

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. . 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, Sep 14, 21; Oct 12, 19; Nov 9, 16

12:30 - 5 pm

Dizzy Clinic

Are you dizzy or light-headed? Does it keep you from going out? Have you fallen in the past year? 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.

Passmore Center

Tues, Nov 7 (242260 -01)

9 am - 12 noon

Seymour Center

Wed, Nov 8 (342277-02)

9 am - 12 noon

Falls Prevention

National Falls Prevention Awareness Day - Fri, Sep 22 is observed the first day of fall to promote and increase public awareness on how to prevent and reduce falls among older adults. 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. **Register by: Sep 15**

Fee: FREE

Passmore Center

Fri, Sep 22 (242502-01)

9 am - 12 noon

Seymour Center

Fri, Sep 22 (357096 -01)

9 am - 12 noon

Food Safety: Is it safe? - Keep it safe. (English and Mandarin)

Older adults are at greater risk than other adults for foodborne illnesses, poor nutrition and high rates of nutrition and lifestyle-related chronic diseases. Safe food handling knowledge and skills are critical for older adults so they can recognize unsafe practices that may be used by untrained food handlers – including untrained agency or family caregivers, restaurants, etc. Come find out how to keep safe when handling food. Light continental breakfast provided by Golden Age Happy Circle. **Register by:** Tue, Sep 5

Seymour Center

Tues, Sep 12 (342205 -01)

9:30 – 11am

Flu Shots

Everyone 6 months and older should get a flu vaccine, annually. The single best way to prevent the flu is to get vaccinated each year. Vaccination is especially important for people at higher risk of getting severe influenza and their close contacts, including healthcare personnel and those with close contacts of children younger than 6 months. Flu shots provided by Orange County Health Department, Walmart, and Walgreens. **Register by:** one week prior to date

Passmore Center

Thu, Oct 5 (242500-01)

9 am – 12 noon

Wed, Oct 25 (242257-010)

9:30 – 11:30 am

Seymour Center

Tues, Oct 24 (352500-01)

9 am – 12 noon

Mon, Nov 13 (352500-05)

12:30 – 2:30 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. **Register by:** Oct 13

Fee: FREE

Passmore Center

Tues, Oct 17 (252505-02)

9 am – 12 noon

Seymour Center

Mon, Oct 16 (362079 -04)

9 am – 12 noon

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

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.

To register contact: Nancy Brickman at 919-818-8065 or for confidential inquiries, email: nbrickman@nc.rr.com **Register by:** one week prior

Fee: FREE

Seymour Center

Thursdays, Sep 7 - Nov 16 (357009-11)

2 - 3 pm

徒步郊游(专为华人老人安排)

CHINESE COMMUNITY NATURE WALKS *For Chinese Speaking Seniors Only

To register: Call Sue Fan at (919) 370-9067 by the registration deadline.

These walks are slow paced, usually on level ground with occasional stops to "take a Closer Look" at Nature. Note: Sturdy walking shoes, walking poles, light-weight day pack, water, energy snack recommended. **Arrive 15 minutes before bus is scheduled to depart.**

Leader: Jim Ward

Fall Wildflowers at Mason Farm Biological Reserve

Observe the diversity of fall wildflowers in the open fields of Mason Farm as well as a diversity of woodland forest habitats from the old farm road that encircles the Big Oak

Woods. Walking difficulty: Easy, 1 ½ mile. Class Min: 10/Max: 20. **Register by:** Thu, Sep 14

Fee: FREE

Seymour Center

Thu, Sep 21 (352300 - 05) 9:30 am – 12 noon

Historic Occoneechee Speedway Trail

Enjoy early fall color of the big trees along the Eno River and reflect on the history of the old racetrack here at the birth place of Stock Car Racing in 1949. Walking difficulty:

Easy, 1 ½ mile. Class Min: 10/Max: 20. **Register by:** Thu, Oct 12

Fee: FREE

Seymour Center

Thu, Oct 19 (352300- 06) 9:30 am – 12 noon

'Sculpture in the Garden Show' at NC Botanical Garden

We will enjoy observing late fall color and lingering fall wildflowers as we tour the Garden's 29th Annual Sculpture in the Garden Show. Walking Difficulty: Very Easy, ¼

mile. Class Min: 10/Max: 20. **Register by:** Thu, Nov 9

Fee: FREE

Seymour Center

Thu, Nov 16 (352300 - 07) 9:30 am – 12 noon

"NATURE ELDERS" TAKE A WALK"

To Register: Call the Passmore Center at 919-245-2015 or the Seymour Center at 919-968-2070 by the registration deadline.

The "Nature Elders" include folks who enjoy walking outdoors with frequent stops to "take a Closer Look" at plants and the diversity of critters including birds, butterflies and other insects (pollinators) that share a mutual co-dependency on the plants. Note: Sturdy walking shoes, walking poles, light-weight day pack, water, energy snack and binoculars recommended.

Arrive 15 minutes before bus departs.

