

# Successful Aging

2023 Senior Resource Guide



COUNCIL ON AGING  
IN UNION COUNTY

Presenting Sponsor

**NOVANT**  
HEALTH



*Advocating for the well-being of older adults by providing services and resources for them to live independently.*

The ages of 60-plus are supposed to be the golden years, but those golden years too often are accompanied by health issues and struggles to remain living independently at home.

Council on Aging provides services to help both seniors and their families with the goal of continued independent living.

The need for assistive services to continue that independent living is growing dramatically and expensively, but we provide most services at no cost.

The number of seniors is anticipated to double in 20 years.

In 2020, Union County had 46,306 residents 60 and older. By 2040, that number is expected to rise to 93,242 residents.

That's a 101 percent increase!

- In-Home Aides
- Next Door Respite
- Senior Wellness Expo
- Home Safety Repairs
- Resources & Referrals
- Medicare Counseling
- Safety Equipment
- Incontinence Supplies
- Family Caregiver Support

1401 Skyway Drive, Monroe, NC 28110 | (704) 292-1797 | [www.COAunion.org](http://www.COAunion.org)  
Council on Aging is a 501(c)3 nonprofit organization. Federal Tax ID 56-1081558



@COAunionconc



@coa\_unionco\_nc

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### Publisher

Council on Aging in Union County

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### Editorial & Design

Cameo Communications, LLC

Thank you to our presenting partner, Novant Health, and to all our advertisers whose support underwrites our annual resource guide.

If you have a business or provide a service that would benefit from exposure in Successful Aging, call 704-292-1797 to reserve an ad in the next edition.

Information in this guide is designed to give general information about aging programs and services and is not a substitute for medical or other professional advice.

Contact your healthcare provider or other professional for information to guide you personally.

# Aging successfully

## Strategies to enhance life as we age

*Let's face it – we're all getting older. And we're living longer.*

*In the United States, not only are we living longer, we're living healthier. The more we strive for healthy living, the more opportunity we may have to live longer and age successfully.*

*What is successful aging? And how do we retain quality of life as we age?*

*While there is no magic pill or formula, studies have suggested multiple proactive strategies that can promote healthy aging.*

### 1. Stay social

We learned during the Covid shutdown that isolation isn't good for your health – at any age.

Social interaction keeps us mentally and emotionally engaged and helps us retain positive thinking.

Make a concerted effort to keep in touch with friends and family through phone calls, email, personal visits, social media and postal mail.



### 2. Engage your brain

Studies show that engaging our brain with challenging activities helps us remain mentally healthy. Many puzzles and games can be found online and in hard-copy books.

### 3. Continue physical activity

It's true that our bodies change as we age, but those changes needn't eliminate all physical activity.

Physical activity, however modified to fit our capability, is good for the body and the brain. Exercise benefits our heart health and helps prevent falls and depression. Find a friend to walk with or visit a gym for an exercise routine geared to your abilities.

There also are many exercises that you can do at home, even while seated in a chair or wheelchair.

### 4. Eat nutritiously

A balanced diet of fresh vegetables and fruits and a minimum of junk or packaged food and sweets have been shown to keep our bodies healthy as we age.

Ask your healthcare provider if you need supplemental vitamins and take them regularly if prescribed.

And remember to drink plenty of water and other drinks to prevent dehydration.

### 5. Prioritize your health

Early examination of a physical change is critical to remaining healthy as we age. We shouldn't accept a change in our condition as just a sign of aging that should be expected and can be ignored.

Regular checkups and screenings can flag illnesses that often can be treated easily. Those screenings also should include vision, hearing and dental examinations.

### 6. Adapt to your body's changes

Physical change is inevitable with aging, but many changes are minor or can be accommodated with simple lifestyle changes.

Assistive devices, such as walkers and wheelchairs, may be all that's needed to keep moving. Council on Aging provides assistive devices free; call 704-292-1797 for information.

## EMERGENCY SERVICES

Keep these numbers on your refrigerator and in your cell phone contact list to ensure easy access when needed.

**Ambulance, Fire, Police,  
Sheriff, Highway Patrol**  
911

**Domestic Violence Crisis  
Line (Turning Point)**  
704-283-7233

**Community Shelter  
of Union County**  
Emergency Shelter  
704-289-5300

**Poison Control**  
1-800-222-1222

**Silver Alert**  
*(Missing Seniors)*  
1-800-522-5437

**National Suicide  
Prevention Lifeline**  
988

**Union County  
Communications**  
*(Non-Emergency)*  
500 N. Main St., #13  
Monroe, NC 28112  
704-289-1591

**Union County Sheriff's Office**  
3344 Presson Rd.  
Monroe, NC 28112  
704-283-3789

**Veteran's Crisis Line**  
800-273-8255  
800-799-4889 VRS



## ADULT DAY PROGRAMS



**Council on Aging Next  
Door Group Respite**  
104 Lydia St.  
Monroe, NC 28110  
704-292-1797

**Blessed Assurance  
Adult Day Care**  
13001 Idlewild Rd.  
Matthews, NC 28105  
704-845-1359

**New Testament  
Adult Day Care**  
2603 Goldmine Rd.  
Monroe, NC 28110  
704-283-5606

**PACE of the  
Southern Piedmont**  
6133 The Plaza  
Charlotte, NC 28215  
704-887-3840

*When both caregiver and loved one need a break...*



Council on Aging's Next Door respite program offers a social outing for seniors with memory loss and a time for caregivers to "recharge" or run errands.

We provide memory-appropriate social and recreational opportunities in our four-day-a-week program, held in a home-like clubhouse next door to our office.

Call us for more information.

**704-292-1797**

## AFFORDABLE HOUSING

### Cotton Street Commons

819 Cotton St.  
Monroe, NC 28112  
704-283-5136

### Gatewood Village

226 S. Main St.  
Wingate, NC 28174  
704-233-9566

### Icemorlee Street Apartments

1700 Icemorlee St.  
Monroe, NC 28110  
704-289-1042

### Serenity Place Apartments (Monroe Housing Auth.)

504 Hough St.  
Monroe, NC 28112  
704-289-2514

### Wingate Manor

205 S. Main St.  
Wingate, NC 28174  
704-233-4732

### Rental Housing Search

NCHousingSearch.org  
877-428-8844



## AGING REFERRALS

### Council on Aging in Union County

1401 Skyway Dr.  
Monroe, NC 28110  
704-292-1797

### Centralina Area Agency on Aging

10735 David Taylor Dr.  
Suite 250  
Charlotte, NC 28262  
704-372-2416

### Eldercare Locator

1-800-677-1116

### Ombudsman

*(Long Term Care Advocacy)*  
10735 David Taylor Dr.  
Suite 250  
Charlotte, NC 28262  
704-348-2739

### NC BAM (NC Baptist Aging Ministry)

201-A Idol St.  
Thomasville, NC 27360  
877-506-2226

### Union County Dept. of Health & Human Services

2330 Concord Ave.  
Monroe, NC 28110  
704-296-4300

### Adult Protective Services: Abuse/Neglect (DSS)

2330 Concord Ave.  
Monroe, NC 28110  
704-296-6124

### Adult Protective Services: Abuse/Neglect (DSS)

*(After Hours)*  
704-289-1591



Do you need to learn about options and resources available to older adults?

Seniors and their families often need information on resources and programs to help them overcome challenges associated with aging.

The Council on Aging is here to guide you through various options at no cost to you.

Last year, we helped 3,262 seniors or their families by connecting them directly to our programs or with a community partner.

Call us for more information.

704-292-1797

## ASSISTED LIVING FACILITIES

### Brookdale Monroe Square Memory Care

919 Fitzgerald St.  
Monroe, NC 28112  
704-225-9556

### Brookdale Monroe Square Assisted Living

918 Fitzgerald St.  
Monroe, NC 28112  
704-225-0200

### Brookdale Union Park

1316 Patterson St.  
Monroe, NC 28112  
704-282-0530

### Elizabethan Gardens Assisted Living

1812 New Town Rd.  
Monroe, NC 28110  
704-283-6992

### Hillcrest Baptist Church Rest Home

4123 Hillcrest Church Rd.  
Monroe, NC 28110  
704-292-1145

### Monroe Manor Assisted Living

1101 Baucom Rd.  
Monroe, NC 28110  
704-776-9327

### The Addison of Indian Trail

5306 Secret Short Cut Rd.  
Monroe, NC 28110  
704-296-2092

### Woodridge Assisted Living

2515 Fowler Secret Rd.  
Monroe, NC 28110  
704-225-0011

### Waltonwood Providence

11945 Providence Rd.  
Charlotte, NC 28277  
704-246-8670



### About Amanda

Selling a home when transitioning to a new home, downsizing, or even a transition to a senior living community can be an emotional and overwhelming task. Amanda understands the specialized focus it takes to navigate both the difficulty in transition along with the emotional ties one can have to a home. One's memories along with the financial piece of the puzzle can be tough to navigate alone, and Amanda is here to hold your hand through it all.

Through her advanced training while earning her Master's Degree in Counseling, combined with the experience gained in both senior living, commercial development, and real estate, Amanda is able to provide your family with peace of mind through it all.

