

# SUCCESSFUL AGING

RESOURCE GUIDE FOR UNION COUNTY, NC

COUNCIL  
ON AGING   
IN UNION COUNTY

2025



PRESENTING PARTNER

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HEALTH



# 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:

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

Call **855-408-1212** or visit [www.ncshiip.com](http://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](http://www.ncshiip.com)**



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








## OUR SERVICES

-  Information & Assistance
-  In-Home Services
-  Family Caregiver Support
-  Next Door Clubhouse
-  SHIP Medicare Counseling
-  Equipment
-  Incontinence Supplies
-  Home Safety Modifications

More information on pages 22-23.

## FIND US HERE

-  (704) 292-1797
-  [coaunion.org](http://coaunion.org)
-  1401 Skyway Dr.  
Monroe, NC 28110
-  @CouncilOnAgingUC
-  @councilonagingUC
-  @COAUnionCounty



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**Novant Health.**

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

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.

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.

Council on Aging is a 501(c)3 nonprofit organization. Federal Tax ID 56-1081558



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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

**KindCare Adult Day and  
Health Center**  
1424 E. Franklin St.  
Monroe, NC 28112  
704-290-3848

**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

**Senior TLC**  
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

## A. TERRY DIXON, SENIORS REAL ESTATE SPECIALIST<sup>®</sup>

A Seniors Real Estate Specialist, or SRES<sup>®</sup>,  
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NC/SC Licensed Realtor<sup>®</sup>



[aterrydixon@kw.com](http://aterrydixon@kw.com)

704-650-8272



# WHAT CAN HELP CAREGIVERS DEAL WITH BURNOUT?



Caregivers of people living with depression or bipolar disorder often experience caregiver burnout. In this guest blog from the GeneSight team at Myriad Genetics, you will read some tips for recognizing and coping with burnout. GeneSight is a Corporate Member of Families for Depression Awareness.

## What is Caregiver Burnout?

“Caregiver burnout is a state of physical, emotional and mental exhaustion.” Unfortunately, caregivers often are so busy doing the work that they can’t tell when they are most at risk. Burnout can be caused by a variety of factors:

1. The delicate balancing act of playing the role of caregiver along with that of spouse, child, or friend.
2. The unrealistic belief that they can make their loved one better.
3. Many things being out of their control, including resources, money, and skills.
4. Placing too high of demands on themselves and feeling that they are solely responsible to be the caregiver.
5. Inability to recognize that they are reaching burnout levels and potentially becoming sick due to their inability to function.



Contact Council on Aging for support to care for your loved one - 704-292-1797.

## Recognize the Signs of Caregiver Burnout

Caregiving can often deplete your emotional and physical energy. You are trying to stay on top of someone else’s life and well-being, while ensuring your own doesn’t suffer tremendously at the same time. Additionally, you may be physically having to help someone, resulting in strain on your body.

### Watching out for the following signs of burnout:

- Feeling overwhelmed or constantly worried
- Feeling tired often
- Getting too much sleep or not enough sleep
- Gaining or losing weight

- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches, bodily pain or other physical problems
- Abusing alcohol or drugs, including prescription medications.

## Coping Strategies for Burned Out Caregivers

- Be realistic about what you can do.
- Take breaks.
- Make time to take care of your physical health.
- Acknowledge the positive aspects of your life.
- Ask for and get help.

Article provided by Families for Depression Awareness.

## 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

### 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



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**Lynda D. Kuehni**

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



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## 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

### The Joint Chiropractic

5136 Old Charlotte Hwy  
Unionville, NC 28110  
980-414-5998

## DEMENTIA MEDICAL PRACTICES

### Alzheimer's Memory Center

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


### Memory and Movement

411 Billingsley Rd., #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 Ave.  
Monroe, NC 28110  
704-296-4829

**Union Family Dental Associates**  
1276 Stafford St.  
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](http://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**



# SKIN CANCER SIGNS, SYMPTOMS, AND WAYS TO STOP CANCER BEFORE IT STARTS

Skin cancer is the most common cancer in the U.S., but it is also the most preventable. An estimated one in five Americans will be diagnosed with skin cancer by the age of 70, according to the Skin Cancer Foundation, however the risk does not stop then. As we live longer, it's important to continue protecting our skin as we age.



## Is skin cancer common among older adults?

Most skin cancer cases are diagnosed in people older than 65, according to the Centers for Disease Control and Prevention (CDC). Melanoma, the deadliest form of skin cancer, is most frequently diagnosed among adults ages 65-74.

## What are the types of skin cancer?

Basal and squamous cell skin cancers are the most common types of skin cancer. Both start on the top layer of your skin and are generally caused by sun exposure.

Melanoma is responsible for most skin cancer deaths. It develops when the cells that give skin a tan or brown color begin to grow abnormally out of control.

## What are the signs of skin cancer?

An easy way to remember the signs of melanoma are the ABCDEs.

## Who can get skin cancer?

Anyone can be diagnosed with skin cancer regardless of race, gender or age. That said, some people are at greater risk including those with:

- A lighter natural skin color
- A personal or family history of skin cancer
- A large number of moles
- Increased exposure to the sun through work and play
- A history of sunburns, especially during childhood
- A history of indoor tanning
- Skin that burns, freckles or reddens easily
- Blue, gray or green eyes
- Blond, red or light brown hair
- History of being treated with radiation

## How to Spot Melanoma

Use these ABCDEs from the **Prevent Cancer Foundation**



"A" is for **asymmetrical**. Does the mole or spot have an irregular shape with two parts that look very different?



"B" is for **border**. Is the border irregular or jagged?



"C" is for **color**. Is the color uneven?



"D" is for **diameter**. Is the mole or spot larger than the size of a pea?



"E" is for **evolving**. Has the mole or spot changed recently?



## How can you prevent skin cancer?

It's important to protect your skin from UV radiation year-round, including on cloudy and hazy days. To reduce your risk of skin cancer, the CDC recommends the following steps:

- Avoid the sun or stay in the shade between the hours of 10 a.m. and 4 p.m., when UV exposure is most dangerous.
- Wear clothing that covers your arms and legs.
- Wear a wide-brimmed hat to shade your face, head, ears and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen and lip balm with a sun protection factor (SPF) of 30 or higher, and both UVA and UVB (broad spectrum) protection.
- Avoid indoor tanning.
- Examine your skin once a month. Tell your health care provider about skin changes.

## Should you be screened for skin cancer?

The U.S. Preventive Services Task Force (USPSTF) has not found enough evidence to recommend for or against routine skin cancer screening for those at average risk. If you have a family history of the disease or have any unusual moles or changes in your skin, talk to your health care provider.

Article provided by National Council on Aging.

COUNCIL ON AGING IN UNION COUNTY

## 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 St.  
Wingate, NC 28174  
704-233-8000

### Indian Trail Parks and Recreation

#### PrimeTime Players Ages 55+

We would be thrilled to have you join us for one of our engaging programs! All seniors are invited to come and be a part of the fun.



