

st. augustine! time

OCTOBER 2018



CHRISTMAS ON THE RIVER
A Worldwide Journey of Wine Tasting & Gift Giving from the Heart



MAKE A DIFFERENCE DAY – OCTOBER 27TH

Making a difference doesn't have to be a grand gesture, and it certainly doesn't need to be limited to one day of the year!



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LETTER FROM THE DIRECTOR

This year Make a Difference Day is celebrated on Saturday, October 27th. Since its creation Make a Difference Day has helped to encourage thousands of people across the nation to start making an actual difference in the world. Coming together to make a difference is a great way to not only improve your community, but deepen ties to your neighbors, make new friends and have fun working together to do good!

It's amazing what just a small effort by an individual or group of individuals can do to change the world, or at least the local neighborhood. Making a difference doesn't have to be a grand gesture, and it certainly doesn't need to be limited to one day of the year!

At Council on Aging, we have a dedicated corps of volunteers working to improve the lives of the older residents of our community. From delivering meals to teaching a class, from providing staff support to photo-documenting activities, cutting grass to building wheelchair ramps, these friends of COA make a difference every day. Improving the lives of our elder neighbors can be surprisingly fulfilling for the volunteer, as well.

Would you like to join the effort to make a difference in the world? Council on Aging welcomes gifts of time, talent, financial resources and friendship. So please take a look at just a few of our giving programs, volunteer opportunities and fundraising events...and then go ahead and make a difference! Please contact Amy Leach at 209-3686 or aleach@stjohnscoa.com for more information about volunteering.

Becky Yanni

Executive Director,
COUNCIL ON AGING

Advertise in Gus!

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.

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

DIRECTOR OF SALES: MARK COX | EDITOR: BECKY YANNI | GRAPHIC DESIGN: RIMA SHIURNA

OCTOBER 2018

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."

All proceeds will benefit Council on Aging's Care Connection & ensure a magical Christmas for participants



A WORLDWIDE JOURNEY OF WINE TASTING & GIFT GIVING FROM THE HEART

Christmas on the River

Festival of Holiday Wreaths, Small Trees, & Centerpieces
Wine Tasting from Carrerra Wine Cellar & Fair Trade Items from Amistad
Festive Music
Hors D'Oeuvres Beer & Wine

NOV 18 • 5PM - 8PM
RIVER HOUSE
179 MARINE ST
ST AUGUSTINE, FL

Tickets- \$50 per person
RSVP- Cindy Walker
904-209-3687
cjwalker@stjohnscoa.com

COUNCIL ON AGING HOSTS CHRISTMAS ON THE RIVER



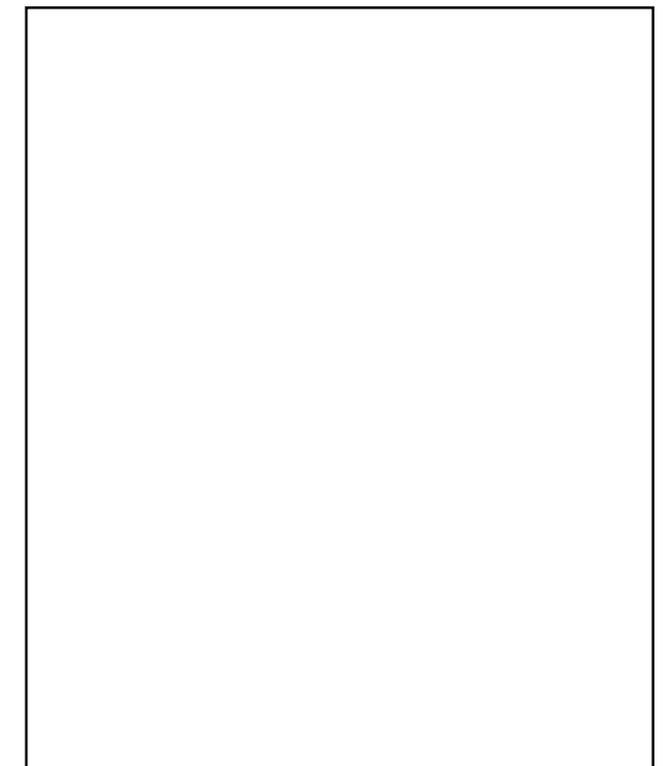
On Sunday, November 18 from 5pm to 8 pm, Council on Aging (COA) will be hosting "Christmas on the River." With the theme "A Worldwide Journey of Wine Tasting & Gift Giving from the Heart", this event is a delightful kickoff to the holiday season. Held at the beautiful River House, it includes wine tastings from Carrera Wine Cellar, fair trade gifts from Amistad, a festival of wreaths and other decorations, delicious food, and seasonal music.



