



SENIOR HERALD

Chatham County Council on Aging



Making a Difference Every Day

One of the many thank you letters we have received comes from the family of a client who received several different services over the years. It is just one example of someone in our community who was able to maintain independence through the daily services we provide. The letter reads as follows:

“Dear Council on Aging Staff and Volunteers,

We would like to thank you for all the care you provided for Mom during the past few years.

Because of the “in home care”, she and Dad were able to qualify for their long term care and it provided the extra care to help us. Mom actually kept the same aide until she passed away.

The “Meals on Wheels” program was a life saver for Mom. She was always a good cook but the last few years it had become a chore because of her eye sight and tremor. “Meals on Wheels” helped release the stress of planning and cooking.

We want to thank the “Meals on Wheels” volunteers. They became special visitors and even more special friends.

Thank you for all the services you provided for Mom.”

Thank you for your continued support, both in donations and in volunteering, in making a better quality of life possible for hundreds of people in our community.

*Angel Dennison
Executive Director*

SHIIP

Senior Health Insurance Information Program

SHIIP is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage, Medicare part D and long term care insurance.

Beneficiaries and care-

givers can receive volunteer-led, one-on-one counseling for Medicare questions or concerns through the Council on Aging. Low income beneficiaries may qualify for Extra Help with Medicare premiums.

The Prescription

Drug (Part D) annual election period has been changed to October 15th through December 7th.

To schedule an appointment or contact a counselor, call Chris Carter, SHIIP Coordinator, at 919-542-4512.

A Taste of Chatham 2011:

An evening of entertainment and fine food

Sunday, October 16th

4:00 pm to 6:00 pm

Generously hosted by Carolina Meadows Retirement Community

Tickets: \$50 per person

Table sponsorship: \$100

Contact Megan Coggins 542-4512

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Senior Center Programs And Services

For more information:

Eastern Chatham Senior Center (919)542-4512

Western Chatham Senior Center (919)742-3975

Information & Assistance:

This program helps older individuals and their families obtain information about available services. Our staff helps connect older adults and their caregivers with local, state and national programs.

Health Screenings

Healthy Heart day will be held during We Love Seniors month, on Tuesday February 7th, offering a variety of health screenings. Additional health screenings and blood pressure checks are offered at both centers during the year.

Fitness and Health Promotion

programs are available daily at both centers. Establish a regular exercise routine with low impact aerobics, Tai Chi, Yoga, chair exercise classes. The Senior Centers house fitness centers with exercise equipment including weight stations, treadmills, free weights and stationery bicycles. Membership is available to the general public aged 55 and older.

Full schedules are available at the centers and on our website.

Tai Chi and yoga are offered

weekly at the Pittsboro center. Registration is required for both classes.

Health promotion events are scheduled throughout the year and include eye care, blood sugar testing, nutrition and diabetes support.

Tax preparation/counseling

Both centers offer Volunteer Income Tax Assistance for low income filers. Appointments are accepted beginning in February.

Legal Services

Legal Aide services are offered monthly at both senior centers.

General Transportation

Transportation is available to the Centers with scheduled stops at the grocery store and pharmacy.

Medical Transportation

The Council offers assistance in arranging medical transportation. Medical transportation is available for up to three round trip rides each month at a cost of \$4 per round trip. Vouchers are required.

Senior Center Activities: Play bingo, quilt, garden, sing, hula hoop, take part in an exercise class

or art class, or work out in the weight room. A variety of activities are offered each month.

Volunteers: Join meaningful and life changing volunteer activities in support of our mission to promote independent living among Chatham County's elderly population. Opportunities include meal sites, home delivered meals, SHIIP counseling, and administration/clerical.

Caregivers Support Group

This support group meets monthly, providing caregivers the opportunity to discuss issues with other caregivers in facilitated discussions.

Reverse Mortgage Counseling

A reverse mortgage is a special kind of loan for homeowners aged 62 or older that lets you convert some of the equity in your home to cash. In North Carolina, face-to-face consultations are required before reverse mortgage loans can be made. The Council on Aging can arrange personal consultations with a



Programs and Services, Continued

certified counselor at the senior center.

Home repair/modification

We install assistive devices, such as grab bars, provide equipment and make minor home repairs including installing wheelchair ramps.

In home aide services

We assist older adults in maintaining their independence by providing nursing assistants to assist with personal care, perform in-home tasks and meal preparation.

Congregate meals

A nutritious noontime meal and community fellowship is provided daily, Monday through Friday, at both Senior Centers. A variety of programs and activities are offered, such as health screenings, games, nutrition education, and art classes.

