



Vol. 17 No. 3

BRIDGE TO BRIDGE

PANAMA CITY BEACH SENIOR CENTER

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Website: www.pcbssc.com

May– June 2017

Ironman Gulf Coast 70.3 —

The Ironman Gulf Coast Triathlon will be on May 13th but before the race can start a lot of preparation needs to be done. Every year we send as many volunteers as we can to assist with the event. If we send enough volunteers, the Ironman makes several nice donations to our Senior Center. In the past we have received cases of water, various sports drinks and other supplies that were left over after the race. In addition to the extra supplies they donate, they also write a generous check to our Senior Center!



Although several members have already signed up, we still need many more! Please remember, you do **NOT** have to be a Senior Center member to volunteer. Ask your friends and neighbors to volunteer so we can meet our goal to receive our donations! We currently have sign-up sheets in the Oatfield Building for those who would like to volunteer. Please sign up for the day and time that you are available. We really appreciate your participation in this exciting event. The Ironman donates so much to our senior center and it's a great way to get out & meet new people while showing your support!

THANK YOU KATIE AND AMERICAN FAMILY CARE

Katie Moran (from American Family Care) has become a part of our senior center this year and we are grateful. I know most of you have met Katie as she helped with most of our events and fundraisers this winter. I know Irene Ziegler was quite complimentary of her help during the Thanksgiving Luncheon held at the center. Katie said she enjoyed the luncheon and meeting so many of our members. Katie not only came to work events, she brought food with her, which we all enjoyed! The American Family Care facility has been very supportive of the senior center since its opening. They are a full-service, urgent care walk-in clinic located at 15415 PCB Parkway (beside Wal-Mart at Pier Park). Their clinic treats everything from emergencies to allergies, colds and flu. There is always a doctor on site and registered physicians certified to perform DOT physicals. They administer sports and camp physicals to ensure your child or grandchild can participate in their favorite sports or summer camp. They have an on-site digital x-ray and an on-site lab. They accept most insurance and for those without insurance their prices are often 1/5 the cost of the ER. If you are in need of medical care, please visit their welcoming, knowledgeable and capable staff. You will not be disappointed! As a walk-in clinic you do not need to make an appointment or have a referral, but if you would like to make an appointment, call 850-588-3589.



The Presidents' Column

IS YOUR SIGNIFICANT OTHER KEEPING YOU HEALTHY OR MAKING YOU SICK ???

Here are some ways your relationship affects your well-being.

IF YOU'VE BEEN MARRIED FOR DECADES

Long-married couples don't just look alike---they can also become biologically similar as they age. Two recent studies found striking similarities in longtime couples, including kidney function, cholesterol, grip strength, difficulty performing daily tasks and depression. A study of 1700 U.S. couples married more than 40 years found that couples begin to mirror each other's emotional and physical health as they age; an indication of how interdependent, emotionally and physically, long-married couples can become.

IF ONE OF YOU IS DEPRESSED

Your spouse's depression could raise your own risk of chronic pain. Caring for a depressed spouse could contribute to a mate's pain, researchers said, but there also seem to be environmental factors as well, such as diet and other habits the couple share.

IF YOU NAG YOUR HUSBAND

Maybe he should thank you! A nagging wife may actually slow the development of diabetes and promote following doctor's orders in a husband---but unfortunately, not vice versa. A study found that a badgering spouse improved a husband's health, even if the constant prodding strained the marital relationship. For men, "nagging is caring." For women, however, nagging is just nagging. Only a good marriage was related to a lower risk of having diabetes in women.

IF YOUR SPOUSE IS AN OPTIMIST

Those couples where one partner had a positive outlook on life experienced fewer chronic illnesses, such as diabetes and arthritis, compared with couples whose partners were not optimistic.

IF YOU ARGUE A LOT

Every relationship has its spats, but the way you argue with your significant other could make you sick. If loud, angry outbursts are your arguing style, watch out for heart problems and elevated blood pressure down the road. If you tend to silently fume or stonewall your partner during arguments, it could turn into a pain in the neck---literally---or stiff muscles and a back.

IF YOUR SIGNIFICANT OTHER IS AN EXERCISER

Setting a good example by exercising can influence your mate to follow suit.

IF YOUR DARLING IS A DIETER

Perhaps some challenges, like dieting, just shouldn't be done together. That seems to be the lesson from one study of 50 overweight couples. Those who decided to diet together had a rougher time of it, with one partner's success could derail the other partner, who then became less successful at controlling his or her own food portions.

IF YOU PLAY THE ROLE OF CAREGIVER

It's not surprising that the stress of a health crisis or significant chronic health issue in one partner will affect the health of the other. A recent study found that a stroke had particularly long-lasting effects. The impact of caring for a stroke survivor can affect the mental and physical health of the caregiver spouse not only during the first years, but up to seven years afterwards.

Love and care for each other and have a happy, healthy marriage !!!

Submitted By
Alice Clay



PCB SENIOR SERVICES FOUNDATION

Website: www.pcbsc.com

Mission Statement: "To Help Seniors Enjoy a Better Quality of Life"

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Be sure and check out our website

<http://www.pcbsc.com>

You can also find us on Facebook

DONATE THROUGH AMAZON

Amazon.com started as an online bookstore, but soon diversified, selling DVDs, VHS tapes, CDs, video and music downloads/ streaming, software, video games, electronics, apparel, furniture, food, toys, and jewelry.