All proceeds benefit COA's Care Connection program. Care Connection utilizes the talents of community volunteers and the generosity of community supporters to fill the gap between subsidized services and the needs of the community.

"Providing these services to our seniors is crucial to their independence," Becky Yanni, Executive Director, said. "I can't think of a better way to bring the community together around the holiday season to support such a worthy cause!"

Council on Aging is still accepting sponsorships. The different sponsorship levels include: \$60 to be an auction sponsor, \$250 to be a Ruby Sponsor (includes 2 event tickets), \$500 to be an Emerald Sponsor (includes 4 event tickets), and \$1,000 to be a Diamond Sponsor (includes 8 event tickets). All sponsorships include numerous recognition opportunities. Tickets are available for purchase for \$50 each. For more information, please contact Amy Leach, aleach@stjohnscoa.com, 904-209-3700.



MAKE A DIFFERENCE DAY – OCTOBER 27TH



VOLUNTEER SPOTLIGHT

Ginger Nawrocki - Coastal Community Center & Administration Reception

How long and why have you volunteered at COA? I have been volunteering at COA since spring of 2015. After retiring from the library system in 2014, I missed people. I thought COA would be a great place to volunteer since I knew many folks there from library patrons. It would be like seeing old friends and meeting new friends. Answering phones here is similar to the library; some turn into “reference” work. You never know what they will ask! It becomes a challenge as you try to figure out exactly what assistance they need and who to route them to for help.

What did you do before you came to St Augustine? I grew up in York, PA and went to Shippensburg State College where I earned a BS in English and MA in Library Science. I have worked in the state



library for NJ, 1 school library, 2 special libraries and 3 public libraries. I’ve been in libraries for 50 years. My favorite library job was cataloguing books for the Natural History Museum in Washington, D.C.

What do you like to do outside of COA? I love tennis. I won a tennis award at a local tennis tournament. My dad convinced the coach to teach me along with teenagers when I was only 8 years old! I began playing in tournaments when I was 12 years old on clay courts. Also, I love volunteering at

St. Augustine Historical Society. I love reading (all genres), doing word puzzles and games, and cooking Mexican food. My favorite hobby is traveling with my best friend and husband, Bob.

Parting words? COA is a great place to volunteer with many opportunities to serve our older neighbors. I enjoy helping in any way I can. These older adults are a real inspiration to me with their many stories and life experiences.

On the 27th anniversary of Make a Difference Day, Council on Aging (COA) will partner with student volunteers of Flagler College to help older adults in St Johns County. COA would love to thank the dedicated students of Flagler College for making a difference – what they do is so appreciated!





TECHNOLOGY Tips

by Riley Lewis

Here we are again nearing the end of another hurricane season. Last year we discussed tech safety during hurricanes. Besides keeping your technology safe and charged, it's also vital to ensure you are getting accurate information. With today's technology it's easy for false information to spread, but it's also easy to find reliable sources all from your smartphone or tablet.

