



# Council on Aging in Union County

**A nonprofit agency serving seniors**

1401 Skyway Drive, PO Box 185, Monroe, NC 28111

704-292-1797 - [www.coaunion.org](http://www.coaunion.org)

## Senior Voice Newsletter: Oct, Nov, Dec 2017

### **Union County Senior Wellness Expo – October 5<sup>th</sup>**

The 12<sup>th</sup> annual Senior Wellness Expo will be held at the Agricultural Services Center on October 5<sup>th</sup> from 9am-Noon. Join us to learn about the variety of resources available. There will be FREE health screenings, including hearing tests, spinal assessments, dental/oral screenings, skin cancer checks, blood pressure checks, and MORE! Flu shots will be available. We will have refreshments and door prizes! Doors open at **9:00am**. Shuttles will be available from the parking lot. Registration is NOT required. We look forward to seeing you there! Senior groups are welcome to bring their vans!

### **It's Time to Review Your Medicare Prescription Drug Plan**

**October 15<sup>th</sup> - December 7<sup>th</sup>** is the Open Enrollment Period for Medicare Prescription Drug Plans and Advantage Plans. We suggest that you compare your current plan with the plans available for 2018 to make sure that your coverage continues to meet your needs. Each year the insurance companies may change their monthly premiums, copays, deductibles, and formularies (list of drugs covered by the plan). Our Seniors' Health Insurance Information Program (SHIIP) team will help you compare plans to determine if switching companies would save you money on your prescriptions. If you change your plan during the open enrollment period, your new plan will take effect January 1<sup>st</sup>, 2018. Unbiased SHIIP counselors are available to assist you at no cost. Call **704-292-1797** starting October 2<sup>nd</sup> to schedule an appointment. *Please have your insurance cards ready to schedule an appointment.*

### **Council on Aging Expansion – "Next Door"**

We are excited to announce that we have purchased the building next door to our office on Lydia Street in Monroe. We are renovating the building and once complete we will be able to offer additional services. We plan to offer a "Group Respite" program to give a break to family caregivers who are caring for a loved-one with memory loss. **WE NEED YOUR HELP!** We are seeking donations to pay for the cost of renovating the building. If you would like to donate to our cause, please mail checks made out to Council on Aging to PO Box 185, Monroe, NC 28111; or call us at **704-292-1797** to inquire about our WISH LIST of supplies and appliances that are needed. Be sure to like our Facebook page to follow our weekly progress: [www.facebook.com/coaunion](http://www.facebook.com/coaunion). We greatly appreciate your support!

### **Gospel Sing – October 28, 2017**

"The Littles" will headline a Gospel Sing to benefit Council on Aging's expansion project, on Saturday, **October 28<sup>th</sup>** at 6pm at Benton's Cross Roads Baptist Church: 109 E Lawyers Rd, Monroe, NC 28110. The concert is free, however donations are encouraged. Concessions will be available for purchase.

### **Powerful Tools for Caregiving Classes**

Powerful Tools for Caregiving is an educational program to provide family caregivers with the tools you need to take care of yourself as you care for a loved one with a chronic illness. Classes will be held at All Saints Anglican Church in Weddington, on Thursdays, from Oct 12<sup>th</sup> - Nov 16<sup>th</sup>, 2017 at 1:30-3:30pm. To register for the class please contact the Family Caregiver Support Program at **704-292-1797**.

### **Candlelight Reflections Ceremony**

Our Family Caregiver Support Program will present "Candlelight Reflections," a ceremony to honor those affected by Alzheimer's disease and related disorders and their family caregivers. The ceremony will be held from 5:00-5:30pm on **Thursday, November 2<sup>nd</sup>** on the Union County Public Library Terrace, located on Windsor Street in Monroe. Please call Council on Aging **704-292-1797** for more information.

### **Help to Pay Heating Bills - LIEAP**

If you are worried about paying to heat your home this winter, you may qualify for help! The Crisis Intervention Program (CIP) provides financial help to households that are in a heating or cooling related emergency. The North Carolina Low Income Energy Assistance Program (LIEAP) offers a one-time vendor payment to help eligible families pay their heating expense. Applications will be taken from December 1<sup>st</sup> through March 31<sup>st</sup>. To apply in December there has to be at least one household member age 60 or older. To inquire about this program contact the Division of Social Services at **704-296-4300**.

