

ABOUT US

NEED HELP

HOW TO GIVE



The only non-profit
organization in
Volusia County
that focuses on
seniors.



In this Newsletter You Can Expect:

- COA Welcome Message
- Dancing Through the Decades 2026 -
PURCHASE YOUR TICKETS NOW!
- COA Living Legacy Society
- Better Age Assessment Tool
- Staff Profile Highlight - Donna Christaldi
- COA Benefits from Eagle Scout Project
- Who is COA?
- "Aging with Dignity" Campaign
- Volunteer Spotlight - Deltona Senior Center Volunteers Vinda Ramirez, Susan Cifuentes and Milta Vega
- Nutrition & Senior Activity Center Highlights
- Hospice vs. Palliative Care: Understanding the Difference
- Service Spotlight
- Volusia County Women Who Care Grant Award

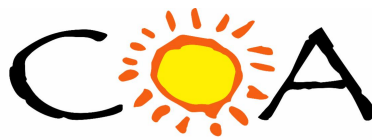


Help Seniors in Volusia County

Donate to help
a senior in need.

**Donate
Now!**

A Message from COA



A NON-PROFIT SERVING VOLUSIA SENIORS

Aging Well Starts with a Plan

Have you prepared for what life may throw your way, especially as you age? There are many factors that contribute to our ability to live safely and independently: our age, physical health, financial security, family, friends, neighbors, community, and social connections, just to name a few.

If one of those supports disappears, life can become more challenging. But when several of them are lost—whether gradually over time or suddenly because of an illness, accident, or other unexpected event—you may find yourself facing a crisis.

What would you do?

Who would you turn to?

Finding the right resources can be overwhelming even when you're healthy and thinking clearly. Now imagine trying to navigate the healthcare system while you're dealing with pain, fear, stress, or confusion. You may be recovering in a hospital bed, connected to IVs and monitors, heavily medicated, and trying to absorb complicated discharge instructions. In those moments, even remembering your address or birthday can be difficult.

Yet, once you're discharged, you're expected to make important decisions about your recovery, medications, follow-up appointments, transportation, meals, home safety, and other support services.

Would you know where to begin?

Do you have someone who could help—a family member, trusted friend, Case Manager, Patient Navigator, or another advocate—to guide you through the process?

Planning ahead isn't about expecting the worst. It's about preparing for the unexpected. Having a support system and knowing where to turn before a crisis occurs can make all the difference in your recovery, independence, and peace of mind.

Take a few moments today to ask yourself: If something happened tomorrow, who would help me navigate what comes next?

Because the best time to prepare for a crisis is before you end up in the middle of one.

ANNUAL "DANCING THROUGH THE DECADES" EVENT

✨ Shine up those shoes and get your favorite "decade outfit" ready to dance the night away! 🕺💃

Join us for our beloved Annual Dancing Through the Decades on Friday, September 4, 2026, from 5:30–10:00 p.m. at the Ocean Center, 101 N. Atlantic Ave., Daytona Beach.



Don't miss your chance to save! Tomorrow, ticket prices will increase:



Individual Tickets: from \$60 to \$70



Table for 10: from \$600 to \$700

Purchase your tickets today by scanning the QR code on the event flyer or by calling Doreen Willett at 386-253-4700, ext. 239.

Gather your family and friends, don your favorite attire, and enjoy an unforgettable evening of music, dancing, great food, and fun—all while supporting Council on Aging of Volusia County and the seniors we serve.

Get your tickets today and save before prices go up! We can't wait to see you on the dance floor! 🎵❤️



"Dancing Through the Decades!"

Save *the* Date

Friday, September 4, 2026

5:30 to 10:00PM

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*

COA'S NEW 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.