- Bookmark your local news station's website or download their app. If the cable goes out, you can use your local news' website to keep up to date on severe weather events. Many of these stations will broadcast their news live just like on TV, so you won't miss coverage. Their apps will also give you alerts for weather warnings.
- Know your local radio news stations and have a weather radio. The TV news may partner with a radio station as well and have radio broadcasts for when power goes out. Weather radios have special stations broadcasting information and warnings for your specific area. You can find great weather radios that also include AM/FM bands and other features like a phone charging port, solar or hand crank power for when the batteries run out, flash lights, or all of these combined!
- Use social media responsibly. Social media can be a great tool to let your loved ones know how you're doing, but use it sparingly and responsibly. Social media apps can drain battery quickly, something you don't want during extended power outages. Also, information can easily be exaggerated or falsified. Make sure you use reliable news sources, preferably from their websites or broadcasts rather than social media to find out what's happening during a severe weather event.

Slow Cooker Turkey Artichoke Chili

CAFE CORNER

River House Café- 179 Marine St. 904-209-3636
Open Monday- Thursday 11am-3pm

INGREDIENTS:

- 1 ½ lb of ground turkey
- 2 large cans of diced tomatoes
- 1 jar of artichoke hearts, drained
- 2 cans of chili beans, drained and rinsed
- 1/3 cup of salsa
- 2 cloves of crushed garlic
- 3 tbs of chili powder
- 1 tbs of salt
- 1 tbs of black pepper
- 2 tsp of paprika
- 2 tsp of garlic powder
- 1 packet of taco seasoning

DIRECTIONS:

Brown the ground turkey and add taco seasoning. Drain turkey and add it to the slow cooker. Add the tomatoes, beans, artichokes, salsa, chili powder, garlic, salt, black pepper, paprika to the slow cooker. Stir with large spoon. Cook on low for 6 hours or high for 4 hours

When I was growing up, every weekend during football season we'd get together as a family, gather around the TV watching football, while eating bowls upon bowls of my mother's homemade chili. Her chili was delicious and every time I eat it, it takes me back to those Fall family moments. This football season, I'm taking mom's chili up a notch, with my very own Turkey Artichoke Chili, cooked in my slow cooker.



Shuttle services for group transportation.

Accommodating 14-25 passengers.

Weddings
Corporate Events
Sporting Events

COASTAL TRANSPORTATION



Call Wayne Reyes for more information:
Cell: 904-540-0237

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

COA Council On Aging

DURABLE POWER OF ATTORNEY ... AN IMPORTANT DOCUMENT!

I recently worked with an owner on the sale of her home. This property sold last month and ended up being a smooth real estate transaction from listing to closing. We were listed and under contract in 15 days and closed the deal in 54 days. Without proper planning, this would not have been the case.

This owner originally approached me over a year ago to meet with her about selling her home. Her health had become an issue and she needed to look at her available options. She wanted to remain in her home but mobility, especially caring for her pets, had become more difficult. She had no family, but luckily had a great friend! Her friend was able to help her research possible living and care options in St. Augustine. They visited several facilities and looked at the features and costs associated with each choice. And most importantly, they established a will and power of attorney in regard to her estate and health care decisions. During this process, her health showed some improvement. With a few minor modifications to the house, she was able to remain in her home for a while longer.

Fast forward to this summer and her health declined quickly. She entered the hospital and was unable to make decisions on her own. After she transferred to a skilled care facility, her friend decided it was necessary to sell her home to pay medical expenses. The doctors did not see a chance of her ever regaining her strength to move back into her home and be able to care for herself. Together we were able to do some repairs including painting and other projects. We prepared the home to prime condition and sold the house quickly and at top market value.

The friend was awesome to work with and the durable power of attorney authorized her to handle all of the details of the sale without any problems. By having important discussions and making honest decisions before her health care crisis, this home owner was able to achieve the best possible outcome with her largest asset.

Contrast this process to one without a power of attorney or a will in place and no one is able to make decisions. Probate, petition to establish a legal guardian, etc.. are issues that can be avoided with proper planning. It is not easy to discuss wills and trusts, power of attorney, and advance health directives. But by taking these steps we may be able to ensure the most positive outcomes during the most difficult times.

There are many great resources in St. Augustine for legal advice and estate planning. If you haven't already taken care of this planning process, I recommend contacting a professional today to help you in these important matters. It is a great gift to those who you love and love you the most!



