

SUCCESSFUL AGING

RESOURCE GUIDE FOR UNION COUNTY, NC

COUNCIL
ON AGING 
IN UNION COUNTY

2024



SPONSORED BY:

 **NOVANT**
HEALTH

2022-2023

ANNUAL REPORT



OUR IMPACT

TOTAL NUMBER OF PEOPLE SERVED 6,169



People receiving assistance accessing resources and Medicare counseling **3,316**



Hours of one-on-one In-Home Care **19,270**



Home Repairs & Yard Work Projects **174**

Equipment provided **1,230**

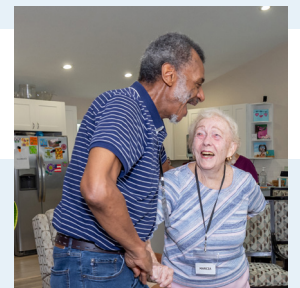


Packages of Incontinence Supplies provided **8,375**



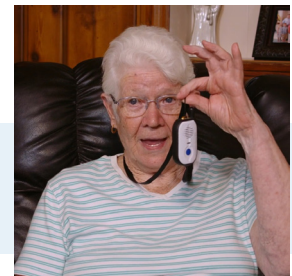
Family Caregivers helped **659**

Hours of respite provided at Next Door Clubhouse **8,415**



Volunteer Hours **6,315**

SLIP Assessments completed **102**

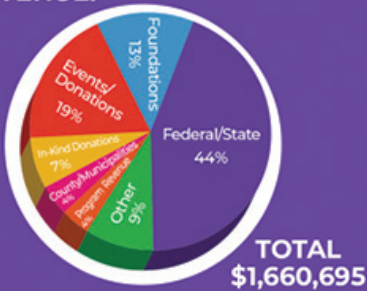


SLIP PROGRAM:

Council on Aging is now piloting an innovative initiative to promote proactive measures that help prevent avoidable injuries and save lives among older adults. Seniors Living in Place (SLIP) offers living space assessments to identify and eliminate potential hazards within the home. Our team provides medical, fall, and fire safety measures with free medical alert buttons, stovetop fire extinguishers, grab bars, and more!

FINANCIALS

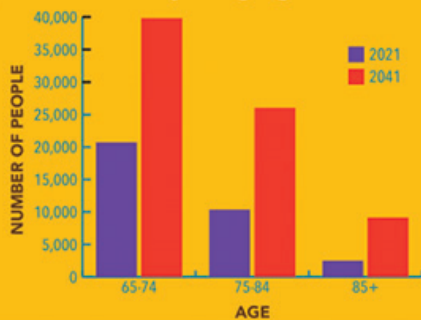
REVENUE:



EXPENSES:



Union County is Aging! 2021-2041



Scan here for the digital version of the Resource Guide



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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.

Publisher
Council on Aging in Union County

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Thank you to our presenting partner,
Novant Health.

Much appreciation for all of our advertisers whose support underwrites our annual resource guide.

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Our Mission: Advocate for the well-being of older adults by providing services and resources for them to live independently.

Our Vision: We are the trusted resource for our community, where everyone has an opportunity to age successfully with dignity.

EMERGENCY INFORMATION

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

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

**Community Shelter of Union County
Emergency Shelter**
160 Meadow St.
Monroe, NC 28110
704-289-5300

Domestic Violence Crisis Line (Turning Point)
704-283-7233 violence
704-283-7770 sexual assault

National Suicide Prevention Lifeline
988

Poison Control - 1-800-222-1222

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

**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
988 then press 1 or text 838255



ADULT DAY PROGRAMS

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

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

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

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

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

**Monroe Housing
Authority
(Bragg Street Apts.)**
504 Hough St.
Monroe, NC 28112
704-289-2514

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

Rental Housing Search
877-428-8844



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Circle S Ranch

**1604 Circle S Ranch Rd.
Monroe NC. 28112**

(704)-764-7414

Info@circle-s-ranch.us

8 STEPS FOR FIRE PREVENTION

If you smoke, smoke outside.

Use large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand, and never throw them in plants or mulch. Never smoke in bed. Never smoke if oxygen is used in the home.

Give space heaters space.

Keep them at least 3 feet away from anything that can burn. Shut off and unplug heaters when you leave the room or go to bed. Plug heaters directly into a wall outlet and never into an extension cord or power strip.

Stay in the kitchen when frying food and cooking on the stove top.

If you leave the kitchen, even for a short time, turn off the burner. If a pan of food catches fire, slide a lid over it and turn off the burner. Do not cook when taking new medication until you know how it will affect you.

If your clothes catch fire: stop, drop, and roll.

Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. Use cool water for 3–5 minutes to cool the burn. Get medical help right away.

Smoke and carbon monoxide alarms save lives.

Install smoke alarms on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, have interconnected alarms, so when one sounds, they all sound. Install carbon monoxide alarms outside each sleeping area and on every level of the home.

Plan and practice your escape from fire and smoke.

If possible, plan two ways out of every room in your home and two ways out of your home. Make sure windows and doors open easily.

Know your local emergency number.

It may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone.



Cook safely to prevent fires.

Plan your escape for your abilities.

Have a landline or a cell phone with a charger near your bed to call for help if you are trapped by smoke or fire. Have your walker, cane, scooter, or wheelchair by your bed. Keep your glasses, phone, and flashlight near your bed to reach quickly in an emergency.