Leader: Jim Ward

Fall Wildflowers at Mason Farm Biological Reserve

We will observe the diversity of fall wildflowers in the open fields of Mason Farm as well as a diversity of woodland forest habitats from the old farm road that encircles the Big Oak Woods. Walking difficulty: Easy, 1 ½ mile. Class Min: 10/Max: 20. **Register by:** Wed, Sep 13

Fee: FREE

Passmore Center: 9 am

Seymour Center: 9:15 am

Wed, Sep 20 (352301- 05) 9:30 am – 12 noon

Historic Occoneechee Speedway Trail

We will enjoy early fall color of the big trees along the Eno River and reflect on the history of the old racetrack here at the birth place of Stock Car Racing in 1949. Walking

Difficulty: Easy, 1 ½ mile. Class Min: 10/Max: 20. **Register by:** Wed, Oct 11

Fee: FREE

Passmore Center: 9:15 am

Seymour Center: 9 am
Wed, Oct 18 (352301 - 06) 9:30 am - 12 noon

'Sculpture in the Garden Show' at NC Botanical Garden

We will enjoy observing late fall color and lingering fall wildflowers as we tour the Garden's 29th Annual Sculpture in the Garden Show. Walking Difficulty: Very Easy, ¼ mile. Class Min: 10/Max: 20. **Register by:** Nov 8

Fee: FREE

Passmore Center: 9 am
Seymour Center: 9:15 am
Wed, Nov 15 (352301 -07) 9:30 am - 12 noon

Pain Management

Pain management and chronic pain are frequently discussed topics currently due to the opioid epidemic. In this session we will take a closer look at pain, particularly chronic pain, and all the factors that can contribute to its formation and staying power. A physical therapist with Duke Medical Plaza-Hillsborough, will discuss how physical therapy can be used to address pain and help to improve function. **Register by:** Nov 1 (Passmore Center); **Register by:** Oct 23 (Seymour Center)

Passmore Center

Wed, Nov 8 (242260-01) 10:30 - 11:30 am

Seymour Center

Mon, Oct 30 (343004 -01) 10:30 - 11:30 am

Shingles and Pneumonia Vaccines Coming To You

Pharmacy teams from Walgreens and Walmart will conduct two-part immunization clinics at both centers: Part 1) *A pre-immunization assessment and registration appointment to answer questions, verify insurance co-pays, if any, and reserve your vaccine; and Part 2) The vaccination clinic. **Note:** If you do not have the pre-immunization assessment, vaccine will NOT be available for you.

*If you are unable to attend the pre-immunization assessment, please contact the pharmacy team leader to arrange an assessment and register for your vaccine. For the Passmore Clinic, contact Tyler at Walmart: 919-268-9035; for the Seymour Clinic, contact Sharon at Walgreens: 919-590-4800.

Bring the following to your registration appointment: 1) Health Insurance Cards, 2) Primary Care Provider Name & Phone Number, 3) Immunization History, and 4) List of Medications

Fee: Possible Co-pay

Passmore Center

Mon, Oct 23 - Assessment (242257-01) 9:30 - 11:30 am

Mon, Oct 25 - Clinic (242257-01) 9:30 - 11:30 am

Seymour Center

Mon, Oct 9 - Assessment (342502) 12:30 - 2:30 pm

Mon, Oct 16 - Clinic (342502) 12:30 - 2:30 pm

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

Provider: Orange County Health Dept

Fee: FREE

Seymour Center

Wed, Oct 4, 11, 18, 25 (312000-01)

6 pm

Techniques for Assisting a Person who uses a Walker or Wheelchair

Many of us have friends or family members who use canes, walkers, wheelchairs or other devices. How can we best assist them when they are getting up from a chair, walking, or going up or down stairs, curbs and ramps? This session will cover safe ways to be of assistance.

Min: 3/Max: 25 **Register by:** Wed, Sep 27 (Passmore Center), **Register by:** Wed, Oct 11 (Seymour Center)

Instructor: Vicki Tilley, Physical Therapist and owner of ElderFit

Fee: FREE

Passmore Center

Wed, Oct 4 (214016-02)

10 - 11:30 am

Seymour Center

Wed, Oct 18 (342003-01)

3 - 4:30 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. 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*.

Register by: Wed, Oct 4

Facilitators: Latonya Brown and Phyllis Fliederbaum,

Fee: FREE

Seymour Center

Wed, Oct 11 - Nov 15 (352254 -06)

9:30 - 11:30 am

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

Fee: FREE

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 16 weeks: Register by: Mon, Oct 2

Fee: FREE

Passmore Center

Fri, thru Sep 15 (23225-01)

10 - 11 am

Seymour Center

Mon, Oct 9 - Jan 29 (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. If interested in participating in this walking program, please call the Seymour Center at 919-968-2070.

Instructors: Salli Benedict, Latonya Brown 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 Min: 5/ Max: 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 Min: 5/Max: 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

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**Fee:** FREE**Seymour Center**

Mon (352019)

11 – 11:50 am