

st. august! time

It's February in St. Augustine and these students have

Hearts



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Why should YOU advertise in GUS?

"There isn't an industry around that is not keeping a very close eye on the over-50 market"...

Senior List Consumer Review

DID YOU KNOW?

- * The over-50 consumer has more leisure time AND more disposable income than any other age group
- * The over-50 consumer spends more time in a gym or exercise facility than any other age group.
- * The over-50 consumer dines out more often at fine dining establishments than any other age group.
- * The over-50 consumer buys more new cars – and often pays cash – than any other age group.
- * The over-50 consumer shops more wisely and makes more local purchases than any other age group.
- * The over-50 consumer is more likely to visit a "brick and mortar store" than any other age group.

WHAT DOES YOUR BUSINESS SUPPORT OF COA MEAN FOR THE ELDER COMMUNITY

- * Facilitates Meals (Meals on Wheels) and other services for the almost 300 elders currently on a waiting list for meals or other assistance.
- * Supports activities and events that alleviate loneliness, isolation and depression for seniors who live alone without family or loved ones
- * Facilitates support services for the 4,000 seniors who are now facing the challenges of dementia or Alzheimer's Disease and offers help for their caregivers.

WHAT DOES YOUR BUSINESS SUPPORT OF COA MEAN FOR YOU?

- * Enhanced brand awareness and name recognition within your community
- * The opportunity to build relationships and enhance community health and wellness
- * The opportunity to 'speak with' and positively impact a demographic that is less likely to shop online and more likely to patronize local establishments that have been recommended through personal referrals, name recognition via local advertising, or individual research.

call the Record at (904)819-3477...get in GUS!

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) 819-3477 or fax (904) 819-3557

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GRAPHIC DESIGN: RIMA SHIURNA



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."

COA'S COASTAL HOME CARE COASTAL HOME CARE AT THE COUNCIL ON AGING



Our Professional Care Team can provide:

- Home Health Aides
- Certified Nursing Assistants
- Homemakers/ Companions



Our services include: Assistance with Personal Care, Meal Preparation, Light Housekeeping, Laundry, Companionship, Transportation, Medication Reminders, Respite Care, Advance Care Planning

For more information, please call Nancy Urban, Administrator, Coastal Home Care, Ph: 904-209-3681 or Email: nurban@stjohnscoa.com, HHA# 299993305

SAVE THE DATE

The Third Annual COA Sunshine Golf Tournament to support the COA Sunshine Center will be held on Friday, March 31st, at St. John's Golf and Country Club just off SR210 in St. Johns. Get your favorite foursome together and start planning an afternoon of competition and lots of fun! Event sponsorships of all levels are available. Contact Debbie Van Gemert at 904-209-3684 regarding sponsorship opportunities. More details to follow!





GET BEHIND THE PLATE! THE COA HOME PLATE PROJECT

If you had one wish... would it be for a meal?

For many elder residents, the transition back to independent living from a stay in the hospital, rehab center or other health facility, can be challenging. Now you can help!

Your donation of \$100.00 will provide home-

delivered meals for seniors who are making the hospital-to-home adjustment.

Included with the meal is a handwritten note stating that: "This meal is courtesy of (your name or your business name)" along with your company literature.



COA Home Plate Project!

DID YOU KNOW?

According to Flagler Hospital, regular daily meals are the #1 request made by elders to help ease their transition from hospital to home.

All major credit cards accepted. All donations are tax deductible.

CONTACT: EMILY QUAM (904) 209-3693

COMMUNITY SUPPORT

ART

Watercolor Techniques

River House, 179 Marine Street, announces that artist, Martha Ferguson, will be teaching another 6-session watercolor class beginning Thursday, January 19, 1:00-4:00 p.m. To learn more about her art, please view her website @ mgfergusonfineart.com. Cost to River House Activity Members is \$70, and \$80 to all others. Space is limited in this class. Early registration is recommended as space is limited in this class. Please

call 209-3655. Advance payment is required.