**A NON-PROFIT SERVING VOLUSIA SENIORS
LIVING LEGACY SOCIETY**

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

BetterAge Health & 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](#)

Staff Profile Highlight

Donna Christaldi

Cherie Caputo, our RN and Donna's Supervisor

Donna has been employed with Council on Aging (COA) for nearly 27 years, which means she has been working with our clients since 1999. She has seen COA change a lot over the years, but she has remained steadfast in her



dedication to our mission. Throughout her years of service, she has consistently demonstrated commitment, compassion, and professionalism.

Donna is well known by her clients for providing exceptional care and treating each individual with kindness, dignity, and respect. She is a hardworking, dependable Certified Nursing Assistant (CNA) who consistently goes above and beyond to meet the needs of those she serves. Her commitment to excellence and the positive impact she has on her clients make her a valued member of our team, and we are proud to have her as part of our organization. Her smile brightens up a room and our client's hearts.

Words from Donna

I began my career in caregiving in 1999 as a Homemaker and then became a Home Health Aide. In 2016, I earned my Certified Nursing Assistant (CNA) certification. Since then, I have been dedicated to providing compassionate, quality care to those who need it most.

Every day starts with a greeting and a smile. I check on my clients' needs while making sure they are doing well both physically and emotionally. I believe that a kind word and a caring attitude can make a big difference in someone's day.

I was introduced to this field through a neighbor who was working for Council on Aging at the time. I'm grateful for that conversation because it led me to a career that I truly love.

What I enjoy most is meeting and helping a variety of people. Every client has a unique story, and I learn something valuable from each of their life experiences.

Council on Aging's mission means hope to me. Hope that our elderly can continue to live with dignity. Hope that they are never forgotten or discarded. I am proud to be part of an organization that is committed to making that hope a reality every day.

Outside of work, I enjoy trying new recipes in the kitchen and spending time working in my yard.

My advice for anyone considering this career is to be prepared for hard work, but always lead with kindness. Even if a client doesn't seem kind at first, remember that many are dealing with pain, fear, or discomfort. Be patient, be compassionate, and always think about how you would want your own family members to be cared for. That's the kind of care every person deserves.

**Eagle Scout Project Leaves a Lasting Legacy at the
Ormond Beach Senior Center
LOCAL TROOP #403**

Boy Scout Micah Dattel



When young people choose to serve their community, the impact can last for years to come. Such is the case for Micah, a member of Boy Scouts Troop 403 in Ormond Beach, whose dedication to service earned him the prestigious rank of Eagle Scout.

Achieving the rank of Eagle Scout is a significant accomplishment and the highest honor in Scouts BSA. To earn this lifetime distinction, a Scout must remain active in their troop as a Life Scout, earn at least 21 merit badges—including 13 required badges—demonstrate leadership, and complete a substantial community service project that benefits others.

Inspired by his grandfather, who is a member of the Council on Aging's Ormond Beach Senior Center, Micah chose to give back to the place that had become meaningful to his family. For his Eagle Scout project, he designed and built two sturdy wooden benches with matching tables to provide a comfortable place for senior center members to sit while changing shoes, resting, or simply visiting with friends.

Under the guidance of Troop Leader Michael Contti, fellow members of Troop 403 came together in early June to assemble and stain the benches and tables. Just over a week later, Micah and his family proudly delivered the completed sets to the Ormond Beach Senior Center, where they were warmly received by members and staff.

The visit was made even more memorable because Micah's grandfather was celebrating his 95th birthday the following day. While a cake had been purchased to recognize Micah and Troop 403 for their generosity and hard work, everyone gathered together to surprise his grandfather with a heartfelt rendition of "Happy Birthday" before sharing cake and celebrating the special occasion.

The Council on Aging extends its sincere appreciation to Micah, Troop 403, Troop Leader Michael Contti, and all who contributed to this thoughtful project. Their generosity has

created a lasting gift that will be enjoyed by senior center members for years to come while serving as a wonderful reminder of the power of community service.

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 birthday 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.



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.

*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)

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

Volunteer Spotlight

Deltona Senior Center Volunteers

Vinda Ramirez

At the Deltona Senior Center, we are fortunate to have many wonderful volunteers, and Vinda is truly one of the best. Her kindness, dedication, and willingness to help wherever needed have made her an invaluable part of our center family.

