



Council on Aging in Union County

Senior Voice Newsletter

1401 Skyway Drive, PO Box 185 Monroe, NC 28111

704-292-1797

coa@coaunion.org

www.coaunion.org

October, November, December 2016

It's Time to Review Your Prescription Drug Plan

October 15th through December 7th is the Open Enrollment Period for Medicare Prescription Drug Plans and Advantage Plans. We suggest that you compare your current plan with the plans available for 2017 to make sure that your coverage continues to meet your needs. 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 switching companies would save you money on your prescriptions. If you change your plan during the open enrollment period, your new plan will take effect January 1st, 2017. SHIIP counselors are available to assist you. **Call 704-292-1797 starting October 3rd to schedule an appointment. Please have your insurance cards ready to schedule an appointment.**

Union County Senior Wellness Expo – November 3rd

The 11th annual Senior Wellness Expo will be held at the Agricultural Services Center on November 3rd. Join us to learn about the variety of resources available. There will be FREE health screenings, including hearing tests, spinal assessments, dental/oral screenings, skin cancer checks, blood pressure checks, and MORE! Flu shots will be available so bring your Medicare card. Doors open at 9:00 AM. Shuttles will be available from the parking lot. Registration is **NOT** required. We look forward to seeing you there!

"Remembering When" Fall & Fire Prevention Program

The Monroe Fire Department and Council on Aging have been selected to conduct FREE fire and fall prevention programs through the National Fire Protection Association (NFPA). This program is available to older adults to develop safe habits to reduce risks of fire and falls. Unfortunately, adults over the age of 65 are twice as likely to die in a home fire. Additionally, falls are the leading cause of death from injury among older adults. Please join us at the 'Remembering When' presentations at our October Union Seniors Meetings to learn fire and fall prevention tips (dates are listed on back page).

Home Safety Repair Volunteers Needed

We are looking for more "handy" volunteers (individuals or groups) to complete home safety repairs for seniors. Safety repairs include installing handrails and grab bars, constructing wheelchair ramps, installing handheld shower heads, changing lightbulbs, changing batteries in smoke alarms, etc. If you are able and willing to volunteer with us, we would love to have you join our volunteer team! Please call Council on Aging at **704-292-1797** to get started.

Basics of Memory Loss, Alzheimer's disease and Dementia Seminar

The Alzheimer's Association and Council on Aging will offer a free educational program at Union West Regional library on Tuesday, October 25th from 2:00 to 4:00pm. This presentation will include basic information on dementia and communication skills when caring for loved ones with dementia. Please contact Council on Aging at **704-292-1797** to register.

Candlelight Reflections Ceremony

The Family Caregiver Support will present "Candlelight Reflections," a ceremony to honor those affected by Alzheimer's disease and related disorders as well as their family caregivers. The ceremony will be held on Thursday, November 17th from 5:00 until 5:30pm on the terrace of the Union County Public library located on Windsor Street in Monroe.

Help to Pay Heating Bills - LIEAP

If you are worried about paying to heat your home this winter, you may qualify for help! The North Carolina Low Income Energy Assistance Program (LIEAP) offers a one-time vendor payment to help eligible families pay their heating expense. To be eligible for LIEAP, one person in the home must be age 60 or older and fall below certain income limits. You may schedule an appointment with Council on Aging to fill out a LIEAP application starting December 1st. To see if you qualify, call **704-292-1797**.

Donations Appreciated

Council on Aging is a nonprofit organization, not a government entity. We depend on donations from generous people and organizations. We accept monetary donations, donations of cleaning supplies, and durable medical equipment including wheelchairs, walkers, rollators, bedside commodes, adult diapers, etc. Cleaning supplies includes paper towels, toilet paper, cleaning wipes, etc. Please consider Council on Aging when making charitable donations or memorials in honor of those we hold dear. All donations are tax deductible and receipts are available upon request.

United Way Member Agency

UNION SENIORS MEETINGS

October

Captain Katie Hinson with Monroe Fire Department will be presenting 'Remembering When', a fire and fall prevention program.

- Oct 5 Wed. 10:30 am Walkersville Presbyterian Church – 6204 Brady Rd, Waxhaw (covered dish)
- Oct 11 Tues. 10:30 am Langford Chapel – 113 S. Johnson St, Monroe (light lunch)
- Oct 18 Tues. 10:00 am Lakeview Baptist Church – 4602 Concord Hwy, Unionville
- Oct 19 Wed. 10:00 am Autumn Care – 311 West Phifer St, Marshville (lunch)

***There will not be a Union Seniors Meeting at Wingate United Methodist Church.**

November & December

There will not be any Union Seniors meetings.

December Christmas Party

Please join us on Wednesday, December 7, 10:00 am – 1:00 pm at First Presbyterian Church – Monroe (next to Library) to celebrate the holidays. Please bring a favorite covered dish and enjoy Christmas music, entertainment & Door Prizes! **Call 704-292-1797** to make your reservation.

Bus Trips

Bus Trip tickets are sold on a first come first serve basis. Your seat on the bus will only be reserved when payment is accepted at Council on Aging office.

Thursday, October 20, 2016: Sky Top Apple Orchard in Flat Rock, NC. Lunch at Moose Café. Tickets are **\$40** and go on sale October 3rd at 8:30am. Tickets do not include lunch or apples. Apple orchard accepts cash only to purchase apples.

Wednesday, November 30, 2016: Flat Rock Playhouse in Hendersonville, NC for Charles Dickens' classic tale: A Christmas Carol. Lunch at Moose Café. Tickets are **\$70** and go on sale November 1st at 8:30am. Tickets include the play, but do not include lunch.

Cookbook Sale - \$10

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 from the cookbooks support our programs and allow us to provide more services. These books make great gifts for the holiday!

Community Advisory Committee – Volunteers Needed

Volunteers are needed to advocate for residents of nursing homes and assisted living facilities to promote resident's rights by ensuring a good quality of life. Volunteers need to be able to devote 6-8 hours per month to conduct visits and attend quarterly training meetings. If you are interested or would like more information please contact Laurie Abounader, Regional Ombudsman at Centralina Area Agency on Aging, by email at labounader@centralina.org or by phone at **704-348-2739**.

Code RED – Free Emergency Notification Service

CodeRED is a FREE emergency notification service provided to Union County residents that will 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 or call the Union County Communications Office at **704-283-3572**.

Happy Holidays

Council on Aging will be closed November 24-25, December 23-27, and January 2 for the Holidays.

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