



Council on Aging of St. Lucie, Inc.

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

The Grapevine



Volume 2, Issue 10 October 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.

COASL BOARD OF DIRECTORS

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October is **Breast Cancer Awareness Month**.

Examine yourself each month — know the signs.

It affects men and women alike.

Area Agency on Aging will be hosting a discussion on Open Enrollment on October 1 at our Port St. Lucie location from 10AM-11AM and October 4 at our Fort Pierce location from 11AM-Noon.

PR2U will be hosting Tech Time at our Fort Pierce location October 1 from 11AM-Noon.

PR2U will be hosting a discussion on Dementia vs. Alzheimer's at our Port St. Lucie location on October 7 from 10AM-11AM.

Butterfield Drugs will be doing a Flu Shot Clinic at our Fort Pierce location on October 8 from 1PM-2PM and at our Port St. Lucie location on October 21 from 10AM-11AM. Call Susie at 772-336-8608 to register.

Florida Blue will be hosting a discussion on Building Resilience at our Fort Pierce location on October 14 from 11AM-Noon and at our Port St. Lucie location on October 28 from 10AM-11AM.

Pinkie Hendley will be hosting a Voter Education Seminar at our Port St. Lucie location on October 15 from 10AM-11AM and at our Fort Pierce location from 1PM-2PM.

Ricki and Dave Nutting will be entertaining clients at our Fort Pierce location on October 21 from 12PM-1PM and at our Port St. Lucie location on October 22 from 10AM-11AM.



The Council on Aging of St. Lucie is currently seeking volunteers!!!! Do you have an hour or two to spare each week to help someone in your community? We are currently in need of volunteers to fulfill the following positions:

- Meals on Wheels
- Office Support
- Telephone Reassurance
- Teachers for Activities
- Adult Day Care

For more information about becoming a volunteer, please visit our website www.coasl.com

Joke of the month:
Where did the ghost go on vacation?

A: Mali-booi!

A Night to Remember At the Denim & Diamonds Gala!

On Thursday, September 19th, the Council on Aging of St. Lucie, Inc. (COASL) hosted its Inaugural Fall Gala, Denim & Diamonds Fundraiser, Dinner & Dance event. COASL relies on funding from grants to meet the needs of the seniors, and because of the generosity of our Sponsors and Community Supporters, COASL was able to raise more than \$25,000 at the Fall Gala. This is a great start to helping COASL continue to make an impact in the community.

Over 130 community supporters made donations, participated in a 50/50 drawing, a silent auction and celebrated COASL's 51 years of excellent senior services. The night was filled with delicious food prepared by Santa Lucia River Club at Ballantrae, and with Christa Stone of B-94.7 as our emcee, and music from DJ Royalty. The Gala was a fun-filled event!



Photo 1: COASL Sponsors; Photo 2: Committee Left to right Jennifer Ross, Yvette Cruz, Robert Driscoll, Antoinette Rolle, Dyer Chevy Community Champion Award recipients (two ladies in middle), Lacinda Mouton (Chief Operating Officer), Laurie Hoy Orlik, Andriana Jallouk Raynor, and Roje Gonzalez.





The Council on Aging of St. Lucie, Inc. is grateful to its community of supporters!
Please contact COASL at 772-336-8608 or visit our website at coasl.com to learn more.

Sponsor



Elder Affairs
FLORIDA



SENIOR FORUM

We want to hear from ***you*** about what seniors need in St. Lucie County

Obtain information about services available to you in your community.

Get connected to:

- Energy Assistance
- Legal Services
- Mental Health Services
- Community Services
- Medicare/Medicaid Assistance
- Evidence Based Wellness Programs

THURSDAY, OCTOBER 17, 2024

9:00 AM - 1:00 PM

Light breakfast and lunch to be provided

**REGISTER EARLY!
LIMITED SPOTS AVAILABLE**

HAVERT L. FENN CENTER

**2000 VIRGINIA AVE,
FORT PIERCE, FL 34982**

RSVP BY OCTOBER 10TH

CALL 561-684-5885 EXT. 59268



6TH ANNUAL *Holiday Angels*

GIFT DRIVE

Benefiting the Council on Aging of St. Lucie Clients

Accepting Donations Through

THURSDAY, DECEMBER 05

Scan to Support



**Drop-off
Location:**

Council on Aging of St. Lucie
2501 SW Bayshore Blvd, PSL 34984
1505 Orange Ave, Ft. Pierce 34950



