2019 Annual Report

St. Johns County Council On Aging
Dear Friends,

On the pages of this annual report you will see many statistics about the people Council on Aging is privileged to help - significant numbers of clients seen, meals served and delivered, hours of service given, transportation and home care provided. There are budget numbers, too, graphs showing how we are funded and how many folks we employ, and how many wonderful volunteers help us carry out our mission. This important information shows you how, and how well, we steward our funding and carry out our mission.

But what all these numbers really translate to is people helping people. The stories of the clients and participants whose lives are touched by Council on Aging enliven these pages with the impact of our work. We hope you will take some time to read their stories and see what it means to so many older adults in our community that COA is here to help them.

And COA is here for you, as well, no matter who - or what age - you are. If you are caring for your parents, concerned about your health, feeling a little lonely, or looking for something fun to do, COA can help. If you need assistance with meals or some information about Alzheimer’s disease, dementia or adult day services, COA can help. Or maybe you’re looking for a place where your skills and talents can be put to good use. Guess what? COA can help!

We are able to offer this help to our community because of donors, partners, and volunteers who believe in our mission. If you are reading this report, chances are you are one of them! So we would like to take this opportunity to say thank you for your wholehearted support of Council on Aging.

Becky Yanni
Executive Director

Joe Boles
President, COA Board of Directors
By the Numbers

COA’s Expenditures vs. Revenue Sources

Expenditures
- Sunshine Center: 3%
- Memory Enhancement: 4%
- River House Events: 7%
- Senior Centers: 16%
- Transportation Door to Door: 17%
- Sunshine Bus: 24%
- Social Services: 29%

Revenue Sources
- Program Income: 19%
- Federal, State, Local Grants and Contracts: 63%
- Donations: 10%
- River House Events: 8%

St. Johns County Specific Numbers

<table>
<thead>
<tr>
<th>Older Adult Living Status</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living Alone</td>
<td>12,735</td>
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<tr>
<td>Food Stamp Participant (60+)</td>
<td>2,224</td>
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<tr>
<td>Food Stamp Potentially Eligible</td>
<td>6,513</td>
</tr>
<tr>
<td>Food Stamp (SNAP) Participation Rate (60+)</td>
<td>34.1%</td>
</tr>
<tr>
<td>Probable Alzheimer’s Cases</td>
<td>5,510</td>
</tr>
<tr>
<td>Grandparents Living With Own Grandchildren (&lt;18)</td>
<td>2,535</td>
</tr>
<tr>
<td>Grandparents Responsible for Own Grandchildren</td>
<td>643</td>
</tr>
<tr>
<td>Veterans 65 and Older</td>
<td>9,490</td>
</tr>
</tbody>
</table>
The Council on Aging has been serving St. Johns County older adults, their families and caregivers since 1973. During that first year, we served a daily congregate meal in Flagler Hospital to 60 participants and we delivered Meals on Wheels to a total of five homebound elders. Today, we continue to provide meals to our five senior centers and Meals on Wheels program, but we do much, much more than that. Our programs and services are available to anyone in the county. They can be paid for privately, or if you are over 60 and qualify, can be subsidized.

Council on Aging

COA Headquarters and Coastal Community Senior Center
180 Marine Street, St. Augustine, FL 32084
904-209-3700

River House & Lifelong Learning Center
179 Marine Street, St. Augustine, FL 32084
904-209-3655

THE PLAYERS Community Senior Center
175 Landrum Ln, Ponte Vedra Bch, FL 32082
904-280-3233

Trout Creek Community Senior Center
6795 Collier Road, Orangedale, FL 32092
904-522-1611

Hastings Community Senior Center
Lord’s Temple City of Refuge
140 Gilmore Street, Hastings, FL 32145
904-729-9161

Memory Enhancement Program
IMEP - Anastasia Baptist Church
1650 A1A South, St. Augustine, FL 32080
IMEP - Fruit Cove Baptist Church
501 State Route 13, St. Johns, FL 32259
IMEP - Ponte Vedra Memory Care Center
1048 A1A North, Ponte Vedra Bch, FL 32082
IMEP - Riverview Club - St. Aug Shores
790 Christina Drive, St. Augustine, FL 32086

COA Transportation
2595 Old Moultrie Rd.
St. Augustine, FL 32086
Sunshine Bus Company: 904-209-3716
Paratransit Bus: 904-209-3710
COA’s Mission:
To lead and advocate for the dignity, independence, health and community involvement of older St. Johns County residents.

