



# SENIOR HERALD

Chatham County Council on Aging

Winter 2009

## February is We Seniors Month

Join us for a month of special celebrations honoring Chatham's older adults and their caregivers.

Older adults are woven throughout the fabric of Chatham County: family, friends, neighbors, co-workers, volunteers and caregivers. They support the sense of community that we all enjoy today.

In their lifelong roles as community and family leaders, they have contributed to the

good of the whole with resourcefulness, imagination and commitment.

Caregivers, too, are a vital part of the health of our community. They work unsung and unrecognized to provide safety and security for those who can no longer care for themselves.

An estimated one in every 50 Chatham residents is age 85 or older.

It is essential that awareness of and education about the resources available for older adults and caregivers be supported and enhanced, and that we ensure our community continues to be a place in which older people can live safely and with dignity.

*Angel Dennison  
Executive Director*

### 13th Annual Healthy Heart Day

Western Chatham Senior Center in Siler City

Tuesday

February 3, 2009  
10:00 am -1:00 pm

Free Health Screenings  
Blood Sugar, Balance, Lion's Club Vision Van

Wellness, Health and Fitness Information

Chair Massages, Dental Care, Hula Hooping, Physical Therapy, Manicures, Fitness Fun

Products and Services  
Home Care, Assistive Living, Jewelry, Handmade Gifts, Health Insurance Help, Books and more

For more information call Faye at 742-3975.

### Wear RED Day

February 6, 2009

Show support for women's heart disease awareness. Heart Disease is the number one cause of death for women according to the National Institutes of Health.

### Looking Ahead to Senior Games '09

"Silver and loving it, Golden and living it!"

- Wednesday, April 22 through Wednesday, April 29, 2009
- Registration deadline March 31, 2009
- Participants age 55 years and better.
- Volunteers needed!
- For more information or to volunteer, contact Lindsay Straughn at (919)542-4512..

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## 21st Annual Chocolate Cake Bake Off And Cheesecake, Too!


Eastern Chatham  
Senior Center in  
Pittsboro


Sunday  
February 8, 2009  
3:00 pm –5:00 pm

Entertainment by  
*Blue Moon Rising*

 Join the contest: Grand  
Prize of \$100 for the best  
cake. New this year: \$100


Grand Prize, too, for the best  
cheesecake. Four additional  
prizes to be awarded.

 Donate a  
cake for the  
auction: After  
judging, donated  
cakes will be auc-  
tioned by Pam  
Smith of *Beggars  
& Choosers*.

 Enjoy the  
tasting buffet



served by our local celebrity  
cake cutters. \$5 adults and \$3  
children under 13 years.

 Contact Pat Jacques  
for entry and ticket  
information at 542-4512.

All proceeds from this  
event, including the cake  
auction, help fund services  
for older adults in Chatham  
County.

## Rook Tournament

Eastern Chatham  
Senior Center in  
Pittsboro

Thursday  
February 12, 2009  
6:30 pm

Compete with folks of all ages  
to be the next Chatham Rook  
master! Win prizes and, of  
course, braggin' rights.

\$5 per player. Contact Lindsay  
Straughn at 542-4512 for more

information. Refreshments  
provided.



## Valentine Cake and Cookie Sale

Western Chatham  
Senior Center in  
Siler City

Saturday  
February 14, 2009  
9:00 am—  
Until everything is sold!

Ava Rives and the staff of the  
Council on Aging food services  
department invite you to a cake  
and cookie sale.

Ava is pulling out all her favor-  
ite recipes and putting our  
Siler City kitchen to a yummy  
use!

All proceeds will help fund the  
senior centers and services for  
Chatham older adults.

For more information, contact  
Jeannie at 742-3975.



## AARP, Hot Dogs & Wii™

Eastern Chatham Senior Center in Pittsboro

Thursday  
February 19, 2009  
5:00 pm—7:00 pm

The Chatham County Chapter of the AARP is hosting a hot dog supper to raise funds for the senior centers.

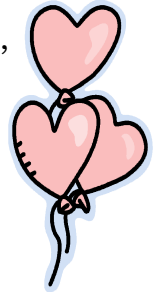
\$5 gets you a couple of dogs with sides and all the fixin's.

The local AARP chapter has been a consistent and generous supporter of the Chatham senior centers. We appreciate their ongoing support.

Joshua Cohen, physical therapist with Mobile Rehab, will be available in our Fitness Room to demonstrate Nintendo

Wii™ Fit, an enjoyable interactive video exercise program.

For tickets or more information, contact Phyllis at 542-4512.



Wii™ is a trademark of Nintendo.

## Community Viewing and Discussion: Chatham Resources and *Unnatural Causes: Do we all have an equal chance?*

Eastern Chatham Senior Center in Pittsboro

Wednesday  
February 11, 2009  
1:30 pm to 4:00 pm

Join us in a two-part event:

1. A community viewing and discussion of the first segment of the acclaimed and award-winning documentary, *Unnatural Causes*. The documentary explores the disparities, rooted in socioeconomic and racial factors, that exist in health and health care.
2. Presentations and discus-

sions about resources and programs available in Chatham County to support positive health outcomes, chronic disease management and healthy homes.