#### Programs:

- Mahjong
- IT's GameTime
- Hand & Foot
- Fitness / Walking
- Monthly Day Trips
- Mystery Munch
- Monthly Pot Lucks
- PrimeTime Adventures



#### CONTACT

- 704-821-8114
- SHG@indiantrail.org
- 315 Matthews Indian Trail Rd  
Indian Trail, NC 28079

## APPLESEED REALTY



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### Judy Chapman

704-219-3160

[jbcdocgirl@aol.com](mailto:jbcdocgirl@aol.com)

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

Contact Judy for ALL YOUR REAL ESTATE NEEDS!!



## 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 Dr.  
Waxhaw, NC 28270  
704-246-6760

**Farmwood Senior Living in Mint Hill**  
7301 Canterway Dr.  
Mint Hill, NC 28227  
704-222-9483

**Gracious Senior Living**  
2500 Carroll St.  
Monroe, NC 28110  
704-218-2424

**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 Dr.  
Charlotte, NC. 28208  
980-314-7801



## FINANCIAL ASSISTANCE & COUNSELING

### Cell Phone Assistance

**Assurance Wireless**  
1-888-321-5880  
**Safelink Wireless**  
1-800-723-3546

### Financial Counseling & Education

**Green Path Financial Wellness**  
866-476-0261

### Monroe Union County Community Development Coporation

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

### Low Income Energy Assistance Program (LIEAP) / Crisis Assistance

**Union County Department 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

## 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.



500 W. Jefferson Street  
Monroe NC 28112  
704-282-4657 | [Monroe.org](http://Monroe.org)

Monday-Thursday 8am-5pm, Friday 8am-12pm



## 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 St.  
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

## THE IMPORTANCE OF RECREATION AND SOCIAL INTERACTION

As we age, staying active is crucial for maintaining our physical health, but an often-overlooked aspect of well-being is the importance of social interactions. For active older adults, combining social activities with recreational activities can significantly enhance quality of life. Recreational activities can be essential to your health in many ways, including the following:



**Enhances Mental Health** – Social interactions can greatly reduce feelings of loneliness and isolation, common issues among older adults.

**Creates a Support Network** – In later years, having a robust support network is invaluable.

**Boosts Physical Health** – When recreation is done in a group setting, it often becomes more enjoyable, encouraging consistent participation.

**Encourages a Positive Outlook on Life** – Regular participation in social recreational activities can significantly improve one’s outlook on life.

### Improves Cognitive Function

– Engaging in social recreational activities stimulates the mind and keeps it active.

### Fosters Emotional Well-being

– Being part of a social group can provide emotional support, which is vital for handling life’s challenges and changes, especially as we get older.

### Promotes Lifelong Learning

– Participating in recreational activities often involves learning new skills or hobbies.

Article provided by National Institute for Fitness and Sport Fitness Center Management

## 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



# REASONS PREPAID FUNERALS ARE THE BEST GIFT



It's always difficult when a loved one dies, but it's even more challenging when surviving children don't know what Mom's or Dad's final wishes were. Planning, documenting, funding and sharing final arrangements is so important. Though you can't protect your children from grief, you can help ease their sadness about your death by ensuring they don't have to second-guess or make hasty decisions about your preferences.

## Your loved ones can focus on remembering and healing.

The days immediately following a death are emotionally difficult. Pre-planning your funeral, cremation or burial, documenting your wishes, and paying for arrangements give your loved ones the time, space and permission they need to grieve without having to make hundreds of funeral decisions. The time they might have spent making arrangements can be spent with family and friends, remembering a special life and beginning the healing process.

## You lock in today's prices and save money.

One of the more practical benefits of planning your funeral in advance is financial. As the cost of living rises, so do the costs of funerals and burials. When you plan and pay in advance, you essentially lock in a price guarantee. Paying for things at current prices protects you—and your children—against inflation. Learn about how much cremations and funerals cost.

## Your family won't have to face quick decisions.

At the time of need, funeral arrangements are usually made in a couple of days. To protect your loved ones from facing hurried decisions during an already difficult time, plan your funeral in advance. Putting the details in writing not only ensures your wishes will be followed, but saves others from needing to make judgment calls on your behalf.

## Your family members won't need to worry about getting it wrong.

When plans aren't prepared beforehand, loved ones guess—and then worry that maybe they got it wrong. Save them from doubt and anxiety over getting it right by planning in advance.

## Your children won't have to find a way to pay for your funeral.

You may not be able to shield your children from the emotionally difficult parts of a passing, but you can help ensure that they don't have to worry about money at the same time. In the days immediately following your death, your assets may be unavailable and life insurance can take six to eight weeks to pay. Pre-planning—and prepaying—means relief from that burden. Learn about monthly funeral payment options here.



## You get to choose exactly what you want.

Pre-planning your funeral allows you to carefully consider your options and make the choices that ensure that your life is remembered and celebrated the way that you want. The only way to know for sure that you will get a cremation with a celebration of life by the lake or a New Orleans-style jazz procession is by planning in advance.

*McEwen*  
FUNERAL HOME OF MONROE  
Serving Families Since 1933

Article provided by McEwen  
Funeral Home of Monroe.

## FOOD PANTRIES / NUTRITION

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

**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



Funeral and Cremation Services

EMBRACING  
**HONESTY, INTEGRITY  
& 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)

**A LOCALLY MANAGED  
FUNERAL HOME**

## 6 Ways to Eat Well as You Get Older



1

**Know what a healthy plate looks like**

See how to build a healthy plate at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)



2

**Look for important nutrients**

Eat enough protein, dietary fiber, potassium, calcium, Vitamin D, and Vitamin B12.



3

**Read nutrition labels**

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

**Use recommended servings**

Learn the daily servings that are right for you at [www.myplate.gov/myplate-plan](http://www.myplate.gov/myplate-plan)



5

**Stay hydrated**

Water is an important nutrient, too! Drink fluids consistently throughout the day.



6

**Stretch your food budget**

Get help paying for healthy food at [BenefitsCheckUp.org](http://BenefitsCheckUp.org)



## 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 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 Dr.  
Sumter, SC 29150  
803-774-8200



  
**Gordon**  
Funeral Service & Crematory  
704-283-8141

*"Our Family serving your Family"*  
*Family Owned & Operated - On Site Crematory*

1904 Lancaster Ave.

Monroe, NC 28112

[www.gordonfuneralservice.com](http://www.gordonfuneralservice.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 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 Info & Referral

211



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- Home Inventory Services
- Personalized Timeline
- Packing & Unpacking
- Moving
- New Home Set-Up
- Electronics & Art Installation
- Moving Day Management
- Sorting & Downsizing Assistance
- Sale, Donation, and Disposal of Unwanted Items



MOVEPACKCLEAN.COM

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# HEARING LOSS: A COMMON PROBLEM FOR OLDER ADULTS

Hearing loss is a common problem caused by loud noise, aging, disease, and genetic variations. About one-third of older adults have hearing loss, and the chance of developing hearing loss increases with age. People with hearing loss may find it hard to have conversations with friends and family. They may also have trouble understanding a doctor's advice, responding to warnings, and hearing doorbells and alarms.



