A New Year, A New Building, and A New Look (and Name) for our Newsletter!

2019 will be a great year! Last September, COA moved into our new building after our former administrative offices were rendered uninhabitable by Hurricane Irma 12 months earlier. We cannot thank the community enough for supporting us through this transition as we remained steadfast in our commitment to local seniors—delivering nearly 150,000 meals through our Meals on Wheels program; providing 89,000 hours of Respite Care for those with early-stage dementia and their caregivers; working 57,000 hours assisting clients with In-Home Services; and much more!

During this time, COA staff remained dedicated and flexible. In addition to staff who have been with COA, joining us last fall were Amber Mullins, our Marketing, Communications, and Events Manager; and Gladys Lacen, Assistant Manager of Recreation, Nutrition, and Respite Programs. We also welcomed Development Assistant Stephanie Schultz, Meals on Wheels Coordinator Gail Kaddy, Case Manager Yarisel Marrero, Nutrition and Volunteer Administrative Assistants Paula Cargile and Kelly Gilmartin, Dining Site Coordinator Tammy Fasold, and Sub-Site Coordinators Terry Butts and Mertis Pittman.

As we enter the New Year, we want to update you on COA news and provide you with information about resolutions—rather, lifestyle changes—that are healthy for all of us. This begins with the President’s Message on the next page. We hope you enjoy the new look of our newsletter…and we wish you a fantastic 2019!
Resolutions Worth Making and Keeping

By Sarah F. Gurtis, President & CEO

It is the start of the New Year, and one of those recurring traditions in welcoming your 2019 might include making a few New Year’s resolutions. There is certainly nothing wrong with promising yourself to exercise more or improve your eating habits. In recent years, I’ve sort of gotten out of the habit of making those resolutions. For the most part, any positive changes that I’ve made in my life occurred at some time other than January 1.

Based on my four years here at COA, I’m going to reinstate a few resolutions for 2019 and encourage you to do the same. Between now and April, update your will. Designate your Medical Surrogate and Power of Attorney. Let your family or representative know if you want to be buried or cremated. How do you want your property distributed? What is your financial plan? How will you deal with your own declining health or health of a spouse? Do you want to remain in your home or use that asset to fund assisted living?

The New Year is a good time to have important family conversations.

Every day, the professionals at COA see the impact on families of elders NOT putting such plans in place and not having such important conversations with their families. Suddenly, siblings are trying to work it all out without that help from their parents. All because no one wanted to start the conversation. In the interest of full disclosure, I am the daughter of a life insurance professional who spent his entire working career helping people work through these issues so that when the inevitable occurred, the family members were ready and able to support each other because they knew the plan.

So, this year, resolve to help prepare you and your family for the future. Once done, you’ll feel a great weight off your shoulders, and your loved ones will thank you for it. We hope you enjoy the new look of the newsletter and all the helpful hints on health and wellness. Happy New Year to you all…let’s make it a great year!
From Resolutions to Everyday Healthy Choices

By Gladys Lacen, Assistant Manager, Recreation, Nutrition & Respite Programs

Happy New Year! It’s not uncommon to hear of health resolutions like exercise more, lose weight, quit smoking or eat healthier. Resolutions, however, tend to be temporary. Here are a few tips that can help change your resolutions to everyday healthy choices:

• **Eat Healthier**
As you age, your body still requires healthy foods, but you will need fewer calories. Strive to eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats. Eat at least five servings of fruits and vegetables in a variety of colors each day.

• **Be Active**
Even if you have a diagnosis that impacts your health (like heart disease, diabetes or arthritis), physical activity can still be safe for older adults. If approved by your doctor, exercise is encouraged and can often help with some of the symptoms related to these conditions.

There are local resources available for you to explore exercise opportunities. COA Senior Centers have exercise classes such as Tai Chi, Yoga, and seated exercises that will help you increase your activity.

