**Study finds i2 dune walkovers are unsafe and should be closed**

**JULIA ROBERTS**  
News Leader

A recent study by engineering firm by Martin, Murchison & Associates recommends that 12 of the 27 dune walkovers in Fernandina Beach be studied and dismantled, although 13 of the remaining 16 walkovers because of a staffing shortage in the study, will be dismantled, although Fernandina Beach are unsafe and should be closed.  

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**FPC inspecting drugs inventory was conducted on Nov.**

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**Unhappy NTA members address School Board**

**JULIA ROBERTS**  
News Leader

At March 14 meeting, the Nassau County School Board heard from teachers about working without a contract, expressing concerns about pay, salary and job security, while the School Board withheld comments on an article of the attorney Leonard Hackett.  

**LEADER**  
News Leader

Drugs go missing at NHS shelter; director resigns

**JULIA ROBERTS**  
News Leader

The Nassau County Humane Society animal shelter and adoption center in Fernandina Beach. The agency’s manager for the shelter, Christine Sutherin, reported that she found missing drugs during an audit on March 5. NHS Executive Director Jack McDonald resigned a week later, saying in an email it was a “cost-cutting decision.”

**The FWC is investigating why turtles are dying**

**JULIA ROBERTS**  
News Leader

The Florida Fish and Wildlife Conservation Commission and collaborators continue to investigate a die-off of freshwater turtles, and the FWC is asking the public to assist by providing information, according to a news release.

**TORTOISES Continued on 4B**

**Lettuce Box 25 Years**

An arborist recommended the Nassau County School Board award teachers and support personnel a 5-percent salary increase for the 1993-94 school year.

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**The Council on Aging’s free magazine inside this issue**

** ›LYLE – NASSAU COUNTY**

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** ›LYLE – NASSAU COUNTY**
Sanitation Reminders for City Residents

Metal; Tires (4 per household); Waste Oil and Filters. These items are not recyclable. If you do not have the proper containers, contact your local recycling program to arrange for drop-off.

Ad simplistic declines in your neighborhood curbside recycling program. If there are specific items that cannot be recycled in your program, contact the city at 941-2061 or visit the city’s website at www.fernandinafl.gov.

County’s日产的

Weekly Update

Rotary Club sponsors blood drive

The Rotary Club of Fernandina Beach will hold a blood drive at the county’s blood collection center on Tuesday, April 2, from 12:30 to 5 p.m. The drive is open to anyone 16 years or older, as long as they weigh 110 pounds or more, and are in good health. To schedule an appointment, call 1-800-733-2767.

Caregivers group meets

The Coalition for the Homeless of Nassau County will host a presentation on federal Childhood Experiences (ACEs) and strategies for supporting care- givers at St. Peter’s Episcopal Church, located at 810 Atlantic Ave. in Fernandina Beach, Thursday at 3:30 p.m. The presentation is free and open to the public. For more information, call Debra Jenkins, 261-3696.

Caregivers group meets

The Coalition for the Homeless of Nassau County will hold a meeting Thursday at 11 a.m. at St. Peter’s Episcopal Church, located at 810 Atlantic Ave. in Fernandina Beach. The meeting is free and open to the public. For more information, call Debra Jenkins, 261-3696.

Blood drive scheduled

The Coalition for the Homeless of Nassau County will host a blood drive at St. Peter’s Episcopal Church, located at 810 Atlantic Ave. in Fernandina Beach, Thursday at 3:30 p.m. The drive is open to anyone 16 years or older, as long as they weigh 110 pounds or more, and are in good health. To schedule an appointment, call 1-800-733-2767.

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Above. Doug Podiak, Facilities Maintenance director for Nassau County, said the county change will occur upon renewal. If the relationship is terminated, the remaining unlinked Wells Fargo Portfolio Checking or Wells Fargo Prime Checking account will be converted to another checking product or closed.

Portfolio by Wells Fargo relationship is terminated, the of qualifying linked banking, brokerage (available through Wells Fargo Advisors, LLC) and credit balances (including 10% of mortgage balances, certain mortgages not eligible). If the monthly service fee, which can be avoided when you have one of the following qualifying balances: $25,000 or more in qualifying linked bank deposit accounts (checking, savings, CDs, FDIC-insured IRAs) or $50,000 or more in any combination and cannot be transferred to another account to qualify for any other consumer deposit offer. If you wish to take advantage of another consumer deposit offer requiring a minimum new money deposit, automatically renew for a term of 6 months, at the interest rate and APY in effect for CDs on renewal date not subject to a Special Rate, unless the Bank has notified you otherwise. Due to the new money requirement, accounts may only be Banking or Wholesale customers.

Deposit products offered by Wells Fargo Bank, N.A. Member FDIC. © 2019 Wells Fargo Bank, N.A. All rights reserved.
New use for historic gas station under wraps

JOHN SCHAFTER
For the News Leader

A building thought to have been the location of the first gas station and car wash in Fernandina Beach but later appeared in the 1930s as an insurance office was presented to the Historic District Council (HDC) as a modern building that will preserve some of its historic features but provide new uses to the property over several decades.

The building at 125 S. Eighth St. most recently housed the Pungo-Bell Saloon and according to the report was originally constructed in 1913 as a gas station with a fountain and a canopy attached to the front and a service island. A canopy area, according to a report prepared for the HDC by the city's Planning Department, “At some point between 1949 and today the building under-

NOTICE OF RULE DEVELOPMENT
BY THE THREE RIVERS COMMUNITY DEVELOPMENT DISTRICT

In accord with Chapters 120 and 190, Florida Statutes, the Three Rivers Community Development District (the “District”) hereby gives notice of its intention to develop Rules of Procedure to govern the operation of the District. The Rules of Procedure address such areas as the Board of Supervisors, officers and voting, district offices, public information and inspection of records, policies, public meetings, hearings and inspection. The Rules of Procedure are intended to provide for the general operation of the District.

The purpose and effect of the Rules of Procedure is to provide for efficient and effective District operations. The legal authority for the adoption of the Rules of Procedure resides in the Three Rivers Community Development District Act, Section 190.011(15) and 190.035, Florida Statutes (2018). The specific laws implemented in the Rules of Procedure include, but are not limited to, Sections 112.08, 112.3143, 119.07, 189.053, 190.011(5), 190.011(15) and 190.035, Florida Statutes (2018).

A copy of the proposed Rules of Procedure may be obtained by contacting the District Manager at 475 West Town Place, Suite 114, St. Augustine, Florida 32084-5309, (904) 460-5540; James Perry, District Manager.

The city staff did comment on the materials proposed for the new façade. The contemporary materials are a mixture of corrugated metal siding and wood, which do not relate to commercial buildings in the city’s downtown Historic District. According to the report, the city staff requires that the window coverings, which are being screened from public view, would highly recommend the structure, rather than further obscuring the original form of the building. Ainsley Pigott, district manager, noted that the building would still comply with the city’s Historic District's period of significance, and there

The vacant building at 125 S. Eighth St. will get a new look, but the new owner is not yet ready to reveal his plans for its new use.

asked by the Nine-Lawder for the original proposal to restore the building. Tanner said the plans are ready to reveal his plans for its new use.

Wednesday, March 20, 2019

BUSINESS
Some teachers spoke about job security at the meeting. Those who are in annual contracts face the possibility of not getting their contract renewed at the end of the next term, regardless of their performance. NTA President Jamie Vienneau told the News-Leader that, as of Jan. 28, 411 Nana teachers are working under an annual contract, 141 under a preliminary contract, and 91 under a continuing contract. One such teacher, Matthew Bradley-Gracik, said he had never been to an NTA meeting before. For the past two years, he had been working to reestablish the performing arts program at Fernwood Beach middle and high schools. During his time in the district, he said, his students have been participating in productions of shows. Still, he said, he needed his students to have a job in the district in order to continue teaching. In the budget surplus, he said, he would have to check with the union rep that he had found the money that the union has not been given to him. He had over nine months to do so, “I am just asking you to do the right thing,” Martin said. “I can’t tell you how hard it is to not have any other option.”

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Advice on how to avoid drama in relationships

In relationships, drama can be defined as manipulating others in a way that makes us appear in a positive light or keeps us at a larger stage or allowing ourselves to be manipulated by others for the same purpose. Your relationship has too much drama if:

- You or your partner regularly engage in behavior that is destructive, harmful, and mean;
- You or your partner regularly engage in behavior that is manipulative, such as controlling or manipulative behavior; and
- You or your partner regularly engage in behavior that is limiting, such as limiting each other’s growth.

If you find yourself “getting into” a conflict or situation that feels stuck, consider the following tips:

1. Identify the triggers: What situations or behaviors trigger your partner’s drama? By identifying these triggers, you can begin to avoid or manage them.
2. Communicate openly: Open and honest communication is essential for resolving conflicts and managing stress.
3. Practice self-care: Taking care of yourself physically, emotionally, and mentally can help you avoid getting caught up in your partner’s drama.
4. Set boundaries: If your partner’s drama becomes too much, set clear boundaries to protect yourself.
5. Seek professional help: Consider seeking help from a therapist or counselor to address the root causes of your partner’s drama.

By implementing these strategies, you can reduce the amount of drama in your relationship and improve your overall wellbeing.
Helping our children handle their finances

One of the ways to stop our children from losing the American Dream is to try and educate them on how to handle the new world. The American Dream to begin understanding personal college debt issue, students can no longer rely on a breadwinner for financial help while gaining maturity and discipline.

One solution may be to develop financial literacy programs that are using high-quality software that is engaging. These programs are aimed at developing a common financial literacy in the classroom environment.

Another solution is to provide high-quality software that is engaging. These programs are aimed at developing a common financial literacy in the classroom environment.

The Case for Wasting

A study of the financial world reveals that there are three main causes of financial waste:

1. Not taking the time to understand the purpose of financial waste.
2. Not understanding the consequences of financial waste.
3. Not taking the necessary steps to prevent financial waste.

The first step is to understand the purpose of financial waste. Financial waste can be defined as the unnecessary or inefficient use of financial resources. This can be seen in many different ways, such as:

1. Spending money on items that are not necessary.
2. Not saving money for the future.
3. Not investing money in the stock market.

The second step is to understand the consequences of financial waste. Financial waste can have a negative impact on your financial health. This can be seen in:

1. Not having enough money to pay bills.
2. Not having enough money to save for the future.
3. Not having enough money to invest in the stock market.

The third step is to take the necessary steps to prevent financial waste. This can be done by:

1. Creating a budget and sticking to it.
2. Saving money for the future.
3. Investing money in the stock market.

There are many financial literacy programs that can help you understand the purpose of financial waste, understand the consequences of financial waste, and prevent financial waste.

One of the best ways to prevent financial waste is to create a budget. A budget is a plan for how you will spend your money. It is important to create a budget and stick to it. This will help you understand the purpose of financial waste, understand the consequences of financial waste, and prevent financial waste.

Another way to prevent financial waste is to save money for the future. This will help you understand the purpose of financial waste, understand the consequences of financial waste, and prevent financial waste.

In conclusion, financial literacy programs can help you understand the purpose of financial waste, understand the consequences of financial waste, and prevent financial waste.

One of the best ways to make a difference in this education to handle the new world is to begin understanding personal college debt issue, students can no longer rely on a breadwinner for financial help while gaining maturity and discipline. This can be done by:

1. Creating a budget and sticking to it.
2. Saving money for the future.
3. Investing money in the stock market.

There are many financial literacy programs that can help you understand the purpose of financial waste, understand the consequences of financial waste, and prevent financial waste.
Nassau County Household Hazardous Waste Collection & Food Drive

Nassau County Resident (No Commercial)

Accepted Hazardous Waste
- Aerosol Cans & Containers
- Bleach
- Cleaning Powder
- Cleaning Solution
- Drains, Clogged
- Flammable/Combustible
- Fluids (oil, gasoline, kerosene)
- Paints & Solvents
- Pesticides
- See Nassau.org for more information

Accepted Electronics Waste
- Computers
- LCD/SMP Portable TVs (2 TVs)
- Digital Audio Receivers
- Digital Cameras
- Digital Projectors
- Game Consoles
- Keyboards
- Tablets
- VCRs
- Video Games
- Stereo Equipment
- Desk & Mobile Telephones
- Radios
- Scanners
- Small Kitchen Appliances
- Televisions
- VCR Players

Food distribution in Callahan
Ramstein Center’s mobile food pantry team will host a food distribution for low-income Nassau County residents on Monday, March 5. Sign-ins begin at 10:30 a.m.; both days and the distribution will last until all the food is distributed. The location is located at 543378 U.S. 1 in Callahan. Please call 432-7006 for more information, call 261-7000 or visit barnabascenter.org.

Shelter
March 14, 2019

According to a news release. In an effort to increase community outreach, the city of Fernandina Beach’s Biodiversity Department has established informational sessions throughout the next several months, according to a news release.

