

ISSUE #5

COA'S DIAMOND CONNECTION

COUNCIL ON AGING OF VOLUSIA COUNTY

FALL/WINTER 2025 ♦



CO-EXECUTIVE DIRECTORS
TERRI KAROL & EVELINE KRALJIC

Dear Friends and Supporters of COA,

It feels like we just wrapped up our annual COA Gala, where we honored the Ritchey Family Legacy, headed into summer, and before we knew it, fall arrived—with our popular Dancing Through the Decades Event kicking it off in early September. And now, here we are in November! Oh, how the years seem to speed up as we get older.

Our dance event was once again one of the best events of the year! Attendees wore colorful, favorite-decade-inspired outfits, creating a vibrant and joyful atmosphere. This marked our tenth edition of this event, a popular fundraiser for the Council on Aging of Volusia County. We're already looking ahead and —should we say—setting the stage (or dance floor!) for our 2026 celebration. The exact date will be announced in the near future, so you can mark your calendars early!

In this issue, we are introducing a new health and well-being assessment tool that we invite you to explore. We are partnering with BetterAge on a national project to measure and optimize the health and well-being of older adults. The survey is completely free, 100% private and secure, and only takes 7-10 minutes. Your input will help guide COA to better determine our future programs and partnerships.

This Thanksgiving Holiday, we would like to give thanks to our generous sponsors for their financial assistance throughout the year, our many loyal volunteers who deliver the daily Meals on Wheels to our homebound clients, but most importantly, we are thankful for YOU - the community who has supported us for nearly 60 years because without you, our organization would not be able to serve those who need our help the most.

As we head into this season of giving, be sure to keep reading until the end to learn about how you can **DOUBLE** your financial impact with our end-of-year campaign to **STOP Senior Isolation!**

With our warmest regards and gratitude,

Terri Karol & Eveline Kraljic
Co-Executive Directors

In this newsletter you can expect:

"Dancing
Through the
Decades"
Highlights

New Class!

Together We
Make a
Difference

Happy 101st
Birthday, Bev!

Volunteer
Spotlight

Staff Profile
Highlight

Senior Activities
Center
Highlights

COA Service
Spotlight

We Need
Your Help!



“DANCING THROUGH THE DECADES” 2025

All who came out to Dancing Through the Decades truly put on a show! From the moment guests arrived in their glitz and glitter until the very last song, the dance floor was alive with energy and joy. Every decade of fashion was on display, and with DJ Hairspray spinning the tunes at the Hilton Daytona Beach Oceanfront, the beach was rockin’ all night long!

Our generous sponsors filled the lobby overlooking the waves with their teams and displays, offering valuable information while adding even more sparkle to the evening. We are so grateful for their support and presence.

Inside the ballroom, the music drew everyone to the dance floor before dinner was served, followed by a short program and—of course—more dancing! Four lucky guests went home with an incredible raffle prize, and one with a special door prize.

The night was a true success thanks to all of you who attended. We can’t wait to do it all again next year—cheers to making more memories on the dance floor!

Thank you to all of our
“Dancing Through the Decades” Sponsors

New Class Coming to Deltona!

GYMGUYZ
#1 IN HOME PERSONAL TRAINING®

CARDIO DRUMMING CLASS

COA Members - Please join us on
December 17 at 1:00 pm for a group cardio
drumming class presented by GYMGUYZ!

- ✓ Senior & Beginner friendly workout
- ✓ Rhythm-based workout with music
- ✓ Stress relief & mood boost
- ✓ First class FREE!

📅 Wednesday, December 17

🕒 1:00 pm

📍 COA Neighborhood Nutrition & Activity Center
1640 Martin Luther King Blvd., Deltona - 386-574-0060

🌐 www.gymguyz.com/GD

Bring a towel & wear
comfortable clothes and
athletic shoes

COA
COUNCIL ON AGING
A Non-Profit Serving Volusia Seniors





Now more than ever, we need your help. With the uncertainty of future government grant funding, donations of consumable products are critical to ensuring we can continue directing our resources to the services our seniors depend on. Please help our clients in "Aging with Dignity", by donating today or organizing a drive. Please call 386-253-4700 x215.

"Aging with Dignity"

With our ever-increasing population of seniors, the demand for Council on Aging of Volusia County's critical services is rising faster than ever. We must respond to ensure no one goes without the support and services they deserve.

Our "Aging with Dignity" campaign goes hand in hand with our services in many ways.

