



# Council on Aging in Union County

## Senior Voice Newsletter

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April, May, June 2017

### Food Fight Fundraiser – Success!

We had a successful fundraiser this past February and we met our fundraising goal to expand our In-Home services! THANK YOU to all of our sponsors, participating senior living communities, volunteers, participants, silent auction donors, and all others who made our event a success. We look forward to making this an annual fundraising event!

### Grief & Bereavement Support Group

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 2pm, at Council on Aging

Council on Aging has a support group for those who are grieving any loss. Whether you are grieving the loss of a loved-one or you are not able to do what you used to, you are not alone and are welcome to join our support group. Call Council on Aging for more information at **704-292-1797**.

### Welcome to Medicare Seminar

April 27<sup>th</sup> at 2pm at Union West Regional Library in Indian Trail

Council on Aging in conjunction with SHIIP, Seniors Health Insurance Information Program, is holding a Welcome to Medicare information session. This seminar is for anyone new to Medicare or interested in learning more about Medicare choices. Only unbiased information will be presented. No insurance will be sold or endorsed. For more info or to reserve your seat, call Council on Aging **704-292-1797**.

### Evidence Based Health Classes Available

*If you are interested in any of these FREE classes, call Council on Aging at 704-292-1797 to register.*

**Living Healthy – Chronic Disease Self-Management:** A 2½-hour workshop held each week for six weeks to provide support with ongoing health conditions. This includes practical tips to deal with pain and fatigue, better nutrition and exercise choices, & understanding new treatment options.

**Living Healthy with Diabetes:** A 2½-hour workshop held each week for six weeks to give you support in finding practical ways to deal with diabetes. This includes nutrition and exercise choices and better ways to talk to your doctor and family regarding your health.

### Senior Nutrition – Volunteers Needed

Union County Senior Nutrition is in need of volunteer drivers to deliver meals to seniors who are homebound. Oftentimes, the volunteer who delivers the meal is the only person the homebound senior sees during the day. Volunteers may choose to help once a month, once a week, or several days a week. Volunteer routes can be completed in approximately one hour. If you would like to serve our older neighbors with home delivered meals, call Union County Senior Nutrition at **704-283-3712**.

### Congregate Meal Sites

Lunchtime meals are served Monday – Friday and are available for anyone 60 and older at the dining sites below. Meals include programs & activities. Reservations are requested one day in advance by calling Union County Senior Nutrition at **704-283-3712**.

Indian Trail: Indian Trail United Methodist Church – 113 Indian Trail Road

Marshville: Hope House – 313 Church Street

Mineral Springs: Mineral Springs United Methodist Church – 5915 Old Waxhaw-Monroe Road

Monroe: Community Center of the Senior Housing Complex – 624 North Bragg Street

### United Senior Games

Union County residents age 50 and older are eligible to compete in numerous sports, visual arts, literary arts, heritage arts, & performing arts. For more information or if you would like to participate, contact the local hosting agency with NC Senior Games: Ellen Fitzgerald Senior Center at **704-282-4657**.

### Help for Family Caregivers Coping with Stress

Are you caring for a spouse or parent diagnosed with dementia or other chronic illness? Research indicates higher rates of depression and anxiety among family caregivers, increasing their vulnerability for health problems. Caring for You: Powerful Tools for Caregiving Classes are designed to provide family caregivers with the tools they need to increase their self-care, caregiving ability, and confidence. If you are interested in attending, please call Council on Aging **704-292-1797**.

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## Programs & Events

All seniors are welcome to join us to learn and socialize at our educational or informational programs. Bring a friend or come and make new friends at one of the sites below. There is no cost and registration is not required. You do not have to be a member of the church or meeting site to attend.

### April & May

**Stroke Program:** Jeanne Whalen, Stroke Program Coordinator with Carolinas Healthcare System, will discuss types of strokes, risk factors, how to prevent strokes, warning signs, and how you can help someone who is having a stroke. Jeanne will also offer a hands-only CPR training.

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| Apr 5  | Wed.  | 10:30am | Walkersville Presbyterian Church - 6204 Brady Road (covered dish)      |
| Apr 18 | Tues. | 10:00am | Lakeview Baptist Church - 4602 Concord Hwy, Unionville                 |
| May 9  | Tues. | 10:30am | Langford Chapel - 113 S Johnson St, Monroe (light lunch)               |
| May 17 | Wed.  | 10:00am | Autumn Care – 311 W Phifer St, Marshville (lunch)                      |
| May 23 | Tues. | 10:00am | Wingate United Methodist Church - 111 Hinson St, Wingate (Lunch-Ginos) |

### April & May

**Diabetes & Prediabetes Program:** Kathy Jackson, Certified Diabetes Educator with Carolinas Healthcare System, will discuss how to prevent diabetes and how to treat it, diet and exercise, and screenings that are available.

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| Apr 11 | Tues. | 10:30am | Langford Chapel – 113 S. Johnson St, Monroe (light lunch)              |
| Apr 19 | Wed.  | 10:00am | Autumn Care – 311 W Phifer St, Marshville (lunch)                      |
| Apr 25 | Tues. | 10:00am | Wingate United Methodist Church - 111 Hinson St, Wingate (Lunch-Ginos) |
| May 3  | Wed.  | 10:30am | Walkersville Presbyterian Church – 6204 Brady Rd (covered dish)        |
| May 16 | Tues. | 10:00am | Lakeview Baptist Church - 4602 Concord Hwy, Unionville                 |

### Day Trips

We will begin selling tickets for **both** trips on Monday, April 3<sup>rd</sup> at Council on Aging office. If tickets sell out quickly, we will plan additional trips to the same destinations.

**Thursday, April 27, 2017** to Flat Rock Playhouse for Smokey Joes Café. The music at this play is sure to have you tapping your toes and dancing in the aisles with such hits as On Broadway, Stand by Me, Jailhouse Rock, Yakkity Yak and I Am Woman. Lunch will be at Moose Café. \$75 ticket includes ticket to the play but does not include lunch. Tickets go on sale April 3<sup>rd</sup>.

**Thursday, June 22, 2017** to West Jefferson. First stop is Ashe County Cheese where you can purchase fine cheeses, homemade fudge, locally made jam, wine, snacks and souvenirs. Followed by a stop to see a fresco by the internationally known artist, Ben Long. Tickets are \$60 and includes lunch at Shatley Springs. Tickets go on sale April 3<sup>rd</sup>.

### Cookbooks for Sale

*Recipes from Union County Volume 2* cookbook is available for \$10 at Council on Aging. All proceeds from the cookbooks support our programs and allow us to provide more services.

### Like us on Facebook

Visit us at [facebook.com/coaunion](https://www.facebook.com/coaunion) or by searching Council on Aging in Union County. Like our page to keep up with events, trips, and other happenings each week!