Family from Hazards; include:

- according to a news release.
- community outreach, the city
- the extent of its distribution
- understand this viral disease,
- turtle die-offs.
- wildlife in conjunction with the
- no reports of dead fish or other
- TURTLES

6A

(used) • Corrosives • Fertilizers • Fluorescent Bulbs •
• Oil / Lubricants (used) • Medications • Oil Filters •
• Propane Tanks • Radiator Fluid • Solvents

APPLIANCES

No new, no special orders. If we don’t have what you are looking
for we can order it and get it quick.

SLATE • Stunning variety

1088, will hold its monthly meeting at 7 p.m. Monday, March 25, at the Arc at Nassau, located at 541131 Hamblin Rd. in Fernandina. Guest speaker Carmen McCullough will discuss “Tattoos for a cause: What you need to know.”

A social hour will begin at 6 p.m. with
GUESTS are welcome. For more information, call 432-7006.

Auxiliary hosting 55 fundraiser
The Baptist Medical Center Nassau Auxiliary will host a $5 fundraiser on March 29. Everything at the same price, including dog and cat food, will be available.

The sale will be in the Board Room on the first floor of the hospital from 9 a.m. to 3 p.m. in Fernandina Beach.

Fernandez’s profiles go up to support Baptist Medical Center Nassau.

Arrangements

If we don’t have what you are looking for we can order it and get it quick.

Don’t shop the Big City Prices or the Big Box Stores

KEEP IT LOCAL!

We carry all names or brands that you would expect.

Barnabas Center's mobile food pantry team will host a food distribution for low-income Nassau County residents on Monday, March 5. Sign-ins begin at 10:30 a.m.; both days and the distribution will last until all the food is distributed. The location is located at 543378 U.S. 1 in Callahan. Please call 432-7006 for more information, call 261-7000 or visit barnabascenter.org.

Details, time and location:

- Thursday, April 25: 10 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- May 4-5: 7 a.m. to 3 p.m., Fernandina Centre, 65 Centre St.
- June 15: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Aug. 23-24: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Aug. 30-31: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Sept. 27-28: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Oct. 25: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Nov. 22-23: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Dec. 20-21: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Jan. 18-19: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Feb. 22-23: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- March 29-30: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- April 26-27: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- May 10-11: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- June 7-8: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- July 5-6: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- July 12-13: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Aug. 16-17: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Aug. 23-24: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
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- Nov. 8-9: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Nov. 15-16: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Dec. 6-7: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Dec. 13-14: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Jan. 10-11: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Jan. 17-18: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Feb. 7-8: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Feb. 14-15: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- March 7-8: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- March 14-15: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- April 11-12: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- May 9-10: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- May 16-17: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- June 6-7: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- June 13-14: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- July 4-5: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- July 11-12: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- July 18-19: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Aug. 1-2: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Aug. 8-9: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Aug. 15-16: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Aug. 22-23: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Sept. 5-6: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Sept. 12-13: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
- Sept. 19-20: 7 a.m. to 3 p.m., Fernandina MarketPlace, on North 7th Street between Centre and Alachua streets.
who are not abusing opioids."

also be flagged as overutilizers
the UF College of Pharmacy and
ceutical outcomes and policy in
appear to be a good clinical marker

disorder or overdose during the
CMS did not develop opioid use
ation criteria. In addition, half of the
researchers found the majority, at
CMS required Medicare Part D
patients at risk of opioid abuse
by the Centers for Medicare and
accuracy of the criteria used
Study questions accuracy

Elyse O. Saunders, 70, also of
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Fernandina Beach, was riding
according to a report from the
was killed Saturday when a car
front of him.

78Crime – also allows callers to leave anony-
225-5174. The "We Tip" program – 1-800-
report information about a crime, contact the
Fernandina Beach Police Department at 277-

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study questions accuracy

University of Florida

A new study by University

patients at risk of opioid abuse

The CMS launched in Ope-ra-

for these patients

researchers looked at the impact of at least
who had been diagnosed with opio-

not nuanced CMS opioid over-

and Medicaid Services to identify

Pamela Bushnell of the Florida News-Leader:

The following report was compiled by

•  Transportation for Outings
•  Vibrant Activities Program
•  Maintenance Services

Savannah Granda is an assisted living and memory support community nestled among scenic sand dunes located just one block from the beach.

Savannah Granda, a spectacular assisted living community

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is due within 30 days from
of advertisement.

FERNANDINA BEACH, FL, 2019

Shrimp Festival of Essentials magazine to bring your business to the

She was sentenced to two years of community

Tyrone Valentino Whitehead failed to

Demetris Bernard Small pleaded not

Justin Arron Redding failed to appear

Tyrone Valentino Whitehead failed to

Justice Court

Fernandina Beach, March 7, grand/theft, and uttering a forged

Caitlyn Marie Whipple pleaded guilty to

Aurora Blvd., No. 603, Orange Park,

Therese Mary Roe admitted viola-

Adoration Commando pleaded guilty to

Buddy Morgan pleaded not

to dealing in stolen property and giving

Robert Jacob Ferguson pleaded guilty

to burglary tools, grand theft, and criminal

of burglary tools, grand theft, and criminal

Tyrone Valentino Whitehead failed to

Tyrone Valentino Whitehead failed to

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of bur...
I decided to lead a reunion hike. All the times were memorable sometimes only half of that. But we had as many as 40 ladies, Newcomers Club hiking group, or more, Pris and I chaired the ladies’ hike. For five years that would fill up my inbox with intention of posting something some now dead and gone one of us had a valid email list of problems. First off, neither there were some logistical $9163

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Yulee dropped to 1-4 on the season with Thursday's loss to Bolles. The host Hornets fell 11-4 to the Bulldogs.

"We have played some tough teams," said Fred Matricardi, head baseball coach at Yulee High School. "We need to learn how to finish games and win a few close ones. We have been in every game and either didn't execute or had a bad inning that took it out of us.

"We had to scratch and claw back into it and we did," Matricardi said. "Proud of the way the guys responded to get back to 6-3 game and then in the ninth, we are a strike away from getting out of the inning and can't get it."

Avery Love had a single and a home run for Yulee, and teammate Michael Crider had a pair of hits and an RBI.

"We will hopefully put it all together before we start district play in a few weeks," Matricardi said.

Yulee hosted Bartram Trail on Tuesday and will be back at home today with Tallahassee Lincoln. First pitch is at 1 p.m.

"We are still looking for that elusive win. The Fernandina Beach High School baseball team is 0-6 on the season (0-2 in the district with losses to Bishop Kenny) heading into this week's annual Diamond Classic."}

The Pirates are still looking for that elusive win. The Fernandina Beach High School baseball team is 0-6 on the season (0-2 in the district with losses to Bishop Kenny) heading into this week's annual Diamond Classic.

Columbia and Harmony open play at 1 p.m. Thursday. Bishop Snyder and the Pirates play at 4 p.m., and Fleming Island and Paxon are in the nightcap at 7 p.m.

Bishop Snyder and Paxon play at 1 p.m. Friday; Columbia and Fleming Island play at 4 p.m., and the Pirates take on Harmony at 7 p.m. On Saturday, Harmony and Paxon play at 10 a.m., Bishop Snyder and Fleming Island play at 1 p.m., and the tournament wraps up with the finals at 4 p.m.

Admission is $5 each day.

The Pirates head to Fletcher on March 26 and host Bradford County March 27.
Men’s March tournament
The Men’s Golf Association of the Golf Club of Amelia Island aligned its March tournament with the PGA Tour’s TPC event at Sawgrass. Forty-eight MGA members were divided into handicap-balanced, three-player teams. At a Thursday three-day event, each team selected a 36-hole team member. The event concluded with a Friday golf tournament for the best five players to vie for a total PGA membership tournament score. The event was sponsored by Greg Gilmore, Paul Russell and David Terry with pro Jim Thoro. In second place were Will Snyder, Jeff Bon and Tom Oden with pro Qwynn Flaherty Jr. There was a tie for third place between the Jim Kilpatrick, Tony Jones and John McNeil with pro Duane Johnson and the team of Ryan Paradise, Mike Potter and John Miller with pro Michael Naples.

At this event, a concurrent competition was based on just the PGA team score without help from the PGA pros. In this context, the winning team included Greg Mattix, Ray Duran and Barney Smith. Placing second were Charlie Miron, Steve Seaburn and Bob Dunne. Winners of the closest-to-the-pin competitions were Steve Kane, Mike Potter, Diack Hall and Paradise.

Lineman camp in Yulee
All Hustle Sports and Dynamite ARC will host a football camp for offensive and defensive linemen from 10 a.m. to 12:30 p.m. March 20 at the Yulee Ballyard, 88003 Goodrow Road. Registration starts at 9 a.m. and continues until May 6. Payments may be made payable to Hammie Sanders. For information, contact Coach Travis Williamson at 904-351-6116.

Golf tournament for Pioneers
Three Fernandina Beach High School students were named to play golf Down Under. Ty Boston, Anika Richards and Kaitlin Under Golf Tournament on May 11 at the Fernandina Beach Golf Club. The event will pay tribute to Hattie Morris, a longtime local activist for mental health, and her son.

NSAI Youth Lacrosse
Under Golf Tournament on May 11 at the Fernandina Beach Golf Club. The event will pay tribute to Hattie Morris, a longtime local activist for mental health, and her son.

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Fernandina Beach Golf Club. The event will pay tribute to Hattie Morris, a longtime local activist for mental health, and her son.
P eter tournament winner John Jones Jr. is currently leading the annual Leaders & Slackers black drum fishing tournament with a 108-pound black drum. The local drum fishing tournament ends on April 6.

The Nassau Sport Fishing Association, founded in 1983, is a 501(c)(3) nonprofit organization created to develop and promote saltwater fishing, boating and related recreational activities. All are welcome to attend meetings. Call 261-3696 and ask for Candy or Meghan for information.

For more details about the Nassau Sport Fishing Association, visit www.nassausportfishing.org.

John Jones Jr. is currently leading the fourth annual Leaders & Slackers black drum fishing tournament with a 108-pound black drum. The local drum fishing tournament ends on April 6.

**Big drum run**

Fernandina Beach High School registration and practice are being held afternoons in the wrestling room in Building 22 near the football field. Participants will need AUU Individual Athlete Extension Membership, which can be purchased online for $51 and is valid for one year. Club membership fees are $25 and can be paid at registration. The club code is 1W77T7.

The Amelia Island Lighthouse Cottage, located on Amelia Island, will hold a surf fishing outing at Burney Park on Friday, beginning at 2:30 p.m. Dogs and all the fixings will be on hand and will be provided by the NSFA. If you wish to enter the beach fishing tournament, the entry fee is $10 per angler. For information visit www.ameliaisland.com.

**Organized bike rides**

The North Florida Bicycle Club offers serious and recreational bicycle rides at various times and locations on Amelia Island and Nassau County.

Cyclists of all abilities are welcome. Helmets and a bicycle in good working condition are required. Bicycle safety will be emphasized at the start of each ride.

Cyclists typically split into groups, depending on pace and skill level, and there are options to cut the ride short. Anyone who joins the group will be left behind. Lunch is optional. Call 261-5160 or visit www.ameliaislandbicycling.com or nfb.cc for information.

**Bowling clubs**

The Amelia Island Bowlers Club hosts all leagues at the Regency Lanes, 300 Regency Ln. Please note that the volleyball courts are at the south end of the downtown Marina Gardens at 2:30 a.m. and most afternoons on weekdays. Petanque (pay-tan) is a cousin of both bocce and bocce, the bocce bowling games. The public is always welcome. Call 451-1595 for information.

**Walk with Me**

The McArthur YMCA offers Walk with Me, a program designed for people to walk with other people. The walk will be Amelia Park. The goal is a 30-minute walk with five minutes of stretch-

**Shunts**

Wednesday, March 20, 2019 Sports News Leader

**SHORTS**

Wednesday of each month. The monthly social get-together is held on the fourth Wednesday of each month. The meetings for both meetings are from 7-9 p.m. at the Nassau Sport Fishing Association meeting located at 2100 Bay St. Members and guests are welcomed to attend the meetings.

**Amelia Island Boules Club**

The Amelia Island Boules Club holds pétanque pickup games on the pétanque courts at the south end of the downtown Marina Gardens at 2:30 a.m. and most afternoons on weekdays. Petanque (pay-tan) is a cousin of both bocce and bocce, the bocce bowling games. The public is always welcome. Call 451-1595 for information.

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**Big drum run**

Robert Haddock Sr. and Robert Haddock Jr. are pictured with a huge black drum they recently boated, left. Huge black drum weighing to 50 pounds are often a big surprise when hooked and landed in the surf. Katie Corteig is pictured with big beach black drum, right.

**NASSAU SPORT FISHING ASSOCIATION**

For more details about the Nassau Sport Fishing Association, visit www.nassausportfishing.org.

John Jones Jr. is currently leading the fourth annual Leaders & Slackers black drum fishing tournament with a 108-pound black drum. The local drum fishing tournament ends on April 6.