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

Key Milestones in Our History

1973
COA Founded as a Nonprofit and Meals on Wheels Program Begins

1980
COA Moves to 11 Old Mission Avenue

1983
Paratransit Service Begins

2000
Sunshine Bus System Created & Trout Creek Senior Community Center Opens in Northwest St. Johns County

2001
COA Relocates to 180 Marine Street

2003
Sunshine Center Adult Day Care Opens

2004
Care Connection Begins

2007
Ponte Vedra Community Senior Center Opens & Coastal Home Care Begins Operating

2008
COA Wins the Nat’l. Community Transportation Award

2010
River House Opens & IMEP Begins

2015
Ponte Vedra Memory Care Center & Hastings Community Senior Center Opens

2018
COA enters its 45th Year of Service to the St. Johns County residents

Endless Possibilities As We Move Into the Future...
“I thank God that I am able to live right here in my own home with things that mean something to me. If it weren’t for the services of the Council On Aging – things like Meals On Wheels, transportation, and housekeeping – I would be in a nursing home. Those are blessings and I am very grateful for them.”

- Joseph Becker,
WWII Veteran & COA Participant

“The Council on Aging has been so many things to my mom, Antonia Burgos, over the course of time, adding joy, purpose and meaning to her life. As a member for almost 24 years, my mom found her groove as a volunteer serving others, and then, when that was no longer possible, the COA was there to see that her needs for socialization and value were met through carefully designed programs.

I often felt that the staff and volunteers, through their kindness, respect and compassion, brought out the very best in my mom. You shared the gift of listening to her stories and sayings. You were a member of her extended family, and as her abilities declined, you became of great value to me and my family.

We thank you for your service, dedication, attention, and the love you have given her and the many other senior citizens who are fortunate enough to walk through your doors. It is a good thing you do!”

- Grace Iaquinto, Antonia’s daughter
“Going to River House is the best thing I have ever done. I really enjoy tap dance among many other things. COA and River House changed my life! It is a magical place! River House expands your whole life! I love to go there, I love the people there, and I love the programs and comradery! There is a whole lot of magic when you walk through the doors.”

- Martha Amico
River House Member & Tap Dance Enthusiast

“Tina Brophil is a Godsend! With Tina’s help, we have been able to get Dick’s medications. We couldn’t have made it through the year without Tina’s help. There was no way we would be able to afford the prescription drugs Dick needs, and we are certain Tina’s help saved his life.”

- Mary Chapman
Prescription Assistance Participant

“Sheila Vidamour is an excellent, enthusiastic instructor. After five years in the class, I am emotionally attached to the group and love the social interactions.”

- Gerry Luckenbach
Pole Walking Student & River House Member

Gerry has been a member of the pole walking class led by Sheila for over 5 years.

Since starting the pole walking class, Gerry has dropped 100 pounds and no longer needs a walker or a cane.
Meet Tom...
Meals on Wheels & Coastal

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

Meals on Wheels

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

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

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

MEALS ON WHEELS

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

<table>
<thead>
<tr>
<th></th>
<th>Meals Prepared</th>
</tr>
</thead>
<tbody>
<tr>
<td>In Home Deliveries</td>
<td>70,242</td>
</tr>
<tr>
<td>Community Senior Center Meals</td>
<td>27,198</td>
</tr>
<tr>
<td>Total</td>
<td>97,440</td>
</tr>
</tbody>
</table>

Did You Know...

In an average week, some of our 200+ Meals On Wheels volunteers deliver about 2,000 meals across 21 routes that traverse throughout St. Johns County.
Tom also loves our Coastal Home Care team. He is no longer able to manage the day-to-day chores alone, and was reluctant to have the help initially. However, once he started using the service, he said he would never go back. He loves that they are punctual, friendly, accommodating and caring. He also loves to have someone to laugh and reminisce with. He enjoys his time with our Coastal Home Care team. The social interaction is so important to him.

