



# COA MONTHLY UPDATE

October 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 October 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.**

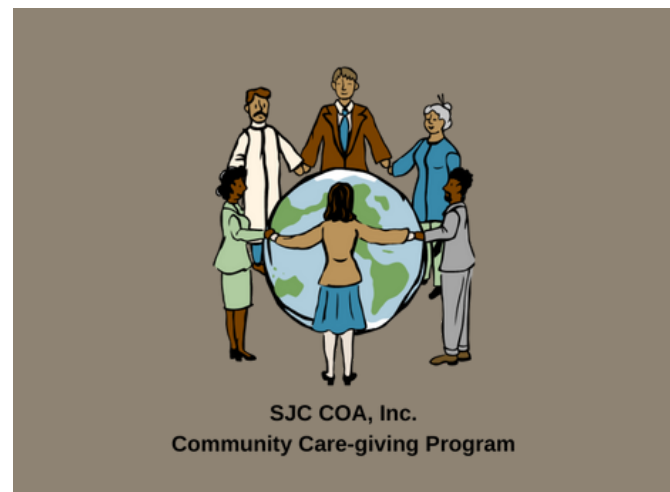
## DID YOU KNOW?

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).



## **Tuesdays:**

**Medicare Open Enrollment:** Presented by SHINE. Learn about Medicare options, how to save on Part D cost & prepare for Open Enrollment. Tuesday October 3 from 10:00 a.m. to 11:00

**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 October 3 & 17 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. There is a trained facilitator present at every meeting to guide the group.

**Learn to Play Mah Jongg:** Deb Swartz will teach you to play American Mah Jongg. Participants will learn tile recognition, strategies and rules. Advanced online registration is required

<https://coasjc.coursetorm.com/category/coa-center-at-nocatee> Cost \$50.00 for 6 Tuesday classes October 3 to November 14 from 1:00 p.m. to 3:30 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.

**A Matter of Balance:** An award winning program designed to manage falls and increase activity levels. Provided by Northeast Florida AHEC. These FREE classes meets Tuesdays & Thursdays for 4 weeks beginning October 24 from 9:30 a.m. to 11:30 a.m. Advanced RSVP is required by calling NE FL AHEC (904)814-9407 or by email to [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com).

**Common Landscape Plants of NE Florida:** Terra Freeman, Urban & Commercial Horticulture Extension Agent for UF/IFAS St. Johns County will lead us in understanding how to successfully choose plants for our area. Tuesday October 24 from 10:30 a.m. to noon.

## **Wednesdays:**

**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 October 4, 11, 25 from 1:00 p.m. to 3:00 p.m. & October 18 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 October 4 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. During our October 4 meeting Dr Huang will discuss Off Episodes & dyskinesia. 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. Call or email to set up your individual appointment for October 4 or November 22 between 10:00 a.m. & 12:30 noon.

**From Tip Toes to Tightrope, Assess & Improve Your Balance Workshop:** Dr Michael Derry, DPT, OCS will engage us in a stimulating presentation to view balance in a whole new way. Wednesday October 18 from 10:00 a.m. to 11:00 a.m.

**Genealogy Group:** A genealogy expert will guide you in discovering with finding your ancestors on the third Wednesday of each month. Wednesday October 18 from 1:00 p.m. to 2:30 p.m.

**Should You Ever Put Anyone Else Name on Your Deed?** Laws can change and vary from state to state. This presentation by Megan Wall, Managing Attorney from St. Johns Legal Aid will explain what you need to know to protect your family. Wednesday October 25 from 10:00 a.m. to 11:00 a.m.

**Caregiver Needs Assessment:** Make an appointment with a Qualified Dementia Care Specialist who will: Set up a time to discuss your situation 1:1; develop an individualized education and needs assessment; support and guide; empower you to find solutions for those needs. Call to schedule an appointment 904-814-9407.