

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.

Reading Food Labels

All packaged foods come with a nutrition label meant to provide you with the information necessary to know exactly what you're eating. Understanding what's in the foods you eat helps you make healthier choices. Checking food labels also makes it easy for you to compare the nutrient content of different options. A healthy diet is crucial throughout your lifetime and paying attention to nutrition labels is a good step toward improving your overall diet.

Facilitator: ?

Fee: FREE

Passmore Center

Tue, Sep 20 (242258-01)

1 pm

Seymour Center

Mon, Sep 19 (352299-01)

9:30 am

Let's Talk: The Basics of Hospice

This class will provide an overview of the philosophy of Hospice and the care it provides. We will focus on how hospice staff works together with the patient, family, and care providers to help them live as fully and as comfortable as possible. Participants will learn more about the basics of Hospice care, including what Hospice is and is not; what types of services are covered; what types of care is provided - and where; who is eligible for its services - and much more. The program will also include a discussion on the differences between Hospice and Palliative care.

Facilitator: Shannon Pointer MSN, RN

Community Educator for Hospice & Palliative Care Center of Alamance-Caswell

Fee: FREE

Passmore Center

Wed, Sep 14 (252252-09)

11 am - 12 noon

Caregiver Creative Connection: Art Making Together

This group offers an opportunity to connect with other caregivers (past or present), offering time to relax, connect, and create. Making art as a group can decrease stress levels while engaging in a rejuvenating form of self-care. Erika, an Art Therapist, facilitates a safe space that is inclusive and validating with no criticism from self or others. Connect with others as you create. Build new friendships and strengthen existing ones. Must have 4 participants for this course to take place, maximum of 12. Registration is required a week in advance for each session. Questions: contact Erika 816- 885-0341

Instructor: Erika Hamlett, MA

Fee: \$40/session (includes materials)

Passmore Center

Session I: Fri, Sep 2- 16 (no class Sep 23) (235001-09) 1 - 2 pm
Fri, Sep 30 (note time for class) 10 - 11-am
Session II: Fri, Oct 7, 21 28 (no class Oct 14) (235001-10) 1 - 2 pm
Fri, Nov 4 (note time for class) 3 - 4 pm

Seymour Center

Session I: Fri, Sep 2- 23 (332003-03) 10 - 11am
Session II: Fri, Oct 7, 21 28 (332003-06) 1-2pm
Fri, Nov 4 (note time for class)

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

Thu, Sep 8, 16; Oct 13, 20 Nov 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 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

Depression Screenings

A happy mind is a very important part of the healthy life. It is inevitable that in life, we do feel frustrated, down, empty and hopeless sometimes, but it's good to know if it is going to affect our daily routine and activity - and if it does, what effective approaches we can take to get better?

Provider: Orange County Department on Aging offers FREE one-on-one private emotional screenings and relevant educational presentations afterwards. We encourage you to take advantage of this FREE screening. Please call Aging Transitions 919-968-2087 to schedule an appointment.

Fee: FREE

Passmore Center

Wed, Nov 2 (245000-01)

9 am – 4 pm

Seymour Center

Wed, Oct 26 (357096)

9 am – 4 pm

Falls Prevention**National Falls Prevention Awareness Day – Fri, Sep 23**

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

Recommendations for prevention 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 Sep 23**. Please call a center to make an appointment. Passmore Center at, 919-245-2015 or Seymour Center, 919-968-2070

Fee: FREE

Passmore Center

Fri, Sep 23 (242502-01)

9 am – 12 noon

Seymour Center

Fri, Sep 23 (357096)

9 am – 12 noon

Fall Prevention and Recovery Class

Many older adults throughout Orange County fall every year in their homes and in the community. This class will offer an opportunity to work with an Occupational Therapist and Occupational Therapy students from UNC- CH to learn how to prevent falls in your home and in the community. Additionally, in case a fall occurs, you will learn when it is, or is not, safe to get up alone. You will learn to plan for and use appropriate and safe techniques for getting up from the floor and reaching emergency services. No registration required.

Fee: FREE

Seymour Center

Wed., Sep 14 9:30am – 10:30am

Passmore Center

Wed, Nov 9 9 – 10 am

Flu Shots – Orange County Health Department

Flu vaccines will be available for seniors (65+) and those over age 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 \$36 and high-dose vaccine for senior citizens is \$58. 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 Passmore Center, 919-245-2015, or Seymour Center, 919-968-2070, to schedule an appointment at the center where you wish to receive your shot.

Passmore Center

Wed, Oct 19 (242500)

9 am – 12 noon

Seymour Center

Thur, Oct 20 (352000)

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 of participants who want to quit smoking, and to stay that way. To register for the Freshstart program call 919-245-2480 or email us at smokefreeoc@orangecountync.gov.