John Lawrence is a regular contributor to GUS.

He is a full time Realtor Associate with Watson Realty Corp. and is a Seniors Real Estate Specialist.

A power of attorney is a document by which one person “principal” authorizes another person “agent” to take care of business affairs – write checks, transfer funds, & sign contracts. Power of attorney documents should be written to suit the specific needs of the person and the laws of the state.



**WISE
OLD
OWL**

Send your question to
“Wise Old Owl”
180 Marine St, St
Augustine, FL 32084 or
email us at [wiseoldowl@
stjohnscoa.com](mailto:wiseoldowl@stjohnscoa.com).

Dear Wise Old Owl,

I have a three year old labradoodle, Fluffy, and he is so smart! The problem is he has a final stage heart murmur. When we adopted him at 6 months old, he wasn't expected to live past one year. Here we are, years later, and we are happy to still have him. However, my husband, Jim, pities him TERRIBLY! Fluffy gets away with EVERYTHING- barking all night, bathroom trips at 2 am, staring out the window and barking all day, not coming when called, etc. Our neighbor has a new born baby and we really cannot have a dog barking all the time! I have had dogs before and am a firm believer in training them- so I try to train Fluffy. However, Jim feels so bad for him that he lets him get away with everything and I am the only working with him. Fluffy is confused, anxious, and misbehaving. What should I do?

Sincerely, Fluffy is not Woman's Best Friend

Dear Fluffy is not Woman's Best Friend,

First of all, Fluffy is misbehaving because he is confused and anxious. He does not know what you and Jim expect of him because he is getting mixed signals from both of you.

Jim must be an equal partner with you in Fluffy's training. He has to back you up for it to work. Also, your own energy plays a very important part. Your energy has to be calm before Fluffy can become calm and submissive. If you are feeling tense and nervous, so will he.

It sounds like Jim loves and cares for Fluffy and wants to give him a good life. If so he must be in it all the way. With you and Jim working together and on the same page, it should be an easier experience and a happier life for all three of you.

Sincerely, The Wise Old Owl

HALLOWEEN SAFETY



GUEST COLUMN by David B. Shoar, St. Johns County Sheriff

Later this month many of our younger children will be taking part in the age-old custom of “trick or treating” on Halloween. Our goal at the St. Johns County Sheriff’s Office is that this event is an enjoyable adventure for everyone and I would like to pass along some safety tips. Children should only be allowed to trick or treat at homes or businesses they are familiar with. They should trick or treat while it’s still light outside, or they should carry a flashlight so they can see and be seen easily. Parents, make sure that your child’s costume including masks and wigs are flame resistant; they should also be light in color and clearly visible to motorists. Avoid costumes that are oversized and high-heeled shoes that can cause a child to trip. The costumes should have reflective strips as well.

Children should be reminded to only cross streets at the corners and never cross between parked cars. Young children should never be allowed to go out alone and older children should only go out with small groups.

Make sure you set a time when they should be home and know the route your children will be taking. Tell your family on which streets you’ll be trick or treating. Let your children know not to cut through back alleys and fields. Make sure they know to stay in populated places and don’t go off the beaten path. Stay in well lit areas.

Children always want to help with the pumpkin carving. Small children shouldn’t be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are much safer, although you can be cut by them as well. It’s best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.

If you will be out driving on Halloween, please take extra time and watch for children darting in and out from between parked cars. Slow down and pay attention. Watch for children walking on roadways, medians and curbs. Enter and exit driveways and alleys very carefully. And always

watch for children that may be wearing dark clothing.

Feed your children a spooky Halloween dinner and instruct them not to eat any treats until an adult can examine them. Also remind your child to never go into the home of a stranger or get into their car. Make Halloween a fun, safe and happy time for your children in hopes that they will carry on the tradition that you taught them and remember; if you see suspicious activity please call the Sheriff’s Office or your local law enforcement agency and report it.

Have a Spooktacular Halloween this year and stay safe. Please feel free to contact me if you have a topic you would like to see addressed in this column. Also, there is a host of information on our website at www.sjsso.org, or be sure to follow us on Facebook, Twitter, Instagram and our newly launched Nextdoor page. My email address is dshoar@sjsso.org. Thank you.