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
800-508-5777

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

ASSISTED LIVING FACILITIES

Brookdale Monroe Square

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

Brookdale Union Park Senior Living

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 Secrest Short Cut Rd.
Monroe, NC 28110
704-289-4555

Woodridge Assisted Living

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

Waltonwood Providence

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



Welcome to the Waltonwood family

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704-246-8670

Independent Living, Assisted Living & Memory Care
11945 Providence Road, Charlotte, NC 28277

www.Waltonwood.com



A. TERRY DIXON, SENIORS REAL ESTATE SPECIALIST®

A Seniors Real Estate Specialist, or SRES®, is a REALTOR® who is uniquely qualified to assist seniors and their families through "later-in-life" real estate transactions.

I am your SRES.

Through specialized training and life experiences I am qualified to help you navigate through the financial and lifestyle transitions involved with downsizing, relocating, buying, or selling your family home.



A. Terry Dixon, MHA, SRES®
Licensed Broker/Realtor®



aterrydixon@kw.com

704-650-8272

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

3513 W. Hwy 74
Suite B
Indian Trail, NC 28110
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 Skyway Dr., #C
Monroe, NC 28110
704-296-0999

DEMENTIA MEDICAL PRACTICES

Alzheimer's Memory Center

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


Memory and Movement

411 Billingsley Road #103
Charlotte, NC 28211
704-577-3186

Back and Spine Health



704.296.0999

 **Razzano**
Chiropractic

Dr. John Razzano
1007-C Skyway Drive | Monroe | NC 28110
RazzanoChiropractic.com



DENTAL OFFICES

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

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

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

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

**Landmark Dentistry-
Wesley Chapel**
5922 Weddington-
Monroe Rd., Suite A2
Wesley Chapel, NC 28104
704-741-5356

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

**Marshville Family
Dentistry**
6604 E. Marshville Blvd
Marshville, NC 28103
704-459-2474

Monroe Dental Care
2200 Walters Division Rd.
Monroe, NC 28110
704-289-1105

Monroe Family Dentistry
1002 Skyway Dr., Suite B
Monroe, NC 28110
704-753-0753

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

Nexus Dental
6046 W. Hwy 74
Indian Trail, NC 28079
704-389-5492

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

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

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

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

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

**Union Family Dental
Associates**
1276 Stafford Street
Monroe, NC 28110
704-289-4505

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



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



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.



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

Call 704-341-0090

FINANCIAL FRAUD & SCAMS

Millions of older Americans lose money to financial fraud and scams each year.

Scammers will try to contact you in person, on the phone, through the computer, radio, TV ads, email, and text. They often pressure you to act quickly. But YOU have the power to stop these scammers and the right to say “NO”.



Online Shopping

Scammers pretend to be a real business, but have a fake website or a fake ad on a genuine retailer site. **TIP:** Only click on links you searched for.



Business Imposters

Scammers send emails or texts pretending to be a major retailer to get your money or personal information. **TIP:** Don't click on links in texts or emails before checking your account or contacting the company.



Government Impersonation

Scammers pose as government employees and threaten to arrest or prosecute you unless you agree to pay them. **TIP:** The federal government will never call you on the phone and ask for personal information or threaten you.



Tech Support

Scammers pose as tech support and offer to fix computer problems that are not real. They ask you to give them access to your computer and steal your personal information. **TIP:** Accept tech support help only when you noticed a problem and you hired someone or asked for help.



Romance Scams

Scammers pose as interested romantic partners and convince you to give them money or offer to send you money in order to steal your personal information. **TIP:** Do not send or receive money in any form (like gift cards or wire transfers) from anyone you have met online, no matter how sad or convincing their story.



GET HELP

Call the Elder Fraud Hotline at **833-372-8311**.



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DERMATOLOGISTS

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

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

Darst Dermatology
11301 Golf Links Dr. N.
Suite 203
Charlotte, NC 28277
704-321-3376

Dermatology Care of Charlotte
15830 Ballantyne Medical Place
Charlotte, NC 28277
704-341-0090

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

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 Executive 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

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

EDUCATION & EMPLOYMENT

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

Geriatric Adult Specialty Team-Partners Health Management
704-842-6431

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

NC Works Career Center (Union County)
1125 Skyway Dr.
Monroe, NC 28110
704-283-7541

Senior Community Service Employment Program - AARP NC
151 Commerce Plaza-Building 57
Com Tech Park.
Pembroke, NC 28372
910-775-9624

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

Wingate University
211 E. Wilson Street
Wingate, NC 28174
704-233-8000



Reality or Myth

OLDER ADULTS SHOULD AVOID EXERCISE SO THEY DON'T GET INJURED

Myth: Studies show that you have a lot more to gain by being active. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Exercise can help keep you independent as you age!

The Bazemore Active Adult Center



The Bazemore Active Adult Center provides a wide variety of activities and programs for Union County residents ages 55 and older. Our center includes a group fitness room, ceramics and pottery studio, woodshop, cardio room, activity rooms and a large multipurpose room that is available for rent by the community.

