



I'ON AT HOME NEWS

Member Newsletter for November 2019

LETTER FROM THE PRESIDENT

For my newsletter introduction this month, I want to share with you a bit of an “ad” for a particular IAH program which I attended on October 14. I apologize in advance that this article may be lengthier than those in our usual newsletters, but I believe this is important information. The topic at this event was “Geriatric Care Management” – maybe about as appealing as having a root canal for some of you, right? Well, actually, all of the 12 IAH members present would tell that advance impression was wrong!

Amanda Young, a highly qualified staff member of Franke at Seaside, shared a great deal of positive and useful information with us. She encouraged us to think of this service as “Proactive Wellness Coordination.” If there is a health problem, these professionals serve as your educator, your advocate, and as a liaison between your various health services providers (like the cog for the spokes of the wheel that comprises aspects of your care). If there is no serious health problem, these consultants serve as wellness and prevention

advisors. We learned that research indicates that participation in such a program can decrease the chances of entering a nursing home by 50%, as well as reducing re-hospitalizations.

The great news is that, because of IAH's special partnership with Franke, our members are eligible for a pro bono session of Proactive Wellness Coordination with one of their certified staff members. This private session will include an assessment of the safety of your home, a survey of your medications for potential negative interactions, a review of your long-term care insurance coverage (if you have this type of policy), and discussion of any other concerns you have. If you decide that you want to continue this service, Franke has several options available, all of which can happen while you remain in your home.

Since IAH is not in the business of presenting "commercials" for a particular organization's services, Amanda made certain to let us know that there are a number of other providers of similar services in the area. More information about these can be found at www.aginglifecare.org.

All of the attendees at this session agreed that more of our members would find the presentation helpful, so we will plan to offer it again in a few months. In addition, Amanda is willing to talk to us about reducing other areas of risk to those of us "progressing in life." Meanwhile, if you are interested in knowing more about Proactive Wellness Coordination, or scheduling your free appointment, please contact Amanda directly at ayoung@bewellathome.org or 843-375-5033.

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

First, we want to thank Don Wollenbecker, Engineer/Paramedic and CPR Coordinator at the Mount Pleasant Fire Rescue, who conducted the CPR/AED training for I'On At Home. For those who weren't able to make it and would like to get or refresh your CPR/AED

training, the Town of Mount Pleasant offers CPR/AED training classes once each month. For more information and to register, click [here](#).

Now, let's have fun! The single ladies of I'On At Home will launch their interest group early this month, and we'll enjoy a morning of checking out toys at Wonder Works before the holiday season gets crazy! Other November events include talks and lectures on a variety of interesting subjects.

As always, check the [website](#) for details and to sign up for these events and to learn about additional events. If you see that an event you're interested in is full, please [email](#) 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

This month, we'd like to shine a grateful spotlight on one of our favorite volunteers, Yannis Tsavalas. Yannis wears many hats when he volunteers for IAH. In addition to coming into our homes with his handyman toolbox, he dons a chauffeur hat and knows his way to the airport blindfolded (but relax—he doesn't DRIVE blindfolded!). He has volunteered for the Board of Directors and is acting Secretary. Yannis is currently working with Becky Van Wie on streamlining Board activities. Actually, there is not an IAH volunteer position that Yannis cannot and will not undertake. We are all most appreciative.

Go Yannis!



Just a reminder. If IAH members need tech help, we have many capable volunteers ready to give that help. Do you need guidance in learning how to navigate beyond email and Google? Create a spreadsheet? Scan and send a document? Don't be shy--there are many of us computer illiterates who muddle by and can use such support. Just put in a [service request](#) through the website and keep watch for offered tech classes as they come up.

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*

MEMBERSHIP COMMITTEE

Mary Kaplan and Fred White opened their beautiful home for a Fall party Sept. 29. Guests who attended to learn more about IAH included: Caroline and Robert Ballantine; Bonnie and Tom Hartnett; C.J. and John Pelletier; Dale and Rob Brokaw; and recent new members Meredith and Harvey Mason. If you meet any of these folks in the neighborhood, please welcome them and encourage them to join IAH!

Barbara Cole and Libby Eble will be coordinating help sessions for navigating the IAH website. No matter how long you have been a member, HELP—even just a refresher using your own device—is here. Whether you get stuck resetting a password or when signing up

for services or events, one-on-one sessions can be arranged.

We hope you have signed up for the [Holiday Party \(December 13.\)](#) If not, please do it now. We'd love to see you at this very enjoyable annual event. And if you haven't a place to go for Thanksgiving, there are still a couple of spaces left at the Pitts' house. We've had a wonderful time there for the past two years.

Christmas is not all that far away! If you need help with retrieving boxes of any holiday items from your attic, please send a service request. Our volunteers are glad to help you.

Do remember that we, as liaisons, are happy to help you in any way we can. Particularly, if someone is ill and could use some kind of help, regardless of the type, please let us know, and we will find the appropriate person to help.

As always, names of neighbors you know who might appreciate a call or visit are welcomed by Kathryn Murray (Kathmurr@gmail.com; 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](#).

- National Aging in Place Council, [The Cost of Aging Handbook](#)
- Ann Oldenburg, [Can We Talk....About Death?](#) (*NextAvenue.org*, September 30, 2019)
- Christie Aschwanden, [The Longevity Files: A Strong Grip? Push-ups? What Actually Can Help You Live to a Ripe Old Age](#) (*Washington Post*, September 28, 2019)
- Abby Ellin, [Scammers Look for Vulnerability and Find it in Older People](#) (*New York Times*, September 22, 2019)

RECENT IAH EVENTS

CPR/AED Training and Soft Surroundings Shopping

Coordinated by Gayle White

We The People lecture with Mary Whyte

Coordinated by Harriet Ripinsky



CONTACT US

Just to be sure you have this information:

- **Website:** www.ionathome.org
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- **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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