Open-Art Studio

River House, 179 Marine Street makes the Art Room available for artists of all levels on Fridays from 9:30 a.m.-12:00 p.m. Artists are invited to paint and share critiques and tips with each other. Complimentary to River House Activity Members and \$4 to non-members.

TECHNOLOGY

iPhone/iPad Classes

iPhone/iPad classes will be on Thursdays, at River

House, 179 Marine Street, 2:00-3:00 p.m. Each session will have a different topic. Each class has a cost of \$8 for River House members; \$10 for others. For class topics and to reserve your seat please call 209-3655.

Flagler College Tech Help

Technology, savvy Flagler College students will be offering complimentary help at River House, 179 Marine Street, on Wednesdays from 10:00-11:00 a.m. Please call 209-3655 to schedule your appointment.

COMMUNITY SUPPORT

Council on Aging Holiday Closing

All Council on Aging senior center locations will be closed on Monday, February 20th in observance of President's Day.

Grief Support Group

Finding a grief support group can make all the difference in healing from the hurt of losing a loved one. This complimentary support group led by Sheri Wallace, Bereavement Counselor at Community Hospice, is open to anyone grieving the death of a loved one. This meeting will help you focus on what is important at this time in your life. This group meeting will meet Tuesday, February 21, and then the third Tuesday of each month at 10:30 a.m. – 12:00 p.m., at River House, 179 Marine Street, St. Augustine.

Caregiver Support Groups

Gain valuable insight and emotional support with your journey as a caregiver. Caregiver Support Groups meet each month on the 2nd and 4th Thursday (February 23 and March 9) at 1:00 p.m., River House, 179 Marine Street, St. Augustine.

Senior Lunch & Activity Program

Residents over 60 years of age are eligible to join us for our Senior Lunch & Activity Program at Coastal Community Center, 180 Marine Street, Monday through Friday mornings. A delicious, nutritious lunch prepared by our staff is served at 11:30 a.m. for a small, voluntary donation. In addition, complimentary activities include exercise

classes, bunco, educational presentations and more! Transportation may be available. Call 209-3647 for more information.

Legally Speaking Lecture Series

The Legally Speaking Lecture Series presented by Attorney Megan Wall will return on Friday, March 3, 10:00 a.m., at River House, 179 Marine Street and open to the public at no charge. The topic will be "Should you ever put someone else's name on your deed?" Attorney Wall sees clients privately by appointment at River House. Clients must make an appointment by calling Legal Aid at 904-827-9921.

Seniors vs. Crime

We have just survived a hurricane and many of you need contractors or other service providers. Be careful! Don't be cheated or scammed! If you are involved in a contractor, sales or service provider dispute and would like to speak with someone sign up for an appointment with a "Seniors Versus Crime" representative. They will be available the 2nd Monday of the month (March 13) at 9:30 Please call 209-3655 for an appointment.

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, 179 Marine St., on the 3rd Thursday of each month (February 16 and March 16), from 9:00 a.m.-12:00

p.m. Call 209-3655 for an appointment.

Medicare Help

Dick Wallis is here for people interested in help with Medicare. He is available by appointment on Tuesdays from 9:00-11:30 a.m., in the Partner's Office at River House, 179 Marine St. For questions or appointments please call 209-3655.

Senior Singles Social Club

If you are a senior who is single, consider joining this fun group for their March 7, lunch gathering at Mango Mango's, 700 A1A Beach Blvd, at 11:30 a.m. This group meets the 1st Tuesday of each month. Seating is limited and reservations are required and can be made by calling River House at 209-3655.

Happy Hookers

This group of happy ladies meet every Tuesday and Thursday from 9:00-11:00

a.m., at River House, 179 Marine Street, to knit and crochet. Their handmade items are donated within the community and also offered for sale to raise money to help support Meals on Wheels. New members are always welcome.

Cards and Games

Bring your friends on Tuesday afternoons to River House for cards and other games from 2:00-4:30 p.m., 179 Marine Street. Participants will select card games and other games when they arrive. Please call 209-3655 for sign-up and more information. River House Activity Members \$0; all others \$4.

Scrabble Club

River House, 179 Marine Street, has a Scrabble Club that meets every Thursday from 1:00-4:00 p.m. Newcomers are always welcome. No charge to River House Activity Members and \$4 to all others.

