragon, CampTown Races, and Somewhere Over the Rainbow. They make me so happy- seeing how the music perks them up. I have seen many positive changes over time. After reading the words of "Jesus Loves Me" one person began to sing after years of not singing at all!

Parting words? My experience evolved my limited talent with piano to something very meaningful for the participants and myself. I truly enjoy giving and receiving. It is just so meaningful- the participants make my week!

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Our Professional Care Team can provide:
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Respite Care

Some signs that indicate the need for an extra level of help which we can provide are listed:

| | |
|--|--|
| 1. Experiencing memory loss, forgetfulness or disorientation | 5. Suspicious or fearful |
| 2. Not taking care of himself or herself | 6. Questionable driving ability |
| 3. Having difficulty getting around or experiencing falls | 7. Sudden weight loss |
| 4. No longer in good spirits | 8. Diagnosis of multiple medical conditions, persistent fatigue or sleeplessness |

Coastal Home Care

Early intervention can make a big difference in the quality of life for you or a family member who wishes to remain at home

If you would like to speak with our office, please call
Nancy Urban, Administrator,
Coastal Home Care at
Phone: 904-209-3681
Email: nurban@stjohnscoa.com
Fax: 904-209-3678

COA
Council On Aging

HHH # 299993305
180 MARINE STREET,
ST. AUGUSTINE, FL 32084

Dear Wise Old Owl,

Both of my parents live in Florida and I live in Upstate New York. Thankfully, we don't have to worry about hurricanes where I am. But, I get so worried for my parents. We ALREADY had a tropical storm scare this season, and I am worried about them this upcoming hurricane season. What can I help them do to prepare?

Sincerely,

Whirlwind of Worry

Dear Whirlwind,

While there is reason to be concerned, there is no reason to worry. There are many things you and your parents can do now to prepare for a hurricane, like:

1. Prepare an emergency supply kit to last 3-5 days. This kit should include canned food, a manual can opener, medicine, water, baby and pet supplies, first aid materials, battery powered radio, a portable phone charger, batteries, bedding, soap, hygiene products, dental care products, baby wipes, hand sanitizer, gasoline, cash, toilet paper, candles, matches, etc.
2. Make a list of relatives/ friends that your parents will need to check in with or can evacuate to, if need be. Include phone numbers and addresses. Be sure to inform your relatives and that they have contact information of your parents, as well. That way, someone will always be aware of their location and needs.
3. Make an emergency car kit, in case of the need to make a quick evacuation. This should include food, flares, jumper cables, maps, tools, first aid materials, bedding, flashlight and batteries, driver's licenses and other important documents, gasoline, a portable phone charger, and addresses and phone numbers of relatives/ friends they can evacuate to.
4. If your parent does not have a friend/ relative that they are able to evacuate to, please visit <http://www.sjcemergencymanagement.org/> and follow instructions to a shelter. If they have special needs or have a pet, be sure to call for arrangements in advance.
5. Please remember, your parents are probably scared, too. Try to provide as much comfort as possible during this time while helping them make a plan to get through the storm safely. Remind them that this is a good opportunity to catch up on some reading or to play cards!

Please visit www.ready.gov for more hurricane tips and tricks.



WISE OLD OWL

Send your question to "Wise Old Owl" 180 Marine St, St Augustine, FL 32084 or email us at wiseldowl@stjohnscoa.com.

FATHER'S DAY- A BRIEF HISTORY

by BECKY YANNI

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Today, the day honoring fathers is celebrated in the United States on the third Sunday of June: Father's Day 2018 falls on June 17.



*Both the City of St Augustine and St Johns County declared May as Older Americans Month!
We need to remember that older americans should be remembered and respected every day of
the year.*



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2018 marks the 15th Annual COA Championship Golf and Gala. This means 15 years of pictures, a competitive golf tournament, dancing under the Florida night sky, great food, faithful community partners and supporters, a fun auction, and, most importantly, 15 years of supporting Council on Aging.

The Championship Golf and Gala is the biggest and most important fundraiser for Council on Aging. It raises funds for numerous programs and services, like Meals on Wheels, four senior centers, transportation, Adult Day Care, Coastal Home Care, Prescription Assistance, and so much more. These services and programs allow older adults to live independently and safely in their home. In some cases, they may even be life-saving.