"Aging Well, Living Well"

500 W Jefferson St. Monroe, 28112.

704-282-4657 Monroenc.org



FAMILY CARE HOMES

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

Avendelle Assisted Living at Wingate
111 Maye St.
Wingate, NC 28174
704-219-3698

Caresmatic Estates-Waxhaw
520 Pembroke Drive
Waxhaw, NC 28270
704-246-6760

Farmwood Senior Living in Mint Hill
7301 Canterway Drive
Mint Hill, NC 28227
704-222-9483

Olive Branch Family Care Home
502 N. Elm St.
Marshville, NC 28103
704-305-7851

FAMILY CAREGIVER SERVICES

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

Project C.A.R.E. Caregiver Alternatives to Running on Empty
3205 Freedom Drive.
Charlotte, NC. 28208
980-314-7801

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5940 W. Marshville Blvd.
Marshville, NC 28103
www.poultryequipmentplus.com

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Fax: 704-624-3884
Toll Free: 800-644-2031

FINANCIAL ASSISTANCE & COUNSELING

Cell Phone Assistance

Assurance Wireless
1-888-321-5880

Safelink Wireless
1-800-723-3546

Affordable Internet Assistance

Affordable Connectivity Program
1-888-225-5322

Financial Counseling & Education

Green Path Financial Wellness
866-476-0261

Monroe Union County Community Development Coporation

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

Low Income Energy Assistance Program (LIEAP) / Crisis Assistance

Union County Department of Social Services
2330 Concord Avenue
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



TRUIST

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MONROE MAIN OFFICE
312 N CHARLOTTE AVE
MONROE, NC 28112
704-220-6922

WINGATE BRANCH
3806 HIGHWAY 74 EAST
WINGATE, NC 28174
704-323-8170

ABC-NC.COM



HOW MUCH PHYSICAL ACTIVITY DO OLDER ADULTS NEED?

Some physical activity is better than none at all.

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.



Adults aged 65 and older need:

- At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate-intensity activity such as brisk walking. Or they need 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running.
- At least 2 days a week of activities that strengthen muscles.
- Plus activities to improve balance, such as standing on one foot.
- If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow.

MEMBERSHIP BENEFITS

- Over 60 Group Fitness Classes/Week
- 14,000 sq. ft. Fitness Room
- Free Weights
- Cardio Equipment - Over 100 pieces
- Circuit Weight Machines
- Indoor Pool & 2.5 acre Water Park
- Whirlpool, Steam & Sauna Rooms
- Senior Yoga and Water Aerobics
- Aqua Physical Therapist On-Site
- Swim Lessons
- Racquetball Courts
- Double Gymnasium
- Indoor Run/Walk Track
- Outdoor Walking Course
- Novant RNs On-Site
- Health Screenings
- Nutrition/Exercise Coaching
- Free Childcare

GROW STRONGER

2325 Hanover Drive, Monroe, NC 704.282.4680

MONROE AQUATICS AND FITNESS CENTER
We've got it all!

FITNESS / PARKS & RECREATION

Union County Parks & Recreation

500 North Main St.
Monroe, NC 28110
704-283-3500

Indian Trail Parks & Recreation

315 Matthews-Indian Trail Road
Indian Trail, NC 28079
704-821-8114

Marshville Parks & Recreation

118 E. Union St.
Marshville, NC 28103
704-320-7778

Monroe Parks & Recreation

300 W Crowell St.
Monroe, NC 28110
704-282-4659

Monroe Aquatics & Fitness Center

2325 Hanover Dr.
Monroe, NC 28110
704-282-4680

Phil Bazemore Active Adult Center

500 West Jefferson Street
Monroe, NC 28112
704-282-4657

Stallings Parks & Recreation

340 Stallings Rd.
Stallings, NC 28104
704-821-0322

Waxhaw Parks & Recreation

317 N. Broome St.
Waxhaw, NC 28173
704-843-2195

EATING HEALTHY HAS BENEFITS!



As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being.



Unique Needs of People Ages 60+

- Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease.
- Choose foods with little to no added sugar, saturated fats, and sodium.
- Get enough protein during your day to maintain muscle mass.
- Focus on the nutrients you need, including potassium, calcium, vitamin D, dietary fiber, and vitamin B12.
- With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, including lactose-free options or fortified soy beverage and 100% juice can also help you stay hydrated. Limit beverages that have lots of added sugars or salt.
- Maintain a healthy weight or prevent additional weight gain by following a healthy dietary pattern and adopting an active lifestyle.
- Learn how much to eat from all five food groups and find out how many calories you need each day to help you maintain energy using the MyPlate Plan.
- Try to prevent foodborne illness (food poisoning) by keeping food safe. Learn more about the four steps to safer food choices—Clean, Separate, Cook, and Chill—at FoodSafety.gov.



Nutrition Tips for Ages 60+

- Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.
- Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of

worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.

- The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.
- If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars. The My Dietary Supplement and Medicine Record can help you track your supplement and medicine use.



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**Common Heart Food
Pantry Network**
116 Business Park Dr.
Indian Trail, NC 28079
704-218-9060

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

Heart For Monroe
104 S. Hayne 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**
2330 Concord Ave.
Monroe, NC 28110
704-296-4300
-SNAP/EBT (Food Stamps)

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



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SHG@indiantrail.org

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Indian Trail, NC 28079

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Monroe, NC 28112
704-635-7951

Davis Funeral Service Inc.

