

ABOUT US

NEED HELP

HOW TO GIVE



In this Newsletter You Can Expect:

- COA Message from Board Chair, Dean Pepe
- COA Living Legacy Society
- COA Client: A Message of Gratitude
- Bingo Bash Sponsors
- Better Age Assessment Tool
- Caregiver Coalition of NE Florida Webinar
- Duke Energy: Project Warmth
- SHINE - Serving Health Insurance Needs of Elders - Medicare Assistance
- Staff Profile Highlight - Rayda Nazario, B.S.
- Florida Association of Aging Service Providers - Legislative Update 2026
- Save the Date - Dancing Through the Decades 2026
- March is National Nutrition Month
- Who is COA?
- Volunteer Spotlight - DeLand Volunteers
- USAging - Combatting Senior Homelessness
- "Aging with Dignity" Campaign



Help Seniors in Volusia County

Donate to help a senior in need.

- Nutrition & Senior Activity Center Highlights
- Service Spotlight
- National Council on Aging - How Older Adults Can Overcome Senior Isolation

Donate
Now!

A Message from COA's Board Chair, Dean Pepe

It goes without saying that millions of people in our society require some type of assistance for something that they cannot afford or provide for themselves. The most important of these are food, shelter, medical care, and human connection.

Most of us are lucky enough to never go a day without food and feel real hunger, or have to sleep outside in the heat, rain, cold, or through a storm, or have an illness that we cannot afford to get treated and cured, or have someone talking to us, or checking in on us, or caring about us.

In fact, most people I know have an abundance of all those things and never have to worry - so much so that they take having an abundance of those basic things for granted. ***For those reasons, it is critically important that we all take a few minutes each day to reflect on our blessings, imagine what it is actually like for the less fortunate who need real help, and ask, "What can I do?"***

If we engage in that exercise of consideration and empathy, it becomes abundantly clear that each of us, as a good, decent, and empathic human being, must do ***something*** to help the less fortunate – to give back. The level or amount of what that “something” is can take many forms.

People donate money, of course, but there is volunteering or helping a neighbor or friend with chores, tasks, or a ride. A phone call, wellness visit, or a card or note can have a significant impact on the outlook of someone in need of connection. The most satisfying form of giving back seems to be when a human connection takes place, and you can see and hear the positive effect of helping another human being. Helping others not only has a positive impact on the receiver, but it is also gratifying to the giver.

I can personally attest to the levels of gratification one can experience by my involvement as Chairman of the Board of The Council on Aging of Volusia County. It has been rewarding to help and lead a fantastic Board and help guide and assist the organization on several projects and endeavors on a business level. However, nothing has moved me quite like delivering Meals on Wheels or visiting the Activity and Nutrition Centers and getting to meet with our older clients in need of our services.

The joy, gratitude, and smiles as they enjoy a meal or engage in activities are heart-warming to say the least. I would be remiss if I failed to also mention how good I feel working with the very special workers and volunteers of COA who take such great care of our older community members.



Everything above is obvious, but sometimes it helps to be reminded that we live in a civilized society and we must help each other. If not us...who?

COA'S NEW LIVING LEGACY SOCIETY



A NON-PROFIT SERVING VOLUSIA SENIORS
LIVING LEGACY SOCIETY

JOIN THE COUNCIL ON AGING LIVING LEGACY SOCIETY

Bequests: Wills & Trusts

By designating a portion of your estate to COA, you create a gift that costs nothing today but changes lives tomorrow

Beneficiary Designations

Naming COA as a beneficiary of your retirement plan, life insurance policy, or bank account is a simple way to create a legacy gift without altering your will.

Other Planned Gifts

Charitable gift annuities, donor advised funds, retirement assets, and more.

REFLECT YOUR VALUES IN YOUR WILL

Your will is your legacy. It determines how you will be remembered and can be designed to reflect what you value most.

By including Council on Aging of Volusia County, Inc. in your estate plans, you ensure that older adults in our community continue to receive meals, caregiving, social activities, and the dignity they deserve for generations to come.

— THE LEGACY OF COA —

OPERATING SINCE:

1967

SENIORS SERVED THIS YEAR:

2,000+

MEALS PROVIDED ANNUALLY:

250,000



For more information on leaving a legacy gift to Council on Aging of Volusia County, Inc., contact Eveline Kraljic, Co-Executive Director, at ekraljic@coavolusia.org or visit www.coavolusia.org
420 Fentress Blvd., Daytona Beach, FL 32114 | 386.253.4700, ext. 210

One of COA's many clients recently wrote a beautiful poem of gratitude titled "They Care for Me" to honor the wonderful volunteers who help her remain living independently in her home.

