



COA MONTHLY UPDATE

March 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 March 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:

Arthritis Foundation Exercise Program: Free 8 week class for Adults 60+ to help you live better with arthritis. Pre-Registration is required! Meets Tuesdays and Thursdays from 10:00 a.m. to 11:00 a.m. beginning March 7.

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. Tuesday March 7 & 21 from 10:30 a.m. to noon.

Caregiver Support Group: All caregivers are welcome. Meets every Tuesday from 1:00 p.m. to 2:00 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: Discussions will include how herbs can promote health & wellness. 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 March from 3:00 p.m. to 4:00 p.m.

WEDNESDAY:

Open Art: Bring your art or craft project to work on while socializing with friends. Meets every Wednesday from 9:30 a.m. to 11:30 a.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 or email to schedule a one to one appointment on Wednesday, March 1.

Parkinson's Meet, Greet & Learn: A special meeting for people living with Parkinson's disease and / or their loved ones. Guest presenter, Occupational Therapist, Carol Chiang who will lead us in discussion and exercises and how to use Urban Poles. Wednesday, March 1 from 3:00 p.m. to 4:30 p.m.

Mah Jongg Meet-up: Open play for experienced players. Wednesdays, March 1, 8, 22, 29 from 1:00 p.m. to 3:00 p.m. and March 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. All levels welcomed. Wednesdays, starting March 1 for five weeks; Class time 1:00 p.m. Cost is \$25. To register, visit <https://coasjc.coursestorm.com/category/coa-center-at-nocatee>.

Your Florida Friendly Landscape: Learn the basic of how to have your best landscape possible from Terra Freeman, Urban and Commercial Horticulture Extension Agent and Master Gardener Coordinator. Wednesday March 8 from 10:00 a.m. to 11:30 a.m.

Long Term Care Government Benefits: Find out how to receive Medicaid and / or Veterans Benefits and how they can be used in senior living communities from our panel of experts, Jeff Faulkner, Attorney Craig Ames and Ginger Spires. Wednesday, March 15 from 10:30 a.m. to Noon.

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

COVID-19 Update: Retired pharmacist and local resident Ray Lowe will lead our discussion on COVID-19 testing, current medications and possible side effects. Wednesday, March 22 from 10:00 a.m. to 11:00 a.m.

Nutrition, Diabetes & Prediabetes: Our speaker, Carla Powell, registered dietitian and health coach at Flagler Health+ Village at Nocatee will tell us what we need to know. Wednesday, March 22 from 3:00 p.m. to 4:00 p.m.

Do You Need A Living Will & How to Avoid the Need for a Guardianship: Presented by St. Johns County Legal Aid Managing Attorney Megan Wall. Wednesday March 29 from 10:00 a.m. to 11:00 a.m.