



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

Senior Voice Newsletter: January, February, March 2018

You're getting a New Medicare Card!

New Medicare cards will be issued from April 2018-April 2019. To protect your identity, Social Security numbers will be removed from Medicare cards and replaced with new randomly generated claim numbers. Your new card will be automatically sent to the address you have on file with Social Security at no cost to you. Here's how you can get ready:

- Make sure your address is up to date by calling Social Security at 800-772-1213.
- Beware of anyone who contacts you about your new card. Social Security will **NOT** call you to confirm information or ask payment for your new card.
- Understand that mailing a new card to everyone may take time and you may not get your card the same time as your friends or neighbors.

"Food Fight" Fundraiser

We need your help to choose which senior living community has the tastiest food! Join us at our 2nd Annual Food Fight Fundraiser on **February 28, 2018**, 11am, at the Agricultural Services Center. There will be gourmet food samples prepared by the culinary teams from local senior living facilities and a silent auction. All proceeds raised at this fundraiser will help fund construction for our group respite expansion project and our In-Home Services program. Tickets are **\$20** and must be purchased in advance at Council on Aging. Tickets are limited. Be sure to get yours before we sell out!

SHIIP Medicare Counseling Total Savings

Council on Aging's SHIIP team of volunteers and staff were able to help 602 individuals review and change their Medicare plans during Medicare Open Enrollment, which saved those people a total of **\$626,400** for 2018! If you switched plans, your new coverage will start January 1st, 2018.

Extra Help on Prescription Drugs

Extra Help is a program through the Social Security Administration that helps reduce prescription drug costs. The income limit for an individual to receive Extra Help is \$1,508 a month or less, and for married couples, an income of \$2,030 a month or less. If you believe you may qualify for Extra Help call Council on Aging and a SHIIP counselor can help you apply for this program.

Evidence Based Health Classes Available

Weekly workshops are 2½ hours for 6 weeks. Call Council on Aging at 704-292-1797 to register.

Chronic Pain Self-Management: Gives you techniques to deal with difficulties such as frustration, fatigue, isolation, and poor sleep. This includes appropriate exercises, use of medications, tips on how to communicate with friends and family regarding your pain, nutrition tips, etc.

Living Healthy with Diabetes: Gives you support in finding practical ways to live with diabetes. This includes nutrition, exercise choices, and better ways to talk to your doctor & family regarding your health.

Property Tax Savings - Homestead Tax Exemption for seniors 65 and older

If your household income is less than \$29,600 a year, you may qualify to receive up to 50% off your house and one acre of land in property taxes. You can apply for this tax exemption between January and June by calling the Union County Tax Assessors Office at **704-283-3746**.

Taxes Prepared by IRS-Certified volunteers through AARP Foundation

State and Federal taxes will be prepared at no charge for income eligible Union County seniors. To schedule an appointment call **Ellen Fitzgerald Senior Center** at **704-282-4658** after February 1st.

Double Your Donation!

Council on Aging is a nonprofit organization and has been awarded a match grant from The Leon Levine Foundation! This means that all donations made by May 31st will be matched up to \$20,000!

What impact will your donation make?

\$25 will provide a grab-bar in the bathroom to increase safety.

\$50 will provide In-Home care to help keep seniors safe in their homes.

\$100 will provide 2 days of adult day care to give family caregivers a break.

\$500-\$1,000 will provide furniture for our new group respite program

All donations are tax deductible and can be mailed to Council on Aging, PO Box 185, Monroe, NC 28111. Credit Cards are accepted by phone at 704-292-1797. Thank you for helping your older neighbors.

Programs and Events

Everyone is welcome to attend our programs at no cost and registration is not required.

January

Eating Healthy and Food Safety: Hayley Napier, Family and Consumer Sciences Agent with NC Cooperative Extension, will be giving tips on how to eat healthy without breaking your budget! Hayley will share helpful hints to be sure you're practicing safe food prep practices in the kitchen.

Jan 3	Wed.	10:30am	Walkersville Presbyterian Church – 6204 Brady Rd, Waxhaw (covered dish)
Jan 9	Tues.	10:30am	Langford Chapel – 113 S. Johnson St, Monroe (light lunch)
Jan 16	Tues.	10:00am	Lakeview Baptist Church – 4602 Concord Hwy, Unionville
Jan 17	Wed.	10:00am	Autumn Care – 311 West Phifer St, Marshville (lunch)
Jan 23	Tues.	10:00am	Wingate United Methodist Church - 111 Hinson St, Wingate (Lunch-Ginos)

February

Union County History: In honor of Black History month, Gene Stowe, a 1972 Monroe High School graduate and onetime reporter for The Union Observer, will talk about his book *Inherit the Land: Jim Crow Meets Miss Maggie's Will*. The book tells the true story of Maggie Ross's will that left her 800-acre home place in Marvin, NC to a black man and his daughter. More than 100 cousins contested the bequest, leading to a sensational two-week trial in 1921 in the Union County Courthouse.

Feb 7	Wed.	10:30am	Walkersville Presbyterian Church – 6204 Brady Rd, Waxhaw (covered dish)
Feb 13	Tues.	10:30am	Langford Chapel – 113 S. Johnson St, Monroe (light lunch)
Feb 20	Tues.	10:00am	Lakeview Baptist Church – 4602 Concord Hwy, Unionville
Feb 21	Wed.	10:00am	Autumn Care – 311 West Phifer St, Marshville (lunch)
Feb 27	Tues.	10:00am	Wingate United Methodist Church - 111 Hinson St, Wingate (Lunch-Ginos)

March

Home Fire and Electrical Safety: Did you know that the leading areas for electrical fires in homes are the bedroom, attic, and kitchen and people 65 and older are twice as likely to be injured or killed in a house fire compared to the rest of the population? Captain Katie Hinson with the Monroe Fire Department and Jamie Taylor, Director of Safety Resources with Union Power Cooperative will be presenting a fun and interesting program on home fire and electrical safety to ensure you and your family are safe in your home.

Mar 7	Wed.	10:30am	Walkersville Presbyterian Church – 6204 Brady Rd, Waxhaw (covered dish)
Mar 13	Tues.	10:30am	Langford Chapel – 113 S. Johnson St, Monroe (light lunch)
Mar 20	Tues.	10:00am	Lakeview Baptist Church – 4602 Concord Hwy, Unionville
Mar 21	Wed.	10:00am	Autumn Care – 311 West Phifer St, Marshville (lunch)
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Memory Loss Seminar

The Family Caregiver Support Program and the Alzheimer's Association will offer a seminar, "The Basics, an Orientation to Dementia & Memory Loss" for those caring for someone with memory loss or for those interested in learning more about Alzheimer's disease. This seminar is open to the public and will be held at the Union West Public Library in Indian Trail's Meeting Room, on **January 25th** from **2:30-4:00pm**. Please contact Council on Aging with questions or to register: **704-292-1797**.

Welcome to Medicare Seminar

Council on Aging in conjunction with SHIIP, Seniors Health Insurance Information Program, will hold a Welcome to Medicare information session on **January 31st** at **3pm** at Monroe Library: 316 E. Windsor Street, Monroe. This seminar is for anyone new to Medicare or interested in learning more about Medicare choices. Only unbiased information will be presented. We do not sell or endorse any insurance plans. For more info or to reserve your seat, call Council on Aging **704-292-1797**.