Home Delivered Meals

Volunteers provide a brief visit and a hot meal for homebound older adults who are unable to attend congregate meals.

Adult Day Care/Day Health

Adult day care/day health services are offered for Caregiver respite through the Family Caregivers Support program.

Disaster preparedness, planning or response

Presentations on home safety,

hurricane preparedness, and disaster response are offered throughout the year. The Council on Aging also maintains an emergency evacuation registry to assist those who would need help in the event of an emergency evacuation.

Both senior centers are fully prepared to function as special needs emergency shelters in the event County Emergency Management officials determined the need to open community shelters.

Durable medical equipment/assistive devices

We provide assistive devices, such as handrails, shower grab bars, canes, walkers, wheelchairs, shower transfer benches and wheelchair ramps at no

charge to people in need.

Caregiver Respite

The Family Caregiver Support Program offers support and respite care, either in home assistance or adult day care, to families needing assistance with the daily demands of caregiving.

Senior Games

Senior Games are held annually in the Spring, including sporting events and Silver Arts. Events will be held April 18–25, 2012. Registration forms will be available in early 2012.

Energy Assistance

Limited emergency assistance with utility bills is available. We also offer electric fans free to older adults.



Guests and employees join together in lunch and games to celebrate Independence at the annual event held at the Pittsboro center, including a hot dog lunch, ice cream sundaes, watermelon seed spitting contest, and a butterbean auction.



Programs and Services, continued

Food Distribution

We have food pantries of canned and non-perishable food and various household items. Donations are always welcomed and appreciated.

Day and Overnight Trips

The Travelers Club has day and overnight trips scheduled throughout the year. Trips include shopping, theater events and sight seeing travel.

Benefits Check Up

From the NCOA website: Many older people need help paying for prescription drugs, health care, utilities and other basic needs. Millions of older Americans — especially those with limited incomes — are eligible for but not receiving benefits from existing federal, state and local programs. Ranging from heating and energy assistance to prescription savings programs to income supplements, there are many public programs available to seniors in need if they only knew about them and how to apply for them.

Our staff can assist older adults and their caregivers in completing a benefits check up to make sure they know about programs for which they are eligible and can assist with the enrollment process.

Legal Aid Clinic

Wills & Advance Directives Clinic

Legal Aid of North Carolina, in collaboration with Private Attorneys, UNC Center for Civil Rights and the University of North Carolina Pro Bono Program will conduct a Wills & Advance Directives Clinic on Friday, October 21 at the CCCC campus in Siler City.

The subject of the clinic is the preparation and execution of wills, powers of attorneys, health care powers of attorneys and living wills.

To attend free of charge you must call (919)542-0475 or 1-800-672-5834 before September 30, 2011 to be screened* and reserve a space. Appointments are required.

*In order to qualify for free legal services, applicants must meet LSC eligibility guidelines. Submitting an application does not guarantee legal services.

Presented by the Pittsboro Office of Legal Aid of North Carolina, Inc. Legal Aid of North Carolina (LANC) is a statewide, nonprofit 501(c)3 law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.



Dancing the Cupid Shuffle on National Goof Off Day



Events for Eastern Chatham Senior Center in Pittsboro

For more information, contact Lindsay at (919)542-4512. Call or stop by the office for the monthly activities calendar listing special programs. Or check our website at www.chathamcouncilonaging.org

Monday

8 am Exercise Class
9 am Tai Chi
9 am Walking Group
11 am Senior Fitness
1 pm Art Class
6 pm Caregiver Support Group (3rd Monday)
7 pm Shag Lessons

Tuesday

9 am Exercise Class
10 am Dominoes/Checkers
10 am Jewelry Class (2nd Tuesday)
11 am Senior Fitness
1:30 pm AARP (3rd Tuesday)
2 pm Diabetic Support Group (4th Tuesday)

Wednesday

8 am Exercise Class
9 am Tai Chi
9 am Walking Group
1 pm Quilting
1 pm Bridge (3rd Wednesday)
7:30 pm Dances for Universal Peace (1st Wednesday)

Thursday

9 am Exercise Class
10 am Knitting/Crocheting
10 am Legal Aide (1st Thursday)
10-11 am Blood Pressure Checks
1:30 pm Line Dance
3 pm Yoga

Friday

8 am Exercise Class
9 am Walking Group
11 am Senior Fitness
1 pm Mah Jongg

Daily:

Fitness Room open from 8 am to 5 pm

Lunch served at 11:45 am

(Reservations required)

Drop In Activities: puzzles, games, walking trail, library, internet hookup, bocce courts and horseshoe pits

Health Screenings, Educational, Musical and Intergenerational Programs offered throughout the year.