HHA#299993305

Coastal Home Care

COA’s Coastal Home Care, in conjunction with our Independent Living Services case managers, offers in-home care and respite services. Over the last three years, we have served numerous older adults and caregivers in St. Johns County. We served 278 clients in 2018. Here is how our time was spent with our clients:

<table>
<thead>
<tr>
<th>In-Home Service</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Case Management</td>
<td>2,315</td>
</tr>
<tr>
<td>Companionship</td>
<td>4,970</td>
</tr>
<tr>
<td>Respite</td>
<td>18,138</td>
</tr>
<tr>
<td>Homemaking</td>
<td>13,550</td>
</tr>
<tr>
<td>Personal Care</td>
<td>10,059</td>
</tr>
</tbody>
</table>
Jim Campbell has been attending COA’s Integrative Memory Enhancement Program (IMEP) at Fruit Cove Baptist Church for over 4 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 brief courtship while on shore leave! They were happily married for 68 years.

Jim has made friends with 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 93rd birthday in May.

A year or so ago, Jim took 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.” Jim reports that when word got out about this, soon enough a nurse came to visit him and 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 at the gym.

After his fall, there was concern that Jim should no longer live alone at home. He was assessed by two Mayo Clinic doctors and they 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 COA’s IMEP program and his workouts at the gym!

Jim says he doesn’t know what he would do without his IMEP classes. He looks forward to seeing his friends each week and cannot say enough about the COA staff facilitators. 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!

The number of people developing younger-onset Alzheimer’s continues to rise. Early intervention is paramount, and IMEP directly addresses the needs and challenges of people with early memory loss.
IMEP (Integrative Memory Enhancement Program) is a dynamic and innovative program for those dealing with the challenges of early memory loss. This sustained intervention program is currently held in four locations in St. Johns County. It is utilized by agencies in Palm Beach County, Martin County, Duval County, and now eight locations in Broward County Florida.

Created by Michele Sanchez, an LPN and COA’s Memory Enhancement Manager, this groundbreaking program is designed for use in a classroom setting. IMEP is a structured, research-based program that integrates the mind, body, and brain connections to boost cognitive reserve and minimize the progression of memory loss or dementia. IMEP employs specific mental and physical exercises designed for seniors. It is a dignified, research-based program that appeals to participants and caregivers alike. Maintaining a light-hearted atmosphere, while encouraging both authentic dialogue and social interaction are the hallmarks of each and every IMEP class.

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

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

For more information about IMEP, please contact Michele Sanchez at 904-729-9535 or msanchez@stjohnscoa.com.

<table>
<thead>
<tr>
<th>Integriative Memory Enhancement Program (IMEP)</th>
<th>Participants</th>
<th>Program Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>111</td>
<td>18,737</td>
</tr>
<tr>
<td>2017</td>
<td>100</td>
<td>16,547</td>
</tr>
</tbody>
</table>

Infographics Source: Alzheimer’s Association—www.alz.org/
Caregiver Support
At Council on Aging

Community Caregiving

What comes after the diagnosis?
Most people who are faced with a diagnosis of dementia, Alzheimer’s or other forms of memory loss or brain trauma simply don’t know where to turn.

COA can help you take that important next step.

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

Our qualified dementia care specialist will:
♦ Schedule a one-on-one to discuss your situation.
♦ Develop an individualized education and needs assessment.
♦ Offer support and guidance that will empower you to implement solutions for your challenges.

Most importantly, please remember:
YOU ARE NOT ALONE!
Contact Paulette Kozlowski for more information: 904-209-3674

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Caregiver Support Groups

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

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

Anticipatory Grief Counseling for Caregivers

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

ATTENTION CAREGIVERS!
FREE Dementia Care Classes

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

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

Did you know… Team Building Opportunities in Caring

If you are looking for a way to help build comradery among your employees while giving back to the community, we have the perfect fit for you. Care Connection offers opportunities for corporate sponsored teambuilding events. Whether it is building ramps, painting home interiors, minor home repairs, or cutting lawns, Care Connection can set up an amazing teambuilding experience for you and your team. We also have opportunities within the other programs at COA. To learn more, call our main number, 904-209-3700, and ask for our Volunteer Coordinator.
Designed as a Therapeutic Activity Center for Adults with Special Needs

Open Mon-Fri 7:30am—5:00pm
(closed on major holidays)

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

Call our team today to learn more!

