



COA MONTHLY UPDATE

March 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 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 March 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 904-814-9407 for more information or to schedule an appointment.

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:

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.

Advanced Treatment Options for the Motor Symptoms of Parkinson's Disease & Essential Tremors: Free Lunch-N-Learn Presented by Alaine Keebaugh PhD. Tuesday March 5 from 11:30 a.m. to 1:00 p.m. Advance registration is required.

Caregiver Support Group: All caregivers are welcome. The group meets every Tuesday from 1:00 p.m. to 2:30 p.m. There is a trained facilitator present at every meeting to guide the group.

Open Card Play: Bring your deck of cards and join others in playing the card game of your choice. No instructor will be present. This is a self-directed group. Every Tuesday beginning March 5 at 1:00 p.m.

Meet with a SHINE Volunteer for Medicare Information: A trained volunteer will assist you in a one to one meeting to answer any questions and offer assistance. Appointments available on March 12 beginning at 10:00 a.m.

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.

Herbology with Professor James Carucci- Building Your Herbal First Aid Kit: Learn the parts of a good herbal first aid kit, where they can be purchased or how to prepare yourself. March 12 from 3:00 to 4:00 p.m. Cost is \$10.00 per class.
<https://coasjc.coursetorm.com/category/coa-center-at-nocatee>

Navigating the Assisted Living Maze: What are the care levels, perks, licenses and required trainings and care for independent living, assisted living, memory care and nursing homes? What are the limitations of each? Tuesday March 19 from 10:00 to 11:00 a.m.

iPhone/iPad Class series: Tips & Tricks: Kai Long will teach how to use many features we may not know how to use. Fun and useful tips will be discussed. March 26 from 10:00 to 11:00 a.m. Class size is limited. Cost of \$10.00 per class. Sign up at:
<https://coasjc.coursetorm.com/category/coa-center-at-nocatee>

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.

Meet with a SHINE Volunteer for Medicare Information: A trained volunteer will assist you in a one to one meeting to answer any questions and offer assistance. Appointments available on March 6 beginning at 10:00 a.m.

Mah Jongg Meet-up: Open play for experienced players. March 6, 13 & 27 from 1:00 to 3:00 p.m. & March 20 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 6 for four weeks; Class time 1:00 p.m. Cost is \$25. To register visit <https://coasjc.coursetorm.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. March's speaker will be Daniel Kieleszewski, AAPRN from Aliva Supportive Care. Always the First Wednesday in the Month, March 6 from 3:00 to 4:30 p.m.

iPhone/iPad Class series, Using Siri to Make Life Easier: Kai Long will teach us how to use many features of Apple's Voice Assistant to assist us in our daily living. March 20 from 10:00 to 11:00 a.m. Class size is limited. Cost of \$10.00
<https://coasjc.coursetorm.com/category/coa-center-at-nocatee>

Genealogy Group: A genealogy expert will guide you in discovering your ancestors on the third Wednesday of each month. The group will share about Great Grandparents on March 20 from 1:00 to 2:30 p.m.

Do You Need a Living Will & How to Avoid the Need for a Guardianship: This 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. March 27 from 10:00 to 11:00 a.m.