THE TANGLED HISTORY OF HALLOWEEN

Halloween began as the festival of Samhain. It was part of the ancient Celtic religion in Britain and other parts of Europe.

At the end of summer, the Celts thought the barrier between our world and the world of ghosts and spirits got really thin. This meant weird creatures with strange powers could wander about on Earth. The Celts had a big party. It was all about scaring away the ghosts and spirits.

Later, with the dominance of the Christian religion, the day became known as All Hallows’ Eve - the day before All Saints’ Day on 1 November.

AMERICA PICKS UP THE PACE

It is in America that Halloween has really taken off. Irish immigrants to the United States raised the popularity of Halloween during the 19th century. They brought with them traditions that combined features of the Celtic and Christian holidays, and celebrated with feasting, divinations, and mischief making. Jack-o’-lanterns and trick-or-treating in costume both became Halloween fixtures in North America, and have since been exported back to Europe.



BUDDY BUS

by - Amber Lake

Until we can find a cure, the best way a woman can help fight against breast cancer is to get regular mammograms. Early detection practices are some of the most important ways to increase survival rates and greatly effect prognoses.

Statistics show that one in eight women in the United States is likely to develop breast cancer, making it extremely important to stay up to date with check-ups while encouraging friends and family to make appointments as well. Unfortunately, almost fifty percent of women still aren't receiving regular mammograms. So why aren't they getting them?

Most women cite affordability and time management as key factors to "putting off" their appointments.

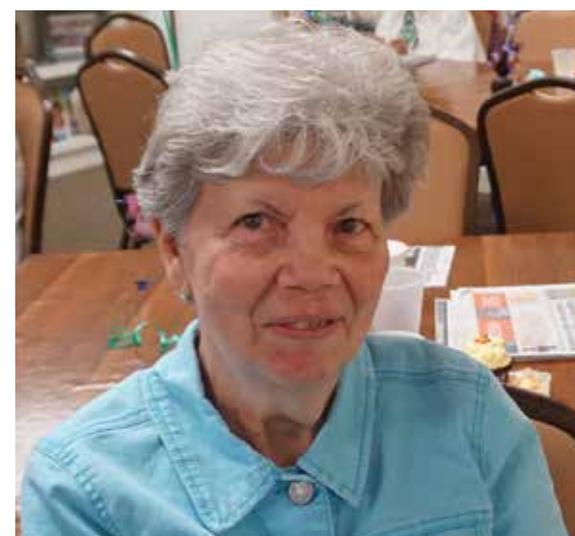
With that in mind, First Coast News teamed up with Baptist MD Anderson Cancer Center to help launch a new project to fight breast cancer starting from day one.

This past month, First Coast News' Jeannie Blaylock, started a drive to raise money for The Buddy Bus, a mobile mammogram unit that will serve St. John's County community members, making it easier and more affordable to receive early detection.

On October 8th, seniors at the Council On Aging's Coastal Community Center joined together to raise money by decorating, bejeweling and bedazzling bras for the cause. Each custom-made Buddy Bra

helped to donate \$20 dollars and will be displayed outside the fence at the First Coast New Station. The members of COA's Coastal Community Senior Center were excited to donate their time, money and energy to providing the St. John's County area with its very own bright pink Buddy Bus. Five bras with a group of five teams decorated, each with a different theme representing the Council of Aging.

If you're interested in donating or participating in the Buddy Bra fundraising event, please email Jeannie Blaylock at Jblaylock@firstcoastnews.com.



RIVER HOUSE CLASSES

River House, 179 Marine Street. Hours of operation are from 8:30 a.m. – 4:30 p.m. Monday-Thursday, 8:30 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.

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.”

NOW BACK AT RH! - Flagler College Tech Help

Technology savvy Flagler College students will be offering complimentary help at River House on Mondays from 3pm-4pm starting October 1st. Please bring in your laptop, smartphone, iPhone, iPad, or tablet and a student will work with you one on one and answer all of your questions and technology needs! Please call to schedule your reservation.