Jan was kind enough not only to write the poem, but also to recite it on video so others could see her smiling face and hear her heartfelt words of appreciation. Her message is a touching reminder of the meaningful impact our volunteers have each and every day.



They Care for Me

Family and friends, lend me your ears –
Let me tell you about these volunteers.
They come to my house with lots of treats

–
Brussell sprouts, collards and meats,
Sometimes they even bring sweets.
More than that, they pause to chat
And give Oliver a pat.

I had nothing to say about meatballs and
rice

As Tom filmed me once ... then twice.
But when Maggie and Larry brought the
day's dessert

I said 'Oh lookie, a chocolate cookie.'
It's easy to see they care for me.

If you want to know how this feels,
You'll have to sign up for Meals on Wheels.

Jan Powell
January 2026

[Click Jan's photo below to watch video](#)



Meet our Bingo Bash Sponsors!



Progressive Medical Research

Progressive Medical Research (PMR) is a local medical research company, conducting Phase I-III clinical trials for pharmaceutical, biotech, and medical device industries, specializing in diverse therapeutic areas.



Florida Eye Specialists

For almost 50 years, Florida Eye Specialists have been pioneers in new eye treatments. As a multi-specialty ophthalmology private practice, they offer care in Cataracts, Glaucoma, Oculoplastic, and more.

Learn more from their website:

<https://progressivemedicalresearch.com/>

For more information, visit their website at:

<https://www.floridaeyespecialists.com/>

Better Age Health and Wellness Survey/Assessment

We would like to invite you to take this BetterAge health and wellness survey/assessment. It is free, confidential and only takes between 8-10 minutes to complete. After completion you can choose to get a personal health report that has tips and recommendations based on your survey results. It also gives you an opportunity to set some goals and to keep track of progress made.

Simply scan the QR code or click the link below to get started!



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 Survey



EASIER SAID THAN DONE

Registration is open for our upcoming webinar!

So often caregivers are given well-meaning advice and ultimately, they think, "Easy for you to say or do!" We understand. The Caregiver Coalition presents a new webinar series called, "Easier Said than Done," which presents resources and information on issues many caregivers face.



Session #1- Managing Difficult Behaviors

Tuesday, April 7

10:30 am to Noon

Virtual Workshop is FREE. Register by clicking the link below.

The Caregiver Coalition of Northeast Florida is hosting a free webinar designed for those supporting loved ones living with dementia or Alzheimer's. This session launches the "Easier Said Than Done" series, offering caregivers practical strategies, guidance, and encouragement for navigating the challenging behaviors that can arise throughout the caregiving journey.

**Save the date for these upcoming sessions!
Registration links coming soon.**



Session #2- Improving Daily Engagement and Activities with Your Loved One

Wednesday, May 26

10:30 to 11:30 am

Virtual Workshop on Zoom.

Session #3 - Managing Your Own Mental Health

Thursday, June 11

10:30 to Noon

Virtual Workshop on Zoom.

[Click here to Register](#)

Thank You, Duke Energy!

We are incredibly grateful to Duke Energy for their generosity in providing funds to COA to purchase space heaters and other cold-weather items for clients who were in need during the colder-than-usual winter months. Because of "Project Warmth", seniors in our community were able to stay warm and comfortable in their homes during the chilly weather. Partnerships like this truly make a meaningful difference in the lives of those we serve.



SHINE Spotlight: Helping Medicare Beneficiaries Maximize Their Benefits

Serving Health Insurance Needs of Elders (SHINE) is a valuable - and sometimes life-changing - resource to Medicare beneficiaries. More than 40 dedicated ElderSource volunteers help older adults understand the complexities of Medicare through free, unbiased, and confidential one-on-one counseling. In 2025, thousands across Northeast Florida were guided by SHINE counselors in signing up for Medicare, filing appeals, understanding their bills, and addressing any other issues they encountered.

One of the many ways counselors support Medicare beneficiaries is by exploring the Medicare Savings Programs (MSP), which help people with limited income and resources, pay for:

- Medicare premiums
- Deductibles
- Coinsurance and other out-of-pocket Medicare costs

These programs can make healthcare more affordable—and SHINE is here to help you understand your options and apply. Call the ElderSource HelpLine at 1(888)242-4464 to learn more about free, unbiased Medicare counseling and Medicare Savings Programs application assistance.

Here's a great example of how someone benefited from the assistance!