By supporting our Championship Golf and Gala, you are supporting these programs. We want to thank each and every one of you who has supported our Championship Golf and Gala throughout the years. We couldn't have done it without you.

Join us on Sunday, August 26 at 5:30 p.m. at River House (179 Marine Street, St Augustine, 32084) for the gala. At the gala, Chef's Garden will cater a delicious "all you can enjoy" buffet with choices for different tastes. After dinner, the Frank Saffi band will play high-energy music to get you dancing into the night! Throughout the evening, guests are encouraged to bid on hundreds of silent and live auction items that include art, gift cards, tickets to multiple forms of entertainment, sports packages, gift baskets, and so much more. Later on, guests can enjoy a beautiful Matanzas River sunset on the dock with a cold beer or wine in their hand.

The next day, August 27 at 8:30 a.m. is the Golf Tournament at Slammer and Squire. It is a challenging and classic course that allows for hours of golfing fun under the Florida sun! There will be both breakfast and lunch served and awards will be given to the winning teams.

COA is still accepting donations for the auction, team registrations, and golf sponsorships. For more information or to donate, please contact Cindy Walker at 904-209-3687 or cjwalker@stjohnscoa.com.





GUEST COLUMN: BASIC BEACH SAFETY TIPS by David B. Shoar, St. Johns County Sheriff

As our schools close for the summer it is time for summer vacations for many of our residents. One thing is certain, that many of our residents as well as visitors will enjoy the 42 miles of beaches St. Johns County has to offer. I would like to pass along some tips in this month's column. When at the beach never swim alone and if possible swim near a Lifeguard. If you or a family member doesn't know how to swim, take lessons. Swim lessons are offered through the St. Johns County Recreation Department, the local YMCA, or through many certified swimming instructors. By only knowing how to float in the water may compromise your safety during an emergency.

Many swimmers panic if they get caught in a rip current. If you or a fellow swimmer finds yourself in a rip current, don't fight it. Swim parallel with the beach until you are out of the current and then swim towards the shore. Be sure to watch your young children constantly and don't become distracted by talking on your cell phone, reading or taking a nap. Your attention should be focused on your children at all times. Children as well as teenagers should always be aware of their surroundings and if someone tries to take you somewhere, quickly get away while yelling and screaming. Children should try to stay in

a group, remember there is safety in numbers. Because our youngsters cannot always lookout for themselves, it becomes our responsibility to teach them how.

Pay attention to the posted signs on the beach. They are designed for our safety as well as to protect the environment. Remember drinking alcohol is not permitted on all St. Johns County Beaches. To protect your head and neck, never dive headfirst into the ocean. Many beaches in this area have coquina rock buried in the water and serious injuries could occur when diving.

The American Red Cross adds some additional tips for beach safety. Protect your skin: Sunlight contains two kinds of UV rays -- UVA increases the risk of skin cancer, skin aging, and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear a sunscreen with a sun protection factor of at least 15. Drink plenty of water regularly and often, even if you do not feel thirsty. Your body needs water to keep cool. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat's effects on your body worse. This is especially true with beer, which dehydrates the body.

Watch for signs of heat stroke: Heat stroke is life-threatening. A person's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals of heat stroke include --Hot, red, and usually dry skin, but in some cases such as during athletic activity while wearing a helmet, the skin may be moist. Changes in consciousness, rapid weak pulse, and rapid shallow breathing. Call 9-1-1 and move the person to a cooler place. Quickly cool the body by wrapping wet sheets around the body and fan it. If you have ice packs or cold packs, place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. Watch for signals of breathing problems and make sure the airway is clear and keep the person lying down.

Wear eye protection. Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sunlight. Finally, wear foot protection. Many times, people's feet can get burned from the sand or cut from glass in the sand.

During the summer months, we have a tendency to be complacent by leaving our vehicle doors unlocked and windows open. This is an obvious invitation to criminals to steal our personal items from the inside of the vehicle, especially when using the parking area's near the beach. Remember to always close your windows and lock your doors when you go to the beach. Always remove loose change and valuables from your vehicle. This includes purses, wallets, cell-phones, laptop computers and briefcases. Some of these items could be locked in your trunk and out of sight. Also park in an area that is heavily populated and has people coming to and from the beach. The average criminal does not want to be seen. Remember if you see something suspicious please contact your local law enforcement agency immediately.