• **Limit Your Alcohol**
At any age, excessive alcohol consumption should be avoided, as it can make you feel depressed, have trouble sleeping, make you feel physically ill, and cause overall health problems. Older adults should be extra careful because alcohol can interact with medications and increase your risk of falling.

• **Prevent a Fall**
Falls are the leading cause of injuries in older adults; in fact, one in three older adults falls each year. You can prevent falls by having grab-rails installed in bathrooms, removing items such as extension cords from floors, and increasing exercise that helps with strength, balance, and flexibility.

• **Keep Your Brain Busy**
The more you use your brain, the better it works. There are plenty of things you can do to engage your mind such as reading, working crossword puzzles, or playing cards. Explore social opportunities in your area through clubs or COA Senior Centers. Choose to volunteer or take a class.

• **Get Adequate Sleep**
It’s important to get enough sleep to feel your best. Older adults should get 7-8 hours of sleep each night. Avoid daytime naps if they keep you up at night. You can access www.sleepfoundation.org for additional information and tips on how to sleep better. You should contact your medical provider if you have ongoing issues with getting adequate sleep.

What other healthy choices can you make today and the rest of the year?
MetCare’s Dancing Through the Decades 2018

“Dancing Through the Decades has become THE signature event for seniors in our community. The addition of members of the Embry-Riddle Aeronautical University Navy ROTC made it even more magical,” said Sarah F. Gurtis, President & CEO.

COA hosted a sold-out dinner/dance event Friday, Sept. 28, 2018 at the Ocean Center. The event was a huge success with nearly 600 people in attendance. Guests enjoyed a night of entertainment with a buffet dinner, music from various decades and a photo booth! The two dance floors were packed all night as guests showed their dancing expertise with dances ranging from the Waltz, Cha Cha, Foxtrot, Swing, Rumba, Jitterbug, Salsa and even the Electric Slide! Students from Embry-Riddle Aeronautical University’s Navy ROTC volunteered as dance partners with guests. The students prepared for the evening by taking ballroom lessons provided by Tom and Jo Sanders of Dance with Me. MetCare was the title sponsor of the event. Additional sponsors included Humana, Island Doctors, FPL, Guardian Medical Monitoring, Sender Retreat Adult Activity Center, Merrill Lynch, and Progressive Medical Research. All proceeds benefited COA.

Save The Date!
Dancing Through The Decades September 27, 2019!
Caregiving is a big responsibility. Caregivers are an essential health care resource in our country. As with many important roles in life, the experience can be both deeply rewarding as well as stressful. There are ups and downs, especially as the new caregiver learns to navigate this life change, so it is critical that you also take care of yourself. The following tips can help you maintain your own wellbeing:

• Get Support. COA not only provides Respite Care programming at sites across the county for those with early-stage dementia, but also offers Caregiver Support Groups at various locations. We can even provide care for your loved one while you participate in a Support Group! In addition, United Way’s 211 First Call for Help (dial 2-1-1 or go to 211live.org) can guide you to agencies that can provide assistance to both you and the person you are caring for. And please don’t forget to ask for help from family and friends!

• Educate Yourself. Learn everything you can about your loved one’s condition(s). Speak with his or her doctor and seek advice about proper care. If you need help, talk to your loved one’s doctor as well as your own. The National Alliance for Caregiving (www.caregiving.org), AARP (www.aarp.org/caregiving), and the National Center for Creative Aging (www.creativeaging.org) are excellent informational resources. COA is here to assist you as well! Create a Plan B, familiarizing yourself with assisted living and In-Home Care services (In-Home Care is offered by COA).

• Encourage your loved one to do as much as they can. Promote their independence, if possible, and find tasks that they can complete. This will make them feel good and have a sense of normalcy, and both of you will feel better.

• Remember Self Care. Many caregivers feel guilty when they take time out for themselves. This is what causes burnout. You need proper sleep, nutrition, exercise, and time with friends and family. COA’s Respite Care program can help to provide you the time you need for yourself.

