



Council on Aging of St. Lucie, Inc.

Providing Services to Seniors in St. Lucie County for 50 years!

The Grapevine



Volume 2, Issue 9 September 2024

Mission

The mission of the Council on Aging of St. Lucie, Inc. is to seek, develop, coordinate and administer community-based programs and in-home services for senior persons of St. Lucie County and adjoining areas.



September is **Healthy Aging** month.

Take time to focus on self-care and create healthy habits for life.

COASL BOARD OF DIRECTORS

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Linda Bartz
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CEO/President
Darrell J. Drummond

Our offices will be closed Monday, September 2, for Labor Day!

Michelle McPhearson with Dignity Memorial will be hosting an Advance Planning discussion at our Port St. Lucie office September 3 from 10AM-11AM.

The Department of Health will be hosting an HIV Prevention discussion at our Fort Pierce location September 3 from 11AM-Noon and at our Port St. Lucie location September 9 from 10AM-11AM.

Matthew Bilitti, Financial Advisor, will be hosting a Market Matters discussion at our Port St. Lucie location September 10 from 10AM-11AM and our Fort Pierce location September 16 from 11AM-Noon.

Salud VIP and the Port St. Lucie Office of Emergency Management will be hosting a Hurricane Preparedness talk at our Port St. Lucie location September 17 from 10AM-11AM.

Salud VIP and the St. Lucie County Public Safety Department will be hosting a Hurricane Preparedness talk at our Fort Pierce location September 9 from 11AM-Noon.

Stacy Carter with the St. Lucie County Fire District will be hosting a Fire Safety talk at our Port St. Lucie office September 24 from 10AM-11AM.



Joke of the month:

What is a tree's least favorite month?

A: Sep-timber!!!

Thank you to our Sponsors!



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We are proud to support the Council on Aging of St. Lucie.

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HCAFloridaHealthcare.com




Butterfield's Pharmacy proudly supports the Council on Aging of St. Lucie, emphasizing our commitment to the senior members of our community.

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We're proud partners of Council on Aging of St. Lucie County



Learn More: StopHunger.org

Mission: To alleviate hunger by obtaining and distributing food and other essentials in Indian River, Martin, St. Lucie and Okeechobee Counties.

We proudly support the Council on Aging of St. Lucie

Elder Home Care Services, 17+years providing Personal Care Care Management and Placement Services to our communities.





In the News

COASL

Darrell Drummond celebrates 30 years with Council on Aging of St. Lucie, Inc.

PORT ST. LUCIE – A firm anti-ageism stance coupled with fierce advocacy for St. Lucie County’s seniors still drives CEO Darrell Drummond’s 30-year career with the Council on Aging St. Lucie (COASL).

Drummond’s smile, hearty laugh and affable nature belie a dogged determination evident throughout COASL’s complex, its staff, programs, benefactors, and, most of all, its clients.

“I came to the Council in 1992,” Drummond said. “I was on the city commission for Fort Pierce and served as the representative for the city on the Council’s board. In 1995, they recruited me to help with the construction of this building (the current location on Bayshore in Port St. Lucie). I became a full-time staff member in 1995.”

Fitting, as Drummond’s background included working for the family’s construction company in Fort Pierce. Originally from Bartow, Drummond graduated from the University of Florida, never thinking he’d wind up at the Council on Aging.

“As strange as it may seem, my mother was a social worker and she was responsible for nursing home placement for seniors,” said Drummond. “I would say to her often that I seemed destined to follow in her footsteps.”

And the Council has come a very long way since then, and it’s very impressive. But it’s the future Drummond looks forward to the most.



cont.

“I’m coming up on my 30th year as a Council employee,” he said. “I’ve seen dynamic change over time. The change that I think is going to be overwhelming over the next few years is our generation of baby boomers. We are a little different ... we don’t view 60 as old. We see it as just entering middle age. We also recognize and believe strongly that nursing homes and the warehousing of seniors is not the best continuum of care.”

Believe it or not, Golden Girls is becoming the more and more of the model where seniors see themselves going, he added.

“What we’re seeing are homes in which residents have their own bedrooms, bathrooms, staff in place to assist with any needs from the world of daily activities,” said Drummond. “They have the control and opportunity for input into their homes, menus, activities, etc. It’s not a world of just lying in a room (in a nursing home). That model is changing. It’s far more cost-effective. It isn’t that you need medical staff around all the time. If you need medical help, you can dial 911.”