Don't stress it – while the big picture can seem overwhelming, Amanda has the right people to put in your corner. With her on your team, you're sure to succeed.

### Specialties

Estates & Farms  
Home Sellers & Buyers  
Downsizing & Relocation

📍 121 E Philfer St., Monroe, NC  
102 E Main St., Marshville, NC

✉ info@soldbuyamanda.com

👤 Amanda Evans Marsh,  
Real Estate

📞 770-653-7370

your real estate advocate

www.soldbuyamanda.com

### Why Amanda?

As a local Realtor®, Amanda is passionate about serving our community as your local real estate expert. She has the understanding and empathy for real estate clients navigating tough waters, all while helping to counsel clients through major financial and life transitions in their real estate endeavors.

AMANDA EVANS MARSH  
BROKER, CENTRAL CAROLINA REAL ESTATE GROUP  
COMMERCIAL REAL ESTATE

# Multiple levels of care

## Hourly and daily; at home or a facility

*It can be scary to realize that you no longer can perform all the daily tasks you've done in the past. Are your only choices moving in with family members or some type of assisted living or nursing facility?*

*Good news! There are many levels of assistance available to help you retain the highest level of independence while receiving the depth of care you need.*

### In-home aide

Sometimes just a little assistance at home is all we need to remain independent in our home.

In-home aides can assist with housekeeping, meal preparation, medication reminders, grocery shopping and chores, as examples.

Council on Aging provides free in-home aide services to seniors. Call 704-292-1797 for information.

### Home health care

In-home health care is a higher level of assistance because it includes a healthcare aspect.

This care, often provided by a certified nursing assistant or home health aide, helps the senior with the activities of daily living, such as bathing, feeding and dressing.

### Respite care

Respite is often needed when a family member or caregiver is occupied, such as working outside the home. A respite provider can offer hourly or daily care, typically offering meals, activities and companionship.

Council on Aging provides respite care four days a week at its Monroe facility. Call 704-292-1797 for more information.

### Independent living

Senior living complexes are popping up across the Metrolina.

While each complex is different, these apartment-style homes can provide security, social events, dining hall meals and other amenities.

### Palliative care

Palliative care is specialized medical care for people living with a serious illness, such as cancer or heart failure.

Patients may receive medical care simultaneously for their symptoms.

Palliative care is meant to enhance a person's current care by focusing on quality of life for them and their family.

### Hospice

Hospice is designed to provide the highest level of comfort to those who are terminally ill.



Care can be provided in the personal home, dedicated hospice facilities and assisted living facilities.

Hospice provides comprehensive comfort care as well as support for the family when attempts to cure the patient's illness are stopped.

Hospice is provided for a person with a terminal illness whose doctor believes he or she has six months or less to live if the illness progresses normally.

### Memory care

Some nursing homes and assisted living facilities have dedicated memory care units specifically staffed for residents with dementia or other memory issues.

These units provide increased security and typically higher staff-to-resident ratio in addition to 24-hour supervision and personal care assistance.

### Assisted living

Assisted living combines medical attention and independent living. Facilities are designed for individuals no longer capable of living safely on their own but not so dependent that they need the high level of medical care found in nursing homes.

Assisted living facilities have skilled healthcare availability, social events, group dining, activities and more. Many assisted living facilities also offer a memory care unit.

### Skilled nursing homes

Nursing homes provide long-term medical care and housing for those with serious medical conditions.

Skilled care consists of medical services such as physical therapy, catheter care and administering medications through IVs that can be provided only by skilled or licensed medical personnel.



## CHIROPRACTIC CARE

### Atlas Chiropractic & Wellness

7928 Council Place  
Suite 116  
Matthews, NC 28105  
704-443-2902

### Bess Chiropractic

813 E. Roosevelt Blvd.  
Suite K  
Monroe, NC 28112  
704-225-1918

### Brothers Clinic of Chiropractic

1207 Crews Rd., Suite B  
Matthews, NC 28105  
704-246-6111

### Carolinas Chiropractic and Spinal Rehab

105 Waxhaw Professional  
Park Dr., Suite A  
Waxhaw, NC 28173  
704-243-1010

### Union County Accident and Injury Clinic

2204 W. Roosevelt Blvd.  
Monroe, NC 28110  
704-283-5599

### Indian Trail

**Chiropractic Neurology**  
13803 E. Independence Expy.  
Suite E1  
Indian Trail, NC 28079  
704 776-8667

### Infinite Wellness of the Carolinas

2530 W. Roosevelt Blvd.  
Unit B  
Monroe, NC 28110  
704-282-9300

### Gilbert Family Chiropractic

126 S. Main St.  
Monroe, NC 28112  
704-420-3131

### Keith Clinic of Monroe

2606 W. Roosevelt Blvd.  
Suite A  
Monroe, NC 28110  
704-291-9000

### Monroe Chiropractic

1009 W. Roosevelt Blvd.  
Monroe, NC 28110  
704-283-7444

### Razzano Chiropractic

1007-C Skyway Dr.  
Monroe, NC 28110  
704-296-0999

## DEMENTIA MEDICAL PRACTICES

### Alzheimer's Memory Center

10801 Monroe Rd.  
Suite 100  
Matthews, NC 28105  
704-364-4000

### Memory and Movement

411 Billingsley Rd.  
Suite 103  
Charlotte, NC 28211  
704-577-318

### What is dementia?

Dementia describes a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with daily life. Alzheimer's disease is the most common cause of progressive dementia in older adults, but there are other causes of dementia.

Read about the different dementias at [MayoClinic.org](http://MayoClinic.org).

# Back and Spine Health



**Razzano**  
Chiropractic

704.296.0999

Dr. John Razzano  
1007-C Skyway Drive | Monroe | NC 28110  
[RazzanoChiropractic.com](http://RazzanoChiropractic.com)



## DENTAL OFFICES

**Friendly Dental Clinic**  
323-G Unionville Indian Trail Rd.  
Indian Trail, NC 28079  
704-628-0870

**Marshville Dental**  
7204 E. Marshville Blvd.  
Marshville, NC 28103  
704-624-7222

**Nexus Dental**  
6046 W Hwy. 74  
Indian Trail, NC 28079  
704-741-2856

**Union County Dental Clinic**  
2330 Concord Ave.  
Monroe, NC 28110  
704-296-4829

**Indian Trail Dental Associates**  
4612 W. Hwy. 74, Suite D  
Monroe, NC 28110  
704-289-8366

**Marshville Family Dentistry**  
6604 E. Marshville Blvd.  
Marshville, NC 28103  
704-624-6300

**Piedmont Family Dentistry**  
1736 Dickerson Blvd.  
Monroe, NC 28110  
704-225-8555

**Union Family Dental Assoc.**  
1276 Stafford St.  
Monroe, NC 28110  
704-289-4505

**Indian Trail Dental Studio**  
4514 Old Monroe Rd., Suite E  
Indian Trail, NC 28079  
704-839-2434

**Monroe Dental Care**  
2200 Walters Division Rd.  
Monroe, NC 28110  
704-270-2858

**Pleasant Plains Dental**  
5850 W. Hwy. 74, #135  
Indian Trail, NC 28079  
704-246-3411

**Wingate Dental Care**  
207 W. Wilson St.  
Wingate, NC 28174  
704-233-5545

**Indian Trail Family Dentistry**  
251 Post Office Dr., #A1  
Indian Trail, NC 28079  
704-821-3019

**Monroe Family Dentistry**  
1307 E. Franklin St., Suite C  
Monroe, NC 28112  
704-753-0753

**Sun Valley Family Dentistry**  
6640 Old Monroe Rd., #A  
Indian Trail, NC 28079  
704-282-0600

**Landmark Dentistry**  
5922 Weddington-Monroe Rd.  
Suite A2  
Wesley Chapel, NC 28104  
704-843-5757

**New Town Dentistry**  
1532 Providence Rd. S.  
Suite 220  
Waxhaw, NC 28173  
704-373-6040

**Trailhead Advanced  
Dentistry**  
5614 Potter Rd., Suite 106  
Matthews, NC 28104  
704-684-4443

### Aging and teeth

Older adults with poor oral health are at higher risk for poorly controlled diabetes and inadequate nutrition, among other problems.

Learn to protect your teeth at [www.ncoa.org](http://www.ncoa.org) and search dental.



We are dedicated to improving the health of your skin and are passionate about offering the best in patient care.

We recommend yearly skin screenings to prevent minor concerns from potentially developing into major ones.