**OUTDOORS**

The Nassau Sport Fishing Association will host the annual Amelia Island Lighthouse Flotilla 14-1 meet the first Thursday in the Amelia Island Lighthouse Clochans, located on Orange Lane on Lighthouse Circle. Call 261-1880 for information.
A winning collaboration celebrating roses

Tent shows on our magical island. Two women own very different talents partnered to create a unique and special final product. One is a skilled gardener specializing in roses, and one can artist learns for her brightly colored acrylic paintings. Carol Atwood is known as the “Rose Lady” by friends and fans. Her rose garden in her front yard allows those who pass by to enjoy the beauty of her plants. She can let anyone with an interest bottom her flowers, and local schools are invited to take part in the museum's annual rose show and sale. A Master Gardener since 2009, she shares her expertise on growing, tending, fertilizing and controlling pests. She grows roses in Florida’s unique environment and practices, and she is quick to share. Each plant in a grid and tender care will result. She encourages each of her trea- ter rows number of the rounds. Treasury time with my friends who bring along the names of roses of all sorts, Dolly Madison, the “Kiss” Whirlaway, and St. Patrick. Turns out that, if a living person is going to have a rose named for them, they want names that reflect the beauty and charm. They encourage each of their trea- ter rows number of the rounds. Treasury time with my friends who bring along the names of roses of all sorts, Dolly Madison, the “Kiss” Whirlaway, and St. Patrick. Turns out that, if a living person is going to have a rose named for them, they want names that reflect the beauty and charm. They encourage each of their trea- ter rows number of the rounds. Treasury time with my friends who bring along the names of roses of all sorts, Dolly Madison, the “Kiss” Whirlaway, and St. Patrick. Turns out that, if a living person is going to have a rose named for them, they want names that reflect the beauty and charm. They encourage each of their trea- ter rows number of the rounds. Treasury time with my friends who bring along the names of roses of all sorts, Dolly Madison, the “Kiss” Whirlaway, and St. Patrick. Turns out that, if a living person is going to have a rose named for them, they want names that reflect the beauty and charm. They encourage each of their trea- ter rows number of the rounds. Treasury time with my friends who bring along the names of roses of all sorts, Dolly Madison, the “Kiss” Whirlaway, and St. Patrick. Turns out that, if a living person is going to have a rose named for them, they want names that reflect the beauty and charm. They encourage each of their trea-
**Amelia Island Museum of History is renovating and updating**

In 2018, the Amelia Island Museum of History underwent a major renovation and expansion that has completely transformed and updated its existing exhibits. The museum is once again opening its doors, housing a total of three new permanent exhibits:

- **A Walk Through Time:** This exhibit traces the history of Amelia Island and St. Marys County, Florida. It features a self-guided, multimedia experience that includes interactive displays, videos, and artifacts.
- **Women Who Changed Amelia Island:** This exhibit highlights the contributions of women who have shaped the history of Amelia Island through their work in various fields, from politics to education and the arts.
- **Children's Room:** A new children’s area with interactive exhibits and hands-on activities designed to engage and educate young visitors.

The museum is open Tuesday through Saturday from 10 am to 5 pm. Admission is free for children 12 and under, and $5 for adults. For more information, visit [ameliamuseum.org](http://ameliamuseum.org).

**Upcoming Events**

- **Artists Talk:** On the second Saturday of each month, artists will share their work and insights in a 30-minute talk at 2 pm. The next talk is scheduled for September 11.
- **Lecture Series:** Monthly lectures on various historical topics are scheduled. The next lecture is on the history of Amelia Island's early settlers, scheduled for October 2.
- **Workshops:** Free workshops on topics such as 3D printing, digital photography, and creative writing are offered on the first Saturday of each month. The next workshop is on September 7.
- **Special Events:** Upcoming special events include a fall foliage tour, a holiday history tour, and a springtime nature walk. Details can be found on the museum's website or by calling (904) 261-7378.

For more information, contact the Amelia Island Museum of History at (904) 261-7378 or via email at info@ameliamuseum.org.
Shrimp Festival announces entertainment

Spring is in the air, and marks the annual Isle of Eight Flags Shrimp Festival in right around the corner, bringing with it three days filled with entertainment on the Riverfront Stage in historic downtown Fernandina Beach.

The festival kicks off at the opening ceremonies at 6 p.m. and the Miss Shrimp Pageant at 6:30 p.m. will be the Band Be Easy. Sarah Stewart, dynamic, fresh, lively and fun, The Band Be Easy is one of the most sought-after bands in the country.

The Jacksonville 2015 One Spark Festival in the market category, the band's teknical excellence and charismatic stage presence consistently thrill audiences across all ages as they headline festivels and top-name venues, tearing through a crowd-pleasing mix of old school favorites and current Top 40. After the band first set, Fernandina's famous pieros will invite at 7:40 p.m. (inside) to themselves and available online at AmeliaMusicalPlayhouse.com or by phone at 277-1234.

Show includes five, some making their stage debut at AMP. The show will run weekends at 7:30 p.m. and at 2:30 p.m. Sunday. Tickets are $15 for adults and $10 for students and available online. This year's festival headliners, Firefall and Poco, take the stage at 11:30 p.m. Sunday. For fireball Jack Johnson, Firefall is a 40-year love of their lives. Their favored harmonies backed by strong, rhythmic textures produce music that moves from rock to country to adult contemporary and through the band platinum and gold award with such hits as "I've Had the Time of My Life," "The Night," Spellbound," "Keep On Tryin," and "Crazy Love."

Firefall continues to thrill audiences of all ages with their unique, high-energy party style. Ber Jimmy Perkins, continue to thrill audiences of all ages with their unique, high-energy party style. Their diverse song list has made them popular with college audiences as well as more "seasoned" rock and rollers. Performing the original band's signature hits plus "beach music" and a mixture of music from the 1960s to today, the Stinger's Medallions bring to their reputation as the "Party Band of the South."

In addition to entertainment at the Riverfront Stage, festival visitors Bob Halbach's Kanoe's Shrimp Queen Show and JuggleSTUFF starring Ben Mathews will be performing in the Kids Fun Zone with shows throughout the weekend.

More information and a complete schedule of events can be found at shrimpfestival.com.

**UF Health Breast Center – Jacksonville**

If you've been diagnosed with breast cancer, a second opinion should be thorough and fast. The cancer specialists at the UF Health Breast Center – Jacksonville can help you better understand your diagnosis and treatment options. If additional assessment is necessary, appointments for biopsy, imaging and treatment consultations can be completed as in little as one day.

Learn more at UFHealthJax.org/breast or call 904.244.4387 to schedule your private consultation.

**CHEAPER FILLS AMP STAGE**

**Cancer** by the Dozen will be on the stage at Amelia Musical Playhouse beginning Thursday for one weekend only. The play is based on a real-life family – the Gilberths. Frank Gilberth was a pioneer in the motion study field whose clients included Johnson & Johnson, Mary’s, and the U.S. Army. He had been ill, Lillian, started in 1943 and raised children. In 1953, she had developed to the point where she could no longer raise a household. The domestic crises the family faces include adoption of a dog, a girl's first date, and a vendetta against the school principal who threatens to expel a student and focus on the academic success of the children. The domestic crises the family faces include adoption of a dog, a girl's first date, and a vendetta against the school principal who threatens to expel a student and focus on the academic success of the children.

Closing out the weekend beginning at 2 p.m. following the Blessing of the Fleet, which begins at 1:30 p.m., will be a special Shrimp Festival performance by the festival's official "theme band," the Stinger's Medallions. In September 2009, Bruins Springett's version was named "best of" the Medallions to perform what he called the "greatest tribute rock song of all times," their classic hit "Double Shot of My Baby's Love." Following in the footsteps of original hardrockers, the John McElrath, the current Medallions, including John McElrath, the current Medallions, including Jimmy Perkins, continue to thrill audiences of all ages with their unique, high-energy party style.

Their diverse song list has made them popular with college audiences as well as more "seasoned" rock and roll fans. Performing the original band's signature hits plus "beach music" and a mixture of music from the 1960s to today, the Stinger's Medallions bring to their reputation as the "Party Band of the South."

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More information and a complete schedule of events can be found at shrimpfestival.com.
Yoths of the Month announced

The Boys & Girls Clubs recently announced the Boys & Girls Club Member of the Month for March, in January and December, in a news release.

• Johnny Gordon, 10, is an ideal member for the Boys & Girls Club since 2014 and currently serves as an alumnus. He has a 3.7 GPA in school where he is a varsity student, Shields has received the Jacksonville Jaguars, Arlington Toyota, ADP, WestRock, Rayonier Inc., RPM Lumber, Florida Public Utilities, Amelia Story and Song, Friends of the Library, AquaGym Fitness, Masonite, and perfect the perfect enjoyment of Boys & Girls Club members and students. Each year in March, about 30 seventh-grade boys are selected to participate in the program and a raffle timer raises funds in support of the program. Each student of the Miller Homeless Pets. Call 321-2267.

・ 3/19/19   10:39 AM

・ Tickets, sponsorships available for Take Stock in Children Gala

March is Take Stock in Children month. For 22 years, Take Stock in Children has provided scholarships, mentorship, and hope to more than 375 academically talented and economically disadvantaged young women and men. Each year in March, about 30 seventh-grade boys are selected to participate in the program and a raffle timer raises funds in support of the program. Each student of the Miller Homeless Pets. Call 321-2267.

・ Gates named 4th of the Month

Katie Gates was named Nassau County’s 4th of the Month in February. She has been the past eight years sharing aerials and her hard work and all at her full house, where she’s received, great and been well-championed. She also has participated in OLIVE and the University, as participant and organiser. She has learned organization and teamwork in YET and animal care during her emergency. She has even presented that material to fellow 4-H'ers and adults. Gates has served as both president and vice president of County Council and as the president of Next Generation. She frequently helps teach younger 4-Hers at summer camps and workshops. The Girls Club effort has been participating in the state Executive Board to help plan your this year’s 4-H University. For more information about Nassau County 4-H, call 540-9230.

・ BOYS & GIRLS CLUBS OF NASSAU COUNTY

・ Your support is appreciated.

・ Daron Turney, 15, is the life of the Teen room here at the Roberts Learning & Achievement Center, according to the release. She is the 5th-grade student in a raffle, silent auction, and live auction, and ticket sales.

・ Tickets, sponsorships available for Take Stock in Children Gala

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Tito’s Vodka
1.75L
$29.99

Bacardi Rum
1.75L
$19.99

Bombay Original Gin
1.75L
$28.99

Tell Us What You Want Tomorrow to Bring.
Our Mission

Our mission is to enhance the lives of older adults through services and compassionate care designed to improve the health, independence and economic security of all Nassau County seniors and their families.

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Fernandina Beach Life Center
1901 Island Walk Way, Fernandina Beach, FL 32034
Phone: 904-261-0701 – FAX: 904-261-0704
Facebook: Nassau County Council on Aging
Website: www.nassaucountycoa.org

Hilliard Life Center
37002 Ingham Road, Hilliard, FL 32046-1011
Phone: 904-845-3331 – FAX: 904-845-4491
Facebook: Nassau County Council on Aging
Website: www.nassaucountycoa.org

Fernandina Beach Life Center Staff Contacts:
Adult Day HealthCare – Debra Dombkowski, LPN, CDP
Case Management – Fran Hidden
Circle of Friends – Frances Bartelt
CHORE Program – Frances Bartelt
Development – Mary Grace Herrington, CFRE
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Transportation – Michael Hays
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Hilliard Life Center Staff Contacts:
Administration/Case Management – Linda Rogers
Case Management – Sue VanZant
Nutrition/Meal Programs and Activities – Frances Nobles

NassauTRANSIT
Phone: 904-261-0700 – Toll Free: 800-298-9122
FAX: 904-261-3940
Facebook: Nassau Transit Website: www.nassautransit.org
Contacts: Michael Hays and Scott Nile

Our Mission

About Nassau County Council on Aging
Life Centers ................................. 6
Programs and Services ........................ 6
Adult Day HealthCare – “The Club” ......... 7
Home Health .................................. 7
Public Transportation – NassauTRANSIT .... 7

Featured Stories
NassauTRANSIT: Making Connections ..... 8-9
Give Your Brain a Boost ........................ 10
Planning an Event ................................. 10
My Active Center ............................... 11
Skin Cancer Body Check ........................ 21
Stress: Mind Matters ........................... 22
Giving Matters .................................. 23
Upcoming Presentations and Classes ........ 12-19
Assistance Programs ............................ 20
Support Groups ................................. 20
Mark Your Calendar ............................. 24
Snapshots ....................................... 24
A Message
from our
President & CEO

Dear Friends,

What began in 1984 with a single station wagon is now NassauTRANSIT, the public transportation system of Nassau County and an integral component of regional transportation in Northeast Florida. With a current fleet of 22 modern buses – all accessible for passengers with disabilities – NassauTRANSIT connects Hilliard, Callahan, Yulee, Fernandina Beach and Jacksonville with scheduled routes and designated bus stops. And, the Island Hopper provides local transportation around Amelia Island. Our partnership with JTA recently produced Nassau Express Select, an executive-style commuter service between Nassau County and downtown Jacksonville. We are so proud to provide all of these safe, affordable and accessible transportation options for people of all ages in Nassau County. Read more about “Getting Around” in this issue!