## Signs of hearing loss

Some people have a hearing problem and don't realize it. You should see your doctor if you:

- Have trouble understanding what people are saying over the telephone
- Find it hard to follow conversations when two or more people are talking
- Often ask people to repeat what they are saying
- Need to turn up the TV volume so loud that others complain
- Have a problem understanding speech because of background noise
- Think that others seem to mumble
- Can't understand what's being said when children and people with higher pitched voices speak to you

## Types of hearing loss

Hearing loss comes in many forms. It can range from a mild loss, in which a person misses certain high-pitched sounds, to a total loss of hearing.



### Sudden hearing loss

Sudden deafness, also known as sudden sensorineural hearing loss, is an unexplained rapid loss of hearing. It should be considered a medical emergency.



### Age-related hearing loss

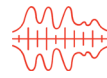
Age-related hearing loss, also called presbycusis, comes on gradually as a person grows older. It seems to run in families and may occur because of changes in the inner ear and auditory nerve, which relays signals from the ear to the brain.



### Tinnitus

Tinnitus is also common in older people. It is typically described as ringing in the ears, but it also can sound like roaring, clicking, hissing, or buzzing. It can come and go. It can be heard in one or both ears, and it may be loud or soft.

## Causes of hearing loss



**Loud noise** is one of the most common causes of hearing loss. Noise from lawn mowers, snow blowers, or loud music can damage the inner ear and result in permanent hearing loss.



**Earwax or fluid buildup** can also cause hearing loss by blocking sounds that are carried from the eardrum to the inner ear.



**A ruptured eardrum** can also cause hearing loss. The eardrum can be damaged by infection, pressure, or putting objects in the ear, including cotton-tipped swabs. See your doctor if you have ear pain or fluid draining from an ear.



**Health conditions** common in older people, such as diabetes or high blood pressure, can contribute to hearing loss. Ear infections caused by viruses and bacteria (also known as otitis media), a heart condition, stroke, brain injury, or a tumor may also affect your hearing.



Hearing loss can also result from taking **certain medications** that can damage the inner ear, sometimes permanently. These medications may be used to treat serious infections, cancer, or heart disease. They also include some antibiotics, and even aspirin at some dosages. If you notice a problem while taking a medication, check with your doctor.



**Genetic variations** can cause hearing loss as well. Not all inherited forms of hearing loss are evident at birth. Some forms can show up later in life. For example, otosclerosis, which is thought to be a hereditary disease, involves the abnormal growth of bone that prevents structures within the ear from working properly.

Article provided by National Institute on Aging.

## HEALTH SERVICES

### Alzheimer's Association of Charlotte

4600 Park Rd., Suite 250  
Charlotte, NC 28209  
980-498-7760  
- 24 Hour Helpline  
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

### Health Quest

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

### Novant Health Matthews Medical Center

1500 Matthews Township Pkwy.  
Matthews, NC 28105  
704-384-6500

### Parkinson's Association of the Carolinas

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

### Union County Health Department

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

## HEARING / SERVICES FOR DEAF & HARD OF HEARING

### ClearCaption Calling

1-866-246-7850

### CapTel NC - Visual Telephone with Captions

800-233-9130  
-Direct Line 919-238-4136  
-Fax 919-719-2793  
-Videophone  
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

5501 Executive Ctr. Dr.  
Suite 200  
Charlotte, NC 28212  
-Direct Line 704-568-8558  
-Videophone  
704-918-1554

# Hearing Healthcare with a Heart



- Trusted Local Nonprofit
- Free Consultation
- Expert Audiology Team
- Personalized Attention & Care
- Cutting-Edge Technology
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- Discounts Based on Income
- Purchase with a Purpose



**Clinics in Charlotte and Monroe**  
817 E. Morehead St., Ste. 100, Charlotte  
2605 W. Roosevelt Blvd., Monroe

**(704) 523-8027**  
**CharlotteSpeechHearing.com**



# FIGHT LONLINESS - LIVE INTERACTIVE!



As the saying goes—whether by George Bernard Shaw or Oscar Wilde—“youth is wasted on the young.” As people age, many find their social circles shrinking, even as they have more time to socialize post-retirement. Unfortunately, changes in health, mobility, and the loss of friends and family can lead to a more solitary lifestyle. This issue has only worsened with social distancing measures, leaving many seniors overwhelmed with loneliness or sinking deeper into isolation.



## Why Live Learning Beats YouTube Videos

Why can't seniors just watch a YouTube video or a recast webinar? First off, it's boring (even for someone with a few years left until 50). Secondly, the video and speaker are often not using the same version of the device or software you have, making it hard to follow. Thirdly, there's no chance to ask questions. Fourthly, it's frustrating when the video moves too fast, causing the viewer to stop and restart it repeatedly. Most importantly, it does not help fight loneliness—in fact, it might make the viewer feel even more isolated.

## GetSetUp: A Solution for Safe Socialization

How can seniors stay socially connected and safe to prevent loneliness from taking over? GetSetUp is ensuring that seniors have the opportunity to socialize through live interactive learning sessions. These sessions help prevent loneliness and combat its possible side effects by providing a platform where older adults can learn new skills, socialize, and gain confidence in a tech-driven world.

Guides, who are often seniors themselves, help onboard their peers through live video sessions where learners can ask questions, share their screens, and practice new skills. This empathetic classroom environment creates a sense of community and establishes social connections, even while seniors maintain social distancing. It also allows adult learners with limited mobility or health issues to feel just as much a part of the community as their more active peers.

Article provided by Centralina Area Agency on Aging.

## Live Interactive Learning offers numerous benefits that can help prevent loneliness:

- More seniors gain work opportunities as Guides.
- Economic benefits for Guides, companies, institutions, and organizations as seniors become more empowered technology consumers.
- Social connections are fostered in live classrooms, addressing an epidemic of loneliness that affects 3/4 of Americans.
- Seniors learn alongside peers in empathetic, self-paced environments.
- New friendships are formed, and a sense of community is built.
- Seniors acquire new skills that empower them.
- Classes are fun!

## Join the Fight Against Loneliness

Do your part to reduce loneliness by teaching a new skill and mitigating the negative effects of social isolation. Learn how GetSetUp can ensure that your senior community stays engaged, connected, and equipped to battle loneliness through a potential partnership with your organization.

# Join Over 4 Million Older Adults Who Love GetSetUp



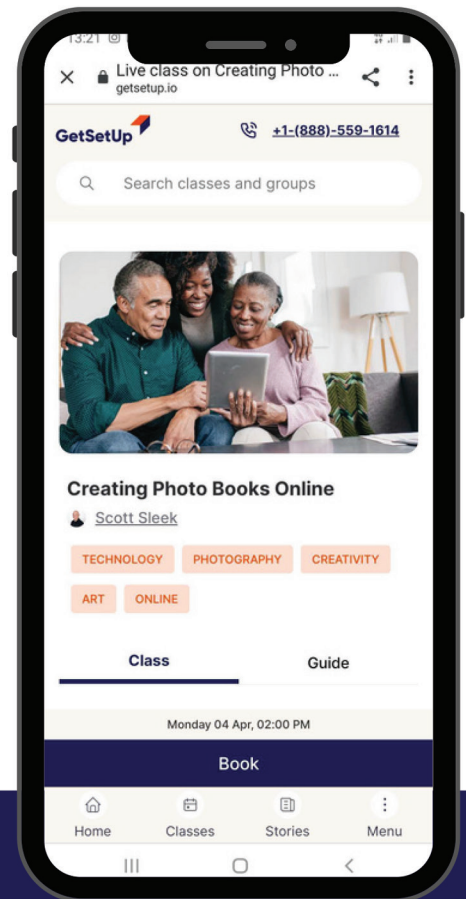
The Centralina Area Agency on Aging has partnered with GetSetUp to provide free virtual classes for older adults taught by peers – ask questions, make new friends, learn new things and have fun.

