



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: April, May, & June 2019

Living Healthy with Chronic Pain Workshop

Council on Aging is offering a free workshop held once a week for six weeks to help you better manage your chronic pain and the symptoms related to living with chronic pain. The class is structured 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. To register, call **(704)-292-1797**.

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 illnesses. Isolation is not the answer! Come share what you are experiencing, find encouragement, and hope from others at our new support group meeting on the first Friday of each month from 1:30-3pm. 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.

Do you qualify for Extra Help with your Prescription Drugs?

Low-Income Subsidy (LIS), or simply "Extra Help," is a program through the Social Security Administration that helps reduce prescription drug costs. The income limit for an individual to receive Extra Help is \$1,581 a month or less, and for married couples, an income of \$2,134 a month or less. If you believe you may qualify for Extra Help call Council on Aging and a SHIIP counselor can help you apply for this program.

Equipment Donations Always Appreciated

We accept donated equipment such as wheelchairs, transfer chairs, shower chairs, walkers, rollators, bed-side commodes, canes, raised toilet seats, etc., to give to those in need. We also accept and distribute disposable briefs and bed pads. If you need any equipment or supplies or have any to donate, call **(704)-292-1797**.

Next Door Group Respite Donations Needed

Our Next Door group respite program is designed for individuals with memory loss to socialize with other community seniors who also have memory loss, while giving their caregivers respite time. We have compiled a "Wish List" of items needed for the Next Door program such as cleaning supplies, paper products, art supplies, and group activities. For a more detailed list of items you can donate to the program, please call **(704)-292-1797**.

Union County Human Services Dental Clinic—Now Open!

UCHS Dental Clinic provides basic dental services by a dentist, dental hygienist, and dental assistant for individuals at a reduced fee. Opening April 2019, services include: consultations, X-rays, cleanings, fluoride treatments, fillings, sealants, stainless steel crowns, extractions, partials and dentures. Bilingual staff are available for Spanish-speaking clients. Call **(704)-296-4829** for a consultation.

Health and Wellness Screening at Wingate University

Doctorate of Physical Therapy candidates are inviting seniors to participate in a health and wellness screening on Thursday, April 11th from 9:30am-1:00pm at Wingate University's Burnside Dalton building. After completing the Health and Wellness Screening, third year doctoral students will use the information to develop an individualized Health and Wellness assessment for each participant and a plan of care to work on any areas which may need improvement. Screenings will be free of charge for participants! RSVP to Brett MacLennan at **(704)-233-6648**.

Financial Counseling

If you're overwhelmed by managing your debt, the National Council on Aging (NCOA) and GreenPath Financial Wellness can help. The two nonprofits work together to provide debt management, money management, budgeting, and financial counseling especially for older adults. Call **(866)-217-0543** to talk with a certified counselor. The call is free and confidential.

Like us on Facebook

Visit us at facebook.com/coaunion or by searching Council on Aging in Union County. Like our page to keep up with events, trips, and other happenings each week!

*Council on Aging Gratefully Accepts Donations & Memorials
A United Way Member Agency*



Programs & Day Trips

Join us to learn and socialize at our programs listed below. Bring a friend or come and make new friends. There is no cost and registration is not required.

April

Wingate University Doctorate of Physical Therapy Health Programs

Please join Wingate University Doctorate of Physical Therapy students as they discuss the topics of arthritis, stroke, osteoporosis, and fall prevention. Who is impacted by these diagnoses? What are some healthy coping strategies? Join us for third year student-led programs on how you can best manage your diagnosis while staying as active and healthy as possible!

Arthritis Pain Management Program and Discussion

April 1st Mon 9:30am Indian Trail Town Hall—315 Matthews-Indian Trail Rd, Indian Trail

Stroke Warning Signs Program and Discussion

April 5th Fri 9:30am Wingate United Methodist Church—111 Hinson St, Wingate

Osteoporosis Progression Program and Discussion

April 12th Fri 9:30am Council on Aging in Union County—1401 Skyway Drive, Monroe

Falls Prevention Program and Discussion

April 15th Mon 9:30am Indian Trail Town Hall—315 Matthews-Indian Trail Rd, Indian Trail

May

Cowboy Poetry with Steve Howard aka "Cowboy Steve"

Come along as we mosey into the tales of trails past with Steve Howard, a real cowboy known not only for breeding prized bulls for Professional Bull Riders Inc. and American Bucking Bull, Inc., but also for his talent as a cowboy poet. There will be a light lunch following the program.

May 21 Tues. 10:30am Langford Chapel - 113 S Johnson St, Monroe

June

History of Camp Sutton with Jack Clay

Join us as we delve into the happenings of World War II and what led to the establishment of Camp Sutton in Monroe, North Carolina. Described as a "hardening camp" for soldiers going overseas to the war, Camp Sutton functioned as a support and staging area for the 1942 Carolina Maneuvers. Jack Clay will describe in more detail the local camp's rich history and provide some artifacts for observation at this month's program! There will be a light lunch to follow the program.

June 18 Tues. 10:30am Langford Chapel - 113 S Johnson St, Monroe

Day Trips

We will begin selling tickets for this trip on **Monday, April 1st** at 8:30am at Council on Aging office.
If tickets sell out quickly, we will plan additional trips to the same destination!

Wednesday, June 12, 2019: *South Pacific at Flat Rock Playhouse.* Come along as we travel back in time to delve into the lives of U.S. Navy Nurse, Nellie Forbush, and middle-aged French plantation owner, Emile De Becque. Adapted from Michener's *Tales of the South Pacific*, written in 1947, the play centers around the meandering paths of love and overcoming prejudice in this classic musical first released on Broadway in 1949! Lunch will precede the play at Hubba Hubba Smokehouse in Flat Rock, NC. Tickets will be \$70, and does *not* include lunch. Purchase tickets in person at Council on Aging.