We are accepting donations of the following consumable products for our clients:

- Depends, Poise Pads - incontinence products
- "Chucks Pads" (also known as chux pads) - absorbent, disposable underpads used to protect mattresses and bedding
- Disposable Wipes
- Protective Gloves - to change undergarments/bedding
- Protein Drinks - Ensure, Boost or equivalent types of drinks (protein drinks can be a convenient and nutritious way for seniors to meet their daily protein needs, which are typically higher in older adults)



A NON-PROFIT SERVING VOLUSIA SENIORS



Consumable products are vital to the overall comfort and well-being of our many clients who are low-income seniors unable to afford these essential supplies. By providing these important items, we can ensure that seniors in our community have the supplies they need to maintain their health and dignity.



All donations can be dropped off at the main office:
Monday-Friday 8 a.m. - 5:00 p.m.
420 Fentress Blvd.
Daytona Beach, FL 32114
386-253-4700

Staff Profile Highlights

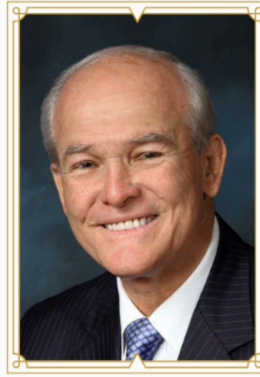
HEATHER HAROLDSON

- COA is proud to celebrate our very own Director of Programs, Heather Haroldson, on a major professional milestone. She recently completed the 40-hour professional guardianship course and passed the state guardianship exam on her very first attempt – a remarkable achievement considering the exam's high first-time fail rate.
- With this accomplishment, she is now a Florida-registered Professional Guardian, and is deepening her knowledge of Florida Statute 744, which governs guardianship law and practice in our state.
- This milestone not only reflects her personal dedication and perseverance, but also strengthens our agency's ability to protect and advocate for vulnerable seniors. We are excited for the expertise, leadership, and compassion she continues to bring to COA as she guides COA's programming forward.



What is Court Appointed Guardianship for Seniors?

Court-appointed guardianship for seniors is a legal process that allows a court to appoint a guardian to make decisions on behalf of an elderly person who is unable to manage his/her own affairs due to mental or physical incapacity. The guardian is responsible for making health care, financial, and other personal decisions for the senior. This process is typically initiated by a family member, friend, or other concerned party who files a petition with the court. The court then evaluates the senior's mental and physical condition to determine if guardianship is necessary. The guardian must act in the senior's best interests and may have various responsibilities, including managing the senior's health care, finances, and daily living needs.



Lowell L. Lohman

February 16, 1945 ~ October 28, 2025

IN MEMORIAM

It is with deep sadness that we share the passing of Lowell Lohman, beloved husband of COA's former Board Chair and Director Emeritus Nancy Lohman. Lowell was a cherished member of our community whose generosity and vision touched countless lives. Our thoughts and heartfelt condolences are with Nancy and the entire Lohman family during this difficult time.

Lowell Lohman was a remarkable man whose life reflected generosity, strength, and vision. He was a devoted husband, father, grandfather, businessman, friend, and competitive athlete. Despite facing the challenges of Type 1 Diabetes for sixty-two years, he never let it define him – instead, he used his journey to inspire and uplift others in the boardroom, on the playing fields and with superior business acumen. Through his wisdom, compassion, and amazing drive to make a difference, Lowell touched countless lives and built a legacy of hope that will continue to shine brightly.

We extend our deepest sympathy to Nancy and her family. Lowell's impact on this community will continue to be felt for years to come.



What Are Your Health Priorities?

Here is what thousands of older adults have told us:

59% Physical Activity

40% Sleep

37% Brain Health

37% Nutrition



Learn More about Your Own Health and Wellbeing. Scan here to start



 **BetterAge**

WHO IS COA?



Who is Council on Aging of Volusia County, Inc.?



Meals on Wheels:



One of COA's premier programs, Meals on Wheels offers nutritious meals delivered to the home. This also allows for a well-being check on those who may not have regular daily contact with anyone else.

Nutrition Centers:

COA's Nutrition Centers function as neighborhood dining sites, offering older adults the chance to enjoy a healthy meal among peers. Located throughout the county, each Center has a roster of engaging activities meant to encourage social wellness and mental enrichment.



In-Home Services:

Personal care and light homemaking services aim to keep seniors feeling their best. From running errands, to grocery shopping, to transportation to medical appointments, to personal hygiene assistance, COA can help older adults maintain their dignity in their own homes.

Senior Activity Centers:

Senior Activity Centers create opportunities for older adults to enjoy engaging communal activities, from exercise classes, to card games, to educational presentations. Every activity is designed to promote social wellness.