**Try an Online Class Today!**

[www.getsetup.io/partner/centralina](http://www.getsetup.io/partner/centralina)

## Live Classes Taught by Older Adults Across Multiple Categories

- Aging in Place
- Communication
- Cooking
- Creativity
- Financial Planning
- Health and Wellness
- Fitness
- Music
- Photography
- Social Hours
- Social Media
- Technology
- Travel
- Business



**Terri T.**  
**GetSetUp Ambassador**

"I'm leading groups, taking nursing and social work classes to build my curriculum, and using my new Google Slide skills to present. Thank you, GetSetUp, for helping me to get my life back."





# 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](http://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.

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

Scan this code to make a donation on our website:



[WWW.COANION.ORG/DONATE](http://WWW.COANION.ORG/DONATE)  
704-292-1797

Hours of Operation: Monday through Friday, 8:30 – 4:30 | 1401 Skyway Drive, Monroe, NC 28110 | [COANION.ORG](http://COANION.ORG)



# HOME CARE & HOME HEALTH AGENCIES

**Ally Home Care**  
3711 Latrobe Dr.  
Suite 520  
Charlotte, NC 28211  
704-334-8141

**Atrium Health at Home - Union**  
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 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 Agency**  
124 Unionville Indian Trail  
Road, Suite B6  
Indian Trail, NC 28079  
704-234-8546

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

**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

**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

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

## Unique In-Home Healthcare LLC

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B228.**

**Monroe, NC. 28110**

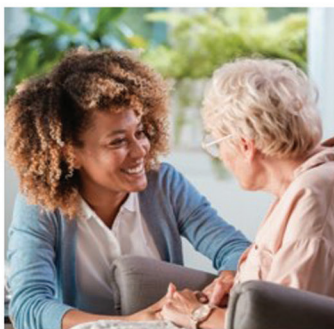
**Office: 704-441-6998**

**Fax: 704-776-4094**

**Email: [Uniqueshh.org](http://Uniqueshh.org)**



**UNIQUE IN-HOME HEALTHCARE LLC**  
Our Family Caring For Yours



### *In-Home Care Support:*

- Light Housekeeping and Help with Laundry
- Meal Planning and Cooking
- Help with Shopping and Running Errands
- Adult and Senior Transportation to and from Doctor Appointments and Social Events
- Medication Reminders

### *Personal Care Services Offered:*

- Outpatient Pre/Post-Op Care
- Feeding
- Oral and Personal Hygiene
- Bathing & Toileting
- Ambulation
- Dressing & Grooming

# HOME CARE & HEALTH AGENCIES CONT.

**RN4U**  
704-562-3659

**Senior TLC**  
6133 The Plaza  
Charlotte, NC 28215  
704-887-3840

**Seniors Helping Seniors**  
980-290-4550

**Southern Health Partners**  
8832 Blakeney  
Professional Dr., Suite 300  
Charlotte, NC 28277  
704-583-9515

**Unique In Home  
Healthcare**  
1501 N. Charlotte Ave.  
Suite B228  
Monroe, NC 28110  
704-441-6998

**VIP Home Care**  
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 St., Suite 1  
Huntersville, NC 28078  
704-512-0757

**Wisdom Senior Care**  
102 Waxhaw  
Professional Park  
Suite D-300  
Waxhaw, NC 28173  
704-899-4889



## Medical Care Made Easy

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Medical Care



Social Activities



Rehabilitation Therapy



Caregiver Support



Home Care



Rides



Meals



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# THE DIFFERENCE BETWEEN PALLIATIVE CARE AND HOSPICE

**Hospice care** is intended for people with a terminal illness who decide to forego curative treatment and focus instead on comfort care. **Palliative care** is intended for anyone with a serious illness, whether or not they are at the end of life. Hospice and palliative care also differ in how insurance benefits are paid and approved.



## What Is Palliative Care?

Palliative care is a medical specialty aimed at easing the physical, emotional, psychological, and social burden you and your family experience as a result of a serious medical condition.

### The four primary goals of palliative care include:

- Maximizing the quality of life of people with a serious medical condition
- Providing relief from pain and other symptoms of the condition
- Providing psychological, emotional, social, and spiritual/religious support
- Offering support to help caregivers and family

The treatment plan can vary and evolve based on the status of your condition and your individual needs and preferences.

## What Is Hospice?

Hospice care is intended for people with a terminal (life-ending) illness who have decided to stop treatments used to extend life.

Hospice care focuses on comfort care, pain management, symptom relief, and meeting the emotional, spiritual, and psychological needs of people and their families as the end of life approaches.

## Transitioning to Hospice

A facet of palliative care is preparing an individual and their caregivers for all contingencies, including a possible transition from palliative care to hospice care.

This is described in the *“Five Stages of Palliative Care”* which

directs the appropriate course of action based on the status of a person’s medical condition:

- **Stage 1:** The palliative care strategy is designed and implemented when your condition is stable. This may include advance care planning to state your medical wishes.
- **Stage 2:** The strategy has to adapt if the condition worsens. This includes ensuring the emotional readiness of the individual and their loved ones if a downturn occurs.
- **Stage 3:** This is the transition to end-of-life care when the condition deteriorates. It doesn’t mean a person is ready for hospice, but it does mean that the long-term outlook may not improve.
- **Stage 4:** The condition is terminal and the transition to hospice care is most common. The focus would then shift from life extension to solely comfort care.
- **Stage 5:** Bereavement support and assistance are provided to family, loved ones, and caregivers as a loved one nears death.