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

Gaskin Funeral Services

14617 Lawyers Rd.
Suite B
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 - Matthews

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

Heritage Funeral and Cremation Services - Indian Trail

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 Road
Matthews, NC 28104
704-821-6160

Whites Mortuary LLC

517 N. Guignard Drive
Sumter, SC 29150
803-774-8200

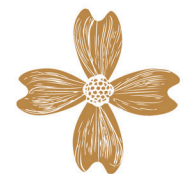
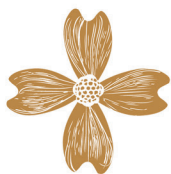


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www.McEwenMonroeChapel.com**

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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 Cty. Agricultural & Conference Center)

3230-D Presson Rd.
Monroe, NC 28112
704-283-3801

Social Security Administration (Charlotte)

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 Library

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

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

Monroe
316 E. Windsor St.
Monroe, NC 28112
704-283-8184-option 1

Waxhaw

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
704-371-6237

United Way Info & Referral 211



www.truerockholdings.com



Reality or Myth

**OLDER ADULTS
HAVE LITTLE
INTEREST IN SEX**

Myth: Although frequency of sexual activity may decline in older adulthood, many older adults continue to enjoy a physically and emotionally fulfilling sex life. Benefits of sexual activity include better sleep, less stress, more positive mood and increased marital satisfaction.



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1-855-587-3463

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 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 of the Carolinas

2101 Sardis Road North
Suite 102
Charlotte, NC 28227
980-245-2786

Union County Health Department

2330 Concord Ave.
Monroe, NC 28110
704-296-4800

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919-324-3791
-Espanol 866-670-9134

Charlotte Speech & Hearing Center

2605 W. Roosevelt Blvd.
Monroe, NC 28110
704-523-8027

NC Services for the Deaf & Hard of Hearing

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PREVENTING FALLS AT HOME

Many falls happen at home, where we spend much of our time and tend to move around without thinking about our safety.

Floors, stairways, and hallways

- Hold the handrails when you go up or down stairs.
- Good lighting with light switches at the top and bottom of stairs and on each end of a long hall.
- Keep areas where you walk tidy.
- Don't use throw rugs or small area rugs.
- Don't walk on slippery, newly washed floors.

Kitchen

- Keep frequently used pots, pans, and kitchen utensils in a place where they are easy to reach.
- Clean up spills immediately.
- Prepare food while seated to prevent fatigue or loss of balance.

Bathrooms

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place nonskid mats or strips on all surfaces that may get wet.
- Remember to 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.

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.
- 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.

Other living areas

- Keep electrical cords near walls and away from walking paths.
- Arrange your furniture and other objects so they are not in your way when you walk.
- Keep items you use often within easy reach.
- Don't stand on a chair or table to reach something that's too high. 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.



Grab bars in the bathroom to help prevent falls.

This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date.



WHAT TO DO IF YOU FALL

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible and take the following steps:

- **Breathe.** Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- **Decide if you are hurt.** Getting up too quickly or in the wrong way could make an injury worse.
- **Crawl to a sturdy chair.** If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- **Slowly sit down in the chair.** Put your hands on the chair seat and slide one foot forward so that it's flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- **Get help.** If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive. Prepare for a fall by keeping a well-charged cordless or mobile phone with you at all times and arrange for daily contact with a family member or friend. Emergency response systems are another option: These systems enable you to push a button on a special necklace or bracelet to call for help. Some smartwatches also have this feature.



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

704-292-1797

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.



Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



SOME OF THE MANY WAYS COUNCIL ON AGING CAN HELP



Council on Aging in Union County is an independent, non-profit agency that advocates for the well-being of older adults by providing services and resources for them to live independently.



Equipment & Supplies

New and gently used durable medical equipment (wheelchairs, walkers, commodes, shower chairs, etc), and

incontinence supplies (disposable briefs and bed pads) are offered a no cost to older adults. We gratefully accept donations of these items as well.



Next Door Clubhouse

Next Door is a clubhouse in Monroe for those with mild to moderate memory loss. We offer back to back activities to keep our participants active, engaged, and socializing with friends. Most importantly while our participants are at our clubhouse, their family caregivers are able to get a break from 24/7 caregiving.



In Home Services

Our team of In-Home Aides provide personal care, household chores, errands, and in-home respite for family

caregivers at no cost to our clients. Because our assistance is provided at no cost, there is a waiting list for this service.



VISIT WWW.COANION.ORG FOR MORE INFORMATION



Guidance on Resources & Programs

We are proud to be the trusted resource for older adults and their families who are seeking guidance on overcoming challenges associated with aging.

This includes seeking

resources for housing, senior living, homecare, day programs, durable medical equipment and supplies, transportation, nutrition, Medicare counseling, home modifications, and more.

Minor Home Safety Modifications: Powered by a team of fantastic volunteers, we build wheelchair ramps, install grab bars in bathrooms, and install handrails on steps. In addition, we provide home safety assessments to implement fire and fall preventative measures and medical alert buttons.



Family Caregiver Support

Caring for a family member is a full-time commitment and we encourage family members to reach out for support. Council on Aging meets with family members to develop a plan for care, explore resources, offer temporary vouchers for in-home care and day services, and facilitates a traditional support group and a memory café. In addition, we offer support to grandparents who are raising grandchildren.

resources, offer temporary vouchers for in-home care and day services, and facilitates a traditional support group and a memory café. In addition, we offer support to grandparents who are raising grandchildren.



SHIIP Medicare Counseling

Council on Aging is the Union County coordinating site for the NC Department of Insurance's Seniors Health Insurance Information Program. We provide free and unbiased Medicare counseling to help Medicare beneficiaries understand and review their options to make informed decisions that can save them money on their insurance,

copays, and prescriptions. No insurance companies are endorsed by Council on Aging.