Amazon has grown to be the largest Internet based company in the United States and if you shop using Amazon smile, they will donate 0.5% of the purchase price to the Panama City Beach Senior Services Foundation! Simply create an account under **Amazon Smile** identifying our foundation as the recipient of the donation. Amazon Smile offers

you the same quality vendor merchandise and services you find by going to Amazon. Help continue to support us each time you shop. It's a WIN, WIN for everyone!

Our EIN: **20-8106910**



Bulletin Board

 **SENIOR POT LUCK:** Pot Luck social is held on the third Wednesday of each month during our Snowbird season! The next scheduled Potluck will held on Wednesday, September 20th at noon. Our volunteers put in a lot of effort to make our monthly potluck a success. There is no charge to attend, simply bring your favorite dish to share. Come enjoy the food, fun & fellowship! If you would like to pitch in, please sign up to volunteer at the front desk of the Oatfield Center.

 **HEALTH LUNCH UPDATE:** Our next Health Luncheon for 2017 will be held on Monday, May 8th at NOON! The subject will be on dementia and will be presented by Amy & John from Provision Living! A light lunch will be provided while you're informed on this important topic.

 **SEAGRASS VILLAGE:** You are invited to a ground breaking ceremony to Panama City Beach's newest senior living community! The Seagrass Village is located at 201 Seagrass Drive, Panama City Beach, FL. The ceremony will be held on Thursday, May 11th at 4pm. Hors d'Oeuvres and beverages will be served!

From The OATFIELD Building Director

"Hello" to all the members of the Panama City Beach Senior Center. As your Building Director, I thought I would take a little time to share with you some of the new and exciting upcoming changings happening to our facility.

As always, my goal is to provide you with safest, cleanest and activity filled facility possible. With that said, we have installed new safety rails in the front exit of the building as well as repaired the rails coming out of the side doors of the main activity room. The storage room has been completely cleaned and all unnecessary items have been thrown away, relocated or donated. It was getting so cluttered that Activity leader's where having to climb over boxes, chairs to get at anything. Our hope is this room continues to stay this way with everyone's continued efforts. Thank you to all the member's that helped me out. It was greatly appreciated!

I'm sure everyone has noticed that we have an empty lot in front of our facility now. With the removal of the Cypress House, we are in dire need of additional room for activities and office space. The Staff and I have come up with a plan to build an addition on to our existing building. The city has provided us with the land we need to support the construction of a 3000+ sq/ft structure that will take care of all our needs. We have met with Architects and have come up with a plan to do just that. (Very soon you will see the drawing in the lobby entrance). The only problem we have at this point is funding. Our plan is to approach the Panama City Beach Community and ask for donations. As you know, that is how the Oatfield Building was funded. The City of Panama City Beach is a gracious community and we hope they will continue to be. As gracious as the Community has been we hope that our members can help us with our endeavors as well. If you feel so compelled to donate, please contact the staff at the front desk and they will be happy to provide you with the tax-exempt paperwork.

Again, it is my pleasure to serve as your Building Director and I look forward to serving you any way I can. Please feel free to contact me with your facility concerns.
(Bcmontfort@yahoo.com/850-890-5130).



Bill Montfort

*Submitted By
Bill Montfort*



The Grand at Seagrass



The Grand at Seagrass



The Villas at Seagrass



The Haven at Seagrass

You are invited to a

Ground Breaking Ceremony

For Panama City Beach's newest Senior Living Community

Seagrass Village

at 201 Seagrass Drive in Panama City Beach, Florida

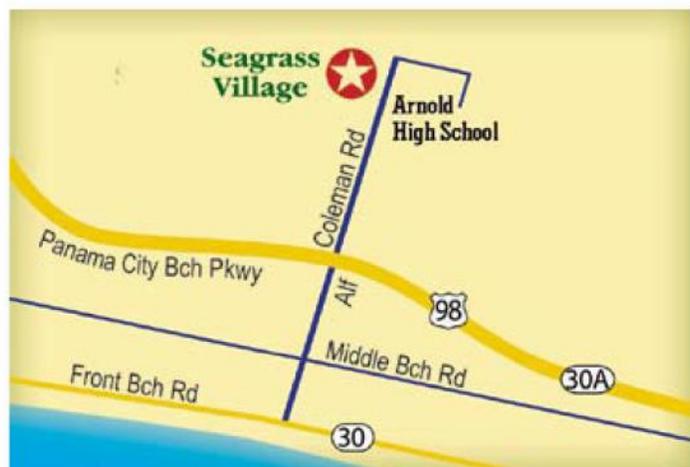
Thursday, May 11th at 4:00 pm

Hors d'Oeuvres and Beverages will be served!

Priority Waitlist Deposits will be accepted at this event.



Offering a Lifestyle of Distinction and Excellence for Seniors
www.seagrassvillage.com



Please RSVP to Elizabeth Rambow at (850) 249-0707 or email to elizabeth.rambow@srimgt.com