



# COA MONTHLY UPDATE

**MAY 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 May 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. Last class Tuesday, May 2 from 10:00 a.m. to 11:00 a.m. Class is full!

**Grief Support Group:** This group is for anyone dealing with grief from the loss of a loved one. Ann Martel, MSW facilitates these meetings. Meets the first & third Tuesday of every month from 10:30 a.m. to 12:00 p.m. Please register in advance.

**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.

**Challenging Behaviors of Dementia:** This presentation by Doug Schilling with Community Hospice will offer effective methods of dealing with difficult behaviors. Tuesday, May 9 from 10:30 a.m. to 11:30 a.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:** We will explore cooking with herbs during May's continuing series that can be taken in any order, 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.coursetorm.com/category/coa-center-at-nocatee>. Every Tuesday in April 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 new and 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, May 3, 10, 24 & 31 from 1:00 p.m. to 3:00 p.m. and May 17 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 May 3 for five 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 loved ones. May's meeting will be dedicated to support, your concerns and discussion to shape future meetings. A JAX Hope representative will be present, Wednesday, May 3 from 3:00 p.m. to 4:30 p.m.

**Gardening with Herbs in NE Florida:** Learn how to grow herbs in our local area from Terra Freeman, Urban and Commercial Horticulture Extension Agent and Master Gardener Coordinator. Wednesday May 10 from 10:00 a.m.

**What is a Geriatric Care Manager:** We may need help managing a loved one or our own care as we age. Attend this session to learn about another valuable resource from Brittney Shay, CDP & Life Care Manager, from Palm Aging Life Management. Wednesday, May 17 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, May 17 from 1:00 p.m. to 2:30 p.m.

**Intermediate Fasting:** Our speaker, Carla Powell, registered dietitian and health coach at Flagler Health+ Village at Nocatee will tell us how to use meal timing for weight management. Wednesday, May 24 from 3:00 p.m.

**How to Avoid Becoming a Victim of Predatory Lending:** Presented by St. Johns County Legal Aid Managing Attorney Megan Wall. Wednesday May 31 from 10:00 a.m. to 11:00 a.m.