For more information contact:
Theresa Yousif, COA’s Respite Program Manager, at 386.253.4700 x 216

Greet 2019 with renewed vigor and strength. Consider the following realistic resolutions:

• I will follow through with my own health care (and other self care) appointments.
• I will remember that my loved one did not choose this illness.
• I will say no to requests that I cannot complete.
• I will remember that seeking advice from professionals and fellow caregivers is a sign of strength.

Larry Lewis

Volunteer Spotlight

Mr. Lewis is a Port Orange resident who has been volunteering with COA since 2007. He is a retired educator who volunteers each week on Tuesday and Wednesday. Tuesdays, he spends time at our Daytona Beach Respite Care site, often bringing doughnuts along with his warm smile. On Wednesdays, he drives a Meals on Wheels route that delivers meals to 10-12 people. When asked why he is so dedicated to giving back, he said, “I know the kinds of needs that people have. It’s just a matter of deciding you want to be of service to people who you know want and need it.” COA could not continue to serve the seniors of Volusia County without the dedication of volunteers like Larry Lewis. Are you interested in volunteering? Please call 368-253-4700 x 239 today!

By Theresa Yousif, Manager, Dementia Respite Program

This year—and every year—commit to caring for yourself, too!

Tips for the Caregiver
When I turned 40, my younger brother gave me a joke gift: adult diapers. A few years later, when he turned 40, I gave them back. Touché! The message behind this joke was not subtle: You’re old, and your body is going to stop working. In fact, for practically every birthday after the 18th, there are hundreds of cards with the same corny jokes about your failing memory and your sagging body. They’re so ubiquitous they seem harmless.

At the time, I thought it was all in good fun. But lately I’ve been wondering if that is the case. Recently, I listened to a successful national radio commentator — a man in his 60s — bending over backward to avoid saying how old he was. I was struck by the strangeness of it. Why would he be ashamed of having lived so much life? Why did he want so desperately to seem younger than he was? America has always been a country that celebrated youth. But according to one study, it was around 1880 that attitudes toward older people started to become significantly more negative. It was due partly to the increasing “medicalization” of old age, as well as the growing portion of the population over 65. And according to Robert Pogue Harrison, author of Juvenescence: A Cultural History of Our Age, our youth worship has only increased since the end of World War II.

More acute than our fear of death, however, is our fear of decline — which can be a self-fulfilling prophecy. In a landmark 1979 “counterclockwise” study, Harvard psychologist Ellen Langer took a group of eight elderly men, measured their biomarkers of aging, then took them on a retreat to a location she had decorated to look and feel like 1959.

After living for a week in a world that looked and felt 20 years younger, Langer measured the participants’ biomarkers again. The men were found to have improved hearing, better memory, more grip strength, and increased joint flexibility and dexterity. They were taller and their fingers were longer. More than half of them were smarter. In photos taken after the study, the participants were judged, by impartial observers, to be younger than in photos taken beforehand.

Much of what we fear about aging — such as losing our hearing, eyesight, mobility, or memories — may actually be caused in part by our belief that we will lose those things. One study led by Yale School of Public Health psychologist Becca Levy found that people who hold a
negative view of aging die an average of 7.5 years before those with a positive view of it. Another study found that women who believed they were at risk from heart disease were 3.6 times more likely to die of heart attacks than women with the same risk factors who believed they weren’t.

Levy has spent years investigating this question. It’s something that she started thinking about when she was on a fellowship in Japan. “I was really interested in how differently the culture acted toward older members of society, and the different views of aging that were expressed,” she says now. “At the time, Japan had the longest life span, and I thought that was really interesting.”

She wondered: Was there some relationship between these things? Or did the fact that people lived longer cause them to be more respected? Or was it simply random?

Levy has found that our personal perceptions about getting older have a major impact on how we age. “These views of aging do seem to have an impact on cognitive and physical health,” she says. “And in cultures that promote more positive views of aging, individuals who have taken in more of those beliefs have a health advantage over time.”