I hope that these tips will help you and your family have a fun and safe experience at one of our beautiful beaches. For additional tips on general Crime Prevention please go to the St. Johns County Sheriff's Office website at www.sjso.org. There is a world of information available there as well as our Facebook page. Please feel free to contact me anytime at my e-mail address at dshoar@sjso.org. Thank you.



JUNE 15
WORLD ELDER ABUSE
AWARENESS DAY

WORLD ELDER ABUSE AWARENESS DAY – JUNE 15TH

June 15th is World Elder Abuse Awareness Day. According to the Administration for Community Living, each year, an estimated 5 million older adults are abused, neglected, or exploited. Older Americans lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could be used to pay for basic needs such as housing, food, and medical care. Unfortunately, it occurs in every demographic and can happen to anyone—a family member, a neighbor, even you. It is estimated that only one in five of these crimes are discovered.

Elder abuse is mistreatment of an older person that is committed by someone with whom the older person has a relationship of trust such as a partner, family member, friend or caregiver, according to Senior Rights Victoria. Elder abuse may be physical, social, financial, psychological or sexual, and can include mistreatment and neglect. Elder maltreatment can lead to serious physical injuries and long-term psychological consequences. Sometimes family, friends and caregivers may not know that their actions amount to elder abuse.

Older people have the right, just like people of all ages, to live safely free from harm, abuse, and exploitation. Any actions that breach this right are a form of abuse.

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN). WEAAD aims to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. In addition, WEAAD is held in support of the UN International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. This observance serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect, and exploitation.

WHAT IMEP MEANS TO JIM CAMPBELL

Submitted by KATHY CINNEY

Jim Campbell has been attending the Integrative Memory Enhancement Program (IMEP) at Fruit Cove Baptist Church for over 3 years now. Jim is a US Navy veteran who served on a submarine in the South Pacific in WWII. He tells a beautiful story of how he met his wife and married her after a very short courtship, while he was on shore leave! They were then married for 68 years until her passing.

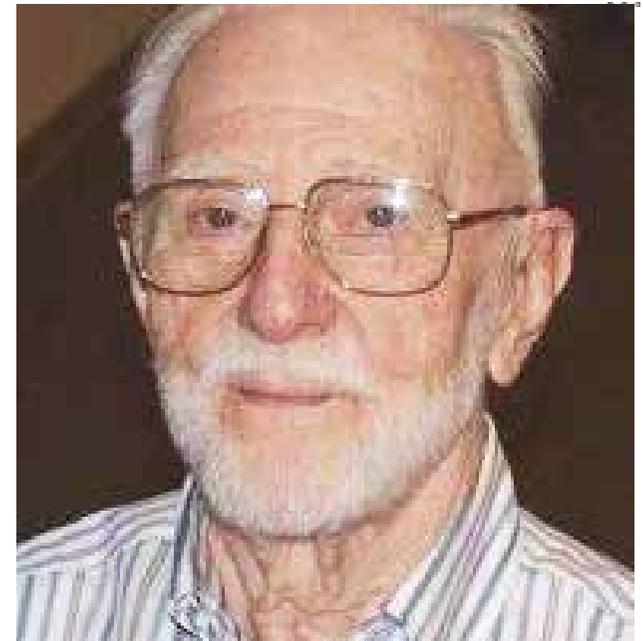
Jim has made friends with the other participants who attend the IMEP program at Fruit Cove and he credits the program with keeping him going. He is looking forward to his 92nd birthday this month. (May 2018)

Last December, Jim had a fall and sustained an injury. This set him back a bit and caused him to stop going to IMEP classes and to the gym for about a month and a half. He admits that he

was having his own little 'pity party'. He tells me that word got out on this and soon enough a nurse came to visit him and that she then contacted his daughter, Debbie, with her concerns.

Jim did return to his IMEP classes and was glad to see his friends again. He also started back to the gym.