6040 West Highway 74  
Indian Trail, NC 28079  
704.821.0615

11304 Hawthorne Drive  
Suite 110  
Mint Hill, NC 28227  
704.341.0090

[www.dermcarecharlotte.com](http://www.dermcarecharlotte.com)

Indian Trail Mon.-Fri. 7:30-4:00 ■ Mint Hill Mon.-Thurs. 7:30-4:00

**Call 704-341-0090**

## DERMATOLOGISTS

**Atrium Health Dermatology**  
6030 W. Hwy. 74, Suite D  
Indian Trail, NC 28079  
704-403-2777

**Dermatology Care  
of Charlotte**  
6040 W. Hwy. 74  
Indian Trail, NC 28079  
704-341-0090

**Charlotte Dermatology**  
Matthews Office  
1238 Mann Dr.  
Matthews, NC 28105  
704-364-6110

**Novant Health  
Dermatology Associates**  
1450 Matthews Township  
Pkwy, #170  
Matthews, NC 28105  
704-384-6020

**Darst Dermatology**  
349 Venus St.  
Monroe, NC 28112  
704-321-3376

**Pinnacle Dermatology**  
701 E. Roosevelt Blvd.  
Suite 200 A  
Monroe, NC 28112  
704-289-9448



## DISABILITY RESOURCES

**ARC of Union County**  
1653 Campus Park Dr.  
Monroe, NC 28112  
704-261-1550

**Disability Rights  
and Resources**  
5801 Exec. Center Dr.  
#101  
Charlotte, NC 28212  
704-537-0550

**Social Security Disability**  
1-800-772-1213

**Union Diversified Industries**  
2815 Walkup Ave.  
Monroe, NC 28110  
704-289-1571

**InReach NC**  
146 Winchester Ave.  
Monroe, NC 28110  
704-536-6661, ext. 472



**American  
Red Cross**

**WE'RE ALL  
IN THIS  
Together**

Give Blood. Volunteer. Donate.

[www.redcross.org/volunteer](http://www.redcross.org/volunteer)

704-283-7402

## EDUCATION & EMPLOYMENT

**Adult Literacy Services**  
South Piedmont  
Community College  
704-290-5261

**Phil Bazemore**  
Active Adult Center  
500 W. Jefferson St.  
Monroe, NC 28112  
704-282-4657

**Geriatric Adult Specialty  
Team-Partners**  
Health Management  
704-884-2504

**NC Cooperative Extension  
(Union County)**  
3230-D Presson Rd.  
Monroe, NC 28112  
704-283-3801

**NC Works**  
1125 Skyway Dr.  
Monroe, NC 28110  
704-283-7541

**Senior Community Service  
Employment Program - AARP**  
1-800-775-6776

**South Piedmont  
Community College**  
4209 Old Charlotte Hwy.  
Monroe, NC 28110  
704-290-5100

**Wingate University**  
315 E Wilson St.  
Wingate, NC 28174  
704-233-8000

### Continued learning

Research shows that lifelong learning is connected to improved cognitive function, healthy emotional well-being and positive self-perception.

Learn more about elder education at [www.onewingateway.com](http://www.onewingateway.com)

## FAMILY CARE HOMES

### Arcadia Care Home

7415 Walnut Crest Dr.  
Waxhaw, NC 28173  
704-488-7618

### Avendelle Assisted Living

111 Maye St.  
Wingate, NC 28174  
704-324-4185

### Caresmatic Estates

520 Pembroke Dr.  
Waxhaw, NC 28174  
704-737-8217

### Farmwood Senior Living

7301 Canterway Dr.  
Mint Hill, NC 28227  
704-222-9483

### Olive Branch Family Care Home

502 N. Elm St.  
Marshville, NC 28103  
704-327-4023



## FAMILY CAREGIVER SERVICES

### Council on Aging

1401 Skyway Dr.  
Monroe, NC 28110  
704-292-1797

### Project C.A.R.E. (Caregiver Alternatives to Running on Empty)

704-432-1111  
980-314-7801

### Council on Aging offers family support

Family members typically are not prepared to care for a loved one, and they may work or be older adults with health issues.

Our program provides counseling, support groups, respite options, supplies and equipment.

**704-292-1797**

## FINANCIAL ASSISTANCE & COUNSELING

### Financial Counseling

Common Heart Financial Education Programs  
6022 Marshville Blvd.  
Marshville, NC 28103  
704-218-9060 ext. 1008

### Green Path Financial Wellness

1-800-550-1961

### Monroe Union County Community Development

349 E. Franklin St.  
Monroe, NC 28110  
704-283-8804

### Cell Phone Assistance

Assurance Wireless  
1-888-321-5880

### Safelink Wireless

1-800-723-3546

### Internet Assistance

Affordable Connectivity  
877-384-2575

### Low Income Energy Assistance Program / Crisis Assistance

Union County Dept. of Social Services  
2330 Concord Ave.  
Monroe, NC 28110  
704-296-4300

### Rent & Utility Assistance

Crisis Assistance Ministry of Union County  
1335 W. Roosevelt Blvd.  
Monroe, NC 28110  
704-225-0440

### Utility Assistance Operation Reachout

1308 Miller St.  
Monroe, NC 28110  
704-289-4237

# Fraud claims grow

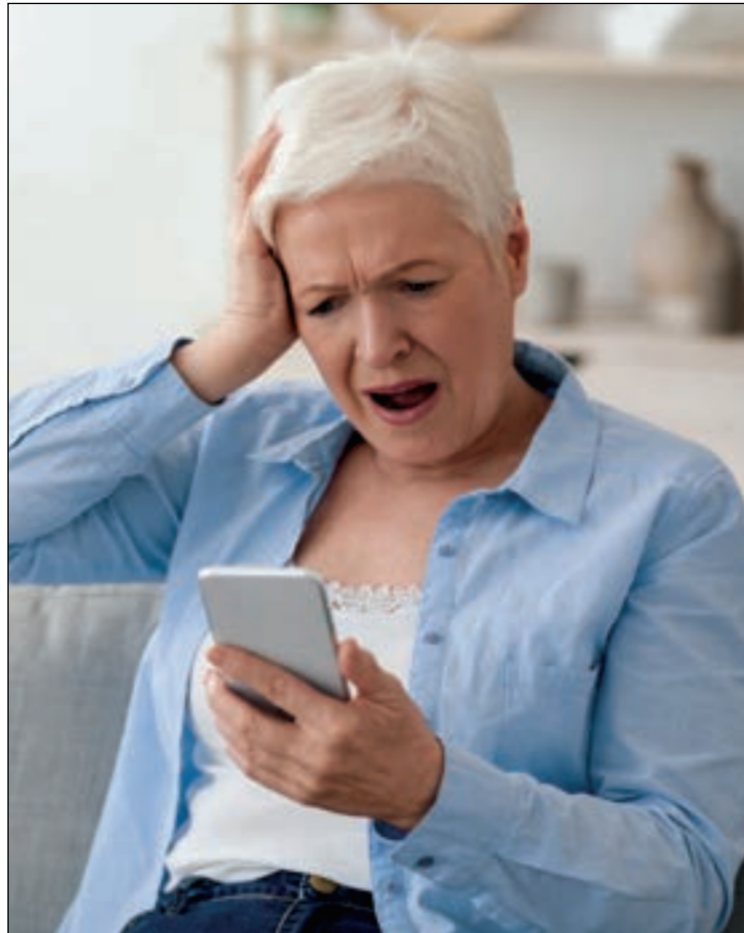
## Take these steps to protect your finances

From National Institute on Aging  
[www.NCOA.org](http://www.NCOA.org)

Far too many people fall prey to scammers who are looking to make a quick buck. But you don't have to be one of them. Here are some tips to keep your finances safe.

### Insurance fraud

- Never sign blank insurance claim forms.
- Ask your medical providers what they will charge and what you will be expected to pay out-of-pocket.
- Carefully review your insurer's explanation of the benefits statement. Call your insurer and provider if you have questions.
- Do not do business with door-to-door or telephone salespeople who tell you that services or medical equipment are free.
- Give your insurance or Medicare identification only to those who have provided you with medical services.
- Keep accurate records of all health care appointments.
- Know if your physician ordered equipment for you.



- Always ask for and wait until you receive written material about any offer or charity before making a commitment.
- Obtain a salesperson's name, business identity and telephone number before you transact business.
- Always take your time in making a decision.

■ If you have information about a fraud, report it to state, local or federal law enforcement agencies.

### Home repair or contractor fraud

- Be an informed consumer. Take the time to call or shop around before making a purchase.
- Take a friend with you who may offer some perspective to help you make difficult decisions.
- Carefully read all contracts and purchasing agreements before signing and make certain that all your requirements have been put in writing.
- Make sure you understand all contract cancellation and refund terms.
- Do not allow yourself to be pressured into making

purchases, signing contracts or committing funds. These decisions are yours alone.

### If you suspect you've encountered fraud

Don't be afraid or embarrassed to talk with someone you trust if you believe you've encountered fraud.

You are not alone, and there are people who can help. Doing nothing could only make it worse.

Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts).

In Union County, you can contact Union County Adult Protective Services at 704-296-6124 or after normal business hours at 704-289-1591.

### Medicare scams

- Protect your Medicare number as you do your credit card numbers and do not allow anyone other than trusted health providers to use it.
- Be wary of salespeople trying to sell you something they claim will be paid for by Medicare.
- Review your Medicare Summary Notices to be sure you have, in fact, received the services billed.
- Report suspicious activities to 1-800-MEDICARE or to N.C. Department of Insurance, 855-408-1212.

### Telemarketing scams

- Don't buy from an unfamiliar company. You can learn more about reputable companies from the Better Business Bureau.

