

## 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.

### “Acupuncture” How Can This Help Me?

People go to Acupuncturists the first time for relief from back pain. But Acupuncturists treat a broad range of complaints, from back and neck pain to headaches, arthritis and more - especially if the doctor also does acupuncture. Moreover, people don't need to have a specific complaint to benefit from a visit. Acupuncture also focuses on preventive and wellness care. Acupuncture care is effective for people of all ages. Come ask Tamara Freeman how to make an informed decision on acupuncture care. Questions? Call or email 919-205-8331 - [celestiaseacupuncture@gmail.com](mailto:celestiaseacupuncture@gmail.com)

#### Seymour Center

Tue, Jan 9 (352352-09) 11 - 11:45 am

#### Passmore Center

Thu, Jan 23 (252252-01) 11 - 11:45 am

### ClearCaptions - Breakfast and Learn Event

ClearCaptions is a federally certified provider of captioned telephones. The captioned telephone is a regular phone where you speak normally, and you hear the best you can. However, if you miss something, you get a text of what the other person says on the phone's display. This phone is available at no cost to individuals who have a hearing loss.

To qualify, all you need is a hearing loss, a land line connection and internet.

Come learn more about ClearCaptions!

#### Passmore Center

Thu, Dec 14 (252252-02) 10:30 am - 11:30 am

#### Seymour Center

Tue, Dec 12 (322251-01) 10:30 am - 11:30 am

### CPR and First Aid Class for Seniors

Do you want to be certified in CPR? Do you know what to do in an emergency before the first responders and emergency personnel arrive? Would you like to learn simple first aid and CPR? Topic areas to be discussed are: What to do when Stroke, Heart Attack or Falls occur.

Interested persons should contact Latonya Brown, Wellness Coordinator, at 919-245-4270. To register, please call 919-245-2015. Min: 5/ Max: 20

**Register by:** Wed, Feb 7

**Instructor:** David Silfen, Certified Emergency Paramedic

**Fee:** \$6

**OC County EMS - 510 meadowlands Dr., Hillsborough**

Wed, Feb 14

12:30 – 4:30 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; as well as detection and control of complications. . A medical provider's referral is needed to enroll in the program. Lunch provided. For more information, please call 919-245-2381.

**Fee:** Medicare (no co-pay), Medicaid (\$3 co-pay) and some private insurance companies 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**

Thu, Dec 8, 15; Jan12, 19; Feb 9, 16

12:30 – 5 pm

### **Music Therapy for Parkinson Disease (MT4PD)**

**MT4PD** is a weekly music therapy group. Funded through a grant from the National Parkinson Foundation, these sessions focus on maintaining or improving speech and language deficits caused by Parkinson's Disease progression. MT4PD is a fun, inviting way for individuals with Parkinson's Disease and care partners to connect with members of the Parkinson's community, while addressing individual rehabilitation needs. **Prior musical experience not**

**required.** Questions? Please contact Allison Hingley (919-443-9448 or

[allison@atlanticmusictherapy.com](mailto:allison@atlanticmusictherapy.com)

**Fee:** FREE

**Seymour Center**

Thursdays, (352800-01)

2 – 3 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 medications in a safe and easy way through a prescription drug drop box at each of the police department's main office locations. You may also dispose of over the counter medications. Orange County, residents have four drug disposal locations available:

Carrboro Police Dept  
Carrboro Century Center  
100 N Greensboro St  
Carrboro, NC 27510

Chapel Hill Police Dept  
828 Martin Luther King, Jr Blvd  
Chapel Hill, NC 27514

Hillsborough Police Dept  
127 N Churton St  
Hillsborough, NC 27278

Orange County Sheriff's Dept

Margaret Lane  
Hillsborough, NC 27278

### **NAMI Family-to-Family Education Program**

This **12-week series helps family members** understand and support their ill relative while maintaining their personal well-being. This is for family members of close relatives with: Major Depression, Bipolar (manic depression), Schizophrenia and Schizophrenia, Panic, Obsessive Compulsive, and Borderline Personality Disorders. The class is limited to 25 people.

**Contact:** Nancy Brickman at 919-818-8065 or for confidential inquiries, email:

[nbrickman@nc.rr.com](mailto:nbrickman@nc.rr.com)

### **Nu-Step Contest**

Do you enjoy working out on the Nu-Step? Well here's your chance to show us just how much! For 6 weeks (Dec 4 - Jan 15) we are having a contest to see how often/long you work out on the Nu-Step. Want to know how to get started??? Come see our New Personal Trainer, Arlene Bynum Mills, to sign up. Prizes will be given to the top 5 participants! So do not delay, sign up and Nu-Step your way to a healthier life!