Approximately 100 community leaders, friends, neighbors, donors and guests joined us for our 2019 Annual Meeting, and I’d like to share some data on our growth and service throughout Nassau County last year:

• We served more than 4,000 members through Home Health, Transportation, CHORE, Meals, Adult Day HealthCare, Enrichment Classes, Educational Platforms, Support Groups, Volunteerism and other areas – this represents a 45% increase over 2017.
• Home Health saw an 18% increase in the hours provided inside seniors’ homes, with services such as personal care, respite, bathing, grooming and homemaking – totaling more than 52,000 hours.
• NassauTRANSIT’s fleet of 23 vehicles – the only mode of public transportation in Nassau County – made more than 55,000 trips throughout the county and into Jacksonville.
• Our CHORE program provides small home repairs for seniors so they can safely age in place; last year, our volunteer team provided hundreds of hours on projects such as wheelchair ramps, installation of grab bars, services such as electrical, plumbing, carpentry, etc.
• Meals on Wheels, Soup Train and our congregate meal program provided 33,323 meals to seniors.
• Adult Day HealthCare provided more than 10,000 hours of respite care for those suffering with dementia and Alzheimer’s – our program continues to be the only one of its kind in Northeast Florida.
• Our membership program includes adults of all ages – in the last three months of 2018, 266 individuals purchased memberships and more than 626 people participated in 40+ classes on fitness, health and wellness, music and dancing, arts and crafts, technology, home and garden, and more.
• More than 270 volunteers donated 11,066 hours for an in-kind monetary value of $273,207, representing a 49% increase in volunteers over 2018.

It is difficult to fathom how we will raise the bar in 2019 – but I can assure you we are already setting our sights very high. We continue to raise awareness, tell our story even better and help Nassau County become even more of an age-friendly community. We are asking the Florida Legislature to help us expand our Adult Day HealthCare program, as well as hire staff for our commercial kitchen. We are officially launching our own home healthcare agency, Advocate Home Healthcare, in the spring. We are focusing on raising dollars for program operations and our capital campaign. And as always, we encourage YOU to provide feedback on how we can be the very best for our seniors.

I would also like to welcome Lynne Starling to NCCOA as our Volunteer Director. Lynne brings a wealth of expertise and enthusiasm to our team, and she has already hit the ground running with some exciting initiatives. Our volunteers enable us to grow and thrive from year to year, and Lynne is now at the helm of this vital force in our organization.

With appreciation for the past and excitement for the future,

Janice Ancrum
President & CEO

P.S. Check out our upcoming schedule of classes and presentations at 1901 Island Walk Way on pages 12-19!
About the Nassau County Council on Aging

**LIFE CENTERS**

Our Life Center at 1901 Island Walk Way in Fernandina Beach is open! This 25,752-square-foot facility will help us provide even greater programs and services to seniors in Nassau County, including expanded congregate meals, medical screenings, and health and wellness clinics. A wide variety of classes, workshops and presentations, a media lounge and café, computer lab, fitness and game rooms, arts and crafts offerings and music sessions, as well as lifelong learning educational opportunities, await you at our new home.

Both Fernandina Beach and Hilliard Life Centers offer those 60 and older assistance, information and support, in addition to many fun and engaging activities...plus opportunities to socialize, the key to a happy, healthy life. Meeting space is available for rental (maximum occupancy up to 320 persons) at 1901 Island Walk Way for group functions including: weddings and receptions, formal galas, fundraisers, business meetings, church services, repast, training sessions, film screenings, etc.

**Contact:** The Life Center – Fernandina Beach, 904-261-0701
The Life Center – Hilliard, 904-845-3331

**PROGRAMS & SERVICES**

NCCOA's Programs & Services Department serves seniors by providing vitally important resources such as Case Management, Nutrition and Adult Day HealthCare (ADHC). NCCOA also partners with local and state-funded programs to assist with home energy crises (EHEAP) and facilitate City of Fernandina Beach Wastewater, Refuse and/or Storm Water Fee Exemption applications and Town of Hilliard Water Bill Assistance for qualified residents.

**Case Management** - Case managers provide information on resources, programs and services to seniors and their caregivers in Nassau County. These services assist seniors to age in place and navigate local, state and federal systems necessary to the aging process. For those seniors and their caregivers receiving state and federal grant subsidized services in Nassau County, NCCOA's case management ensures services are provided in compliance with the Department of Elder Affairs.

**Nutrition Management** - Nutrition managers oversee the Life Centers in Fernandina Beach and Hilliard where congregate meals are offered Monday-Friday. They also manage Nassau County’s *Meals on Wheels* program where more than 2,200 nutritious meals are delivered by volunteers each month to those who are homebound due to illness, disability or isolation. Meal delivery also allows volunteer drivers to perform regular safety and wellness checks. In addition, these volunteers provide *Meals on Wheels for Pets* which ensure that homebound seniors receive necessary pet food and supplies for their companions.

**Adult Day HealthCare** - ADHC is available in our Fernandina Beach Life Center (next page).

**Contact:** NCCOA, 904-261-0701
**ADULT DAY HEALTHCARE “THE CLUB”**

The only one of its kind in Northeast Florida, NCCOA’s Adult Day HealthCare Program – also known as “The Club” – provides respite for caregivers and offers their loved ones a safe and secure environment. The program, licensed by the State of Florida, specializes in Alzheimer’s disease and other related dementias, and offers families an affordable alternative to the rising costs of long-term care.

The Club is supervised by a licensed nurse and Certified Dementia Practitioner (CDP), and promotes each member’s daily success, maintaining or re-establishing a sense of accomplishment and self-worth. The program provides therapeutic activities and individualized care, as well as planned social outings and events. Professional dementia counseling is also available.

**Contact:** Debra Dombkowski, 904-261-0701 or ddombkowski@nassaucountycoa.org

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**HOME HEALTH**

NCCOA's Home Health area provides members with non-medical, in-home services related to daily living activities such as personal care, respite, home making and companion services. Certified Nursing Assistants (CNAs) and Home Health Aides may also accompany members to appointments and activities. Members receive a minimum of two hours of care to full 24-hour shifts, depending on the need. Fees for these services are paid via approved Medicaid Long-Term Care (MLTC), pre-qualified state and federal programs, and/or private pay.

**Contact:** Home Health, 904-515-8460 or homehealth@nassaucountycoa.org

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**PUBLIC TRANSPORTATION – NASSAUTRANSIT**

NassauTRANSIT is the public transportation system in Nassau County. We provide both scheduled public bus and registered paratransit services. Our public bus service has convenient stops across the county between Hilliard and Fernandina Beach, at River City Marketplace and in downtown Jacksonville. Other routes connect both east and west Nassau with downtown Jacksonville including Nassau Express Select morning and afternoon commuter express services in partnership with JTA. The Island Hopper bus provides local public transit service around Fernandina Beach from Thursday through Sunday. The fare for scheduled public bus service is only $1* with no charge for transfers.

Registered paratransit is available to all qualifying county residents and provides curbside service for medical appointments, social engagements, recreation, shopping, etc. Advance reservations are required for paratransit service and the fare is only $2.

All NassauTRANSIT bus operators and vehicles are credentialed to FTA and FDOT requirements, and all vehicles in our fleet are wheelchair accessible.

**Contact:** NassauTRANSIT  
904-261-0700/800-298-9122  
www.nassautransit.org

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* Nassau Express Select one-way cash fare is $3. However, based on income eligibility, some residents of Nassau County may qualify for a reduced fare. Contact NassauTRANSIT for information.
In 1984, a single station wagon ferried seniors to and from events and activities at Nassau County Council on Aging (NCCOA). This informal transport soon evolved into the Care-a-Van, a multi-passenger service better equipped to assist seniors with their transportation needs. Today, a fleet of 22 comfortable, modern buses – “Pow-ered by NCCOA” – connects Hilliard, Callahan, Yulee, Fernandina Beach and Jacksonville with scheduled routes and designated bus stops. Complementing the fleet is an island-only connection and an executive-style commuter service to Jacksonville. All of these transportation options are safe, affordable, open to the public, and accessible for passengers with disabilities. This is NassauTRANSIT, the public transportation system of Nassau County and an integral component of regional transportation in Northeast Florida.

**Transit options and flexibility**

“We’ve come a long way since the ‘Care-a-Van’ days,” says Mike Hays, Transportation Director, NassauTRANSIT. “Not only are we deeply engrained in the scope and scale of Nassau County, we partner with various local and state agencies to further transportation for people of all ages. That’s key – NassauTRANSIT is for people of every age, not just seniors – and it’s still only $1.”

NassauTRANSIT offers public transportation to ALL residents of Nassau County, as well as tourists and visitors, and maintains 8 bus stops. Buses run Monday through Friday, 6:30 a.m. to 6:30 p.m. NassauTRANSIT also serves as the county’s paratransit provider for the elderly, ill, disabled or transportation disadvantaged. Those who register for this program and are qualified may schedule door-to-door rides in advance. Forms are available at www.nassautransit.org. Fares for registered passengers are $2 per boarding or $4 round trip.

Along with NassauTRANSIT buses, the recognizable Island Hopper provides “Hop On, Hop Off” local transportation around Amelia Island. Residents, visitors and tourists alike board the Hopper, Thursday through Monday, including holidays except Thanksgiving and Christmas. The bus makes six loops around the northern half of Amelia Island (starting at Fernandina Beach City Hall), and the fare is only $1. And for the second year, NassauTRANSIT will be the sole provider of free public transportation at the Isle of Eight Flags Shrimp Festival, May 3-5. Watch for more info on pick-up/drop-off locations.

NCCOA’s partnership with JTA recently produced Nassau Express Select, an executive-style commuter service between Nassau County and downtown Jacksonville. Buses are equipped with complimentary Wi-Fi and USB charging ports at the seats. Operating Monday through Friday, the bus leaves twice from the Winn-Dixie parking lot in Yulee (96125 Lofton Square Court) at 6:40 a.m. and 7:10 a.m., and returns at 4:45 p.m., 5:15 p.m., and 6:15 p.m. (40-minute ride). Fares for the bus trip are $3 one-way, $5 for a one-day pass and $90 for a 31-day pass; based on income eligibility, residents of Nassau County may qualify for a reduced fare.

**A safe, comfortable ride**

At NassauTRANSIT, safety is job one. “There’s safety and there’s everything else,” Mike says. “On an annual basis, we are certified by the Florida Department of Transportation and earn Federal Transit Administration (FTA) credentials. Our Bus Operators are trained and retrained in vehicle safety and passenger service.” The average length of service for NassauTRANSIT Bus Operators is 5-6 years.

Vehicles are equipped with video cameras for passenger safety, along with a GPS tracking system to monitor location, speed, timeliness and vehicle efficiency of each route.

“We are always looking out for our passengers, as well as our Bus Operators,” says Mike. “Having a positive NassauTRANSIT experience is tracked from the time we pick you up to the time we drop you off. Customer feedback is constantly gathered and always welcome.”

All vehicles are outfitted with lifts or ramps for accessibility. Bus Operators are also trained to help passen-
gers who may need extra assistance boarding and exiting the bus.

What should a NassauTRANSIT passenger expect? “That’s easy…every passenger should be welcomed by a friendly Bus Operator onto a clean and well-maintained vehicle,” says Mike. “Your ride should be safe, comfortable and on time. If we do not meet those standards, we count on you to let us know. Likewise, if we meet or exceed those expectations, we count on you let us know.”

▼ Community transportation partner

As the State of Florida-designated community transportation coordinator for our county, NassauTRANSIT has partnered with the Nassau County School District and the Florida Department of Health, as well as Barnabas Center, Starting Point Behavioral Healthcare, Salvation Army, Hope House and the YMCA, to meet transportation needs.

NassauTRANSIT is a member of the Partnership for Healthier Nassau Steering Committee, an initiative of the Florida Department of Health. Through this collaborative community-based group, county health and wellness priorities are developed and implemented. These include affordable housing, nutrition programs and child care.

“Transportation plays a huge role in the successful implementation of wellness priorities,” says Mike. “You do not have to be transportation- or income-disadvantaged to be challenged in this area. This county is growing exponentially and much-needed resources may become more and more scarce for parents, caregivers and the elderly.”

▼ Into the future

NassauTRANSIT is a vital part of a regional transportation system, creating the infrastructure for the next generation of public transportation. For the past few years, Northeast Florida counties have formulated future plans for a regional bus fare system and scheduling, with inter-county connections across the region.

“We’ve already made great strides in our regional focus with technology through Trapeze, an ‘intelligent’ transportation management system fully utilized by Nassau, Baker, Clay, Duval, Putnam and St. Johns counties,” says Mike. Trapeze enables the counties’ public transportation systems to be fully integrated, easy-to-use and designed to provide passengers with optimal service and an improved customer experience.

