



# COA MONTHLY UPDATE

**April 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 April 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](mailto: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](http://www.coasjc.org).



## TUESDAY:

**Arthritis Foundation Exercise Program:** Free 8 week class for Adults 60+ to help you live better with arthritis. Meets Tuesdays and Thursdays from 10:00 a.m. to 11:00 a.m. through May 2. Class is full!

**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. Meets the first & third Tuesday of every month from 10:30 a.m. to 12:00 p.m. RSVP in advance of each meeting.

**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.

**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 April from 3:00 p.m. to 4:00 p.m.

**Caregiver Lunch & Learn w/ Brooks:** Learn the role of a social worker, levels of care, rehab, Medicare coverage and other things of importance to a caregiver while enjoying lunch. Advanced registration is required with limited space. Register today! Tuesday April 11 from 11:30 a.m. to 12:30 p.m.

## WEDNESDAY:

**Open Art:** Bring your art or craft project to work on while socializing with new & old 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. Wednesday morning appointments available.

**Mah Jongg Meet-up:** Open play for experienced players. Wednesdays, April 5, 12 & 26 from 1:00 p.m. to 3:00 p.m. and April 19 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 April 5 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 special meeting for people living with Parkinson's disease and/or their loved ones. Melanie Lomaglio, PT, MSc., DPT, Board Certified Neurologic Specialist & trained PD therapy dog Harley will lead us in PWR Moves. Melanie is an expert in PD & there will be time for Q&A. Wednesday, April 5 from 3:00 p.m. to 4:30 p.m.

**Downsizing Basics:** Empty nesters, moving to a smaller home or moving a loved one to long term care, where to begin? Michelle Heitkamp-Begg of Caring Transitions will tell us how to start the process of decluttering and downsizing. Wednesday April 19 from 10:00 a.m. to 11:00 a.m.

**Genealogy Group:** A genealogy expert will guide you in discovering your roots on the third Wednesday of each month. Wednesday, April 19 from 1:00 p.m. to 2:30 p.m.

**Summer Nutrition & Proper Hydration:** Our speaker, Carla Powell, registered dietitian and health coach at Flagler Health+ Village at Nocatee will tell us what we need to know. Wednesday, April 26 from 3:00 p.m. to 4:00 p.m.

**Rights of a Debtor:** What bills to pay and why. Presented by St. Johns County Legal Aid Managing Attorney Megan Wall. Wednesday April 26 from 10:00 a.m. to 11:00 a.m.