Debbie arranged for her father to see a doctor at Mayo Clinic in Jacksonville to make sure he was still capable of being on his own. A Montreal Cognitive Assessment was administered to Jim and two doctors conferred with him and gave him the good news! They said that there is no reason for Jim to consider an Assisted Living Facility at this point in time. He is okay to continue living on his own. The doctors recommended that he continue with his Memory Program and with his workouts at the gym!



Jim refers to his daughter Debbie as his 'lifeline'. She convinced him to give up driving a while back but now she makes sure that he gets to the gym twice a week and to his IMEP classes on Tuesdays and Thursdays as well. He doesn't know what he would do without his daughter.

He also doesn't know what he would do without his IMEP classes. He looks

forward to seeing his friends each week. He cannot say enough about the COA staff facilitators, Wendy Bartlam and Jennifer Fender. He doesn't know how they stay so upbeat. But they do! "They are always happy and helpful and truly make for a fun day. It's lighthearted and boy do we have a lot of laughs," said Jim. One thing is for sure, there's no longer any time for a "pity party" in Jim's life!



RIVER HOUSE CLASSES

River House, 179 Marine Street. Hours of operation are from 9:00 a.m. – 4:30 p.m., Monday-Thursday, and 9:00 a.m.-12:00 p.m. on Friday. For more information about our various ongoing classes, please visit our website coasjc.com or call River House at 904-209-3655.

Back by Popular Demand! Dinner and a Movie!

Join moviegoers the third Thursday of each month at River House. The next movie will play Thursday, June 21st. Doors open at 4pm with the movie beginning promptly at 4:30p.m. Cost is \$15 for River House Members and \$20 for Non-members. In addition to dinner, guests will receive a soft drink and popcorn. Beer and wine available at additional cost. Advanced payment and registration is required by Monday, June 18th. Please call 904-209-3655 to reserve your seat today!

NEW! Genealogy

Please join us at River House for a 6-week course to begin the journey into researching your family's history. You will learn the tips and tricks to enable you to navigate the many branches of your family tree. Please call 904-209-3655 for your reservation. Cost is \$30 for River House Members /\$35 for non-members. Classes begin on Tuesday, June 5th (1pm-2pm).

NEW! Computer Basics

Come to River House to learn the basics of navigating your computer, the internet, and various Microsoft programs. We will also discuss how you can avoid online scams and tips to social media such as Facebook. Please call 904-209-3655 for your reservation. Cost is \$30 for River House Members /\$35

for non-members. Classes begin on Tuesday, June 5th (2:30pm-3:30pm).

NEW! Drawing 101

Can't draw a stick figure? Then this class is for you! If you have always wanted to learn how to draw, please join us for this fun, easy, and enjoyable 4-week experience on Wednesdays starting June 6th from 3pm-4:30pm. We will be learning the basics of line drawing, composition, shading, and 1-point perspective. Let's take your stick figure to the next level! The cost of \$40 for members/\$45 nonmembers includes drawing journal, pencil, and eraser. A list of additional supplies needed will be given out on the first day of class. Enrollment is limited so please call 904-209-3655 for your reservation.

NEW! Art Appreciation Lecture

"Salvador Dali & Surrealism" Presented by Jean Serusa BS, MS; Certified New York State Art Educator. Explore the intriguing works of Dali along with the rise and circumstances of the Surrealism movement of the 1930s. Thursday, June 7th from 10am-11am at River House. \$3 members/\$4 Non-Members. Please call 904-209-3655 to register.

NEW! Financial Fridays

Please join us on the final Friday of the month to discuss financial issues that may impact senior citizens. River House will host various local

professionals that will share their knowledge, tips, and expertise to assist seniors with numerous financial situations. Please call 904-209-3655 for your reservation to our next session on Friday, June 29th at 10am. Complimentary for River House members / \$3 non-members.

NEW! Greeting Card Creations

Have you ever wanted to learn how to make your own greeting cards? Join us at the River House (179 Marine Street) on Monday, June 11th from 11am-12:30pm to learn how to make greeting cards for EVERY occasion! You will learn the basic techniques and supplies needed to make your own unique cards from home. ALL SUPPLIES INCLUDED in the cost of \$12 for members/\$15 for nonmembers. Please call 904-209-3655 for reservations.