Negative stereotypes start at a very early age — as young as three years old — but don’t become harmful until they are “self-relevant.” At that point, they can cause us to lose mobility, balance, strength, eyesight, hearing, and memory, and can increase our odds of dementia, Alzheimer’s, and cardiovascular events. They may even accelerate our cellular decay.

The good news is that positive aging stereotypes can have the opposite effect. In a study that echoed Langer’s “counterclockwise” findings, Levy found that by subliminally giving older people positive aging stereotypes, after just four weeks, subjects showed improved strength, gait, and balance. Positive beliefs about aging can have a wide range of health benefits in addition to increased mobility: better hearing, memory, and cognitive function. Levy and her colleagues found that veterans who held positive aging stereotypes had significantly lower rates of suicidal thoughts, anxiety, and PTSD. She also found that among carriers of the APOE ε4 gene — one of the strongest predictors of dementia — people with positive age stereotypes were 50 percent less likely to develop the condition.

Positive beliefs about aging can have a wide range of health benefits: improved mobility, hearing, memory, and cognitive function. This does not, of course, mean that you can believe your way to eternal youth. But it does mean that a significant part of our old-age decline may be the direct result of our — and our culture’s — belief in it. According to Levy, the first step toward changing this “is to notice it, mark it, realize when it’s happening, and question it.” Another step is to realize that the human body is not a car and that “curing” aging is not a matter of replacing parts. A car’s decline is a straight line down from the assembly line. A human body grows, evolves, matures, and changes over time, as does the person within it.

But even more important, I think, is that we need to question our assumption that youth is the best time in life and that everything after it is worse. We all know there are good and bad things about every stage in life. Getting older can mean getting better at what you do, being less foolish and self-absorbed than your younger self, and enjoying a richer perspective, more experience, and a store of good memories.

Constantly looking to the past is not only bad for your health, but it makes it harder to find the joy in the present. We can choose to see ourselves as rotting or as ripening with age. Ultimately, we know that life begins and life ends. It’s the finite amount in between that makes it sweet.

Frank Bures is the author of The Geography of Madness and a frequent contributor to The Rotarian.

Illustration by Richard Mia
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Ormond Beach FL 32174
Off of Old Kings Rd., just east of Chicken Salad Chick

**New Smyrna Beach**
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New Smyrna Beach FL 32168
Across from Florida Hospital New Smyrna

**South Daytona**
729 Beville Rd.
South Daytona FL 32119
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City of Holly Hill Lends a Helping Hand

COA owes a great deal of gratitude to the City of Holly Hill for accommodating our Daytona Beach Meals on Wheels program at their Sica Hall Community Center. Their generous donation of space allowed our Daytona Meals on Wheels program to continue running for the last 12 months. The City of Holly Hill jumped in and offered their space after Hurricane Irma rendered the COA main office uninhabitable. It is because of great community partners like the City of Holly Hill that COA is able to continue to support Volusia County’s most at-risk seniors.

“We are just glad we could accommodate COA and help keep their operations running.”
Joseph Forte,
City Manager,
City of Holly Hill

Thank you!

Getting Fit for 2019

By Colleen Ussia, Colleen’s Fitness, LLC

Ready to make a resolution to get fit for the New Year? It’s never too late to start an exercise program. Some of the benefits include controlling weight, combating health conditions and disease, building stronger bones, increasing flexibility, improving mood and sleep, boosting energy—plus exercise can be a great social outlet. When making a New Year’s resolution, be sure to be realistic about the goals you set for yourself. Don’t just say you want to get fit; make a plan of action. Break the goal down to attainable outcomes such as committing to one day a week and build from there. Next, think about what you would be interested in trying that you would stick to. Remember: if you don’t like what you’re doing, you’re more likely to quit. Get a friend involved so you have accountability each week. You are more apt to stick with a program if you have an exercise buddy. According to the Center for Disease Control, your ideal goal is to get at least 2 hours and 30 minutes of exercise each week and strength train at least two days a week. Some exercise programs to help get started include the following:

Walking - Grab a pair of sneakers and start moving. It’s a great way to get some cardiovascular training and doesn’t require any equipment. Start slow with a 5 to 10 minute walk and gradually progress to 30 minutes.