NassauTRANSIT chaired the Northeast Florida Regional Transit Coordinating Committee (RTCC), the 2018 recipient of the Excellence in Transportation Award presented by the Northeast Florida Regional Council (NEFRC). The award recognizes the collaboration of Northeast Florida public and paratransit agencies to provide an efficient and coordinated public transit system throughout the region.

“This type of recognition is significant,” says Mike. “Collaborative teamwork in the area of regional mobility will help ensure that communities — and people — stay connected. At NCCOA and NassauTRANSIT, we’ve worked this way for years to provide leadership in this important area.”

For more info, visit www.nassautransit.org or call (904) 261-0700/(800) 298-9122.

The Island Hopper is a godsend! I don’t drive, and I used to pay a fortune for a cab. Now I can go to the beach or shopping for $1. Without it, I was kind of stranded downtown where I live.

Joseph McHale, Fernandina Beach

I’m 91. If it wasn’t for NassauTRANSIT I wouldn’t be able to come to the Life Center Community Room and be around other people. NassauTRANSIT is amazing.

Miss Marge, NCCOA member

NCCOA Team and Island Hopper, 2018 Shrimp Festival
Give Your Brain a Boost

By Barbara Bruce, MS, Aging Well Facilitator

Your brain is the command post for your entire body. According to a recent study, more people are afraid of getting some form of dementia than of death.

However, what we do know is that we can maintain a great deal of brain health (think “fit and functioning”) by following some important strategies. A large part of these strategies happen within your grasp on this very island at Nassau County Council on Aging (NCCOA).

The new Life Center at 1901 Island Walk Way in Fernandina Beach offers many classes to help adults of all ages be “lifelong learners.” The courses vary to meet the needs and explore the curiosity of most adult learners. Several considerations:

1. **Use it or lose it.** Your brain thrives on learning and mental challenges. To put this concept in layman’s (mine) terms, your brain essentially learns in one of two ways: 1. Learning more about something you already know strengthens neural pathways; and 2. Learning new information sparks the formation of new dendrites and neurons. “Use it or lose it” does not mean crossword puzzles or Sudoku every day... it means challenging your brain often with fundamentally new activities. Discover the wealth of classes offered at NCCOA’s Fernandina Beach Life Center and get going. Your brain will appreciate the effort.

2. **Your brain thrives on stimulation and interaction.** At NCCOA you have the opportunity to develop and maintain stimulating friendships. We are “herd creatures.” We thrive on personal social interaction (as opposed to constant social media and texting). Socialization is the key to a happy, healthy life – especially for seniors.

3. **Laughter is the best medicine.** Laughter stimulates the body and brain by providing positive endorphins (and it feels so good). And, laughter is often a byproduct of social interaction. Sharing thoughts and ideas in a fun way keeps your brain active.

4. **Exercise** is necessary for both brain and body, and it is critical to keep fresh blood flowing throughout. There are varied opportunities to exercise both your brain and body. Find one – or two! – that fits your time and ability.

Barbara Bruce, MS, speaks locally and nationally on the many faceted aspects of living fully and celebrating aging. Visit her at agingwelfacilitator.com

Planning an Event? Come to 1901 Island Walk Way!

Our new home at 1901 Island Walk Way is open to the public with more than 100 classes such as Tai Chi and How to Use an iPhone and/or iPad. We are also proud to announce that newly refurbished rental space is available to the community. An assortment of rooms with maximum occupancy of 320 persons can be rented for a variety of occasions, including holiday parties, weddings and receptions, formal galas, fundraisers, business meetings, church services, repast, training sessions, film screenings, etc.

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<th>Clear Grand Hall</th>
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For more information, contact Melody Dawkins, Membership & Community Engagement Director, at 904-775-5477 or mdawkins@nassaucountycoa.org.
If you are a dedicated lifelong learner who is taking advantage of the ever-expanding educational opportunities offered at NCCOA’s Fernandina Beach Life Center, you can now view course offerings (for adults of ALL ages), book/cancel classes and manage your account via the web at https://myactivecenter.com

Class enrollment info:
• Members: Enroll with the number on the back of your card (starts with an X)
• Non-members who have attended a class (you are already in our database): Use your 10-digit phone number without hyphens
• If you have never attended a class: Send your First/Last Name - 10-digit Phone Number - Email Address - Mailing Address - Date of Birth with Year (used for grant purposes only) to mdawkins@nassaucountycoa.org; your information will be included in the database and you will receive an enrollment confirmation email; then, you will have access to book and cancel classes

Important reminders...please:
• Arrive 5-10 minutes early for check-in
• Keep in mind that parking may be limited due to other classes and activities
• Remember to cancel if you’re unable to attend so others may participate

If you have any questions, contact Melody Dawkins at mdawkins@nassaucountycoa.org or call 904-261-0701.

At Davis Chrysler Dodge Jeep Ram, we only hire the most knowledgeable, skilled mechanics and service technicians, so your car repair, service and maintenance can go as smoothly as possible. We know our customers want to maintain their cars to keep them running like new. To save you time, we offer the fastest oil changes in the County.

**NO APPOINTMENT NEEDED**

• Oil and Filter Change
• Chassis Lube
• Tire Rotation with Brake Inspection
• Tire Wear and Pressure Check

Our parts department is proud to sell genuine Mopar parts and accessories for all Chrysler, Dodge, Jeep and RAM vehicles. Genuine OEM Mopar parts allow your vehicle to perform as well as it did the day you drove it off the lot.

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www.daviscdjr.com
Topics to Broaden Your Horizons

◆ **Intro to Spanish**
  Maria Solomon, Spanish as First Language, Volunteer  
  Tue, Apr 2-May 14, 10:30-11:30 am ★ (Series of 7 Classes)  
  Member: $25 Non-Member: $30  
  Spanish is one of the most common languages in the world, and it’s one that is relatively easy for English speakers to master. Whether you are studying formally or just want to pick up enough Spanish to make your travels more enjoyable, start your journey here!

◆ **Lunch and Learn: Honoring Choices**
  Community Hospice & Palliative Care  
  Fri, Apr 5, 11 am-12:30 pm ★ Free  
  Honoring Choices Florida is a community-wide advance care planning program supported by area hospitals and health systems. This presentation provides an overview of the importance of advance care planning for all adults, not just the elderly. We will define advance care planning and offer ways to reflect on your own values, beliefs and experiences in an effort to help you discuss, decide and document your health care preferences for health providers.

◆ **Presentation from Our Local Treasure Hunters**
  Doug Pope, Managing Partner, Amelia Research and Recovery, LLC  
  Fri, Apr 5, 3:30-5:30 pm ★ Free  
  Florida is considered a global center for underwater shipwreck exploration and salvage. Amelia Research and Recovery, LLC has deployed the “Polly-L” lift boat looking for Colonial Shipwrecks and significant archaeologist sites near and around Amelia Island. Doug Pope will present the current findings and samples of relics recovered. Additional artifacts, treasures and items of interest can be found at the Maritime Museum of Amelia Island at 115 S. 2nd Street, Fernandina Beach. The TV show * Expedition Unknown* will be filming Amelia Research and Recovery for a TV documentary in early April.

◆ **Nuclear Negotiations: Back to the Future?**
  Bob Bolan, PhD, Volunteer  
  Tue, Apr 9, 1:30–3:00 pm ★ Member: $20 Non-Member: $30  
  Great Decisions Course: Participants are encouraged to purchase the 2019 Great Decisions Briefing Book for $32.00 online at http://www.fpa.org.
  Nuclear weapons have not gone away, and the Trump administration has brought a new urgency, if not a new approach, to dealing with them. The President has met with Vladimir Putin as the New Start Treaty with Russia comes up for renewal in 2021, the first presidential summit ever with Kim Jong-un occurred to discuss denuclearizing the Korean Peninsula and President Trump has decertified the Obama nuclear deal with Iran. To what degree should past nuclear talks guide future U.S. nuclear arms control negotiations? Can the art of the deal into how you the way you think, live and work is crucial to organizing those items that are of emotional importance. Typical organizing issues will be addressed ranging from space flow, paper piles, photographs and supplies.

◆ **What Americans Agree on When it Comes to Health**
  Bob Bolan, PhD, Volunteer  
  Thur, Apr 18, 10:00-11:30 am ★ Free  
  TED Talk/Next Avenue Discussion: We may not be as deeply divided as we think – at least when it comes to health, says Rebecca Onie, co-founder of The Health Initiative. In a talk that cuts through the noise, Onie shares research that shows how, even across economic, political and racial divides, Americans agree on what they need to live good lives – and asks both health care providers and patients to focus on what makes us healthy, not what makes us angry.

◆ **Team Awareness**
  Nassau Alcohol Crime Drug Abatement Coalition (NACDAC)  
  Mon, Apr 29, May 6, 13, 20, 10:00-11:30 am ★ (Series of 4 Classes) Free  
  This evidence-based program helps identify family, friends or co-workers who may be affected by substance abuse or behavioral health issues. This program helps touch on the motivation for seeking help or encouraging others to seek help. Team Awareness also teaches individuals how to think or evaluate their stressors and how to cope effectively. You will learn healthy alternatives to coping and how to work together as a team to solve problems. Communication is touched on in this program as a critical skill for team problem solving, team building and helping to refer those who may need to seek intervention or treatment. Lastly, this program helps participants be aware of problems in others and effectively use the different skills learned through this class.

◆ **Wellness in All Its Dimensions**
  Bob Bolan, PhD, Volunteer  
  Tue, May 7, 10:00-11:30 am ★ Member: $3 Non-Member: $5  
  Seniors (and everyone else) lead happy, healthy lives and are able to live independently in their own homes when they include the many dimensions of Wellness in their daily lives. This seminar will provide specific topics on how to be “Well” – including intellectual, physical, nutritional, social, emotional, financial, environmental, occupational, spiritual and caregiver-related elements or dimensions.

◆ **13 Habits of Highly Effective Brains**
  Barbara Bruce, Wellness Facilitator; Mind, Body, Spirit  
  Thur, May 9, 10:00-11:00 am ★ Member: $5 Non-Member: $10  
  The human brain is the most amazing organ in the universe. We need our brain to keep us functioning in every aspect of living. There are proven strategies that help keep your brain fit. Come and learn behavioral modifications to maintain the best fitness of your brain.

◆ **Staging and Selling the Senior Home**
  June Carter, Certified Professional Organizer  
  Tue, May 14, 10:00-11:00 am ★ Member: $5 Non-Member: $10  
  Seniors have a lifetime of items and memories to be reviewed, managed and moved. A combination of decluttering the home and staging it to sell will bring a return on that investment. We will discuss how a team effort and a plan of action is part of the process to sell a senior home. Organizing solutions will be reviewed for the long-lived home. We will review how the unique needs of an older person living in a house for many years can be a challenge when relocating. Representing and addressing family treasures and emotional attachments will be discussed.

◆ **The Rise of Populism in Europe**
  Bob Bolan, PhD, Volunteer  
  Tue, May 14, 1:30-3:00 pm ★ Member: $20 Non-Member: $30  
  Great Decisions Course: Participants are encouraged to purchase the 2019 Great Decisions Briefing Book for $32.00 online at http://www.fpa.org.
Mass migration, and the problems associated with it, have directly abetted the rise of populist parties in Europe. Opposition to immigration was the prime driver of support for Brexit, it brought a far-right party to the German Bundestag for the first time since the 1950s, and propelled Marine Le Pen to win a third of the vote in the French presidential election. In addition to calling for stronger borders, however, these parties are invariably illiberal, anti-American, anti-NATO and pro-Kremlin, making their rise a matter of serious concern for the national security interests of the United States.

◆ Medication Safety
Community Hospice & Palliative Care
Fri, Jun 3, 9:00-10:00 am ★ Free
Medication-related errors are the most common type of medical errors. Most are preventable. This program will discuss ways that you can avoid medication errors.

◆ Nurturing Parenting
Nassau Alcohol Crime Drug Abatement Coalition (NACDAC)
Mon, Jun 10, 17, Jul 1, 8, 15, 29, Aug 5, 12, 19, Sep 9, 9:00-10:00 ★ (Series of 10 Classes) Free
This evidence-based program focuses on strengthening parents’/grandparents’ nurturing skills. The lessons offered are building blocks for your family, basic understanding of what nurturing parenting means, cultural values, spirituality and family, making good choices, growth and development of children, the importance of touch, managing and communicating feelings, managing anger and stress, understanding discipline, rewards and punishments, establishing nurturing parenting routines, connections and assessment.

◆ Decoding USA–China Trade
Bob Bolan, PhD, Volunteer
Tue, Jun 11, 1:30-3:00 pm ★ Member: $20 Non-Member: $30
Great Decision Course: Participants are encouraged to purchase the 2019 Great Decisions Briefing Book for $32.00 online at http://www.fpa.org.