"A client called our office as she was struggling to afford the \$150.00 monthly copay for her cholesterol medication. The SHINE Counselor assigned to this client obtained copay assistance for her. Her copay is now only \$10 a month, a significant relief from the financial burden she was facing. This is just one example of the life-changing work our SHINE volunteers do!"

SHINE Program Manager, Carrie Fortuny-Gonzalez

See their impact

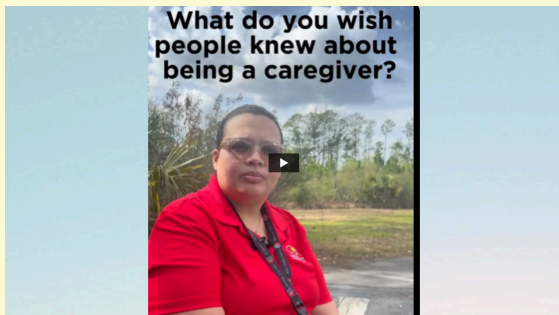
In 2025, the SHINE team...

- Made **4,268** contacts to individuals seeking free, unbiased, counseling.
- Helped older adults save approximately **\$3 Million** on Medicare Part D.
- Helped older adults save approximately **\$2.4 Million** through Medicare Savings plans.
- Traveled across seven counties in Northeast Florida to deliver **192 Medicare presentations**.

[Click here to learn more about SHINE](#)

Staff Profile Highlight

Rayda Nazario, B.S.



Early on in high school, Rayda knew that she wanted to work with seniors after helping her mom care for her grandmother after her grandmother's dementia diagnosis. The diagnosis was the result of the death of Rayda's aunt, which led to deep depression and eventually to the onset of dementia.

She started her career as an Activities Assistant for an Assisted Living Facility after classes in high school for a year. While her BS degree is in Criminal Justice, with an emphasis on Homeland Security, she worked as a Juvenile Probation Officer for a year. It was her mentor, Tiffany, who pushed her toward getting certified as a Dementia Practitioner through the National Council of Certified Dementia Practitioners (NCCDP). Rayda says, "I am extremely fascinated by how the brain works and what parts of the brain trigger different types of dementia".

After receiving her Dementia Practitioner Certification, she became the Memory Care Coordinator at Lexington Place, an assisted living facility in New Smyrna Beach. She then moved on to become the Director of Activities at Marina Isle Assisted Living in Sanford. As the Activities Director, she gained her Assisted Living Core Certification. In May 2024, she joined COA as a Case Manager. She loves case management and social work. In the future, she has plans to obtain her master's degree in Social Work.

Rayda carries a caseload of 110 clients in Deltona and DeLand, whom she treats like her own grandparents and with great respect. She checks on them regularly to see if they've done the basics for themselves, especially those who are living alone. Those clients vary in their need for services from Meals on Wheels, in-home services, in-home respite care, caregiver support, pest control, but most do

have an EARS (Emergency Alert Response System) unit. Clients who have dementia are at a greater risk of elopement, and the EARS unit responds in the event of falls, as well as the need for emergency services. Elopement risk refers to the danger posed when a person—typically a resident with cognitive impairment (dementia) or a child with special needs (autism)—leaves a supervised area or facility without authorization. It is a critical safety issue, potentially resulting in fatal consequences like traffic accidents, exposure, or drowning.

Rayda's suggestion for anyone who suspects they, or a loved one, may be experiencing cognitive challenges is to speak with their doctor and get a referral to a neurologist. While there isn't a cure for any of these diseases, there are medications available to help slow the progression of the disease. Another great tip from Rayda is to be sure that all caregivers are aware that Caregiver Burnout is real, and those in need of support should seek to find Caregiver Support Groups. She also mentioned that caregivers shouldn't agitate or argue with the dementia patient; they should set up a manageable daily routine and know that every day is a brand-new day – don't go into the next day with yesterday's stress.

When asked what the most rewarding part of her work was, she answered: "Meeting the clients, their caregivers, and being thanked for what we do".

Rayda lives in west Volusia County with her fiancé, her two girls, ages 6 and 12, as well as a son who is 13. She chooses to live a stress-free lifestyle and has inherited her father's love of laughter. She enjoys a long-time crocheting hobby that initially started when her son was born. She wanted to crochet him a baby blanket, which - she admits - never came to fruition. Later, however, she crocheted him a Spiderman blanket, which he still has to this very day.

COA is extremely fortunate to have such a knowledgeable and dedicated member of our staff to serve our clients. Thank you, Rayda.



