

Wellness Special Events

From the Health Expert

Everyone is welcome! Call the appropriate Center to register. Check the individual classes for specific information. All the programs are FREE. For more information on these and other Wellness programs contact Latonya Brown, 919-245-4270.

Notice: To provide presentations on different topics, the Wellness Program hosts a variety of professionals. This does not mean an endorsement of providers, services, or method of treatment.

A Peace of Mind

Home Instead Senior Care provides dependable, compassionate care at all levels, including specialty care for those with Parkinson's disease, arthritis or those with Alzheimer's or other dementias. From brief check-in visits to round-the-clock care, we have you covered. -Come meet the owner and learn more about their services.

Central Orange SC

Wed, Sept 16 (252252-09)

11 - 11:45 am

Seymour Center

Wed, Sept 2 (352352)

11 - 11:45 am

Diabetic Shoe Fittings

Are you suffering from pain in your legs or feet... or do you have Diabetes? If so, join us for one of a FREE assessments in Oct. We will measure and assess your feet to determine the correct shoe size and type for you.

* **Bring your insurance card with you** to the event and we'll be able to tell you if you're eligible for billing through **Medicare's Therapeutic Shoe Program!** Caregivers and/or family members welcome. Services provided by Walgreens, 1106 Environ Way, Chapel Hill, NC 27517. Lisa Platania 919-942-8738.

Central Orange SC

Wed, Oct 21 (252252-10)

11 - 11:45 am

Seymour Center

Wed, Oct 7 (352352)

11 - 11:45 am

How Heart-Based Living Enhances Your Health and Your Life

There is well-documented scientific research from the HeartMath® Institute showing health and life benefits resulting from consistent heart-based living. Come learn a simple, easy to learn "heart recipe" that will enhance every area of your life: improved health, enhanced feelings of mental and emotional well-being, enhanced intuition and creativity, reduced levels of anxiety and stress hormones, greater mental clarity, focus, enhanced decision making and better relationships.

Instructor: **Lorraine Lewis** -Certified HeartMath® Mentor/Coach

Fee: FREE

Central Orange SC

Wed, Nov 18 (252252-11)

11 - 11:45 am

Seymour Center

Wed, Nov 4 (352352)

11 - 11:45 am

Are You Struggling with Chronic Pain? Looking to be More Comfortable?

Join us for support and learn skills to be more comfortable. We will explore guided imagery, mindfulness, conscious breathing, gentle movement and relaxation techniques. These techniques are beneficial in pain management. Our nervous system senses the pain and we react to the sensation. Many factors are involved in the pain process. Medical evaluation recommended. Learn to sense more ease in your life. For the most up-to-date information see: www.marthawhitney.com/services/events

Martha Whitney, LMFT, psychotherapist and life coach, is a resource to help you explore and expand into your full self with mindfulness and mind-body therapies, getting you on track and moving forward. www.marthawhitney.com, Martha@marthawhitney.com

Mary Lorenz, RYT, NCLMBT #8363, integrates Somatic Experiencing, bodywork and movement to facilitate the journey towards wholeness, creative embodiment and recovery. www.nctheramassage.com

Fee: FREE

Registration required: Please call Seymour Center – 919- 968-2070

Seymour Center

3rd Mon, Sept 21; Oct 19; Nov 16 (352761-01)

1:30 – 3 pm

Diabetes Self-Management Education Program

Do you have diabetes? Would you like to learn more about how to manage it? This program will cover the basics of diabetes including: nutrition and meal planning, medications and monitoring, exercise, living with diabetes, and detection and control of complications. It meets the standards of the American Diabetes Association and will be led by OC Health Department's Registered Dietitians, Registered Nurses, and other health care professionals for a comprehensive care plan to manage your diabetes. A medical provider referral is needed to enroll in the program. For more information, please call 919-245-2381.

Fee: Medicare (no co-pay), Medicaid (\$3 copay) and some private insurance will pay for this program. There is a sliding scale fee based on income.