Whether she is assisting with crafts for upcoming events, helping organize sign-in sheets, or providing support with crowd control during busy activities, Vinda is always ready to step in

with a smile and a positive attitude. Her creativity, reliability, and attention to detail help make our events successful and enjoyable for everyone involved.

What makes Vinda especially remarkable is her genuine care for our members and her commitment to making the center a welcoming place for all. She consistently goes above and beyond, offering her time and talents without hesitation and always looking for ways to help.



We are incredibly grateful for everything Vinda does. Her generous spirit, hard work, and caring heart make a lasting impact on our center each and every day. Thank you, Vinda, for being such a wonderful volunteer and an important part of our community.



Susan Cifuentes

Susan is an extraordinary volunteer whose generosity, creativity, and dedication have become an essential part of our Deltona Senior Center family. She is always ready to help, no matter the task, and consistently goes above and beyond to make our programs and events successful.

From helping plan special events and leading our wonderful arts and crafts group to setting up before events and staying afterward to help with cleanup, Susan is someone we can always count on. She has an incredible talent for creating the beautiful signs that bring our celebrations to life, adding a special touch that makes every event feel welcoming and memorable.

What truly sets Susan apart is her thoughtfulness. Even when she's out shopping, she's thinking about the center—always keeping an eye out for supplies or items that could benefit our members. If something is needed at the last minute, Susan is often the first to volunteer to make a trip to the store, ensuring everything comes together seamlessly.

Susan serves with a joyful spirit, a willing heart, and a smile that brightens every room she enters. Her kindness, selflessness, and unwavering commitment have touched the lives of so many, and we are incredibly grateful for everything she does. The Deltona Senior Center is a better place because of Susan, and we are truly blessed to have her as part of our family.

Milta Vega

Milta is a talented and dedicated volunteer whose creativity and generosity help make every event at the Deltona Senior Center feel extra special. She is always willing to lend a hand and consistently goes above and beyond to enhance our center with her artistic touch and attention to detail.



Milta has an incredible gift for transforming ordinary decorations and trophies into something truly memorable by creating beautiful personalized vinyl lettering and designs. Her creativity adds a unique and professional touch to our events, making each celebration even more meaningful for our members.

In addition to her artistic talents, Milta is always there to help decorate, set up, and tear down events, ensuring everything comes together beautifully from beginning to end. She also co-leads our arts and crafts group, where she shares her creativity, inspires others, and encourages our members to express themselves through art.

Milta's willingness to serve, plus her creative spirit and constant positive attitude, make her an invaluable part of our volunteer team. She gives her time and talents so generously, always with a smile and a caring heart. We are incredibly grateful for everything she does, and we are proud to recognize Milta as one of the many wonderful volunteers who help make the Deltona Senior Center such a special place.

Neighborhood Nutrition & Senior Activity Center Highlights

Deltona Senior Center

Father's Day Celebration!



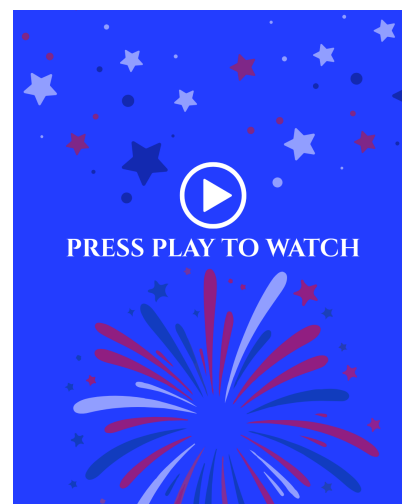
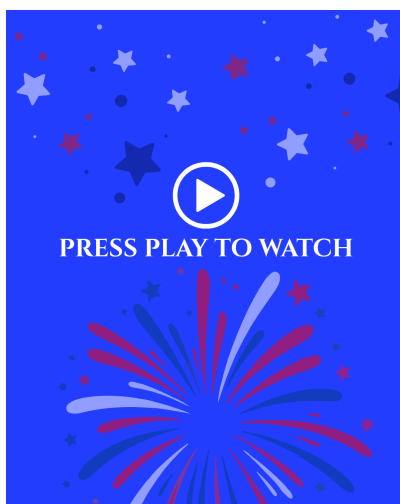
Celebrating Independence Together!