For questions about services, please call us at 386.253.4700 ext. 225, visit us at coavolusia.org, or use the QR code above!
Council on Aging of Volusia County, Inc. is a 501c3 non-profit organization serving seniors in Volusia County.



URGENT... VOLUNTEERS NEEDED!



*Meals on Wheels Drivers
Needed*

at our
Deltona,
New Smyrna Beach &
Ormond Beach locations

If you are interested in giving back to your community,
then you are at the right place!

More info, call us at:

COUNCIL ON AGING OF VOLUSIA COUNTY



386-253-4700 x239

Our Meals on Wheels programs in Daytona Beach, Deltona, New Smyrna Beach, and Ormond Beach are looking for caring community members to volunteer as drivers. If you're 18 or older with a valid Florida driver's license, good driving record, vehicle insurance, and can pass a Level 1 background check, we'd love to welcome you to the team. Bring your love for seniors and your desire to give back! Call Doreen Willett, our Community Engagement Liaison, at 386-253-4700 x239 to learn more. One call today can change a senior's life tomorrow.

Volunteer Spotlight

LOU VECE



I have had the pleasure of knowing Lou for approximately 18 months. During this time, he has generously volunteered at the Center for at least two hours each on Tuesday, Wednesday, and Thursday. Lou leads the game of Pokeno on Tuesdays and calls Bingo on Wednesdays and Thursdays. Beyond that, he is always ready to lend a hand with setting up and taking down Bingo equipment, arranging tables and chairs for weekly activities, and assisting with anything else that needs to be done.

Lou's great personality and natural rapport with others make him a true asset to our Center. At 72 himself, he relates well to our members and understands many of the same concerns they face. His presence brings a sense of contentment and assurance that activities will be fun, well-organized, and run in a positive way.

I also asked some of our members to share their thoughts about Lou, and their words speak volumes:

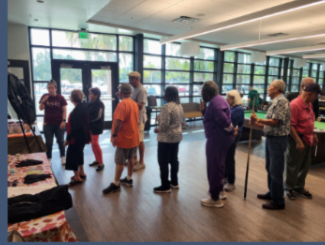
- "Lou has a great personality and interacts well with all of the seniors. He has a wonderful sense of humor, is great at puzzles, and the best at Pokeno. He's always smiling, never upset, and is truly a sweetheart—always nicely dressed and color-coordinated."
- "Lou does a great job calling Bingo. He has a clear voice and explains the games well."
- "Lou is always pleasant, smiling, helpful, and hardworking. It is a pleasure to have him call our games."
- "Lou's interaction with the guests of COA is outstanding. He makes everyone feel like they belong."
- "Lou is a friend to all. His kindness shines through his voice, his smile, and his words of encouragement. He can always be counted on to help with anything asked—and often steps in before being asked. He is a true asset not only to COA, but also to the Florida Shores Club House and Sacred Heart Church."

Lou's dedication, kindness, and positive spirit make him an invaluable volunteer and an even better friend. It is a privilege to have him as part of our community.

Sincerely,
Jerrri Sills
New Smyrna Beach
Senior Center Activities Coordinator

SENIOR CENTER HIGHLIGHTS: DELTONA SENIOR ACTIVITIES CENTER

In partnership with our friends at the Northeast Florida Area Health Education Center, we hosted a "Falls Free Festival" in September, where their staff led engaging activity stations that helped our clients learn practical ways to maintain balance and prevent falls as they age.



NEW SMYRNA BEACH SENIOR ACTIVITIES CENTER



Recently, Bev, a popular senior center member at the New Smyrna Beach Neighborhood Nutrition & Senior Activities Center, marked a magnificent milestone—her 101st birthday—and celebrated with friends!

AGING WITH CREATIVITY - ORMOND BEACH SENIOR ACTIVITIES CENTER



Recently, our Ormond Beach members had a fantastic experience thanks to the kind staff at the Ormond Memorial Art Museum & Gardens. They came out and led a creative art project that turned out to be a big hit!

**STORIES OF IMPACT:
CARLOS AND
MARISOL RIVERA,
DELTONA SENIOR
ACTIVITIES CENTER**



After suffering a heart attack and a hospital stay that eventually placed him in hospice care, Carlos Rivera moved in with his daughter, Marisol, who was determined to give her father a chance to thrive. Since Marisol worked full-time outside of the home, she sought out a resource that would provide Carlos with both support and fulfillment.

Through a social worker, they discovered the Council on Aging of Volusia County's Deltona Neighborhood Nutrition & Senior Activities Center. From the moment they arrived, they were welcomed warmly by the center coordinators. When Carlos first saw the pool tables and dominoes, he knew he had found a place where he belonged.