## FITNESS / PARKS & RECREATION

**Union County Parks & Rec.**  
5213 Harkey Rd.  
Waxhaw, NC 28173  
704-283-3885

**Marshville Parks & Rec.**  
118 E. Union St.  
Marshville, NC 28103  
704-320-7778

**Monroe Aquatics & Fitness**  
2325 Hanover Dr.  
Monroe, NC 28110  
704-282-4680

**Waxhaw Parks & Rec.**  
317 N. Broome St.  
Waxhaw, NC 28173  
704-843-2195

**Indian Trail Parks & Rec.**  
315 Matthews-Indian Trail Rd.  
Indian Trail, NC 28079  
704-821-8114

**Monroe Parks & Rec.**  
2325 Hanover Dr.  
Monroe, NC 28110  
704-282-4651

**Stallings Parks & Rec.**  
315 Stallings Rd.  
Stallings, NC 28104  
704-821-0322

## FOOD PANTRIES & NUTRITION

**Chefs for Seniors**  
980-245-7145

**Common Heart Food Pantry**  
704-218-9060

**Community Shelter of U.C.**  
160 Meadow St.  
Monroe, NC 28110  
704-289-5300

**Heart For Monroe**  
218 N. Main St.  
Monroe, NC 28112  
980-722-7241



**Operation Reachout**  
1308 Miller St.  
Monroe, NC 28110  
704-289-4237

**Union County  
Crisis Assistance  
Ministry**  
1335 W. Roosevelt Blvd.  
Monroe, NC 28110  
704-225-0440

**Union County Dept. of  
Health & Human Services**  
SNAP/EBT (*Food Stamps*)  
2330 Concord Ave.  
Monroe, NC 28110  
704-296-4300

**Union County Senior  
Nutrition Program**  
(*Home Delivered Meals,  
Congregate Meal Sites*)  
2330 Concord Ave.  
Monroe, NC 28110  
704-283-3712

**INDIAN TRAIL  
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Have fun & make  
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Activities include:

- Mahjong Monday
- Coffee, Cards & Conversation on Wednesdays
- Hand & Foot on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays
- Monthly potlucks
- Affordable day trips

No membership fees.  
All area seniors are welcome!

Contact Us!

704-821-5401 • [itsparksandrec.com](http://itsparksandrec.com)  
315 Matthews-Indian Trail Road  
Indian Trail, NC 28079

# Need Food?

We provide free food to residents  
through multiple programs

- ◆ Prepared meals in our dining hall
- ◆ Food boxes in our drive-thru pantries
- ◆ Supplemental food boxes for seniors

Last year, we provided 533,340 meals  
through our food programs.

www.UnionShelter.org/Food ◆ 704.289.5300

# Exercise and aging

## Significant benefits available from varied activities

*From National Institute on Aging*

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get four types of exercise: endurance, strength, balance and flexibility.

Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury.

No matter your age, you can find activities that meet your fitness level and needs!

### 1. Endurance exercises

Endurance activities, often referred to as aerobic, increase your breathing and heart rates.

These activities help keep you healthy, improve your fitness and help you perform the tasks you need to do every day.

Endurance exercises improve the health of your heart, lungs and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers and heart disease.

Activities to build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

### 2. Strength exercises

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs and carrying groceries.

Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong.

Some people call using weight to improve your muscle strength "strength training" or "resistance training." Strength exercises include:

- Lifting weights
- Carrying groceries
- Gripping a tennis ball
- Wall push-ups
- Lifting your body weight
- Using a resistance band



### 3. Balance exercises

Balance exercises help prevent falls, a common problem in older adults that can have serious consequences.

Many lower-body strength exercises also will improve your balance.

Balance exercises include:

- Tai Chi, a "moving meditation" that involves shifting the body slowly, gently and precisely.
- Standing on one foot.
- The heel-to-toe walk.
- Standing from a seated position.

### 4. Flexibility exercises

Stretching can improve your flexibility. Moving more freely makes it easier for you to tie your shoes or look over your shoulder when you back up your car.

Watch instructional videos on many stretching exercises at

[www.youtube.com/user/NatlInstituteOnAging](http://www.youtube.com/user/NatlInstituteOnAging)

- Stretch when your muscles are warmed up.
- Stretch after endurance or strength exercises.
- Don't stretch so far that it hurts.
- Always remember to breathe normally

For more information about exercise and physical activity:

American Council on Exercise - [www.acefitness.org](http://www.acefitness.org)

American Physical Therapy Assoc. - [www.choosept.com](http://www.choosept.com)

Centers for Disease Control and Prevention - [www.cdc.gov](http://www.cdc.gov)



3700 Forest Lawn Drive  
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 704-846-1068  
 www.forestlawnest.com

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## FUNERAL HOMES & PLANNING

### Blakely's Funeral & Cremation

714 E. Franklin St.  
Monroe, NC 28112  
704-635-7951

### Davis Funeral Service Inc.

1003 E. Franklin St.  
Monroe, NC 28112  
704-289-4242

### Gaskin Funeral Services

14617-B Lawyers Rd.  
Matthews, NC 28104  
704-882-6733

### Gaulden Monuments

201 S Main St.  
Monroe, NC 28112  
704-226-1554

### Good Shepherd Funeral

#### Home - Life & Legacy Funerals & Cremations

6525 Old Monroe Rd.  
Indian Trail, NC 28079  
704-821-4484

### Gordon Funeral Service & Crematory

1904 Lancaster Ave.  
Monroe, NC 28112  
704-283-8141

### Harris Funeral Home

601 Winchester Ave.  
Monroe, NC 28110  
704-289-4243

### Heritage Funeral and Cremation Services

3700 Forest Lawn Dr.  
Matthews, NC 28104  
704-846-3771

### Heritage Funeral and Cremation Services

4431 Old Monroe Rd.  
Indian Trail, NC 28079  
704-821-2960

### Holland Funeral Service & Crematory

806 Circle Dr.  
Monroe, NC 28112  
704-283-9366

### Lakeland Memorial Park

1901 Lancaster Ave.  
Monroe, NC 28112  
704-289-3166

### McEwen Funeral Home of Monroe

204 S. Main St.  
Monroe, NC 28112  
704-289-3173

### Morgan & Son Funeral Home

218 E. Main St.  
Marshville, NC 28103  
704-624-2137

### Simply Cremations of Charlotte

3850 Matthews-Indian Trail Rd.  
Matthews, NC 28104  
704-821-6160



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& COMPASSION

### Indian Trail

4431 Old Monroe Road  
Indian Trail, NC 28079  
704-821-2960

### Matthews/Weddington

3700 Forest Lawn Drive  
Matthews, NC 28104  
704-846-3771

### Ballantyne/Charlotte

16151 Lancaster Highway  
Charlotte, NC 28277  
704-714-1540

[www.heritagecares.com](http://www.heritagecares.com)

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704-283-9366

[www.hollandfuneralservice.com](http://www.hollandfuneralservice.com)



## GENERAL INFORMATION

**Better Business Bureau (BBB)**  
9719 Northeast Parkway  
Matthews, NC 28105  
704-927-8611

**Council on Aging  
in Union County**  
1401 Skyway Dr.  
Monroe, NC 28110  
704-292-1797

**NC Cooperative Extension  
(Union County Agricultural &  
Conference Center)**  
3230-D Presson Rd.  
Monroe, NC 28112  
704-283-3801

**Social Security  
Administration**  
2201 Coronation Blvd.  
Suite 100  
Charlotte, NC 28227  
1-800-772-1213

**Union County Department  
of Social Services**  
2330 Concord Ave.  
Monroe, NC 28110  
704-296-4300

**Union County  
Public Libraries**  
316 E. Windsor St.  
Monroe, NC 28112  
704-283-8184, option 1

123 Unionville Indian Trail Rd.  
Indian Trail, NC 28079  
704-283-8184, option 3

414 Hasty St.  
Marshville, NC 28103  
704-283-8184, option 2

509 S. Providence St.  
Waxhaw, NC 28173  
704-283-8184, option 4

**Union County  
Veterans Services**  
407 N. Main St.  
Monroe, NC, 28112  
704-283-3807

**United Way of Union County**  
102 E. Franklin St.  
Monroe, NC 28112  
704-226-5100  
Info & Referral - Dial 211

### Council on Aging is your resource for all questions concerning aging

We don't claim to have all the answers, but we are your first point of contact for questions about aging services.

If we don't know the answer to your question, we'll find someone who does know. Because if you have that question, other seniors will, too, and we want to add the information into our resource file.

We'll help you find a business or agency that can address your issue on aging, whether it's a local organization that you can visit or one that you can call or email.