Southern Human Services, Center, Chapel Hill or Whitted Services Center, Hillsborough

Thurs, Sept 10, 17; Oct 8, 15; Nov 12, 19

12:30 – 5 pm

Diabetes On-line Course

Do you have, or do you know, an older adult with diabetes? National Council on Aging (NCOA) is offering a FREE online diabetes workshop! *Better Choices, Better Health® - Diabetes* was developed by Stanford University and has been proven to help people with diabetes. Within the program participants will find:

- Nutrition and exercise tips
- Make informed treatment decisions
- Better communication with doctors

Participants log into the workshop from their own computers for just two hrs a week over six weeks. They receive a FREE workbook plus online resources to help them live healthier lives. Please spread the word about this great opportunity! www.restartliving.org/diabetes.php

Dizzy Clinic

Are you dizzy or light-headed? Does it keep you from going out? Have you fallen in the past year? The therapists from ElderFit In Home Rehab will be offering Vestibular screening! Stop by to ask questions and/or get screened for dizziness and balance issues and learn how you can be more independent.

Fee: FREE

Central Orange SC

Wed, Oct 7 (242256-01)

9 am – 12 noon

Seymour Center

Wed, Oct 14 (352079)

9 am – 12 noon

Flu Shots

Flu vaccines will be available for seniors (65+) and those over 55 with chronic health problems at each of the Orange County Senior Centers this fall. People with standard Medicare Part B or private insurance should be able to receive the vaccine at no charge. Clients with a Medicare supplement policy or Medicare Advantage must bring their Medicare B/Medicare Advantage card and any other private health insurance card in order to ensure coverage. If your insurance does not cover the flu shot, traditional flu vaccine will be \$31 and high-dose vaccine for senior citizens is \$40. High-dose vaccine is recommended for those 65 and up as it provides better protection than standard flu vaccine. Shots will be given by appointment only. Call the center Central Orange, 919-245-2015, or Seymour Center, 919-968-2070, to schedule an appointment at the center you wish to receive your shot.

Central Orange SC

Wed, Oct 14 (242500)

9 am – 12 noon

Seymour Center

Thurs, Oct 15 (352000)

9 am – 1 pm

Glucose and Cholesterol Screening

High blood glucose is a risk factor that can increase your chance of developing, or suffering complications from, diabetes. A glucose screening can help identify high blood sugar, which can help you prevent or delay the effects of diabetes. Screenings will be provided by trained professionals from UNC Cardiology. Fasting before the test helps achieve more accurate results, but is not a requirement. Call the Central Orange Center, 919-245-2015, to make an appointment. Program size - minimum 12, maximum 72.

Provided by UNC Cardiology

Fee: FREE

Central Orange SC

Tues, Sept 15 (222500-01)

10 am - 1 pm

Greenway Field Trips

Please call either the Central Orange SC at 919-245-2015, or the Seymour Center at 919-968-2070 to register

Mason Farm Discovery Walk with Ken Moore

Enjoy fall wildflowers while walking the 1 1/2 mi loop around Big Oak Woods at the Botanical Garden's Mason Farm Biological Reserve. This walk is on level ground along old farm road with a several hundred foot boardwalk over a marshy area. Ken will help walkers observe the many wildflowers, trees, birds and pollinators that are at home in this diverse natural area. Minimum: 10; Maximum: 20

Walking difficulty: Easy

Fee: FREE

Tues, Oct 6

9 am - 12 noon

Central Orange SC

9 am

Seymour Center

9:15 am

Please arrive 15 minutes before the bus is scheduled to depart.

Leader: Ken Moore retired Assistant Director of NC Botanical Garden and current VP of the Friends of Seymour Senior Center.