GIFT IDEAS: Cozy Blankets, Personal Care Items (Lotion, Shampoo Conditioner, Powder, Toiletry Sets, etc.), Towel Sets, Radios/Music Players Digital Picture Frames, Page Magnifiers, Art & Craft Sets, Puzzles Grocery Gift Cards (Walmart, Publix, Aldi or Winn Dixie)

*Gifts must be new and in original packaging. Perishable gifts no longer accepted.

FOR MORE INFORMATION CALL BETTER LIFE HOME CARE: 772-465-5220

<https://givebutter.com/blhcholiday>

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

OCTOBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Social Time 9-10 AAA Open Enrollment 10-11 Lunch 11-12 Bridge 12-3	2 Social Time 9-11 Lunch 11-12 Bingo 11:30-3 Social Time 12-3	3 Social Time 9-11 Computer Class 9-11 Lunch 11-12 Ceramics 12-3 Social Time 12-3	4 Social Time 9-11 Acrylic Ceramics 10-1 Lunch 11-12 Social Time 12-3	5
		6	7 Social Time 9-10 Dementia/Alzheimer's Discussion 10-11 Lunch 11-12 Social Time 12-3	8 Social Time 9-10 Stretch Zone 10-11 Lunch 11-12 Bridge 12-3 Social Time 12-3	9 Social Time 9-11 Lunch 11-12 Bingo 11:30-3 Social Time 12-3	10 Social Time 9-11 Computer Class 9-11 Lunch 11-12 Ceramics 12-3 Social Time 12-3
13	14 Social Time 9-11 Lunch 11-12 Social Time 12-3	15 Social Time 9-10 Voter Education 10-11 Lunch 11-12 Bridge 12-3 Social Time 12-3	16 Social Time 9-11 Lunch 11-12 Bingo 11:30-3 Social Time 12-3	17 Social Time 9-11 Computer Class 9-11 Lunch 11-12 Ceramics 12-3 Social Time 12-3	18 Social Time 9-11 Acrylic Ceramics 10-1 Lunch 11-12 Social Time 12-3	19
20	21 Social Time 9-10 Butterfield Drug Flu Shot Clinic 10-11 Lunch 11-12 Social Time 12-3	22 Social Time 9-10 Music w/Riki & Dave 10-11 Lunch 11-12 Bridge 12-3 Social Time 12-3	23 Social Time 9-11 Lunch 11-12 Bingo 11:30-3 Social Time 12-3 HOLIDAY ANGELS KICKOFF	24 Social Time 9-11 Computer Class 9-11 Lunch 11-12 Ceramics 12-3 Social Time 12-3	25 Social Time 9-11 Acrylic Ceramics 10-1 Lunch 11-12 Social Time 12-3	26
27	28 Social Time 9-10 Building Resilience 10-11 Lunch 11-12 Social Time 12-3	29 Social Time 9-10 Planning for the Future 9-10 Lunch 11-12 Bridge 12-3 Social Time 12-3	30 Social Time 9-11 Lunch 11-12 Bingo 11:30-3 Social Time 12-3	31 Social Time 9-11 Computer Class 9-11 Lunch 11-12 Ceramics 12-3 Social Time 12-3 HAPPY HALLOWEEN		

STAY CONNECTED WITH US ON SOCIAL MEDIA!



