



COA MONTHLY UPDATE

November 2022

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 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, yoga & tai chi classes, enrichment activities & arts.

***** Please turn page for November program descriptions!*****

COMMUNITY CARE-GIVING

FREE programs for caregivers include one-on-one Caregiver Needs Assessments, Caregiver Education Programs, weekly Caregiver Support Group and Memory Café social gathering. People living with Parkinson &/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.

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.



TUESDAY:

Let's Talk About Grief: A place for anyone who has experienced grief of any kind to come and learn about grief with empathy and encouragement from others. There will be a group facilitator present at each meeting. Meets Tuesday, November 1 from 9:30 a.m. to 11:30 a.m. for part 1 and November 8 from 9:30 a.m. to 10:45 a.m. for part 2.

Stretch and Unwind: Two FREE classes led by Alison Vitti will leave you relaxed and invigorated. All ability levels are invited to attend. Tuesday November 1 and November 8 at 10:00 a.m.

Medicare Open Enrollment Assistance: Contact us today to schedule a time to meet with a SHINE (Dept. of Elder Affairs) Representative to get unbiased help enrolling in Medicare for 2023. Limited appointments are available on Tuesday, November 1 and November 22. Email pbrunell@stjohnscoa.com or call 904-819-3234 to schedule.

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. Meeting November 8 and November 22.

Grief Support Group: This group is for anyone dealing with grief of any kind of loss and offers support and validation by being with people who have experienced loss. You are not alone. Meets Tuesday November 15 and November 22 from 9:30 a.m. to 11:30 a.m.

Healthy Holiday Meals: Join us as we learn from Carla Defuria, registered dietitian and health coach at Flagler Health+ Village at Nocatee, on how to cook healthy holiday food for your family and friends. Tuesday, November 15 from 2:00 p.m. to 3:00 p.m.

WEDNESDAY:

Open Art: Bring your art or craft project to work on while socializing with friends. Meets every Wednesday at 9:30 a.m.

Memory Café: A gathering for anyone with memory impairment and their care partner to attend together for refreshment and conversation. Come laugh with us as we welcome and hear from local comedian Mama Marge. Wednesday, November 2 from 10:00 a.m. to 11:30.

Mah Jongg Meet-up: Experienced players meet to play. Wednesday, November 2, 9, 23, 30 from 1:00 p.m. to 3:00 p.m. & November 16 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. Class can be done standing or seated. Wednesdays, starting November 2 for five weeks; Class time 1:30 p.m. Cost is \$30. To register, visit <https://coasjc.coursetorm.com/category/coa-center-at-nocatee>.

Parkinson's Meet, Greet & Learn: A special meeting for people living with Parkinson's disease and / or their loved ones. Our guest speaker for November will be Janny Adkins, RN, a board certified Holistic Nursing. We will discuss and practice integrative and holistic approaches to care. Wednesday, November 2 from 3:00 p.m. to 4:30 p.m.

Ask the Pharmacist: Join us for an informative discussion with retired pharmacist and local resident, Ray Lowe. He will talk about the role your pharmacist can play in ensuring the safety of your medications. There will be a question and answer session after the talk. Individual questions can be discussed in private at the end of the event. Wednesday, November 9 at 10:00 A.M.

How to Handle Your Kids on Legal Issues: Presented by Megan Wall, Managing Attorney of St. Johns County Legal Aid. Attend to find out why, when and how to talk to your kids about legal issues. Wednesday, November 16 from 10:00 a.m.

Genealogy Group: A genealogy expert will be present to guide you in discovering your roots on the third Wednesday of each month. Wednesday, November 16 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, guide; empower you to find solutions for those needs. Call to schedule an appointment 904-814-9407.