Drummond noted that today’s and tomorrow’s seniors are going to have a major impact themselves on what their lifestyles are and what they want. Seniors will suggest what they want to happen in terms of medical care, social activities, and total control over their finances.

“Like it or not, we baby boomers want to be in charge,” Drummond laughed. “The most important thing for us is independence. When I speak to groups, I find myself saying that quality over quantity is becoming the cornerstone of what we’re looking for. I want to have as many years of high-quality life, independent in my home, with maybe a little assistance, more so than have the ability to say I lived to be 100. One hundred is nice, but I want to have the highest quality of life I can possibly have.”

Drummond isn’t planning to stop advocating for seniors any time soon, and fighting ageism is one of his top priorities.

“Seniors in retirement with their incomes have a tremendous impact financially in our local economy,” added Drummond. “If your talking about the dollars they have invested in the community, in our local financial institutions, and the economy, they’re not sitting there with their hands out. We contribute. What we find over time is not necessarily the money we miss, but the connections that make us thrive. There is a belief that we have some sort of expiration date, and that angers me to no end.”

There’s experience, knowledge, and the ability to positively impact the community if people are willing to listen and tap into what seniors have to offer, Drummond added.







“I recognize that at some point we have to get off center stage and allow younger generations to come on board,” Drummond concluded. “But they don’t know everything, and there are individuals who are resources they should take full advantage of.”

Article by: Dennis Hill/For Hometown News



Council on Aging of St. Lucie, Inc.
 2501 SW Bayshore Blvd., Port St. Lucie, FL 34984
 772-336-8608

SEPTEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 CLOSED	3 Social Time 9-10 Dignity Memorial 10-11 Lunch 11-12 Bridge 12-3	4 Social Time 9-11 Lunch 11-12 Bingo 11:30-3 Social Time 12-3	5 Social Time 9-11 Computer Class 9-11 Lunch 11-12 Ceramics 12-3 Social Time 12-3	6 Social Time 9-11 Acrylic Ceramics 10-1 Lunch 11-12 Social Time 12-3	7
8 	9 Social Time 9-10 Department of Health 10-11 Lunch 11-12 Social Time 12-3	10 Social Time 9-10 Market Matters 10-11 Lunch 11-12 Bridge 12-3	11 Social Time 9-11 Lunch 11-12 Bingo 11:30-3 Social Time 12-3 	12 Social Time 9-11 Computer Class 9-11 Lunch 11-12 Ceramics 12-3 Social Time 12-3	13 Social Time 9-11 Acrylic Ceramics 10-1 Lunch 11-12 Social Time 12-3	14
15	16 Social Time 9-10 Music w/Riki & Dave 10-11 Lunch 11-12 Social Time 12-3	17 Social Time 9-10 Hurricane Presentation 10-11 Lunch 11-12 Bridge 12-3 Social Time 12-3	18 Social Time 9-11 Lunch 11-12 Bingo 11:30-3 Social Time 12-3	19 Social Time 9-11 Computer Class 9-11 Lunch 11-12 Ceramics 12-3 Social Time 12-3	20 Social Time 9-11 Acrylic Ceramics 10-1 Lunch 11-12 Social Time 12-3 	21
22 	23 Social Time 9-10 Tech Time 10-11 Lunch 11-12 Social Time 12-3	24 Social Time 9-10 Fire Safety 10-11 Lunch 11-12 Social Time 12-3	25 Social Time 9-11 Lunch 11-12 Bingo 11:30-3 Social Time 12-3	26 Social Time 9-11 Computer Class 9-11 Lunch 11-12 Ceramics 12-3 Social Time 12-3	27 Social Time 9-11 Acrylic Ceramics 10-1 Lunch 11-12 Social Time 12-3	28
29	30 Social Time 9-11 Lunch 11-12 Social Time 12-3					

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Bingo: \$11.00/16 games & \$21.00/unlimited games

