



# 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 2018

### **Union County Senior Wellness Expo – October 4<sup>th</sup>**

The 13<sup>th</sup> annual Senior Wellness Expo will be held at the Agricultural Services Center on October 4<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, mammograms, 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.

### **Next Door Group Respite – Grand Opening Ceremony**

You're invited to Council on Aging's grand opening celebration and ribbon cutting ceremony on Friday, **October 12<sup>th</sup>**, at 10am as we celebrate the opening of our new Group Respite program "Next Door" to our office. We will have a short ceremony, light refreshments, and an opportunity to tour our new facility and meet our staff and board of directors. Please RSVP by calling COA at **704-292-1797**.

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

**October 15<sup>th</sup> - December 7<sup>th</sup>** is Open Enrollment for Medicare Prescription Drug Plans and Advantage Plans. 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 you can save money on your prescriptions for 2019. SHIIP Counselors are unbiased and available to assist you at no cost. Appointments will be scheduled at locations in Monroe, Indian Trail, and Waxhaw. Call **704-292-1797** starting October 1<sup>st</sup> to schedule an appointment. *Please have your insurance cards ready to schedule an appointment.*

### **Council on Aging Cornhole Tournament Fundraiser**

Council on Aging in Union County's Inaugural Cornhole Tournament fundraiser will be held on Saturday, **October 27, 2018** at 11am at Growler USA in Indian Trail. Teams of 2 will compete for prizes to support our mission to help our older neighbors. Tournament is Round Robin Style. Sign up as a team, become a sponsor, or come out to enjoy the festivities. Prizes include GoPro cameras and Charlotte Hornet's tickets. Tickets are \$60 per team and include lunch and a beverage ticket for each team member. Contact Council on Aging to get your tickets: **704-292-1797**.

### **Senior PC (Personal Computer) Workshops**

Council on Aging will be offering a 6-week PC workshop for seniors at the Union West Regional Library in Indian Trail on Thursdays at 10am from October 11 to November 15. Topics will include how to use Windows 10, effective internet use, email, and computer security/antivirus. A **\$10** registration fee is required in advance to cover materials. To register, call COA at **704-292-1797**.

### **Candlelight Reflections Ceremony**

Our Family Caregiver Support Program will present "Candlelight Reflections," a ceremony for families to honor those affected by Alzheimer's disease and memory loss. The ceremony will be held on Thursday, **November 1<sup>st</sup>** from 5pm-5:30pm on the Union County Public Library Terrace, Monroe Branch, located on Windsor Street. Please contact Council on Aging **704-292-1797** to register.

### **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 in heating or cooling emergencies. The NC Low Income Energy Assistance Program (LIEAP) offers a one-time vendor payment of up to \$400 to help eligible families pay their heating bills. 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. Income limits do apply. For more info, contact the Division of Human Services at **704-296-4300**.

### **Food Fight Fundraiser –Seeking Craft & Artisan Auction Donations!**

Council on Aging will host our 3<sup>rd</sup> Annual Food Fight Fundraiser on Wednesday, February 27<sup>th</sup>, 2019. We are seeking donations of art and handcrafted items for our silent auction. Please consider making a donation to this event and save the date. Tickets will go on sale in January. Please call Council on Aging with any questions: **704-292-1797**. Thank you for your support!

### **Cookbook Sale - \$10 – Perfect gift for the holidays!**

*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 allow us to provide more services. This is a great gift for the holidays!



**Programs and Events**

**October**

**Union County Senior Wellness Expo:** The 13<sup>th</sup> annual Senior Wellness Expo will be held at the Agricultural Services Center on October 4<sup>th</sup>. There will be FREE health screenings, including hearing tests, spinal assessments, dental/oral screenings, mammograms, blood pressure checks, and MORE! There will be refreshments and door prizes! Doors open at **9:00am**. Shuttles will be available from the parking lot. There is no cost and registration is not required.

**November**

**New Technology & Toys Program:** The Union County Public Library is introducing the latest technology items and toys appropriate for all generations! Join us as we have fun playing with virtual reality headsets, various robotic toys, and even bring your drawings and sketches to life with quiver augmented reality! Don't miss this opportunity to impress your grandchildren.

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|--------|-------|---------|--|
| Nov 6  | Wed.  | 10am    | Waxhaw Community Room at Atrium – 2700 Providence Rd S., Waxhaw        |
| Nov 13 | Tues. | 10:30am | Langford Chapel – 113 S. Johnson St, Monroe (light lunch)              |
| Nov 20 | Tues. | 10am    | Indian Trail Town Hall – 315 Matthews-Indian Trail Rd, Indian Trail    |
| Nov 27 | Tues. | 10am    | Wingate United Methodist Church - 111 Hinson St, Wingate (Lunch-Ginos) |

**Bus Trip**

**Thursday, October 25, 2018 Southern Supreme Fruitcake Factory**, Bear Creek, NC. Join us as we tour the famous Southern Supreme Fruitcake Factory that the Queen of England orders her fruit cake from! Sniffs and sample tastes are permitted on this tour! Lunch will be at Best Foods Cafeteria. Tickets are **\$40** and include tour but not lunch. Tickets go on sale October 1<sup>st</sup> at 8:30am. Cash or checks are the preferred method of payment.

**Evidence Based Health Classes Available**

Workshop series are offered by Council on Aging at no cost. Call **704-292-1797** if interested.

**Matter of Balance:** A 2-hour class held twice a week for four weeks that helps reduce the fear of falling and increase activity levels to improve flexibility, balance, and strength. Workshop includes easy chair exercises and balance techniques.

**Chronic Pain Self-Management:** 2½ hour classes held once a week for 6 weeks to give 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:** 2½ hour classes held once a week for 6 weeks to give 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.

**Make Plans to Document Your Healthcare Choices in an Advance Directive**

A free opportunity to create a living will and healthcare power of attorney will be held at Council on Aging on October 18<sup>th</sup> at 10am. An advance care planning facilitator and notary from Atrium Health will assist with completion documents. Registration is not required. For more info call **704-512-4714**.

**Code RED – Free Emergency Notification Service**

CodeRED is a FREE emergency notification service provided to Union County residents to 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 22-23 & December 24-26 for the holidays.

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