Though arguably the most advanced economy in the world, the United States still uses centuries-old numbers to measure trade. These antique numbers mangle understanding of the U.S.-China trade relationship, shrinking America’s true economic size and competitiveness, while swelling China’s. Bad numbers give rise to bad policies that ultimately kill U.S. jobs and cede market share to China. What other tools can the United States employ to counter China’s unfair trade practices? There are several available, yet they remain mostly unused.

◆ Discover How to Declutter
June Carter, Certified Professional Organizer
Tue, Jun 18, 10:00-11:00 am ★ Member: $5 Non-Member: $10
What is too much stuff? We will talk about how to get out from under the stuff and move forward. We will explore how stuff is different for varied people, spaces and circumstances. In addition, we will delve into how you the way you think, live and work is crucial to organizing your stuff, as well as the importance of respecting and addressing those items that are of emotional importance. Typical organizing issues will be addressed ranging from space flow, paper piles, photographs and supplies.

◆ Why the Hospital of the Future Will Be Your Own Home
Bob Bolan, PhD, Volunteer
Thu, Jun 20, 1:30-3:00 pm ★ Free
TED Talk/Next Avenue Discussion: Nobody likes going to the hospital, whether it’s because of the logistical challenges of getting there, the astronomical costs of procedures or the alarming risks of complications such as antibiotic-resistant bacteria. But what if we could get the lifesaving care provided by hospitals in our own homes? Health care futurist Niels van Namen shows how advances in technology are making home care a cheaper, safer and more accessible alternative to hospital stays.

◆ Cyber Conflict and Geopolitics
Bob Bolan, PhD, Volunteer
Tue, Jul 9, 1:30-3:00 pm ★ Member: $20 Non-Member: $30
Great Decisions Course: Participants are encouraged to purchase the 2019 Great Decisions Briefing Book for $32.00 online at http://www.fpa.org.

Cyber conflict is a new and continually developing threat, which can include foreign interference in elections, industrial sabotage and attacks on infrastructure. Russia has been accused of intervening in the 2016 presidential elections in the United States, and China is highly committed to using cyberspace as a tool of national policy. Dealing with cyber conflict will require new ways of looking at 21st century warfare. Is the United States prepared to respond to such threats?

◆ The United States and Mexico: Partnership Tested
Bob Bolan, PhD, Volunteer
Tue, Aug 13, 1:30–3:00 pm ★ Member: $20 Non-Member: $30
Great Decisions Course: Participants are encouraged to purchase the 2019 Great Decisions Briefing Book for $32.00 online at http://www.fpa.org.

The United States and Mexico have a long, intertwined history, with both countries prominently featured in each other’s politics and agendas. The war on drugs, immigration and trade issues have taxed the relationship over the years. What impact will new leadership in both countries have on this crucial partnership?

◆ Chinese Folk Art & Religion
Jim Kemp, MA, East Asian Studies – China
Thu, Fri, Mon, Tue, Apr 4, 5, 8, 9, 8:30-10:30 am ★ (Series of 4 Classes) Members: $15 Non-Members $20
Class 1 – Students will view The Month of Hungry Ghosts video from Singapore, an informative and colorful introduction to Chinese Folk Religion. Class 2 – Hands-on experience of printing Chinese talismans from traditional woodblock to make prints. Class 3 – Discussion of Chinese folk deities on scrolls from Chinese temples. Class 4 – Viewing and discussion of the Singapore ghost movie, The Maid. You will be provided all materials for the woodblock printing session to make prints to keep.

Enrichment Classes

Arts & Crafts

◆ Beginning Continental Knitting
Nancy Bullen, Volunteer
Tue, Apr 2, 9, 16, 23, 30, 10:00 am-12 noon ★ (Series of 5 Classes) Member: $20 Non-Member: $25
Learn how to knit using the Continental method, a faster technique which requires less hand movement (great for people with arthritis), Students will make a great beginner project. Yarn and knitting needles provided.

◆ Needlepoint
Patti Boxler, Volunteer
Tue, Apr 2, 9, 16, 23, 30, 1:00- 2:30 pm ★ (Series of 5 Classes) Member: $20 Non-Member: $25
Learn basic needlepoint stitches such as continental and basket weave. Each student will make a coaster with a design. All materials provided.

◆ Drawing with Perspective
Ann Freeman, Art Educator (25+ years)
Wed, Apr 3, 10, 17, 24, May 1, 10:00 am- 12 noon ★ (Series of 5 Classes) Member $20 Non-Member $25
Explore the magic of creative lines and forms. We will begin by learning the basics of one point perspective drawing using pencil, rulers and paper. Applying the skills developed you will have the opportunity to use these principles to create new and exciting art drawings in marker and color. Class is geared for new and returning students.

◆ Metal Rereposée Boxes
Pipar West, Art Teacher
Sat, Apr 6, 13, 20, 9:00 am- 12:00 pm ★ (Series of 3 Classes) Member: $25 Non-Member: $30
Repeated due to popular demand, students will use mixed media to decorate the inside and outside of a cigar box. The top of the box will be decorated with a tooled image made of aluminum. Each participant will make his/her own project.

Donate at www.nassaucountycoa.org

April/June 2019 Senior Life
We provide personalized, quality, In-Home Care and Elderly Services to the Amelia Island community with a focus on compassion and understanding.

Michelle Newton
Certified Nurse Assistant
(540) 220-2736
Computers & Technology

✦ How to Use Windows 10
David Sproul, Island Tech Support
Mon, Wed, Fri, Apr 1, 3, 5, 8, 10, 12, 15, 17, 9:30-11:30 am
★ (Series of 8 Sessions) Member: $25 Non-Member: $30
This introductory class explains all the fundamentals of Windows 10. We will discuss this operating system (OS) including the hardware and output system components, as well as some advanced features.

✦ How to Use Windows 10
David Sproul, Island Tech Support
Mon, Wed, Fri, Apr 1, 3, 5, 8, 10, 12, 15, 17, 9:30-11:30 am
★ (Series of 8 Sessions) Member: $25 Non-Member: $30
How to Use Windows 10: Learn to set up a Facebook account, post to friends’ Facebook walls, and send special messages, post photos, share videos, etc.

✦ How to Use an Android Phone or Tablet
David Sproul, Island Tech Support
Mon, Tue, Wed, Apr 1, 3, 5, 8, 10, 12, 15, 17, 9:30-11:30 am
★ (Series of 8 Sessions) Member: $25 Non-Member: $30
How to Use an Android Phone or Tablet: Learn the basics of Android smartphones or tablets and wondering how to get the most from it, then you’ve come to the right class. Whether this is your first smartphone, you’ve just hopped on from an iPhone or you’ve had a number of Android handsets, we’ve pulled together some of the best Android tips and tricks to help you get the most from your new phone or tablet. Bring your Android device.

✦ How to Create Stunning Websites Using Wix
David Sproul, Island Tech Support
Thu, Fri, Apr 4, 5, 11, 12, 18, 19, 25, 26, 4:00- 6:00 pm
★ (Series of 8 Sessions) Member: $25 Non-Member: $30
Wix and Wix Editor offers a convenient way to create stunning websites. This class will not only help you in creating a website, it will also show you how to make your current site more user-friendly, increase incoming traffic and professionalize your site. Consider this the essential starting kit for anyone interested in a powerful online presence for a business, an organization or even just a personal hobby.

✦ How to Use Microsoft PowerPoint
David Sproul, Island Tech Support
Tue, Wed, Thu, May 7, 8, 9, 5:00-6:00 pm
★ (Series of 3 Sessions) Member: $10 Non-Member: $15
How to Use Microsoft PowerPoint: Learn to use Microsoft PowerPoint to build a presentation, covering everything you need to know. It’s essentially Google’s version of Amazon’s Echo (Alexa). Get answers, play songs, tackle your day, enjoy your entertainment and control your smart home with just your voice.

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✦ How to Use Google Home
David Sproul, Island Tech Support
Mon, Wed, Fri, Apr 1, 3, 5, 8, 10, 12, 15, 17, 9:30-11:30 am
★ (Series of 3 Sessions) Member: $25 Non-Member: $30
How to Use Google Home: Learn to exchange pictures and videos (called snaps) that are meant to disappear after they’re viewed. It’s like a “new type of camera” because you can take a picture or video, add filters, lenses or other effects and share them with friends. We will show you how.

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Cooking, Home, Gardening & Nutrition

◆ Fun with Gardening: Pizza Gardens
Rosie Davidson, GA Master Gardener
Wed, Apr 10, 10:00-11:30 am ★ Member: $15 Non-Member: $20
This class is hands on; we will be making a pizza garden of herbs to take home. We will be talking about plant selections, potting soils, containers and how to take care of these gardens.
◆ Asian Cooking – Chicken & Peanut Lettuce Wrap
Ying Chao, Volunteer
Tue, May 7, 12:00-1:00 pm ★ Member: $8 Non-Member: $12
Learn to cook healthy Asian dishes!
◆ Fun with Gardening: Camellias and Roses
Rosie Davidson, GA Master Gardener
Wed, May 8, 10:00-11:30 am ★ Member: $15 Non-Member: $20
Lean about the different types of camellias and roses available in our area and how to grow them successfully.
◆ Asian Cooking – Eggroll Dumpling
Ying Chao, Volunteer
Tue, May 14, 12:00-1:00 pm ★ Member: $8 Non-Member: $12
Learn to cook healthy Asian dishes!
◆ Fun with Gardening: Vegetable and Herb Growing
Rosie Davidson, GA Master Gardener
Wed, Jun 12, 10:00-11:30 am ★ Member: $15 Non-Member: $20
Learn about organic vegetable and herb growing, the benefits of raised beds and keeping critters away from your produce.

Dance

◆ Beginning Belly Dancing
Amanda Duncan, Certified Dance Instructor
Every Tue, 5:30-7:00 pm ★ Member: $3 Non-Member: $5
Learn belly dancing from a former pro. This class teaches the fundamentals of belly dancing and is a fun low-impact exercise. Wear comfortable loose-fitting clothing.
◆ Line Dancing
Kathy Ball, Certified Dance Instructor
Every Thu, 5:30-7:30 pm ★ Member: $3 Non-Member: $5
Attend this fun class for basic line dancing instruction plus new line dances and old favorites. A social break is taken during the last 30 minutes to allow participants to socialize with the other students or work one-on-one with the instructor. Bring finger food to share and drink(s) for yourself.
◆ Happy Tappy Tap Dancing
Maggie Comey, Certified Dance Instructor
Wed, Mar 6, 13, 20, 27, Apr 3, 10, 17, May 8 (Series of 8 Classes) 1:00-2:00 pm ★ Member: $25 Non-Member: $35
Move your feet to the beat and wiggle your toes in a basic tap dancing class with Maggie, former a Roxyette, a forerunner of New York's Radio City Rockettes. She also owned and taught dance in a studio in Catonsville, MD, as well as choreographed numerous musicals such as Oklahoma!, The Music Man and South Pacific to name a few. The golden age of musicals is the source of the music – I'm a Yankee Doodle Dandy, Hello Dolly, Mac the Knife, etc. You can learn with hard-soled shoes or tap shoes. (Lace-up shoes are recommended.) Class size limited to 15.

Finance

◆ Extreme Couponing
Chris Vaughan, Volunteer
Every Thur, 5:00-6:00 pm ★ Free
Do you want to seriously save with coupons but don’t know how? This class will teach you how to maximize your budget through couponing. Participants should save all Sunday newspaper coupons to use and share with others. Donations of coupons are appreciated. If the coupons are out of date they will be sent overseas to military families (can be used 6 months past the expiration date).
◆ Lunch & Learn: Investing in Today's Financial Markets
Steve Nicklas, CRPC®
Financial Advisor/Columnist/Author and Adjunct Instructor
Tues, Apr. 2, 9, 16, 30, 11:00 am-12:30 pm ★ (Series of 4 Classes) Member: $15 Non-Member: $20
This popular adult education class has been offered at FSCJ’s Yulee Campus, local businesses and non-profit organizations. More than 1,000 area residents have taken the class which explores and explains the markets, including stocks, bonds, load/no-load mutual funds, fixed and variable annuities, life insurance, IRAs and 401(k)s and financial/retirement planning. Important aspects of the stock and bond markets, including common investment vehicles such as mutual funds, IRAs and annuities, as well as financial and retirement planning, are also covered.
◆ Navigating Through Transitions
Debra Cottle, Seniors Real Estate Specialist
Tue, May 21, 3:00-4:00 pm ★ Member: $3 Non-Member: $5
Learn and share views on the various transitions of senior living. Whether it’s downsizing to an assisted living community, aging in place, living with family or just retiring, change can be difficult to navigate. There are many options to consider. Find out what is involved in each stage, and how to better cope with the correlating emotions and tasks involved with going through transitions. A question and answer session is included. Presentation will be lively and informative!
◆ Investing in Today’s Financial Markets
Steve Nicklas, CRPC®
Financial Advisor/Columnist/Author and Adjunct Instructor
Mon, Jun 3, 10, 17, 24, 5:30-6:30 pm ★ (Series of 4 Classes) Member: $15 Non-Members: $20
This popular adult education class has been offered at FSCJ’s Yulee Campus, local businesses and non-profit organizations. More than 1,000 area residents have taken the class which explores and explains the markets, including stocks, bonds, load/no-load mutual funds, fixed and variable annuities, life insurance, IRAs and 401(k)s and financial/retirement planning. Important aspects of the stock and bond markets, including common investment vehicles such as mutual funds, IRAs and annuities, as well as financial and retirement planning, are also covered.
Fitness

◆ Chair Yoga
Janice Clarkson, Certified Yoga Pod Instructor
Every Wed, 9:00-10:00 am ★ Member: $3 Non-Member: $5
Chair yoga is a great alternative form of yoga for those who cannot be on their back or knees. The postures have been modified from other yoga classes and can be performed seated in a straight-back chair and standing beside the chair. Chair yoga emphasizes body, mind and breath, as well as promotes strength, range of motion and balance. The movements are uncomplicated and easy to learn.