Eno River Big Trees Discovery Walk with Ken Moore

Enjoy early fall color and meet giant trees that live along Orange County's fantastic River Walk greenway along the Eno River in Hillsborough. This 2-mi walk is on level ground along the river with several impressive boardwalks and bridges that cross the river from Weaver St Market to Gold Park. Ken will help walkers observe the many trees along the way, each with wonderful stories to tell. Minimum: 10; Maximum: 20

Walking difficulty: Easy

Fee: FREE

Thurs, Oct 29

9 am - 12 noon

Please arrive 15 minutes before the bus is scheduled to depart

Central Orange SC

9:15 am

Seymour Center

9 am

Leader: Ken Moore retired Assistant Director of NC Botanical Garden and current VP of the Friends of Seymour Senior Center.

Hearing Screening & Ear Wax Check

Do you have a hearing problem now? Have you fallen recently?" These 2 simple questions are the first step in assessing a patient's hearing status. Dr Ellen Alvarez Frederick and team from ACCU Quest Hearing Center will provide the screenings at the senior centers. They will also explain the causes and symptoms of hearing loss.

Fee: FREE

Central Orange SC

Thurs, Sept 17 (252505-01)

9 am - 12 noon

Seymour Center

Fri, Oct 9 (352079)

9 am – 12 noon

Hearing Technology Updates

Join us for an informational session on the basics of hearing physiology and the latest in hearing technology provided by Dr Patricia Johnson, UNC Hearing and Communication Center. We will explore evidence based steps for better hearing and communication. Whether you are considering hearing aids for the first time or have worn them for years, all are welcome.

Dr Johnson is a Clinical Assistant Professor with the department of Allied Health Sciences at UNC-Chapel Hill. She is a proud graduate of UNC's Doctor of Audiology program and now works with adult patients at the UNC Hearing and Communication Center. She specializes in hearing aid technology, patient education and aural rehabilitation. Dr Johnson is certified with the American Speech, Language and Hearing Association, the American Academy of Audiology and the American Board of Audiology. Locally she serves as a board member of the NC Academy of Audiology.

Fee: FREE

Seymour Center

Tues, Oct 13 (342252)

10 am

Memory Check-Up

Have your memory checked. Make an appointment and come to the Central Orange Senior Center, Hillsborough on Wed, Nov 4 from 9 am -1 pm, or the Seymour Center, Chapel Hill on Thurs, Nov 5 from 10 am -2 pm, in honor of National Memory Screening Week. Screenings will be offered during individual appointments. Call the Center where you wish to be screened to make an appointment, Central Orange, 919-245-2015, or Seymour Center, 919-968-2070. See the full article on page 11.

Fee: FREE

Central Orange SC

Wed, Nov 4 (242504-01)

9 am – 1 pm

Seymour Center

Thurs, Nov 5 (342509)

10 am – 2 pm

Mobile Prescription Drugs Drop Box

Did you know the Carrboro, Chapel Hill, and Hillsborough Police Departments provide a Mobile Prescription Drug Drop box. You may dispose of expired, unused and unwanted medication in a safe and easy way through a prescription drug drop box at each of the police department main office locations.

Throughout Orange County, residents have three drug disposal locations available:

Carrboro Police Department
Carrboro Century Center
100 North Greensboro St.
Carrboro, NC 27510

Chapel Hill Police Department
828 Martin Luther King Blvd.
Chapel Hill, NC 27514

Hillsborough Police Department
127 North Churton St.
Hillsborough, NC 27278

NAMI Family-to-Family Education Program

This is a 12-week series structured to **help family members** understand and support their ill relative while maintaining their own well-being. For family members of close relatives with: Major Depression, Bipolar Disorder (manic depression), Schizophrenia and Schizophrenia Disorder, Panic Disorder, Obsessive Compulsive Disorder, and Borderline Personality Disorder. The class is limited to 25 people. To register, contact: Nancy Brickman at 919-818-8065 or for confidential inquiries, email: nbrickman@nc.rr.com

Fee: FREE

Seymour Center

Thurs, Sept 3 – Nov 19 (352759)

5:30 – 8:30 pm

National Falls Prevention Awareness Day – Sept 23

National Falls Prevention Awareness Day is observed the first day of fall to promote and increase public awareness about how to prevent and reduce falls among older adults.

Recommendations for preventing include encouraging older adults to exercise regularly, have their medications reviewed, get their vision checked, reduce hazards in their homes that can lead to falls, and have their balance tested.

