



COA MONTHLY UPDATE

February 2023

PROVIDING EDUCATION & SUPPORT ON YOUR HEALTH JOURNEY

The St. Johns County COA provides education and enrichments for adults. In addition, the COA Center at Flagler Health+ Village at Nocatee provides support and needs assessments for all caregivers, including caregivers of people living with dementia and other brain disorders and specialized classes for people living with Parkinson's disease. Join us for educational programs, healthy living lectures, tai chi classes, enrichment activities & arts.

***** Please turn page for February program descriptions!*****

COMMUNITY CARE-GIVING

FREE programs for caregivers include one-on-one Caregiver Needs Assessments, Caregiver Education Programs, weekly Caregiver Support Group and Memory Café social gathering. People living with Parkinson's &/or their care partner are invited to attend our Parkinson's Support Group/Educational meetings once per month.

E-mail pbrunell@stjohnscoa.com or call 904-819-3234 for more information or to register.

DID YOU KNOW?

COA provides:

- Meals on Wheels
- Independent Living Services
- Prescription Assistance
- Volunteer Opportunities
- Paratransit Transportation
- Care Connection
- IMEP and more

The St. Johns County Council on Aging is here to help.

For a complete list of services go to www.coasjc.org.



TUESDAY:

Caregiver Support Group: All caregivers are welcome. Meets every Tuesday from 1:00 p.m. to 2:00 p.m. There is a trained facilitator present at every meeting to guide the group.

Know When to Seek Physical Therapy: Everyone could benefit from physical therapy at some time in their life. Find out how to know how and when from Dr Brandi Renfro on Tuesday, February 14 from 11:00 a.m. to 12:00 p.m.

Widows and Widowers: Social group meeting the second and fourth Tuesday of every month from 11:00 a.m. to 12:30 p.m. Register in advance for one or both Tuesdays.

Herbology: Discussion this month will be on the therapeutic use of herbs. This hands on course is taught by Professor James Carucci. \$25.00 for four one hour sessions. Advance registration is required and space is limited. To register, visit <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>. Every Tuesday in February from 3:00 p.m. to 4:00 p.m.

Virtual Dementia Tour: Learning what a person living with dementia is experiencing can help us understand their thoughts and actions. Ten minute appointments are available on Tuesday, February 28 beginning at 9:30 a.m. Please call to schedule in advance.

WEDNESDAY:

Open Art: Bring your art or craft project to work on while socializing with friends. Meets every Wednesday from 9:30 a.m. to 11:30 a.m.

Grief Support Group: This group is for anyone dealing with grief from the loss of a loved one and offers support and validation by being with people who have experienced loss. A trained facilitator will be present. Wednesday February 1 & 15 from 10:30 a.m. to 12:00 p.m.

Mah Jongg Meet-up: Open play for experienced players. Wednesdays, February 1, 8, 22 from 1:00 p.m. to 3:00 p.m. and February 15 from 3:00 p.m. to 5:00 p.m.

Tai Chi: Improve mood, increase energy and stamina, improve flexibility, balance and muscle strength with instructor Dennis Sheils. Wednesdays, starting February 1 for four weeks; Class time 1:30 p.m. Cost is \$25. To register, visit <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>.

Parkinson's Meet, Greet & Learn: A special meeting for people living with Parkinson's disease and / or their loved ones. Guest speaker will be NeuroBehavioural Specialist, Michelle A. Prosjje, Psy.D. Wednesday, January 4 from 3:00 p.m. to 4:30 p.m.

Ask the Pharmacist: Do you have questions or concerns about the prescription medications you take? Retired pharmacist Ray Lowe is here to help! Call to schedule a one to one appointment. Wednesday, February 8, morning appointments available.

Genealogy Group: A genealogy expert will guide you in discovering your roots on the third Wednesday of each month. Wednesday, February 15 from 1:00 p.m. to 2:30 p.m.

Exploitation of the Elderly and Disabled: Presented by St. Johns County Legal Aid Managing Attorney Megan Wall. Wednesday January 25 from 10:00 a.m. to 11:00 a.m.

Guide to a Plant Based Diet: Our speaker, Carla Defuria, registered dietitian and health coach at Flagler Health+ Village at Nocatee will tell us what we need to know. Wednesday, February 22 from 3:00 p.m. to 4:00 p.m.

Caregiver Needs Assessment: Make an appointment with a Qualified Dementia Care Specialist who will: Set up a time to discuss your situation 1:1; develop an individualized education and needs assessment; support and guide; empower you to find solutions for those needs. Call to schedule an appointment 904-814-9407.