**704-292-1797**

## McEwen Funeral Home of Monroe

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*Every Detail Remembered*



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704-289-3173 • fax: 704-289-4981

## HEALTH SERVICES

**Alzheimer's Association**  
4600 Park Rd., Suite 250  
Charlotte, NC 28209  
980-498-7760  
24-Hour Helpline  
1-800-272-3900

**Atrium Health Union**  
600 Hospital Dr.  
Monroe, NC 28112  
980-993-3100

**Community Health Services  
of Union County**  
1338-C E. Sunset Dr.  
Monroe, NC 28112  
704-296-0909

**The Diabetes and Nutrition  
Center, Atrium Health Union**  
600 Hospital Dr.  
Monroe, NC 28112  
980-993-2880

**Novant Health Matthews  
Medical Center**  
1500 Matthews Township Pkwy.  
Matthews, NC 28105  
704-384-6500

**Parkinson's Association**  
2101 Sardis Rd. N.  
Suite 102  
Charlotte, NC 28227  
980-245-2786

**Union County  
Health Department**  
2330 Concord Ave.  
Monroe, NC 28110  
704-296-4800

## HEARING SERVICES

**Beltone Hearing Aid Centers**  
600 E. Matthews Mint Hill Rd.  
Matthews, NC 28105  
704-246-3241

**CapTel NC - Visual  
Telephone with Captions**  
919-238-4136  
Fax: 919-719-2793  
Videophone: 919-324-3791  
Español: 866-670-9134

**Caption Call**  
980-301-2581

**Charlotte Speech & Hearing**  
2605 W. Roosevelt Blvd.  
Monroe, NC 28110  
704-523-8027

**NC Services for the  
Deaf & Hard of Hearing**  
Direct Line: 704-568-8558  
Videophone: 704-918-1554

### Hearing loss & seniors

*From the National Institute of Health*

Hearing loss is the most common sensory deficit in the elderly.

Especially in the elderly, hearing loss can impair the exchange of information, thus significantly impacting everyday life, causing loneliness, isolation, dependence and frustration, as well as communication disorders.

Add a hearing checkup to your medical plan to ensure a hearing loss isn't depreciating your quality of life.

# Hearing Healthcare with a Heart

By choosing Charlotte Speech and Hearing Center as your hearing healthcare provider, you are **supporting our community programs** to enhance the lives of thousands of people annually.

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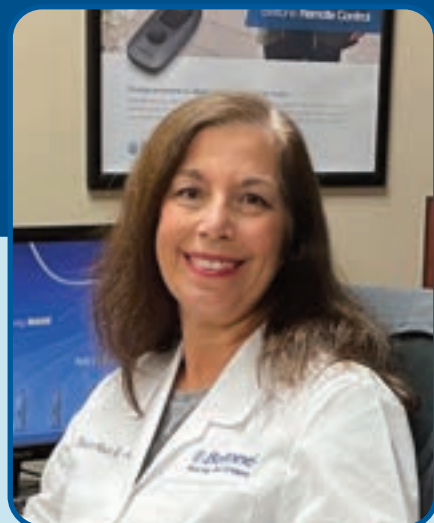
600E Matthews-Mint Hill Rd

**(704) 814-7419**

**PROMO CODE: COA-2022**

**Sharon Klein, NBS-HIS**  
*Nationally Board Certified  
Hearing Instrument Specialist*

"I can't imagine doing anything else that would give me more satisfaction than bringing back the beauty of sound to those suffering from hearing loss."



# Council on Aging program

## In-home aide service keeps seniors safe

In-home aide services can be critical for seniors living independently in their homes.

As we age, it becomes much more difficult to perform household chores, run errands or even feel safe with personal care.

Our aides visit each client's home once or twice a week, providing no-cost assistance with these needs. This assistance helps our clients remain comfortably at home.

Most could not afford these services without our assistance. More than 74 percent of our single in-home clients have an income below \$20,385. That income level presents a struggle to pay a mortgage or rent, plus utilities, food, medical expenses and transportation, just as examples.

Last year, Council on Aging provided 17,266 hours of in-home care at no cost, saving clients approximately \$508,311.



## Home safety repairs accommodate wheelchairs, provide handrails, grab bars

The need for assistive devices to continue independent living for our aging population is growing dramatically and expensively.

We are fortunate to have volunteers who make minor safety repairs in homes of our older neighbors.

These repairs, which include building wheelchair ramps plus installing grab bars in bathrooms and handrails for steps, help our older residents remain in their own homes.

Last year, volunteers, such as the Monroe Civitan Club, completed 76 home repairs and 96 yard projects.

## Staff and volunteers provide guidance with Medicare, other senior benefits

Our staff and volunteers provide unbiased assistance to help Medicare beneficiaries compare options and save money on their coverage and prescriptions.

In 2021, the N.C. Department of Insurance calculated that our clients saved \$300,256 on premiums and drug copays.

We also provide referrals to seniors seeking information on other resources and programs to help overcome challenges.

Whether it was connecting seniors directly to our programs or connecting them with a community partner, we helped 3,262 people last year with these services.



# Programs benefit 5,320 seniors

## Free safety equipment and incontinence supplies save seniors thousands of dollars

Council on Aging provides wheelchairs, walkers, shower chairs, raised toilet seats, bedside commodes and canes free to seniors needing the equipment to prevent falls and remain at home.

Last year, COA distributed 831 pieces of equipment.

We depend on donations of gently-used equipment from families as well as purchased donations from benevolent organizations.

In addition, we provide incontinence supplies at no cost. Last year, we distributed 5,346 incontinence packages, a savings of approximately \$42,768.



## Families caring for loved ones with memory loss get respite with Next Door

Our Next Door respite program offers a social opportunity for seniors with memory loss.

Staff and volunteers provide memory-appropriate social and recreational opportunities in this four-day-a-week program, held in a home-like clubhouse next door to our office.

Equally important is the break Next Door provides caregivers who use this time to “recharge” by taking care of themselves, running errands, visiting with friends or even taking a much-needed nap!

Last year, COA provided 8,055 hours of much-needed respite to families.

## Support program offers counseling, social interaction with fellow family caregivers

Family members caring for a loved one have a very difficult job.

They typically are not prepared to care for a spouse, parent or other relative, and they may work or be older adults with their own health conditions.

Council on Aging helps caregivers take care of themselves so they can continue to care for their loved one.

Our program provides one-on-one counseling, support groups, temporary and immediate respite options, supplies and equipment.

Last year, our caregiver program helped 330 family caregivers.

Support also is offered to grandparents raising grandchildren 18 or younger.

## Wellness Expo provides valuable info

Council on Aging holds an annual Wellness Expo for service providers to showcase their product and for seniors to see the depth of available services.

Last year at our 15th annual Wellness Expo sponsored by Novant Health, 80 community vendors offered information as well as health screenings to more than 500 attendees.

Our 2023 expo will be Thursday, May 4, from 9 a.m. to noon at the Union County Agricultural Center, 3230 Presson Rd. in Monroe.



## HOME CARE & HOME HEALTH AGENCIES

**Atrium Health at Home - Union**  
101 E. Franklin St.  
Monroe, NC 28112  
980-993-7250

**Bayada Home Health Care**  
304 E. Phifer St.  
Monroe, NC 28110  
704-289-6000

**BrightStar Care of East Charlotte**  
10020 Monroe Rd., #230  
Matthews, NC 28105  
980-495-9367

**CarePoint Homecare Agency**  
6401 Carmel Rd.  
Charlotte, NC 28226  
980-226-5516

**Caring at Heart Homecare**  
8001 Raintree Ln., #213  
Charlotte, NC 28277  
704-379-7510

**Caring Hands Home Care**  
124 Unionville Indian Trail Rd.  
Suite B6  
Indian Trail, NC 28079  
704-234-8546

**Comfort Keepers Home Care**  
8000 Corporate Center Dr.  
Suite 111  
Charlotte, NC 28226  
704-980-7620



**Cornerstone Caregiving**  
725 E. Trade St.  
Suite 110  
Charlotte, NC 28202  
704-459-3600

**First Light Homecare**  
8514 McAlpine Park Dr.  
Suite 285  
Charlotte, NC 28211  
704-879-2394

**Golden Heart Senior Care**  
1211 Spring St.  
Charlotte, NC 28206  
704-246-5806

**H&S Therapeutic Services**  
8501 Tower Point Dr.  
Suite B26  
Charlotte, NC 28227  
980-758-0017

**Home Instead Senior Care**  
310 W. Franklin St., #107  
Monroe, NC 28112  
704-296-5070

**Hope Home Care**  
622 W. Roosevelt Blvd., Unit A  
Monroe, NC 28110  
704-296-7766

**CenterWell Home Health**  
1995 Wellness Blvd., Ste. 220  
Monroe, NC 28110  
704-283-0535

**Neighborhood Nurses**  
1821 N. Rocky River Rd.  
Monroe, NC 28110  
704-292-1234

**Omega In-Home Service**  
2606 W. Roosevelt Blvd.  
Suite F  
Monroe, NC 28110  
980-313-8517

**PACE of the Southern Piedmont**  
6133 The Plaza  
Charlotte, NC 28215  
704-887-3840

**RN4U**  
704-562-3659

**Southern Care Partners**  
704-219-3698

**VIP Home Care**  
281-798-0286

**Visiting Angels**  
704-841-1160



**980-313-8517**  
2606 W. Roosevelt Blvd. Ste. F  
Monroe, NC 28110

**Omega-lhs.com**

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- Alzheimer's & Dementia

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## Council on Aging can help with minor home modifications

We are fortunate to have volunteers who make minor safety repairs in homes of our older neighbors.

These repairs, which include building wheelchair ramps plus installing grab bars in bathrooms and handrails for steps, help our older residents remain in their own homes.