Fabulous Lunches at River House Café

The news is out that Chef Amy prepares wonderful daily specials at the River House Café, 179 Marine Street. Diners are calling it a chic and sophisticated place to gather for lunch. Check online at www.sjcoa.com for menu selections. The daily fare also includes made to order sandwiches, along with salads, soups and deserts. Dine inside or on the covered terrace where you can watch the boats cruising the Matanzas River and the porpoises frolic in the water. Lunch is served from 11:00 a.m. to 1:30 p.m. and is open to the public.

SOMETIMES LOVE LOOKS A LOT LIKE ... A WHEELCHAIR RAMP ??

That's right! And, this Valentine's Day, our collective COA heart goes out to all the wonderful MSU students who spent their school breaks building wheelchair ramps and tidying up the yards of St. Augustine's elder residents.

Their efforts are funded in large part by "The Don Ausman Alternative Break Endowment", an effort initiated by Renee and Jim Wauldron as a way to honor their son Don who passed away in 2009 when he was just 22 years old. During his time at MSU, Don participated in the Alternative Spring Break program – often traveling to other countries bringing joy – and a helping hand – to those in need. Through his foundation, Don continues to set an example for students everywhere.



Don Ausman

But Renee, Jim – and Don – don't stop there! One source of financial support for the "Don Ausman Alternative Break Endowment" comes via proceeds from the "Endless Summer 10K Cross Country and 5K Beach Run/Walk." These runs are presented by Don's Friends, and benefit not only the foundation but the Friends of Anastasia State Park as well. This year, the runs are scheduled for Saturday, September 23rd. Please visit www.donsfriend.com or www.endlesssummerrun.org for more information.

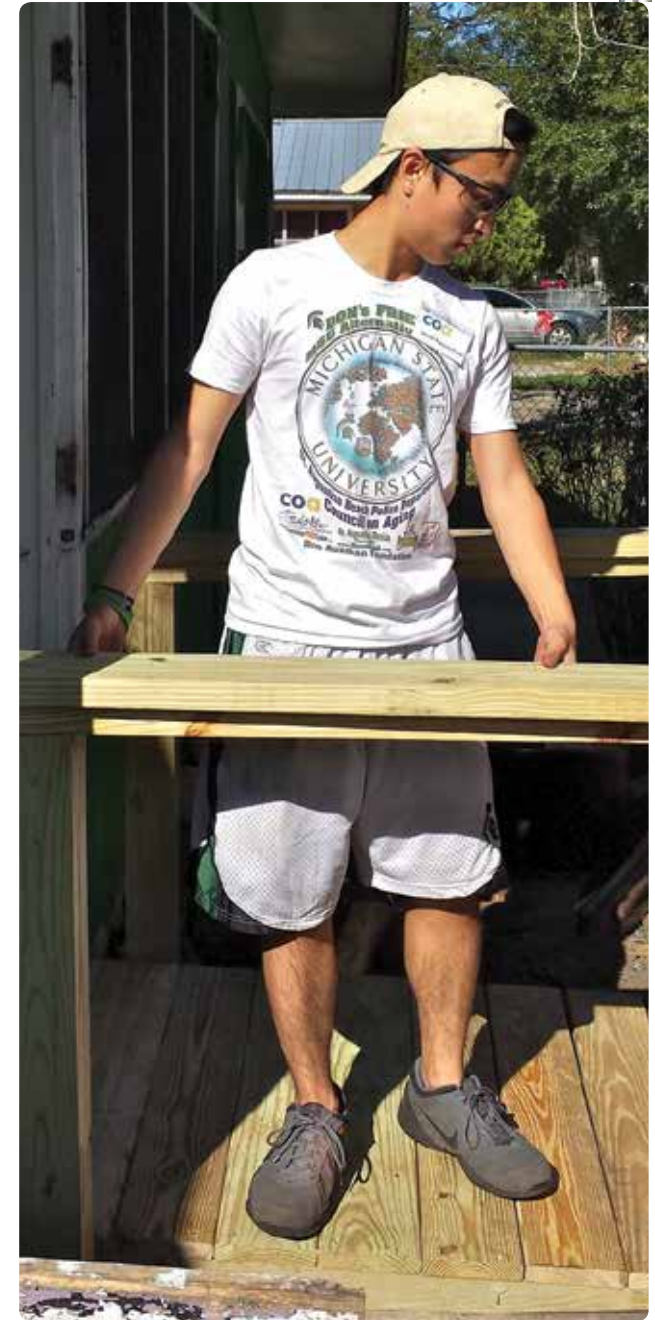
Once again our thanks - and our hearts – go out to the fabulous students at MSU, to Renee and Jim Wauldron and, of course, to their son Don.