Dinner and a Movie

Join moviegoers the third Thursday of each month (10/18, 11/15, 12/20) at River House. The movie begins 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. Please to reserve your seat today!

Wellness Wednesdays

Please join us at River House for Wellness Wednesday on October 3rd from 11am-12pm. Florida Health Care Plans will be discussing various health and wellness topics in addition to giving away a ticket to our Dinner & a Movie Event! Please call for reservations.

Senior Singles Group

Join local seniors for fabulous food and fun conversation the first

Tuesday of each month at various restaurants. Please call for reservations. November 6th = South Beach Grill (45 Cubbedge Rd) 11:30am. December 4th Gypsy Cab (828 Anastasia Blvd, St Augustine) 11:30am

NEW! Flu & Pneumonia Shots

CVS Pharmacy will be offering Flu & Pneumonia shots at River House from 10am-12pm on Wednesday, October 17th. Please bring your Medicare card or insurance card. Walk-ins are welcome; no appointment necessary.

NEW! French Level 1 Class

Discover France and the French Language with this interactive 6-week course which will help you learn basic French language skills and understand French culture through role-playing, storytelling and a situational real-life learning environment. This language and culture class will be taught by a native French instructor, Denise Baudinet, who has traveled worldwide and strengthened her interest in expanding multicultural communications and understanding. Classes are held on Thursdays from 1pm-2pm beginning October 4th. Please call to register for this 6-week session. Fee: \$30 for River House members; \$35 for non-members.

NEW! Spanish Level 1

Please join us at River House on Thursdays for this 6-week session (beginning October 4th) from 2:30pm-

3:30pm to learn the basics of the beautiful language of Spanish. Participants will also enjoy learning about Spanish culture in this fun and interactive class. Cost is \$30 members/\$35 non-members. Please call to register.

River House Chorus

River House Chorus is back and better than ever! Starting Tuesdays October 9th from 2pm-3:30pm to enjoy the many fantastic mental, physical, and spiritual benefits of group singing. Instructor Diana Milesko is sure to inspire sensational singing with her invaluable talent, experience, and passion for music. New members always welcomed-reading music is helpful, but not necessary. This group performs for COA events and locally in the community. Complimentary to River House members; \$4 to non-members.

NEW! Author Appreciation Event: RG Head

Please join us at River House Friday, October 19th at 9:30am to meet retired Brigadier General and author, RG Head. He will be discussing his book, Oswald Boelcke: Germany's First Fighter Ace and Father of Air Combat. Appealing to military and aviation enthusiasts alike, this biography explores why Oswald deserves consideration as the most important fighter pilot of the 20th century. Cost for attendance is \$3 for members/\$4 for non-members. Please call to reserve your seat.

NEW! Essential Oils

Please join us at River House to learn about the amazing health benefits of pure essential oils. Instructor Jayne Moon will show you how to incorporate them into your everyday life and how to use them to create a business. This 4-session class will be held from 1pm-2pm on Mondays and Wednesdays (October 22, 24, 29, & 31). Cost is \$20 for members/\$25 for non-members. Please call to reserve your seat.

NEW! Music Simplified

If you've ever been interested in learning how to play guitar, ukulele, banjo, or dulcimer, please join us at River House on Tuesday, October 23rd from 10am-12:30pm. You will learn how to play any song by learning all major and minor chords in one easy lesson! The follow-up class will be on Tuesday, October 30th from 10am-12:30pm. Bring your own instrument, borrow one from a friend, or use one of ours. Go to GuitarSimplified.com for a short video demonstration of the Guitar Barre in action. Cost is \$25 for members / \$30 for nonmembers per session. Enrollment limited so please call for your reservation.