Strength training - You can increase muscle mass at any age. Strength training builds strong bones, helps to manage weight loss, enhances quality of life and can help to manage chronic health conditions. You can strength train using your own body weight, free weights, resistance tubing and weight machines.

Low impact - If stress on your joints is a concern, try a low-impact program such as balance and stability, chair yoga, gentle yoga or Tai Chi. These are great options that increase flexibility, strengthen muscles and improve balance.

Not sure how to get started or what to do? Consider joining a fitness class at one of the Council on Aging Senior Centers! There are so many programs available to help you on your fitness journey. Classes range from Cardio & Strength, Balance & Stability, Yoga, Tai Chi, Line dancing and Ballroom dancing. Besides making a commitment to getting fit, you will have fun, meet new people and invest in improving your health and wellbeing.

For questions call the Senior Center closest to you:
Deltona - 386.574.0060
New Smyrna Beach - 386.410.5839
Orange City - 386.775.3121
Ormond Beach - 386.672.4146
Why I Give

By Penny Young-Carrasquillo, Chief Development Officer

Dave Evans has supported COA since 2005, following his 12-year career with the organization. He was first drawn to COA while working locally for General Electric in support of their aerospace programs. There, he began giving to COA through United Way. And as he learned more, he became more interested in what we do—so interested that in 1993, after retiring from GE, he came onboard as COA’s Finance Director.

His favorite thing about working here, Dave says, was being part of a staff truly dedicated to the organization’s mission of providing services that enable local seniors to remain living in their own homes. “The staff really care about their clients.” That is something that has not changed through the years.

Dave said that he continues to contribute because he knows and trusts COA and because, as Volusia County’s elderly population grows, the need for services grows as well. “As life expectancy increases, I hope that people have enough financially. More and more people are funding their own retirement, though—and there are too many people right on the edge. Private support is critical for organizations like COA. Too many people think this is a government agency rather than a private non-profit. Whatever we can do to help people maintain their independence is crucial.”

Please Help COA Serve More Seniors

COA is the only local non-profit focused solely on assisting Volusia County’s senior population—the fastest growing population in our area. Your donation will provide hot nutritious meals to homebound seniors; Respite Care to those with early-stage dementia and their caregivers; engaging social and learning activities at our four Senior Centers; Case Management Services; In-Home Care; Guardianship; and more!

You may donate online at www.coavolusia.org, give by phone by calling 386.253.4700 x 215, or mail a check made payable to COA to 420 Fentress Blvd., Daytona Beach, FL 32114. Thank you!
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Rafael Ramirez joined the COA board in 2014 and is a very active community leader. He sits on several different boards: COA, Boys and Girls Clubs of Volusia / Flagler Counties, Volusia/Flagler Family YMCA, and Healthy Start Coalition of Volusia and Flagler Counties, just to name a few. He is also very active in various Chambers of Commerce across the county.

Mr. Ramirez is a self-professed family man. He enjoys time with his wife, Patrice Reilly, their children, Rafael, Josie, and George, six grandchildren, new puppy Kramer (photographed below) and two cats. Rafael has his master’s degree in Finance and serves as the Market Development Specialist for Halifax Health - and loves what he does! Prior to joining Halifax Health, he spent over 30 years in the banking industry.

When asked why he joined the COA board, Rafael said, “I believe in the mission and what COA does. Coming from banking, I’m driven by numbers, and COA is a fiscally strong, stable, and positive agency.” He goes on to say, “We are all hopefully going to get old if we are lucky, and we all might be in need one day. The COA mission is so close to home.”