Monica Ward



MSU student



David Nguyen



COA GOLF TOURNAMENT BENEFITS SUNSHINE CENTER AND MEMORY ENHANCEMENT PROGRAMS

ABOUT THE GOLF

Swing away. And support the COA! The Council on Aging is pleased to announce a perfect way to support services for COA memory services and for the almost 4,000 St. Johns County residents currently dealing with brain trauma, Alzheimer's or other forms of dementias. Take a look... it's as easy as one...two...swing!



Mark your calendars for this year's COA Sunshine Golf Tournament, scheduled for Friday, March 31st, 1:30pm at the St. Johns Golf and Country Club located at 205 St. Johns Golf Drive. This tournament is a Captain's Choice event and includes a BBQ Buffet and Awards Ceremony. The Cost is \$100 per golfer or \$380 per team of four. (For non-golfers, buffet only is available for \$22 per person.) Registration starts at noon but come early and participate in the putting contest – you could win \$1000!! In addition, there are several sponsorship opportunities available – from \$100 hole sponsorships to a \$5000 title sponsorship.



Winning Team- Vitas Team Megan Sam, Mike Smith, Phil Slotin, Craig Daniels

ABOUT THE SERVICES

COA's Adult Day Care can be a valuable resource for those who are faced with daily caregiving duties. One hurdle that is difficult to overcome is the feeling that no one can provide the same type of care that a family member can offer in his or her own home. But the truth is that caregiving, while often a joyous and rewarding task, can also be frustrating, overwhelming and exhausting. Another truth is that everyone receives physical and emotional benefits from regular social interaction with others – and that's where the COA Sunshine Center comes in. At the Sunshine Center, we believe that everyone has a unique gift or

contribution to make – sometimes it just takes a little effort to help them find and share their own special light.

Our COA Integrative Memory Enhancement Programs (IMEP) offer support for those just beginning to experience memory changes. For many, the first step after noticing these changes is to schedule a simple, 10-minute test called a memory screening. Then, utilizing modalities like cognitive awareness exercises and other strategies, COA memory services that help address memory issues.

Memory enhancement programs are currently offered in six convenient locations.

All proceeds from participation in the Sunshine Golf Tournament will support the services provided by the COA Sunshine Center and the COA integrative Memory Enhancement Program.

So, what are you waiting for? Get in the swing! For more information on the tournament or details on sponsorship opportunities, please call Debbie Van Gemert, 904-209-3684.

WHAT CAREGIVERS AND PARTICIPANTS SAY

"If I had not had the services provided by COA this past year, there is no way I could have continued caring for my mother as I am the only caregiver available to her. The level of care provided for my mother has far exceeded my expectations."

T.M., Caregiver of a Sunshine Center Adult Day Care client

IMEP is different from the other programs out there today. I love that it is research-based and geared towards early memory impairment."

Julie T., Elder Care Facility Administrator

COA ONGOING CLASSES AND ACTIVITIES

Matter of Balance

"A Matter of Balance" is an award-winning program designed to manage falls and increase activity levels. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. This 8-class session begins Friday, February 24, and continues with classes Mondays and Fridays, 10:00 a.m.-12:00 pm, River House, 179 Marine Street, St. Augustine. Call 209-3655 to register for this complimentary class.