Fee: FREE

Seymour Center

Tue, Oct 4, 11, 18, 25 (332000-04)

6-- 7 pm

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

Passmore Center

Thu, Oct 6 (252505-01)

9 am – 12 noon

Seymour Center

Fri, Oct 7 (352079)

9 am – 12 noon

Mobile Prescription Drugs Drop Box at Passmore Center

Orange County Department on Aging is partnering with the Hillsborough Police Department to provide a Mobile Prescription Drug Drop. You will be able to dispose of expired, unused and unwanted medications in a safe and easy way through a mobile prescription drug drop at the Center. Just drive up in front of Orange County Sportplex and hand an officer your bag

Fee: FREE

Passmore Center

Thu, Oct 6 (242259-01)

10 am – 12noon

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 of participants who want to quit smoking, and to stay that way. To register for the Freshstart program call 919-245-2480 or email us at smokefreeoc@orangecountync.gov.

Fee: FREE

Seymour Center

Tue, Oct 4, 11, 18, 25 (332000-04)

6-- 7 pm

Mindfulness Program

"Mini Course"

The Mindfulness Program was developed by Jon Kabat-Zinn, who in the 1970's created a program for helping participants learn to develop skills to live life to its fullest. These techniques, which he called Mindfulness, will help you learn how to draw on your inner resources to access your natural capacity for self-care and healing. The course will introduce you to the concepts of mindfulness, allowing some of its benefits to begin to seep into your life. Benefits of practicing mindfulness techniques include learning how to: quiet and calm your mind, pay attention to your moment to moment experiences, restore and maintain a sense of personal balance, decrease symptoms associated with stress, and improve your overall physical and emotional well-being. The techniques include: mind-body awareness, breath awareness for stress management, mindfulness meditation practices - including waking and seated, mindful movement in the form of simple stretching and gentle yoga, and mindful eating. Participants should plan to attend the 4-week session, complete a daily practice of 20 - 30 minutes a day, and attend the optional and additional 4-hour "mini-retreat" held at the end. Each week, participants will receive a small manual with handouts. We recommend that you purchase the book, *Full Catastrophe Living*, by Jon Kabat-Zinn.

The instructor, Paula Huffman BS, RN is an experienced, registered yoga teacher and mindfulness educator. She teaches the 8 - week Mindfulness Based Stress Reduction and Pain Management Courses at UNC's Program on Integrative Medicine through the UNC School of Medicine. **Registration Fee is \$100 for the series. The registration deadline is Wed, Aug 24**

Registration required

Fee: \$100

Seymour Center

Intro class (334026-04)

Wed, Sep 7

9 - 11 am

Regular course (334026-03)
Wed, Sep 14 - Oct 12

9 - 10 am

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

Orange County Sheriff Department
Margaret Lane,
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

Thursdays, Sept 8 - Dec 1

5:30 - 9:30 pm

Shingles and Pneumonia Vaccines Coming To You

Walgreens and Kroger will be bringing their Shingles and Pneumonia Vaccinations Clinics to you in September! Their pharmacy team will be at the Orange County Senior Centers 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 co-pay).

Immunization Registration* Date: Wed, Sep 7 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 Ping Rogers of Kroger at 919-380-1443 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

Passmore Center (242257-01)

Wed, Sep 21 - Immunization Assessment 9 am – 1 pm

Wed, Sep 28 - Shingles and Pneumonia Clinic 9 am – 1 pm

Seymour Center (342502)

Wed, Sep 7 - Immunization Assessment 9 am – 1 pm

Wed, TBA - Shingles and Pneumonia Clinic 9 am – 1 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>

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.

Note: The past year’s series of greenway walks attracted a group of seniors who enjoy frequent stops along the way to examine interesting plant life and the birds and butterflies, and countless other critters (pollinators) that accompany them. The group now calls itself the “**Nature Elders**” and though there are some who try not to miss a walk, there are always newcomers who enjoy getting “Hooked on Nature.” All nature-curious folks are encouraged to join the walks. These walks are slow paced and generally on level ground. Sometimes the walks may leave the even surfaces of local paved greenways and take off on area nature trails to “Take a Closer Look” at Nature.

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

The following is the schedule for this fall.

Mason Farm Biological Reserve

We will enjoy the peak of fall wildflowers along the old farm roadway around Big Oak Woods at the **Mason Farm Biological Reserve** of the N.C. Botanical Garden. Anticipate a tasting of ripe persimmons and perhaps another eagle sighting, a repeat of last year's experience.

Easy walking on level surfaces, approx. 1.5 miles.