LEGISLATIVE UPDATES 2026

Florida's Forthcoming Budget for Seniors Included:

- \$3 million in additional funding, for a total of \$73.8 million, to strengthen services under the Alzheimer's Disease Initiative (ADI). ADI supports caregivers and individuals diagnosed or suspected of having Alzheimer's or related memory disorders that affect daily living.
- An additional \$10.5 million, bringing total funding to \$126.5 million, to expand the Community Care for the Elderly and Home Care for the Elderly programs. These investments help seniors at risk of out-of-home placement by providing in-home services such as adult day care, caregiver respite, home-delivered meals, and minor home modifications.
- More than \$2 million was included to expand the Florida Alzheimer's Center of Excellence, which connects families with early resources, support, and clinical trial opportunities following an Alzheimer's diagnosis.

The Florida Council on Aging and Aging Network Partners Requested:

- \$6 million for Alzheimer's Disease Initiatives (ADI)
- \$10 million for Community Care for the Elderly (CCE)
- \$5 million for Home Care for the Elderly (HCE)



"Dancing Through the Decades!"

Save the Date

Friday, September 4, 2026

at

Ocean Center 101 N Atlantic Ave,
Daytona Beach, FL 32118

Early Bird Tickets: **\$60**

Full Table: **\$600**

from now through August 1

Regular Tickets: **\$70**

Full Table: **\$700**

after August 1



With
Presenting Sponsor

HALIFAX HEALTH



Scan the code or call Doreen Willett at
386.253.4700 ext. 239 for tickets



National Nutrition
Month®

During the week of March 23–27, known as "Community Champions Week", Council on Aging (COA) took the opportunity to recruit some of the community's finest leaders from each city where we have locations to help deliver Meals on Wheels. This special week provided a wonderful opportunity for the community to see their city and county officials giving back to the very constituents they serve.

Our Meals on Wheels clients look forward to this week each year. They truly enjoy the opportunity to meet, greet, and shake hands with our Champions who take the time to deliver their meals and brighten their day personally.

Be sure to check out the next edition of our newsletter to see the smiling faces of our Meals on Wheels clients and the Champions who had the pleasure of delivering their meals that day!

National Nutrition Month® is an [annual campaign](#) established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "*Discover the Power of Nutrition.*" Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day. Learn tips for accessing healthy foods in your area. And build healthy habits into your day to help you feel great now and in the future.

Whether you're looking at nutrition headlines or searching for nutritious options, boost your confidence when it comes to food and health. A registered dietitian nutritionist (RDN) or nutrition and dietetics technician, registered (NDTR) can expertly guide you with information driven by science.

Who is COA?

Are you familiar with the services provided by Council on Aging of Volusia County (COA)? Did you know we will be celebrating our 60th anniversary in March 2027 as the only nonprofit dedicated exclusively to serving seniors in Volusia County?

Now is the perfect opportunity to learn more about how COA supports older adults in our community. If you live in a 55+ community and would like our Community Engagement Liaison, Doreen Willett, to present at your next HOA meeting or community coffee hour, please call 386-253-4700, ext. 239.



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Council on Aging of Volusia County



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.

Volunteer Highlight

DeLand Nutrition Center Volunteers

First and foremost, I would like to take this opportunity to thank the many volunteers who have given their time and dedication over the years at the DeLand Nutrition Center. Several of these remarkable individuals have been volunteering for more than 15 years, faithfully delivering Meals on Wheels to our senior clients in the DeLand community.



**Positive Impacts
of the MOW Program**

The individuals I am proud to celebrate in this Volunteer Highlight are David Hiss, Ronnelle "Ronny" Kyle, Paul Lanning, Bruce Metcalf, James T. Mitchell, Jr., and Herb Phippen. Each of them was already serving when I began working for Council on Aging six years ago, and their commitment has never wavered.

Delivering meals to our Meals on Wheels clients day after day is just one of the many ways these volunteers support our seniors. Beyond providing nourishment, they serve as caring eyes and ears in the community. Our volunteer drivers keep me informed about our clients' health and well-being, as well as alert me if someone may need additional services through COA.

Their dedication goes far beyond the delivery of a meal — they deliver compassion, connection, and peace of mind.

Kay Brown,
DeLand Nutrition Center Coordinator



1. Reduces Hunger & Improves Nutrition
Meals on Wheels helps address food insecurity for older adults who can't easily shop or cook for themselves. Research on home-delivered meal programs shows they can significantly improve diet quality and reduce nutritional risk among participants.

2. Helps Seniors Stay Independent at Home - by delivering meals and providing check-ins, the service supports seniors' ability to remain in their homes longer, which can reduce costly institutional care.