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### 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

### Integrity Home Mobility

704-657-9598

### NC BAM (NC Baptist Aging Ministry)

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

### Union-Anson Habitat for Humanity

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

## HOSPICE & PALLIATIVE CARE

### Community Home Care and Hospice

2661 W Roosevelt Blvd.  
Suite 104  
Monroe, NC 28110  
704-226-0605

### Hospice of Union County

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

### VIA Health Partners

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

### Liberty HomeCare and Hospice Services

2015 Moore Rd.  
Matthews, NC 28105  
704-940-8389

### Novant Health Hospice and Palliative Care

200 Hawthorne Ln.  
Charlotte, NC 28204  
704-384-6478

### Pruitt Health Hospice-Union Pointe (Southern Region)

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704-291-8500



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## OUR IMPACT

TOTAL NUMBER OF PEOPLE SERVED

6,549

Hours of Respite at Next Door Clubhouse

9,440



Hours of In-Home Care

21,876



People receiving assistance accessing resources and medicare counseling

3,182



Equipment Given

1,471



Home Repairs & Yard Work Projects

300



Incontinence Supplies Packages Given

10,927



Family Caregivers Helped

562



SLIP Home Safety Visits

318





## INDEPENDENT LIVING COMMUNITIES

**Ambriant at Austin Village**  
980 Chestnut Ln.  
Matthews, NC 28104  
704-313-8743

**Ambriant at Avendelle**  
10131 Calvin Hall Rd.  
Indian Land, SC 29707  
803-398-1588

**Arden at Indian Land**  
2545 Jessamine Grove Dr.  
Indian Land, SC 29707  
980-600-3401

**Clover Senior Living**  
135 Chesnut Ln.  
Stallings, NC 28104  
833-704-3937

**Cresswind of Wesley Chapel**  
4006 Cresswind Blvd.  
Monroe, NC 28110  
704-248-4868

**Eastwood Homes at Heritage**  
1018 Heritage Pointe  
Indian Trail, NC 28079  
704-741-4711

**Encore at Streamside**  
1210 Encore Ln.  
Waxhaw, NC 28173  
704-817-0030

**Esplanade at Northgate**  
208 Northgate Blvd.  
Indian Trail, NC 28079  
704-280-5728

**Inspire Royal Park Apartment Homes**  
4101 Glenloch Circle  
Matthews, NC 28105  
980-766-1590

**Matthews Glen (Continuing Care Retirement Community)**  
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Matthews, NC 28105  
855-968-1307

**The Village of Woodridge**  
2414 Granville Place  
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

## INSURANCE

**Medicare - Council on Aging in Union County SHIIP 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**

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1-855-733-3711



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# Empowering Seniors with Essential Services

At Union County Human Services Agency, we're dedicated to enriching the lives of our aging population and their families.



### Adult Protective Services

Ensuring the safety and dignity of all adults through vigilant protection and advocacy. Download the Adult Services guide on our website.



### Transportation Services

Making it easier for individuals to travel to and from important medical visits, work and errands.



### Senior Nutrition Programs

Offering nutritious meals to residents, ages 60 and older, both at home\* and through community sites.

\*Clients may be placed on a waiting list.



### Veterans Services

Helping veterans and their families access benefits for disability, pension, healthcare and more.

## Our agency also provides:

- Crisis Intervention and Energy Assistance
- Food & Nutrition Services
- Functional Needs Registry
- Guardianship
- In-Home Aide and Adult Day Care
- Public Health Clinics, Screenings and Vaccinations

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[unioncountync.gov/senior](http://unioncountync.gov/senior)



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## LEGAL SERVICES & ELDER LAW ATTORNEYS

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103 N. Main St.  
Monroe, NC 28112  
704-289-5594

**Clark, Griffin,  
& McCollum, L.L.P.**  
238 E. Franklin St.  
Monroe, NC 28112  
704-283-8148

**Collins Elder Law Group**  
112 N. Main St.  
Monroe, NC 28112  
704-387-3240

**Fitzgerald Dwyer Law  
Firm, P.C.**  
300 S Hayne St., Suite 110  
Monroe, NC 28112  
704-900-9727

**Garrity & Gossage, LLP**  
344 W. John St.  
Matthews, NC 28105  
704-841-0661

**Helms Law Group, PA**  
314 N. Hayne St.  
Monroe, NC 28112  
704-289-4577

**Legal Aid of NC  
(Senior Legal Helpline)**  
1-877-579-7562

**Leitner, Bragg & Griffin**  
201 Lancaster Ave.  
Monroe, NC 28112  
704-447-7473

**McIntyre Elder Law**  
112 S Tryon St., Suite 760  
Charlotte, NC 28284  
704-749-9244

**NC Lawyer Referral  
Services**  
438 Queens Rd.  
Charlotte, NC 28207  
704-375-0120

**Plyler, Long & Corigliano,  
LLP**  
316 N. Hayne St.  
Monroe, NC 28112  
704-387-5210

**Potter Law Firm**  
15720 Brixham Hill Ave.  
#300  
Charlotte, NC 28227  
704-944-3245

**Providence Wills & Trusts**  
1940 Weddington Rd.  
Weddington, NC 28104  
704-288-4700

**Sodoma Law Monroe**  
105 S. Main St.  
Monroe, NC 28112  
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# FINAL DOCUMENTS AND THEIR IMPORTANCE

## Essential Documents

The cornerstone of any estate plan is the last will and testament. This document outlines your wishes regarding the distribution of your assets after death. However, several other documents should also be included in your comprehensive estate plan:

**Living Will:** A living will, or advance healthcare directive, specifies your preferences for medical treatment if you cannot communicate your wishes.

**Durable Power of Attorney:** This document allows you to appoint someone to manage your financial affairs if you become incapacitated.

**Healthcare Power of Attorney:** Similar to the durable power of attorney, this document lets you designate someone to make healthcare decisions on your behalf if you cannot.

### Digital Assets

In today's digital age, your online presence is another aspect of your life that requires consideration in estate planning. Digital assets include everything from social media profiles and email accounts to digital photos and online banking.

### Choosing the Right Executor

The role of an executor is crucial in estate planning. The executor is responsible for carrying out your wishes as outlined in your will.

### Fair Distribution of Your Estate

Ensuring a fair distribution of your estate can be a challenging process. It's not just about dividing assets equally; it's about considering each heir's unique needs and circumstances.



**COLLINS** FAMILY & ELDER  
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The information provided does not, and is not intended to, constitute legal advice; instead, all information, content, and materials are for general informational purposes only.

## Last Will and Testament - Estate Planning

Creating a Last Will and Testament is a vital part of estate planning. It safeguards your assets, ensures your final wishes are respected, and can provide peace of mind for you and your family.

### 1. Who will be the executor of my will?

The executor is pivotal in ensuring your final wishes are carried out. This person manages your estate, pays off debts, and distributes assets per your instructions.

### 2. What assets do I own?

Inventory all your assets, including real estate, bank accounts, investments, and personal belongings.

### 3. Who are my beneficiaries?

Beneficiaries refer to the persons or entities that are set to inherit your possessions and assets. They can include family members, friends, charities, or institutions.

### 4. How can I ensure my will is legally valid?

For a will to be legally binding, it needs to meet specific standards. The involvement of a lawyer is crucial in verifying that all these legal conditions are met.

### 5. What if my circumstances change?

Significant life events like getting married, ending a marriage, or welcoming a new child can greatly affect the stipulations in your will.

### The Risks of a DIY Will

While creating a "Do It Yourself" will save time and money might be tempting, this approach carries significant risks. DIY will often need more precise or complete instructions and may not comply with specific legal requirements, making them vulnerable to challenges.

### The Benefits of Legal Assistance

A seasoned elder law attorney offers customized legal guidance, ensures your will adheres to legal standards, and assists in creating an estate plan that safeguards your assets and family members.



Articles provided by Collins Family & Elder Law Group.