**Instructor:** Arlene Mills

**Fee:** FREE

**Seymour Center**

Dec 4 - Jan 15

### **Smoke Cessation Program - Freshstart**

Freshstart is a group based tobacco cessation support program to help individuals plan a successful quit smoking attempt using information for dealing with cravings. In each support session, participants will learn concise materials to help them make choices on which techniques are best for them. During the second and fourth sessions, participants will choose and receive FREE nicotine replacement therapy (NRT).

The goal is to increase participants' successful completion to quit smoking, and to stay that way.

To register for this Freshstart program call 919-245-2480 or email us at

[smokefreeoc@orangecountync.gov](mailto:smokefreeoc@orangecountync.gov)

**Provider:** Orange County Health Dept

**Seymour Center**

Wed, Jan 10 - 31 (312000-01)

6 pm

### **Quitting Smoking for Older Adults - On-line Course**

The National Institutes of Health offers a 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>

### **Why is Personal Hygiene So Important?**

Personal hygiene covers a wide variety of separate actions, such as bathing, hand washing and restroom care. According to Mayo Clinic, hand washing should occur before preparing or eating food as well as after using the toilet or touching an animal. Other situations that call for hand washing are handling germ-infested items such as

diapers and Kleenex. Hong and Latonya will discuss the ways to make informed decisions about how to care for your health and appearance to keep you safe. Program will be in Chinese and English.

**Presenters:** Latonya Brown, MHSA and Mike Liu, SW

**Seymour Center**

Wed, Dec 6 (352352-08)

11 - 11:45 am

**Passmore Center**

Wed, Dec 13 (252252-12)

11 - 11:45 am

**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. Contributions will be used to expand the program and are confidential. Services will not be reduced or terminated for failure to contribute.

**Please contact Latonya Brown, 919-245-4270, if you are interested in having us offer any of the following evidenced-based programs to your senior group at your church, community center, neighborhood clubhouse, or etc and you have a minimum of 6 participants.**

**Living a Healthy Life with Chronic Conditions**

Interactive 6-week course is designed to help people with chronic conditions. Includes: (1) techniques to deal with problems such as frustration, fatigue, pain and isolation; (2) appropriate exercises 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*. Min: 6/Max: 12

**Facilitators:** Latonya Brown and Phyllis Fliederbaum,

**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. Min: 6/

Max: 12

**Facilitators:** Myra Austin, Latonya Brown and/or Becci Ritter

**Tai Chi for Arthritis Program - Arthritis Foundation**

Tai Chi improves balance, agility and flexibility while increasing pain free range of motion for persons with arthritis, lupus, fibromyalgia and other inflammatory joint conditions. Older adults managing chronic conditions such as high blood pressure, diabetes, Parkinson's, MS, heart disease, lower back pain and depression also experience benefits from this gentle activity.

(No previous Tai Chi experience necessary - can be done seated or standing) **Beginner classes run for 20 weeks:**

**Passmore Center**

Fridays (23225-01)

10 - 11 am

**Seymour Center**

Mon, Oct 9 – Feb 26 (352102-01)

9 – 10 am

### **Walk with Ease – Arthritis Foundation**

This walking program encourages people with or without arthritis to get started walking and to stay motivated to keep active. 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.

**Instructors:** Salli Benedict, Latonya Brown and others to be trained

## **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 Min: 5/ Max: 25

**Instructor:** Sandy Wolfe

#### **Passmore Center**

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 maximum 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 Min: 5/Max: 15

**Instructor:** Kathleen (“Kacky”) Campbell Hammon.

#### **Seymour Center**

Mon & Wed (352008)

10 – 10:50 am **or**

Tue & Thu (352008)

2:15 – 3:05 pm

### **Ω Sit to be Fit - Arthritis Foundation Exercise Program**

Find out how to stretch and strengthen your entire body for maximum range of motion, and endurance. This class is excellent for improving your joint flexibility, muscular strength, and toning. While seated you will learn beneficial exercises you can apply at home daily as well as healthy hints to keep you independent and moving toward 100 years of age. Walk-ins welcome, Class Min: 4/Max: 18

**Instructor:** Michael Savino

#### **Seymour Center**

Mon (352019)

11 – 11:50 am