

# 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.

## Be Active Regular

Physical activity lowers blood pressure and helps your body control stress and weight. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or play a game of catch or basketball.

Instructors: Latonya Brown & Isabel Jackson

### Central Orange SC

Tues, Jan 26 (252252-12)

12:15 pm

### Seymour Center

Mon, Jan 25 (352352 - 08)

12:15 pm

## Watch Portion Sizes - Registration is required.

Do you know if you're eating the proper portion size? Come join Isabel Jackson and Latonya Brown and learn how to use measuring cups and recommended serving sizes. You should use half your plate for fruits and vegetables and the other half for grains and lean meat, poultry, seafood or beans. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov). Registration is required. Light refreshments will be served.

### Central Orange SC

Thurs, Feb 4 (252252-02)

2 pm

### Seymour Center

Wed, Feb 10 (352352 - 09)

10 am

## Wellness B-I-N-G-O

Are you Ready? ARE YOU READY? To play Bingo? To play Bingo? To Play BINGO?! Come and join us for a day of Wellness. Stimulate your mind and body when you have fun playing Wellness bingo!!

### Central Orange SC

Thurs, Feb 25 (252252-03)

10:30 am

### Seymour Center

Wed, Jan 27(352352 -10)

10:30 am

### **Cognitive Aging: Evidence for Action**

Lisa Gwyther is a social worker with 35 years of experience working with individuals with memory disorders and their families as director of the Duke Family Support Program and education director of the Bryan Alzheimer's Disease Research Center.

Lisa is an associate professor in the Duke Department of Psychiatry and Behavioral Sciences and she currently co-chairs the NC Institute of Medicine Alzheimer's State Plan Task Force. She is co-author of a 2009 book, The Alzheimer's Action Plan. She received her Master's degree in Social Work from Case Western Reserve University in Cleveland, OH.

Lisa served on a National Academy of Medicine, Institute of Medicine panel releasing a 2015 public health report on Cognitive Aging. We have known for some time that the brain ages just as all other organs, and now we know the process is universal, gradual, extremely variable, lifelong and involves much more than memory or forgetting. New encouraging evidence highlights how cognitive aging is different from Alzheimer's disease and from mild cognitive impairment. Lisa will present seven evidence-based action steps to help individuals maintain optimal cognitive health and to help families and communities support optimal brain health. Finally, Lisa will offer some practical preventive steps to reduce the negative consequences of cognitive aging on independent function.

Presenter: Lisa P. Gwyther, MSW, LCSW, from Duke Family Support Program, Duke Center for Aging - Bryan Alzheimer's Disease Center at Duke

Fee: FREE

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

**Seymour Center** (323026-02)

Wed, Mar 2

4 -5 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, Dec 3, 10; Jan 14, 21; Feb 11, 18

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](http://www.restartliving.org/diabetes.php)

**Fitness for Everyone in the Prime of Life - 12 Essentials**

The older adults in Orange County are well-known for their active, busy lifestyle. This is the generation that is redefining aging in our society by continuing to work and stay active well into their golden years. Come join this lively interactive workshop which will take you through the 12 essentials to physical fitness for men and women between 55 and 105.

Instructor: Kevin Kirk, Certified Fitness Instructor

Fee: FREE

**Central Orange SC**

Tues, Jan 12 (22255-01) 10:30 – 11:30 am

**Seymour Center**

Mon, Jan 4 (342251-01) 10:30 – 11:30 am

**Healthy Living Series: Your Passport to Good Health**

Seymour Program and Wellness Team are co-sponsoring a unique and informative eight presentations with Seasons of Southpoint. Document your learning journey with your Passport to Good Health. Receive a stamp at each monthly presentation and submit your completed Passport for a chance to win two tickets to the show of your choice at the Durham Performing Arts Center (DPAC). The more stamps you receive, the more chances you'll have to win! Each presentation will be facilitated by Seasons of Southpoint staff. There will also be light refreshments, a question and answer session, and time for sharing and socializing. Program brochures will be available at the centers. Please inquire at the front desk if you would like a copy. Presentations will be held the first Tuesday of the month, at 2 pm, Seymour Center.

Topics as follows:

- |        |                               |
|--------|-------------------------------|
| Dec 8  | Avoid the Holiday Blues       |
| Jan 12 | Music Therapy                 |
| Feb 9  | Busy Minds, Creative Minds    |
| Mar 8  | Avoid Being Scammed           |
| Apr 12 | Laughter is the Best Medicine |
| May 10 | Safety at Home                |
| Jun 14 | Healthy Snacks                |
| Jul 12 | Hydration                     |

Fee: FREE

**Seymour Center**

2<sup>nd</sup> Tues, Dec 8; Jan 12; Feb 9 (314107) 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

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

Fee: FREE

### **Chapel Hill Public Library**

### **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](mailto:smokefreeoc@orangecountync.gov).

Fee: FREE

### **Seymour Center**

Wed, Jan 6, 13, 20, 27 (332000-03)

12 noon - 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>

### 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

**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

**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

**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)

Tues & Thurs (352008)

10 - 10:50 am or

2:15 -3:05 pm