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Kathryn Cook DeAngelo



Courtney Lockerman



Nancy Roberts



Kristen Leonard

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

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# AGING IN PLACE REMODELING: CHECKLIST FOR SENIOR HOMES

Many people hope to stay in their homes as they age rather than move in with a relative or into an assisted living community. In fact, a 2021 poll conducted by AARP found 75% of people at least 50 years old want to live in their homes as long as possible.



## What Is Aging in Place Remodeling?

Aging in place remodeling involves the adaptation of a home so that it's safe and manageable for a person to live in regardless of their physical limitations.

## Common Aging in Place Renovations

According to the National Homebuilders Association, the most common aging in place home updates include grab bars, curbless showers and raised toilets. Learn more about these projects, along with a few others, below.



### Grab Bars

Strategically placed grab bars can prevent falls and make navigating one's space easier.

Grab bars are typically attached to walls in the bathroom, kitchen and hallways.



### Walk-In Showers and Walk-In Tubs

Walk-in showers provide open, barrier-free shower entry, and walk-in tubs are designed with a low entry threshold and often include grab bars to prevent slips or falls.



### Raised Toilet Seats

A raised toilet seat—a thick toilet seat that fits on top of a toilet bowl—makes it easier for people with weakness in their legs to use the toilet. Some “tall toilet” designs include support handles on the sides and adjustable legs.



### Shower Chairs

Shower chairs are light but sturdy seats often made with mold-resistant plastic and non-rusting metal that can provide additional support for the person showering.



### Stair Lifts

Stair lifts are seats with motorized gears attached to a track installed along stairway walls that enable a person to ride in a seated position up and down a flight of stairs. Versions include straight stair lifts, curved stair lifts and outdoor stair lifts.



### Lift Chairs

Lift chairs are recliner-style cushioned chairs with a motor inside that can gently assist a person to stand from a seated position or sit down safely and easily by using a powerlifting mechanism.



### Home Elevators

A home elevator, which can be installed inside or outside a house, uses steel cables powered by a motor, pulley system or hydraulic pump to help transport a person from one level of their home to another.



### Bed Rails

Bed rails are designed to keep people from rolling out of bed while also providing stability for those who need help when shifting positions or getting in and out of bed.



### Wheelchair Ramps

Wheelchair ramps enable wheelchair users to navigate steps or thresholds. Wheelchair ramp types include lightweight portable ramps, modular ramps and permanent ramps.

## Other Considerations

A number of additional products and devices can help simplify and enhance the experience of aging in place. These include: mobility scooters, electric wheelchairs, medical alert systems, home oxygen concentrators, hearing aids, pulse oximeters, walkers, heart rate monitors, and pill organizers.

## Smart Home Upgrades to Consider

Smart home upgrades to help streamline daily tasks include: doorbells and smart door locks, security cameras, thermostats, light switches, and smart stoves and ovens.

## The best time to begin considering aging in place remodeling is before a person needs it.

Article provided by Forbes.

## MEDICAL ALERTS & EQUIPMENT

### Medical Alert Buttons

**Council on Aging Union County**  
704-292-1797

**Lifeline Medical Alert**  
855-681-5351

### Durable Medical Equipment

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704-659-1123

**Carolina's Home Medical Equipment, Inc.**  
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704-292-1797

**Marshville Pharmacy & Surgical Supply**  
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Marshville, NC 28103  
704-624-2131

**Mobility & More**  
251 N. Trade St.  
Matthews, NC 28105  
704-821-7777

**Monroe Home Medical**  
1150 Curtis St.  
Monroe, NC 28112  
704-289-9479

**Superior Home Medical**  
108 S. Main St.  
Monroe, NC 28112  
704-225-0285

### Adaptive Vans

**Stalls Medical, Inc. Adaptive Vans, Inc.**  
3010 Eaton Ave., Suite A  
Indian Trail, NC 28079  
704-628-0260

**Vantastic Mobility**  
3614 Hwy 74  
Wingate, NC 28174  
704-839-0492

### Oxygen Suppliers

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805-238-0027

**Lincare**  
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Monroe, NC 28110  
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**Medical Safety** We supply personal emergency response systems, otherwise known as medical alert buttons. These are free of charge upon a home assessment through our program.



**Fire Safety** We are committed to fire prevention and preparedness. In partnership with local fire departments, we will ensure your home is equipped with up-to-date fire extinguishers, carbon monoxide, and smoke detectors



**Fall Safety** In guidance with the National Fire Protection Association, we assess fall risks in your home with the goal of preventing physical injuries and allowing you to remain active.



**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.

*If you think you or a loved one could benefit from our Seniors Living in Place program, call us today to schedule a home safety visit (704)-292-1797.*



## NURSING HOMES & REHABILITATION FACILITIES

### Autumn Care of Marshville

311 W. Phifer St.  
Marshville, NC 28103  
704-624-6643

### Accordius Health at Monroe

204 E. Old Hwy 74  
Monroe, NC 28112  
704-800-0601

### Carrington Place Rehabilitation & Living Center

600 Fullwood Ln.  
Matthews, NC 28105  
704-841-4920

### Jesse Helms Nursing Center (Atrium)

1411 Dove St.  
Monroe, NC 28112  
704-993-3280

### Lake Park Nursing & Rehabilitation Center

3315 Faith Church Rd.  
Indian Trail, NC 28079  
704-882-3420

### Monroe Rehabilitation Center

1212 E. Sunset Dr. East  
Monroe, NC 28112  
704-283-8548

### Pruitt Health - Union Pointe

3510 W. Hwy 74  
Monroe, NC 28110  
704-291-8500

### Royal Park of Matthews Rehabilitation and Health Center

2700 Royal Commons Ln.  
Matthews, NC 28105  
704-849-6990

### White Oak of Waxhaw

700 Howie Mine Rd.  
Waxhaw, NC 28173  
704-243-7640

## MENTAL HEALTH SERVICE

### Agape Christian Counseling

5417 Morgan Mill Rd.  
Monroe, NC 28110  
704-849-0144

### Atrium - Behavioral Health - Atrium, Charlotte

501 Billingsley Rd.  
Charlotte, NC 28211  
704-444-2400

### Daymark Recovery Services, Inc.

701 E. Roosevelt Blvd.  
Suite 600.  
Monroe, NC 28112  
704-296-6200

### National Suicide Prevention Lifeline 988

### Next Chapter Counseling - In-Home Therapy

704-412-2125

### Novant - Psychiatric Associates - Matthews

1401 Matthews Township Pkwy., Suite 320  
Matthews, NC 28105  
704-384-1261

### Oasis Behavioral Health

1111 Circle Drive  
Monroe, NC 28112  
704-764-1818

### Reflective Counseling Services, PLLC

(Serving older adults and caregivers in NC, SC, and VA)  
910-830-0704

### Thrive Counseling

1428 Ellen St., Suite B  
Monroe, NC 28110  
704-438-9901

## PHARMACIES & PRESCRIPTION ASSISTANCE

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#### Austin Drugs

2417 Bonterra Blvd.  
Indian Trail, NC 28079  
980-236-1966

#### Franklin Street Pharmacy

610 E. Franklin St.  
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704-289-1523

#### Indian Trail Pharmacy

106 Indian Trail Rd. South  
Indian Trail, NC 28079  
704-821-7617

#### Marshville Pharmacy & Surgical Supply

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704-624-2131

#### Monroe Family Pharmacy

108 E. Sunset Dr.  
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704-776-9760

#### Moose Pharmacy

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Monroe, NC 28112  
704-283-8131

### Prescription Financial Assistance

#### HealthQuest Pharmacy

415 E. Franklin St.  
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704-226-2050

#### NC Med Assist

4428 Taggart Creek Rd.  
#101  
Charlotte, NC 28208  
704-536-1790

#### Needy Meds

1-800-503-6897

### Medicare Counseling /Extra Help Program

#### Council on Aging SHIP Program

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

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## Getting started is easy!