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Hours of Operation: Monday through Friday, 8:30 – 4:30 | 1401 Skyway Drive, Monroe, NC 28110 | COAnion.org

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101 E. Franklin St.
Monroe, NC 28112
980-993-7250

Aroga Home Care Services
704-319-5500

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

Bluebird Homecare
2015 Ayrley Town Blvd., Suite 202
Charlotte, NC 28273
704-412-3480

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

Carepoint Homecare Agency
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Charlotte, NC 28226
980-226-5516

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

Caring Hands Home-Care Agency
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Indian Trail, NC 28079
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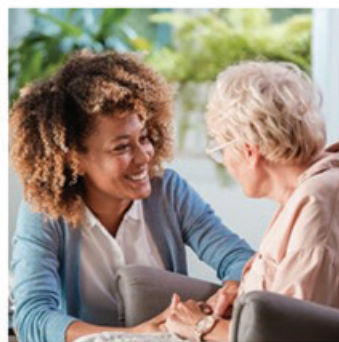
Office: 704-441-6998

Fax: 704-776-4094

Email: Uniqueshh.org



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- Bathing & Toileting
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- Dressing & Grooming

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8000 Corporate Center Dr., Suite 111
Charlotte, NC 28226
704-980-7620

Cornerstone Caregiving

725 E Trade Street
Suite 110
Charlotte, NC 28202
704-459-3600

First Light Homecare

8514 McAlpine Park Drive
Suite 285
Charlotte, NC 28211
704-879-2394

H&S Therapeutic Services

1150 Crews Rd.
Suite H
Matthews, NC 28105
980-758-0017

Home Instead Senior Care

310 W. Franklin St.
#107
Monroe, NC 28112
704-296-5070

Hope Home Care

1821 Skyway Dr.
Monroe, NC 28110
704-296-7766

Neighborhood Nurses

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

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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

Seniors Helping Seniors

980-290-4550

Southern Health Partners

8832 Blakeney Professional Dr., Suite 300
Charlotte, NC 28277
704-583-9515

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1501 N. Charlotte Ave.
Suite B228
Monroe, NC 28110
704-441-6998

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121 E. Phifer St.
Monroe, NC. 28110
281-798-0286

Visiting Angels

1510-B Orchard Lake Dr.
Charlotte, NC 28270
704-841-1160

Wellcare

320 Seagle Street
Suite 1
Huntersville, NC 28078
704-512-0757

Wisdom Senior Care

102 Waxhaw Professional Park
Suite D-300
Waxhaw, NC 28173
704-899-4889



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of Union County.

EARLY SIGNS OF ALZHEIMER'S AND DEMENTIA

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other type of dementia.



Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.



Memory loss that disrupts daily life

One of the most common signs, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids or family members for things they used to handle on their own.



Challenges in planning or solving problems

Some people living with changes in their memory may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.



Difficulty completing familiar tasks

People often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.



Confusion with time or place

People can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.



Trouble understanding visual images and spatial relationships

Some people could experience vision changes. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.



New problems with words in speaking or writing

People may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name.



Misplacing things and losing the ability to retrace steps

A person may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.



Decreased or poor judgment

Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.



Withdrawal from work or social activities

A person may experience changes in the ability to hold or follow a conversation. As a result, they may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.



Changes in mood and personality

Individuals may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

HOME SAFETY & MODIFICATIONS

Access4U

4816 Persimmon Court
Monroe, NC 28110
1-800-355-7025

Carolina Ramp Solutions

3224 Westwood Industrial
Dr., Suite E
Monroe, NC 28110
704-635-7766

Council on Aging in Union County

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

Green Light Mobility

704-275-2412

Union-Anson Habitat for Humanity

2520 W Roosevelt Blvd.
Monroe, NC. 28110
704-289-6067

NC BAM (NC Baptist Aging Ministry)

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



Reality or Myth

ONLY WOMEN GET OSTEOPOROSIS.

Myth: Although osteoporosis is more common in women, this disease still affects many men and could be underdiagnosed.

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- Respite Care
- Skin Care
- Terminal Illness Care
- Urinary Catheter Care

HOME HEALTH AIDE SERVICES

- Ambulation and Transfer
- Bathing and Dressing
- Hair and Nail Care
- Incontinence
- Light Meal Preparation

INSTRUCTION

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- General Patient Care
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COMMON MISTAKES TO AVOID WHEN WRITING A WILL

Every adult in North Carolina should have a will that is customized to meet their unique needs and objectives. A well-drafted will provides much-needed clarity and legal protection to you and your family. Unfortunately, too many people make avoidable mistakes when they draft their will. Our Monroe estate planning lawyer highlights five relatively common errors that you need to avoid when writing a will in North Carolina.

Mistake #1: Opting for a Do-it-Yourself (DIY) Will

There is no question that do-it-yourself (DIY) projects can be rewarding. However, a will is generally not the right place to focus your DIY energy. A will is a complex, highly technical legal document that is extremely important. Give yourself true peace of mind with a professionally drafted will. A Monroe, NC estate planning lawyer can help you write a will that truly suits your unique situation.

Mistake #2: Forgetting to Sign and Date the Will

A will has to meet certain basic legal standards in order to be legally valid in our state. Under North Carolina law (NC General Statutes § 31-11.6), a will must be signed and dated. It is best to have your will drafted by an attorney who can ensure that it is properly signed, and dated and that all other statutory requirements are met.