3. Offers Social Connection and Wellness Support - beyond nutrition, the daily or regular visit from volunteers helps reduce senior isolation and loneliness, with wellbeing checks that may catch health or safety concerns early.

If you would like to volunteer to a make a difference in your community by becoming Meals on Wheels driver, please call Doreen Willett, our Community Engagement Liaison, at 386-253-4700 x239.



Pictured above - Top left, volunteer driver Paul Lanning, top right, Ronnelle "Ronny" Kyle (and Kay, our Nutrition Center Coordinator), bottom left, Dave Hiss, and bottom right, Bruce Metcalf.

If you would like to learn more about our volunteer opportunities throughout Volusia County, please contact Doreen Willett, our Community Engagement Liaison, at 386-253-4700, ext. 239 or via email at dwillett@coavolusia.org.

USAging combatting Senior Housing Challenges

The Doors to Housing for Older Adults Key Concepts and Resource List offers a strong foundation for organizations working to enhance housing stability for older adults. By

bringing together essential concepts, tools and research, it supports effective planning, partnership development and strategic decision-making.



Learn more: [Key Concepts and Resource List, Doors to Housing for Older Adults](#)

Thank you to [National Alliance to End Homelessness](#).

Together We Can
Make A Difference

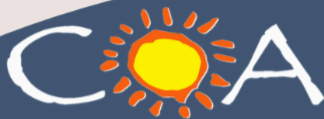
“Aging with Dignity”

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)



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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.

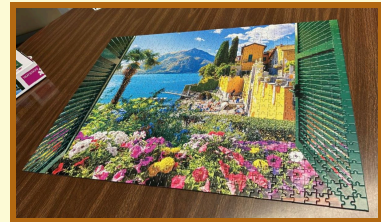
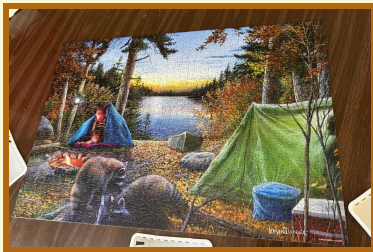


All donations can be dropped off at the main office:
Monday-Friday 8 a.m. - 5:00 p.m.
420 Fentress Blvd.
Daytona Beach, FL 32114
386-253-4700

Neighborhood Nutrition & Senior Activity Center Highlights

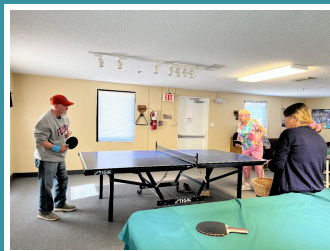


Love was in the air at the Daytona Beach Neighborhood Nutrition Center where our clients celebrated with their friends!!!



Our "Puzzle Master" can be found working on a puzzle just about every day of the week.

George is pictured above with Mary Ann, our Senior Center Coordinator!



In late February, the Ormond Beach Senior Center hosted a Ping Pong Tournament that was truly one for the ages! Several players participated, bringing both skill and friendly competition to the tables. A lively group of spectators was also on hand, cheering them on and creating positive energy throughout the event. In the end, it was a day filled with laughter, excitement, and plenty of fun for everyone involved.

Congratulations to the WINNERS!!

1st Place - Pat Karabin

2nd Place - Ken Hall

3rd Place - Charlie Brill

Thank you to all the competitors and the spectators for making this such a great day!



The Deltona Bingo Bash was a huge success! Thank you to all of the volunteers and the two Bingo Callers Extraordinaire pictured above,
Stevie and John!



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 Service Spotlight is on our **Respite Centers!** To serve both our clients and their caregivers, respite care is offered Monday through Friday, from 9:00AM to 3:00PM to those with early-stage dementia. Respite care coordinators engage seniors in vibrant activities in safe, nurturing environments, while offering caregivers support in managing their time, alleviating stress, and learning new tools to cope with challenging situations.

For any questions, please reach out at 386.253.4700 ext. 225



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, Caregiver Respite Support, 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.



[Read the article](#)

Online Therapy for Social Isolation: A Guide for Older Adults

Older adults face unique risk factors for social isolation, including mobility challenges, hearing loss, illness, and more. But there's good news! Online group therapy and support programs can ease social isolation and its effects on mental health. Check out our guide for older adults.



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!

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!

DONATE

Administrative Offices:

Council on Aging of Volusia County, Inc.
420 Fentress Blvd.
Daytona Beach, FL 32114-1208
386-253-4700
www.coavolusia.org



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A United Way Agency
Visit our website at www.coavolusia.org

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