- 1 Contact us at one of our locations:  

HealthQuest Monroe 704-226-2050 415 E. Franklin Street Monroe, NC 28112	HealthQuest Anson 704-994-4720 2301 Hwy 74W Wadesboro, NC 28170
--	--
- 2 Speak to our staff to see if you qualify, including exceptions for Medicare recipients.
- 3 Upon approval, you will be given a time to pick up your 30-day supply of medications. A pharmacist is also available during this time to provide counseling.



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# PHYSICAL THERAPY FOR SENIORS



## What Are the Benefits of Physical Therapy for Seniors?

Physical therapy builds up strength and endurance. It can also help to reduce pain and can improve physical functions in many areas, including flexibility, strength, balance, and coordination. It's valuable for seniors, especially after illness or injury, to go to a physical therapist to accelerate their rate of recovery.

## What Will My Physical Therapist Do?

Physical therapists are in business to treat patients with medical issues and injuries that are limiting their range of motion and movements. A PT will develop a plan using one or a variety of treatment techniques to lessen any pain you're having, increase your range of motion, and restore function.

## How Do I Know If a Physical Therapist Is Good?

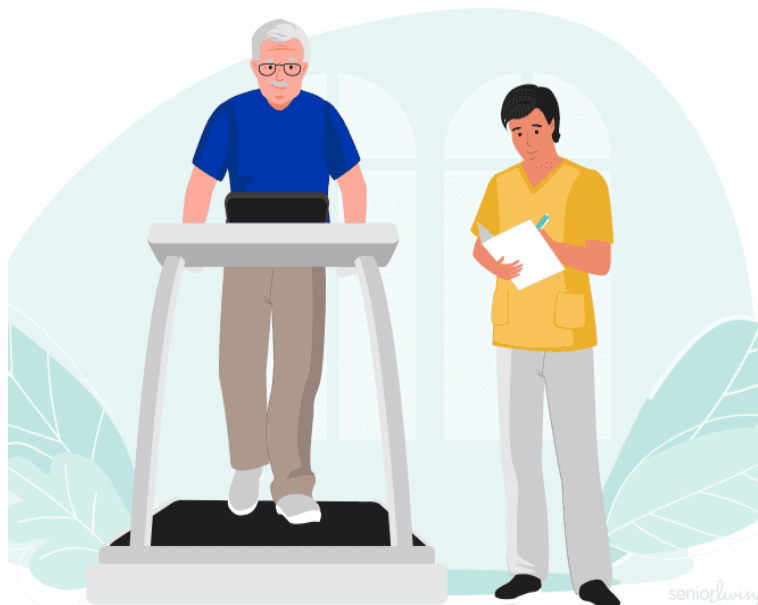
PTs will generally tailor their plans to your specific limitations and needs, but they should also be recommending evidence-based, effective treatments that draw from the latest research, especially for seniors.

## How Many Times a Week Should I Go to Physical Therapy?

A typical order usually requires two or three physical therapy sessions per week. The therapy sessions could last for four, six, or 12 weeks, depending on the particulars of the situation. Not adhering to the program can slow down your results.

## Can I Do Physical Therapy at Home?

Few PTs make at-home visits, but some do. Most physical therapists will ask you to do exercises at home to complement their sessions. Patients can record themselves from their tablet or smartphone performing the exercises and send the videos to their PT.



## What Are the Types of Physical Therapy?

Physical therapists employ a range of techniques to best help their patients. As trained professionals, they will discuss with you the particular treatment that will suit your individual circumstances.

- **Manual therapy** is foundational. This hands-on technique might include massage, mobilization, or manipulation.
- **Cold therapy** is used in acute, soft-tissue injuries in order to quickly numb pain and reduce swelling and inflammation.
- **Heat therapy** is used to relax muscles and stretch tendons and ligaments. Heat relieves muscle tension and promotes circulation.
- **Therapeutic exercise** encompasses various kinds of exercise. Aquatic therapy uses water to treat diseases and to maintain health.
- **Electrical stimulation** uses electrical current to create a desired effect in the body.
- **Ultrasound therapy** uses sound waves to reduce muscle spasms and relax the muscles before and after exercise.

Physical therapists will use a variety of techniques to help older adults regain good health and mobility. They will also educate patients on how to best perform daily tasks, protect their body from re-injury, perform exercises at home, and make their home a safer place.

Article provided by  
SeniorLiving.org

## PRIMARY CARE / ELDER CARE PHYSICIANS

**Anderson Family Medicine**  
1301 Dove St.  
Monroe, NC 28112  
704-283-8888

**Centro Midico Latino**  
1630 Campus Park Dr.  
Suite B  
Monroe, NC 28112  
704-333-0465

**Novant Health Monroe Family Medical**  
1420 E. Franklin St.  
Monroe, NC 28112  
704-289-8427

**Novant Health Sun Valley Family Physicians**  
1480 Wesley Chapel Rd.  
Indian Trail, NC 28079  
704-316-3616

**Atrium Health Indian Trail Family Practice**  
4503 Old Monroe Rd.  
Indian Trail, NC 28079  
980-993-7100

**Chestnut Family Practice**  
1013 Chestnut Ln.  
Suite 110  
Matthews, NC 28104  
704-585-8255

**Novant Health Senior Care Matthews**  
1450 Matthews Township Pkwy., Suite 400  
Matthews, NC 28105  
704-316-5140

**Novant Health Waxhaw Family & Sports Medicine**  
3614 Providence Rd. S.  
#200  
Waxhaw, NC 28173  
704-384-8640

**Atrium Health Union Family Practice - Monroe**  
1106 Reynolds St.  
Monroe, NC 28112  
704-289-5443

**Community Medical PA**  
520 W. Main St.  
Marshville, NC 28103  
704 624 3388

**Novant Health Southern Piedmont Primary Care**  
1995 Wellness Blvd.  
Building B #110 & #210  
Monroe, NC 28110  
704-384-1140

**Novant Health Wesley Chapel**  
6488 Weddington Rd.  
Wesley Chapel, NC 28104  
704-316-5650

**Atrium Health Waxhaw Group**  
2700 Providence Rd. S.  
Suite 300  
Waxhaw, NC 28173  
704-243-2254

**First Care Medical Clinic**  
404 S. Sutherland Ave.  
Monroe, NC 28112  
704-291-9267



## Live Healthy with Centralina AAA

Centralina Area Agency on Aging (AAA) offers various health & wellness programs to support older adults and caregivers with their everyday needs to improve quality of life. These evidence-based programs are supported by research and provide documented health benefits that have been proven to promote health and prevent disease among older adults. Programs are held year-round and can be conducted in-person, virtually and by telephone.