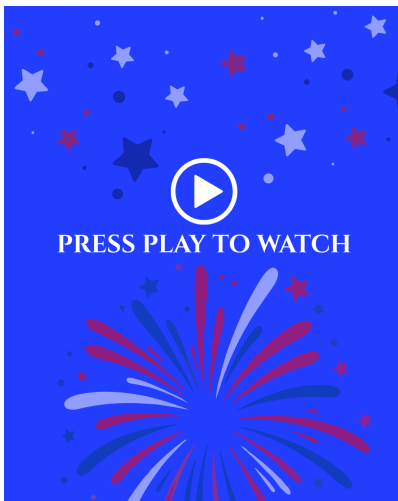
On July 2, 2026, Council on Aging of Volusia County proudly partnered with ActivaMente to host a festive 4th of July Celebration that brought together 230 participants for an afternoon of fun, friendship, and patriotic spirit! The event took place in the ballroom at the Center at Deltona, where COA operates its Neighborhood Nutrition & Senior Activities Center.

From lively music and energetic dancing to smiles shared throughout the room, the celebration created an unforgettable atmosphere that truly captured the joy of Independence Day. It was wonderful to see everyone celebrating together and making lasting memories.

 Check out the videos below to experience the excitement, see the enthusiastic crowd, and watch the dancing that made this event such a memorable celebration!

Thank you to Jesús Ortiz and Lillie M López, the founders of ActivaMente and their professional team, and everyone who joined us and helped make this event a tremendous success. We look forward to celebrating with you again soon!





Ormond Beach Senior Center



Daytona Beach Neighborhood Nutrition Center



[Click here to view the Senior Center Activities Calendars](#)

Palliative Care and Hospice Care: What is the difference?

All too often, people don't understand the difference between palliative care and hospice care. While there is still a stigma surrounding death and end-of-life conversations in our culture, both services are centered on providing comfort, compassionate care, and the best possible quality of life for individuals living with serious illness.

Understanding the differences can help families make informed decisions and access the support they need when they need it most.

Take a few moments to watch this brief video from the [National Institute on Aging](#) to learn more about palliative care and hospice care. You may discover valuable information that can benefit you or someone you love. Sharing this knowledge with a family member, friend, or neighbor might make a meaningful difference during a difficult time.



Service Spotlight

Respite Care



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 IS AWARDED
VOLUSIA COUNTY WOMEN WHO CARE
2nd QUARTER GRANT**



We don't accomplish anything in this world alone...and whatever happens is the result of the tapestry of one's life and all of the weavings of individual threads from one to another that creates something.

Sandra Day O'Connor



In May, the Council on Aging of Volusia County was incredibly honored to be selected as the recipient of the Volusia County Women Who Care quarterly grant award.

We are deeply grateful to every member who believed in our mission and invested in our vision of creating a "Golden Lifeline" for older adults facing unexpected crises. Through your generosity, seniors experiencing food insecurity will have access to the nutritious meals they need during some of life's most difficult moments.

Thanks to your support, these funds will provide more than 3,500 meals to vulnerable seniors throughout Volusia County, helping them remain healthy, independent, and cared for when they need it most.

On behalf of the seniors we serve, thank you, Volusia County Women Who Care, for making such a meaningful and lasting impact in our community. Your compassion and commitment truly are a lifeline for those who need it most.

The majority of the photos were taken at the COA Ormond Beach Neighborhood Nutrition & Senior Activity Center.



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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www.FloridaConsumerHelp.com. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. REGISTRATION #

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