Flow Yoga Class

Classes will be held at River House, 179 Marine Street, on Wednesdays from 1:15-2:30 p.m. Yoga keeps our bodies more fit, the mind calmer and more relaxed. It is also beneficial in the prevention and control of common health and emotional problems linked with aging. It helps you in becoming more in touch with yourself and your body enabling you to accept who you are and the state you are in which creates a positive approach in life. Cost per class is \$4 for River House Activity Members and \$5 for non-members. Call 209-3655 to reserve your place.

Total Body Fitness – Exercise from Head to Toe

Total Body Fitness is an invigorating slow-pace full body work out being offered at River House, 179 Marine Street, on Mondays from 9:30-10:30 a.m., with instructor Anne Pogue. This full body exercise class will improve bone density, muscular strength, flexibility, coordination and posture. Each Class will

consist of; warm-up, hand weight exercise, floor work, and relaxation. Participants are asked to bring a floor mat, move within their comfort zone and have fun.

River House will provide hand weights. Cost per class is \$4 for River House Activity Members and \$5 for non-members. Please call 209-3655 to reserve your place.

Pole Walking for Fitness, Health and Feeling Happy

River House pole walkers meet 5 different times each week for group walking with an instructor. It is for everyone from the casual, average walker to the more serious walker. This strengthens your whole body, has a lower impact on joints than walking, improves balance, burns more calories, increases posture and much more! It may just be the perfect activity for you! Join Sheila Vidamour at River House, 179 Marine Street, on Friday, (February 17) at 10:00 a.m., for this complimentary Pole Walking Clinic. This clinic will include the history of pole walking, information about its benefits, and a hands-on demonstration and lesson with a set of provided poles. Reservations are required as space is limited. Call 209-3655 to register. (Must complete Pole Walking Clinic to participate in the Pole Walking Class).

Tai Chi Classes Improve Balance

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 10:30-11:30

a.m., at River House, 179 Marine Street. Classes for intermediate students are Tuesdays and Thursdays from 9:30-10:30 a.m. Cost per class is \$4 for River House Activity

Members and \$5 for non-members. Call 209-3655 to reserve your place.

Chair Yoga

Chair Yoga is a practice that is accessible to people of all ages and all fitness levels. It has therapeutic benefits to seniors who may not be able to stand for long periods of time or who may be uncomfortable seated on the floor. Many standard yoga poses can easily be adapted for seniors to perform while sitting in a chair. This class is offered on Tuesdays with instructor, Margina Gabriel, and Thursdays with Elizabeth Spencer, 9:00-10:00 a.m., at River House, 179 Marine Street. No charge to River House Activity Members; \$4 for non-members.

SENIOR EXPO SLATED FOR MARCH

The Active Boomers & Seniors Expo 2017 will be held Saturday, March 4th from 9:30 am until 230 pm. at the St. Augustine Outlet Mall!

Treasures From the Attic

Featured at the Expo will be "Treasures From the Attic" Antique Appraisal, a fundraiser for the Council on Aging. Similar in format to "Antiques Roadshow", the appraisal features local antique experts who will give you a verbal approximation of the value of your 'treasures.'

"I Wonder What That's Worth"