Minimum: 10; Maximum: 20

Walking Difficulty: Easy

Fee: FREE

Wed, Sept 28 (340000-03) 9 am – 12 noon

Please arrive 15 minutes before the bus is scheduled to depart

Passmore Center 9 am

Seymour Center 9:15 am

Jo Peeler Trail of the Cedar Falls Park and Greenway

We will explore the **Jo Peeler Trail** of the **Cedar Falls Park and Greenway** in Chapel Hill.

Kathy Harris will accompany the group to describe the history of the trail and the early efforts to establish greenways in Chapel Hill. Special features of this trail are groves of giant oaks and a truly unbelievable Tulip Poplar. Bring a sack lunch; the group will enjoy the picnic facilities at the Park following the walk.

Moderate, uneven surfaces, approx. 1 mile.

Minimum: 10; Maximum: 20

Walking Difficulty: Moderate

Fee: FREE

Wed, Oct 12 (340004-01) 9 am – 1:30 pm

Please arrive 15 minutes before the bus is scheduled to depart

Passmore Center 9 am

Seymour Center 9:15 am

Poet's Walk at historic Ayr Mount

We will take a leisurely stroll on the **Poet's Walk at historic Ayr Mount** in Hillsborough.

We'll observe which trees and shrubs are the last to display their fall colors and we'll marvel at some of the giant trees along the edge of the Eno River. Bring a sack lunch to enjoy following the walk.

Moderate, uneven surfaces, approx. 1 mile.

Minimum: 10; Maximum: 20

Walking Difficulty: Moderate

Fee: FREE

Wed, Nov 9 (340005-01) 9 am – 1:30

Please arrive 15 minutes before the bus is scheduled to depart

Passmore Center 9:15 am

Seymour Center 9 am

If you have any questions specific to the walk, please contact Ken Moore at 919-967-4734 or email: kmoore3@email.unc.edu.

Chinese Community Nature Walks

Please call the Seymour Center at 919-968-2070 to register.

These walks are slow paced and generally on level ground. Sometimes the walks may leave the even surfaces of local paved greenways and take off on area nature trails to “Take a Closer Look” at Nature.

Make Note: Recommended for all walks are sturdy walking shoes and walking poles, light-weight day pack, water, energy bar, and binoculars. These are walks specifically for the Chinese community. We will meet in Seymour at least 15 minutes ahead.

Mason Farm Biological Reserve

We will enjoy the peak of fall wildflowers along the old farm roadway around Big Oak Woods at the **Mason Farm Biological Reserve** of the N.C. Botanical Garden. Anticipate a tasting of ripe persimmons and perhaps another eagle sighting, a repeat of last years’ experience. Easy walking on level surfaces, approx. 1.5 miles. Maximum 20. Register in front desk by Sept. 14th.

Walking Difficulty: Easy

Fee: FREE

Wed, Sept 28 (34000-03)

9 am – 12 noon

Please arrive 15 minutes before the bus is scheduled to depart

Seymour Center

9:15 am

Jo Peeler Trail of the Cedar Falls Park and Greenway

We will explore the **Jo Peeler Trail** of the **Cedar Falls Park and Greenway** in Chapel Hill.

Special features of this trail are groves of giant oaks and a truly unbelievable Tulip Poplar. Bring a sack lunch; the group will enjoy the picnic facilities at the Park following the walk. Moderate, uneven surfaces, approx. 1 mile. Maximum 20. Register in front desk by Sept. 30th.

Walking Difficulty: Moderate

Fee: FREE

Thurs, Oct 14 (340004-02)

9 am – 1:30pm

Please arrive 15 minutes before the bus is scheduled to depart

Seymour Center

9:15 am

Poet’s Walk at historic Ayr Mount

We will take a leisurely stroll on the **Poet’s Walk at historic Ayr Mount** in Hillsborough.

We’ll observe which trees and shrubs are the last to display their fall colors and we’ll marvel at some of the giant trees along the edge of the Eno River. Bring a sack lunch to enjoy following the walk. Moderate, uneven surfaces, approx. 1 mile. Maximum 20. Register in front desk by Nov. 2nd.

Walking Difficulty: Moderate

Fee: FREE

Wed, Nov 16 (340005-02)

9 am – 1:30 pm

**Please arrive 15 minutes before the bus is scheduled to depart
Seymour Center** 9:15 am

If you have any questions specific to the walk, please contact Zhenzhen Yu, 余贞臻 at 919-68-2070.

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

LOCATION

Date ? (000000) Time ?

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

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.

Tai Chi for Arthritis Program - Arthritis Foundation

Orange County Department on Aging releases 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 8 weeks:

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

Passmore Center

Date ? (000000) ? Time ?

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

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

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 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
Tue & Thu (352008) 2:15 – 3:05 pm