



# COA MONTHLY UPDATE

**December 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 December 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).



SJC COA, Inc.  
Community Care-giving Program

## TUESDAY:

**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 December 5 & December 19 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.

**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.

### iPhone/iPad Class series:

**Apple Maps:** Kai Long will teach how to navigate and explore while protecting your privacy. Tuesday December 5 from 1:30 to 2:30 p.m.

**Scan, Sign Docs & More:** Learn how to quickly use your device to scan documents, sign a pdf document, mark or type on photos. Tuesday December 19 from 1:30 to 2:30 p.m.

Class size is limited. Cost is \$10.00 per class. Sign up for one or both iPhone/iPad classes at:

<https://coajc.coursestorm.com/category/coa-center-at-nocatee>

**Herbal Skin Care:** Professor James M. Carucci continues the Herbology Series by teaching about the different types of herbs commonly used in skin and hair care. You will have the opportunity to make your own product to take home for your own use or to give as a gift. Tuesday December 12 from 3:30 to 4:30 p.m. Cost is \$10.00 per class. Sign up at: <https://coajc.coursestorm.com/category/coa-center-at-nocatee>

## 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 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 December 6, 13 & 27 from 1:00 p.m. to 3:00 p.m. & December 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 December 6 for four weeks; Class time 1:00 p.m. Cost is \$25. To register visit <https://coajc.coursestorm.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. December will be the group's holiday social gathering. Refreshments will be provided. Always the First Wednesday in the Month, December 6 from 3:00 p.m. to 4:30 p.m.

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