



COA MONTHLY UPDATE

June 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 June 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.

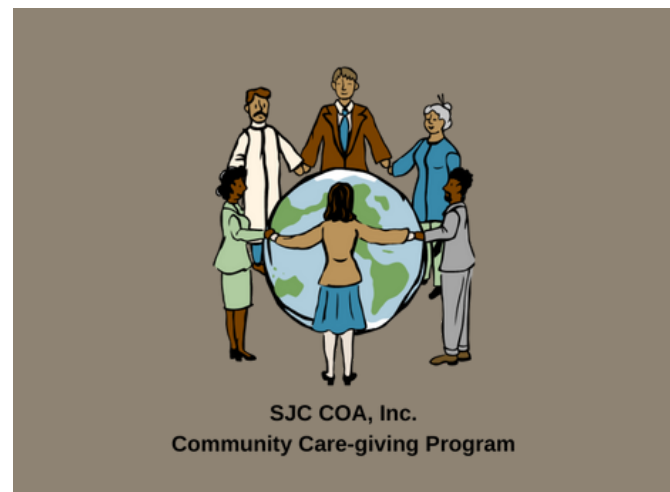
DID YOU KNOW?

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.



Tuesdays:

Palliative Care Continuum: This presentation by Doug Schilling with Community Hospice will explain palliative care, when it is needed and what the benefits are. Palliative care is not end of life care. Tuesday, June 6 from 10:30 a.m. to 11:30 a.m.

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.

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 Advanced Herbal Actions in June's series, which 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://coajc.coursetorm.com/category/coa-center-at-nocatee>. Every Tuesday in April from 3:00 p.m. to 4:00 p.m.

Latest Advances in Cataract Surgery: Join us as we learn for Dr Koike from Florida Eye Specialist on Tuesday, June 13 from 10:00 a.m. to 11:00 a.m.

Caregiver Coalition Workshop: Reserve your spot today at <https://www.eventbrite.com/e/629605485957> to attend this FREE Caregiver Coalition/Eldersource event, "Supporting Your Mental Health as You Care for Someone with Dementia." Reservations required, complimentary lunch will be served on Tuesday, June 20 from 10:30 to 1:00

WEDNESDAY:

Open Art: Bring your art or craft project to work on while socializing with new and current friends. Meets every Wednesday from 9:30 a.m. 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 one to one appointment. Wednesday morning appointments available. Call 904-814-9407 to schedule.

Mah Jongg Meet-up: Open play for experienced players. Wednesdays, June 7, 14, 28 from 1:00 p.m. to 3:00 p.m. and June 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 June 7 for four weeks; Class time 1:00 p.m. Cost is \$25. To register, visit <https://coajc.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. Music Therapist AJ Denne will lead an interactive presentation on Wednesday, June 7 from 3:00 p.m. to 4:30.

Meet with a SHINE Representative to Answer to Your Medicare Enrollment Questions: Individual morning appointments are available on Wednesday, June 14. Call 904-814-9407 to schedule.

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

How to Improve Bone Health: Our speaker, Carla Powell, registered dietitian and health coach at Flagler Health+ Village at Nocatee will tell us how. Wednesday, May 24 from 3:00 p.m. to 4:00 p.m.

Caregiver Needs Assessment: Make an appointment with a Qualified Dementia Care Specialist 904-814-9407.