



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 2019

United Way Day of Caring 2019

The 27th annual Day of Caring will be **Saturday, August 24, 2019**. 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**. Registration deadline is July 19, 2019.

Next Door Group Respite Program—Volunteers Needed!

Our Next Door Group Respite program is in full swing! As more participants begin to frequent our program, more opportunities for involvement from our community have arisen. If you or your organization would like to volunteer to spend time with our Next Door Program participants doing activities, provide a lunch for our participants, or donate a gift from the Next Door "Wish List", call **Council on Aging at (704)-292-1797**. We welcome volunteers weekly, bi-weekly, or monthly.

"Medicare 101" Introduction to Medicare Seminar

Council on Aging in conjunction with SHIIP, Seniors Health Insurance Information Program, will hold an information session on **September 10, 2019, from 10:00am-12:00pm** 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**.

"5 Wishes Living Will" Program

Join us as Amy Curtis with Hospice and Palliative Care of the Charlotte Region (HPCCR) presents on the "5 Wishes" program and how to discuss final wishes with your personal support system. Created by the organization *Aging with Dignity*, the 5 Wishes "living will" program helps individuals and their families discuss and document their important wishes for end-of-life decisions. The presentation will be held at 10:00 a.m. on **Friday, July 26, 2019** at the Next Door Group Respite Building—104 Lydia St, Monroe. Space is limited, please call Council on Aging to register at **(704)-292-1797**.

Memory Loss Seminar

Please join us for a free community educational program, "Understanding Alzheimer's" presented by Council on Aging and The Alzheimer's Association. This program provides information on, Symptoms, Causes and Risk Factors, Stages of the disease, and Treatment for dementia. The Seminar will be held at the Next Door Group Respite Building—104 Lydia St., Monroe. Please call **Council on Aging at (704)-292-1797** if you would be interested in attending.

Senior Chorus for Individuals with Memory Loss

Council on Aging and Wingate University's Music Department are forming a chorus for seniors with memory loss and their caregivers! As we get older many things fade, the love and memory of music is typically the last thing to depart from our memories. If you or a family member has been diagnosed with memory loss, or are caring for someone with memory loss, come relish in the beauty of the brain's ability to recall beautiful beats and lyrics to songs we all know and love. Practices are set to take place on Sunday afternoons beginning this fall. If you are interested, please call **Council on Aging at (704)-292-1797** for more details!

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**.

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. There are no overdue fines applied. Individuals may receive up to 10 library items per month, and are simply responsible for the care of the materials. For more information on the program or help with an application, call **(704)-283-8184**.

Save the Date: Senior Wellness Expo

The 14th Annual Senior Wellness Expo will be **Thursday, October 3, 2019** at the Union County Agricultural Center. Join us to learn about the variety of resources available to help you age successfully. There will be about 100 vendors along with free health screenings, flu shots, refreshments, and door prizes. Doors open at 9:00 AM. Shuttles will be available from the parking lot. Registration for seniors planning to attend is **NOT** required. Mark your calendars!



Programs & Events

July

"Moving from Grief to Hope." Losing someone you care for can be a life-altering change. The objectives of this seminar being hosted by Amy Curtis of Hospice and Palliative Care of the Charlotte Region are to accept the reality of your loss, learn healthy coping strategies to assist you in this 'reluctant journey', gain resources for additional support, and learn what to say and what not to say to someone who is grieving. A light lunch will follow curtesy of Langford Chapel. Donations for the meal are welcome, but not required.

July 23 Tues. 10:30am Langford Chapel – 113 S. Johnson St, Monroe

August

"Benefits and Tips to Downsizing." Join us as Monica Young from *The Downsizers*, a local business specializing in moving, decluttering, and estate liquidation discusses some fun and easy ways to downsize your belongings in a sensible and organized fashion. A light lunch will follow curtesy of Langford Chapel. Donations for the meal are welcome, but not required.

Aug. 20 Tues. 10:30am Langford Chapel – 113 S. Johnson St, Monroe

September

Senior Lunch with Monroe Fire Department. Captain Katie Hinson and the Monroe Fire Department will be hosting their 3rd Annual Lunch with Firefighters along with a "Remembering When" presentation. "Remembering When" focuses on helpful tips to keep you safe from fires and falls in the home. In addition to the program, there will be a tour of the fire station, fire trucks, and door prizes. Come on out for some delicious lunch and fellowship. Space is limited & reservations are required. **Call Council on Aging at 704-292-1797 to register.**

Sept. 30 Mon. 10:30am Monroe Fire Station #4—3907 Old Charlotte Highway (across from Union Academy Lower Campus)

Day Trips

Bus Trip tickets are sold on a "*first come first serve*" basis. Your seat will only be reserved when payment is accepted at Council on Aging office. **Tickets for ALL 3 TRIPS go on sale July 1st at 8:30am.** Cash or checks are the preferred method of payment.

Friday, July 26, 2019: Lake Lure Riverboat Cruise. Enjoy a beautiful scenic cruise of Lake Lure on an open air boat as the captain tells you the history of the Lake Lure area & the filming of the timeless classic, Dirty Dancing! Lunch will be on the covered deck looking over Lake Lure at La Strada's Italian Grille. Tickets are **\$70** and include cruise ticket & lunch.

Tuesday, August 13, 2019: Asheville, North Carolina. Hop on board one of Gray Line's nostalgic trolleys for a fully narrated journey, highlighting the history, homes, hang-outs and hot spots of this "city of surprises!" Our trolley tour will take us through the diverse Montford historic district, the stately Grove Park district and legendary Grove Park Inn, the Art Deco-rich downtown Asheville, River Arts District, and the quaint and historic Biltmore Village! Lunch is set to precede the 90 minute scenic tour of Asheville at Cracker Barrel Old Country Store. Tickets are **\$60** and does not include lunch.

Tuesday, September 3, 2019: Barn Dinner Theater in Greensboro for the *A Red Plaid Shirt* play. Two friends fill the void left by retirement in different ways; Marty wants to explore the open road on a Harley while Fred decides to pay more attention to his health, inventing many new ailments along the way. With "subtle redirection" from their wives and some creative problem solving (which may or may not include a homemade coffin) they find the right track... eventually. Tickets are **\$80** and include play ticket & buffet lunch. Dress to impress as the theatre requires a minimum of business casual!