Mistake #3: Not Clearly Revoking a Prior Will

You do not want to leave your family dealing with the confusion caused by two contradictory wills. If you have already drafted a will at some point in the past, make sure that you clearly and unequivocally revoke it. There should never be any dispute as to the validity of your will.

Mistake #4: Assuming that a Will is the Right Option for All Estate Planning Needs

A will is an essential estate planning tool. That being said, it is not the right way to pass down property or assets in every situation. There could be advantages to using an alternative option—such as setting up a trust. Consult with an estate planning lawyer who can help you put a comprehensive strategy in place.

Mistake #5: Failing to Review Your Will On a Regular Basis

A will that serves your needs, interests, and goals today may not do so in five years or ten years. Life changes. It is imperative that you review—and if necessary revise—your will on a regular basis. An experienced North Carolina estate planning lawyer can easily make changes to your will to adjust to life's ever-changing circumstances. You are not stuck with an out-of-date will.

Read More: <https://plcllp.com/make-sure-to-avoid-these-five-common-mistakes-when-writing-a-will-in-north-carolina>

WHEN IS A WILL NOT VALID IN NORTH CAROLINA?

Lack of a Signature and/or Witnesses

In North Carolina, the basic rules are that a will should be signed by the testator (creator) and that there should be at least two competent witnesses.

Multiple Conflicting Wills

Some of the most complicated probate cases are the ones with multiple wills—especially when those wills conflict with each other.

Lack of Capacity

Not everyone has the legal authority to draft a will. In North Carolina, a testator must have the legal capacity to create a valid will.

Undue Influence

Finally, a will can be challenged on the grounds of undue influence. A person with full legal capacity has the right to make their own decisions regarding their property and assets.

Read More: <https://plcllp.com/when-is-a-will-not-valid/>



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Matthews, NC 28105
704-443-6300



Reality or Myth

DEPRESSION AND LONELINESS ARE NORMAL IN OLDER ADULTS.

Myth: Growing older can have many emotional benefits, such as long-lasting relationships with friends and family and a lifetime of memories to share with loved ones. However, as people age, some may find themselves feeling isolated, leading to feelings of sadness and anxiety.



Reality or Myth

INDIVIDUALS CAN LEARN NEW SKILLS EVEN IN LATE LIFE

Reality: Older adults can learn skills in late life, although learning some skills may take longer than in younger adults. The adage "you can't teach an old dog new tricks" is the myth.

INSURANCE

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704-841-0661

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Reality or Myth

THERE IS NOTHING THAT CAN BE DONE TO REDUCE ONE'S RISK OF ALZHEIMER'S DISEASE

Myth: Physical and mental inactivity, smoking, obesity, diabetes, hypertension and depression are all associated with an increased risk for the development of Alzheimer's disease. Each of these factors can be modified. Keeping mentally and physically active can help preserve cognitive skills, reduce the risk of Alzheimer's disease and maintain overall health.

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WHAT DO ELDER LAW ATTORNEYS DO?

As a certified elder law attorney, I have been asked this question many times over the 35+-years that I have practiced elder law. To begin, I will first answer, as best I can, What is elder law? Perhaps the simplest “clinical” definition of elder law might be:

Attorneys specializing in elder law are experienced and trained in working with the legal problems of older Americans and individuals of all ages with disabilities and special needs and help such persons and their families with planning for incapacity and long-term care.

Some of the legal topics under the elder law umbrella include:

- Long-Term Care Planning, ranging from in-home care to alternate care, such as nursing homes, and assisted living, and how to pay for it
- Probate of Estates/Wills
- Estate Planning – Wills, Trusts, Disability Planning
- Trusts
- Guardianship/Conservatorship
- Public Benefits – Medicaid, Medicare
- Nursing Home/Assisted Living
- Elder Abuse/Neglect – Rights

The Benefits of Elder Law

But those few questions only touch the surface of the umbrella that covers the practice of elder law. Indeed, the practice of elder law is unique and more of a holistic area of law because the clients that we counsel and advise often have physical or mental health conditions that require special care, attention, and protection due to memory, mobility, or other disabling and chronic impairment, or other illness.

What Does an Elder Law Attorney Do Exactly?

As to the second question, what do elder law attorneys do? I believe the best way to help a person understand what we as elder law attorneys do, what we deal with, and how we can help a client is to give some examples of questions that may be asked by a client who comes to us for advice and counsel in this area of law.

When Should I Hire An Elder Law Attorney?

- I want to give my house to my daughter, so the nursing home won't take it. Should I do that?
- My husband has Alzheimer's and has become abusive and combative. I thought I could take care of him at home, but that is becoming dangerous for him and me. What should I do?
- I have an old Will and have written on it to make a few changes to it. Is that ok?
- I live alone and cannot walk so have been in a wheelchair for the last year and am going blind. I had an old power of attorney but need a new one so my daughter can help with paying my bills. Can you prepare the power of attorney for me?
- I was recently diagnosed with Parkinson's disease. If I get really bad, I still want to stay home but don't know how I can afford to pay for my care? What if I need a nursing home? How can I pay for that?
- My mother is becoming more and more confused and forgetful. How can my sister and I help her if she has dementia?
- My neighbor has a trust and says I should have one too. Should I? Why?
- My husband just died and didn't have a Will. What do I have to do?
- My mother just died and had a Will. Is there anything I have to do?
- My son has a drug addiction. I love him and want to leave him something in my Will, but I'm afraid he'll squander it. Is there a way I can protect the money I leave him, so he can benefit from it but not blow it?