Licensed by AHCA #9081

<table>
<thead>
<tr>
<th>2018</th>
<th>Clients</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>49</td>
<td>16,296</td>
<td></td>
</tr>
</tbody>
</table>
"You don’t stop having fun because you get old - you get old because you stop having fun."

Research shows that older adults who participate in senior center activities have higher levels of health, social interaction, and life satisfaction than their peers. Council on Aging Senior Centers are one of the most accessible, friendly and inexpensive places in our community that offer programs and services that promote active engagement and enjoyment of life by older adults.

And as you can see in these photos, we have FUN!!
Our Community Senior Centers

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

**Well, you should!**

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

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

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

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

COA community senior centers are for anyone aged 60+. Senior center participants enjoy a higher level of health, social interaction, and overall life satisfaction.

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

### Community Senior Center Participants

<table>
<thead>
<tr>
<th>Involved in Lifelong Learning, Health, Fitness &amp; Recreation Classes</th>
<th>People</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ponte Vedra</td>
<td>364</td>
<td>26,250</td>
</tr>
<tr>
<td>Trout Creek</td>
<td>96</td>
<td>13,492</td>
</tr>
<tr>
<td>Hastings</td>
<td>59</td>
<td>8,728</td>
</tr>
<tr>
<td>River House &amp; Coastal Community Center</td>
<td>760</td>
<td>60,186</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,279</strong></td>
<td><strong>108,656</strong></td>
</tr>
</tbody>
</table>

**Did You Know…**

Council on Aging employs 187 people, of which 71 are full time. In addition, about 50% of the staff and 80% of management have worked for COA for 5 years or more.
## The Coastal Community Center
**Address:** 180 Marine Street, St. Augustine, FL 32084  
**Phone:** (904) 209-3700

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

## The Players Community Senior Center
**Address:** 175 Landrum Lane, Ponte Vedra Bch, FL 32082  
**Phone:** (904) 280-3233

The motto of our Ponte Vedra Center is: “It’s your life; live it up!” You can practice your golf on our putting green, learn to play bridge, sharpen your painting skills… and much, much more!

## Hastings Senior Center
**Address:** 140 Gilmore Street, Hastings, FL 32145  
**Phone:** (904) 729-9161

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

## Trout Creek Park
**Address:** 6795 Collier Road, St. Augustine, FL 32092  
**Phone:** (904) 522-1611

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

## River House
**Address:** 179 Marine Street, St. Augustine, FL 32084  
**Phone:** (904) 209-3655

River House is a center with two distinct personalities: a community gathering place by day and a special events venue by night! With over 70 programs and activities on the calendar, we can help you reach your goals... and make your dreams come true!
When River House was initially conceptualized, it was to be the “community’s living room,” a gathering place for older adults to come and enjoy the water view, enriching activities and each other. It is also COA’s lifelong learning center. If you have not seen how well the idea has become a reality, you are missing out. On average, we host over 70 different activities and programs every month. In addition to a grand ballroom, classrooms and gathering places, the on-site amenities include a beautiful library and the River House Café. The Café is open to the public Monday through Thursday each week from 11:30am—3:00pm, and offers an incredible view of the Matanzas River, St. Augustine Lighthouse, sail boats and, on occasion, dolphins and manatees.
River House is not only a community senior center and lifelong learning facility. On the weekends and in the evenings, it is an extraordinary event venue located in the heart of downtown St. Augustine, overlooking the Matanzas River and St. Augustine Lighthouse. Our venue brings together in one location a stunning waterfront setting for weddings, civic milestones and personal hallmark events. No other location in St. Augustine offers a five-star venue directly on the Intracoastal Waterway with ample parking for the entire party.

This year, we hosted the Greats Chefs of St. Augustine event, Garden Club Holiday Home Tour Tea & Boutique, Saira Food & Wine Festival & AAACF Table Tennis Tournament along with 2 high school proms and 71 weddings - all while maintaining a five-star rating on Wedding Wire reviews, making us once again one of Wedding Wires "Couples Choice" award winners! In addition, one of our weddings was featured on TLC's "Four Weddings" TV show.