Ceramics: \$5.00/class plus cost of art piece

Acrylic Ceramics: \$2.00 class plus cost of art piece

Council on Aging of St. Lucie, Inc.
 1505 Orange Ave., Ft. Pierce, FL
 34950

SEPTEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 CLOSED	3 Games & Cards 9-11 Department of Health 11-12 Lunch 12-1 Social Time 1-3	4 Games & Cards 9-11 Lunch 11-12 Social Time 12-3	5 Games & Cards 9-11 Lunch 11-12 Social Time 12-3	6 Games & Cards 9-11 Bingo 11-12 Lunch 12-1 Social Time 1-3	7
8 	9 Games & Cards 9-11 Hurricane Seminar 11-12 Lunch 12-1 Social Time 1-3	10 Games & Cards 9-11 Music w/Riki & Dave 11-12 Lunch 12-1 Social Time 1-3	11 Games & Cards 9-11 Lunch 11-12 Social Time 12-3 	12 Games & Cards 9-11 Lunch 11-12 Social Time 12-3	13 Games & Cards 9-11 Bingo 11-12 Lunch 12-1 Social Time 1-3	14
15	16 Games & Cards 9-11 Market Matters 11-12 Lunch 12-1 Social Time 1-3	17 Games & Cards 9-11 Lunch 11-12 Social Time 12-3	18 Games & Cards 9-11 Lunch 11-12 Social Time 12-3	19 Games & Cards 9-11 Lunch 11-12 Social Time 12-3	20 Games & Cards 9-11 Dementia/Alzheimers Discussion 11-12 Lunch 12-1 Social Time 1-3	21 
22 	23 Games & Cards 9-11 Lunch 11-12 Social Time 12-3	24 Games & Cards 9-11 Lunch 11-12 Social Time 12-3	25 Games & Cards 9-11 Lunch 11-12 Social Time 12-3	26 Games & Cards 9-11 Lunch 11-12 Social Time 12-3	27 Games & Cards 9-11 Bingo 11-12 Lunch 12-1 Social Time 1-3	28
29	30 Games & Cards 9-11 Lunch 11-12 Social Time 12-3					
						

STAY CONNECTED WITH US ON SOCIAL MEDIA!



Message from Yvette Cruz Outreach, Public Relations and Consumer Service Department:

The Outreach and Consumer Service Department is *Making a Difference* by helping our senior population throughout St. Lucie County access programs and services provided by the Council on Aging of St. Lucie, Inc. (COASL) and connecting the community to resources provided by partnering agencies.

On a daily basis, the Consumer Service Department answers a high volume of calls from our Senior Citizen Community, Families, and Caregivers who are seeking help with *Food Insecurities, Respite Care* and a *Safe place* for their loved ones to *Congregate, Socialize and Participate* in activities.

Monday thru Friday, our Port St. Lucie and Fort Pierce campuses are very active. During the morning hours, senior citizen clients are picked up by our Transit Drivers from their home and arrive at our campuses to meet up with friends, socialize and eat a warm meal. After lunch is served, our clients transition into an activity which includes BINGO, Ceramics, Computer Classes or a presentation.

Additionally, our Transit Drivers pick up our Adult Day Care clients to enjoy a day at our campus in a *Safe, Supervised Setting*. Our Adult Day Care, along with In-Home Service, provides a much needed break for primary caregivers.

We also provide *Home Energy Assistance*, a Senior Crisis program that helps prevent *Home Energy Disconnections* from happening. Many seniors rely on their oxygen tanks and could face a life threatening crisis without medical equipment. Heat exhaustion is also a risk factor.

All of the programs mentioned above, and more, require funding to address our client’s needs. With the help of the Area Agency on Aging of Palm Beach/Treasure Coast, State and Federal grants we are able to make a difference. However, we also work with our local community Businesses, Non-Profits, and Government Agencies to meet the require 10% match.

Our Public Relations Committee has been working diligently to build relationships in our Community which will enable us to meet the required matching grant. Thanks to our partners, which include Fort Pierce Utilities, Florida Power and Light, Butterfields Pharmacy, Hometown News, Dyer Chevrolet, Primary Care Solutions, Palm Gardens of Port St. Lucie, Treasure Coast Food Bank, Seacoast Bank, Better Life Home Care, Inc. Humana, IRSC Alumni Association, HCA Healthcare, Cleveland Clinic, United Way and local community members, we are one step closer to our matching grant goal. However, we still have more fundraising work to do.



Above photo – Fall Gala Denim & Diamond Committee; Consumer Service Department; Outreach & Public Relations Manager – Yvette Cruz

Great things come from hard work and perseverance, no excuses – Kobe Bryant

Si Se Puede! – Dolores Huerta

Editors: *Laurie Hoy Orlik
Susie Bowen*

