



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: July, August, September 2017

Annual Meeting – September 12, 2017

The purpose of Council on Aging's annual meeting is to provide you with updates on our agency including our accomplishments and goals for the future. Additionally, this meeting offers interesting and helpful information for you in your efforts to age successfully. Our annual meeting will include a silent auction with all the proceeds helping to fund our nonprofit agency. Breakfast will be served.

Where: The Agricultural Center, 3230-D Presson Road, Monroe

When: Tuesday, September 12nd, 9:00am Registration

Cost: No cost, however donations are encouraged and appreciated

RESERVATIONS ARE REQUIRED by calling **704-292-1797** by August 31st.

United Way Day of Caring

The 25th annual Day of Caring will be **Saturday, August 26, 2017**. Teams of volunteers will do outside chores including cutting grass, weeding, pruning, trash pick-up, window washing, cleaning gutters, and small painting jobs. Volunteers will not be able to do any inside work and ask that homeowners furnish tools and materials needed for the job. You must be a homeowner to participate and need to be present the day the volunteers come. If you are interested in having volunteers help at your home, please register by calling **Council on Aging: 704-292-1797**. Registration deadline is July 21, 2017.

Evidence Based Health Classes Available

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

Chronic Pain Self-Management: A 2½-hour workshop held each week for 6 weeks to give you techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep. This includes appropriate exercise, use of medications, communicating with friends and family, nutrition, etc.

Living Healthy with Diabetes: A 2½-hour workshop held each week for 6 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.

Welcome to Medicare Seminar

Council on Aging in conjunction with SHIIP, Seniors Health Insurance Information Program, is holding a Welcome to Medicare information session on **July 17th at 2pm** at CHS Waxhaw Community Room: 2700 Providence Rd South, Waxhaw. 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**.

Powerful Tools for Caregiving Classes

Are you caring for a spouse or parent diagnosed with dementia or other chronic illness? Research studies indicate 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. For more info call Council on Aging's Family Caregiver Support Program at **704-292-1797**.

Senior Day at Harbour House – Free Hearing Tests

On Tuesday, **July 18th, from 10am-2pm**, Harbour House in Monroe will have *Senior Day!* Harbour House is a nonprofit organization that funds the Shepherd's Place Children's Home, which helps displaced children. Their Shoppes include a coffee shop, boutique, thrift store, bookstore, and vendor booths. Harbour House will be offering a 25% discount for seniors and 1960's pricing on coffee and cookies for only 25¢! Charlotte Speech & Hearing, a nonprofit agency which offers affordable hearing services will be giving **free hearing tests**. Council on Aging's SHIIP Counselors will be available to answer Medicare questions. Harbour House is located at 2605 Old Charlotte Hwy, Monroe, NC 28110, **704-218-2213**.

Senior Wellness Expo – Save the Date

Please note that the 12th Annual Senior Wellness Expo will be in October this year: **Thursday, October 5, 2017** at the Agricultural Services Center. Join us to learn about the variety of resources available to help you age successfully. There will be about 100 vendors along with free health screenings, flu shots, refreshments, and door prizes. Doors open at 9:00 AM. Shuttles will be available from the parking lot. Registration is **NOT** required. Mark your calendars!

Council on Aging Gratefully Accepts Donations

Council on Aging is a nonprofit agency that depends on donations for our programs and services. If you would like to support our agency, please consider making donation. Checks can be mailed to PO Box 185, Monroe, NC 28111 or credit/debit card donations can be made by calling Council on Aging **704-292-1797**. Donations are tax deductible and we can provide a receipt. We appreciate your support!

Programs & Events

July

The Greatest Generation (1910-1945) – Jerry Kocsis, veteran and historian, will trace back to how the greatest generation earned their title. Jerry will take us back to when our country switched from a time of peace to war. He will describe how the greatest generation survived WWI, the roaring 20's, the great depression, WWII, etc. He will highlight the specific groups that stood out, both the US military such as the Tuskegee Airmen, Merchant Marines, the Flying Tigers, the Women's Auxiliary Air Force, and life at the home front such as the civil defense efforts, arsenal of democracy, rationing, scrap collection and like subjects.

July 5	Wed.	10:30am	Walkersville Presbyterian Church - 6204 Brady Road (covered dish)
July 11	Tues.	10:30am	Langford Chapel – 113 S. Johnson St, Monroe (covered dish)
July 18	Tues.	10:00am	Lakeview Baptist Church - 4602 Concord Hwy, Unionville
July 19	Wed.	10:00am	Autumn Care – 311 W Phifer St, Marshville (lunch)
July 25	Tues.	10:00am	Wingate United Methodist Church – 111 Hinson St, Wingate (Lunch-Ginos)

August

Avoiding Scams & Fraud – Knowledge is the best way to arm yourself against scams and schemes including financial exploitation, fake check schemes, home repair/improvement scams, identity theft, investment schemes, Medicare and other insurance fraud, sweepstakes scams and many others. Kim Henderson, Director of Consumer Education Programs with the Better Business Bureau, will discuss scams and provide techniques to avoid becoming the target or victim of dishonest business practices.

Aug 2	Wed.	10:30am	Walkersville Presbyterian Church - 6204 Brady Road (covered dish)
Aug 8	Tues.	10:30am	Langford Chapel – 113 S. Johnson St, Monroe (covered dish)
Aug 15	Tues.	10:00am	Lakeview Baptist Church - 4602 Concord Hwy, Unionville
Aug 16	Wed.	10:00am	Autumn Care – 311 W Phifer St, Marshville (lunch)
Aug 22	Tues.	10:00am	Wingate United Methodist Church – 111 Hinson St, Wingate (Lunch-Ginos)

Day 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 ALL 3 TRIPS go on sale July 3rd at 8:30am.** Cash or checks are the preferred method of payment.

Tuesday, July 18, 2017: Mt. Airy, North Carolina A "deputy-on-duty" step on tour guide will guide us through Mayberry in the 1960s! After eating at The Snappy Lunch, we will see Floyd's City Barber Shop, Andy Griffith Playhouse, TV Land Landmark Andy & Opie Statue, Andy's Home Place, Mayberry Courthouse, Wally's Service Station, & more. Afterward, we will tour the historic home of Gertrude Smith. Tickets are **\$50** and do not include lunch.

Tuesday, August 29, 2017: Barn Dinner Theater in Greensboro for the *Nonsense* play. Nonsense follows the crazy antics of 5 nuns. When their cook accidentally serves tainted soup and poisons all but 5 nuns, the remaining delightfully wacky and comical nuns put on a variety show to raise money for their burials. Tickets are **\$80** and include play ticket & lunch.

Thursday, September 21, 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.

Safely Dispose of Medicine

Expired/unwanted prescription & over-the-counter medicine can be safely disposed at 5 locations as part of the Safe Kids Union County program. Drop off times vary by site. For more info: **980-993-7664.**

- **Indian Trail: Union County Sheriff's Office** - 109 Navajo Trail, Indian Trail
- **Marshville: Police Department** - 113 W. Main Street, Marshville
- **Monroe: Union County Main Sheriff's Office** - Wingate 3344 Presson Road, Monroe
- **Waxhaw: Police Department** - 3620 Providence Road South, Waxhaw
- **Wesley Chapel: Volunteer Fire Dept #26** - 315 Waxhaw-Indian Trail Rd, Waxhaw