We appeal to all cultures and religious persuasions, and have recently hosted Indian, Muslim, Vietnamese, Greek and Orthodox Jewish weddings.

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

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

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

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

River House Cafe

Our River House Café is open to the public and is one of the most scenic locations to enjoy a wonderful lunch downtown. The café is open Monday through Thursday from 11:30 am - 3:00 pm.

Come enjoy a delicious lunch and the spectacular view, all while supporting the efforts of COA! We have daily specials and a great menu. And did we mention the fabulous view? Stop by and see what Marshall, Tasha and their team have on the menu, or visit their website at www.riverhousecafestaug.com for more information.

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

Independent Living Services
It’s a fact: most of us want to stay in our own homes as we age. And to do that, most of us will need at least a little help from our friends. COA’s Independent Living Services are designed to offer just that! Call us at (904) 209-3700 or visit www.coasjc.org to learn more about how COA can help you and how you can help us.

<table>
<thead>
<tr>
<th>Care Connection Support</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Clients Served:</td>
<td>1,208</td>
</tr>
<tr>
<td>Wheelchair Ramps Built:</td>
<td>22</td>
</tr>
<tr>
<td>Minor Home Repair Clients:</td>
<td>129</td>
</tr>
<tr>
<td>Minor Home Repair Costs:</td>
<td>$53,642</td>
</tr>
<tr>
<td>Lawn Care Clients:</td>
<td>664</td>
</tr>
<tr>
<td>Emergency Energy Aid Provided:</td>
<td>$18,996</td>
</tr>
<tr>
<td>Emergency Energy Aid Clients:</td>
<td>78</td>
</tr>
<tr>
<td>Number of Information &amp; Referral Contacts:</td>
<td>26,770</td>
</tr>
<tr>
<td>Pet Food Bags Provided:</td>
<td>1,547</td>
</tr>
<tr>
<td>SNAP Assistance (Food Stamps):</td>
<td>58</td>
</tr>
<tr>
<td>Assistive Devices:</td>
<td>1,054</td>
</tr>
<tr>
<td>Material Aid:</td>
<td>$24,346</td>
</tr>
</tbody>
</table>
Donate Items to Care Connection

The following donations are always needed and welcomed:
- Assistive devices such as walkers, wheelchairs, magnifiers, grab bars and other safety equipment
- Pet food
- Your time: in our office or in client homes

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

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

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

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

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

Donations/Support Team - This group of in-house volunteers assists by providing donated items to those in need, assisting with budgeting, helping pay utility bills, and signing seniors up for SNAP and other beneficial programs.
Sunshine Bus
Meeting the transportation needs of St. Johns County Residents

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

We have routes that go to many of the places you want to go:
- Work
- Schools
- Supermarkets
- Medical appointments
- Social engagements
- Tourist attractions
- Our beautiful St. Augustine beaches!

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

Ride the Bus! You’ll be surprised at how many places we go to!

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

Paratransit Services

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

Who Is Eligible?
- The general public or elderly
- Persons with disabilities or who may be temporarily disabled

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

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

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

Call us for more info: 904-209-3700
Private Wheelchair Service Available!

Did You Know... Prescription Assistance Is Available

According to the Journal of Managed Care & Specialty Pharmacy (http://www.jmcp.org), as of 2014, 13% of American adults reported going without needed medication because of difficulty paying for prescriptions. They also report that pharmaceutical manufacturers have initiated over 200 different prescription assistance programs (PAPs) to provide medications at little or no cost to income-eligible patients.

Unfortunately, use of PAPs is hindered by inconsistent eligibility requirements and reported difficulties in identifying and applying for appropriate programs.

This is where COA can help. Since 2003, COA has been assisting seniors to take advantage of the Patient Assistance Programs offered through the pharmaceutical companies, and thanks to a partnership with Flagler Hospital started in 2005, the COA Prescription Assistance Program has saved community seniors $19,775,509.