**704-292-1797**

## HOME SAFETY & MODIFICATIONS

### Access4U

4816 Persimmon Ct.  
Monroe, NC 28110  
1-800-355-7025

### Carolina Ramp Solutions

3224 Westwood Industrial Dr.  
Suite E  
Monroe, NC 28110

### Council on Aging

1401 Skyway Dr.  
Monroe, NC 28110  
704-292-1797

### Union-Anson Habitat for Humanity

3702 Old Charlotte Hwy.  
Monroe, NC 28110  
704-296-9414

### NC BAM

NC Baptist Aging Ministry  
201-A Idol St.  
Thomasville, NC 27360  
877-506-2226

## HOSPICE & PALLIATIVE CARE

### Community Home Care and Hospice

156 Corporate Blvd.  
Indian Trail, NC 28079  
704-226-0605

### Hospice of Union County

700 W. Roosevelt Blvd.  
Monroe, NC 28110  
980-993-7300

### Hospice and Palliative Care Charlotte Region

7845 Little Ave.  
Charlotte, NC 28226  
704-375-0100

### Novant Health Hospice and Palliative Care

324 N. McDowell St.  
Charlotte, NC 28204  
704-384-6478

## Hospice vs. palliative care

Hospice provides the highest level of comfort to those who are terminally ill and whose life expectancy is six months or less.

It provides comprehensive comfort care plus support for the family. Attempts to cure the illness are stopped.

Palliative care is specialized medical care for people living with a serious illness, such as cancer or heart failure. Patients in palliative care may receive medical care for their symptoms.

Palliative care is meant to enhance a person's current care by focusing on quality of life for them and their family.



For more than 35 years,  
Hospice of Union County has cared for our  
local patients and their families.

Our team provides quality end of life care  
with dignity and compassion.



For more information about our  
palliative care and hospice services,  
please call 980-993-7300.

Scan to take a  
virtual tour of Hospice  
of Union County.

## INDEPENDENT LIVING COMMUNITIES

### Ambriant at Austin Village

980 Chestnut Ln.  
Matthews, NC 28104  
704-251-5753

### Inspire Royal Park Apartment Homes

4101 Glenloch Cir.  
Matthews, NC 28105  
980-766-1590

### Matthews Glen *(Continuing Care Retirement Community)*

733 Pavilion View Dr.  
Matthews, NC 28105  
980-446-3677

### The Village of Woodridge

2414 Granville Pl.  
Monroe, NC 28110  
704-225-9118

### Waltonwood Providence

11945 Providence Rd.  
Charlotte, NC 28277  
980-999-4692

### Windsor Run Senior Living Community

2030 Windsor Run Ln.  
Matthews, NC 28105  
704-443-6300

### What is independent living?

Each independent senior living complex can be different.

These apartment-style homes or apartments can provide security, social events, dining hall meals and other amenities. Some complexes even allow you to bring your pet.



## Welcome to the Waltonwood family

Move to Waltonwood and enjoy chef-prepared meals with desserts created by an in-house Pastry Chef, engaging Life Enrichment programs, and housekeeping and maintenance services for a truly worry-free lifestyle.



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[www.Waltonwood.com](http://www.Waltonwood.com)



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# Medicare benefits

## Parts A, B, C and D pay for different services

From Medicare.gov

Medicare is a boon to residents when they reach 65 – insurance coverage at a lower price. But for most people, it's overwhelmingly complicated.

Here are the basics of Medicare, but for in-depth information about original Medicare and Medicare Advantage plan, visit [www.Medicare.gov](http://www.Medicare.gov).

### What Part A covers

In general, Medicare Part A covers:

- Inpatient care in a hospital
- Skilled nursing facility care
- Nursing home care (inpatient care in a skilled nursing facility that's not custodial or long-term care)
- Hospice care
- Home health care
- Lab tests
- Surgery



### What Part B covers

Medically necessary services or supplies needed to diagnose or treat your medical condition and that meet accepted standards of medical practice.

*(Continued on next page)*

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## Medicare

(Continued from previous page)

Preventive services, including health care to prevent illness (like the flu) or detect it at an early stage. Also:

- Ambulance services
- Home health care
- Durable medical equipment (DME)
- Mental health
- Inpatient
- Outpatient
- Partial hospitalization
- Limited outpatient prescription drugs

### Medicare Advantage (also known as Part C)

Medicare Advantage is a Medicare-approved plan from a private company that offers an alternative to original Medicare for your health and drug coverage. These “bundled” plans include Part A, Part B and usually Part D.

In most cases, you’ll need to use doctors who are in the plan’s network.

Plans may have lower out-of-pocket costs than Original Medicare and may offer extra benefits that Original Medicare doesn’t cover – such as vision, hearing and dental services.

### Part D (Drug coverage)

Part D helps cover the cost of prescription drugs (including many recommended shots or vaccines).

You join a Medicare drug plan in addition to original Medicare, or you get it by joining a Medicare Advantage Plan with drug coverage.

## INSURANCE

### Medicare

#### Council on Aging in Union County SHIP Program

1401 Skyway Dr.  
Monroe, NC 28110  
704-292-1797

### Medicaid

#### Union County Dept. of Health & Human Services

2330 Concord Ave.  
Monroe, NC 28110  
704-296-4300

### Affordable Care Act Navigators

#### NC Navigator Consortium – A Service of Legal Aid of NC

1-855-733-3711

### Medicare Supplement Insurance

Medigap is Medicare Supplement Insurance that helps fill “gaps” in Original Medicare and is sold by private companies. Original Medicare pays for much, but not all, of the cost for covered health care services and supplies.

A Medicare Supplement Insurance (Medigap) policy can help pay some of the remaining health care costs, like:

- Copayments
- Coinsurance
- Deductibles



## Council on Aging provides unbiased assistance on Medicare

Our staff and volunteers provide unbiased Medicare assistance to help beneficiaries compare options and save money on their coverage and prescriptions.

In 2021, the NC Department of Insurance calculated that our clients saved \$300,256 on premiums and drug copays.

We also help seniors recognize and prevent Medicare billing errors and possible fraud and abuse.

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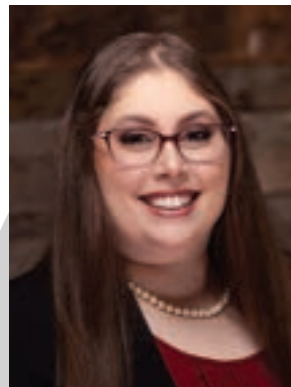
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Both attorneys are licensed in North Carolina and South Carolina. DeAngelo is CELA certified by NELF.

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Matthews, NC 28105  
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**Helms Bennett, PA**  
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**Legal Aid of NC**  
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**McIntyre Elder Law**  
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Charlotte, NC 28284  
704-749-9244

**NC Lawyer Referral Services**  
1-800-662-7660

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Suite 300  
Charlotte, NC 28277  
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# Advance directives

## Make your end-of-life wishes known

From the National Institute of Aging ([www.NIOA.org](http://www.NIOA.org)) and N.C. Secretary of State office

Thinking about our end of life isn't easy; in fact, it can be quite scary.

As we age and see friends and family die, we're apt to think about our own death.

How will it happen? No one can know. But through advance planning, we often can have some control over our end of life.

Advance care planning is making decisions about the type of healthcare we want if we're unable to make those decisions at the time and about who we want to make those decisions. It involves sharing those decisions through a legal document – created before needed – with family and healthcare providers.

Simply stated, an advance directive is a legal document that goes into effect ONLY if you are incapacitated and unable to speak for yourself. This could be the result of disease or severe injury – no matter how old you are.

Think of advance care planning as a document you can adjust as your lifestyle or health situations changes.



- What makes life meaningful to you? That's a key to your advance directive.
- Who would you want to make decisions for you if you can't?
- Is your main desire to have the most days of life? Or would your focus be on quality of life?
- What if you are permanently unconscious and develop pneumonia? Would you want antibiotics and to be placed on a ventilator?

■ If your heart stops or you have trouble breathing, would you want life-saving measures if it meant that, in the future, you could be well enough to spend time with your family?

■ Would you be content if the emergency leaves you simply able to listen to books on tape or gaze out the window?

■ What if you are in pain at the end of life? Do you want pain medication even if it will make you more drowsy and lethargic?

Legal North Carolina downloadable templates can be found at [www.sosnc.gov/divisions/advance\\_healthcare\\_directives](http://www.sosnc.gov/divisions/advance_healthcare_directives).

You can also consult your attorney for assistance or call Legal Aid of North Carolina for free assistance – 877-579-7562.

## MEDICAL ALERTS & EQUIPMENT

### Medical Alert Buttons

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800-519-2419

**Phillips Lifeline**  
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**Council on Aging**  
(Free equipment & supplies)  
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704-292-1797

**Marshville Pharmacy & Surgical Supply**  
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704-289-9479

**Superior Home Medical**  
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### Council on Aging provides free equipment and supplies

Council on Aging provides wheelchairs, walkers, shower chairs, raised toilet seats, bedside commodes and canes free of charge to seniors needing the equipment to prevent falls and remain in their own home.

In addition, we provide incontinence supplies at no cost.

We rely on donations from families and organizations of new or used equipment and new supplies.