Drama Club "The River House Players"

COA's Drama Club, "The River House Players," is in its ninth season of presenting humorous sketches at local retirement communities. Actors use scripts with improvised costumes and sets. Enthusiasm and "love of the game" is more important than acting experience. Performers will be "on the road" during the months of March and April. New members always welcomed to attend rehearsals at River House) on Wednesdays from 1pm – 3pm. For more

information call 904-209-2655. Complimentary to River House members; \$4 to non-members.

Grief Support Group

If you are grieving over the loss of a loved one we welcome you to join our monthly bereavement group where you can share thoughts, memories, and issues about these special people. This complimentary support group is led by Rhona (Ronnie) Botnick, a Bereavement Counselor at Community Hospice and Palliative Care with 25 years of experience. This group meets the third Tuesday of each month (June 19th & July 17th) at 10:30am – 12:00pm, at River House. Please call 904-209-3655 to join this support group.

Legally Speaking Lecture Series

The Legally Speaking Lecture Series is presented by Attorney Megan Wall and is open to the public at no charge on the first Friday of each month from 10am-11am. The August 3rd topic is "How to Avoid Being a Victim of Predatory Lending." Attorney Wall sees clients privately by appointment at River House. Clients must make an appointment by calling Legal Aid at 904-827-9921 ext. 206.

Senior Singles Group

Join local seniors for fabulous food and fun conversation the first Tuesday of each month at various restaurants. The

June 5th meeting will be 11:30am at Romano's (4010 US-1, St Augustine, FL 32086). There will be NO MEETING in July. Please call 904-209-3655 for reservations.

River House Book Club

Join us at River House, 3:00pm-4:00pm, on the 2nd Tuesday of every month. This month (June 12th) we will be discussing Gonzalez & Daughter Trucking Company by Maria Escandon. Joining a book club is a great way to be consistent in your reading, delve deeper into books, and make some great friends. This group is complimentary and made possible by the SJC public library book mobile.

Tai Chi for Beginners

Tai Chi is a gentle way to fight stress, practice balance, relaxation and help increase flexibility. Registration is being taken for Tai Chi beginner class on Tuesday and Thursday mornings from 10:30am-11:30am, at River House. Cost per class is \$4 for River House Activity Members and \$5 for non-members. Call 904-209-3655 to reserve your place.

Pole Walking for Fitness, Health and Feeling Happy

River House pole walkers meet five different times each week for group walking with an instructor. Pole Walking has a low impact on joints, improves balance, burns more calories, and improves posture.

Join Sheila Vidamour at River House on Friday, June 15th at 10:00am, for a complimentary Pole Walking Clinic. This clinic will include the history of pole walking, information about its benefits, a hands-on demonstration and a lesson with a set of provided poles. Reservations are required as space is limited. Call 904-209-3655 to register. (Must complete Pole Walking Clinic to participate in the Pole Walking Class).

SHINE

Make an appointment to meet with a specially-trained volunteer who can assist you with your Medicare, Medicaid and health insurance questions by providing one-on-one counseling and information. A SHINE representative will be available at River House on the 3rd Thursday of each month (April 19), from 9:00am-12:00pm. Call 904-209-3655 for an appointment.

Medicare Help

Dick Wallis is here for people interested in help with Medicare and prescription assistance. He is available by appointment on Tuesdays from 9:00-11:30 a.m., in the Partner's Office at River House. For questions or appointments please call 904-209-3655.

VISION STATEMENT of ST. JOHNS COUNCIL ON AGING – "To promote the opportunity for every person in St. Johns County to enjoy wellness, longevity and quality of life choices within a strong, healthy community."

WHEEL CHAIR RAMP SPONSORED BY MERRILL LYNCH BUILT IN ST. JOHNS COUNTY

Sometimes, we take things for granted. We have the freedom to come and go as we please, we have the ability to go for a walk or a jog, we can attend a Yoga class or Zumba class, we can dance... These are all things that most of us can do every day. Whether we do it or not is another story. For some of us, these activities don't come as easily and sometimes not at all.

