



COA MONTHLY UPDATE

September 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 for adults age 18+.

***** Please turn page for September 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.

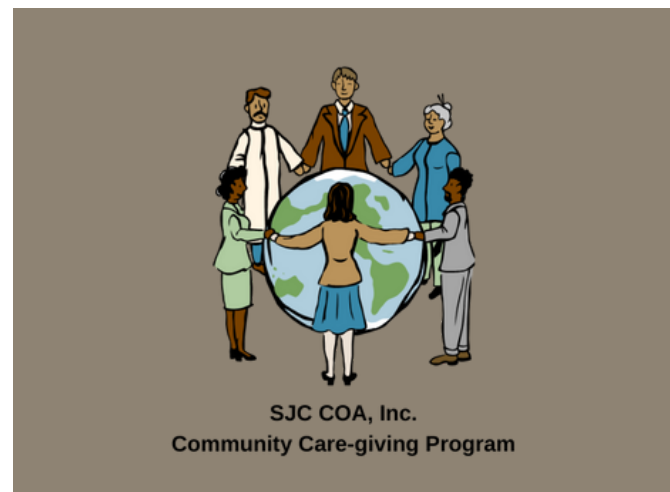
DID YOU KNOW?

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.



How to Bring Butterflies to Your Garden: Presented by Terra Freeman, Urban & Commercial Horticulture Extension Agent and Nocatee resident. Tuesday September 5 from 10:00 a.m. to 11:30 a.m.

Bereavement Support Group: This group is for anyone dealing with grief from the loss of a loved one. Ann Martel, MSW facilitates these meetings. Meets Tuesday September 5 & 26 from 10:30 a.m. to 12:00 p.m. Advanced registration is required.

Caregiver Support Group: All caregivers are welcome. Meets every Tuesday from 1:00 p.m. to 2:00 p.m.

iPhone/iPad Class Series: Kai Long will teach us about using Emergency Medical ID, photos app and battery saving during 3 classes in September. Advanced online registration is required <https://coasjc.coursetorm.com/category/coa-center-at-nocatee> Cost \$25.00 for 3 Tuesday classes from September 5 to September 19 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.

Assisted Living, Memory Care, Long Term Care or Home Care? A onetime program for caregivers on how to choose. A light brunch and music provided by Perfect Placement Advising and Brooks Custom Care. Advanced RSVP is required for this free event. Tuesday September 12 from 10:30 to noon.

Exercise & Dementia. The How, When & Why: Bandi Renfro, PT, DPT, Cert DN will inform us so we can provide a better quality of life for our loved ones living with dementia. Tuesday September 19, 10:30 - 11:30

Too Much Drama! Family Conflict w/ Critical Illness: Presented by Doug Schilling from Community Hospice. Learn techniques and tips to help your family reduce the drama. Tuesday September 26 from 10:30 a.m. to 11:30

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 free one to one appointment. Wednesday morning appointments available. Call 904-814-9407 to schedule.

Mah Jongg Meet-up: Open play for experienced players. Wednesdays September 6, 13, 27 from 1:00 p.m. to 3:00 p.m. & September 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 September 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. First Wednesday in the Month from 3:00 p.m. to 4:30 p.m.

Meet with a SHINE Volunteer for Medicare Information: Have questions or need help with signing up or changing Medicare plans. Open enrollment is coming up soon. Call or email to set up your individual appointment for September 13 between 9:30 a.m. & 12:30 p.m.

Acupuncture, Natural Treatment for Eye Disease: Erica Joy Siegel from Joy Vison Acupuncture will discuss the benefits and how to use acupuncture to reverse and prevent vision loss. Wednesday September 20, 10:00 - 11:00.

Genealogy Group: A genealogy expert will guide you in discovering with finding your ancestors on the third Wednesday of each month. Wednesday September 20 from 1:00 p.m. to 2:30 p.m.

Spouse in a Nursing Home? Do I Have to go Broke? This presentation by Megan Wall, Managing Attorney from St. Johns Legal Aid will explain what you need to know to protect your family. Wednesday September 27 from 10:00 a.m. to 11:00 a.m.