A friendly game of dominos



Events for Western Chatham Senior Center in Siler City

For more information, contact Faye at (919)742-3975. Call or stop by the office for the monthly activities calendar listing special programs. Or check our website at www.chathamcouncilonaging.org

Monday

8:30 am Exercise Class
10 am Sunshine Walkers
10 am Hula Hoop
10 am Senior Fitness
11 am Senior Fitness
5:30 pm Line Dancing

Tuesday

8:30 am Exercise Class
10 am Bible Study
10 am Jewelry Class (1st Tuesday)
10 am Senior Fitness-Flexibility
11 am Senior Fitness-Free Weights
5 pm Grandparents Raising Grandkids (1st Tuesday)
5:30 pm Basket Weaving Class

Wednesday

8:30 am Exercise Class
9:30 am Ping Pong/Wii Bowling
10 am Blood Pressures
10 am Sunshine Walkers
11 am Senior Fitness
4 pm Caregiver Support Group (3rd Wednesday)

Thursday

8:30 am Exercise Class
10 am Diabetic Support Group (1st Tuesday)
10 am Bridge (3rd Thursday)
10 am Senior Fitness-Free Weights
11 am Senior Fitness-Flexibility

Friday

8:30 am Cardio Dance
9:30 am Legal Aide (3rd Friday)
10 am Sunshine Walkers
10 am Senior Fitness
10:30 am Craft Class
11 am Senior Fitness
7 pm Dance (Last Friday of the

Month-Starting back in 2012)

Daily:

Fitness Room open from 8 am to 5 pm

Lunch served at 11:45 am (reservations required)

Drop In Activities: puzzles, games, walking trail, and library

Health Screenings, Educational, Musical and Intergenerational Programs offered throughout the year. Call or stop by the office for the monthly activities calendar listing special programs.



Bean bag toss, one of many games including hula hooping, ping pong and Nintendo Wii played during Siler City Fun Day.



Travelers Trips

For more information or to sign up contact Lindsay at 542-4512 or Faye at 742-3975.

Tuesday, September 20, 2011:
Museum of Life and Science in Durham, NC. \$16 per person for transportation and ticket.

Tuesday, October 18, 2011:
Senior Day at the NC State Fair. \$8 per person for transportation.

December 2011:
Christmas Play by Old School Drama Club-Mt. Airy, NC

December 12-13, 2011:
Christmas Show at Myrtle Beach. Trip includes dinner at Bennett's Calabash, show ticket to Alabama Theatre, overnight accommodations at Hampton Inn, motor coach transportation and breakfast.

January 2012: Bowling

February 2012: International Civil Rights Museum-Greensboro, NC

April 2012: Lazy 5 Ranch-Mooresville, NC

Memory Screening

The Alzheimer's Foundation of America 9th annual National Memory Screening Day on is Tuesday, November 15.

The Council on Aging will offer free, confidential screenings at the senior center in Pittsboro. We encourage people with memory concerns to be screened by students and staff from the UNC School of Nursing.

A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional. However, it is very helpful. A screening can check a person's memory and other thinking skills. It can indicate if someone might benefit from a more complete medical visit.

For more information, contact Brett Moraes at 542-4512.

Depression Programs

Depression informational programs will be offered at the Pittsboro center on Tuesday, September 27th at 10:30 am and the Siler City center on Wednesday, October 12th at 10:15 am.

In addition, depression screenings to raise awareness and screen people for depression and related mood disorders will be held at both centers..

The Council on Aging will be offering free, confidential screenings at the senior center in Pittsboro on Tuesday, October 4th 10 am to 12:00 noon. Screenings will also be offered in Siler City on Wednesday, October 19th from 10 am to 12:00 noon.

The screenings will take place through the Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) project currently underway in collaboration with the UNC Chapel Hill School of Nursing.

For more information, contact Lindsay Hickling at 542-4512 or Faye Tillman at 742-3975.

Eastern Chatham Senior Center
PO Box 715
365 Highway 87 N
Pittsboro, NC 27312
(919)542-4512



Western Chatham Senior Center
Siler Business Park
112 Village Lake Road
Siler City, NC 27344
(919)742-3975

www.chathamcouncilonaging.org



The Council on Aging is a United Way of Chatham County agency and encourages participation in the current annual campaign.

COUNCIL ON AGING
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