## Offered Programs



**Living Healthy with Chronic Disease**



**Living Healthy with Diabetes**



**Living Healthy with Chronic Pain**



**A Matter of Balance**



**Building Better Caregivers**



**PEARLS (Program to Encourage Active, Rewarding Lives)**

## Want to Learn More?

**:Kristen Srouji**  
[ksrouji@centralina.org](mailto:ksrouji@centralina.org)  
704-348-2729  
[CentralinaAging.org](http://CentralinaAging.org)



# REHABILITATION (OUTPATIENT)

## Physical/Occupational

### **Atrium Health Carolinas Rehabilitation-Indian Trail**

6048 W. Hwy 74  
Indian Trail, NC 28079  
980-993-5540

### **Atrium Health Carolinas Rehabilitation- Monroe**

600 Hospital Dr.  
Monroe, NC 28112  
980-993-3277

### **BenchMark Physical Therapy**

6580 Old Monroe Rd.  
Suite B  
Indian Trail, NC 28079  
704-774-1159

### **Evans Physical Therapy**

2585 W Roosevelt Blvd.  
# 0418  
Monroe, NC 28110  
704-285-2806

### **Fyzical Therapy & Balance Centers**

6437 Old Monroe Rd.  
Suite E  
Indian Trail, NC 28079  
704-686-7767

### **Fyzical Therapy & Balance Centers**

1321 E. Sunset Dr.  
Monroe, NC 28112  
704-248-6794

### **Infinite Wellness of the Carolinas**

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

### **Novant Health Rehabilitation Center - Matthews**

1450 Matthews Township Pkwy., Suite. 150  
Matthews, NC 28105  
704-384-6638

### **OrthoCarolina**

703 Comfort Ln.  
Monroe, NC 28112  
704-226-9550

### **Physical Therapy Center**

1730 A J Dickerson Blvd.  
Suite D  
Monroe, NC 28110  
704-459-5610

### **Renew Health and Wellness**

18805 W. Catawba Ave.  
Suite 100  
Cornelius, NC 28031  
704-612-0011

### **Resurgence Neuro Rehab**

245 LePhillip Court  
Suite C  
Concord, NC 28025  
704-264-0528

### **Select Physical Therapy**

1630-D Campus Park Dr.  
Monroe, NC 28112  
704-283-9422

## Speech

### **Carolina Speech Connections**

402 Lane St.  
Monroe, NC 28112  
704-233-3434

### **Charlotte Speech & Hearing**

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



**DIZZY?  
UNSTEADY?  
AFRAID OF  
FALLING?**  
**YOU'RE NOT ALONE.**

If you or someone you know suffers from dizziness or imbalance, keep in mind that intervention is key. There are steps you can take to improve your balance and decrease chances of falling!

**FYZICAL Sun Valley**  
6437 Old Monroe Rd Suite E  
Indian Trail, NC 28079  
P: 704-686-7767

**FYZICAL Monroe Park**  
1321 E Sunset Dr  
Monroe, NC 28112  
P: 704-248-6974

## SENIOR CARE/HOUSING TRANSITIONS

**CarePatrol of Charlotte**  
704-771-1777

**Owl Be There**  
704-882-7110

**Chaos2Calm Move  
Management Services**  
203-604-7118

**Senior Care Authority**  
6000 Fairview Rd., #1200  
Charlotte, NC 28210  
704-754-8754

## SENIOR CENTERS

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

**Levine Senior Center**  
1050 Devore Ln.  
Matthews, NC 28105  
704 846-4654

## TAXES

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

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

## TRANSPORTATION

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

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

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

**Guardian Angel Transport  
Services LLC**  
980-347-9131



LuAnn Martinson  
Senior Living Advisor



*Empowering you to choose the  
best senior living and care*

Owl Be There helps families find options based on needs, preferences and budget. This may include independent senior housing, home care, residential assisted living homes, assisted living communities, continuing care retirement communities and specialized memory care units.

There is no charge to families, and Owl Be There does not endorse or recommend any provider.

Contact me for more info at 704-882-7110 or [LuAnn.Martinson@OwlBeThere.com](mailto:LuAnn.Martinson@OwlBeThere.com)  
[www.OwlBeThere.com/Locations/NCCharlotteSouth](http://www.OwlBeThere.com/Locations/NCCharlotteSouth)



Senior Living and Care Solutions

Maybe there's an older adult experiencing cognitive or physical issues. Or maybe you are stressed by the endless options in eldercare and the healthcare system. We know it's a rocky road, but you don't need to do this alone.

### We Can Help

- No-cost help in locating assisted living or memory care
- Eldercare consulting
- Beyond Driving with Dignity assessments
- Advocacy

**Mike Mannion**, CSA, CDP, CPRS  
Certified Senior Advisor®

(704) 754-8754  
[mike@seniorcareauthority.com](mailto:mike@seniorcareauthority.com)  
[www.seniorcareauthority.com/charlotte](http://www.seniorcareauthority.com/charlotte)



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**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!



## VISION / EYE DOCTORS

**NC Division Services for the Blind**  
5855 Executive Center Dr.  
#100  
Charlotte, NC 28212  
704-563-4168

**Berkebile Eye Care**  
1976 Wellness Blvd.  
Monroe, NC 28110  
704-684-4190

**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

**Stanton Optical**  
2850 W. Hwy 74  
Monroe, NC 28110  
704-702-6627

**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

## 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, 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 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**  
327 S. Hayne 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

**VIA Health Partners**  
7845 Little Ave.  
Charlotte, NC 28226  
704-375-0100



*Life Well Celebrated*

*Every Detail Remembered*



# **McEwen Funeral Home of Monroe**

**At McEwen Funeral Home of Monroe,  
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exceptional and meaningful service to  
every family we have the honor to serve.**

**McEwenMonroeChapel.com**

**704-289-3173**



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MEMORIAL

**204 S. Main Street  
Monroe, NC 28112**

**David Blackwell  
Location Manager**





## Remarkable healthcare is right around the corner at Novant Health Matthews Medical Center.

We've been proudly delivering award-winning hospital, specialty and primary care to the residents of Union County for over 30 years. And in 2025, we will complete a new four-story, 150,000-square-foot-tower, offering Union County even more remarkable services close to home.



**Emergency care:** With advanced care for heart attacks and strokes along with an expert emergency medical services team, we provide care you can rely on when the unexpected happens.



**Trusted experts:** Our primary care and specialty doctors work together to ensure you get all the care you need, from routine to advanced, with professionalism and compassion.



**Access for all:** We are here for you with convenient and accessible care you can trust — including 24/7 virtual care options, extended clinic hours and same-day appointments with expanded locations in Wesley Chapel, Pine Lake and Waxhaw come 2025.

Find your care team at  
[NovantHealth.org/Doctors](https://NovantHealth.org/Doctors)

