



I'ON AT HOME NEWS

Member Newsletter for October 2019

LETTER FROM THE PRESIDENT

I'm thankful that I'On was mostly spared serious damage from Dorian, although my sympathy goes to our neighbors who had damage to their homes and/or vehicles. Now that the storm is over, and Labor Day is past, we are into the swing of fall routines and activities.

Among the diverse and interesting events planned by our hard-working Programs Committee, I want to highlight one that is particularly unique. Do you sometimes feel overwhelmed by the complicated and impersonal nature of today's healthcare? If you or a loved one has a serious medical or mental health issue, would you know what questions to ask, where to turn?

Join us on October 15 at 3:00 PM at Anne Register's and my house (270 N. Shelmore Blvd.) for information and discussion about Geriatric Care Management, presented by Amanda Young, Director of Be Well@Home, Franke at Seaside. Learn about the benefits of this personalized service that includes proactive wellness, maintaining independence, and dealing with a healthcare crisis. Because of IAH's partnership with Franke, the local Continuing Care Retirement Community is making one session of this valuable service available to our members at no charge. [To register](#), go to the IAH website.

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

IAH EVENTS AND PROGRAMS

Our big fall party, **Fall Fête**, is coming up this month! We'll be able to celebrate the season with the sense of security that can only come with the information necessary to make wise decisions if we take learn about and take care of the Geriatric Care Management Service available to us. As Becky has mentioned above, IAH members are fortunate to have a relationship with Franke at Seaside that allows us to get this service free of charge. While making wise decisions, sign up for CPR/AED training, and then for some fun, attend the Fall Fashion Party. Please check the website for changes and additions.

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 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.

VOLUNTEERING

We're starting a new feature: Volunteer Service of the Month. For October, we're highlighting our Check-In Buddy system. If you live on your own and perhaps only have family far away, you might want to consider signing up for a Check-in Buddy. We can make arrangements in a way that suits you best—phone, text or email—for you to check in with a Buddy (or a Buddy to check in with you) each morning to ensure that your day is off to a good healthy start. Peace of mind for you and your family! And it's all part of your full service membership.

We also are so proud that we have so many volunteers, a number of whom are not IAH members, but who want to be part of our program to enable our members to be a vital part of our community. So please thank Greg and Jill Ewell, Jennifer Falconer, Craig Ferrer, Mary Ellen Raphael, George Simpson, Amanda Steinhardt and Rob Wieboldt next time you see them for supporting our mission and our members.

SUPPORTING IAH WHILE YOU SHOP

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.

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.

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

MEMBERSHIP COMMITTEE

During September, we welcomed new members Suzanne Mulvaney, along with Ben and Marguerite (“Marty”) Tennille.

As always, if you have a new or long-time neighbor who might like to learn more about IAH, please contact Kathryn Murray, Kathmurr@gmail.com (or text at 205-999-7664).

RESOURCES AND INTERESTING INFORMATION

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](mailto:Deborah.Bedell).

- Rozette Rago, [Finding Female Friends Over 50 Can Be Hard. These Women Figured It Out](#) (*New York Times*, December 31, 2018)
- [Goodbye Nursing Homes: New Trend is Senior Cohousing with Friends](#) (NotSalmon.com, March 31, 2018)
- VSP Vision Care, [Considering an Encore Career in Retirement?](#) (NextAvenue.org, June 21, 2019)
- The Useful Apps Club, [Useful Apps: Older Adults, Seniors and Boomers](#) (TechEnhancedLife.com)

RECENT IAH EVENTS

Happy Hour and Hurricane
Coordinated by Peggy Watt and Herb White



CONTACT US

Just to be sure you have this information:

- Website: www.ionathome.org
- E-mail: 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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