



Return Service Requested

Family Caregiver Support Program *Care & Share Support Group*

Our *Virtual Care and Share Group* continues to meet via Zoom the **first Friday of each month at 3:00pm**. We are excited to finally meet in person **every other Monday at 10:15am** at our office to share and seek support for the stresses, challenges and rewards of providing care for our aging loved ones. For more information on support for caregivers, contact Susan Rush at **(704)-292-1797**.

Next Door Memory Café

Memory Cafés are an opportunity for caregivers springing up across the country. They are a welcoming place where caregivers can feel at ease enjoying a unique experience with their loved one and connecting with others who are on a similar journey. This is not a support group or respite program. It's a time to unwind, play games, create art, and enjoy music in a stress-free, friendly atmosphere. *Next Door Memory Café* meets the **fourth Friday of each month from 10:30am to 11:30am** at the Next Door Group Respite house at 104 Lydia Street in Monroe. To attend a free Memory Café, call our office at **(704)-292-1797**.

Caregiver Connection YouTube Channel

Our new *Caregiver Connection* can be found on our YouTube channel. Upcoming videos include “Kicking the Winter-Time Blues,” “Preventing Burn-out,” “Advanced Planning” and many more. For the YouTube link, call our office at **(704)-292-1797**.

Volunteer Opportunities with COA

If you, your friends, family, civic or religious group would like to volunteer with our agency, please contact our office for ways in which you can make a difference at **(704)-292-1797**.

Volunteers are needed to help with:

- Next Door Group Respite Program Activities
- Yard Work for Older Adults
- Minor Home Repairs for Older Adults
- Collecting Durable Medical Equipment and Incontinence Supplies

Medicare Counseling Available

If you have questions about your Medicare Part A & B, supplemental plans, Medicare Advantage plans, or Low-Income Subsidies (“Extra Help”)—call us at **(704)-292-1797** to speak with an NC Department of Insurance certified SHIP Counselor today!

Low-Income Energy Assistance Program

This federally-funded program provides for a one-time vendor payment to help eligible households pay their heating bills. For more information, or to apply for assistance, call Union County Social Services at **(704)-296-4300**.

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.

- Union County Human Services, 2330 Concord Ave, Monroe: **704-296-4312**.
- Common Heart, 116 Business Park Drive, Indian Trail: **704-218-9060 x1040**.

Let the Games Begin!

United Senior Games (USG) is a year-round health and wellness program for adults 50+ sponsored by The City of Monroe Parks and Recreation. USG offers competition in a variety of sports and arts programs. United Senior Games begins in March and ends in May 2022. For more information, please contact the Ellen Fitzgerald Senior Center at **(704)-282-4657**.

COA needs Incontinence Supplies!

We have given out over 1,500 packages of incontinence supplies over the last 6 months to older adults in need living within Union County. The demand for these items is growing exponentially within our community. If you, your family/friends, or your civic/religious organizations, would like to make a valuable impact on our community, please consider hosting an incontinence supply drive. For more information on the need, and how you can help, contact us at **(704)-292-1797**. Or, email our agency at **coa@coaunion.org**.

SENIOR VOICE NEWSLETTER

January, February, March of 2022



Important Statement Regarding the *Senior Voice* Newsletter

If you would like to continue receiving the *Senior Voice* Quarterly Newsletter, please provide your updated information and your delivery selection below. If no response is received by the end of July 2022, your household will no longer receive the Quarterly Newsletter. Return your completed section below to our office. Or, simply give us a call at **(704)-292-1797**, that we may note your selection.

1401 Skyway Drive, Monroe, NC 28110

Name(s): _____

Phone Number: _____

- I would like to receive my newsletter via E-mail.

My E-mail address is: _____

- I would like to continue receiving my newsletter via U.S. Mail.

My updated address is: _____

- I would like to be removed from the *Senior Voice* newsletter mailing list.



Annual Senior Wellness Expo—May 4th

Join us in-person at the Union County Agricultural Center on May 4th, from 9:00am to Noon. There will be health screening opportunities for attendees, and information on services and programs from over 80 local vendors that serve the Union County area. Admission is free!

Charlotte Speech & Hearing Center Monroe

We are partnering with Charlotte Speech and Hearing to promote literacy by providing children's books to local school children at no cost. If you would like to donate a book to the CSHC Book Drive, please bring them to our office by the end of January. Books will be distributed in March of 2022 by Charlotte Speech and Hearing.

Ask an Audiologist

Have you been told you need hearing aids but they're too expensive? Do you want a second opinion on your hearing loss? On Tuesday, **February 1st, March 1st, or April 5th**, meet with Julie Palazzolo, Senior Clinical Audiologist for Charlotte Speech & Hearing Center. During your free, 30-minute consultation, Julie can perform a hearing screening, explain your hearing loss, and/or answer any questions you may have about hearing loss or hearing aids. To schedule your appointment at CSHC of Union County, call **(704)-523-8027**.

New Office Hours—January 1st!

Our office will now be open Monday through Friday, from 8:30 a.m. to 4:30 p.m.

Commodity Food Program

The Community Shelter of Union County offers a monthly commodity food box to Union County residents 60+, who meet the income guidelines. If you are in need of supplemental food items, contact us at **(704)-292-1797**.

The Community Shelter also offers "Drive-Thru Food Pantry Tuesdays" providing a food box to Union County residents twice a month. For dates and times, call **(704)-289-5300**.

Additional food resources can be found through:

Common Heart— Common Heart's Food Pantries focus on helping to stabilize families living in poverty through providing approximately a week's worth of groceries through the *Common Cupboard Relational Delivery Pantry*, two traditional pantries and their mobile *On-the-Go Pantries*. The *Cupboard Ally* program can deliver monthly food boxes to individuals who are homebound. For more information, contact Common Heart at **(704)-218-9060**.

Operation Reach Out—*Joseph's Food Pantry* provides emergency food boxes and monthly food boxes for the elderly. Food boxes can be picked up monthly, and in some cases delivered for homebound clients. For more information, or to request assistance, call **(704)-289-4237**.



Follow us on Facebook, Instagram, Twitter, and LinkedIn for updates about Senior Programming and Volunteer Opportunities.