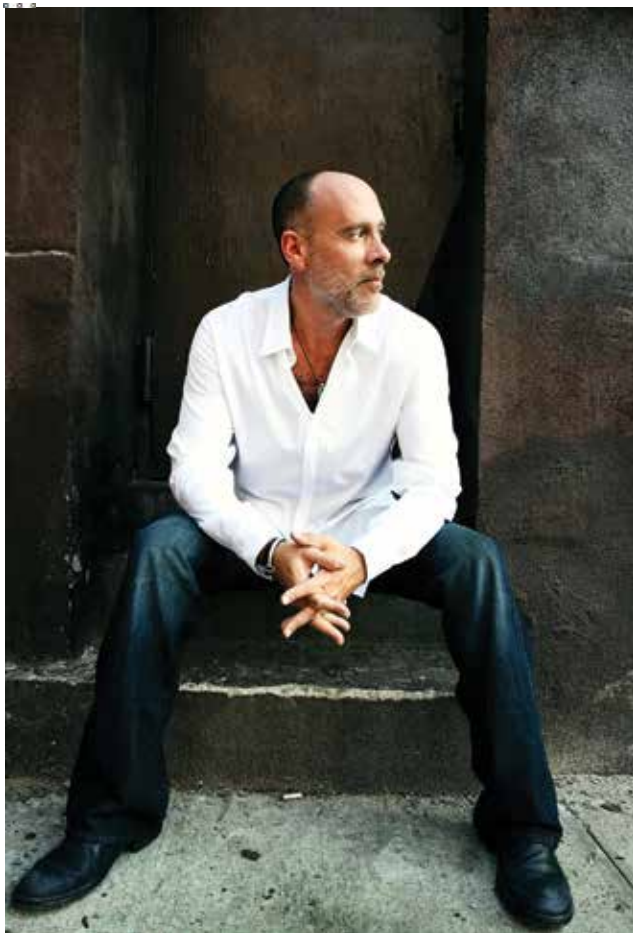
We've all wondered if our treasured keepsakes have any value other than a sentimental one. Well, now is our chance to find out! Older folks can bring in special items they have grown up with and the younger generation can bring items handed down from parents, grandparents and great-grandparents.



Treasures from the Attic - Saturday, March 4th from 9:30 am - 2:30 pm.



Mary Schenck mug



MARC COHN RETURNS TO THE PONTE VEDRA CONCERT HALL

Marc Cohn has had his share of 'defining moments.'

Initially working as a backup artist for performers like Tracy Chapman, Cohn released his self-titled, debut solo album in February of 1991. That album produced the song "Walking in Memphis," for which he received a Grammy for Best New Artist, and "True Companion," a tune that became the soundtrack for a marriage proposal aired on the Johnny Carson Show. He also survived being shot in the head during an attempted carjacking after a performance in Denver, Colorado. Cohn has toured and /or collaborated with artists like Bonnie Raitt, Jackson Browne, James Taylor and Roseanne Cash.

After winning a GRAMMY for his soulful ballad "Walking in Memphis," Marc Cohn solidified his place as one of this generation's most compelling singer/songwriters, combining the precision of a brilliant tunesmith with the passion of a great soul man. He's a natural storyteller, balancing the exuberant with the poignant, and able to distill universal truth out of his often romantic, drawn-from-life tales.

On March 25, 2016, in celebration of the 25th anniversary of his platinum-selling debut album, Marc proudly released Careful What you Dream: Lost Songs and Rarities and the bonus



album, Evolution of a Record, featuring never-before-heard songs and demos dating back to years before his debut and the Grammy Award that followed.

In addition to releasing new music, Marc has put together a 25th anniversary concert tour where he is performing his debut record in its entirety from start to finish. To make these shows even more intimate, photographs and video from Marc's personal archives will be shown, allowing fans to not only hear the music that has

become part of their own personal soundtrack, but to also see some of the people and places that populate those songs. And we can all be a part of that experience.

Marc Cohn will be performing on Wednesday, March 1st at the Ponte Vedra Concert Hall, 1050 A1A North in Ponte Vedra Beach. For tickets please call (904) 209-0399 or visit www.pvconcerthall.com. See you at the show!

BENEFITS OF ADULT DAY CARE

Adult day care provides caregivers with much-needed respite, giving them a break to run errands, spend time with family or just get away from the stress of caregiving. But when a loved one has Alzheimer's disease or other brain impairments, caregivers tend to be more reluctant to leave them with others.

Adult day care can be another form of respite care since participants attend these programs during the day and return home in the evening.

Is Adult Day Care Right for Your Loved One?

How does a caregiver who has a loved one with Alzheimer's or dementia know if they should consider adult day care? Here are some questions to ask:

- Does your loved one seem unable to provide any structure for their daily activities?
- Are they isolated from others for more than an hour or two each day?
- Can the patient be safely left at home alone?

- Does the caregiver work outside the home or need a regular break?

Adult day care centers offer a host of benefits for caregivers and their loved ones. First and foremost they provide a safe environment for the elder, with safety features in place to handle wandering and other behaviors that are common among Alzheimer's and dementia patients. The staff is trained to pay attention and look for signs of trouble or dangerous behaviors in elders.