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704-438-9901



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Rehabilitation Cen.**  
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# Seniors happier than at age 40

## Tips to help you stay happy as you age

Older adults are generally happier than those in their 40s, according to multiple surveys.

A Nielsen survey shows self-reported wellbeing reaching its highest levels as we reach our 80s; a Gallup poll shows similar life satisfaction.

That might be surprising to some, but generally, the thought is that seniors are more resilient, having live through and coped with many challenges and losses in their lives.

What makes seniors happy? And more important, what can you do to boost your happiness as you age?

Here are some suggestions to help you stay happy as you age.

- Focus on what you can do, not what you cannot do.
- Stay connected socially with friends and family.

- Be actively engaged in life; this is no time to be a couch potato.
- Think positively and avoid negative influences and people.
- Volunteer to help others.
- Continue learning; keep your brain active with challenging games.
- Exercise for your physical and mental health.
- Journal five things you're grateful for each day.
- Discover new interests and hobbies.
- Stay healthy; visit your doctor when needed.
- Keep laughing; a sense of humor is valuable.
- Enjoy the outdoors often for emotional health.

## PHARMACIES & PRESCRIPTION ASSISTANCE

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# Make your doctors' visit a success

## Planning for your appointment makes a difference

No news is good news, right? Wrong!

Having a medical concern and not having it checked out is not a good practice. It's easy and understandable to avoid going to the doctor's office because we're concerned about a problem and are worried about a diagnosis.

But no diagnosis or treatment can be made without the visit, so go ahead and make the appointment. In the long run, you'll have less stress.

The best way to have a smooth and comfortable visit is to be prepared. Here are some ways you – or you and a family member or caregiver – can get the most from your visit.

### 1. Before the visit

- If needed, ask a family member or caregiver to accompany you and serve as another pair of ears and to bring up subjects that may slip your mind. They can also take notes so that you can concentrate on what your provider is saying.
- Think about what you want to accomplish during the appointment. Make a list of questions you want to ask.
- Make another list of new conditions, including when the condition started, the symptoms, how often they occur and their effect on your daily activities.
- A couple of days before the visit, check your notes from your last visit or confirm with the doctor's office whether you

need to prepare for the appointment.

As examples, do you need to fast and will the provider require a urine sample?

- Take a list of your current medicines, dosages and schedules, including prescriptions, over-the-counter medicines and supplements.
- Remember to take your insurance and Medicare cards.
- If you going alone, take a pen and paper to take notes or record the visit on your cell phone for later review.

### 2. During the visit

- Be honest.

It might be difficult to admit that you haven't changed your diet or exercised as previously suggested, for example, but your provider needs to know that.



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Indian Trail, NC 28079  
980-993-7100

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1106 Reynolds St.  
Monroe, NC 28112  
704-289-5443

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2700 Providence Rd. S.  
Suite 300  
Waxhaw, NC 28173  
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704-384-1140

# visits more effective

## best use of your time and your doctor's



He or she cannot address your concerns appropriately without all the needed information.

- Prioritize your concerns.

Start with the issue that's affecting your quality of life the most.

- Ask questions. If you don't understand what your provider is saying, ask him or her to repeat it or explain in a different way.
- Ask for written instructions from the doctor and ensure you take new written prescriptions with you if the practice doesn't send them directly to your pharmacy.
- Ask how and when you can expect test results.
- Make a note of follow-up visit dates, times and locations.

### 3. After the visit

- Implement prescribed changes immediately and pick up new medications from your pharmacy.
- Keep a file of all your medical visit notes and be sure to date them.

Worksheets to record your individual and family health history, prioritize concerns, organize your questions, track your medications and more can be found at:

[www.nia.nih.gov/health/talking-with-doctor-worksheets](http://www.nia.nih.gov/health/talking-with-doctor-worksheets)

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704-384-6638

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704-233-3434

**Charlotte Speech & Hearing**  
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704-754-8754

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[www.SeniorCareAuthority.com/charlotte](http://www.SeniorCareAuthority.com/charlotte)

# Age-related vision

## Don't write off sight problems as normal

From WebMD  
www.WebMD.com

Age-related vision changes may happen as you get older. But eye problems aren't something you should simply write off as normal.

Some problems stem from new or worsening vision disorders. As you get older, these might happen gradually. Others happen suddenly, quickly causing blindness. That is why regular exams with an eye doctor are so important.

You can take steps to lower your risk of age-related vision problems. Or, if you have changes, you can slow their progression.

### Age-Related Macular Degeneration (AMD)

With AMD, the macula, or central part of the tissue that lines the back of your eye (the retina), becomes damaged. This makes tasks involving central vision – reading fine print, for example – much harder. But you still have side vision.

The dry type of AMD affects 9 out of 10 people with macular degeneration. It causes more gradual, subtle vision loss from the breakdown of cells in the retina. For example, you may see parts of letters, or straight lines may appear wavy. The dry type of AMD can develop into the wet type.

The wet type of AMD causes sudden, severe loss of central vision from leaking blood vessels growing in or under the retina. You may see a large dark spot in the center of your vision. If you have these blind spots, see an eye doctor right away.

You may be more likely to get AMD if you smoke, have a family history of AMD or are obese. Other risk factors include genetics, exposure to ultraviolet (UV) light and a lack of nutrients reaching the retina.

There is no cure for AMD, but there are options that may slow the progression of wet macular degeneration.

WWW.COAUNION.ORG/GUIDE

### Glaucoma

Glaucoma is a group of eye diseases that causes vision loss. High pressure inside the eye or poor circulation causes damage to the optic nerve. This nerve carries images from the eye to the brain.



The more common forms of glaucoma develop slowly and show no clear symptoms early on. You may not know you have it.

But it can cause blindness. Age makes it more likely, as do these things:

- A family history of glaucoma
- African or Hispanic ancestry
- High levels of farsightedness or nearsightedness

- Past eye injury
- High eye pressure or low blood pressure
- Diabetes

Treatments include eyedrops, other medication, laser treatment, and surgery.

*Continued on next page*

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Contact me for more info at 704-882-7110 or LuAnn.Martinson@OwlBeThere.com  
www.OwlBeThere.com/Locations/NCCharlotteSouth

## Age-Related Vision *(Continued from previous page)*

### Cataracts

With a cataract, the lens of the eye becomes cloudy and your vision gets blurry. They're often associated with aging.

Half of all Americans have them by the time they reach 80.

Symptoms of a cataract often develop slowly and can include:

- Blurry, cloudy, or dim vision – a little like looking through a dirty windshield
- Double vision with one eye
- Trouble seeing at night or in dim light
- Halos around lights
- Sensitivity to light and glare
- Faded or yellow colors, or trouble telling the difference between blues and greens
- Trouble seeing an object against a background of the same color

These things raise your risk of having cataracts:

- Lots of exposure to sunlight
- Smoking
- High cholesterol or high blood pressure
- Diabetes
- Previous eye injury or surgery
- Family history of cataracts

At earlier stages, simply changing your eyeglass or contacts prescription is all you need. Using brighter lights for reading or a magnifying glass may also help.



If halos or glare are problems, limit night driving. Glare can also happen during the day, so make sure your vision prescription is up to date, and ask if special tinting could lessen glare.

If a cataract begins to interfere with your day-to-day life, an ophthalmologist specializing in cataract surgery can remove the cloudy lens and replace it with a clear lens implant.

### Other retinal diseases

Diabetic retinopathy is a complication of uncontrolled diabetes. It happens when blood vessels grow in the retina and leak fluid or bleed. You may have blurred vision and trouble reading, among other symptoms.

Laser treatment can "zap" leakage in early stages of the disease, sometimes preventing more serious complications. But the best way to protect vision is to monitor and maintain normal blood sugar levels.

Retinal vessel occlusion is a common complication of diabetes or glaucoma. It happens when a vein in the retina becomes blocked. It's also more likely if you have high blood pressure or narrowing of the arteries.

Depending upon the type of blockage you have, you may have subtle, painless, moderate vision loss that comes and goes. Or you may have sudden, severe vision loss and pain that requires medical care right away.

You should see your doctor right away for either:

Management includes close observation and treatment of any complications.