◆ Gentle Stretch
Kathryn Bynum, Certified Personal Trainer, Specialist in Group and Senior Fitness & Exercise Therapy
Mon & Fri, Apr – May, 9:30- 10:30 am ★ Member: $3 Non-Member: $5
These stretching exercises promote flexibility, coordination and relaxation, and relieve tension. The workout targets all major muscles of the body, including those that are chronically tight such as the chest, shoulders, back, arms, hips and legs. Participants should bring a mat.

◆ Life Fit – April & May (dates follow below)
This exercise program is designed to build endurance, muscle tone and core strength, and is appropriate for all fitness levels from beginners to advanced. You will improve functional fitness which makes daily living easier, build your confidence and learn to exercise practically anywhere!
Dates follow below:

APRIL
◆ Life Fit – Tuesdays
Kathryn Bynum, Certified Personal Trainer, Specialist in Group and Senior Fitness & Exercise Therapy
Tue, Apr 2, 9, 16, 23, 8:30-9:30 am ★ (Series of 4 Classes) Member: $15 Non-Member: $20
◆ Life Fit – Thursdays
Kathryn Bynum, Certified Personal Trainer, Specialist in Group and Senior Fitness & Exercise Therapy
Thu, Apr 4, 11, 18, 25, 8:30-9:30 am ★ (Series of 4 Classes) Member: $15 Non-Member: $20

MAY
◆ Life Fit – Saturdays
Kathryn Bynum, Certified Personal Trainer, Specialist in Group and Senior Fitness & Exercise Therapy
Sat, May 4, 11, 18, 25, 9:30-10:30 am ★ (Series of 4 Classes) Member: $15 Non-Member: $20

Health & Wellness

◆ Mindset Coaching
Monica Dubay, Life Coach, Speaker, Author
Tue, Apr 2, 9, 16, 30, May 7, 14, 11:00 am- 12:00 pm ★ (Series of 6 Classes) Member: $15 Non-Member: $20
"Mindset Coaching" is a powerful way to enhance your emotional and mental wellbeing. The mindset is the set of beliefs and thoughts you hold about yourself, others and the world. Stress comes from a fixed mindset, and peace comes from a growth mindset. When you challenge yourself toward growth, you experience more inner peace and freedom. Take this class if you would like to learn how to harness the power of your mind and create a shift in your consciousness resulting in more emotional freedom and well-being.

◆ Mindfulness Meditation
Julie Dobinski, MA, Certified Health & Wellness Coach
Every Thu, Apr 4-Jun 27, 10:00- 10:45 am ★ Member: $3 Non-Member: $5
Join us for a relaxing and rejuvenating time of meditation practice. Beginners welcome! You will learn techniques for staying in the present moment in order to increase your focus and clarity.

◆ Signs of Opioid Misuse
Northeast Florida Area Health Education Centers (AHEC)
Mon, Apr 15, 9:00- 9:20 am ★ Free
Discussion topics include: Identification of Opioids/Opiates; scope of the opioid epidemic in Florida and the nation; individuals at risk for opioid use disorder; common signs/symptoms of opioid use disorder; and opioid misuse red flags.

◆ Overdose Prevention, Naloxone Use & Florida’s Good Samaritan Laws
Northeast Florida Area Health Education Centers (AHEC)
Mon, Apr 15, 9:40- 10:00 am ★ Free
Discussion topics include: Scope of the Opioid problem locally (Nassau County); overdose prevention legislation; Florida 911 Good Samaritan Act; Florida Naloxone Law; harm reduction; what happens in an opioid overdose; risk factors for an overdose; who is at risk for opioid overdose; signs of Opioid overdose; myths of overdose reversal; and responding to an Opioid overdose. Pre/post-assessment requested.

◆ Safe Storage and Disposal of Prescription Drugs
Northeast Florida Area Health Education Centers (AHEC)
Mon, Apr 15, 9:40- 10:00 am ★ Free
Discussion topics include: Prescription responsibility and accountability; ways to store medications safely; and types of materials and methods used to safely dispose of medications. Participants receive a safe disposal product. Pre/post-assessment.

◆ Pet Peace of Mind
Community Hospice & Palliative Care
Mon, May 6, 9:00-10:00 am ★ Free
Statistics show that pet therapy provides patients with numerous psychological benefits, such as reduced stress, increased sensory stimulation and relaxation, and diversion from pain. Spend some time and discuss this important topic with us.

◆ Chronic Pain Self-Management Program
Northeast Florida Area Health Education Centers (AHEC)
Mon, May 6, 13, 20, Jun 3, 10, 17, 9:30 am- 12:00 pm ★ Free
Participants of this interactive program learn techniques to manage chronic pain, pace activities and rest, evaluate new treatments, and deal with problems such as fatigue, frustration, isolation and poor sleep. Learn healthy eating tips to improve pain management, as well as exercises to maintain and improve strength, flexibility and endurance. You will also receive a copy of the book Living a Healthy Life with Chronic Pain.

◆ Wellness Coaching – Self Compassion
Julie Dobinski, MA, Certified Health & Wellness Coach
Thu, May 9, 11:00 am- 12:00 pm ★ Member: $5 Non-Member: $8
Join us to learn new ways of reducing stress from everyday life demands and those we put on ourselves. Learn how to treat yourself like a best friend and why it’s important for your health to do so.
Learn how to play the iconic card game, Texas Hold’em Poker. After
30 minutes of instruction – 1 hour practice/play time
Learn how to play the iconic card game, Texas Hold’em Poker. After
Rekindle the fun and friendship of playing a game on the board rather than as a screen. Learn the game of chess or be challenged by a
local experienced youth chess player.

Games & Cards

◆ Bingo
Just Friends Open Group (60 and older) – No reservation necessary
Every Mon, Wed, Fri, 10:00-11:30 am ★ Free

◆ Canasta Open Play with Instruction
Debbie Price, Instructor
Every Tue, 1:00-3:00 pm ★ Member: $3 – Non-Member: $5
Learn the game of Canasta with guidance through each concept of the game, while teaching you the rules and strategies.

◆ Chess – Multi-Generational Open Play
Youth Chess Club from St. Michaels and Faith Christian Academy
Every Tue, 3:30-5:00 pm ★ Member: $3 Non-Member: $5
Rekindle the fun and friendship of playing a game on the board rather than as a screen. Learn the game of chess or be challenged by a
local experienced youth chess player.

◆ Texas Hold’em Poker
Chris Vaughan, Certified Poker Dealer
Every Tue, 5:00-6:30 pm ★ Member: $3 Non-Member: $5
30 minutes of instruction – 1 hour practice/play time
Learn how to play the iconic card game, Texas Hold’em Poker. After completing the course, you will be invited to join a newly formed poker
league.

◆ Bingo with Rose
Just Friends Open Group (60 and older) – No reservation necessary
Every Thur, 9:00-10:00 am ★ Free

◆ Wheel of Fortune
Chasta Moore, Sponsored by Quality Health
1st Thu of each month, 10:30-11:30 am ★ Free
Join us for a fun game of Wheel of Fortune and win useful prizes donated by Quality Health.

◆ Jeopardy
Michelle Shock, Sponsored by VITAS Healthcare
4th Thu of each month, 10:30-11:30 am ★ Free
Join us for a fun game of Jeopardy and win useful prizes donated by VITAS Healthcare.

◆ Adult Chess
Walter Brandt, Volunteer
Fri, Apr 5, 12, 19, 26, 3:00-5:00 pm ★ (Series of 4 Classes) Member: $10 – Non-Member: $15
Have you always wanted to play chess? This class is for adults who would like to learn. Chess is the ideal sport for those looking to maintain healthy brains. The game promotes lifelong mental health, critical thinking and strategy.

◆ Beginning Mahjong
Wendy Isbell & Candy Shabez, Volunteer Instructors
Tue, Apr 16, 23, 30, May 7, 9:30-11:30 am ★
Member: $10 Non-Member: $15
This is a popular tile game with the goal to remove all of your pieces. The first class will be instructional with the following three classes reserved for practice.

Literary Arts

◆ Amelia Author Spotlight
Andrea Patten, Award-winning Author
Wed, Apr 10, 10:00-11:00 am ★ Free
Are you a writer – or aspiring writer – who’s tired of having your brain kick your butt? That’s right – until you have a new way to look at it, that Inner Critic can really stop you in your tracks. But what if it’s just a misunderstood part of our make-up? What if it’s really on your side? Author Andrea Patten has some tips and tricks that can help you move forward in your creative endeavors.

◆ Amelia Author Spotlight
Berta Isabel Arias, EdD, Professor Emeritus and Author
Wed, May 8, 10:00-11:00 am ★ Free
Join Berta, a Cuban-American Amelia Island resident, as she shares her personal history, research and challenges in writing her novel Mango Rain (Spanish version Lluvia de Mango). She will also discuss her upcoming prequel Mimi’s Path and sequel Todos Vuelven, historical novels of family, love and political upheaval in what has been the Cuban experience in the United States since the Spanish American War.

◆ Amelia Author Spotlight – Turning Memories into Memoirs
Dickie Anderson, Author
Wed, Jun 5, 12, 19, 26, 3:00-4:30 pm.
★ Member: $20 Non-Member: $30
Everyone has family stories to share. Why share your life stories?
In addition to being a legacy for your family, the process can be educational, humorous and healing. It may seem daunting, but if approached in steps – baby steps – you can find a way to start the process. The class will help you preserve treasured memories. It also covers how to get started and offers writing tips and techniques; it is for experienced and beginning writers. Some word processing skills are required.

◆ Tom Hitchcock, Amelia Island Author
Wed, Jun 12, 10:00-11:00 am ★ Free
Is life a series of ongoing reinventions? Why not? Learn how a former advertising copywriter, a hack (in his words), decided late in life to try his hand at writing novels. The first one came out okay, so he wrote a second, and now is working on a third. God Only Knows, his first effort, is an entertaining, irreverent cautionary tale about God’s pact with humankind. The second, Girl in the Painting, is a murder mystery set on Amelia Island.
Music

◆ Music Therapy
Carey Barwick, Community Hospice & Palliative Care
Thu, Apr 11, 9:00-10:00 am ★ Member: $3 Non-Member: $5
The benefits of music therapy are well documented for people with a variety of serious, chronic illnesses. Learn more about this expressive therapy, its different varieties and how it can be used to improve physical and mental health.

◆ Ukulele Instruction and Open Play
Kristen Mandrick, Musician
Tue, 10:00-11:00 am ★ Member: $3 Non-Member: $5
Designed for beginner players; however, all players are welcome.

◆ Coffee & Karaoke
Charlie & Patty Boyer, DJs – Lost in the 50’s Karaoke
Every Tue, 10:30 am-12:30 pm ★ Free
Singing makes you feel good, releases endorphins, and exercises your heart and lungs. You never know who you might find singing or how popular you may become in the community if you agree to a Facebook post! Bring a friend! There is no pressure for you to sing or dance – just enjoy the entertainment. You are welcome to bring food or participate in a group take-out delivery. Bring your choice of beverages.

◆ Music with Tom
Tom Sullivan, Musician
Every Wed, 9:00-10:00 am ★ Free
Listen to and sing along with this local guitarist-soloist as he covers jazz, rock and blues from the 1940s through today.

◆ Music with Terry
Terry Murphy, Musician
3rd Thur of each month, 9:45-10:45 am ★ Free
Enjoy a performance and sing along to a variety of music from the 60s and later.

◆ Dan & the Band
Dan Dubberly, Bruce Beville and Dave Truluck, Musicians
1st & 3rd Fri of each month, 9:00-10:00 am ★ Free
Enjoy Bluegrass, old country and gospel music.

◆ Music and Stories with David
David Easterly, Musician
Fri, Apr 12, 26, 9:00-10:00 am ★ Free
Enjoy the songs performed by David with his guitar and the entertaining stories he shares about the performer, songwriter, lyrics and information about that era in time.