From that day forward, Carlos would get up each morning, prepare for his day, and proudly announce that he was "going to work." The senior center quickly became his second home, where he played pool and dominoes with his newfound friends. It was something he looked forward to each and every day, and he continued this joyful routine for the next 2½ years.

Sadly, Carlos passed away in April. But in the words of his daughter Marisol: "COA had an amazing impact on my father's life. It was such a blessing, and I will forever be grateful."

This is why we do what we do at our Neighborhood Nutrition & Senior Activity Centers— bringing seniors together and helping them not just enjoy life, but truly thrive.

Annual Memberships are Now Available!

First-time Members: \$50.00; Renewing Members: \$40.00

To learn more about becoming a member, call Gwen Donnelly at (386) 253-4700 x209

Service Spotlight



Service Spotlight on

Here at the Council on Aging, our goal is to keep our senior population happy, healthy, and living with dignity in their own homes.

This week's Service Spotlight is on our **Caregiver Support Groups**. Caring for a loved one can be rewarding, but comes with challenges and high stress. The Caregiver Support Group is led by trained facilitators and offers a safe, welcoming environment to share experiences, find encouragement, and connect with others who understand the journey.

Join us on the last Monday of the month at United Methodist Church, 396 E. University Ave. in Orange City and the last Thursday of the month at Prince of Peace Parish, 600 S. Nova Rd. in Ormond Beach. Please email customerservice@coavolusia.org with any questions.



A NON-PROFIT SERVING VOLUSIA SENIORS



Find more information at
coavolusia.org

COA offers a wide range of services to Volusia County seniors—from vibrant Senior Center activities, meal delivery, and reassurance phone calls to In-Home care, Respite Care, and Guardianship. Services are either grant- or donation-funded, which means they are provided at no cost or at a low cost to those who qualify, or they can be provided on a private-pay basis.

Let's STOP Isolation in Seniors



Council on Aging of Volusia County enriches the lives of local seniors by providing essential services that help them remain independent and thriving in their own homes. Join us in our mission to combat the **leading cause of dementia - social isolation**. This year, your gift can go **twice as far** thanks to a generous matching opportunity!



Meet Gladmore and Marlene

Gladmore is still full of energy at 97 years old.

That's when his daughter Marlene found Council on Aging's in-person Respite Care Center.

What began as a much-needed break for Marlene became something much more for Gladmore—a place of connection, purpose, and rediscovery. Once content to sit in front of the TV all day, he soon discovered a new passion: painting.

Through art, Gladmore began to share memories that even Marlene thought had faded. His canvases came alive with colorful scenes of his childhood in Jamaica, his move to New York City, and his later years in Florida. He painted the moment he met his wife. He began to share stories from his 20-year career as a mental health nurse.

Childlike and vibrant, each painting connected him to the past. It was as though his story—and spirit—were coming back to life, one brushstroke at a time.

Today, Gladmore calls the Respite Center his “work.” He goes three days a week, and it's the highlight of his routine. Marlene sees the joy and energy returning to her father—and for the first time in years, she has the time to care for herself, too.

Your support helps seniors like Gladmore reconnect with their communities and caregivers like Marlene gain the time and support they need.

Gladmore and Marlene's story reminds us of how connection and community can change lives for the better. If you donate **by Giving Tuesday, December 2, you can DOUBLE your impact** thanks to an anonymous donor's matching gift of \$10,000! Consider making a gift through the QR code, our website, or via mail.



coavolusia.org

Thank You for Supporting COA

How Your Gift Will Support Council on Aging of Volusia County

All gifts to COA will help seniors continue to live with dignity in their own homes.

Because of YOU, we're able to serve over 2,000 seniors annually throughout Volusia County, providing in-home care, meal delivery, rides to medical appointments, social wellness activities, and more!

STOP Senior Isolation

This year, we're working to combat the leading cause of dementia – social isolation. Thanks to a generous anonymous donor, your gift will DOUBLE if received by midnight on Giving Tuesday, December 2, 2025!

Matching Gifts

Did you know that more than 65% of Fortune 500 companies offer matching gift programs? But just because you don't work for a Fortune 500 company doesn't mean you shouldn't check whether your donation is eligible. Visit [Charity Navigator](#) or [BestBuddies](#), and see if your company participates.

Please note that these sites are not hosted by Council on Aging and are public resources.

If you have any questions about your donation, please reach out to us at sduguay@coavolusia.org!



Administrative Offices

COUNCIL ON AGING OF VOLUSIA COUNTY	420 FENTRESS BLVD. DAYTONA BEACH, FL 32114-1208
www.coavolusia.org	(386) 253-4700



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VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG

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