



COA MONTHLY UPDATE

February 2024

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 for adults age 18+.

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

COMMUNITY CARE-GIVING

FREE programs for caregivers include one-on-one Caregiver Needs Assessments, Caregiver Education Programs, and weekly Caregiver Support Group. 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. To schedule a caregiver needs assessment call 904-814-9407.

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.



SJC COA, Inc.
Community Care-giving Program

TUESDAY:

Savvy Caregiver Program: Develop strategies and master skills to help in your personal caregiving situation. Six, once per week sessions beginning January 9 from 10:00 a.m. to noon, limited seating. Registration has closed.

Bereavement Support: Ann Martel, MSW will lead a 4 month, 6 session group study offering education and guidance to people experiencing recent losses of loved ones. Registration has closed. Classes meet from 10:30 a.m. to noon, January 16, February 6 & 20, March 5 & 19, and April 2. Please call for more information.

Caregiver Support Group: All caregivers are welcome. The group 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.

iPhone/iPad Class series:

The Notes App: Kai Long will teach how to use "Notes" to capture thoughts, add images and sketches to notes, make checklists, grocery list, store and lock your passwords, and even scan documents. February 6 from 1:30 to 2:30 p.m. Class size is limited. Cost of \$10.00 per class. Sign up at: <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>

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

Proper Pruning Techniques: Learn when, how, why and what to prune in your landscape. Class presented by Terra Freeman, Horticulture Extension Agent from UF/IFAS. February 13 from 2:30 to 3:30 p.m.

Herbology with Professor James Carucci – Herbs for Digestion: Learn what herbs to use to aid proper digestion and how to prepare them. You will be able to make a product and take it home to use. February 20 from 3:00 to 4:00 p.m. Cost is \$10.00 per class. Sign up at: <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>

AARP Smart Driver™ Course: Take this one day class and save on your car insurance (check with your carrier). AARP offers evidence based safe driving strategies, new laws and rules of the road, how to deal with aggressive drivers and more. Advanced registration is required. A fee of \$20 for AARP members and \$25 for non-members will need to be paid (check or cash) to instructor on class day to receive a certificate of completion. February 27 from 9:00 a.m. to 4:00 p.m. Call or email to register or for more information.

Fall Prevention for Caregivers: Presented by AHEC a program specifically for family caregivers on measures to protect your loved ones from falls. February 27 from 2:00 to 3:00 p.m.

WEDNESDAY:

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

Medication Review: Do you have questions or concerns about the prescription medications you take? Retired pharmacist Ray Lowe is here to help! Call or email to schedule a free one to one appointment. Wednesday morning appointments available. Call 904-814-9407 to schedule.

Are You Ready to Vote? Pam Mann, Voter Outreach Coordinator for Vicky Oakes will be available to help you register and answer questions. February 7 from 10:00 a.m. to noon.

Mah Jongg Meet-up: Open play for experienced players. February 7, 14, 28 from 1:00 p.m. to 3:00 p.m. & February 21 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. All levels welcomed. Wednesdays starting February 7 for four weeks; Class time 1:00 p.m. Cost is \$25. To register visit <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>.

Parkinson's Meet, Greet & Learn: A monthly meeting for people living with Parkinson's disease and/or their care partners. February's speaker will be Bridget Llave PTA from Encompass Health Rehabilitation Hospital discussing "The Appropriate Levels of Rehab Care as Parkinson's Progresses," Always the first Wednesday in the month, February 7 from 3:00 to 4:30 p.m.

VA Benefit for Senior Veterans: This presentation covers Veterans, Widows and Agent Orange and Burn Pit Presumptive Illnesses, presented by Bubba Schlader, Extended Care and Crisis Financial Planner. February 14 from 10:00 to 11:00 a.m.

Exploitation of the Elderly & Disabled: This FREE lecture will cover important information that you need to know to protect yourself and your loved ones. Presented by Megan Wall, Managing Attorney of the St. Johns County Legal Aid. February 21 from 10:00 to 11:00 a.m.

Genealogy Group: A genealogy expert will guide you in discovering and finding your ancestors on the third Wednesday of each month. February 21 from 1:00 to 2:30 p.m.

Hospice Myths & Facts: Learn about hospice care as holistic, supporting the needs of the patient and family. Community Hospice will debunk the myths and provide the facts. February 28 from 10:00 to 11:00 a.m.