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
 772-336-8608

OCTOBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		Games & Cards 9-11 Tech Time 11-12 Lunch 12-1 Social Time 1-3	Games & Cards 9-11 Lunch 11-12 Social Time 12-3	Games & Cards 9-11 Lunch 11-12 Social Time 12-3	Games & Cards 9-11 AAA Open Enrollment 11-12 Lunch 12-1 Social Time 1-3	
6	7	8	9	10	11	12
	Games & Cards 9-11 Dignity Memorial 11-12 Lunch 12-1 Social Time 1-3	Games & Cards 9-11 Lunch 11-12 Butterfield Drugs Plus Shot Clinic 1-2	Games & Cards 9-11 Lunch 11-12 Social Time 12-3	Games & Cards 9-11 Lunch 11-12 Social Time 12-3	Games & Cards 9-11 Lunch 11-12 Bingo 12-1 Social Time 1-3	
13	14	15	16	17	18	19
	Games & Cards 9-11 Building Resilience 11-12 Lunch 12-1 Social Time 12-3	Games & Cards 9-11 Lunch 11-12 Social Time 12-1 Voter Education 1-2	Games & Cards 9-11 Lunch 11-12 Social Time 12-3	Games & Cards 9-11 Breast Cancer Victory Celebration 10-12 Lunch 11-12 Social Time 12-3	Games & Cards 9-11 Lunch 11-12 Bingo 12-1 Social Time 1-3	
20	21	22	23	24	25	26
	Games & Cards 9-11 Lunch 11-12 Music w/Riki & Dave 12-1 Social Time 12-3	Games & Cards 9-11 Lunch 11-12 Social Time 12-3	Games & Cards 9-11 Lunch 11-12 Social Time 12-3 Holiday Angels Kickoff 10AM	Games & Cards 9-10 Planning for the Future 9-10 Lunch 11-12	Games & Cards 9-11 Lunch 11-12 Bingo 12-1 Social Time 1-3	
27	28	29	30	31		
	Games & Cards 9-11 Lunch 11-12 Social Time 12-3	Games & Cards 9-11 Lunch 11-12 Social Time 12-3	Games & Cards 9-11 Lunch 11-12 Social Time 12-3	Games & Cards 9-11 Lunch 11-12 Social Time 12-3 HAPPY HALLOWEEN		
						

STAY CONNECTED WITH US ON SOCIAL MEDIA!



Case Management Department Message
Jennifer Ross, Senior Programs Director

Case Management is a collaborative process of assessment, planning, facilitation and advocacy, with the key word being advocacy. A Case Manager is often times the only champion for a senior, whether the circumstances are such that they live alone with no support system or they are geographically at a distance too great for family assistance. The ultimate goal for a senior is to age in place, in their home setting. Case Managers will connect the clients to supportive services and community resources to help make this possible. We have a wealth of resources available through state and federally funded grants, in addition to community programs, to ensure individuals have many support choices. Ultimately, it is the Case Manager’s role to link the individual with all options so they may make an informed decision regarding their care needs. Florida has the unique characteristic of having the densest population of seniors across the country as it is a prime location for retirement. We try to accommodate all individuals we serve based on their background, whether they have cultural preferences, unique interests based on their employment history or their own personal interests. The service plans developed are individual and coordinated in a fluid manner so as to address changing needs.

We are very fortunate at Council on Aging of St. Lucie, Inc. to have several long time staff members in the Case Management Department who have been with the agency for 20-25+ years and are very familiar with resources. The Case Managers are very skilled in their ability to connect individuals with the assistance they need to function independently with support. As the Case Managers work closely advocating for their clients, they are building rapport with the individual and forging a trusting relationship. We work closely with COASL’s adult day center, Club Bayshore, and with our transportation department, Community Transit.

On a daily basis, we hear from clients and their loved ones how the services provided and coordinated by the Case Management staff have enhanced their lives. Many seniors face social isolation, food insecurity, physical and cognitive limitations, and confinement to their homes. Case Managers connect individuals with the services and supports needed to help address these Issues, such as companionship at Club Bayshore or one of our Congregate Meal Sites, Home Delivered Meals, assistance with activities of daily living, and coordinating transportation to medical appointments, etc.



*To make a donation to the
Council on Aging of St. Lucie, Inc.
 Please make checks payable to Council on Aging of
 St. Lucie Inc.. To mail your donation please include
 this form and send to:*

*Council on Aging of St. Lucie, Inc.
 2501 SW Bayshore Blvd.
 Port St. Lucie, FL 34984*

Please state the intended purpose for the donation:

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Enclosed is my/our contribution of \$ _____

Or visit our website www.coasl.com

Editors: Laurie Hoy Orlik
Susie Bowen