## VISION & EYE DOCTORS

**Division Services for the Blind**  
Charlotte District Office  
704-563-4168

**eyecarecenter**  
1107-A Skyway Dr.  
Monroe, NC 28110  
704-289-1547

**Metrolina Eye Associates**  
630 Comfort Ln., Suite E  
Monroe, NC 28112  
704-289-5455

**Piedmont Eyecare Associates**  
5955 Weddington Rd., #102  
Wesley Chapel, NC 28104  
980-333-6011

**Phifer Eye**  
510 S. Sutherland Ave.  
Monroe, NC 28112  
704-289-6300

**Premier Family Eye Care**  
6044 W. Hwy. 74  
Indian Trail, NC 28079  
704-821-3937



**Union Family Eyecare Center**  
1013 Chestnut Ln., #210  
Matthews, NC 28104  
704-821-5009

**Union Optical**  
1900-D W. Roosevelt Blvd.  
Monroe, NC 28110  
704-283-4087

**Vision Works**  
2335 W. Roosevelt Blvd., #C  
Monroe, NC 28110  
704-225-8429

**Waxhaw Family Vision Care**  
3909-H Providence Rd. S  
Waxhaw, NC 28173  
704-843-3053

## VOLUNTEER OPPORTUNITIES

**Adult Literacy Services-SPCC**  
704-290-5261

**American Red Cross  
Southern Piedmont Chapter**  
125 Pedro St., Suite E  
Monroe, NC 28110  
704-283-7402

**Common Heart**  
(Indian Trail, Marshville, Monroe,  
Wesley Chapel & Wingate)  
704-218-9060

**Community Shelter of U.C.**  
160 Meadow St.  
Monroe, NC 28110  
704-289-5300

**Council on Aging in U.C.**  
1401 Skyway Dr.  
Monroe, NC 28110  
704-292-1797

**Good Steward Ministries**  
110 E Main St.  
Marshville, NC 28103  
704-776-9877



**Ground 40**  
303 Dale St  
Monroe, NC 28112  
704-883-5185

**HealthQuest of U.C.**  
415 E Franklin St.  
Monroe, NC 28112  
704-226-2050

**Heart for Monroe**  
218 N. Main St.  
Monroe, NC 28112  
980-722-7241

**Hospice & Palliative Care**  
7845 Little Ave.  
Charlotte, NC 28226  
704-375-0100

**Hospice of U.C.**  
700 W. Roosevelt Blvd.  
Monroe, NC 28110  
980-993-7300

**House of Pearls**  
704-324-0028

**Humane Society of U.C.**  
4015 Waxhaw Hwy.  
Monroe, NC 28112  
704-283-9126

**Loaves & Fishes of U.C.**  
116 S. Church St.  
Monroe, NC 28112  
704-960-1486

**Operation Reachout**  
1308 Miller St.  
Monroe, NC 28110  
704-289-4237

**Turning Point  
Second Chance Boutique**  
Monroe & Waxhaw  
704-283-3033

**Union / Anson County  
Habitat For Humanity**  
3702 Old Charlotte Hwy.  
Monroe, NC 28110  
704-296-9414

**U.C. Community Arts Council**  
120 N. Main St.  
Monroe, NC 28112  
704-283-2784

**U.C. Crisis Assistance Ministry**  
1335 W. Roosevelt Blvd.  
Monroe, NC 28110  
704-225-0440

**U.C. Government:  
Senior Nutrition, Christmas  
Bureau, Tax Preparation**  
704-296-4312

**United Way**  
103 W Franklin St  
Monroe, NC 28112  
704-226-5100

## VOLUNTEER . . .

*. . . and provide quality of life to our county's seniors*

### Medicare Counseling

N.C. certified volunteers provide unbiased information and assistance to beneficiaries.

### Office & Clerical

Volunteers greet visitors, answer phone calls, assist with paperwork and more.

### Yard Work

Volunteers help older adults remain safe in their own yards by assisting with lawn maintenance.



### Home Repairs

Volunteers change light bulbs, install handrails, safety grab bars, wheelchair ramps and more.

### Provide Lunch

You can donate lunch for 15 Next Door memory-impaired participants and volunteers.

### Lead Activities

Volunteers provide conversation, assist with activities and serve lunch at our Next Door clubhouse.

**Council on Aging**



Call us at 704-292-1797 or visit  
[www.COAnion.org/volunteer](http://www.COAnion.org/volunteer) to get started.

# Make your home safe

## Tips to prevent falls at home – room by room

From the National Institute of Aging  
[www.nia.nih.gov](http://www.nia.nih.gov)

Many falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help prevent falls and better ensure your safety.

### Floors, stairways and hallways

- Ensure there are secure handrails on both sides of any stairs. Hold the handrails when you go up or down stairs, even when you are carrying something. Don't let anything you're carrying block your view of the steps.

- Ensure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Consider using motion-activated lights that turn on when you walk by them to help illuminate stairwells and pathways.

- Keep areas where you walk tidy. Don't leave books, papers, clothes or shoes on the floor or stairs.

- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors.

- Don't use throw rugs or small area rugs.
- Don't walk on slippery, newly washed floors.

### Bathrooms

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.

- Place nonskid mats, strips or carpet on all surfaces that may get wet.

- Leave a light on in the bathroom at night or use a night light that turns on automatically in the dark.

### Bedrooms

- Put night lights and light switches close to your bed.

- Keep a flashlight by your bed in case the power goes out and you need to get up.

- Place a landline or well-charged phone near your bed.

### Kitchen

- Keep frequently used pots, pans and kitchen utensils within easy to reach.

- Clean up spills immediately.

- Prepare food while seated to prevent fatigue or loss of balance.

### Outdoor spaces

- If you have steps leading to your front door, make sure they are not broken or uneven.

- Add non-slip material to outdoor stairways.



- Keep the lawn, deck or porch areas clear of debris, such as fallen branches.

- Consider installing a grab bar near the front door to provide balance while you are locking or unlocking the door.

- Turn on your porch light at night and if you leave during the day but plan on returning home after dark.

- In the winter, treat outdoor walkways with an ice melt product or sand to make them less slippery.

### General

- Keep electrical cords near walls and away from walking paths.

- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.

- Make sure your sofas and chairs are the right height for you to get in and out of easily.

- Keep items you use often at waist level or within easy reach.

- Don't stand on a chair or table to reach something – use a “reach stick” instead. If you use a step stool, make sure it's steady and has a handrail on top.

- Don't let your cat or dog trip you. Know where your pet is whenever you're standing or walking.

- Keep a list of emergency numbers in large print near each landline phone and save under “favorites” on your cellphone.



# Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors

Stand up slowly to avoid dizziness

Do strength and balance exercises

Get your vision and hearing checked regularly

Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).



## Ways to prevent falls as we age

*Excerpted from the National Institute on Aging*

A simple accident like tripping on a rug or slipping on a wet floor can change your life.

If you fall, you could break a bone, which thousands of older adults experience each year. For older people, a broken bone can also be the start of more serious health problems and can lead to long-term disability.

If you or an older adult in your life has fallen, you're not alone. The risk of falling – and fall-related problems – rises with age.

However, many falls can be prevented. Here are a few tips to help lessen your risk of falls and broken bones.

- Stay physically active. Regular exercise improves muscles and makes you stronger. Exercise also helps keep your joints, tendons and ligaments flexible.
- Have your eyes and hearing tested. Even small changes in sight and hearing are linked to an increased risk for falls.
- Find out about the side effects of any medicines you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Get enough sleep. If you are tired, you are more likely to fall.
- Avoid or limit alcohol. Too much alcohol can lead to balance problems and falls, which can result in fractures and other injuries.

- Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.
- Use an assistive device if you need help feeling steady when you walk. Using canes and walkers correctly can help prevent falls.
- Take extra caution when walking on wet or icy surfaces. These can be very slippery! Use an ice melt product or sand to clear icy areas by your doors and walkways.
- Keep your hands free. Use a shoulder bag, fanny pack or backpack to leave your hands free to hold on to railings.
- Choose the right footwear. To fully support your feet, wear nonskid, rubber-soled, low-heeled shoes.
- Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.
- Consider staying inside when the weather is bad.
- Always tell your doctor if you have fallen since your last check-up, even if you did not feel pain when you fell. A fall can alert your doctor to a new medical problem or issues with your medications or eyesight that can be corrected.

Contact the Council on Aging to obtain assistive devices such as grab bars and walkers free of charge.

704-292-1797

# Help and support for caregivers

Caregiving can be rewarding and challenging

From [www.usa.gov/disability-caregiver](http://www.usa.gov/disability-caregiver)

As a caregiver for a parent, spouse or child with special needs, you may need help. These resources and suggestions can help you find emotional and task support.

**Alzheimer's Caregiving** - Find out from the National Institute on Aging how to be a caregiver for someone with Alzheimer's disease or another form of dementia. Learn skills for coping with a loved one's behavioral changes.  
[www.nia.nih.gov/health/alzheimers/caregiving](http://www.nia.nih.gov/health/alzheimers/caregiving)

**Caregiver Resources** - The National Institute of Health's MedlinePlus site has an overview of caregiver services and offers resources to help you protect your health.  
<https://medlineplus.gov/caregivers.html>

**Caring for the Caregiver** - This resource from the National Cancer Institute is for family and friends who are caring for a person with cancer.  
[www.cancer.gov/publications/patient-education](http://www.cancer.gov/publications/patient-education)

**Managing Someone Else's Money Guide** - The family member you're caring for may not be able to handle their bills themselves. Get information about managing their finances from the Consumer Financial Protection Bureau.  
[www.consumerfinance.gov/consumer-tools](http://www.consumerfinance.gov/consumer-tools)



**The VA Caregiver Support Line** helps people caring for veterans. Find services and benefits for your loved one and get support for yourself.  
[www.caregiver.va.gov/help\\_landing.asp](http://www.caregiver.va.gov/help_landing.asp)

**Office on Women's Health Caregiver Page** - Get tips on how to prevent or relieve caregiver stress and how to find and pay for home health care services.  
[www.womenshealth.gov/a-z-topics/caregiver-stress](http://www.womenshealth.gov/a-z-topics/caregiver-stress)

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