FREE Balance Screening, footwear examinations, exercise demonstrations, walker and cane fitting adjustments and consultations are available with appointment request. These screenings will be provided by UNC University Physical Therapy and ElderFit In Home Rehab. This free option is only available on Sept 23. Please call a center to make an appointment. Central Orange, 919-245-2015 or Seymour Center, 919-968-2070

Central Orange SC

Wed, Sept 23 (242502)

9 am – 2 pm

Seymour Center

Wed, Sept 23 (357096)

9 am – 2 pm

Shingles and Pneumonia Vaccines Coming To You

Walgreens and Rite Aid will be bringing their Shingles and Pneumonia Vaccinations Clinics to you in September! Their pharmacy team will be at the Orange County Senior Center to answer any questions that you may have and talk through your options for any/all vaccines. We will be conducting immunization assessments prior to the actual clinic dates, so that you will know which vaccines may need a copay under your insurance plan. (Most Medicare plans offer a \$0 dollar copay).

Immunization Registration* Date:

Wed, Sept 2 9 am – 1 pm

*Registrations must be done prior to the actual Immunization Clinic, so that we may schedule ample vaccines for the clinic day. If you are unable to attend the registration day, please contact Lisa of Walgreens at 919- 942-8738, and Jarrell Leak of Rite Aid at 919-929-1178 for additional information so that we may schedule your vaccine appointment.

Please bring the following for your registration:

- Health Insurance Cards
- Name and Phone Number of your Primary Care Provider
- Immunization History (if possible)
- List of Medications (if possible)

Shingles and Pneumonia Vaccination Clinic Date:

If you were unable to be attend the registration day, prior to the clinic date, there will NOT be enough vaccine for you. Please come to the clinic

Central Orange SC (242257-01)

Wed, Sept 2 - Immunization Assessment 9 am – 1 pm

Wed, Sept 16 - Shingles and Pneumonia Clinic 9 am – 1 pm

Seymour Center (342502)

Tues, Sept 8 - Immunization Assessment 9 am – 1 pm

Tues, Sept 22 - Shingles and Pneumonia Clinic 9 am – 1 pm

Smoke Cessation Program – Freshstart

Freshstart is a group based tobacco cessation support program, designed to help individuals plan a successful quit smoking attempt by providing essential information, skills for coping with cravings, and group support. The information and activities received from Freshstart will help you discover why you smoke and what motivates you to quit smoking. Freshstart incorporates the most current guidelines for tobacco cessation into four face to face group support sessions. In each session, the participants will learn concise material that will help them make informed choices about which techniques they want to use for their own quit attempt. During the second and fourth sessions of the program, each participant will receive free nicotine replacement therapy (NRT) of their choice.

The goal for this program is to increase successful completions from participants who want to quit smoking and stay quit from smoking. To register for the Freshstart program call 919-245-2480 or email us at smokefreeoc@orangecountync.gov.

Fee: FREE

Seymour Center

Tues, Oct 13, 20, 27; Nov 3 (332000-02, 03) 6 - 7 pm

Quitting Smoking for Older Adults – On-line Course.

The National Institutes of Health (2014) is offering a new web resource to help older adults stop smoking with videos, worksheets, interactive features, strategies, quizzes, and more. It includes a link to the resource *Clear Horizons: A Quit Smoking Guide for People 50 and Older*.

<http://nihseniorhealth.gov/quittingsmoking/quittingwhenyoureolder>

“What’s up Doc?” Take Charge of Your Health

Do you find health information hard to understand? Even if you have access to health services? If you don’t understand health care terms and instructions, it can negatively affect your health. Take charge and become “health literate!” This seminar will focus on helping individuals and caregivers to obtain, understand and act on health information.

Presenters: Jean McDonald FNP, OC Health Department, and Jena Ivey Burkhart, Pharm D, UNC Eshelman School of Pharmacy. See page 12 for more details.

