

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.

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. It meets the standards of the American Diabetes Assoc and will be led by OC Health Department's Registered Dietitians, Registered Nurses, and other health care professionals to create a comprehensive care plan to manage your diabetes. A medical provider referral is needed to enroll in the program. Lunch will be provided by Panera bread. 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, Jun 8, 15; Jul 13, 20; Aug 10, 17 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 Univ and has been proven to help people with diabetes. Within the program participants will find:

- Nutrition and exercise tips
- How to make informed treatment decisions
- How to have better communication with doctors

Participants log into the workshop from their own computers for just two hours 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

Essential Oils

Essential oils are volatile aromatic compounds derived from plants. They can be used for a number of wellness applications. Essential oils can offer a variety of emotional and physical benefits. Essential oil aromatherapy can be used to maintain a healthy mind, body, and spirit. Join us to learn more about all of the natural benefits essential oils have to offer.

Passmore Center

Thu, Jul 6 (232255-01)

9 am - 10:30am

Seymour Center

Tue, Jul 3 (332004-01, 02)

11 am and 2 pm

Hearing Screening and Ear Wax Check

Do you have a hearing problem? Have you fallen recently? These 2 simple questions are the first step in assessing a patient's hearing status. Patricia O Johnson, AuD, F-AAA, ABA Certified, Doctor of Audiology and UNC Hearing and Communication Center Staff will provide the screenings at the senior centers. There will also be an explanation on the causes and symptoms of hearing loss.

Fee: FREE

Passmore Center

Thu, Jul 20 (252505-01)

9 am - 12 noon

Seymour Center

Tue, Jul 25 (352079)

9 am - 12 noon

Mental Health First Aid Course

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

Provided by Cardinal Innovations. Lunch provided.

Registration Required by Wed, Jul 5

Fee: FREE

Seymour Center

Wed, Jul 12 (357081-04)

8 am - 5 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 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. To register, contact: Nancy Brickman at 919-818-8065 or for confidential inquiries, email: nbrickman@nc.rr.com

Fee: FREE

Watch for future dates in the fall.

徒步郊游(专为华人老人安排)

Nature Walks for Mandarin/Chinese-Speaking Seniors Only

Please call 919-968-2070 to register.

These walks are specifically for the Chinese community and are slow paced and generally on level ground. Sometimes the walks may stray a few yards from the even surfaces of local paved greenways to "Take a Closer Look" at nature. **Note: Sturdy walking shoes and walking poles, light-weight day pack, water, energy bar, and binoculars are recommended for all walks.** We will meet in Seymour Center at least 15 minutes before the bus is scheduled to depart.

Leader: Ken Moore.

River Walk in Hillsborough

We will enjoy early spring wildflowers and renew friendship with old tree friends along the recently extended River Walk that now includes part of the Mountains to Sea Trail that connects with Historic Occoneechee Speedway trail. Easy walking on level surfaces, approximately 2 miles.

Minimum: 10; Maximum: 20

Walking Difficulty: Easy

Fee: FREE

Thu, Jun 8

9:30 am – 12 noon

Please arrive 15 minutes before the bus is scheduled to depart

Seymour Center (352300 – 04)

9:30 am

"Nature Elders" Take a Walk

Please call either the Passmore Center at 919-245-2015, or the Seymour Center at 919-968-2070 to register. Ken Moore leads these popular walks.

The "Nature Elders" include folks who enjoy walking outdoors with frequent stops to examine interesting plant life, the birds, butterflies and other interesting critters (pollinators) that depend on these plants. Newcomers are always welcome to join the group and beware - you will probably get "Hooked on Nature." Walks are slow paced and generally on the level ground of local paved greenways with frequent opportunities to "Take a Closer Look" at Nature a few feet away from the pavement

Note: Sturdy walking shoes and walking poles, light-weight day pack, water, energy bar, and binoculars are recommended for all walks.

River Walk in Hillsborough

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Minimum: 10; Maximum: 20

Walking Difficulty: Easy

Fee: FREE

Wed, Jun 7 (352301 -04) 9 am – 12 noon

Please arrive 15 minutes before the bus is scheduled to depart

Seymour Center 9 am

Passmore Center 9:15 am

Natural Water

Our bodies are made up of over 75% water! Every tissue and cell in our body needs water to function. But not all water is created equal. Tap water and bottled water can be full of chemicals and cause more harm than good. SD501 is a product that can filter regular tap water into seven different types of water. Come out and listen to Terica Cameron talk more about this innovate product.

Passmore Center

Wed, Jun 14 (232256-01) 11 am

Seymour Center

Tue, Jun 7 (332201) 10:30 am

Self-Defense for Seniors

Why take a self-defense class? You can use self-defense to protect yourself from harassment and assault. Anyone can learn and use basic self-defense skills, regardless of age, gender, or fitness level. These skills can also promote a stronger mind-body connection by improving self-respect and self-awareness. Join us in class to start developing a stronger mind and body!

Instructor: TBA

Passmore Center

Tue, Jun 13 (212251-01) 2:30 – 4:30 pm

Seymour Center

Tue, Jul 11 (332202) 2 – 4 pm

Smoke Cessation Program – Freshstart

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

The program's 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.

Provider: Orange County Health Dept

Fee: FREE

Seymour Center

Wed, Aug 2, 9, 16, 23 (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>

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.

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.

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*.

Registration Deadline is one week before start of program. Program minimum 6, maximum 12.

Facilitators: Latonya Brown, Health Educator and Phyllis Fliederbaum, Trained Community Leader

Fee: FREE

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: Thu before the classes begin the following week. Program minimum 6, maximum 12.

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

Tai Chi for Arthritis Program – Arthritis Foundation

Orange County Dept Aging has a new program schedule for the Tai Chi for Health and Balance programs, intended for seniors who are interested in improving or maintaining strength and staying independent. Tai Chi is proven to improve balance, agility and flexibility while increasing pain free range of motion for persons with arthritis, lupus, fibromyalgia and other inflammatory joint conditions (Centers for Disease Control and Injury Prevention). 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 (Harvard Medical School Guide to Tai Chi). Evidence shows Tai Chi can prevent falls up to 55% and recurrent falls by 75%.

Beginner classes – run for 16 weeks:

(No previous Tai Chi experience necessary – can be done seated or standing)

Fee: FREE

Passmore Center

Fri, Jun 2 – Sep 15 (232257-01)

10 – 11 am

Walk with Ease – Arthritis Foundation

This is a walking program to encourage people with or without arthritis to get started walking and to stay motivated to keep active throughout 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, Latonya Brown, MHSA, CIRS-A and others to be trained
Fee: FREE

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

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 minimum 5, maximum 15.

Instructor: Kathleen (“Kacky”) Campbell Hammon.

Fee: FREE

Seymour Center

Mon & Wed (352008)
Tue & Thu (352008)

10 - 10:50 am or
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 minimum 4, maximum 18.

Instructor: Michael Savino, CTRS, LMBT #00703

Fee: FREE (donations encouraged)

Seymour Center

Mon (352019)

11 - 11:50 am