Many, many more questions and issues arise when a client starts out with what seems like a simple question.

Posted by Kathryn Cook DeAngelo | Read More: <https://www.collinsfamilylaw.com/blog/2022/august/what-is-elder-law-and-what-do-certified-elder-la/>



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Kathryn Cook DeAngelo



Rebecca A. Daddino



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

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WARNING SIGNS OF A MEDICARE SCAM



What is a Medicare scam?

With a Medicare scam, criminals pretending to be from Medicare or another known organization try to trick a beneficiary into sharing their Medicare or Social Security number. Crooks submit bogus Medicare claims in the beneficiary's name to obtain health care services, supplies, or even prescription drugs.

What are the warning signs of a Medicare scam?

Medicare scammers can sound very professional over the phone. They often use technology to create convincing websites, emails, and print materials that appear to be from a trustworthy organization. That's why it's essential to learn all you can about Medicare scams. Staying vigilant and knowing what red flags to look for can help you or your loved one stay safe.

Telltale warning signs of a Medicare scam

- Promises of free items or services.
- Pressure to switch your Medicare plan.
- Notices to renew or upgrade your Medicare card.
- Threats to cancel your coverage.
- Claims you're eligible for a refund.

- Do not speak to anyone who tries to persuade you to choose a certain plan.
- Destroy your old Medicare card.
- Protect your medical records.
- Do not accept unauthorized genetic testing kits.



Helping understand Medicare Scams

How can I protect myself from Medicare scams?

Scammers are everywhere, and Medicare scams can happen to anyone. The tips below can help you keep your personal information safe.

- Avoid sharing your Medicare number with people who contact you out of the blue. If someone unfamiliar calls asking you for personal details, simply hang up.
- Do not click on suspicious links. If you need to update your information, log in to your Medicare account at Medicare.gov, call 1-800-MEDICARE (1-800-633-4227), or talk to a trusted advisor.
- Do not be afraid of threats to terminate benefits.

How do I report Medicare scams?

If you believe you've been involved in a Medicare scam, take action by reporting it:

- Call Medicare directly at 1-800-MEDICARE (800-633-4227).
- Contact the Senior Medicare Patrol Resource Center by calling 1-877-808-2468 or use their online contact form.
- Submit a report online to the Federal Trade Commission (FTC).

It's important to always be on the lookout for something fishy.

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 **Reality or Myth**
OLDER ADULTS CAN QUIT SMOKING.
Reality: Stopping smoking at any age can be beneficial.



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Vial of Life The Vial of Life program helps emergency responders easily recognize and find medical information in the event of an emergency. In partnership with Union County EMS, we will assist you in documenting medical history and any prescriptions for easy access in a crisis.

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Reality or Myth



OLDER ADULTS STAY ENGAGED AND PRODUCTIVE

Reality: Many older adults continue to work, volunteer and act as caregivers.

Regular positive interactions with family and friends and being involved in different social networks can help older adults be healthier. Conversely, loneliness has a negative physical and emotional impact.



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Monroe, NC 28110

Phone - 704.289.6400
Fax - 704.282.0590

www.sucontractors.com

TAXES

AARP VITA (Volunteer Income Tax Assistance) (Feb- Apr)
800-906-9887

Common Heart (Feb - Apr)
116 Business Park Dr.
Indian Trail, NC 28079
704-218-9060 ext.1040

Union County Department of Health & Human Services (Feb - Apr)
2330 Concord Hwy.
Monroe, NC 28110
704-296-4312

Drive Of Faith Transportation Wheelchair Transport
3613 Wesley Chapel Stouts Rd.
Monroe, NC 28110
704-839-9455

TRANSPORTATION

GoGoGrandparent
1-855-464-6872 ext 4666

Sperry Transport
7900-D Stevens Mill Rd.
#184
Matthews, NC 28104
833-993-6400

Union County Transportation
1407 Airport Rd.
Monroe, NC 28110
704-292-2511

Guardian Angel Transport Services LLC
980-347-9131

Reality or Myth
MOST OLDER AMERICANS LIVE IN NURSING HOMES Myth: Only

about 5 percent of older Americans live in nursing homes at any given time. However, the percentage increases with age, ranging from 1.1 percent for persons 65-74 years to 3.5 percent for persons 75-84 years and 13.2 percent for persons 85+.



Covering Your Transportation Needs
Guardian Angel Transport Services LLC
980-347-9131

Servicing Union County and Surrounding Areas
Door-to-Door Assistance, Flexible Scheduling, Medical Appointment Transport, Social Outings and Events, Accessible Vehicle Transport
Call us today to schedule an appointment!



Need a Ride?



Register as a rider or schedule a ride by calling 704.292.2511
Scan the QR code with your phone camera to sign up or visit
unioncountync.gov/transportation

UCT operates without regard to race, color or national origin.



VISION / EYE DOCTORS

NC Division Services for the Blind

5855 Executive Center Dr.
#100
Charlotte, NC 28212
704-563-4168

eyecarecenter - Optometrist, Perry Patel

1007-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
704-926-3937

Phifer Eye - Optometrist, John T. Phifer

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 - Optician, Arthur McDonald

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

Vision Works

2335 W. Roosevelt Blvd.
Suite C
Monroe, NC 28110
704-225-8429

Waxhaw Family Vision Care OD, PLLC

3909-H Providence Rd. S.
Waxhaw, NC 28173
704-843-3053



Reality or Myth

**OLDER ADULTS
NEED 7-8**

HOURS OF SLEEP.