Scheduled participants:

- Piedmont Health Services
- Community Care of Central Carolina
- Chatham County Health Department
- NC Rural Communities Assistance Project for Healthy Homes
- Chatham Family Caregiver Support Program
- Chatham Network for Aging Services

- Chatham Cares Community Pharmacy
- Council on Aging

Reservations kindly requested. Contact Pat Jacques at 542-4512.

For additional information, please contact Angel at 542-4512 or [angel.dennison@ncmail.net](mailto:angel.dennison@ncmail.net)

An estimated 3,000 people in Chatham are full or part time caregivers for someone suffering from dementia.



## Scam Jam

Western Chatham  
Senior Center in Siler City  
10:30 am—11:30 am

Eastern Chatham  
Senior Center in Pittsboro  
2:00 pm—3:30 pm

Thursday  
February 26, 2009



Scams targeting older adults are on the rise, but leaders in our community are offering help.

Both sessions of the Scam Jam, the morning session in Siler

City and the afternoon session in Pittsboro, are the product of a collaboration between the Council on Aging, the Department of Social Services, the Pittsboro Police Department, Siler City Police Department and the Chatham County Sheriff's Department.

The sessions will be presented by Donna White, RN, from the NC Division on Aging and Adult Services. Ms. White represents the Elder Rights section of the Division on Aging.

### Morning Session, Siler City: Telemarketing Fraud

- How to prevent / reduce scams for seniors who have been fraudulently scammed by telemarketers.

### Afternoon Session, Pittsboro: Elder Fraud

- Targets, Tactics and Perpetrators
- Identity Theft: How to Protect Your Good Name
- Victims Assistance Program

Staff from the collaborating agencies will also be available to provide assistance with individual issues.

Please join us for this timely event. For reservations or more information, contact Jeannie at 742-3975 or Pat Jacques at 542-4512.

## Polar Bear Poker Run

Start: Eastern Chatham  
Senior Center in Pittsboro  
Registration: 11:00 am—  
11:45 am  
Depart: 12:00 noon

End: Western Chatham  
Senior Center in Siler City

Saturday  
February 28, 2009

Join the Concerned Bikers Association (CBA) in the second annual Polar Bear Poker Run to benefit programs and services for older adults in Chatham.

Depart from Pittsboro and take a ride through the beautiful Chatham countryside, with poker-hand-dealing stops along the back roads and by ways. "All riders and vehicles welcome."

Poker hand \$10, two for \$15. Prizes at the ride's end in Siler City.

Last year, this event raised more than \$600 for the Council on Aging. Our thanks to the CBA for their support. For more information, contact Kathy Jo at 542-4512.



## Piedmont Health Services

Special thanks to Piedmont Health Services for their sponsorship of the We Love Seniors winter newsletter and special events.

Piedmont Health Services “provides comprehensive family healthcare services to all patients needing access to services.” Services are provided on a sliding fee scale.

A non-profit organization serving the health needs of central North Caro-



lina for almost 40 years, two of their six community clinics are in Chatham County:

Moncure Community Health Clinic  
PO Box 319  
7228 Pittsboro-Moncure Road  
Moncure, NC 27559  
(919)542-4991

Siler City Community Health Center  
224 S. 10th Avenue  
Siler City, NC 27344  
(919)663-1744

Some private insurance as well as Medicare, Medicaid, Health Choice are accepted.

Piedmont Health Services also offers a unique facility in Burlington that is part of the PACE program, Providing All-inclusive Care for the Elderly.

The facility offers comprehensive long-term health, social, medical and dietary care.

For more information about Piedmont Health Services, please contact the Siler City or Moncure clinics or visit their website:

<http://www.piedmonthealth.org>



26% of Chatham households include someone aged 65 or older.

38% of Chatham adults aged 60 and older are disabled.

13% of Chatham residents aged 60 and older live at or below the poverty level.

Donations from the community are needed to sustain the programs and services offered throughout the county and at the senior centers in Pittsboro and Siler City. The Council on

Aging is a 501(c)(3) non-profit organization.

Approximately 25% of the funds used to provide transportation, home delivered meals, nutrition, wellness and other

programs are contributed by our community. Please support our fundraising efforts during We Love Seniors Month.

To make a donation, please contact Sadie at 542-4512.



## Sweetheart Dance

Western Chatham  
Senior Center in  
Siler City

Friday  
February 27, 2009  
7:00 pm to 10:00 pm

Dance to the sounds of the  
Delmonico's playing coun-  
try and rock selections  
sure to keep you on the  
dance floor.

\$8.00 per person. Smoke  
and alcohol free environment.



For tickets or more  
information, call  
742-3975.

## Chatham County Senior Centers

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