NEW! - Jewelry Beading Class

Want to get in tune with your creative side? Fulfill the need to be creative by designing jewelry! Join Shirley Nacey in making bracelets and necklaces with unique and intriguing beads to enhance your style

or make a gift for a friend! We will begin with basic stringing with beading wire and attaching clasps/crimps. From there we will advance to off loom stitching such as peyote, square stitch, netting, etc. This 4-week series class will take place on Wednesdays, November 7th, 14th, 28th, & December 5th from 1:30pm-3:30pm. Cost is \$40 for members and \$45 non-members and includes all supplies! Space is limited, please call to register.

NEW! Author Appreciation Event: Jewel Grutman

Please join us at River House Friday, November 9th at 10am to meet retired attorney and local author, Jewel Grutman, as she discusses her book Redfish Oak. Based on documented factual events, the book is full of action, mystery, and a bit of romance. Books will be available for purchase at additional cost. Cost for attendance is \$3 for members/\$4 for non-members. Please call to reserve your seat.

New! Tech Tuesdays for iPhone & iPad

Beginning November 13th, please join us for Tech Tuesdays that focus exclusively on iPhones and iPads with instructor Kai Long. Classes will be held at River House from 1pm-2pm every Tuesday. You will need to bring your iPhone/iPad with you. Cost is \$8 for members/\$10 non-members per session. Please call for reservations.

November 13th = iPhone/iPad Basics

November 20th = iPhone/iPad Camera & Photo App

November 27th = iPhone/iPad Editing Photos & Videos

December 4th = Using Maps/GPS

December 11th = Using Contact Folder

December 18th = Using Safari (Search Internet/Bookmarks/Reader View)

January 8th = Using Siri & Ways to Save Battery Life

NEW! Mindfulness Meditation

Please join us at River House to experience the time-honored practice of mindfulness meditation that has been used as a path toward peace for over 2500 years. Examine the philosophy and psychology in which it is rooted. Students are asked to commit to all four classes and a daily home practice of 10 minutes during the four weeks. Wear comfortable clothing and bring a yoga mat. Beginning January 8th classes will be held on Tuesdays (1/8, 1/15, 1/22, 1/29) from 10am-12pm. Call to reserve your place.. Cost is \$25 for River House Activity Members and \$30 to all others.

NEW! Wellness Wednesday Event

Please join us at River House on Wednesday, January 16th & 23rd from 1pm-3pm to learn how to prevent and reverse chronic disease by making the right food choices. Cost is \$3 for members/\$5 for non-members. Seating is limited! Please call for your reservation.

COUNCIL ON AGING PARTNERS WITH GIVING TUESDAY

This #GivingTuesday, November 28, how will you join the movement? Join Council on Aging (COA) by doing an #UnSelfie and accompanying us on a global day of giving. We will harness the collective power of individuals, communities, and organizations to encourage philanthropy and to celebrate generosity worldwide. Giving Tuesday is being held this year on November 28, the Tuesday after Thanksgiving, Black Friday, and Cyber Monday, to kick off the holiday giving season and inspire people to collaborate in improving their local communities and to give back in impactful ways to the charities and causes they support.

This year, COA is utilizing Giving Tuesday to improve the quality of life for older adults in St. Johns County by strengthening our programs and services, including Meals on Wheels, five senior centers, Care Connection, Integrative Memory Enhancement Program ©, and more. The aid

contributed will enable COA to build more wheelchair ramps, deliver more meals to homebound seniors, and enhance our senior center programming, among other things.

“It is important to not only provide basic necessities to our seniors, but opportunities for fun and engaging activities, as well,” said Becky Yanni, Council on Aging Executive Director. “During the holiday season, it is essential to bring holiday cheer to those who would otherwise be isolated and lonely during what should be the most “wonderful” time of the year.”

Those who are interested in joining Council on Aging’s Giving Tuesday initiative can visit www.coasjc.org, visit COA Council on Aging on Facebook, send a check to COA (180 Marine St., St. Augustine, 32084), or call Tom Torretta, 904-209-3700. For more details about the Giving Tuesday movement, visit www.givingtuesday.org.

HTTP://WWW.COASJC.ORG

VOLUNTEER

How will you give?

904.209.3700

Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 27, 2018

COA
St. Johns County
Council On Aging