### **Food Fight Fundraiser – Calling All Crafters & Artisans!**

Council on Aging will host our annual Food Fight Fundraiser on Wednesday, February 28<sup>th</sup>, 2018. This has quickly become a favorite event and we are hoping to continue to grow to benefit our services. We are looking for donations of art and handcrafted items for our silent auction. Please consider making an art or handcrafted donation to this event and save the date. You won't want to miss out on the fun! Tickets will go on sale in January. Please call Council on Aging with any questions: **704-292-1797**.

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## Programs and Events

### October

**Union County Senior Wellness Expo:** The 12<sup>th</sup> annual Senior Wellness Expo will be held at the Agricultural Services Center on October 5<sup>th</sup>. There will be FREE health screenings, including hearing tests, spinal assessments, dental/oral screenings, skin cancer checks, blood pressure checks, and MORE! There will be refreshments and door prizes! Doors open at **9:00 AM**. Shuttles will be available from the parking lot. There is no cost and registration is not required.

### November

**Arthritis Program:** Dr. John Razzano, Chiropractor, will speak about the causes and symptoms of arthritis. He will also give tips and tactics to living as comfortable as possible with arthritis. Please join us at one of our 5 meeting sites. Bring a friend or come to make new friends! There is no cost and registration is not required.

Nov 1	Wed.	10:30am	Walkersville Presbyterian Church – 6204 Brady Rd, Waxhaw (covered dish)
Nov 14	Tues.	10:30am	Langford Chapel – 113 S. Johnson St, Monroe (light lunch)
Nov 15	Wed.	10:00am	Autumn Care – 311 West Phifer St, Marshville (lunch)
Nov 21	Tues.	10:00am	Lakeview Baptist Church – 4602 Concord Hwy, Unionville
Nov 28	Tues.	10:00am	Wingate United Methodist Church - 111 Hinson St, Wingate (Lunch-Ginos)

### December

**Holiday/Christmas Party:** NEW LOCATION - Please join us on Thursday, December 7<sup>th</sup> at 10:00am at Central United Methodist Church to celebrate the holidays. Please bring a favorite covered dish and enjoy holiday music, entertainment & door prizes! Location is 801 South Hayne Street in Monroe. Please call Council on Aging at **704-292-1797** to make your reservation.

### Bus Trips

Bus Trip tickets are sold on a first come first serve basis. Your seat will only be reserved when payment is accepted at Council on Aging office. **Tickets for both trips go on sale October 2<sup>nd</sup> at 8:30am.** Cash or checks are the preferred method of payment.

**Tuesday, October 17, 2017 Lake Lure Riverboat Cruise:** Enjoy a cruise on an open air deck as the captain tells you the history of Lake Lure & the Dirty Dancing Film. Lunch will be on the covered deck looking over Lake Lure at La Strada's Italian Grille. Tickets are **\$65** and include lunch & riverboat.

**Thursday, November 7, 2017 Wohlfahrt Haus Dinner Theater** for *A Wohlfahrt Haus Christmas play*. Enjoy a delicious Holiday feast before you are completely immersed in the Christmas season. This original production is stuffed with all the Christmas songs you know and love, as well as dazzling dance numbers and beautiful costumes! Tickets are **\$80** and include lunch and the play.

### Cookbook Sale - \$10

*Recipes from Union County Volume 2* cookbook is available for \$10 at Council on Aging. Recipes were collected from many Union County residents and Council on Aging staff members. All proceeds from the cookbooks support our programs and allow us to provide more services. These books make **great gifts for the holiday!**

### Code RED – Free Emergency Notification Service

CodeRED is a FREE emergency notification service provided to Union County residents that will notify you of emergency information through phone calls, text messages, or emails. The system keeps you informed of local events that may immediately impact your safety. You can register for this notification service at [www.unioncountync.gov](http://www.unioncountync.gov) or call the Union County Communications Office at **704-283-3572**.

### Happy Holidays

Council on Aging will be closed November 23-24, December 22-26, and January 1 for the holidays.

Visit us on Facebook at [www.facebook.com/coaunion](http://www.facebook.com/coaunion).