



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 2019

Next Door Group Respite Program - Open House

We welcome you on Friday, **February 8th** from 10am-1pm to tour our Next Door Group Respite location. Our newly renovated facility offers a day program for those with memory loss to participate in meaningful activities and socialization while their family caregiver gets a break from caregiving. Join us to learn about the program and meet our staff. Light refreshments will be served. Please RSVP: **704-292-1797**.

"Food Fight" Fundraiser

We need your help to choose which senior living community has the tastiest food! Join us at our 3rd Annual Food Fight Fundraiser on **February 27, 2019** 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 **\$20** and must be purchased in advance at Council on Aging. Tickets are limited so be sure to get yours before we sell out!

SHIIP Medicare Counseling Savings

Council on Aging's SHIIP team of volunteers and staff helped **632** individuals review and change Medicare plans during Medicare Open Enrollment, which saved those people a total of **\$474,671** for 2019! If you switched plans, your new coverage will start January 1st, 2019.

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 dementia or other long term illness. Isolation is not the answer! Come share what you are experiencing and find encouragement and hope from others at our new support group meeting on the first Friday of each month from 1:30-3pm beginning January 4th, 2019. These meetings will be held at Council on Aging's Next Door Group Respite located adjacent to our office. Please call **704-292-1797** if you are interested in attending this support group.

Building Better Caregiver Workshop

Are you caring for a loved-one diagnosed with dementia or other chronic illness? Join us for the class series, "Building Better Caregivers" designed to teach family caregivers how to deal with stress, improve health using self-care methods and manage difficult care partner behaviors. We will offer classes on Thursdays at Council on Aging from 9:30am-Noon beginning January 31 through March 7th. If you are interested in attending this workshop, please register at Council on Aging 704-292-1797.

Evidence Based Health Classes Available

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.

United Senior Games

If you are 50 or older and a resident of Union County at least 3 months out of the year, you are eligible to compete in competitions ranging from sports, visual arts, performing arts, literary arts, heritage arts, and card tournaments! Competition dates will begin in March. For more information or to register to participate or to volunteer, contact the Ellen Fitzgerald Senior Center at **704-282-4657**.

Property Tax Savings - Homestead Tax Exemption for seniors 65 and older

If your household income is less than \$30,200 a year, you may qualify to receive up to 50% off your house and one acre of land in property taxes. You can apply for this tax exemption between January and June by calling the Union County Tax Assessors Office at **704-283-3746**.

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 1st 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**.

Charlotte Speech & Hearing – in Union County

Charlotte Speech and Hearing has full range of hearing services in Union County. The nonprofit agency provides access to the latest technology in hearing aids and clinical care at affordable pricing to everyone, including discounts for those who qualify. Their office in Monroe is located at 266 West Roosevelt Blvd., Suite 103. To schedule a free consultation contact **704-523-8027**.

United Way Member Agency



Programs and Events

January

Memory Loss Seminar: The Basics, an Orientation to Dementia & Memory Loss” Presented by The Alzheimer’s Association and the Family Caregiver Support Program for those caring for someone with memory loss or those interested in learning more about Alzheimer’s disease. Please contact Council on Aging to register **704-292-1797**.

Jan 22 Tues. 2:00pm Council on Aging in Union County – 1401 Skyway Drive, Monroe

Welcome to Medicare Information Session:

Council on Aging in conjunction with SHIIP, Seniors Health Insurance Information Program, will hold an information 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**.

Jan 24 Thur. 2-4pm Waxhaw Community Room at Atrium – 2700 Providence Rd. S., Waxhaw

February

Heart Disease: Heart disease is the leading cause of death in the United States. Nearly 25% of all deaths are caused by heart disease. Dr. Jim Wetter will discuss the risk factors and treatment of coronary artery disease, valvular heart disease, and heart failure.

Feb 12 Tues. 10:30am Langford Chapel – 113 S. Johnson St, Monroe (light lunch)

Feb 26 Tues. 10:00am Wingate United Methodist Church - 111 Hinson St, Wingate (Lunch-Ginos)

Cancer Warning Signs: Did you know that 1 in 3 people are diagnosed with cancer in their lifetime? Join us as Dr. Jim Wetter discusses common types of cancer and the risk factors associated with the diseases. There will be a question and answer session following the program.

Feb 19 Tues. 10:00am Indian Trail Town Hall – 315 Matthews-Indian Trail Rd, Indian Trail

March

Avoiding Scams & Medication Safety: Proper management of medications is an important part of staying healthy and safe. Page Blount, RN, Coordinator of Safe Communities will present tips to help you stay on top of your medication regimen. Officer Tommy Gallis will present tips to protect you and your family by avoiding becoming a victim of phone, email, or social media scams.

Mar 5 Tues. 10:00am Waxhaw Community Room at Atrium – 2700 Providence Rd. S., Waxhaw

Mar 12 Tues. 10:30am Langford Chapel – 113 S. Johnson St, Monroe (light lunch)

Mar 19 Tues. 10:00am Indian Trail Town Hall – 315 Matthews-Indian Trail Rd, Indian Trail

Mar 26 Tues. 10:00am Wingate United Methodist Church - 111 Hinson St, Wingate (Lunch-Ginos)

Your donation will help us grow!

Council on Aging is a nonprofit organization and depends on donations from generous community members. The number of families we serve grows each year and your support is needed now more than ever! Please consider making a donation to help us continue to help our community.

What impact will your donation make?

\$25 will provide a grab bar to keep a senior safe in their bathroom.

\$50 will provide day services for seniors with memory loss.

\$100 will provide a week of in-home services to keep seniors safe in their homes.

\$500 will provide a new laptop for Medicare Counseling.

All donations are tax deductible and can be mailed to Council on Aging, PO Box 185, Monroe, NC 28111 or made online at coalition.org/donate. Thank you for your support!