“This Board has really committed members, which is really critically important to organizations.”
-Rafael Ramirez
Healthy Aging Through Art
With his 2006 landmark publication, The Creativity & Aging Study, Gene D. Cohen, M.D., Ph.D., demonstrated that participation in activities that foster creative engagement and skills mastery in social environments has positive psychological, physical, and emotional health benefits for older adults.
Dr. Cohen and other researchers have shown that structured arts programs foster skills mastery and promote social engagement, which are two key ingredients for healthy aging.
To learn more about Creative Aging and the impact art can have, visit: www.creativeaging.org

New Classes in the New Year
By Eve Payor, Director of Community Programs, Atlantic Center for the Arts

Atlantic Center for the Arts (ACA) continues to bring meaningful, fun activities to COA’s New Smyrna Beach Senior Center. There is a lot of excitement as both organizations move programs into the new Live Oak Cultural Center. In addition to the growing interest in Tai Chi, Music and The Mind, and Creative Movement, ACA is offering new classes of Meditation and Sound, and Visual Art for Wellness. The arts offer a creative path to healthy living. By using the right side of your brain, you can manage pain and relieve stress. Thinking creatively helps people find better solutions to everyday problems. There is much scientific research on the benefits of creative aging, but the most important fact is that it makes you feel good! Check out the monthly COA Activities Calendar at www.coavolusia.org for a listing of these engaging workshops in arts and health. We welcome everyone.

COA Tai Chi class presented by ACA
COA Honored as the 2018 Non-Profit of the Year!

On November 1, 2018 at The Shores Resort and Spa, the Council on Aging of Volusia County received the Daytona Regional Chamber of Commerce’s inaugural Non-Profit of the Year Award. COA was recognized for continuing its high level of critical services to the local senior population even after being displaced due to Hurricane Irma. President & CEO Sarah Gurtis said in her acceptance remarks, “We applaud the Daytona Regional Chamber of Commerce for creating the Non-Profit of the Year Award. With over 100 employees, a significant payroll and distributing several million dollars of federal and state grant money in goods and services, COA is a significant part of the economic engine of this community.” She went on to say, “We are so honored to be named as the first recipient of this award. We embrace our mission of providing our elderly citizens with the services that allow them to extend time in their own homes and delay moving to institutional settings. There is no doubt that we could not have achieved our post-Irma recovery without the incredible outpouring of support from people throughout the county.”

COA Staff and Board Members at the Daytona Regional Chamber of Commerce awards ceremony. Photographed L - R: Nancy Lohman, Kent Bailey, Sarah Gurtis, Penny Young-Carasquillo, Dean Kurtz, Eveline Kraljic, Joie Alexander, and Terri Karol.
Great coverage. Unparalleled convenience.

We wish you well.

There’s nothing we want more than good health and wellness for you and your family. We provide the kind of health care coverage, resources and services that contribute to good health and a good life. We make it convenient for you by providing multiple services in convenient locations. Services such as pharmacy, primary care, ultrasound, and more. And our care centers offer extended hours, so you can get the services you need where and when you need them. With dozens of locations in Volusia County, Florida Health Care Plans has you covered in all the right places. And since this is our hometown too, our more than 79,000 Members are also our neighbors. Feel free to call...or drop in anytime. Or visit us online.

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Florida Health Care Plans is an HMO with a Medicare contract. Enrollment in Florida Health Care Plans depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, premium and/or copayments/coinsurance may change on January 1 of each year. You must continue to pay for your Medicare Part B premium. Medicare beneficiaries may enroll in Florida Health Care Plans through the CMS Medicare Online Enrollment Center located at www.medicare.gov. H1035_FA1940 CMS Accepted (09/29/2017)
“Positive beliefs about aging can have a wide range of health benefits: improved mobility, hearing, memory and cognitive function.”
- Frank Bures, author of The Geography of Madness

In the Next Issue:
- Get Inspired to Try New Things
- 2019 Glenn and Connie Ritchey Community Service Award Honorees Announced
- Updates on the New Smyrna Beach Live Oak Center
- Dancing Through the Decades 2019
- And More!