For some, simply getting in and out of our house can be a chore. The Council On Aging is lucky enough to have valuable partners like Merrill Lynch North Florida Office in Ponte Vedra Beach who help us help our county's older wheelchair bound seniors. Merrill Lynch North Florida Office donated \$5,000 to sponsor the building of several ramps including this one on April 12th. The ramp was built by our amazing dedicated volunteers who built a 48 ft. ramp for Dale Thompson in less than a day.



COA volunteer ramp builders and Dale Thompson, who is benefitting from this new wheelchair ramp install.

Now, thanks to the generosity of Merrill Lynch North Florida and our COA volunteers, Dale can leave his house whenever he wants.

Ed Olsen and his team of volunteers are a part of COA's Care Connection. Care Connection is 100% donor funded and almost completely volunteer run. Care Connection is designed to help independent older adults meet & manage the more challenging demands of everyday life. Care Connection is a vital program, as it fills the gap

between services that are funded by the government and the needs of the older adults in our county. While these services aren't government funded, they are critical and necessary for our seniors to be able to safely remain happy, healthy and independent in their own homes. COA relies heavily on donations from the community to keep this program active. If you would like to learn more, please call us at 904-209-3700 or visit us at 180 Marine Street in downtown St. Augustine.

FLAG DAY

According to Wikipedia, in the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States, which happened on June 14, 1777, by resolution of the Second Continental Congress. The United States Army also celebrates the U.S. Army Birthdays on this date; Congress adopted "the American continental army" after reaching a consensus position in the Committee of the Whole on June 14, 1775.

In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; in August 1946, National Flag Day was established by an Act of Congress. Flag Day is not an official federal holiday. On June 14, 1937, Pennsylvania became the first U.S. state to celebrate Flag Day as a state holiday, beginning in the town of Rennerdale. New York Statutes designate the second Sunday in June as Flag Day, a state holiday.



Perhaps the oldest continuing Flag Day parade is in Fairfield, Washington. Beginning in 1909 or 1910, Fairfield has held a parade every year since, with the possible exception of 1918, and celebrated the "Centennial" parade in 2010, along with some other commemorative events. ([https://en.wikipedia.org/wiki/Flag_Day_\(United_States\)](https://en.wikipedia.org/wiki/Flag_Day_(United_States)))



Dale Thompson with Steve Sherman from Merrill Lynch North Florida

ZUCCHINI BURRITO BOATS

INGREDIENTS:

| | |
|---|---|
| 4 large zucchini | 1 jalapeño (or poblano pepper), cored and diced -optional |
| 1 (15 ounce) can black beans, drained and rinsed | 1 tablespoon + 1 teaspoon olive oil |
| 1 cup cooked brown rice or white rice if you prefer | 2 teaspoons cumin |
| 1 cup salsa (use your preferred level of spiciness) | 1 teaspoon chili powder |
| 1 red bell pepper, cored and diced | 1/2 cup fresh cilantro, finely chopped |
| 1/2 red onion, diced | Salt to taste |
| 1/2 cup corn kernels | 1 cup shredded cheddar/ Monterey jack cheese |

DIRECTIONS:

Start by greasing a 9 x 13" casserole dish then set aside. Slice each zucchini in half lengthwise. Using a metal teaspoon, hollow out the center of each zucchini and reserve.

Lightly brush the tops with one teaspoon of olive oil then place them skin side down in the casserole dish.

Warm the tablespoon of olive oil in a large skillet over medium heat. Add the onion, zucchini middle and the peppers and cook for 2-3 minutes.

Add the rice, corn, and beans along with the salsa, chili powder and cumin. Stir everything together and continue to

CAFE CORNER

River House Café- 179 Marine St. 904-209-3636
Open Monday- Thursday 11am-2pm



cook for about 5 minutes then remove the skillet from the heat and set aside.

Preheat the oven to 400°F and then stir in 1/4 cup of the cilantro and salt to taste to the filling. Spoon the filling inside of each zucchini until they are all full. Sprinkle each one with cheese then arrange them in the dish and cover with foil.

Bake in the oven for 25 minutes, remove the foil and set the oven to broil. Cook them for 5 more minutes, until the cheese is bubbly and golden brown.

Cool for a few minutes then top with fresh cilantro, green onion, sour cream, and serve. Store leftovers in an airtight container for up to 3 days. ENJOY!

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