



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 2020

Learning More about Council on Aging

Our **Information and Options Counseling** program provides unbiased information and referrals at no cost to the clients. Options counseling can help clients through the more complicated times in their life—such as moving to a new location, transitioning into or out of assisted living situations, etc. The information and options counselor also provides information and assistance for aging services in the community to meet individual needs of community members.

Council on Aging is the certified **Senior Health Insurance Information Program (SHIIP)** coordinating site for Union County, providing Medicare counseling for individuals new to Medicare, questioning their benefits, or simply need unbiased information regarding plans. SHIIP counselors do not support/endorse any insurance plans. Only unbiased information will be provided.

Our **Family Caregiver Support** program is a support system for family members caring for loved ones with memory loss or other chronic illnesses. The program provides temporary caregiver relief assistance, caregiver tools and resources, and support for grandparents raising their grandchildren. A monthly caregiver support group meeting takes place every third Tuesday at 2:00pm. Additionally, caregiver classes are also scheduled throughout the year to better equip caregivers in their role as a support for their loved ones. If you feel you would benefit from caregiver support resources, please contact our Family Caregiver Support Specialist.

Conveniently located “next door” to our office, the **Next Door Group Respite** program allows individuals caring for loved ones with memory loss to enjoy a time of respite while being assured that their loved ones is being cared for in an intimate, “homey” environment. If you are interested in our Next Door program, please contact our Family Caregiver Support Specialist for more details and to see if “Next Door” would be a good fit for your loved one.

Our **In-Home Services** program provides chore services and household management, personal care assistance, respite and caregiver relief services, as well as shopping and errand services. There is an initial inquiry process and a waitlist for those seeking services. Certain eligibility criteria apply. If you are interested in the In-Home Services program, please call our office for more details.

Our **Durable Medical Equipment Loan** program provides assistive equipment to Union County residents 60+ in order to help seniors in our community remain safely in their homes for as long as possible. If you need a wheelchair, walker, bedside commode, shower chair, etc. please give us a call to check our inventory. Our equipment is acquired by donations, and given out on a first come, first serve basis at no cost to clients.

Our **Incontinence Supplies** program provides bed pads, adult briefs, and adult briefs with tabs at no cost. If you or a loved one are in need of incontinence supplies, call our office. Council on Aging relies on community donations for incontinence supplies. Supplies are given out on a first come, first serve basis.

Our **Home Safety Repairs** team is a group of Council on Aging’s esteemed volunteers, who are willing to complete minor home safety repairs for no cost to the client. Safety repairs include but are not limited to: grab bar installation, hand rail construction, wheelchair ramp construction, etc. You must be a Union County resident aged 60+ to qualify for home repair assistance. There is a limited degree of difficulty in jobs our team can complete. Clients are responsible for cost of materials. We do not do roofing, flooring, or any project deemed by the volunteer coordinator to be a major repair. Please contact Council on Aging to be screened for project eligibility. Additionally, because we work with volunteers, we must at times work on their schedule. Please, be patient as we attempt to complete project requests in the order they are received. *Thank you!*

Our **Yard Work** team is a volunteer-based group who completes yard work requests for Union County seniors aged 60+. Our volunteers can cut grass, weed-eat, trim hedges, clean gutters, plant flowers, etc. We do not remove trees/large limbs/stumps. Please contact Council on Aging to be screened for project eligibility.

Senior Outreach programs, such as our monthly “Union Seniors” educational programs, Annual Senior Wellness Expo, and Adult Day Trips for Union County seniors are all on “pause” for the year 2020 due to the current Covid-19 pandemic. We hope to resume our usual outreach programming once it is deemed safer to do so, likely in the year 2021.

Council on aging is a 501 c 3 nonprofit organization that gratefully accepts donations. If you would like to ensure Council on Aging can continue to provide services to Union County seniors in need for years to come, please send your donations to P.O. Box 185, Monroe, NC 28111.



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Return Service Requested

Programs & Events

Programs and Events will continue to be cancelled for the remainder of the 2020 year due to extended caution surrounding the COVID-19 pandemic. We are currently planning our events for the 2021 year & hope to see you all soon!

United Way Day of Caring 2019

The 28th annual Day of Caring will be **Saturday, August 29, 2020**. Teams of volunteers will do outside chores including cutting grass, weeding, pruning, 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 & must 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**. Due to COVID-19, the number of volunteers available for projects will be limited.

Senior Wellness Expo 2020 – CANCELLED due to COVID-19

Due to continued concerns about the safety of gatherings at this time, the Council on Aging, the Ellen Fitzgerald Senior Center, and the NC Cooperative Extension have decided to err on the side of caution by cancelling the annual Senior Wellness Expo for 2020. We hope to be able to host an event with our community partners and local senior community in the 2021 year!

Union County Public Library Delivery Services

Homebound Delivery is a free service available to residents of Union County who are physically unable to visit the library. Individuals may receive up to 10 library items per month, and are simply responsible for the care of the materials. There are no overdue fines applied. For more information on the program or help with an application, call **(704)-283-8184**.

New Atrium Emergency Department -- Now Open!

The emergency department at Providence Road and Audrey Kell is now open! From broken bones and severe cuts to heart attacks and strokes, every second counts in a medical emergency. You can get the care you need – the second you need it at 11516 Providence Road in Charlotte, (704)-667-0370.

Yard Work & Home Safety Repair Program—Volunteers Needed!

Council on Aging connects local seniors with volunteers to complete minor home safety repairs (installing grab bars, building wheelchair ramps, etc.), and yard work needs (mowing, weed-eating, etc.). Our phenomenal yard work and home repair teams need YOUR help to provide home safety improvements for seniors in Union County! Interested in Volunteering? Call Council on Aging, **(704)-292-1797**.

What Can You Do to Stop COVID-19 Fraud?

- Do not give out your Medicare number to anyone other than your doctor or other health care provider.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don't click on links from sources you don't know, which could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
- Ignore online offers for vaccinations. If you see ads touting prevention products or cures for COVID-19, they are most likely a scam.
- Do your homework before donating to a charity or crowdfunding site due to a public health emergency. Be particularly wary of any charities requesting donations by cash, by gift card, or wire transfer.
- Be alert to "investment opportunities." The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly traded companies can prevent, detect, or cure COVID-19 and that the stock of these companies will dramatically increase in value as a result.