Reality: An average 7-8 hours of sleep each day is related to better brain and physical health in older adults.

VOLUNTEER OPPORTUNITIES

Adult Literacy Services-South Piedmont Community College

4209 Old Charlotte Hwy.
Monroe, NC 28110 704-290-5100

American Red Cross -Southern Piedmont Chapter

125 Pedro St., Suite E
Monroe, NC 28110
704-283-7402

Common Heart

Indian Trail
Marshville, Monroe
704-218-9060

Community Shelter of Union County

160 Meadow St.
Monroe, NC 28110
704-289-5300

Council on Aging in Union County

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

Good Steward Ministries

1213 W Roosevelt Blvd.
Suite B.
Monroe, NC 28110
704-776-9877

Ground 40

303 Dale St.
Monroe, NC 28112
704-883-5185

HealthQuest of Union County

415 E. Franklin St.
Monroe, NC 28112
704-226-2050

Heart For Monroe

104 S. Hayne St.
Monroe, NC 28112
980-722-7241

Hospice & Palliative Care - Charlotte Region

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

Hospice of Union County

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

Pearls Monroe

1855 Dickerson Blvd.
Monroe, NC 28110
704-218-2168

Humane Society of Union County

4015 Waxhaw Hwy.
Monroe, NC 28112
704-283-9126

Loaves & Fishes of Union County (St.Paul's Episcopal Church)

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
Locations
704-283-3033

Union / Anson County Habitat For Humanity

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

Union County Community Arts Council

120 N. Main St.
Monroe, NC 28112
704-283-2784

Union County Crisis Assistance Ministry

1335 W. Roosevelt Blvd.
Monroe, NC 28110
704-225-0440

Union County Government: Senior Nutrition, Christmas Bureau, Tax Preparation

704-283-3500

United Way

103 W. Franklin St.
Monroe, NC 28112
704-226-5100

QUESTIONS ABOUT MEDICARE **SHIIP HAS ANSWERS.**



As part of the North Carolina Department of Insurance, the **Seniors' Health Insurance Information Program (SHIIP)** has experts specially trained to answer your Medicare questions and to help you with other insurance issues important to seniors, such as:

- selecting a Medicare prescription drug plan
- preventing Medicare billing fraud and abuse
- choosing a Medicare supplement plan
- long term care insurance

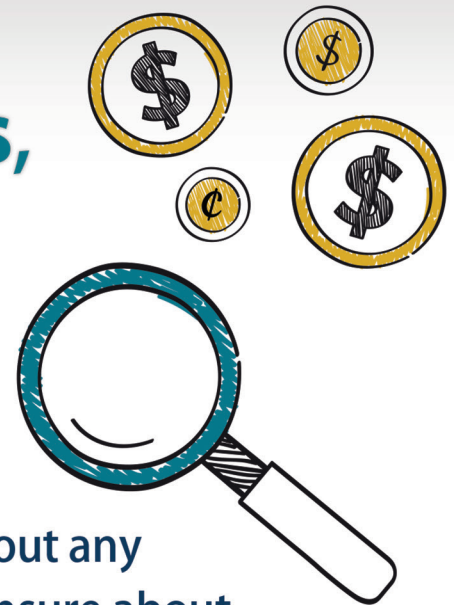
Call **855-408-1212** or visit www.ncshiip.com to find out how SHIIP can help you.

Funded by a grant from the Administration for Community Living # 90SAPG099-03.



If you're not reading your **Medicare Summary Notices**, you may be **losing** money.

Read the **Medicare and You** handbook to learn about helpful tips on healthcare fraud prevention through the efforts of the **Senior Medicare Patrol Program (SMP)**. Consult with an SMP specialist about any charges on your Medicare statement that you're unsure about.



Don't be a victim.
Help stop Medicare fraud.



Contact Senior Medicare Patrol.

855-408-1212 • www.ncshiip.com



Funded by a grant from the Administration on Aging #90MPPG0043-05

Remarkable hospital care right in your community

Our world-class teams at Novant Health Matthews Medical Center and Novant Health Ballantyne Medical Center offer expert care in south Charlotte when you need it most.

Novant Health Ballantyne Medical Center

Labor and delivery: Welcome your new baby in mother-baby postpartum rooms designed to allow for after-delivery care and recovery, a C-section recovery suite with a nursery and a reservable hydrotherapy suite with a warm tub for laboring moms.

More remarkable services: The new medical center provides patients with convenient and neighborhood-like access to emergency and inpatient services, diagnostic and surgical care as well as a variety of on-site specialty care services, including women's health, orthopedics and cancer.

Novant Health Matthews Medical Center

We are proud to offer specialty care close to home, including maternity care, ICU care, surgical services, emergency care, advanced imaging, cancer care and other specialties.

Stroke care: We have been nationally recognized for excellence in stroke care and have received Primary Stroke Center certification by The Joint Commission. This award-winning center and team are available 24/7.

Heart care: Our nationally accredited Chest Pain Center can provide advanced medical care for your heart conditions. Our expert team uses next-level technology to get a deep understanding of conditions affecting your heart and vascular system.

Learn more at NovantHealth.org/Ballantyne
and NovantHealth.org/MatthewsMedicalCenter