◆ Guitar – Beginning
Rick Strickland, Musician
Thu, Apr 4, 11, 18, 25, 5:00-6:00 pm ★ (Series of 4 Classes) Member: $50 Non-Member: $60
A formally signed artist with Lion of Zion Records, Rick will share thoughts and ideas gleaned from 25+ years of songwriting, having personally written over 300 songs. He will cover tools to help aid the process, stir the gift, avoid (if possible) the dreaded songwriters block, as well as how to register and copy write your songs. Rick has also studied extensively the craft of song writing and has personally witnessed the ups and downs of the “business” side of record companies during his years in Nashville, TN.

◆ Guitar – Intermediate
Rick Strickland, Musician
Thu, Apr 4, 11, 18, 25, 6:00-7:00 pm ★ (Series of 4 Classes) Member: $60 Non-Member: $70
A formally signed artist of Lion of Zion Records, Nashville, TN, Rick will introduce the instrument with fresh concepts and ideas to help aid the transition from the books to the sounds of music. His techniques are very different. He has personally designed exercises and care for the hands that will prepare participants to dive right in and enjoy the gift of making music.

Photography

◆ Amelia Island Photographers in Focus
Bill Birdsong, Greenway & Small Sculptures Photography
Mon, Apr 1, 5:30-6:30 pm ★ Member: $3 Non-Member: $5

◆ Amelia Island Photographers in Focus
Pam Bell, Lifestyle Photography
Mon, May 6, 5:30-6:30 pm ★ Member: $3 Non-Member: $5

◆ Amelia Island Photographers in Focus
Susan Eason, Portraits with Emotion
Mon, Jun 3, 5:30-6:30 pm ★ Member: $3 Non-Member: $5

Legal

◆ Legal Chat Presentations
To be announced; topic ideas are welcome to mdawkins@nassaucountycoa.org

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Assistance Programs

Adult Day HealthCare (ADHC or “The Club”) – Offers respite care to families and caregivers of seniors suffering from Alzheimer’s and other forms of dementia. Club members enjoy a host of enrichment activities in a safe and secure environment.

CHORE (Small Home Repair Program) – Volunteers help with small home repairs and other assistance (such as a ramp), providing the safety and security to help seniors remain in their home.

Emergency Home Energy Assistance Program (EHEAP) assists senior citizens 60 years of age and over in paying their past due electric bill once during the heating or cooling seasons. Eligibility includes: senior living in the household in Nassau County; a past due electric bill; and income determination.

Assistance Through Government-Subsidized Programs – NCCOA is the lead agency for the Florida Department of Elder Affairs’ state and federally funded grant programs. Potential clients are screened and prioritized according to their needs.

Home Health Services – Provides non-medical in-home services to homebound seniors that helps them live independently in their home or the home of a loved one. Assists with homemaking and personal care.

Free Legal Assistance for Nassau County residents. Jacksonville Legal Aid is available at no cost by appointment to assist with topics such as health care proxy, power of attorney, family law, consumer and housing issues, as well as other matters. Appointments are available at NCCOA on the second and fourth Thursday of every month, 9:30 am-12:30 pm.

Meals on Wheels & Meals on Wheels for Pets are available for homebound seniors. Contact our Geriatric Case Manager Fran Hidden, fhidden@nassaucountycoa.org, for enrollment assistance.

Support Groups

Starting Over & Reconnecting Support Group 1st Tuesday and 3rd Tuesday of each month, 1:00-3:00 pm
Contact: Greg Hershberger
greg.hershberger@vistas.com

Group discussions focus on how to reconnect during transitions of life whether it be from divorce, death, depression, job loss, retirement, parenting as a grandparent, etc.

NCCOA Low Vision Support Group 3rd Wednesday of each month, 11:00 am-12:30 pm
Contact: Frances Bartelt – 904-261-0701
fbartelt@nassaucountycoa.org

Provides information on adaptive devices and encourage members with vision challenges to share experiences through group discussions and guest speaker presentations.

SOS: Survivors of Suicide 2nd Tuesday of each month, 4:30-6:00 pm
This is an open support group and all are welcome; it is intended for people who have lost a member of their family or a close friend to suicide.

NCCOA Caregivers Support Group 3rd Thursday of each month, 2:30 - 4:30 pm
Contact: Debra Dombkowski, 904-261-0701
dombkowski@nassaucountycoa.org

Offers support and education for caregivers. It is not suited for loved ones to attend; however all caregivers are welcome. Guest speakers are often featured.

Coffee with Comrades 4th Wednesday of each month, 1:00-2:00 pm
Presented by Vitas Healthcare
Contact: Vitas - William Hesse, GySgt USMC (Ret)
904-403-3812 – william.hesse@vitas.com

Coffee with Comrades is a group of veterans for a (canteen) cup of coffee and snacks. This ritual dates back to times in the field or aboard ship when active-duty military personnel got together and talked about anything and everything. This is an opportunity for veterans to be heard and receive information. Group-led topics will be discussed. Guest speakers to assist with benefits and other requested topics will be scheduled.

Hearing Loss Support Group 1st Tuesday of each month, 1:00-2:00 pm
Contact: Fran Bartelt – 904-261-0701
f%bartelt@nassaucountycoa.org

Group discussions focus on hearing loss, how hearing loss impacts everyday living, your brain and your ability to keep socially engaged and live a fulfilling life.
How to Do a Skin Cancer Body Check

Every year, about 5 million Americans are treated for skin cancer -- an abnormal growth of skin cells that most often develops on areas exposed to the sun. You can spot early signs by regularly checking your skin for changes.

Everyone is susceptible to skin cancer. However, people who have light skin that burns easily, red hair, and/or blue eyes have a higher risk. Three types of skin cancer account for nearly all cases: basal cell and squamous cell carcinomas and, the most dangerous, melanoma.

Follow the A-B-C-D-E method to help you know when a growth needs to be evaluated by your doctor. Here’s what to look for when evaluating skin growths:

**Asymmetry:**
The two halves of the growth don’t match.

**Border:** The edges are irregular or poorly defined.

**Color:** You see various shades of tan, brown, black or even white, red or blue.

**Diameter:** Melanomas are often the size of a pencil eraser or smaller.

**Evolving:** You spot a growth that’s changing in size, shape or color.

To fully examine your body, start by looking straight ahead into a mirror. Check your face and torso. Next, raise your arms to see your right and left sides. Then look at your arms, including underarms, hands and palms. Check the front and back of your legs and feet as well as your soles and between your toes. Use a hand mirror to check the back of your neck. Finally, examine your scalp, parting your hair as you move across your head.

Be sure to have your doctor give your skin the once-over during your annual wellness exam, and see a dermatologist for any suspicious growths.

**More information**
The American Academy of Dermatology has a video on how to spot skin cancer, along with other information to help you do self-checks.

What is stress? There are many different definitions, but one I find useful is: Stress is the amount of adaptation that a person has to undergo in response to external and/or internal challenges per unit of time.

A major complicating factor is the time frame. Short-term stress is exciting and positive. It can be thrill-seeking. We experience short-term stress when we push ourselves to be creative in finishing a work assignment, purchasing a volatile stock or doing exercise. This constructive type of stress is short term and voluntary. By contrast, stress that is involuntary and imposed from the outside is destructive.

We tend to react in the short term to real physical threat: for example, a near miss while maneuvering the car in heavy traffic or nearly slipping and then recovering balance on a steep staircase. These are adaptive, positive reactions that are necessary for our survival and evolution. In addition, these short bursts of positive excitation or stress cause a certain set of physical reactions – heart rate increases, breathing quickens, blood pressure may rise, more electrical activity in the brain, an increase in the level of hormones such as cortisol and epinephrine, a general decline in the immune system and so forth. After a few minutes, the body goes through what is called a parasympathetic rebound – that is, when the excitation ends the heart rate slows, muscle tension decreases and blood pressure goes down to compensate for previous elevations. It is important to emphasize that the cycle of short-term stress and relaxation occurs when the source of the stress is immediate, identifiable and resolvable.

Sources of stress that can be destructive to physical and emotional well-being occur when there is no immediate threat, when the threat is not easily identifiable, and when that threat may not be resolved for days, weeks or even years. It does not matter whether or not there is an actual or just a perceived threat to a person’s well-being – the biological responses and destructive results are identical.

It may be surprising that a near miss in traffic provokes exactly the same biological response as the threat of a terrorist attack. However, the critical difference is that the thought of a looming attack brings on uncompensated stress. In other words, stress occurs, but the parasympathetic rebound does not. As a result, the physical and emotional responses to the stress tend to escalate. This is a cycle of responding to a situation for which there is no resolution. Without that resolution, physical reactions tend to escalate: heart rate increases, a normal increase in blood pressure changes; muscle tension causes headache; and rapid breathing results in hyperventilation. Clearly the individual has real symptoms without an actual cause.

Our mind-body system is not built to sustain such a high level of alert. Before long it responds with an involuntary rebound in the form of an acute or chronic health problem. At that stage, the body gets to a point where it has to stop because of exhaustion, headache, insomnia or some other result of destructive stress. No one can sustain the highest levels of alert without consequences. A negative stress reaction is formed and can go on for days, weeks or months, until the effect is cumulative, making us more susceptible to depression, anxiety, heart attack, flu, back pain, intestinal problems and a host of other stress-related disease. These functional diseases indicate that the body has reached its limit.

Options to relieve stress:
- Take a walk: It makes you feel better by pumping up your brain’s “feel good” receptors, your endorphins. It gives you a feeling of control over your own body and mind…a form of calming meditation in motion.
- Disconnect: Disconnect from technology an hour before you go to sleep. The screens of our technology can throw off circadian rhythm and make a good night’s sleep impossible.
- Breathe: There are a few different techniques for deep breathing, but they all have the same effect; getting a larger than normal volume of air into the lungs and holding it there for a short time. If you are feeling stressed, try this breathing technique:
  - Take 5 seconds to slowly inhale a larger-than-normal volume of air.
  - Hold it in your lungs for 5 seconds.
  - Take 5 seconds to slowly exhale the air.
  - Do this 9 more times.

In less than two minutes’ time, this exercise can significantly reduce any stress and anxiety you are feeling.

Meet people at the Nassau County Council on Aging: Sometimes a little bit of time with friends and family can be “just what the doctor ordered” when it comes to stress. A little relaxation, laughter and fun can do wonders to relieve your tension and stress. Check out the activities at NCCOA’s Fernandina Beach Life Center as there is something for everyone.

Janice Clarkson is a Licensed Mental Health Counselor, Certified Addiction Professional and Certified Pod Yoga Instructor.
Giving Matters: Leave a Legacy

By Mary Grace Herrington, CFRE

Robin and I have been involved with many worthy causes during our nearly 20 years living here on Amelia Island. We selected Nassau County Council on Aging for our estate donation because it provides such vital services to the largest segment of the population, with almost no unnecessary overhead expenses. Most of our career employment involved social service non-profit work, and now that we are retired we decided to focus our attention where we believe it is most needed, and where demonstrated, high-quality results are apparent. We get a lot of joy and satisfaction when we meet the members who attend and benefit from NCCOA’s many services.

Join Bob & Robin – Leave a Legacy for NCCOA Seniors
Find out more at nassaucountycoa.org/plannedgiving

If you hear “planned giving” and think it’s only for people wealthier than you—or that it’s just too confusing—you’re not alone. Planned giving is for people of varied economic statuses, and it doesn’t have to be difficult.

Check out these common planned giving misconceptions and get the answers you need.

#1. Planned gifts are complicated and confusing.
They don’t have to be. There are many types of planned gifts: Most are simple and affordable, like a gift in your will or living trust. You just need to find the one that best meets your needs.

#2. Planned gifts are only for the wealthy.
Anyone can make a planned gift—no matter if your estate is worth $100 or $1 million. Gifts of all sizes make a difference at NCCOA. In fact, you may even be able to make a bigger impact than you thought possible when you make a planned gift.

#3. Wills are only for older adults.
Having a plan for the future is important—no matter your age. An estate plan makes your wishes known and provides your loved ones with peace of mind.

By including a gift to Nassau County Council on Aging in your estate plans, you create a legacy of support at NCCOA. We can help you get started. Contact us at development@nassaucountycoa.org or 904-775-5488 for help finding the right gift for you.

A certified fundraising executive, Mary Grace Herrington serves as Development Director for the Nassau County Council on Aging. A nonprofit leader for more than 14 years, Mary Grace directs all activity to generate operating and capital funding to support senior programs and services, and sustain these services for years to come. Contact her at mgherrington@nassaucountycoa.org or 904-261-0701.
2019 Annual Meeting

Life Center Theatre Presents “Every Last Dime,” co-sponsored by Horizons

Valentine’s Day Party

“Just Friends” Luncheon Outing to OPS Pizza

Pet Therapy with ADHC “Club” Members

Snapshots

March 23 – Caregiver Workshop: For Those Caring For Seniors, 1901 Island Walk Way

May 27 – Memorial Day Holiday, Office Closed

September 13 – Senior Expo & Health Fair, Atlantic Rec Center, 2500 Atlantic Avenue

More info, call 904-261-0701