To register, please call Central Orange SC at 919-245-2015, or Seymour Center at 919-968-2070. Fee: FREE

Central Orange SC

Wed, Oct 7 (243033-01)

9:30-11:30 am

Seymour Center

Wed, Sept 30 (343029-01)

1- 3 pm

EVIDENCED-BASED PROGRAMS

The following programs are supported in part by Health Promotion/Disease Prevention Funds from NCDHHS – Aging and Adult Services. As a consumer, you may make a voluntary contribution to this program, but are under no obligation. Contributions will be used to expand the program and are confidential. Services will not be reduced or terminated for failure to contribute.

Living a Healthy Life with Chronic Conditions

Interactive 6-week course designed to help people with chronic conditions.

Includes: (1) techniques to deal with problems such as frustration, fatigue, pain and isolation; (2) appropriate exercise for maintaining and improving strength, flexibility, and endurance; (3) appropriate use of medication;

(4) communicating effectively with family, friends and health professionals;

(5) nutrition; and (6) how to evaluate new treatments. Each participant will receive a copy of the book, *Living a Healthy Life with Chronic Conditions*. The program is designed to enhance regular disease treatment and disease specific education. Registration Deadline is one week before start of program.

Program minimum 6, maximum 12.

Facilitators: Latonya Brown, Health Educator and Pam Tillett, Social Worker

Fee: FREE

Central Orange SC (22254-01)

Tues, Oct 16 – Nov 10

1 – 1:30 pm

Please contact Latonya Brown, 919-245-4270, if you are interested in having us offer this program to your senior group at your location, such as a church, community center, neighborhood clubhouse, etc.

Matter of Balance

Do you have concerns about falling? Have you been struggling with maintaining your balance? Many older adults are concerned about falling and restrict their activities. This award-winning program is designed to manage falls and increase activity levels. It is an evidenced-based health education program. While simple exercises will be used, it is not an exercise class. Registration Deadline: Thursday before the classes begin the following week. Program minimum 6, maximum 12.

Facilitators: Myra Austin and Becci Ritter

Fee: FREE

Central Orange SC

Tues and Thurs, Oct 6 – 29 (242000-01)

11 am – 1 pm

Please contact Latonya Brown, 919-245-4270, if you are interested in having us offer this program to your senior group at your location, such as a church, community center, neighborhood clubhouse, etc.

Walk with Ease – Arthritis Foundation

This is a walking program to encourage people with and without arthritis to get started walking and stay motivated to keep active anytime of the year. In this 6-week program, participants meet three times a week in groups of up to 15. The class begins with a health education session on an arthritis - or exercise - related topic, followed by stretching activities and a 10–35 min walk. To participate in this walking program please call the Seymour Center at 919-968-2070.

Instructors: Salli Benedict, MPH, RYT and Latonya Brown, MHSA, CIRS-A

Fee: FREE

Central Orange SC

TBA

Please contact Latonya Brown, 919-245-4270, if you are interested in having us offer this program to your senior group at your location, such as a church, community center, neighborhood clubhouse, etc.

Arthritis Foundation Exercise Program Classes

Aerobics – Arthritis Foundation Exercise Program

This class offers participants the evidence-based Arthritis Foundation Exercise Program, *Take Control with Exercise*. Class minimum 5, maximum 25.

Instructor: Sandy Wolfe.

Fee: FREE

Central Orange SC

Mon & Wed (252001-1)

10 – 10:50 am

Inspired Movement

Never exercised before? This class is great for beginners! It’s designed to stretch and strengthen your entire body for maximized movement and endurance. The class is an excellent way to improve joint flexibility, muscular strength, and toning. Knowledge of beneficial movements can be applied to daily living at home. Class offers the evidence-based Arthritis Foundation Exercise Program, *Take Control with Exercise*. Class minimum 5, maximum 15.

Instructor: Kathleen (“Kacky”) Campbell Hammon.

Fee: FREE

Seymour Center

Mon & Wed (352008)

10 – 10:50 am **or**

Tues & Thurs (352008)

2:15 – 3:05 pm