



# 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 2020

### "Food Fight" Fundraiser

We need your help to choose which senior living community has the best food! Join us at our 4<sup>th</sup> Annual Food Fight Fundraiser on Wednesday, **February 26, 2020** at 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 will help fund Council on Aging's programs. Tickets are **\$25** and must be purchased in advance at Council on Aging. Tickets are limited so be sure to get yours before we sell out!

### "Walk to Remember" Fundraiser to Support Council on Aging

We need walkers! Register to walk at Council on Aging's "Walk to Remember" on Saturday, **March 28, 2020** at Belk Tonawanda Park in Monroe—co-sponsored by the City of Monroe! Join our movement as we walk together to honor those with memory loss and remember those we love and cherish. A **\$25** donation will get you a spot on the path and an "I walk to Remember" T-Shirt. We will have food trucks, yard games, music, and balloon animals! Bring your grandchildren as those under 12 walk free! To register, call: **704-292-1797**.

### Free Hearing Screenings: Charlotte Speech & Hearing in Union County

Charlotte Speech & Hearing Center is hosting a Free Hearing screening event in partnership with Council on Aging in Union County. Visit CSHC's new Monroe office, located at 2605 W. Roosevelt Blvd. in Monroe on **Thursday, January 23rd from 9am-12pm** to meet with expert Audiologist- Dr. Alyse Stempel. *No appointment necessary.* Charlotte Speech and Hearing is the only nonprofit hearing center in NC, which means you won't overpay for hearing aids! Call **704-523-8027 ext. 235** for more information.

### ReUnion Chorus 2019—A Success!

Council on Aging and Wingate University Department of Music formed a chorus for seniors with memory loss and their caregivers this past fall. It was so successful we will be gathering again in the spring to sing in harmony! If you or a family member have been diagnosed with memory loss, care for someone with memory loss, or simply wish to volunteer your beautiful voices - reach out to Council on Aging **704-292-1797** to register for the Spring ReUnion Chorus!

### SHIIP Medicare Counseling Savings

Council on Aging's SHIIP team of volunteers and staff helped **679** individuals review and change Medicare plans during Medicare Open Enrollment, which saved those people a total of **\$290,902** for 2020! If you switched plans, your new coverage will start January 1<sup>st</sup>, 2020.

### Evidence Based Health Classes Available

Free 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.

### Taxes Prepared by IRS-Certified Volunteers

State and Federal taxes will be prepared at no cost for seniors by three agencies in Union County. Call after February 1<sup>st</sup> to schedule an appointment with one of the organizations below.

- Ellen Fitzgerald Senior Center, AARP Foundation, 327 South Hayne St, Monroe: **704-282-4658**.
- Union County Human Services, 2330 Concord Ave, Monroe: **704-296-4312**.
- Common Heart, 116 Business Park Drive, Indian Trail: **704-218-9060**.

### ♥ Your support means so much to us! ♥

Please consider detaching this portion of your newsletter and return it to Council on Aging with a donation which will directly assist our older neighbors. **Please make checks out to Council on Aging in Union County.**

#### Donation Amount:

\$1,000    \$500    \$250    \$150    \$100    \$50   Other: \$ \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Council on Aging is a 501 c3 non-profit and we depend on the generosity of individuals like you to provide services to Union County seniors. 100% of your donation stays in Union County! Donations are tax deductible.

♥ Thank you! ♥



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### **Programs and Events**

**January 14** Tues. 10:30am Langford Chapel – 113 S. Johnson Street, Monroe  
**CPR & Heimlich Maneuver Demonstration:** When is CPR necessary? Are you prepared to safely and effectively perform lifesaving techniques? Join us as Tracey Leitner, BSN, Novant Health Nurse Educator at the Monroe Aquatics and Fitness Center will present instructions on the life-saving properties of hands only CPR and the Heimlich Maneuver. An optional light lunch will follow the program.

**February 7** Fri. 10am Next Door - 104 Lydia Street, Monroe  
**Memory Loss Seminar: Effective Communication Strategies:** Elizabeth Novak with the Alzheimer's Association will help us explore how to effectively communicate with those with Alzheimer's. We will learn to decode messages through attitude, tone of voice, facial expressions and body language to help connect and communicate in a meaningful way. Call **704-292-1797** to register.

**February 11** Tues. 10:30am Langford Chapel – 113 S. Johnson Street, Monroe  
**Black History Month:** Esteemed author Gene Stowe will be discussing the new documentary stemming from his publishing of *Inherit the Land: Jim Crow meets Miss Maggie's Will* in honor of Black History Month. Join us as we discuss Stowe's account of the infamous local trial surrounding the will of two sisters in rural North Carolina in the early 1900s. An optional light lunch will follow the program.

**February 13** Thurs. 10am Council on Aging – 1401 Skyway Drive, Monroe  
**Make Plans to Document Your Healthcare Choices in an Advance Directive:** A free opportunity to create a living will and healthcare power of attorney. An advance care planning facilitator and notary from Atrium Health will assist with completion documents. To register, call **704-292-1797**.

**March 10** Tues. 10:30am Langford Chapel – 113 S. Johnson Street, Monroe  
**Alternatives to Medicine Discussion:** Join us as presenters Dr. Tene Osahar, MD; Gracienne Jean Pierre, FNP, IHWC; and Wil Dees, NCCCA, CES/MET certified—three experts in their field answer your most burning questions surrounding alternative therapies for pain and sleep. No subject is off limits! An optional light lunch will follow the program.

**March 19** Thurs. 2pm Indian Trail Town Hall – 315 Matthews-Indian Trail Rd, Indian Trail  
**Welcome to Medicare Information Session:** Council on Aging in conjunction with SHIIP, Seniors Health Insurance Information Program, will hold an info session 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 insurance plans. For more information or to register, call Council on Aging **704-292-1797**.

### **Memory Cafés**

Council on Aging is hosting monthly Memory Care Cafés for those with memory loss and their caregivers. There is no cost to participants, but registration is required. Call: **704-292-1797** to register.

**Author Discussion & Book Signing: Friday, January 17, 2020** at 10:00am: Featuring Frank Morelli, Author of "No Sad Songs" and Senia Owensby, author of "Finishing Well." Free autographed book, author reading, and pictures. Next Door: 104 Lydia Street in Monroe.

**Fox's Bowling Alley Trip: Friday, February 21, 2020 at 1:30pm:** Come enjoy one hour of bowling, sportsmanship, and fellowship at Fox's: 1901 Skyway Drive in Monroe.

**Friday, March 20, 2020 at 10am:** Two by Two Petting Zoo is bringing us animal therapy. Enjoy the company of these fuzzy friends... Sheep, goats, bunnies...Oh My! Next Door: 104 Lydia Street in Monroe.

### **Family Caregiver Support Group**

Family Caregivers seldom take the time or find a place to talk about their own needs, especially when their loved one has been diagnosed with a long-term illness. Come share what you are experiencing and find encouragement and hope from others at our support group meetings the *third Tuesday of each month* at the Ellen Fitzgerald Senior Center—327 S. Hayne St., Monroe. Please call **704-292-1797** if you are interested in attending.