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Clients Served</th>
<th>Value of Medications</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>265</td>
<td>$2,179,579</td>
</tr>
<tr>
<td>2017</td>
<td>297</td>
<td>$2,302,876</td>
</tr>
<tr>
<td>2018</td>
<td>319</td>
<td>$2,725,509</td>
</tr>
</tbody>
</table>
COA’s Leadership
Board and Staff

COA STAFF
Becky Yanni, Executive Director
Matt McCord, Director of Transportation
Patricia O’Connell, Program Director
Patty Solano, Director of Finance
Judy Ahlquist, Manager, Coastal Home Care
George Hesson, Manager, Sunshine Bus
Paulette Kozlowski, Manager, Adult Day Services
Lisa Love, Human Resources
Cathy Rabino, Manager, Independent Living Services
Sue Richerson, Manager, Senior Center Programs
Michele Sanchez, IMEP Manager
Christy Sandy, Manager, Paratransit
Ruthie Shakar, Manager, Nutrition Services
Tom Torretta, Manager, Development & Communications

St. Johns County Council On Aging
180 Marine Street, St. Augustine, FL 32084
904-209-3700
EIN: 59-1525829

COA BOARD OF DIRECTORS
Joseph Boles, Jr., President
Michele Carmines
Steve Harrison
Bruce Jones
Art Moore
Len Tucker

COA Community Ambassadors
Hal Holton
Bruce Barber
Margaret Torres
Barbara Vickers

COA Honorary and Emeriti
Angela Cox, Honorary
Don Blackburn, Lifetime
Dr. Douglas Dew
Dr. Larry Lake
Reba Ludlow
Dr. David O’Brien
Leaving a Legacy with Council on Aging

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

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

Plant a seed today, make a difference tomorrow!

You can become a member of our Legacy Society.

Call us to learn more: 904-209-3700

What is Planned Giving?

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

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

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

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

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

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

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

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

If you believe strongly in the work being done by the Council on Aging (COA), and wish you could give more, please consider COA when you are doing your estate planning.
We all have a gift to share, whether it is funds, time, energy, skills, transportation, or compassion. These are all valuable resources that can make a difference in someone's life.

Sometimes the difference is being able to stay in one’s home, instead of being forced to move into assisted living. Other times the difference is not feeling alone anymore.

The many things we do at COA would not be possible without the generous contributions of our donors and our volunteers. We encourage you to share your gifts with St. Johns County seniors and join us!

DONATE!

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

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

We welcome and encourage your input, involvement and suggestions!

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

Did You Know…
The Council on Aging (COA) is a nonprofit that serves all of St. Johns County’s older adults. We are NOT a county-run agency and we rely heavily on the financial support of our community. There are several ways that you can help COA fulfill its mission to lead and advocate for the dignity, independence, health and community involvement of older St. Johns County residents.
Jackson Blake – Meals on Wheels Volunteer

A retired rescue professional from Hialeah, Florida, ‘Blake’ spent 17 years working in fire rescue before moving to St. Augustine in 1999. One of the things he appreciates most about volunteering for COA’s Meals on Wheels program is the “team work” involved, reminiscent of his professional experience. “I’m really fond of the people on my route,” Blake explained. “There’s history with them. And some of them don’t get to see people.”

Blake shared the story of Mr. T., a “dear old gent” who was transferred from a seriously run down house with a collapsing floor into a trailer with multiple rooms. “He said he couldn’t decide which room to sleep in, there were so many,” Blake recalled. “He was happier than a lark.” Blake asked Mr. T. what he liked to do when he wasn’t sleeping, and Mr. T. replied that he liked to read cowboy books. “So I went down to Goodwill and got him some cowboy books, which he really enjoyed,” Blake explained. “I also got him a VCR and would bring him movies on my route – he was very happy.”

In addition to the warm feelings that come from helping people, Blake also appreciates the responsibility of managing his own route. After his wife passed away following a serious illness and some time had passed, Blake recalled receiving a call from Ms. Sue in COA’s kitchen asking when he would be coming back to deliver for Meals on Wheels.

“I remember asking her: ‘Which route?’ And she replied, ‘YOUR route.’” Blake recalled. “It gave me a purpose and put me on track,” he shared. “It was “medicinal” for me – serving others instead of focusing on myself.”

Of his colleagues, Blake had this to say: “A very fine group of people at COA – they work very hard. I can’t say enough good about them.”
Thanks To Our Community Partners

Buckingham Smith Benevolent Association

Don & Lavonne Blackburn

The Current/Sherman Group