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## I'ON AT HOME NEWS

**Member Newsletter for August 2019**

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### **LETTER FROM THE PRESIDENT**

Summer is now past the halfway mark, and no surprise, it's HOT. While I'm sure that you all know how to take appropriate precautions in this weather, the mom (and grandmother) in me still wants to warn you to be careful and drink lots of fluids.

I hope that by now, many of you have met Sarah Fischer, our new IAH executive director. Her energy and dedication are already bringing benefits to our organization. Be sure to introduce yourselves when you see her at an event.

Don't forget that if you need help to register for an IAH event or to request a service, you can always e-mail us at [ion@ionathome.org](mailto:ion@ionathome.org) or call us at 843-284-3690. Monday through Friday, from 9:00 AM to 1:00 PM, and someone should get back to you promptly. At other times, the response may be during the next "office hours."

As always, I welcome your questions and comments. Hopefully I'll see you soon, at an IAH event or around the 'hood.

*Becky*

[Becky Van Wie](#), President

843-860-2990

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## MEET SARAH FISCHER, NEW IAH EXECUTIVE DIRECTOR

My name is Sarah Fischer and I was recently hired as the first Executive Director of I'On At Home (IAH). Thank you for this thrilling, pioneering opportunity.

My background includes extensive community-based work, initiating and managing social and economic-based programs and services. I've led dynamic and diverse groups and communities, and I'm excited about the Village Movement that serves as a foundation for IAH.



I encourage you to reach out and introduce yourself. Ask me about where I've lived and traveled prior to landing in Charleston, my graduate work in international and intercultural communications, my Peace Corps experience, or the languages I speak. Even more importantly, I'd love to hear your ideas about I'On At Home and our future direction.

I look forward to working with all of you! Please say hello (or *bonjour*, *azul*, *asalam alykum*) at [SarahF@ionathome.org](mailto:SarahF@ionathome.org).

*Sarah*

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# IAH EVENTS AND PROGRAMS

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If you ever suffer from back pain, make sure you sign up for the event on August 1, to learn simple techniques to get relief. We have two great documentaries coming up. *Personal Statement* provides a look at the college admission process through the story of three Brooklyn high school students helping themselves and their peers through the process. We'll see the oldest known art during *Cave of Forgotten Dreams*. Closer to home, Herb White, our own I'On At Home meteorologist, will present some basic storm information along with advice on how to prepare before a hurricane threatens—see our special event highlight below.

Follow the links above for more information on our website and to register. If you see that an event you're interested in is full, please email [ion@ionathome.org](mailto:ion@ionathome.org) or call 843-284-3590 to let us know you'd like to attend. Sometimes our numbers can be stretched a bit, or there may be a cancellation.

## **SPECIAL EVENT ANNOUNCEMENT: GETTING READY FOR A HURRICANE**

When making your advance preparations for a hurricane, have you wondered if there is more you could or should do in this fast-changing world to get ready for a storm?



Herb White, I'On At Home member, has not experienced a hurricane firsthand, but forecasted several during more than two decades in the Carolinas as a meteorologist with the National Weather Service (yes, he evacuated before Matthew). Herb will present some tropical cyclone basics and then discuss information that will help you prepare before a storm threatens.

You'll be able to take home some online resources and lists of preparations. Participants are encouraged to share lists and resources that have helped them prepare for past storms.

This special program will be presented on Monday, August 26<sup>th</sup>, from 3:00-4:30 at the Mount Pleasant Regional Library Auditorium at 1133 Mathis Ferry Road.

We are limited to 80 guests, and we will be inviting ALL I'On residents to attend, so please [register](#) early!

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# SUPPORTING IAH WHILE YOU SHOP

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Did you know that over 2,000 shopping websites will contribute a small portion of your purchases to your designated charity—in this case, we fervently hope, I’On At Home.

Click here to sign up: [IGive.com](https://www.IGive.com)

When you visit a supporting website, you’ll be asked to click on the iGive icon on the page and then Hey Nonny Presto! your purchase will help support I’On At Home AT NO ADDITIONAL COST TO YOU! Sites you may use often, like Walgreens, Expedia, Burpee Gardening, Gap, Chewy and Bed Bath & Beyond—among many others—all participate in iGive.

Since we affiliated with iGive, I’On At Home has received over \$500 from iGive donations. Joining iGive is an easy way to support an organization that provides a lot of value to our community. So please sign up next time you’re online.

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## MEMBERSHIP COMMITTEE

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In June and July we welcomed new members Jim and Jill Cole, as well as Meredith and Harvey Mason.

These additions give us 149 total IAH total members and 91 memberships. Thanks again to I’On Ambassadors, IAH liaisons and others on the IAH Membership Committee, plus all of you who pass along names of neighbors you recently met or welcomed to our neighborhood.

A final note: If you have a new or long-time neighbor who might like to learn more about IAH, please contact Kathryn Murray, [Kathmurr@gmail.com](mailto:Kathmurr@gmail.com) (or text at 205-999-7664).

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## RESOURCES AND INTERESTING INFORMATION

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In this section, we include links to articles about issues related to “advancing in life.” If you see

something that you think IAH members and friends might find of interest, please send it to [Deborah Bedell](#).

- Bill Simpson, Aging for Amateurs: Are You Dehydrated? (*The Post and Courier*, July 21, 2019)
- Dave Barry, [Learning How to Grow Old More Gracefully](#) *CBS News*, June 23, 2019)
- Elaine St. Peter, [Walk This Way](#) (*The Harvard Gazette*, June 4, 2019)
- Jackson Rainer, [Reviving Friendships in Real Life](#) (*Nextavenue.org*, April 4, 2019)
- [John Leland, These 4 New Yorkers Are Experts in Living. What Do They Know That We Don't?](#) (*New York Times*, January 4, 2019)
- Jenny Rogers, [Changing Channels](#) (*Washington Post*, June 9, 2019)

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## RECENT IAH EVENTS

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### Halsey Institute of Contemporary Art Private Tour and Lunch

Coordinated by Carol Degnen



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## CONTACT US

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Just to be sure you have this information:

- Website: [www.ionathome.org](http://www.ionathome.org)
- E-mail: [ion@ionathome.org](mailto:ion@ionathome.org)
- Phone: 843-284-3590 (office hours 9:00 AM-1:00 PM Monday-Friday; leave a message and someone will get back to you)

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