Daily activities, exercise and socialization are tailored to elders with Alzheimer's or dementia. Most adult day care centers serve meals throughout the day. A day care program may provide such activities as crafts, music and exercise. Some programs include physical, occupational and speech therapy. In addition, adult day staff provides assistance with personal care and toileting.

The Council on Aging offers professional care for your loved one at two licensed adult day care

centers in St. Johns County: The Sunshine Center, located at 180 Marine St. in downtown St. Augustine and the Ponte Vedra Adult Day Care Center, located at 1048 A1A North in Ponte Vedra Beach. Programs run from several hours to a full day. Participants may attend daily, a few times a week, weekly, or just for special activities.

Please call Paulette Kozlowski, Manager, COA Adult Day Care, at (904) 209-3674 and visit www.coasjc.com for more information about COA Adult Day Care.

PARTICIPANT QUOTE

"If I had not had the services provided by COA this past year, there is no way I could have continued caring for my mother as I am the only caregiver available to her. The level of care provided for my mother has far exceeded my expectations."

T.M., caregiver of a Sunshine Center Adult Day Care client

COA SHARES NEWS FOR 2017 AT ANNUAL MEETING



The Annual Meeting of the Council on Aging was held on Thursday, January 19th at River House, 179 Marine St. in St. Augustine. Guest speaker was Mark LeMaire, Program Director for the Community Foundation for Northeast Florida. LeMaire passed along advice from older residents – words of wisdom that ran the gamut from “don’t hurt people” to “eat anything you want!” – and talked about the importance of the COA Memory Enhancement Programs and the COA Adult Day Care centers.

COA service statistics from 2016 show that participants accessed almost 90,000 hours of socialization,

creative endeavors and new learning opportunities through COA senior centers; 899 clients received assistance with minor repairs, lawn care and applications for supplemental nutrition thanks to COA Care Connection; and 265 residents saved \$2,132,408 on their prescription medications through the COA Prescription Assistance Program (in partnership with Flagler Hospital)

What’s in store for 2017? COA Executive Director Becky Yanni explained that the agency is still focused on “mobilizing resources for the greater good of the community.” One new program launched this

year is the Home Plate Project, an outreach effort that offers opportunities to sponsor weekly Meals on Wheels for elders as a way to ease their transition from hospital or rehab center back to independent home living. Yanni continued: “Our senior population is comprised of wise and experienced folks who have stories to tell, lessons to teach and wisdom to impart. We are here to share the message of valuing all that older people have to offer our community.”

To learn more about the Council on Aging, please call (904) 209-3700 or visit www.coasjc.com.

**WON'T YOU JOIN US?
HERE ARE OUR MAJOR FUNDRAISING EVENTS IN 2017
CALL (904) 209-3687 FOR DETAILS**

SAVE THE DATES!

SUNSHINE GOLF TOURNAMENT
FRIDAY, MARCH 31, 2017
1:30 PM - ST. JOHNS GOLF & COUNTRY CLUB

VOLUNTEER APPRECIATION PARTY
THURSDAY, APRIL 13, 2017
5:00 PM - RIVER HOUSE

ST AUGUSTINE CENTENARIAN LUNCHEON
THURSDAY, MAY 4, 2017
NOON - RIVER HOUSE

PONTE VEDRA CENTENARIAN LUNCHEON
WEDNESDAY, MAY 17, 2017
11:30 AM
THE PLAYERS COMMUNITY SENIOR CENTER

SAVE THE DATES!

CHRISTMAS ON THE RIVER
SUNDAY, NOVEMBER 19, 2017
5:00 PM - RIVER HOUSE

COA CHAMPIONSHIP GOLF AND GALA!
GALA - SUNDAY, AUGUST 27, 2017
5:30 PM - RIVER HOUSE

GOLF - MONDAY, AUGUST 28, 2017
8:30 AM - SLAMMER & SQUIRE

SANDBAR SANTA
MID-DECEMBER -
DATE TO BE ANNOUNCED
SANDBAR PUB

COA
Council On Aging

